

# Minnesota Agriculture

*Voice of Rural Minnesota*



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## La Pasta: A Taste of Italy in the Twin Cities

By Lisa Holm

For more than 40 years, La Pasta has been providing restaurants around the metro with fresh egg pasta. The pasta is beloved by many Twin Cities chefs, including those at Prima, Angelina's Kitchen, Brickhouse, EaTo, Main Street Farmer Eatery, R Social, Lake Elmo Inn and Chloe by Vincent.

La Pasta makes every pasta shape imaginable. When the company's founder, Guido Emmer, started La Pasta in 1981, he brought bronze dies - perforated metal plates that the pasta dough is forced through - with him from Italy. These bronze dies produce a finished noodle with a porous texture. The fresh pasta has a satisfying chew and more flavor when compared to dried pastas. The cooking time of fresh pasta is very quick, and the texture is soft and springy.



Asher Miller bought La Pasta in 2022. Pasta from La Pasta is served at Farmers Kitchen + Bar.

In 2022, Asher Miller bought the business. Guido and Asher met in 2005 when Asher was the purchasing manager and chef at a restaurant in the Walker Art Center. Asher's 20-year career as a chef came to a standstill during the COVID 19 pandemic. In the summer of 2020, when many restaurants were still closed, Asher reached out to Guido to see if he could apprentice and learn how to make pasta - and the rest is history. A few years later, the art of making pasta is becoming second nature to Asher.

La Pasta works with Ardent Mills in Hastings (the first operating mill in Minnesota)

to source the highest grade of durum semolina flour available. While there are just four ingredients required to make the pasta (semolina, eggs, water, salt), each 50-pound batch of dough needs fine-tuning due to ever-changing humidity levels, temperature and wheat harvest date.

In a typical day, La Pasta makes 150 to 450 pounds of pasta which Asher delivers to restaurants that same day. When I visited their operation, Guido and Asher were in the process of making, drying and boxing up pappardelle, penne, orecchiette and spaghetti for delivery to six restaurants.

Asher's favorite pasta dish to make at home is peanut-miso noodles with bucatini. Guido's favorite is spaghetti with clams which he has been making every Friday

for the past eight years.

Asher was introduced to the Farmers Union by Asher's long-time friend and former colleague, Chef Kris Koch, executive chef at Farmer's Kitchen + Bar.

You can taste La Pasta at Farmer's Kitchen + Bar. As Chef Kris proclaims, "You can't find a better pasta outside of Italy." Chef Kris's new dinner special features La Pasta's pappardelle with spicy bison sausage (sourced from Eichten's Bison in Center City) and sundried heirloom tomatoes (sourced from Seven Songs Organic Farm in Kenyon) in a butter sauce.



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# President's message

**GARY WERTISH, PRESIDENT**

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In late October, the White House contacted me and MFU Government Relations Director Stu Lourey to help them find a farm to visit in the coming weeks. Details continued to emerge as the event got closer. On Halloween several staff members met at the T-intersection of two gravel roads for a training session to meet the leaders who were coordinating President Biden's visit to Minnesota.

Minnesota Farmers Union was intricately involved in all facets of the Nov. 1 visit – from wrangling local meals and cookies to shuttling people into the farm site to cleaning up after the guests left.

The day of the visit dawned cold and windy, but that didn't deter the enthusiasm of those involved in the historic event, the first presidential visit to a Minnesota farm since President Clinton visited the Hauer family farm in Shakopee in 2000.

The four staff members shuttling visitors to Dutch Creek Farms in rural Northfield were behind the wheel at the site by 7:30 a.m. Visitors parked along two gravel roads and were shuttled to the farm. Some parked up to a mile and a half away.

Visitors gathered in a new red shed on the farm. Northfield Mayor Rhonda Pownell gave remarks as did Gov. Tim Walz, who introduced Agriculture Secretary Tom Vilsack. Vilsack spoke briefly before turning the podium over to MFU member Brad Kluver to talk about his family's farm and introduce President Biden.

Kluver farms with his parents, Rusty and Nancy, and his brother, Robby. They raise corn, soybeans and hogs in Dakota County.

Biden and Kluver shook hands when they met at the podium, and the president thanked Kluver for the introduction saying that "he can speak a hell of a lot better than I can farm," which drew chuckles and applause.

The president then addressed the issues that Farmers Union has been fighting for



*President Joe Biden took a selfie with Minnesota Farmers Union President Gary Wertish and Minnesota Farmers Union Vice President Anne Schwagerl during his visit to Dutch Creek Farms.*

decades: Consolidation, uneven economic power and a lack of competition. Here are some excerpts from his speech.

"Over the past 40 years or so, we've had a practice in America – an economic practice called trickle-down economics, and it hit rural America especially hard," Biden said. "It hollowed out Main Street, telling farmers the only path to success was to get big or get out."

Tax cuts favored corporate consolidation and those companies moved jobs overseas for cheaper labor, Biden said. Consolidation impacted not only farmers, who have been left with fewer places to buy their inputs and sell their products, but also consumers, who pay higher prices because there is less price competition.

Trickle-down economics have cost America 400,000 farms over the past four decades, he said.

"I came to the office determined to change that," Biden said. "We're growing an

economy from the middle out and bottom up, instead of the top down."

He said the press calls his plan Bidenomics and he embraced the label, saying Bidenomics is about investing in all of America and making things in America again.

Legislation championed by his administration is creating new and better markets and new income streams, Biden said, listing several examples:

- \$20 billion investment through the Inflation Reduction Act to help farmers adapt to extreme weather by utilizing climate-smart agriculture, cover crops, nutrient management and prescribed grazing.
- \$1 billion from the American Rescue Plan for small and medium-sized independent meat processors to expand their capacity.

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## President's Message

*continued*

- Investing in rebuilding roads, bridges and highways using funds in the Bipartisan Infrastructure Law.
- Providing loans and grants to rural electric cooperatives to supply rural communities with affordable, reliable clean energy.
- Investing in building a new bioeconomy, which will create a new market for family farmers.

Biden also announced new investments at the event, including:

- Nearly \$2 billion to help more farmers adopt practices to fight climate change and create new income streams for farmers.
- \$145 million for farmers and rural communities to install clean technologies.
- \$274 million to expand rural high-speed Internet.
- \$2 billion to support the Rural Partners Network, which helps rural communities take advantage of federal resources.

Biden said his plan is not only about investing in rural America.

"It's about restoring pride to rural communities that have been left behind for far too long," he said. "It's rooted in what's always worked best for the country: investing in America and investing in Americans, no matter where they live – in rural communities, tribal communities, suburbs or cities.

"Nothing is beyond our capacity when we do it together," Biden said. "So, let's unite this country. Let's do it together."

It was an honor for MFU to work closely with the White House for a U.S. presidential visit to a Minnesota farm.

## President Biden visits Minnesota



*President Joe Biden spoke in a shed at Dutch Creek Farms on Nov. 1.*



*President Joe Biden and farmer Brad Kluver share a moment after Kluver introduced Biden. Middle, Kathy Zeman, Jodi Ohlsen Read, Steven Read, Missy Bakker Roach and Tessa Parks were excited to see the president. Right, Agriculture Secretary Tom Vilsack spoke about the work the administration is doing to help rural America*



**STU LOUREY**  
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The end of October and early November was an exciting time for the policy team, helping welcome President Biden to a farm in Northfield and preparing for a successful state convention.

As MFU President Gary Wertish laid out in his article, President Biden visited Dutch Creek Farms in Greenvale Township to kick off his administration's Investing in Rural America event series. The Kluvers were proud to feature their farm as an example of a small and mid-sized, independent, family farm that will benefit from investments in increasing competition in agricultural markets, expanded conservation programs, improved roads and bridges and investments aimed at helping farms use less energy.

"I never wanted to be the biggest farm out there," said Brad Kluver in introducing the President at the event in their machine shop. "My goal has always been to leave a resilient, productive and sustainable legacy for my children . . . [I feel excited] when I look at my two young children and I know that their future is bright."

A highlight of the event was welcoming not only MFU's Executive Committee, local leadership, MFU's leaders on the Farm Service Agency (FSA) State Committee, and others, but also reconnecting with state policymakers who are excited to put federal dollars to work in service of a more resilient and distributed agricultural sector. For example, the Board of Soil and Water Resources (BWSR) will be able to expand their work to support farmers implementing cover crops, conservation tillage and other practices leveraging federal dollars, the Minnesota Department of Agriculture secured \$3.4 million in additional USDA funding for their farm to school programs, and the Minnesota Attorney General's office will have access to

# Presidential visit, no action on farm bill and big investment in Heartland Hydrogen Hub

a pot of \$15 million dedicated to helping states go after large agribusiness companies who violate competition law.

## Back to business

As Biden addressed the crowd in rural Northfield, lawmakers in Washington, D.C. were getting back to business after the House elected Rep. Mike Johnson, R-La., speaker, ending a nearly month-long stalemate and renewing conversations about how to avert a government shutdown. Upon his election, Speaker Johnson started repassing the House's appropriations proposals, including the agriculture package. Like others, this bill would make steep spending cuts and faces little to no hope in the Democratically controlled Senate. More specifically, it would slash USDA's budget by more than one third and kill USDA's rulemaking to strengthen the Packers and Stockyards Act.

## Fertilizer news

Outside of Congress, the administration made big announcements on fertilizer. First, the Department of Energy announced a nearly a billion-dollar investment in the Heartland Hydrogen Hub, which will help kickstart the production of 'green fertilizer' in Minnesota. The announcement centered on the opportunity to involve farmer cooperatives, allowing farmers to build equity in projects that will help stabilize fertilizer production and lower carbon emissions. Second—and part of the administration's Fertilizer Production Expansion Program—the USDA invested more than \$4 million in a lime manufacturer in Crookston that will expand production to meet 50 percent of local needs for organic fertilizer.

## Ag2School tax credit

On the state level, I'm writing this immediately following the November local elections in which voters considered dozens of school referendums to upgrade facilities across the state. Because of work MFU

supported in the legislature, farmers in Minnesota don't have to shoulder the entire property tax burden of school construction bond levies. The Ag2School tax credit now reimburses owners of agricultural land for 70 percent of school building bonds—you should see this reflected automatically in your property tax statement.

"[This is] a win-win for farmers and rural communities," Wertish said in written comments to lawmakers when the program was expanded in 2022. "These investments will help ensure that students in rural areas have access to high-quality educational facilities and help young families build lives in rural Minnesota."

## Other state news

The Minnesota Department of Agriculture (MDA) awarded over half a million dollars through the Emerging Farmer Technical Assistance Grant Program to eight organizations who will provide technical assistance and help pay farmers' premiums for enrolling in USDA's Micro Farm Crop Insurance program. This announcement follows funding MFU advocated for in 2021 and is guided by MDA's newly expanded Emerging Farmers' Office.

Finally—and though there are still initiatives passed last session that haven't been implemented—we are nearing the start of the 2024 state legislative session on Feb. 12. Lawmakers set the state's biannual budget last session and this shorter, 14-week, session is traditionally dedicated to policy work and authorizing a borrowing package for state infrastructure. That said, the precedent set last session and unfinished business—like Right to Repair for ag equipment, sports betting, implementation of marijuana legalization, and other issues—could make for an interesting winter.

As always, if you have questions, thoughts, or concerns about MFU's legislative work, reach out to me at (320) 232-3047 or [stu@mfu.org](mailto:stu@mfu.org).



# Assistant Attorney General Jonathan Kanter visits Minnesota

**JUSTIN STOFFERAHN,**  
**ANTIMONOPOLY DIRECTOR**  
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Minnesota Farmers Union showcased its national leadership in the antimonopoly movement in October with a visit of Jonathan Kanter, Assistant Attorney General for the Department of Justice Antitrust Division.

Kanter is one of the Biden administration's top antitrust enforcers. Over the course of his visit, Kanter discussed his priorities as well as heard directly from farmers, workers, small business owners, legislators and the legal community.

Kanter opened his three-day visit by participating in an Antitrust Law Symposium at Mitchell Hamline School of Law in St. Paul that included nearly 100 participants split between in-person and virtual attendees including from Florida, Iowa, Vermont and Washington. MFU was a co-sponsor and co-organizer of the event along with the Antitrust Society at Mitchell Hamline and the Minnesota State Bar Association Antitrust Section. The symposium was a truly unique event that featured not only Kanter, but also Sen. Amy Klobuchar, D-Minn., Minnesota Attorney General Keith Ellison, Rep. Emma Greenman, DFL-Minneapolis, MFU President Gary Wertish and a range of legal experts from the public and private sectors.

The symposium included a "fireside chat" with Kanter where he discussed the recently proposed federal merger guidelines, the changes to antitrust enforcement under the Biden administration and the growing interest in antitrust among law students around the country. In a recorded video, Klobuchar discussed the legislative work she is doing to reign in Big Tech and protect small businesses. There were also panel discussions about antitrust issues in agriculture, trends in state and federal antitrust enforcement and careers in antitrust as well as a presentation on MFU's antitrust clerkship in the Attorney General's Office.

The day after the symposium Kanter met with Attorney General Ellison and his antitrust team before holding a briefing with legislators at the Capitol to discuss the work of the Antitrust Division and what state legislators can do to address concentration and monopoly power, including the state antitrust reforms that MFU has been supporting. The briefing was an opportunity to better connect legislators with the antimonopoly work MFU is leading at a state level and brought a new group of legislators into the discussion.

To better understand the real-life implications of corporate consolidation, Kanter visited Cherry Valley Farm in Cannon Falls, owned by MFU members Mary and Danny Lundell. In addition to receiving a tour of the farm, Kanter held a roundtable

discussion with other farmers, workers and small business owners to discuss the various ways corporate consolidation is impacting Minnesotans.

During the discussion Kanter connected issues as seemingly unrelated as the right to repair and the consolidation of health-care services as part of a broader fight to preserve community vitality against the harms of corporate monopolies. Kanter's visit was the first time in recent history that the Assistant Attorney General had met directly with community members on a farm, and it was made possible by MFU. Kanter remarked on several occasions how impressed he was by Minnesota's leadership in antimonopoly, which is partly a result of the work MFU is leading.

Kanter and his staff wrapped up their visit to Minnesota the next day by having breakfast at Farmers Kitchen + Bar with Wertish and MFU Vice President Anne Schwagerl, which was another important opportunity to share what MFU members around Minnesota are seeing on the ground and discuss ways Kanter and the Department of Justice can continue to get connected with those on the front lines of our monopoly crisis.

Hopefully, Kanter's visit will be the first of many visits key federal antitrust enforcers will make to Minnesota.



*Jonathan Kanter, Assistant Attorney General for the Department of Justice Antitrust Division, visited Mary and Danny Lundell's farm to hear about the impacts of consolidation.*

## SPECIAL SECTION:

# FARM FAMILY RECIPES



The idea for this recipe special section was planted at the National Farmers Union Convention in March. A couple of executive committee members chatted with me about family recipes and how that would be a great idea for a magazine.

There's so much going on with your Minnesota Farmers Union that I couldn't devote an entire issue to recipes, but I've added this bonus section filled with family favorites for you to try.

There's fruitcake from Linda Irrthum and some delicious caramel bars that I've already made twice at my house, Bessie Klose's lefse recipe shared by her granddaughter and Andrew VanDerPol's smoke pastrami recipe.

I shared my mom's baked bean recipe, something that we eat at Thanksgiving, Christmas and Easter.

Staff members Claudine Arndt and Ariel Kagan also shared favorite family holiday recipes: Fondue and Dorie's Candied Cranberry Sauce.

Whether you like to cook or bake, food is something that unites us and is deeply personal. As Minnesotans, we are known for our hotdishes and Jello salads, but what we put in those hotdishes and salads is unique.

Farmers Union was one of the first farm organizations to recognize the value of food and the community created by breaking bread together. MFU's Minnesota Cooks program celebrates food grown in Minnesota and the farmers who produce that food.

MFU also celebrates the farmers who grow the commodity crops that are converted into food either through further processing or livestock feed.

Now, as the crops are harvested and it's dark outside by 5 o'clock, check out these recipes and give them a try.

Janet Kubat Willette  
Editor, *Minnesota Agriculture*

## It's fruitcake time for the Irrthum family

### Linda Irrthum shares recipes for holiday favorites

By Janet Kubat Willette

As the leaves turn orange and gold, Linda Irrthum's thoughts turn to fruitcake.

"I always make my mom's applesauce fruitcake," said Irrthum, a West Coast native, who grew up eating fruitcake on holidays and special occasions. It was shared as the groom's cake at her cousin's wedding reception.

While many shun fruitcake, Irrthum stirs up a couple batches each fall, using her hands to combine the ingredients in her black roasting pan. She wraps the loaves and freezes them for at least a couple of weeks before she and her family bite into the traditional sweet.

"I love it, my boys love it, (husband) John likes it," Irrthum said. Her husband invites a friend over to share fruitcake and coffee, but mostly they eat it themselves, relishing the tasty treat that many love to hate.

Irrthum also makes lefse each holiday season, a traditional holiday food for many Norwegians. Her dad's mom made lefse, but didn't use a recipe, rather she just knew when the potato, cream, flour and butter mixture was the right consistency for rolling. Through trial and error and referring to a variety of recipes, Linda taught herself to make lefse and created her own recipe. Yet, her relatives are never far from her mind when she prepares the Scandinavian tortilla as she uses her grandmother's lefse griddle and sticks, and also a pair of sticks from her great aunt. She uses her mother's lefse rolling pin.

Lefse has been a mainstay of her family's holiday meals since she was a child. Even when they lived on the West Coast, her father's aunt, who lived next door, always made sure they had lefse for Christmas.

While she and her husband grew up with some of the same holiday food traditions, others were a surprise.

When on the West Coast, her family's holiday meals included smoked salmon,

elk or deer mincemeat pie, turkey or ham. Her husband's family, on

the other hand, enjoyed sauerkraut and pork hocks each Christmas Eve. Spaetzle was another favorite.

Her husband's late mother, Pat, taught their son, Marcus, how to make Spaetzle, earning him the title of the family's Spaetzle maker. This year, he's working abroad so Irrthum said she'll be making the traditional German noodle.

She'll rely on one of her husband's aunts to share the German anise-flavored cookies he enjoys, as anise is not her favorite flavor for a cookie, and she prefers to experiment with other recipes. Irrthum has no traditional cookies she prepares each year.

"I don't eat a lot of sweets," Irrthum said.

When her two sons were younger, she'd make cookies each weekend, often with her sons helping her. One son would go out to help their father with milking and chores and the other would help her in the house. She has fond memories of her young sons standing on a chair cracking eggs into a dish as they helped. Her son Clint prefers baking and Marcus prefers cooking.

Irrthum first learned to cook by watching her mom. When she visited friends, she'd get recipes from their moms too. Her first job after high school was baking. She'd bake 20 batches of cookies daily, Monday through Friday. She learned from watching the pie baker too. Irrthum also worked part-time at an Italian restaurant, where she learned from the owner, a Culinary Institute-educated chef.

But mostly, she's self-taught. She took one year of home economics in high school

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and has been experimenting in the kitchen ever since.

"There's no magic ingredient," Irrthum said, but she's partial to good, fresh ingredients.

"I love my cast iron skillet and my Dutch oven," she said. She splurged this year and bought herself a new Dutch oven, which she uses for many recipes.

She is not a meal planner, though. She knows what she has on hand and what she can make from those ingredients. Working full-time, she often has about 90 minutes to get supper on the table.

What will it be tonight? Maybe meatloaf ... or lasagna ... or enchiladas ... or tater tot hotdish or maybe a new recipe she clipped from a newspaper or magazine.

The Irrthums have been Farmers Union members as long as she can remember, and Marcus was president of the Goodhue County chapter. Clint and his wife, Erica, hosted a Farmers Union event at their sunflower patch this summer.

## Fruitcake

Family recipe from Linda Irrthum, with modifications noted in parenthesis.

### Ingredients

- 2 cups sugar
- 3 cups unsweetened applesauce
- 1 cup shortening (Crisco)
- 1 pound chopped dates (or half pound)
- 1 pound raisins (golden)
- 1 pound chopped nuts
- ½ pound candied pineapple (or 1 pound candied mixed fruit)

- 4 ½ cups flour
- 4 teaspoons soda
- 1 teaspoon nutmeg
- 2 ½ teaspoons cinnamon
- ¼ teaspoon cloves
- 1 teaspoon salt

### Directions

Boil applesauce, shortening and sugar for five minutes, stirring occasionally. Let cool. Mix fruit and nuts together, sift flour and spices over fruit and mix well until each piece is coated. Stir in cooled applesauce and mix well.

Mix in a large roaster - one of those large black ones that your mom used to make beef or pork roasts.

Fill medium loaf pans ¾ full. Bake at 250 degrees for 2 hours or until your toothpick comes out clean. Decorate each loaf with two whole candied cherries (either red or green).

Let mellow, or mature, for two weeks before slicing. Freezes well.

Makes five medium loaves (Linda uses aluminum pans) and one small loaf. A medium loaf pan is 8 ½ inches x 4 ½ inches.

## Spaetzle

A traditional recipe. John's mother, Pat Irrthum, taught her grandson, Marcus, how to make these before she passed away. He is now the family's official Spaetzle maker.

### Ingredients

- 2 eggs
- 1 ½ cups flour
- ½ cup water
- ½ teaspoon salt
- ¼ teaspoon baking powder

### Directions

Beat eggs, combine with other ingredients, and beat well. Drop small bits of batter from a spoon into simmering salted water or soup. Cover pan with a glass pie plate so that you can tell when dumplings are done without lifting lid. The spaetzle noodles are done when they float to the top.

Note from Linda: Pat made her spaetzle larger so she didn't need to stand over the boiling pot of water so long.

## Caramel Bars

Recipe Linda Irrthum clipped from a paper.

### Ingredients

- 2 cups flour
- ½ cup oatmeal
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 cup brown sugar
- 1 cup softened butter

### Filling

- 1 12-ounce jar of caramel ice cream topping
- 4 tablespoons flour

- 1 cup mini chocolate chips

### Directions

Mix these 6 ingredients together and reserve one cup for topping. Put the rest in greased 9 x 13 pan and bake at 350°F for 10 to 15 minutes.

Mix one 12-ounce jar of caramel topping with 4 tablespoons flour and pour over the crust.

Sprinkle one cup of mini chocolate chips on caramel and crumble the reserved 1 cup on top.

Bake at 350°F for 12 to 15 minutes. Don't over bake, they set up after coming out of the oven.



From Andrew VanDerPol

## Smoked Pastrami

### Ingredients

- 5 to 10 pounds Brisket

### Brine

- 1/2 gallon cold water
- 1/2 cup salt
- 1 cup brown sugar
- 4 teaspoons curing salt
- 2 teaspoons cayenne pepper
- 2 tablespoons coriander seed
- 2 tablespoons mustard seed
- 2 tablespoons peppercorn
- 6 cloves of garlic

### Bark Seasoning Ingredients

- 1 ½ tablespoons coriander
- 1 ½ tablespoons black pepper
- 1 tablespoon sugar
- 1 tablespoon sweet paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon mustard powder

### Directions

Soak brisket for 21 days in brine in a ziplock bag shaking every 7 days. After 21 days, put brisket in a pot filled with enough water to cover meat and simmer for 3 hours covered. After 3 hours pull meat out and liberally add bark seasoning. Set smoker at 225°F. Smoke for 2 hours. Let cool in fridge covered overnight then thinly slice.



From Kathy Zeman, Simple Harvest Farm Organics, Nerstrand

Recipe adapted from *Joy of Gardening Cookbook* by Janet Ballantyne

## Cucumber Buttermilk Soup

### Ingredients

Combine in a food processor or blender:

- 3 cups peeled and chopped cucumbers
- ¼ cup diced scallions
- 1 tablespoon minced fresh cilantro, mint or dill
- 1 cup goat milk buttermilk
- ½ cup sour cream (16-ounce container makes 4 batches)
- 1 ½ tablespoons lemon juice
- ½ teaspoon salt

### Directions

Process until smooth.

Garnish with grated cucumber or diced tomato if desired.

Serve cold. Serves 6-8.

Freezes and thaws very well. Make enough to enjoy a taste of summer all winter. Makes 1 quart

From Tammy Frericks

This is a recipe that my mom would always make so I hold it near and dear to my heart.

## Pretzel Salad

### Ingredients for crust

- ½ cup margarine, melted
- 2 cups crushed pretzels, not too fine
- 2 tablespoons sugar

### Directions

Mix and press into a 9x13 pan. Bake at 350°F for 10 minutes. Cool.

### Ingredients for salad base layer

- 8-ounce package cream cheese, softened
- 8 ounces Cool Whip
- ½ cup sugar

### Ingredients for salad top layer

- 2 packages strawberry Jello
- 2 cups boiling water
- 2 pounds fresh or frozen strawberries

### Directions

Mix salad base layer ingredients together and spread on crust. For the salad top layer, combine strawberry Jello with boiling water. Add strawberries. Chill until consistency of egg whites, which is not long if using frozen strawberries. Pour over cream cheese and refrigerate.

From Mark Askegaard

## Apple Cider Doughnuts with Organic Whole Wheat Flour and Flaxseed

### Ingredients

- 1 ½ cups Askegaard Organic Whole Wheat Flour
- 3 tablespoons Askegaard Organic Ground Flaxseed
- ¼ cup cane sugar
- ¼ cup brown sugar
- 1 ½ teaspoons baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅛ teaspoon ginger
- 3 tablespoons coconut oil, melted
- ¼ cup plant milk or cow's milk
- ½ cup apple cider

### Directions

Preheat oven to 350°F. Grease doughnut pan. Combine dry ingredients and wet ingredients in separate bowls. Mix the wet and dry ingredients together until well blended. Spoon batter into doughnut wells until they are half full. Spread the batter evenly in the well to make a smooth surface. Bake for 12 to 15 minutes, or until a toothpick inserted into the center comes out clean. Cool on cooling rack and sprinkle with cinnamon sugar. Store covered in the refrigerator. Yields 8 doughnuts.

**From Mark Askegaard**

Recipe adapted from *Cooking Light: Dinnertime Survival Guide* by Sally Kuzemchak, MS, RD

## Whole Wheat Flaxseed Pancakes

### Ingredients

- 1 cup Askegaard Organic Whole Wheat Flour
- 3 tablespoons Askegaard Organic Ground Flaxseed
- 1 tablespoon organic cane sugar
- ½ tablespoon baking powder
- ¼ teaspoon baking soda

- ½ cup milk
- 1 cup plain or vanilla yogurt
- 1 tablespoon butter, melted
- 2 eggs
- ½ tablespoon fresh lemon juice

### Directions

Mix dry ingredients and wet ingredients in separate bowls. Combine the dry ingredients with the wet ingredients, stirring until smooth. Spoon batter onto a greased and preheated skillet or waffle iron. Cook approximately 4 minutes per side, or until golden brown. Serve with fruit and maple syrup. Yields approximately 8-10 pancakes or waffles.

**From Zehorit Heilicher**

## North African Chicken and Olive Tagine



### Ingredients

- 4 medium chicken legs, cut into thighs and drumsticks
- 4 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 6 large garlic cloves, sliced thin
- 1 teaspoon turmeric
- 1 cup pitted green olives
- ½ medium hot red pepper, minced fine
- 1 medium lemon, peeled, seeded and minced
- 2 medium bay leaves
- 1 cup water or broth
- 4 tablespoons minced cilantro

### Directions

**Prep the chicken:** Heat oven to 350°F.

In a 12-inch oven proof sauté pan with a cover, heat the olive oil on medium high heat, season the chicken pieces with salt and pepper and then brown the chicken on both sides. Add the garlic, hot pepper and sauté until golden. Add the lemon and rest of spices and cook for 3-4 minutes.

**Add liquid:** Mix 1 cup of water or broth with turmeric and add to the pan, bring to a boil.

Now add the cilantro and the olives to the pan. Cover and cook in the oven for about 40 minutes.

**Serving:** Serve the tagine with an additional sprinkle of cilantro, basmati rice or couscous. Serves 4 to 6.

**From Zehorit Heilicher**

## Date Cookies

### Ingredients

#### Dough

- 1 cup butter, softened
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 ½ cups all-purpose flour

#### For Topping

- ½ cup powdered sugar

#### Filling

- 16 ounces dates, vacuum packed
- ¼ cup orange juice

- 2 tablespoons honey, optional
- 2 teaspoons cinnamon
- 1 tablespoon lemon juice, freshly squeezed
- 3 tablespoons orange blossom water (available at Middle Eastern grocery stores or online)

### Directions

**Make filling:** Place dates, orange juice, honey, cinnamon, orange blossom water and lemon juice in a medium bowl and mix to combine. Taste and adjust flavors. Set aside. Mixture can be kept in fridge for 1 week.

**Make the dough:** Cream butter and sugar in a mixing bowl. Add eggs, vanilla and flour and mix until just incorporated. Form dough into a ball. wrap in plastic wrap and chill for 30 minutes.

**Bake:** Preheat oven to 350°F. To make cookies: Take dough out and divide into 4 portions. Roll first portion between 2 sheets of plastic wrap, or parchment paper to a rectangle about 8x10 inches and to 1/4 inch thickness. Remove top plastic sheet and spread 1/2 cup of date mixture on dough, leaving about 1/2 inch border all around spread. Using the plastic sheet, gently roll the dough to create a log. Carefully place the log on a greased cookie sheet, discarding the bottom plastic sheet. Repeat with rest of dough placing logs 2 inches apart until you have 4 logs. Using a sharp knife, cut logs at ½ inch intervals, not going all the way through. This will help cut the logs once they are cooked. Bake in the oven for about 45 minutes or until dough is lightly golden. Cool on cookie sheet as the logs tend to be fragile.

From Ana Niederoskov

## Ukrainian Red Borscht

### Ingredients

- 2 tablespoons olive oil
- 4 red beets, peeled and diced about ½ inch thick (approximately 1 ½ pounds)
- 4 carrots, peeled and diced ½ inch thick (about 1 pound)
- 1 medium onion, chopped (about 1 cup)
- 2 medium Russet or Yukon gold potatoes peeled and diced about ½ inch thick
- 2 cups cabbage, shredded and thinly sliced
- 2 cloves garlic, minced

- 8 cups vegetable or beef broth (add more if needed)
- 1 cup diced tomato
- 1 (6 ounce) can tomato paste
- 2 tablespoons fresh dill, chopped
- 2 tablespoons Red Wine Vinegar
- 1 dried bay leaf
- Salt and pepper to taste
- Sour cream (optional)

### Directions

In large pot, sauté onion and carrot in olive oil until soft, about 7 minutes. Then add diced tomato and cook for another 2 minutes.

Add the vegetable or beef stock. Add the beets, potatoes and dried bay leaf to the pot and bring to boil. Add a good pinch of salt and some pepper to taste. Lower the heat to medium-low and continue at a slow simmer for another 15 minutes.

Add shredded cabbage and cook for another 10 to 15 minutes until vegetables are soft. Add minced garlic, dill, red wine vinegar, and season to taste with salt and pepper. Cook for another 5 minutes.

Serve borscht hot, add a dollop of sour cream and a piece of garlic Pampushky (Ukrainian Garlic Rolls – see other recipe).



From Ana Niederoskov

## Pampushky (Ukrainian Garlic Rolls)

Makes 16 rolls

### Ingredients

- 1 cup lukewarm whole milk
- 2 teaspoons sugar
- 1 ½ teaspoon active dry yeast
- 2 eggs
- 5 tablespoons vegetable oil (divided, plus more for greasing)
- 3 cups all-purpose flour (more for kneading surface)
- 3 cloves garlic, minced
- 3 tablespoons dill, chopped
- 1 teaspoon coarse salt (topping)

### Directions

In large bowl, whisk the warm milk, sugar and yeast; it takes about 10 to 15 minutes to begin bubbling or foaming. Once it gets foamy, continue with recipe.

Add 1 egg into the yeast mixture, then add 3 tablespoons of oil, flour and salt. Using a rubber spatula, stir until well mixed and until rough dough forms.

Move dough to well-floured work surface and knead with hands until dough becomes smooth, soft and pliable (1 to 2 minutes). If dough feels too sticky, add 1 to 2 tablespoons of flour. Shape dough into a ball.

Lightly grease a bowl with oil. Place dough in bowl and cover with towel or plastic wrap and let rise in warm place for about 1 hour, or until the dough doubles in size.

Grease two 9-inch square baking dishes with oil. On a clean work surface, divide the dough

into 16 equal pieces. Form each piece into a ball and arrange in the baking dish leaving about ½ inch space between them. Cover both baking dishes with towels or plastic wrap and let rise in warm place for about 30 minutes, or until the dough doubles in size.

Preheat the oven to 350°F. Lightly beat the remaining egg in a small bowl. Brush the top of the dough with the egg wash and put in the oven.

Bake the rolls for about 35 to 45 minutes or until the crust is a deep golden brown.

Mix together 2 tablespoons of remaining oil with minced garlic and dill. While still warm, remove rolls from the baking dishes, brush with garlic-dill oil and sprinkle with a pinch of coarse salt. Let cool on wire rack.



From Linda Larson

### Linda's 3-Minute No Fail Fudge

#### Ingredients

- 1–12 ounce package Ghirardelli dark chocolate chips
- 1–14 ounce can Carnation sweetened condensed milk
- 1 teaspoon flavoring of choice—vanilla, almond, mint, maple, etc.
- Option: Add nuts of your choice. (I use 1 cup toasted walnuts.)

#### Directions

Butter a 9x9 pan. Pour condensed milk into a 2-quart microwave safe bowl. Stir in chocolate chips. Microwave on high for one minute. (My microwave oven is 1000 watts.) Stir mixture thoroughly. If the chips melt while stirring, stir in the flavoring, add the nuts. Pour into pan, level out, refrigerate 1 hour before cutting. Cut into squares and enjoy. No need to refrigerate. If more microwave time is needed, do it in 10-second increments. Do not use mini chips, they won't work for this recipe.

Note: Chocolate chips scorch very easily. If the microwave is more than 1000 watts, less than 1 minute might be preferred time.

From Linda Larson

This recipe has been in the Larson family for generations.

### Mom's Famous Cranberry Salad

#### Ingredients

- 1 package fresh (or frozen) cranberries, ground

- 1 cup sugar

- 1–10 ounce package mini marshmallows

- 1–20 ounce can crushed pineapple, well drained

- 1 pint whipping cream, whipped and sweetened to taste (1/2 teaspoon vanilla and powdered sugar)

#### Directions

Combine ground cranberries and sugar. Let stand for 2 hours. Stir in pineapple and the marshmallows. Fold in whipped cream. Refrigerate several hours or overnight to blend the flavors. Serve chilled.



From Janet Kubat Willette

### New England Baked Beans

#### Ingredients

- 1 ½ pounds dry navy beans (3 cups) (Mom uses Great Northern brand beans)
- 1 medium onion, chopped
- 1 cup ketchup
- 1 cup brown sugar
- 1 additional cup water

- 2 teaspoons dry mustard

- 2 tablespoons dark molasses

- 1 tablespoon salt

- ¼ pound bacon

#### Directions

Soak beans. Drain and put into crockpot. Add all remaining ingredients; mix well. Cover and cook on low, 10 to 12 hours, or high, 4 to 6 hours, stirring occasionally.

From Dori Klein

I love popcorn. When I get a whiff of it, I follow it so I can have some.

I acquired the popcorn ball recipe I currently use more than 50 years ago. When I had my beauty shop (which seems like another lifetime ago) I had a client tell me about the popcorn balls she made. After work one night I went to her house and helped her make some and thought they were absolutely delicious. With the exception of this year, I have made them every year since. My sister and I made hundreds of them for several years to put in the children's candy bags for the Christmas pageant. Every year I also made popcorn balls at Christmas time for family gatherings, usually making around

10 dozen. I made them and shipped them to Arizona, North Carolina and Singapore. I always enjoyed making them for the auction at the MFU convention. I will gladly share the recipe, but feel I need to forewarn you: the popcorn popper I have was my grandmother's. And yes, it's an old-fashioned stir one! Good luck and enjoy!

### Popcorn Balls (Makes 1 dozen)

#### Ingredients

- 6 quarts popped corn
- 1 cup sugar
- 1 cup white syrup
- 1 tablespoon of butter

- 1 tablespoon of vinegar

- Food coloring

- 1 teaspoon baking soda

#### Directions

Boil sugar, syrup and food coloring to a soft stage (rolling boil) (I microwave 3-3 ½ minutes). Add 1 tablespoon of butter and 1 tablespoon of vinegar. Stir until butter melts and then add 1 teaspoon baking soda. Pour over 6 quarts of popped corn, shape into balls.



**From Dori Klein**

Another favorite recipe of mine that we have made for the past 40 plus years is a caramel corn recipe that my son got from his third-grade teacher. I make it every year at Christmas. It's all made in the microwave (except the popped corn) and it's very simple to make. Enjoy!

**Caramel Corn****Ingredients**

- 1 cup brown sugar
- 1 stick butter or margarine
- ¼ cup white syrup

- 1 teaspoon salt

- 4 quarts popped corn (put popped corn in large brown grocery bag)

**Directions**

Combine all ingredients except salt and popped corn. In microwave, bring to a boil. Once it starts to boil, cook for 2 minutes. Remove and stir in salt. Pour syrup over popped corn. Close bag and shake (I usually stir to make sure syrup is off the bottom of the bag). Put bag in microwave for 1 ½ minutes. Take out and shake again. Return to microwave for 1 ½ minutes. Spread on cookie sheet to cool. My notes say: DO NOT OVERCOOK.

**From Carol Anderson**

This is my grandmother's recipe for kolaches.

**Kolaches****Ingredients**

- 1 cup of milk
- 1 cup of water
- ½ cup of sugar

- ½ cup of shortening or butter
- 2 yeast cakes or 2 tablespoons
- 2 teaspoons salt
- 2 eggs, slightly beaten
- 7 ½ cups flour

**Filling**

- Purchased date, prune or poppy seed paste

**Directions**

Mix 4 cups of flour and all other ingredients together to make a soft dough and let stand and rise.

Add the rest of the flour (3 ½ cups) to stiffen dough and mix this by hand. Let it rise again. Then roll out to ¼ inch thick and cut into 3-inch squares. Spread date, prune or poppy seed paste in the center of the square and fold in corners. Put in a baking pan and let it rise. Brush with butter and sprinkle with brown sugar. Bake at 350°F for 25-30 minutes.

**From Brooke (Klose) Knutson**

This is Bessie Klose's recipe. Bessie served as secretary of the Minnesota Farmers Union Executive Committee for 35 years and was a leader of the Kandiyohi County Farmers Union. Bessie was also famous for her pies and lefse. Her pies would bring hundreds of dollars at the Farmers Union Foundation auction each year. She died July 14, 2022. Her granddaughter, Brooke, shared these recipes.

**Instant Potato Lefse****Ingredients****Bring to boil:**

- ½ cup margarine
- 3 cups water

**In a large bowl, mix:**

- 3 cups instant potato flakes
- 1 tablespoon sugar
- 1 cup powdered milk
- 1 1/2 teaspoon salt

**Directions**

Pour hot water mixture over the potato flake mixture and stir well.

Cool, cover and refrigerate overnight.

Cut in 1 1/2 cups flour - shape into a long log, cut into 16 pieces and wrap in Glad

Press'n Seal. Roll thin into a circle and bake on lefse grill. Cool on towel and place into plastic bags to store.

NOTE: I usually make 4 batches of this at a time. Place in large bowl to cool and cut in quarters before adding flour.



Four generations of the Klose family at the Atwater Threshing Show where Ella Knutson was helping her late great-grandmother Bessie Klose with lefse demonstrations. Pictured, from left, Ella, her mom, Brooke (Klose) Knutson, her grandfather, Jeff Klose, and her great-grandmother Bessie.

**From Brooke (Klose) Knutson**

Ella Knutson at the Kandiyohi County Fair with her prize winning - first Place Award of Merit - banana bread using Great Grandma Bessie Klose's recipe.

**Banana Bread****Ingredients**

- ½ cup shortening
- 1 cup brown sugar
- 2 eggs
- 8 tablespoons sour milk  
(I use vinegar to sour milk)
- 3 bananas, mashed

- 2 1/2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon soda
- 1 teaspoon baking powder
- ¼ cup nuts

**Directions**

Mix all the ingredients together. Bake at 350°F for about an hour.

Makes one large loaf or 2 smaller loaves.

NOTE: to make sour milk, mix ½ tablespoon vinegar per ½ cup milk

**From Ariel Kagan**

A family favorite for the whole holiday season, it goes great with turkey, pork, and even vanilla ice cream. The recipe is from my uncle's mother in Fairmont.

**Dorie's Candied Cranberry Sauce****Ingredients**

- 2 cups white sugar
- ½ cup water
- 2 tablespoons lemon juice
- Zest from one orange
- 1 bag fresh cranberries

**Directions**

Stir together sugar, water, lemon juice and orange zest. Bring to a boil over high heat. Keep at boil stirring constantly for 5 minutes. Turn off heat. Add cranberries. Continue to stir and coat. Keep an eye for cranberry skins to begin popping. If not happening, increase heat for a minute or so. When most skins are popped, remove pan from heat, cover and let sit to cool. Transfer to a covered bowl and refrigerate until serving.

**From Karen Lewis-Ackman**

When my parents immigrated to the U.S., this was one of the recipes my mother brought with her from Kyiv. My Mom makes it in the fall, and she says the sweet flavor represents the hopes for a sweet new year.

**Honey Cake****Ingredients**

- ½ cup butter, softened
- 1 cup honey
- 2 large eggs at room temperature
- ½ cup plain yogurt
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt

*Optional: Whipped cream, assorted fresh fruit or chopped pistachios*

**Directions**

Preheat oven to 350°F. Grease and lightly flour a 9-inch round or square pan with at least 2-inch sides.

In large bowl, using mixer beat butter and honey until blended. Add eggs, 1 at a time, beating well after each egg addition. Add in yogurt and vanilla. In a separate bowl, whisk together flour, baking powder and salt; add to butter mixture making sure all the dry ingredients are mixed in well. Transfer batter to prepared pan, smoothing out batter on top.

Bake until the top is golden brown, and a toothpick inserted in the center comes out clean, about 40 to 45 minutes. Cool for 10 minutes in pan, then remove cake from pan and cool completely on wire rack. Serve with whipped cream, fruit and/or chopped pistachios.



From Winona Anderson

## Irish Chocolate Cupcakes With a Twist

Makes 2 dozen cupcakes

### Ingredients

- 1 cup Guinness stout
- 1 cup unsalted butter, at room temp
- ¾ cup Dutch-process cocoa powder (regular cocoa powder works too)
- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 ½ teaspoon baking soda
- ¾ teaspoon salt
- 2 eggs, room temperature
- ⅔ cup sour cream

### For the whiskey ganache filling:

- 8 ounces bittersweet chocolate, finely chopped
- ⅔ cup heavy cream
- 2 tablespoons butter, at room temperature
- 2 teaspoons Irish whiskey
- 1-2 teaspoons powdered sugar (depending on sweetness preference)

### For the Baileys frosting:

- 2 cups unsalted butter, at room temp
- 5 cups powdered sugar
- 6 tablespoons Baileys Irish Cream



### Directions

Preheat the oven to 350°F, line two standard muffin tins with liners.

Place the Guinness and butter in a medium saucepan and bring to a simmer over medium heat. Add the cocoa powder and whisk until the mixture is smooth. Remove from heat and cool slightly.

In a medium bowl, whisk together the flour, sugar, baking soda and salt; set aside.

Using an electric mixer, beat the eggs and sour cream on medium speed until combined. Add the Guinness-chocolate mixture to the egg mixture and beat just to combine. Reduce the speed to low, add the flour mixture and beat just until it starts to come together – be careful not to over-mix. Using a rubber spatula, fold the batter until completely combined.

Divide the batter among the cupcake liners, filling each about ⅔ full. Bake until a thin knife inserted into the center comes out clean, about 17 minutes. Cool for 5 minutes in the pan, then remove the cupcakes to a wire rack to cool completely.

### Make the whiskey ganache filling:

Place the bittersweet chocolate in a heat-proof bowl. Place the heavy cream in a small saucepan and bring to a simmer over medium heat, making sure it doesn't boil. Immediately pour it over the chocolate, then let it sit for two minutes. Using a rubber spatula, gently stir the mixture from the center outward until smooth.

Add the butter and whiskey and stir until combined, then add the powdered sugar. Let the ganache cool until thick but soft enough to be piped, about 30 minutes. The bowl can be placed in the fridge after about 15 minutes to help the cooling process. (if it becomes too stiff, all it needs is a quick whisk to loosen it up.)

### Fill the cupcakes

Using a paring knife, cut the centers out of the cooled cupcakes, going about two-thirds of the way down. Using a piping bag or a spoon, fill the cupcakes with the ganache, making sure to divide evenly between all cupcakes.

### Frosting:

Using the whisk attachment on a stand mixer, whip the butter on a medium-high speed for 5 minutes, scraping the sides of the bowl occasionally. Reduce the speed to medium-low and gradually add the powdered sugar until all of it is incorporated. Add the Baileys, increase the speed to medium-high and whip for another 2-3 minutes, until it is light and fluffy.

Using your favorite decorating tip or spatula, frost the cupcakes and decorate. Cupcakes can be kept in an airtight container for up to 4 days.

From Cheri Reese, Far North Spirits

We are contributing a cocktail recipe for our most popular drink, the Old Fashioned.

Far North Spirits rye and bourbon are both farmed at our distillery - we grow 100 acres of rye and 10 acres of corn for our whiskies.

## Old Fashioned Cocktail

### Ingredients

- 2 ounces Roknar rye or 2 ounces Bødalén bourgon
- 25 ounces Turbinado simple syrup
- 3 dashes Angostura bitters

### Directions

Stir over ice and strain into rocks glass over ice; garnish with orange peel.



From Janet Kubat Willette

## Dorito Dip

### Ingredients

- 1 pound ground beef
- 1 can (15 ounces) chili without beans
- 8 ounces Velveeta cheese, cut into chunks

### Directions

Brown ground beef. Mix together cheese, chili and ground beef. Put in crock pot on low. Great for parties and will freeze well.

**From Anne Schwagerl**

This recipe is adapted from the New York Times Cooking website, and we make it in the winter to warm us up from the inside out. We serve it with pasta and side salads.

## Lamb Meatballs with Spiced Tomato Sauce

**Ingredients****Meatballs**

- 1 medium onion, finely diced
- ¼ cup heavy cream
- 2 egg yolks, extra-large
- ½ teaspoon ground cinnamon
- 1 teaspoon ground cumin
- Pinch red-pepper flakes
- 2 pounds ground lamb
- Kosher salt and freshly ground black pepper
- 1 cup bread crumbs
- ¼ cup fresh chopped parsley, or 4 teaspoons dried parsley

**Sauce**

- 1 28 ounce can crushed tomatoes
- 3 tablespoons extra-virgin olive oil
- 1 small sprig rosemary

- Red-pepper flakes to taste
  - 1 medium onion, diced
  - ½ teaspoon dried thyme leaves
  - ½ teaspoon ground cumin
  - Pinch ground cinnamon
  - Pinch cayenne pepper
  - 1 bay leaf
  - ½ teaspoon white sugar
  - ¼ cup orange juice
  - 3 inch strip of orange peel, pith removed
  - Kosher salt and freshly ground black pepper to taste
- To Serve**
- 4 ounce feta cheese, crumbled

**Directions**

Preheat oven to 450°F. In a large bowl, mix the onion, cream, egg yolks, cinnamon, cumin and red pepper. Put the lamb in the bowl, and season it aggressively with salt and pepper. Add the breadcrumbs and parsley and combine the mixture well. Shape the meat into balls that are a little larger than golf balls.

Grease a baking pan with olive oil, and put the meatballs onto it, spaced evenly. Place in the oven, and cook, turning once or twice, until the meatballs are well browned,



approximately 15 minutes, then set meatballs aside. Reduce oven temperature to 400°F.

Meanwhile, make the sauce. Heat a saucepan over medium-high heat for a minute, then add olive oil, rosemary and red pepper and shake to combine. Cook for another minute, then add onion, thyme, cumin, cinnamon, cayenne and bay leaf and sauté until the onions are translucent, approximately 5 to 7 minutes. Add tomatoes breaking them up aggressively, sugar, orange juice and peel, along with salt and pepper.

Cook for 8 to 10 minutes over medium-low heat, until reduced by a third. Adjust seasoning.

Pour the tomato sauce into a large baking dish that you can put on the table. Transfer the meatballs to the sauce, putting them about ½ inch from each other. Bake for 15 or 20 minutes, until the sauce is bubbling, and the meatballs are cooked through.

Top with crumbled feta and serve.

**From Lisa Holm**

Recipe from Lisa's mom, Sue Holm.

## Mom's Monster Cookies

**Ingredients**

- 1 (½) cup all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- 1 cup butter at room temperature
- 1 cup light brown sugar, packed
- ¼ cup granulated sugar
- 2 eggs at room temperature
- 2 teaspoons vanilla
- 3 cups old fashioned rolled oats
- 2 cups semi-sweet chocolate chips
- Optional: M&M's or nuts

**Directions**

Whisk together flour, salt, baking soda and set aside. Combine sugars, vanilla, butter and beat until creamy. Next add eggs, but do not over mix. Mix dry ingredients with wet until combined. Add oats, chocolate chips, M&M's. Freeze dough (optional) for 4 hours. Bake for 12 minutes at 350°F.



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# The Arndt family fondue tradition

By Claudine Arndt

My family has a long-standing tradition of fondueing together on Christmas Eve. It's a production from beginning to end – the preparation, the cooking and even the eating – but it's a tradition we embrace fondly. The foods we fondue vary a bit from year to year, depending on what strikes our fancy, but we always fondue in oil since this is our main holiday meal (versus a cheese fondue that usually precedes or complements a meal).

Favorite foods for our fondue menu include beef, lobster, shrimp, scallops, par-boiled potatoes and mushrooms. Sometimes we swap in other proteins, and we've also had some degree of success with zucchini and par-boiled cauliflower and Brussels sprouts – although we do occasionally need to fish out stray Brussel sprouts leaves that break off in the oil.

To prepare, fill your fondue pots with oil and preheat them on the stovetop. Some foods will need to be par-boiled, as mentioned above, so they don't take forever

to cook. Beef and lobster are cut into one- or two-inch pieces so they are easier to fondue, as are potatoes. Our family separates ingredients into bowls, and then each couple fondueing gets their own bowls of ingredients and fondue set. If you're a fondue rookie, don't make the mistake of having too many people share one pot. Cooking too much in the same pot will lower the temperature of the oil, and it will take a long time to cook everyone's food. Another pro tip: I usually layer my plate with a couple paper towels so my cooked food coming out of the pot has a place to rest and drain off some of the oil before I indulge.

Once the oil heating on the stovetop is hot, we carefully move the fondue pots from the stove to the dining room table, where our bowls of ingredients and a variety of delicious herb butters and aioli are laid out, and we begin our much-anticipated feast. We do not rush, sometimes dining for a couple hours since we literally

eat bite by bite as the food is ready. For this reason, we also make sure there is plenty of wine on hand and flowing freely.

Note: I wouldn't advise fondueing with children. Hot oil isn't safe. True story: we once set our dining room table on fire while fondueing. Don't worry – we put it out quickly and the fondue feast went on, but the dining room table did have to be refinished.

Another holiday favorite for me is Squash Soup. I love serving squash soup to my friends and family during the holidays. I prefer savory squash soups versus those that are sweet, so I tend to incorporate aromatic herbs instead of apples, like many sweeter versions. This squash soup recipe is easy to adapt and make your own. If you want more spice, omit the ginger, sage and rosemary and incorporate a jalapeno or two and a pinch of cayenne and chili powder instead. I also love adding a tomato to my spicy squash soups.

## Squash Soup

### Ingredients

- 2 tablespoons extra-virgin olive oil or butter
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut or Kabocha squash, peeled, seeded and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary (or omit, if you don't care for rosemary)
- 1 teaspoon grated fresh ginger
- 3 to 4 cups chicken broth
- Freshly ground black pepper, to taste

### For serving:

- Toasted pepitas
- Crusty bread
- Optional: a drizzle of heavy whipping cream, half & half, and/or pumpkin seed oil in each bowl

### Directions

Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until onion is soft and translucent, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.

Add the garlic, sage, rosemary and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth.

Bring to a boil, cover and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.

Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and garnish with pepitas. You can also choose to give each bowl a drizzle of the optional cream and pumpkin seed oil. Serve with crusty bread.





CLIMATE RESILIENCE ON THE FARM

## Sebeka farmer says tree farmers need to be paid for carbon sequestration services

By Lisa Holm

Evergreen Lane Farm was established in 1888, and today consists of 360 acres in Ottertail and Wadena counties. Tom Schulz and his wife, Kyle, bought the farm near Sebeka in 1974. They milked cows on the farm until 1991. They are the third generation to be responsible for the stewardship of the farm.

Tom is actively involved in the Wadena County Soil and Water Conservation District and was previously a farm business management instructor in Staples. He is a committed conservationist.

Kyle is a retired teacher and master gardener.

### Q. Have your farm plans changed in recent years?

**A.** At age 75 my ideas for aggressively expanding my farming operation are greatly diminished. We gave up our registered Angus herd in 2021 as my wife correctly observed we're getting too old to chase down, tag, give vaccines and weigh the newborn calves and all of the other things associated with keeping cattle.

### Q. What energy sources are used on the farm?

**A.** The farm uses both solar evacuated tubes for heating domestic hot water and for supplemental heat of the home as well as photovoltaic solar panels to meet almost 100 percent of the farmstead's electrical needs. Additional hot water heat is supplied by burning wood from the farm woodlot in a highly efficient gasification furnace.

### Q. Can you tell us about your forestry production?

**A.** In addition to a 38-acre forestry acreage in conventional forestry production, 68 acres were planted to hybrid poplar beginning in 1996. Six varieties of trees were planted on two separate sites.



Tom Schulz

The trees were harvested in 2008. Both sites were replanted in 2010-2011 to a combination of Hybrid Poplar and White Pine species in a 10 by 10-foot row spacing. All forested acres are covered by a forest management plan. The farm is a member of the American Tree Farm Association. All forestry acreages are enrolled in the Minnesota Sustainable Forestry Incentive Act (SFIA).

### Q. How has your farm operation remained resilient?

**A.** The farm has an active conservation plan and forestry management plan. Rotations are followed on all irrigated and non-irrigated crop land. Wildlife habitat is preserved with all farming practices. Hunting is allowed with permission on all farm acreages. Rotational grazing is utilized on the home farm location for a neighbor's beef herd. The farm was the first in the county to be recognized by Minnesota Department of Agriculture's Minnesota Agricultural Water Quality Certification Program and has then received endorsements in Integrated Pest Management, Soil Health, Wildlife and Climate Smart Agriculture.

### Q. What barriers do you see to the adoption of conservation practices?

**A.** Barriers that I have observed are typically financial, for example, the high cost implements that are used for conservation planting. I like the concept of no-till planting into existing or cover crops. I gave up owning planters long before I stopped growing row crops. The inability to rent or hire custom operators to plant for me hindered my operation from employing these new methods.

### Q. What do you think people are missing in the conversation around climate?

**A.** I live in the out state of Minnesota where political attitudes seem to be fixed in dogma about our climate. My goal personally has been that if I'm ever asked by my grandchildren what I did about climate change I can truthfully say I did everything I could to limit my own and my farm's carbon footprint. I try to portray a positive attitude about limiting carbon that is not being recycled by reclaiming the carbon I release to the environment by planting trees and actively managing my forestry acres to sequester as much carbon as possible. I also think that the best product my farm can produce is clean water which in turn has a large effect on reducing climate disruptions.

### Q. What opportunities for advancing climate-smart agriculture through markets and policy have been on your radar?

**A.** I have been involved heavily on the SWCD level in promoting the planting of an additional 1 million acres of trees on our transitional open lands in Minnesota. To bring this to fruition we need to figure out how to compensate landowners in the period from tree planting to active carbon sequestration or about 20 years. Landowners



face yearly taxes and forestry provides chunky payments at long intervals, often 40 years from when the seedling is planted. At about 20 years a carbon sequestration contract should be available to compensate them for the eco-services their trees provide.

Carbon contracts at this stage are often geared at enrolling new lands and do not provide recognition of the ongoing efforts that exist already.

**Q. If you could tell Congress to do one (or two) things that would help you continue to farm in the next generation, what would it be?**

**A.** My sons were offered the opportunity to continue the farm and said thanks but no thanks, dad. Neighbors said I was fortunate to get a direct answer rather

than someone jumping ship part way into the transition process. The boys each did receive a debt-free four-year college education financed by the farm and are successful in their chosen lines of work and have sustained a respectful environmentally conscious world view.

What I need from Congress is a new program patterned after the Conservation Reserve Enhancement Program that would allow enrollment of either new or existing working tree plantations that would provide set payments for a given number of years in exchange for a permanent working lands easement for the forestry production and carbon sequestration on these properties including a cost share provision for establishment and continued care.

*Tom Schulz and his wife, Kyle, bought Evergreen Lane Farm near Sebeka in 1974. The farm uses both solar evacuated tubes for heating domestic hot water and for supplemental heat of the home as well as photovoltaic solar panels to meet almost 100 percent of the farmstead's electrical needs.*

NRCS's conservation programs are difficult to enroll in and hamper prompt employment of conservation practices while waiting for "batching periods" to close to find out whether you're in the program or not. Also, NRCS's Regional Conservation Partnership Program is in need of revision as one of its stated aims is to provide flexibility in program function while in the final analysis it does not. MN State NRCS Director, Troy Daniels has been tasked with making suggestions to improve the program.

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Mike can be reached in the Ivanhoe office, 507-694-1750, at the Canby office, 507-223-5527 or email him at: [Mike@PankalInsuranceAgency.com](mailto:Mike@PankalInsuranceAgency.com). [PankalInsuranceAgency.com](http://PankalInsuranceAgency.com)

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FROM THE

# Farmers Union



ARCHIVES

## DECEMBER 1978

Howard Hjort, USDA and Carter administration economic adviser, spoke at the Minnesota Farmers Union annual convention banquet. He talked about the government's anti-inflation program – what it means for farmers and why controlling the rising cost of food is important.



While delegates worked on the annual policy statement, volunteers worked on registration and credentials. MFU would like to thank all our volunteers for their work during the convention, including the Credentials Committee, including Mary Berg of Redwood County, Lois Ripka of Kanabec County and Carol Berg of Hubbard County.

## DECEMBER 2003

Delegates adopted a resolution demanding that the U.S. Secretary of Agriculture keep the Canadian border closed to live cattle shipments due to concerns about a case of BSE or mad cow disease discovered there a year earlier. The special order stated that the borders should remain closed until Country-of-Origin Labeling is implemented.

MFU formed an alliance with Discount Drug Source to help members get prescription drugs at a lower cost.

## DECEMBER 1933

After the passage of the National Recovery Act, it became necessary for business groups to propose codes for the government of their particular industry or trades. The private grain exchanges proceeded to make a code for themselves. The crux of the story is that the private grain trade did not invite the co-ops to participate in the making of a code, but the co-ops had their day in court at the public hearings.



Government code committee attorney and economic advisers are seated on stage. Farmers National Grain Corp. attorneys Irving Goldsmith of Chicago and Wm. Oppenheimer of St. Paul are seated at table at left. M.W. Thatcher, Geo. Milnor, C.A. Ward, Kansas Farmers Union president, C.A. Tharpe, Farmers Grain Commission Co. president, Chester Gray, Farm Bureau, and ye editor are seated also at the left. E.J. Grimes, vice president of the Grain Exchange Code Committee, and Fred Wells, both of Minneapolis, shown in center.

## New MFU members

Welcome to the new members who joined MFU in October. We look forward to getting to know you and thank you for your membership. We encourage experienced members to invite new members to events in your area. Working together we make a stronger Farmers Union.

Maggie Anderson, Washington County

Jamie Becker, Clay County

Amanda Berg, Carver County

Angela Brown, Lac Qui Parle County

Sara Cooper, Ramsey County

Amy Durand, Scott County

Tamillynn Fortier, Clay County

Chris Gensch, Washington County

Kevin and Carol Hoge, Aitkin County

Timothy and Katie Joehneck,  
Renville County

Wendy Johnson and John Raffin,  
Floyd County, Iowa

Jordan Juckel, Washington County

Leslie Kaup, Freeborn County

Ryan and Carrie Kelley, Pine County

Greg Koering, Crow Wing County

Jennifer O'Leary, Ramsey County

Alyssa Radle, Dakota County

Rose Roach, Dakota County

Greg Ruether, Swift County

Laura Schreiber, Hennepin County

Meghan Valenzuela, Goodhue County

Ann Wandzel, Ramsey County

Linda Ward, St. Louis County

Rhys Williams, Hennepin County

Trisha and Nolan Zachman, Stearns County

Daniel Williamson, Kandiyohi County

Amy Beckman, Otter Tail County



### ATTENTION MEMBERS!

Do we have your most recent email address?

If not, email [claudine@mfu.org](mailto:claudine@mfu.org) with your new address.

# Talk of passing a farm bill extension heats up in Congress



With the 2018 Farm Bill long since expired, and the year-end reversion to “permanent law” approaching, talk of passing an extension of the current farm bill before the end of the year is heating up. And the prospects of passing a farm bill in 2023 continue to dwindle.

In late October, Senate Agriculture Committee Chair Debbie Stabenow, D-Mich., called for an extension, while articulating her commitment to passing a bipartisan farm bill. Ranking Member John Boozman, R-Ark., has also called for an extension.

House Agriculture Committee Chairman Glenn “GT” Thompson, R-Pa., said he is open to a year-long extension, while saying he prefers a shorter extension. He told reporters Speaker Johnson has given the farm bill a week of House floor time in December.

House Agriculture Committee Ranking Member David Scott, D-Ga., has also called for a one-year extension of the farm bill. He expressed a commitment to passing a bipartisan farm bill as quickly as possible and noted concern about rushing legislation to the floor.

Major issues slowing down the farm bill reauthorization process include the protracted battle over the speakership and pitched battles over government funding levels. Additionally, at this juncture, serious questions around farm bill funding and policy prioritization remain unresolved.

For example, in Chair Stabenow’s recent statement, after defending funding for nutrition programs and for voluntary conservation programs in the Inflation Reduction Act (IRA), she stated she is “committed to finding new ways to bring additional

resources into the farm bill to meet critical needs for our producers.” She noted further that “We should all be grateful that Leader Schumer has committed to finding several billion dollars in additional resources through bipartisan offsets outside the farm bill.” Details on the nature and extent of these resources remain unclear, but this is a reminder that funding questions continue to loom large.

Similar challenges exist in the House, where in late October, the full roster of House Agriculture Committee Democrats signed a letter urging Chairman Thompson and Ranking Member Scott to preserve the IRA conservation funds. This came on the heels of the House Agriculture Committee majority presenting about \$50 billion in offsets to the minority for consideration, which included those IRA funds.

## Apply now for Farmers Union Enterprise Leadership program

By Janet Kubat Willette

Applications are being accepted through this month for the Farmers Union Enterprise Leadership (FUEL) program. In 2023, Minnesota Farmers Union had two participants: Russell Derickson of Cottonwood County and Jeremiah Hasnedl of Pennington County.

The program began at the National Farmers Union Convention in San Francisco in March 2023 and concluded at the NFU Fall Legislative Fly-in in September. FUEL includes participants from the five states involved in Farmers Union Enterprises: Minnesota, North Dakota, South Dakota, Montana and Wisconsin.

The first meeting included learning how to handle difficult conversations Derickson said. The first step was learning about personality types and how to utilize those personalities to make progress when working together in farm, business, personal or organizational settings.



Paula and Russell Derickson

**Interested in the FUEL program?**  
Email [claudine@mfu.org](mailto:claudine@mfu.org) for more information.

Their second meeting was in North Dakota. Derickson and his wife, Paula, a high school science teacher, both attended this session. They learned about the history and businesses of Farmers Union Enterprises, and toured the Grand Farm near

Casselton, N.D., and the North Dakota State University greenhouses. They also had informative conversations.

The leadership cohort provides an opportunity for people of all ages to come together to learn from one another and about themselves during the three class meetings. As people enter leadership roles at different points in their life, it’s valuable to have a program open to all ages and experience levels, Derickson said.

Derickson raises corn and soybeans with his oldest son, Joel, near Lamberton and works for the Minnesota Department of Agriculture. His daughter, Jamie, teaches at Red Rock Central and his youngest son, Jack, is a senior at South Dakota State University.

Hasnedl didn’t respond to a request for comment in time for publication.



**DAN MAHONEY**  
**EXECUTIVE OFFICER, MN FSA**  
 daniel.mahoney@mn.usda.gov

The U.S. Department of Agriculture's (USDA) Emergency Relief Program for 2022 will provide more than \$3 billion to commodity and specialty crop producers impacted by natural disaster events in 2022. Eligible impacted producers can apply for financial assistance through the Emergency Relief Program (ERP) 2022. The program will help offset the financial impacts of crop yield and value losses from qualifying disasters occurring in 2022.

## Background

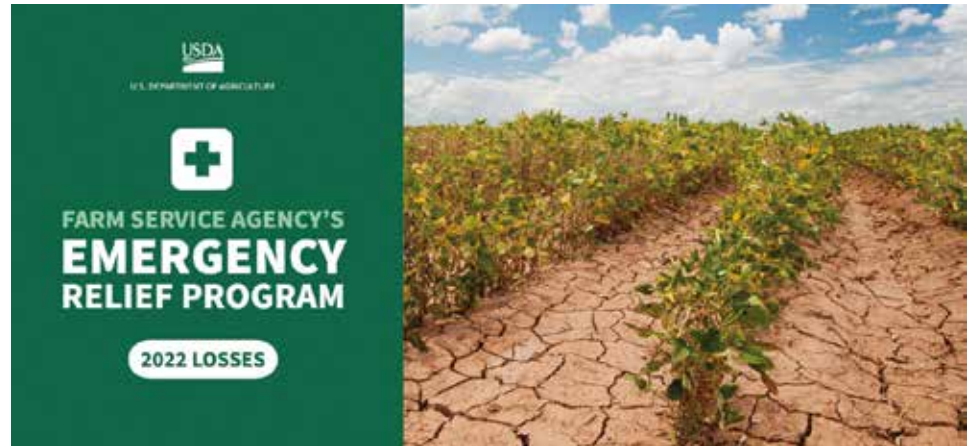
On Dec. 29, 2022, President Biden signed into law the Disaster Relief Supplemental Appropriations Act that provides about \$3.7 billion in financial assistance for agricultural producers impacted by eligible natural disasters that occurred in calendar year 2022.

ERP 2022 covers losses to crops, trees, bushes and vines due to qualifying, calendar year 2022 natural disaster events including wildfires, hurricanes, floods, derechos, excessive heat, tornadoes, winter storms, freeze (including a polar vortex), smoke exposure, excessive moisture, qualifying drought and related conditions.

ERP 2022 program benefits will be delivered to eligible producers through a two-track process. FSA intends to make both tracks available to producers at the same time. This two-track approach enables USDA to:

- Streamline the application process.
- Reduce the paperwork burden on producers.
- Proactively include provisions for underserved producers who have not been well served by past emergency relief efforts.

# USDA's 2022 Emergency Relief Program now open



- Encourage producer participation in existing risk management programs to mitigate the impacts of future severe weather events.

It's important to note that disaster-impacted producers may be eligible for ERP 2022 assistance under one or both tracks. To avoid duplicative benefits, if a producer applies for both tracks, the track 2 payment calculation will take into account any payments received through track 1.

## ERP 2022 application process – track 1

ERP 2022 Track 1 leverages existing federal crop insurance or Noninsured Crop Disaster Assistance Program (NAP) data as the basis for calculating payments for eligible crop producers who received indemnities through these risk management programs.

Although FSA is sending pre-filled ERP 2022 Track 1 application forms to producers who have crop insurance and NAP data already on file with USDA, producers indemnified for losses resulting from 2022 natural disasters do not have to wait to receive the application before requesting ERP 2022 assistance. Effective Oct. 31, 2023, producers can apply for ERP 2022 benefits whether they have received the pre-filled application or not. Receipt of a pre-filled application is not confirmation that a producer is eligible to receive an ERP 2022 Track 1 payment.

USDA estimates that ERP Track 1 benefits will reach more than 206,000 producers who received indemnities for losses covered by federal crop insurance and more than 4,500 producers who obtained NAP coverage for the 2022 crop year.

## ERP 2022 application process – track 2

Track 2 is a revenue-based certification program designed to assist eligible producers who suffered an eligible decrease in revenue resulting from 2022 calendar year disaster events when compared with revenue in a benchmark year using revenue information that is readily available from most tax records. In cases where revenue does not reasonably reflect a normal year's revenue, track 2 provides an alternative method for establishing revenue. Likewise, track 2 affords producers of crops that are used within an operation and do not generate revenue from the sale of the crop a method for establishing revenue for the purpose of applying for ERP 2022 benefits. Producers are not required to submit tax records to FSA unless requested by the County Committee if required for an FSA compliance spot check.

Although not required when applying for ERP 2022 Track 2, applicants might find the following documents useful to the process:

- Schedule F (Form 1040)

- Profit or Loss from Farming or similar tax documents for tax years 2018, 2019, 2022 and 2023.

Track 2 targets gaps in emergency relief assistance for eligible producers whose eligible losses were not covered by crop insurance or NAP including revenue losses too small (shallow loss) to be covered by crop insurance.

Producers interested in applying for ERP 2022 Track 2, should contact their local FSA county office. Additional reference resources can be found on FSA's emergency relief website.

## Additional required forms

For both ERP 2022 tracks, all producers must have certain required forms on file with FSA within 60 days of the ERP 2022 deadline. Producers can apply for ERP 2022 starting Oct. 31, 2023. The application deadline has not yet been determined and will be announced at a later date. If not already on file, producers can update, complete and submit required forms to FSA at any time.

Required forms:

- Form AD-2047, Customer Data Worksheet.
- Form CCC-902, Farm Operating Plan for an individual or legal entity.
- Form CCC-901, Member Information for Legal Entities (if applicable).
- Form FSA-510, Request for an Exception to the \$125,000 Payment Limitation for Certain Programs (if applicable).
- Form CCC-860, Socially Disadvantaged, Limited Resource, Beginning and Veteran Farmer or Rancher Certification, if applicable, for the 2022 program year.
- A highly erodible land conservation (sometimes referred to as HELC) and wetland conservation certification (Form AD-1026 Highly Erodible Land Conservation (HELC) and Wetland Conservation (WC) Certification) for the ERP producer and applicable affiliates.

Most producers, especially those who have previously participated in FSA programs, will likely have these required forms on file. However, those who are uncertain or want to confirm the status of their forms can contact their local FSA county office.

All producers who receive ERP 2022 payments must purchase crop insurance, or NAP coverage where crop insurance is not available, in the next two available crop years. Purchased coverage must be at the 60/100 coverage level or higher for insured crops or at the catastrophic coverage level or higher for NAP crops.

ERP 2022 eligibility details and payment calculation factor tables are available on the emergency relief website at [fsa.usda.gov](https://fsa.usda.gov), in the ERP Track 1 and ERP Track 2 fact sheets and through your local FSA county office.

## Calendar of events

### December 5

Todd County gathering, contact Alan Perish for more information.

### December 22-January 1

MFU office closed.

Go to [mfu.org/events](https://mfu.org/events) for the latest MFU events.

## Working for Green View provides opportunity for socialization

By Janet Kubat Willette

Tim Mahoney retired from Goodhue County in July 2017 and in March 2018, he started working for Green View.

Mahoney was drawn to work for Green View for several reasons, including the natural beauty of the rest area where he works and the opportunity for socialization with not only his crew, but also visitors.

"We get compliments, all kinds of compliments, from everybody who uses the facility on a regular basis," Mahoney said.

He works at the Lake Pepin Rest Area off Highway 61 near Lake City. It's located along the shores of Lake Pepin just off Staehli Park Road. The 7-acre rest area is a popular picnicking spot with 15 picnic tables, two covered shelters and close to 100 trees. Long-time locals refer to the rest stop as Staehli Park, Mahoney said.

The Green View crew of five, plus two substitutes, clean the buildings and

bathrooms, mow lawn and shovel snow and empty the trash cans. Mahoney is the crew leader. He considers his colleagues his friends. All but one is 67 or older. He works 21 hours a week.

Mahoney enjoys the natural beauty of the rest area and added a perennial garden



Tim Mahoney

**If you, or anybody you know, is interested in working for Green View, call Mike McShane at (651) 639-1913.**

because he enjoys flowers. The park-like setting is a peaceful place to be, Mahoney said. In the fall, it's absolutely gorgeous.

He encourages others who have retired to consider working for Green View because of the opportunity for socialization and camaraderie. Mahoney said the Green View administration supports workers and the work is enjoyable.

When not at work, he enjoys golfing and spending time with his family. He and his wife, Marian, have three adult children and five grandchildren.

## Get social with Minnesota Farmers Union!

Follow Minnesota Farmers Union on social media to find out about events, policy happenings, photos and more.

Facebook:	Minnesota Farmers Union
X (Twitter):	@mnfarmerunion
Instagram:	mnfarmersunion
YouTube:	MN Farmers Union



Now is the time to review your insurance to ensure you have the coverage you need.

Contact one of our local Farmers Union Agents to set up an appointment for your free, comprehensive review today!



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<b>Bemidji</b>	Ben Caron	(218) 751-7761
<b>Canby</b>	Mike Panka	(507) 223-5527
<b>Crookston</b>	Chris Swanson	(218) 281-6724
<b>Dawson</b>	Nicole Sumner	(320) 769-2088
<b>Detroit Lakes</b>	Joe McCollum	(218) 844-5970
<b>Duluth</b>	Brad Anderson	(218) 481-0812
<b>Elk River</b>	Rob Pampusch	(763) 441-4250
<b>Elk River</b>	Todd Ostrow	(763) 515-3200
<b>Fergus Falls</b>	Grant Davenport	(218) 736-5697
<b>Fosston</b>	Barb Sweep	(218) 435-2063
<b>Franklin</b>	Joel Harmoning	(507) 557-7000
<b>Goodhue</b>	Ali Peters	(651) 923-4433
<b>Ivanhoe</b>	Mike Panka	(507) 694-1750
<b>Lake Crystal</b>	Matt Peterson	(507) 726-2961
<b>Lakeville</b>	Sam Zappa	(952) 456-0029
<b>Luverne</b>	Barb Anderson	(507) 283-8383

<b>Luverne</b>	Steve Cattnach	(507) 283-8383
<b>Maple Grove</b>	Brandon Hummel	(651) 288-4076
<b>Marshall</b>	Dennis Klocow, Jr.	(507) 532-0418
<b>Menahga</b>	Kristine Hendrickson	(218) 564-5300
<b>Montevideo</b>	Ivan Anderson	(320) 269-9463
<b>Moorhead</b>	Mari Berggren	(701) 361-8254
<b>Moorhead</b>	Aaron Schenck	(218) 236-1966
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