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WINTER 2025 **AGWEEK**



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INSIDE

Trade trip to South Korea focuses on pinto beans as superfood (Page 10)

Winter 2025

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On the cover:

Rudy Dotzenrod, in black, talks to members of a delegation with the Big Iron International Visitors program who visited his North Dakota farm in September 2024.



FROM THE PRESIDENT

Advocating for beans, at home and abroad



Eric Jorgenson

President, Northharvest Bean Growers Association

Hello again, fellow Northharvest Bean Growers Association members.

Here in our neck of the woods, it's been a chilly start to the holiday season. We're hoping this winter issue finds you healthy and staying warm. This is the time of year I do occasionally consider traveling someplace warmer,

and you'll be reading about a few of our industry partners both traveling on behalf of dry bean growers abroad and some international visitors interested in learning more about dry beans coming to the Northharvest region to meet a few of our NBGA growers here at home.

Our partners over at Agweek have put together another packed Northharvest BeanGrower Magazine issue covering all sorts of travels. The North Dakota Trade Office visited South Korea with Gov. Doug Burgum, and Midwest Dry Bean Coalition vice president Dylan Karley was invited to join on behalf of Dry Bean. Korea being an "emerging market," one not terribly familiar with our usual classes of beans in their usual local diet, this is a pretty big development. NBGA would like to thank Dylan for making that not-insignificant trek. You can read all about that journey and several more stories on these pages.

The North Dakota Trade Office also hosted a group of international agricultural trade group guests here on the home soil of the farm of Northharvest grower Rudy Dotzenrod. Another NBGA grower, Bob Dombeck was kind enough to host visiting fellow bean farmers as well as dry bean researchers from Brazil at his farm during a visit to Northern Crop Institute. We'd like to thank Bob Dombeck, and Rudy Dotzenrod for their efforts and hospitality hosting our visitors.

As long as we're talking about hosting, I'd like to make sure I don't forget to invite you to join us at

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NOTE: The Northharvest Board President is Ex-officio member of all committees

North Dakota edible bean farmer hosts international visitors to his farm

By Ariana Schumacher

Building international connections is an important aspect of the agricultural industry.

This year, farmer Rudy Dotzenrod hosted visitors from the Big Iron International Visitors Program to his farm to showcase his crops and Reinke irrigation systems.

"They were looking for a place to kind of showcase some of their swing-arm technology at the end of their pivots," Dotzenrod said. "I've got a couple of them here, so they wanted to come."

There were visitors from all of the world, including Turkey, Guatemala and Africa.

"We bring in anywhere from 50 to 150 international visitors every year," said Lindsey Warner, deputy director of the North Dakota Trade Office. "The goal of that is, first and foremost, have agriculture machinery buyers learn more about North Dakota, our agriculture, our agriculture practices, the machinery that's manufactured here."

They got to see every part of the farming operation.

"I took a lot of them, and we walked around the farm, we went to different buildings and we looked at all sorts of different kinds of machinery, you know, from getting the ground ready, to planting, to spraying it, to harvesting it, just kind of looked at everything," Dotzenrod said.

With Dotzenrod also being a black bean grower, that was beneficial to the visitors from Guatemala.

"They were very interested in irrigation and black beans," Warner said.



Rudy Dotzenrod leads members of the Big Iron International Visitors Program around his farm.

Jed Brazier / Northarvest Bean Growers Association



Lindsey Warner, deputy director of the North Dakota Trade Office

Ariana Schumacher/Agweek

We live in a global world. A lot of the commodities that are produced within our state are exported outside the U.S., so I think it's really beneficial for people to see where their food is coming from, whether they are North Dakotans or they are international consumers of these products."

- Lindsey Warner



CONTINUED ON PAGE 6



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International Visitors

CONTINUED FROM PAGE 4

However, most were interested in his corn production.

"I was kind of surprised. I thought there may be a few more questions on edible beans, but it was mostly in corn," Dotzenrod said.

Bringing international visitors directly onto the farm is a big part of the tour.

"We live in a global world. A lot of the commodities that are produced within our state are exported outside of the U.S., so I think it's really beneficial for people to see where their food is coming from, whether they are North Dakotans or they are international consumers of these products," Warner said.

"People kind of want to know where their food is coming from, you know, and if they can try and put a face on that or an environment, that gives them a better



While members of the Big Iron International Visitors Program were interested in Rudy Dotzenrod's edible bean production, they were more interested in corn when they visited in September 2024.

Jed Brazier / Northarvest Bean Growers Association

understanding of where it's at," Dotzenrod said. "A lot of this is beyond the economics of it. It's relationship based. If they feel like

they're buying something from somebody they like, I think it makes it a lot easier for them to go ahead and do that." **NBGA**



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Bean Day 2025 in Fargo, North Dakota, on Friday, Jan. 17 at the Holiday Inn of Fargo.

It's been a busy year for NBGA and not only can you catch up on all of the latest in NBGA activity, you'll have the opportunity for much more — Dr. Juan Osorno's always popular dry bean research update, a dry bean harvester equipment panel, a market report, and this year we are proud to announce we will have a keynote from Greg Peterson, perhaps better known as "Machinery Pete."

Stop out and see us if you can (or you can join the live video stream of the event on that day). As always it is a free event to attend and the coffee is on us — actually, that's not quite right.

This is a good opportunity to thank our Bean Day 2025 sponsors, who help make this all happen. NBGA would like to thank our Gold Sponsor HeadsUp Plant Protectants, our silver sponsors BASF and Colombo North America, and our lunch sponsor Ithy Insurance Agency. There may be more by the time this gets to you, but we'd like to thank them all just the same.

While I'm at it I would like to thank you for all you do. Without your efforts in the field and support, Northarvest Bean Growers Association could not do what we do on your behalf and for the industry. Thank you for the continued support of your fellow bean growers.  Best,

ERIC JORGENSON
NBGA PRESIDENT
NBGA Director, District 3
Leeds, North Dakota



Attendees at a reverse trade mission to North Dakota and Minnesota meet at Samuelson Farm on Sept. 10, 2024.
Jed Brazier / Northarvest Bean Growers Association



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Using digital platforms and communication methods to share nutrient management research

By Ariana Schumacher

SIoux FALLS, S.D. – The University of Minnesota Extension’s nutrient management communications outreach consists of many things, including a podcast, video, social media, blogs and newsletter.

“Basically, we are just kind of trying to get the word out about how to apply nitrogen, phosphorus, potassium, sulfur, micronutrients, manure, all of these things in the most environmentally friendly way as possible, while also maximizing profitability for the farmer,” said Paul McDivitt, communications specialist for University of Minnesota Extension.

It’s all about delivering the content in a way that reaches as many people as possible.

“People are accessing information in all new ways, and we’re always trying to keep up,” McDivitt said. “We’ve been getting into kind of those TikTok style videos on YouTube and Facebook lately, Facebook Reels and YouTube Shorts, and those have been popular. I think our audience is just continuously evolving and the nice thing

about the internet is a lot of these things will live on for a while.”

Another benefit to the electronic content is that it reaches a larger audience.

“We have some YouTube videos that are up around 20,000 views, more than you can with an in-person meeting where you’re having, you know, 50 people maximum, maybe 100 for some of our bigger conferences,” McDivitt said. “Those are still great because we get kind of in-person interactions and more dialog, but I think kind of the new media is the way to go as far as reaching larger audiences.”

They also have a quarterly handout that goes out to all members of the Agricultural Fertilizer Research and Education Council.

“AFREC is made up of farmer members from all over the state, from various different commodity groups, from corn and soybean to sugarbeet, potato, irrigation, all these different groups are represented at the table,” McDivitt said. “That handout is a good way to kind of recap what we’ve been doing and what’s going on in the future for on the AFREC nutrient management communications side.”

The Agricultural Fertilizer Research and Education Council is funded through fertilizer checkoff dollars in Minnesota.



The University of Minnesota Extension’s nutrient management communications outreach consists of many things, including a podcast, video, social media, blogs and newsletter.

Contributed

It mostly funds research, but also helps with these communications efforts. Northharvest Bean Growers Association is among the groups involved in AFREC.

“Because it is really important that we get the research out there to farmers and to ag professionals so that they can put the research into practice, as opposed to just letting the research sit on an academic shelf,” McDivitt said.

The council was recently renewed for another five years and will continue through 2029.

If producers would like to see this research content, they can subscribe to the Minnesota Crop News blog email newsletter or visit the AFREC website www.MNsoilfertility.com.

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South Korea trip one of many for North Dakota grower and dealer on bean selling season tour

By Noah Fish

Beans from the Northarvest Bean Growers Association region were tagged as a superfood in South Korean pop culture in the past year, and Dylan Karley was there to help push the trend.

In October, Karley joined a North Dakota Trade Office-sanctioned mission to South Korea that included Gov. Doug Burgum, Ag Commissioner Doug Goehring, Commerce Commissioner Josh Teigen, and North Dakota Trade Office Executive Director Drew Combs.

Karley, who has served as the vice president of the Midwest Dry Bean Coalition board for the past year, raises dry beans along with other commodities in Johnstown, North Dakota. His grandfather started Johnstown Bean Company and North Central Commodities in 1978, which Karley has worked as general manager for the last 15 years alongside the rest of his family.

He said while the mission was focused around political elements it felt like a success for him and another member on the trip who represented private industry and exports. Four days of heavily scheduled business meetings took place during the trip, he said.

"We were set up with different entities, companies within Korea that would possibly have interest in edible beans, which is not a traditional Korean consumption," Karley said.

South Koreans are very familiar with certain types of beans like mung beans and sookie beans, but not the types of beans



Dylan Karley took over the family business as general manager about 15 years ago. Photo taken Sept. 15, 2023, in Johnstown, North Dakota. Emily Beal / Agweek

South Korea is really big on pop culture, and one of their kind of trendy things that you hear a lot over there is superfood. They love the buzz word superfood.

– Dylan Karley

that are typically grown in North Dakota and Minnesota, he said.

"So introducing them to some of our products was good, and it was interesting," he said.

The approach to introduce the U.S. beans was to tap into what's already popular in South Korea, which is plant-based proteins and trending culture.

"South Korea is really big on pop culture, and one of their kind of trendy things that you hear a lot over there is superfood. They love the buzz word superfood," Karley said.

He said there's a new superfood identified by the media every month or two, and recently it was pinto beans.

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"Consumers are getting more and more familiar through us educating them on how they can use them," Karley said. "Some of them are familiar with our types of beans, but they just had never really tried to utilize them, so I sent samples over to several companies there so they can kind of play around with them a little bit."

Karley wears a lot of hats professionally, as a dry bean farmer and current manager of Johnstown Bean Company and North Central Commodities, while also serving as a board member for the North Central Bean Dealers Association, delegate to the United States Dry Bean Council and vice president of the Midwest Dry Bean Coalition. He said his trip to South Korea was sponsored by Northharvest Bean Growers Association, which he said along with Midwest Dry Bean Coalition is working a lot more on the political side of edible beans in recent years.

"This trade mission was to kind of boost us in the political world as well," he said. "South

Korea is never going to be a giant market for edible beans, but it is one that could be expanding, and we're seeing a lot of that in southeast Asia as a whole. And it'll be interesting to see if something comes of this, if some of these companies come back in to look to purchase more beans from our region down the road."

Bean selling season

Karley's winter months are dedicated to marketing beans.

"This is the time of year where it's all about selling all of my beans. It's all about reconnecting with customers all over the world, and then also the time of year we can find opportunities like this to go to a new market, being South Korea, and possibly work to expand that out," he said. "April through the end of September, it's farming season, and I'm around North Dakota a lot more. Once we get to October through March, I'm gone most of the time, and I'm not in North Dakota all that often, maybe a week or two every month, and then the rest of it is kind of traveling."

Karley has an office in Monterey, Mexico, where he plans to spend time over the winter to work what he calls a "very important" market for U.S. edible beans. He said he works with two individuals from Mexico who've helped him navigate the business culture.

"The Latin American world overall still does business a bit more old fashioned than in the U.S., so it's a lot more face-to-face and about building of the relationship, which goes a long way down there," he said. "Where in the U.S., and in a lot of the world, everything's modernized and kind of consolidated, and business gets a lot less personal. It's a few emails every day, so it's nice to get the face-to-face, and you really get the return on the time you spend as an investment."

While his Spanish skills are improving he still starts every interaction with an apology for it.

"I write all my contracts in English," he said. NBGA



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USDA video series pairs edible beans with buckwheat



The U.S. Department of Agriculture's Agricultural Research Service and a Maryland college chef have collaborated to produce videos which highlight cooking with recipes that pair dry edible beans and buckwheat.

The videos, which are part of a USDA-ARS segment called "Cooking with Science: Buckwheat and Beans," feature information about dry beans' nutritional benefits and their wide variety of taste and the versatility of buckwheat.

The episode about Zuppa Etrusca, produced in the U.S. National Arboretum in Washington, D.C., features Jessica Botta, a chef and Montgomery College professor, Karen Cichy, a USDA-ARS dry bean breeder in Lansing, Michigan, and Raymond Glahn, a USDA-ARS plant, soils and nutrition researcher in Ithaca, New York.



From left, Jessica Botta, a chef and Montgomery College professor, Cooking with Science host Todd Silver, Karen Cichy, USDA-ARS dry bean breeder in Lansing, Michigan, and Raymond Glahn, a USDA-ARS plant, soils and nutrition researcher in Ithaca, New York, appear in an episode of Cooking with Science featuring a recipe for Zuppa Etrusca.

CONTINUED ON PAGE 13 *USDA video screenshot*

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In the Zuppa Etrusca video, Botta stands in front of a food truck called Rolling Raptor EduKitchen, creating a grains and bean soup on a table with a portable burner. Seated at the table are Cichy and Glahn, who give information about dry bean research during Botta's cooking demonstration.

Another video in the series features a recipe for Maltagliati Pasta.

Botta's culinary journey with beans and buckwheat started with her experiences working alongside a Tuscan chef, where she discovered the unique flavors and versatility of Italian beans.

"Beans are incredibly affordable as a protein source, especially in low-income settings where they might be the primary source of protein," said Botta in a Montgomery College news release. "Across the varieties, there is a different range of textures, flavors, and health benefits. Buckwheat, too, has a rich history and cultural significance — it's a nutritious alternative to grains that brings unique flavors to the table."

Cichy's research is focused on shortening the cooking time of dry beans, improving the appearance of canned beans and developing innovative methods of using them, such as making pasta flour from them.

"In the United States, we don't eat many dry beans and pulses, so I'm trying to make them more appealing," Cichy said.

Dry beans contain minerals, flavonoids and antioxidants, depending on the variety, Glahn said.

Meanwhile, all dry beans are excellent sources of fiber and protein and are rich in minerals, Cichy said in the video.

She is working with Glahn, whose research focuses on bioavailability of iron in dry yellow beans such as the yellow bean variety called Manteca to develop a bean-based pasta that is high in iron.

The creation of new ways to eat dry beans is an important way to increase the consumption of beans by U.S. consumers, who eat less than the 1.5 cups per week that USDA recommends.

Botta, a self-described lover of dry beans and buckwheat, created the grains and bean soup. The two foods are a major part of her diet so she looks for ways to use them in a variety of ways. Besides the buckwheat and dry beans, Botta's savory soup also included a variety of spices, leeks and carrots.

Buckwheat and beans, two plant-based superfoods, not only have impressive health benefits — such as improved gut and heart health, enhanced nutrient bioavailability, and overall dietary balance — but also are grown sustainably, according to the Montgomery College news release.

"This project is about making these nutritious foods accessible and showing how they can easily be part of anyone's everyday cooking," Jana Anderson, associate professor and department chair of Business and Hospitality at Montgomery College, said in the news release.

"People often perceive some of these cooking techniques as difficult, but we wanted to use the food truck to show that you can recreate these recipes at home. Hopefully, it's an invitation for people to be adventurous." Anderson said. **NBGA**

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Prioritize Quality

Machinery Pete to be keynote speaker of Bean Day 2025

By Jenny Schlecht

Greg Peterson – better known as Machinery Pete – will be the keynote speaker at Bean Day 2025.

Northarvest Bean Growers Association's annual Bean Day will be at the Holiday Inn of Fargo on Jan. 17, 2025. The annual event is the largest gathering of bean growers in the nation and offers opportunities to learn about current bean market news and research, meet fellow growers, connect with dealers and buyers, and talk to industry exhibitors about ways to enhance farming operations and improve the bottom line.

Setup and a social are planned for Jan. 16.

Peterson started MachineryPete.com from his Rochester, Minnesota, home. The site researches, tracks and reports on auction prices. The website in 2014 became part of Farm Journal and the following year launched a marketplace for buying and selling used equipment.

Registration and coffee begin at 8 a.m., with the program kicking off at 9 a.m. with an introduction from NBGA President Eric Jorgenson. On the agenda are speakers talking about the business of beans, along





Northarvest Bean Growers Association Bean Day 2024 drew a large crowd and a full slate of vendors to the Holiday Inn in Fargo, North Dakota, on Jan. 19, 2024.

Jenny Schlecht / Agweek

with research, markets, education and harvesting equipment.

The Northarvest area of North Dakota and Minnesota encompasses the largest dry edible bean growing region in the country. Hundreds of people attend the annual event or watch online.

Bean Day will be live streamed for those who can't attend in person. More information is available at northarvestbean.org/bean-day. Please use the QR code on this page to preregister for lunch.   Scan me

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Consumption of dry edible beans is dropping in Brazil. Researchers visited the Northern Crops Institute to learn more about production, processing and other topics.
Erin Ehnle Brown / Real Ag Stock

Brazilian team probes dry bean knowledge at Northern Crops Institute

By Ann Bailey

A team made up of Brazilian dry bean researchers, farmers, an English professor and an agronomist visited the North Crops Institute in Fargo in mid-September to exchange ideas with U.S. researchers and learn about dry bean and pulse production and storage and processing technologies.

Flavio Lazzari, a plant pathologist, and his wife, Sonia Lazzari, an entomologist, who graduated from the University of Minnesota with doctoral degrees, advise Brazilian graduate students and are consultants on storage effects from fungi and insects for the Brazilian dry bean industry.

The research couple bring a group to the United States to learn about the country's dry bean production every year or two.

"They were especially interested in visiting NCI to exchange experiences and know more about production, storage and technologies for processing dry beans and pulses," said Ana Carcedo, an NDSU plant pathologist who was part of the group at NCI who talked to the Brazilian team.

"The consumption of dry beans is dropping fast in Brazil. For this reason, they are looking for ideas and/or technologies to increase consumption of beans and pulses, or to incorporate bean flour or other products from beans and pulses in the diet of the families," Carcedo said.

The Brazilian team was interested in how various dry bean market classes, including great northern, black beans and navy

beans, were handled in the United States, said Jose Figueroa, an NDSU assistant dry bean breeder who also talked with the group during their visit to the NCI.

Brazilian farmers raise dry beans that include reds, black and carioca. The latter bean, which is similar to a pinto bean, is not grown in the United States.

"That's the beauty of beans. Wherever you go, you find different market classes," Juan Osorno, NDSU dry bean breeder, said.

During their visit to the United States, the Brazilian group, besides visiting with researchers at the NCI, traveled to the dry bean farm of Bob Dombeck, a Minnesota Dry Bean Research and Promotion Council area five director, who was harvesting dark red kidney beans.

Members of the group asked Dombeck, who raises dry beans near Perham, Minnesota, production questions that included nitrogen, herbicide and fungicide use.

"It was pretty basic," he said.

The group also wanted to learn about how to improve harvesting of the dry beans, Dombeck said. Most farmers in Brazil use conventional combines, instead of Pickett machines, which are made in Brazil, he said.

Post-harvest management of U.S. dry beans also was a topic of discussion

during the group's trip to North Dakota and Minnesota. The group wanted to learn how to avoid cracking and splitting the dry beans and how to optimize storage.

In Brazil, the main post-harvest challenge is control of a beetle that hatches from a larva that laid eggs on the beans.


Although some people in the U.S. dry bean industry consider Brazil a competitor because it buys most of its dry beans from Argentina, it is valuable to exchange ideas with the farmer because they can learn from it, said Mitch Coulter, executive director of the Northharvest Bean Growers Association.

Meanwhile, Osorno doesn't view Brazil as a competitor because many farmers only grow an acre or two of dry beans, which are hand harvested to feed their families.

Carcedo enjoyed talking to the Brazilian team about dry beans and the opportunity to exchange knowledge with international visitors.

"It's always a really nice experience," she said.

"Really, the intent was to build relationships. They would like to see us collaborating more, was the message I got from them," Peterson said.

The Brazilian team believes that collaboration would be profitable for both their country and the United States. 

Ag groups give North Dakota legislators a close-up look at ag industry

By Jenny Schlecht

Ag commodity groups work hard to make sure that laws and policies are in the best interest of the ag industry and the farmers, ranchers and agribusiness people who make it up. That makes building solid relationships with the people who make the laws an important task.

North Dakota ag groups joined together this fall to introduce themselves to new legislators and further build relationships with veteran legislators by taking them on a whirlwind look at how agriculture operates in the state. The tour stuck to the area around Jamestown, North Dakota, a hotbed of agriculture and ag processing activity.

The group started off with a behind-the-scenes look at Cavendish Farms, a potato processing plant, before going to the Gayne Gasal farm and feedlot. Lunchtime included a meal sponsored by Northarvest Bean Growers Association and included a look at North Dakota's ag economic contribution and an outlook panel featuring Howard Olson, the senior vice president of government and public affairs for AgCountry Farm Credit Services, along with ag producers Justin Sherlock, of Dazey, Ed Kessel, of Dickinson, and Warren Zenker, of Gackle. After lunch

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What I'm hearing today is the importance of roads and infrastructure for these businesses that bring in a lot of product to the soybean plant, the potatoes to Cavendish farms.

– Desiree Van Oosting



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Ag Outlook Tour

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came a walking tour of Dakota Spirit ethanol plant and a bus tour of Green Bison Soy Processing.

For some legislators, the tour was the first time they had seen the spots up close.

"I haven't seen any of these places. This is my first tour of the soybean plant, the ethanol plant and Cavendish farms," said Desiree Van Oosting.

The voters of North Dakota's District 36 on Nov. 5 elected Van Oosting to represent them in the state Senate. Van Oosting, a Republican from New Salem, grew up on a farm, as did her husband. So while she knew the importance of agriculture to North Dakota, she hadn't seen some facets of the modern industry up close.

At Cavendish Farms, the group donned hard hats and hair nets to see what happens as potatoes are brought in,



Legislators and ag groups toured agriculture facilities in and around Jamestown, North Dakota, on Nov. 8, 2024, including the Gayne Gasal farm and feedlot. Here, the group walks through the feedlot and sees the ag processing byproducts the Gasal family uses in their feed rations.

Jenny Schlecht / Agweek

washed and processed into a variety of products, including french fries, hash browns and more. At the Gasal farm, they heard about what happens on a corn and soybean farm and walked through a 3,000-head feedlot. And the tours of the ethanol

and soybean crush plants gave a better idea at how the state's biggest crops get turned into feedstocks for fuels, along with other products.

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Each stop included opportunities for participants – which also included representatives from ag groups in the state – to ask questions. Topics discussed included the Renewable Fuels Standard, labor and transportation.

"Everything is just so interconnected," Van Oosting said.

While the needs of farmers and ranchers were stressed at many points of the day, so were the needs of the industry as a whole. Things like roads, workforce needs, sustainability efforts and growth opportunities for the state also were regular points of conversation. Infrastructure was a big takeaway for Van Oosting.

"What I'm hearing today is the importance of roads and infrastructure for these businesses that bring in a lot of product to the soybean plant, the potatoes to



Desiree van Oosting, a North Dakota senator-elect from New Salem, North Dakota, left, visited with Blayke Gasal, Josh Daulton and Gayne Gasal, at their Jamestown, North Dakota, farm and feedlot on Nov. 8, 2024, along with more experienced legislators, including North Dakota Rep. Bernie Satrom, right.

Jenny Schlecht / Agweek

Cavendish farms," she said. "Learning a lot, especially as a freshman." NBGA

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North Dakota Today host uses her agriculture background to advocate for the industry

By Ariana Schumacher

Television host and producer and current Miss North Dakota Sophia Richards has always been around agriculture.

She grew up on a farm in Hope, North Dakota, where her family grows corn, wheat, barley, soybeans and edible beans. Her father, Tony Richards, is the Northarvest Bean Growers treasurer and a director for the organization.

On her show, North Dakota Today, she was able to promote the Seed to Stovetop video series from Amber Estenson, better known as @ThatMidwesternmom.

"It's fun to be able to use my platform to shine a light on the growers in our communities and beyond," Richards said. "Because not everyone has that background that I grew up with and there's such a disconnect between the producers and the consumers, so helping to bridge the gap in such an easily digestible fashion."

Since starting her career, bridging that gap is something that has been very important to Richards.



Sophia Richards, host of North Dakota Today.
Contributed



Northarvest Bean Growers Association promotes dry beans on North Dakota Today.
Contributed

"When I started my career at Valley News Live, I knew I really wanted to shine a light on especially farmers and ranchers in our state," she said.

"It definitely helps having Sophia Richards who has ties to our industry, her father being a bean grower," said Jed Brazier, marketing and communications director for Northarvest Bean Growers Association. "It also helps when you can put something personal into the conversation — makes it more meaningful."

Richards' goal is to reach the audience with important information, delivered in an entertaining way.

"I hope that we can deliver that to them in a fun way," Richards said. "Like we had the Midwestern Mom on our show, and she's so funny, she's a viral TikTok sensation, and it makes things fun."


"Hopefully it is letting people know about their home area being the largest group of bean growers domestically here in North Dakota and Minnesota and that beans largely come from their friends and

neighbors, not from halfway around the world," Brazier said.

North Dakota Today is a great place for Northarvest Bean Growers Association to promote their activities, Brazier said.

"It has a healthy local audience, and likely one that is not terribly familiar with dry beans or NBGA, but it is people that we hope will be through regular segments," he said. "We're taking a multi-channel approach. In addition to Northarvest's BeanGrower Magazine, North Dakota Today covers our broadcast bases with twice monthly segments and commercials running both online and on traditional television."

Advocacy is vital to the dry bean industry.

"NBGA does a ton of work and while we are proud of the dry beans from our region, a lot of that work happens not in the field," Brazier said. "It's our job to share those happenings and tell that story to help support all of the work being done on behalf of and by our bean growers; that's how you gain influence in a given industry." 

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AgweekTV series gives a close-up look at beans throughout the region

By Jenny Schlecht



Black bean harvest is wrapping up Sept. 26 near Wyndmere, North Dakota.

Kennedy Tesch / Agweek

Dry beans look different throughout the region, and Northharvest Bean Growers Association worked with Agweek and AgweekTV to show off this year's production and some research information to farmers and consumers.

The Agweek Dry Bean Tour visited spots in North Dakota and Minnesota to talk about how 2024 went.

The tour's first stop was at Central Lakes College Ag and Energy farm in Staples, Minnesota, where Central Lakes College farm manager Todd Pollema explained how kidney beans had fared in an unusually wet season. The college's farm typically irrigates and does research on irrigation, but the abnormally wet year meant little extra water was needed, other than when a hot streak came, impacting the shallow-rooted plants. The overly wet conditions also raised the potential for dry mold. NBGA sponsors research at the college that includes how varieties function in diverse growing conditions.


The next stop on the tour was at North Dakota State University Carrington Research Extension Center, where research pathologist Michael Wunsch discussed why white mold is such a problem for edible beans as well as what his extensive research into white mold in soybeans and edible beans has revealed. Much of his research has focused on row spacing, seeding rate, fungicide application timing and fungicide application droplet size. A related study from this year is on how dew impacts fungicide application.

Agweek also visited two farmers — one in North Dakota and one in Minnesota — to see how this year's crop turned out and how harvest was progressing.

Johanning Farms near Park Rapids, Minnesota, grows dark red, light red and white kidney beans on irrigated sandy soils. While wet conditions aren't usually a problem, the abnormally high precipitation, combined with cool temperatures, in 2024

caused problems for the crop, including drowned-out spots, white mold, smaller plants and split beans. However, Paul Johanning said better parts of the fields were making up for the trouble areas, helping bring up yields.

Rudy Dotzenrod, who grows 800 acres of black beans on his farm near Wyndmere, North Dakota, also told Agweek about how cold, wet growing conditions had impacted his crop. Dotzenrod said the crop was average, with some fields looking better than others. A main problem for his farm was weed pressure. Weeds began coming up in July and August and made a big difference in the production of some fields. Dotzenrod explained he will use his crop rotation to try to take care of the weeds.

To read and watch the Agweek and AgweekTV stories, visit https://agweek.com/topics/agweek_crop_tour. 



Kidney bean plants in a nursery plot at Central Lakes College in Staples, Minnesota.

Michael Johnson / Agweek

Research is revealing the hidden power of dry bean proteins

By Michael Johnson

Grains and meats are both great sources of protein that often hold the spotlight.

But legumes, like dry edible beans, offer protein with the benefit of fiber that helps unleash protein's power. They are also a sustainable crop offering nitrogen fixation that's beneficial to other crops in a rotation.

This is information that Northarvest Bean Growers executive director Mitch Coulter said he and others in the dry bean world need to continue to talk about in order to



Mitch Coulter

better market a crop to a world looking for sustainable, healthy options.

Getting more beans in consumer diets is key, Coulter explained. While the U.S. consumer may have their eyes on more protein in their diet, they should not ignore the fiber in beans that can help harness that protein.

"The U.S. consumer is very short on fiber, and so if you can get fiber implemented with that, it'll help digest protein quicker and more complete," Coulter said. He sees that fiber as a significant driver for consumers.

"So that's where some of the interest with dry beans is, 'Hey, there's this great fiber source that comes with that product



when you're trying to isolate protein, and it would help break it down," Coulter said of bean capabilities.

Northarvest Bean Growers Association recently met with MBOLD, GreaterMSP Partnership and the University of Minnesota Plant Protein Innovation Center to further the conversation on plant proteins from dry beans. These groups form a network with major players in the world's food industry. It's become clear as



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industry partners like General Mills and Target join the conversation that there is a large desire for more beans on the menu.



Pam Ismael

Northarvest funded two projects with the Plant Protein Innovation Center centered around dry bean plant protein isolates and finding a neutral flavoring component to that isolate. They have also worked with the Agriculture Utilization and Research Institute on research for dehulling dry beans, which is surprisingly a major challenge, especially with kidney beans given their curvy figure.

A shift to navy beans yielded better results, but the work showed that more basic research was needed on dehulling of all 10 different classes of dry edible beans.

Isolating that protein and finding neutral flavoring to better utilize the beans among consumers is where Dr. Pam Ismael and Dr. Gary Reineccius at PPIC have been investing time for the last two years.

PPIC has already been looking at different pulse and oil seed crops as well as leaf crops like alfalfa to look at proteins and how they can be used in various food applications, so the move to dry edible beans was not a major shift.

The gist of their work is to first dehull, then mill the bean into a flour and then isolate the protein. Ultimately they would be pulling out a protein at a level ranging from 20-80% depending on the method of

extraction and use. This would be a high value product for dry bean farmers.

“When we figure out ways to utilize those beans for other than just dry beans or canning, we figure out a way to produce a high-value ingredient as a protein ingredient ... that will bring revenue back to the farmers and encourage new young farmers to go into the business of planting these beans, which also have environmental benefits, the legumes, they fix nitrogen, for example,” Ismael said.

The benefits of this research were heard and rewarded by the Minnesota Department of Agriculture and USDA Specialty Crops Block Grants to expand the work with PPIC.

The exciting results so far are that they have been able to produce a protein

concentrate from the bean flour. And while the dehulling process remains a challenge, much more has been learned about it and groups like AURI continue to work towards a solution.

“So there are not a lot of publications out there on it,” Ismael said of dry bean protein isolation. “So we’re excited to be among the first, if not the first.”

Ismael calls PPIC a center with no walls, meaning their groundbreaking work is accessible by those interested around the world.

“I would say we have a lot of collaborators,” Ismael said. “We have a lot of researchers across the value chain, interdisciplinary expertise. So it is really a hub where you can find a lot of answers if you come to us.” **NBGA**



Research is focusing on different uses for dry edible beans.
Trevor Peterson / Agweek file photo

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Reverse trade gave bean buyers a look at Northarvest region bean industry

By Ann Bailey

North Dakota and Minnesota dry bean farmers, dealers and industry representatives gave buyers a firsthand look at their product during a U.S. Dry Bean Council reverse trade mission held during the 2024 harvest.

The reverse trade mission, held Sept. 9-12, was the first time the annual U.S. Dry Bean Council focused solely on North Dakota and Minnesota production regions.

Years ago, the reverse trade mission covered the entire Midwest and part of the Pacific Northwest, which included many miles of travel and a lot of information to digest, said Dee Richmond, U.S. Dry Bean Council global program assistant.

For the past two years, the U.S. Dry Bean Council has focused on a single growing region – Denver and the Nebraska Panhandle in 2022 and Michigan in 2023.

About a dozen buyers from Mexico, the Dominican Republic and countries in the Middle East, Europe and Central America were among the attendees of the 2024 trade mission.

There were about 80 dry bean buyers and sellers in all on the mission, the most ever, said Danny Raulerson, U.S. Dry Bean Council executive director.

A key part of marketing dry beans around the globe is connecting buyers with new

customers and renewing the buyers' connections with existing ones, so the U.S. Dry Bean Council strives to do that through giving the members of the reverse trade mission an opportunity to meet the key players in the industry.

"This is agriculture, so relationships are very important," Raulerson said.

This year's event began in Fargo, North Dakota, where buyers gathered at the Peltier Complex at North Dakota State University to learn from U.S. bean dealers about what dry beans they had available to sell.

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Representatives of large dry bean customers in Mexico, which had a severe drought that resulted in a short supply of the commodity, were especially interested in talking with U.S. sellers, Richmond said. Mexico buyers purchased a record amount of dry beans during the 2023-24 dry bean marketing year, which began in September 2023 and ended in September 2024.

On Sept. 10, 2024, buyers had the opportunity to tour Central Valley Bean Co-op in Buxton, North Dakota, about 55 miles north of Fargo.

The reverse trade mission gave the company a chance to show the dry bean buyers the commodities it buys from farmers and how they are processed, said Dan Fugelsten, Central Valley Bean Co-op general manager.

"It gives an opportunity for customers and potential customers to see what we have to offer," he said.

Another important part of the reverse trade mission was meeting dry bean farmers, including Eric Samuelson, who raises navy beans near Crookston.

After the Central Valley Bean Co-op tour, Samuelson hosted a luncheon for the trade mission members at his farm shop. The luncheon included salads made with dry beans and was served by six members of the local FFA chapter.

"Everyone got to interact with them and see what the next generation of farmers look like in Minnesota," Samuelson said.

Besides attending the luncheon, the stop at Samuelson's farm included the opportunity for the trade mission group to tour his farmstead where combines and trucks were parked.

"I was glad to host it. It was a fun adventure," Samuelson said. "I thought it was time well spent and money well invested for our growers.

"It translates into moving more beans," he said.

Richmond echoed the benefits that the 2024 U.S. Dry Bean Council reverse trade mission connecting buyers and sellers had to the farmers who grow the commodity.

"That's the big thing with this mission. It still is about relationships — if you see them and meet them face to face, if you have introductions, that is so critical," she said. "That is what this mission does. It really facilitates that." **NBGA**



Dry bean buyers from around the world visited Minnesota and North Dakota in September to learn more about the region's bean industry.
Jed Brazier / Northarvest Bean Growers Association

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Bridge2Food Conference spreads the word on bean nutrition

By Ann Bailey

The benefits that dry beans bring to the table were the topic of a panel during the Bridge2Food North American Conference in Minneapolis in October 2024.

The annual Bridge2Food Conference, which brings together innovative alternative protein creators from across the globe, was held Oct. 8-10.

Chelsea Didinger, a U.S. Dry Bean Council global nutritional specialist, moderated a Bridge2Food Conference panel called "Increasing Pulse Consumption Through Science, Policy, and Industry Collaboration." The panel featured Robert Loggins, Bush Brothers external affairs director; Jason Wiesinger, U.S. Department of Agriculture Agricultural Research Service biological science technician; and Ben Bacon, Lentiful founder.

Panelists highlighted the efforts of the "Beans is How" coalition, which is made up of food companies and organizations, including the U.S. Dry Bean Council, that aims to double global dry bean consumption by 2028.

"It was a good conversation around the nutrient profile of beans and how we increase the consumption," Loggins said, noting that the iron bioavailability of certain classes of dry beans also was an interesting topic of discussion.

"It was a fantastic panel," Didinger said. Not only did it feature representatives of food companies that sell dry bean products, but it also included Wiesinger, whose presence on the panel brought to it a research-based perspective on dry beans.

His role on the panel was to explain how USDA-ARS research can be used to improve the iron bioavailability of foods, Wiesinger said.

While consumers recognize dry beans as a good source of fiber and protein, the commodity hasn't been viewed as a food that can improve low iron levels, which is a health issue for many people.

"Iron deficiency is a big problem," Wiesinger said. "Beans are important because of all the plant staple food crops, beans have the most iron. There's no contest."

The general consensus, though, for many years was that all of the compounds inhibited iron. However, research shows that while bioactive compounds in some of the classes of beans, such as blacks, inhibit iron bioavailability, yellow beans have a flavonoid compound that promotes iron availability.

USDA-ARS's role was to conduct the research. The next step is for food companies to determine how to use the research-based information about the bioavailability of iron in beans to promote their products, Wiesinger said.

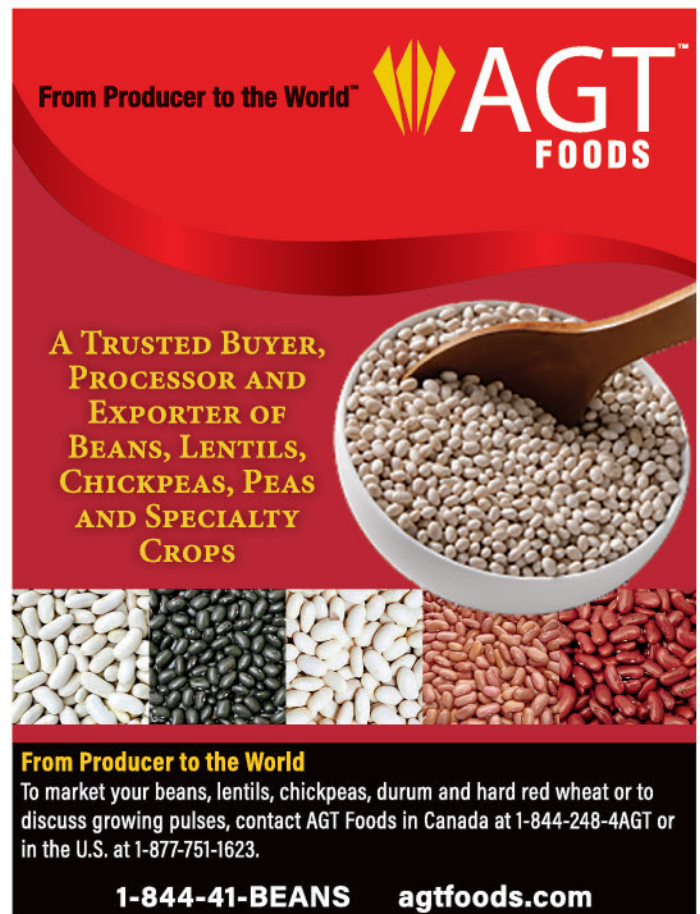
Food companies also need to figure out how they want to highlight the role of dry beans as a protein source, Loggins said. Beans are a great source of protein, but whether they should be a main dish or side dish is still being debated.

Overall, the challenge that food companies, such as Bush Brothers, have is to consider the way they want to convey the nutritional benefits of dry beans that both entertains and educates consumers, Loggins said.

"We've got to figure out the way to tell the story of what beans can do for you," he said. He appreciates the opportunity the relationship that Bush Brothers has with Didinger and Northarvest Bean Growers Association, which funds research-based information about dry beans and shares it with the company.

The nutritional benefits of dry beans, combined with their consumption across continents and the sustainable way they're grown, make them an optimal product to promote in the marketplace, Loggins said.

"There's a wonderful opportunity in the marketplace right now. There are more tailwinds than headwinds," he said. NBGA



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MBOLD looks at ways to bring dry edible beans to the next level

By Ann Bailey

Dry beans are among the sustainable protein sources that MBOLD, a Minneapolis-based organization, is striving to bring to the marketplace.

MBOLD, an initiative of the Greater Minneapolis Partnership, is a coalition of Minnesota-based food and agriculture businesses and academic and entrepreneurial leaders who are working together to find solutions to important issues, such as the growing food demand and the changing climate and other natural resources challenges, according to the MBOLD website.

MBOLD's member companies, which include General Mills, Target and Cargill, reach consumers in 125 countries throughout the world. Greater Minneapolis Partnership, meanwhile, is the economic development partnership for the 15-county St. Paul region.

MBOLD has more than 300 members that include businesses, universities and counties working to improve the competitiveness of the regional economy and to drive economic growth through creating jobs, capital investment and

executing strategic initiatives, the MBOLD website said.

MBOLD co-hosted the Bridge2Food North American conference held in October in Minneapolis, which featured a panel about the research-based nutritional benefits of dry beans.

One of those benefits that is important from MBOLD'S perspective is protein content of the dry beans, a crop that is produced in a sustainable way, said JoAnne Berkenkamp, managing director of MBOLD

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and the Greater Minneapolis Partnership. Two other plant sources that MBOLD has identified as impactful sources of protein are oats and chickpeas.

In Berkenkamp's role as managing director, she works with MBOLD's membership, executive council and steering and project teams to establish the organization's vision and then execute it.

"I'm kind of the conductor of the symphony," Berkenkamp said.

MBOLD recognizes that protein is an important part of a human's diet, so the organization is working with producers of traditional protein, such as meat and dairy, and with producers of plant-based proteins.

The familiarity of dry beans with consumers and the crop's nutritional and environmental benefits have created a pathway to gaining attraction with consumers, making it a

good fit for MBOLD, she said. Meanwhile, Minnesota is one of the leaders in total dry beans. The state's farmers are the No. 1 producer of red kidney beans in the United States. More than half of the red kidney beans produced in the U.S. are grown under irrigation on sandy soils in north-central Minnesota.

MBOLD is working to bring dry beans to the next level of growth by looking at additional ways to market them, Berkenkamp said.

For example, MBOLD has discussed marketing whole bean products, such as quick frozen and dehydrated dry beans, and using isolates in products such as snack foods, breakfast foods and bakery items, which would increase their protein content, Berkenkamp said.

"I think we're only beginning to scratch the surface on that," she said.

Using isolates in products is one of the projects that "we hope to tackle," she said.

Researching how to improve the methods used to process dry beans into other forms and the best way to extract the isolates, then moving the products into the marketplace is an example of the kind of goals that MBOLD has for dry beans.

"We would try to catalyze that and marshal the resources to make that research and development possible," Berkenkamp said. NBGA



The protein content of dry edible beans, including kidney beans of which Minnesota is the top grower in the U.S., makes them attractive to MBOLD.

Michael Johnson / Agweek

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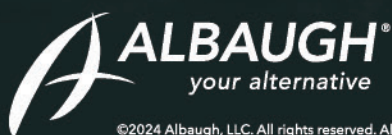
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