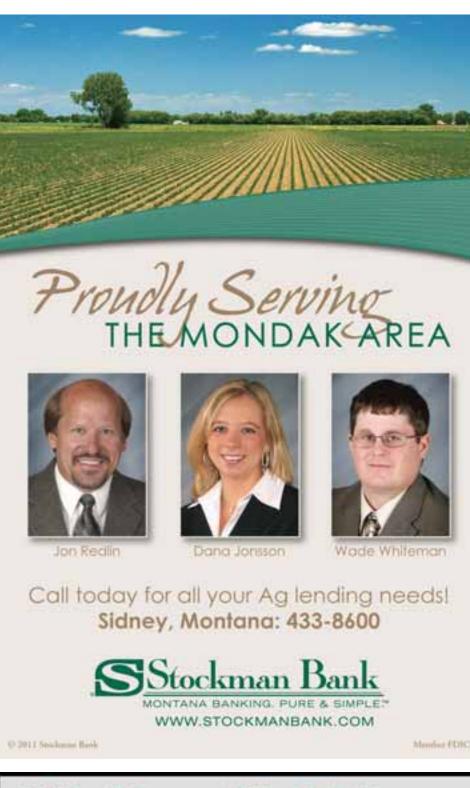
## Sugar Days 2012 HARVEST FESTIVAL

Roundup





# Garland New General Manager for Sidney Sugars

American Crystal announced that Dave Garland accepted the position of General Manager of Sidney Sugars Incorporated effective October 8, 2012. According to the announcement, Garland will be responsible for overseeing the management of all factory site operations, including agriculture, operations, packaging and warehousing, maintenance and security to ensure the production of quality sugar and agri-products while ensuring factory profitability.

Garland is excited about his new position and welcomes the challenge of running the plant. He has been serving as interim manager since June. "It gave me the opportunity to see the job before it actually became mine," he said. "It's been good, a real advantage, already knowing the plant, and all those working here." He knows the challenges that he faces, but says, "I'm up to it. I want to continue the trend of Sidney Sugars, of being the productive and quality plant it has always been," he said. "We have lots of good people, and lots of new people. Getting everyone trained and up to speed is always difficult, and of course retention is an issue."

He appreciates the generous support he has received from everyone at the plant as well as the corporate office.

Garland graduated from high school in Quito, Ecuador where he attended boarding school at the Alliance Academy. His parents were missionaries to Venezuela and Columbia, and he recalls his childhood with very fond memories. "It was an experience I have always treasured," he said.

Garland went on to graduate from the University of Nebraska at Omaha with a bachelor's degree in biol-



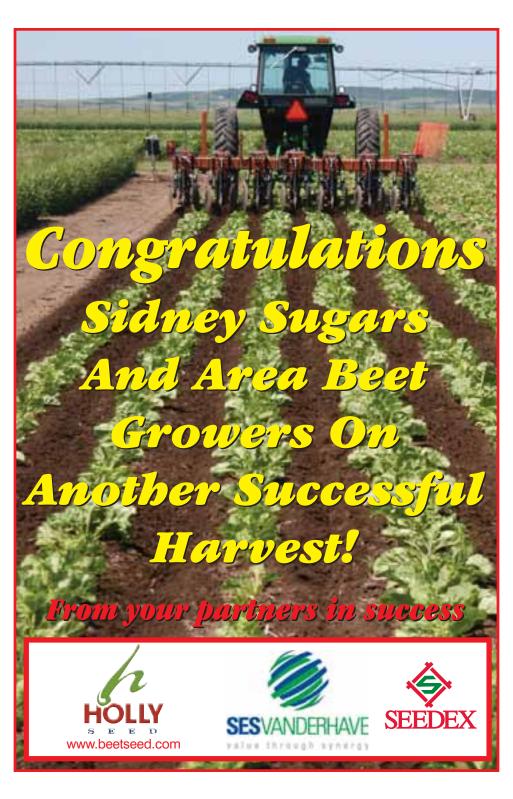
**Dave Garland** 

ogy. He started at the Sidney plant in 1996 as a trainee, transferred to Torrington, WY where he was the Technical Services Manager and returned to Sidney in 2003 as the Technical Services Manager.

Garland lives in Sidney with his wife Tracy and their two daughters Afton and Gabby.







## **Warm Weather Has Sunflower** Growers Sitting, Waiting, Hoping

By Jaimee Green

With warmer than usual temperatures and drought like conditions, the LaBatte family, like many area farmers, have spent the past few months managing their crops and fields while keeping watchful eyes on what Mother Nature might be planning. With the harvest season well underway for most, the LaBattes are busy moving their crops to the local elevators while waiting to see how their sunflower crops fare once they are harvested this November.

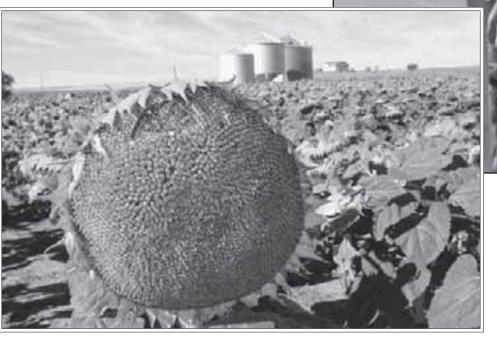
"In the end, it all comes down to moisture and market prices for us. It's been dryer this year and we just haven't had the moisture we needed which is why some of the areas came up spotty," LaBatte said. This year, he and his son Grant devoted 770 acres in seven different fields to sunflowers between the towns of Froid and Culbertson.

Last year, their oil seed crop generated 1,820 pounds of sunflower seeds per acre with each bushel weighing 43 pounds. This year they're shooting for 1,000. In the end, it will all depend on what the fill is on heads of the flowers and their

Continued on next page.



Pictured left: A large sunflower in a field shows a portion that has been eaten by migratory red winged black birds. Above: Greg (left) and Grant LaBatte stand in one of their sunflower fields.



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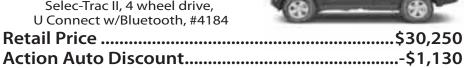
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### Sunflowers...

Continued from previous page.

test weight. They're hoping to yield at least 40 pounds this year with anything over that coming in at a premium.

"They look good this year but they're shorter than they have been the two previous years," he said.

Sunflowers aren't the only crop they grow annually. This year they seeded flax, buckwheat, winter wheat and spring wheat. "We went with a number of different crops because they were forecasting wheat in the \$4.00 range so we figured it would be more profitable if we diversified," he added.

In the previous years, all of their sunflowers were used to produce birdseed and were trucked to STI, of Fairview, and Keystone, out of Canada.

They don't grow edible confection sunflowers because they require more moisture and a longer growing season.

This year's sunflower crop won't be harvested until around Thanksgiving which means they will have to wait to find out how this year's crop fared.

While sunflowers blanket the fields along U.S. 2 toward Minot N.D., and in the Dickinson, N.D., area, in Northeast Montana, they are few and far between along U.S. 16 where several of LaBatte's fields are visible near the highway.

Their sunflower venture began three years ago as a way of diversifying their crops and potentially cashing in on the oil seeds used to make healthy sunflower oil for people to cook with, and birdseed. The trend toward healthy cooking has greatly increased the demand for sunflower oil and the meal by-product from the crushing process makes bird seed.

Sunflower seeds primarily include three harvested seed types including; oil production, de-hulls and confection varieties. In the United States, 75 percent of sunflower crops are raised in Montana, North Dakota, South Dakota and Minnesota with between 75 and 85 percent of the annual crops

consisting of oil type varieties.

Oilseed hybrids may consist of three fatty acid types including, linoleic, mid-oleic and high oleic. The LaBattes have only grown sunflowers containing high oleic fatty acids, similar to olive or safflower oil. High in oleic (monounsaturated) acid and usually containing a minimum of 80 percent high oleic sunflower oil, these seeds offer consumers a lighter, healthier alternative for cooking and watching their good and bad cholesterol intake.

This year it wasn't just the warmer, dryer weather they've had to contend with in the fields. Gophers, deer and especially the migratory red winged black birds have pecked and gorged on the seeds within the sunflowers.

Greg and his wife, Linda, have been farming since 1974 when they returned to the Froid area to take over his parent's, Hector and Norma, farm following his father's passing. "I truly love being in the outdoors. But today, it's like playing a game of high stakes poker. The prices and expense of everything just takes your breath away. All you can do once you've planted your crops is sit and wait and hope," he said.

Grant and his wife, Laura, are currently building a home near where they farm outside of Culberson.

The LaBatte's daughter, Laura, of Plentywood, also helps with the family's farming business.

While Greg and Grant both agree the expense and risks involved in farming seem to increase with every year, they also agree farming is a way of life they enjoy that doesn't compare to any other profession. While the stakes are high, so is the reward of continuing a family tradition while loving the work they do. "I really enjoy spring planting. It gives you an opportunity to watch something grow and mature," Grant said.



By Jaimee Green

After a year of unprecedented warmth this summer, coupled by last winter's milder temperatures, the debate over whether Old Man Winter will make an appearance this year is the topic of discussion for many.

"It is difficult to predict exactly what will happen this winter in our area. I do not think it will be a particularly bad winter and may be milder than normal, but again, at this point it is really all speculative. The Climate Prediction Center in Washington, DC is predicting warmer, and milder temperatures for most of the country," said Ted Jemba, meteorologist for the National Oceanic and Atmospheric Administration in Glasgow

In fact, the only area predicted to experience cooler and wetter than normal temperatures is the west coast.

If a weak to moderate El Nino pattern develops, as expected, in the equatorial Pacific Ocean, this would create warmer temperatures across Montana beginning in October and potentially lasting through February.

However, much of our area's weather is influenced by air mass pushes coming in from Canada and the Arctic. This Arctic Oscillation is the most influential of determining factors for our winter conditions. This seesawing of atmospheric pressure between the Arctic and mild latitudes is always present and fluctuates between positive and negative phases.

Unlike an El Nino or La Nina, which are caused by temperature shifts in the Pacific Ocean, Atmospheric Oscillation refers to shifts in atmospheric pressure between the Arctic Circle and much of the Northern Hemisphere. In the positive phase, atmospheric pressure lessens over the Arctic Circle and increases in the southern latitudes. In the negative phase, just the opposite happens. Atmospheric pressure is higher over the Arctic Circle and lower in the south. What does that mean for us? It means that when the Atmospheric Oscillation is in a positive phase, low-pressure systems, which cause cold, stormy weather, stay trapped in the extreme north. In a negative phase, those low-pressure systems are forced southward, bringing frigid air from the polar region down with them

Atmospheric Oscillations are difficult to predict and because of that, the Climatic Prediction Center doesn't factor them into their three month outlook which is why this winters weather is still really anyone's guess.

The average temperature in the U.S. during the month of August was 74.4 degrees, 1.6 degrees above the long term average. This makes August of 2012 the 16<sup>th</sup> warmest on record. This, combined with the hottest July and a warmer than average June contributed to the third hottest summer on record since record keeping began in 1895, according to the National Climatic Data Center.

For those who look to the Farmer's Almanac for a glimpse into future weather predictions, the 2013 edition predicts the Midwest will experience "milder than normal temperatures with average precipitation," calling it a winter of contraries with winter returning to some, but not all areas. It predicts the eastern half will experience cold and lots of snow while the western half will have warm, dry conditions while the gulf experiences cooler, wetter conditions. The Great Lakes and Northeast will see a return of winter.

NOAA does not take the Farmer's Almanac predictions into consideration when figuring out weather patterns and predictions although both are predicting similar weather patterns across much of the United States.



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## Join In The **Harvest Festival** Celebration This Week

Another harvest is very close to being completed and everyone is ready to celebrate. Join in our Harvest Festival Celebration this Wednesday through Saturday and salute the backbone of the MonDak region...Agriculture. We appreciate area growers, Sidney Sugars Incorporated, and anyone and everyone who has anything to do with providing the world with the basic commodity of food.

Third and fourth graders have created masterpieces which will be displayed in stores this week. Register at participating merchants to win a bag of Crystal Sugar and the grand prize of a \$500 Johnson Hardware gift card.

Enter or just sample the tasty treats at our Make It With Sugar Contest Friday morning at Reynolds. Area merchants have some fantastic specials this week as well.

Please take some time to check out our special tribute to the agriculture industry. We would like to thank Sidney Sugars Incorporated, everyone who agreed to let us do stories about them, and our advertisers, without whom this section would not be possible.

We salute the entire farming community and congratulate you on another successful harvest.









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## **Three Generations** of Bakers



Last year's first place Breads and Rolls, Jennifer Morken, Sidney, won a baking set and a mixer from Finnicum's Furniture and Appliances. Her son, Ryan, took home the People's Choice award and daughter, Addison, just gets to enjoy all the goodies.

#### By Ashley Harris

When people say the kitchen is the gathering place for families, the Sifers-Morken family comes to

In the 2011 Make it with Sugar Contest, 3 different generations of the same family placed in different catego-

Joyce Sifers, her daughter Jennifer Morken, and Jennifer's son Ryan Morken, age 9, all entered a recipe and won. All contestants who enter receive a bag of sugar, just for entering. Generous local merchants also provide prizes worth at least \$50 for each category.

When asked if cooking has ever been a contest at home, Jennifer answered, "I learned everything from my mom, so not really." She also mentioned, the 3 of them usually do a 'Christmas Bake'

together.

Ryan has always been by her side while cooking. So last year, Ryan decided to enter his own recipe. After looking for a good recipe he came up with Peanut Butter Bon Bons, which he made completely on his own. He ended up winning the People's Choice, taking home the \$100 Reynold's Gift Card. Jennifer stated, "I offered to give him cash for

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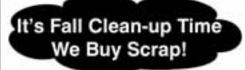
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his gift card, but he refused. It took him about 6 months to use all of it up, but he used it to buy his own snacks."

Jennifer entered her BananaBerry Bread in the 2011 contest, winning her 1st place in the Breads & Rolls Category. She took home a bakeware set and a mixer courtesy of Finnicum's.

Joyce, who was not going to be around at the time of the contest, wasn't planning on entering anything. Jennifer stated, "I encouraged her to enter something. She already had her Wild Grape Jelly made." Well, it paid off because Joyce ended up winning 1st place in the Other Category and took home a \$50 gift certificate to Planet Hair.

Winning isn't something new for Jennifer, as she also placed in the 2010 contest. She won the People's Choice, 1st place in Candy, and 1st place in Cake in 2010 for her Carrot Cake & Cream Cheese Frosting and Reese's Peanut Butter Bars.

The recipes mentioned in the article are:

#### Jennifer's Carrot Cake & Cream Cheese Frosting

- 3 eggs
- 3 eggs
- ¾ c. buttermilk
- ¾ c. vegetable oil
- 1½ c. white sugar2 tsp. vanilla extract
- 2 tsp. ground cinnamon
- ¼ tsp. salt
- 2 c. all-purpose flour
- 2 tsp. baking soda2 c. shredded carrots
- 1 c. flaked coconut
- 1 c. chopped walnuts 1 (8 oz.) can pineapple

w/juice

1 c. raisins.

Preheat oven to 350°, grease and flour two round cake pans. In a medium bowl, sift together flour, baking soda, salt and cinnamon. Set aside. In a large bowl, combine eggs, buttermilk, oil, sugar and vanilla. Mix well. Add flour mixture and mix well. In a medium bowl, combine shredded carrots, coconut, walnuts, pineapple and raisins. Add carrot mixture to batter and fold in well. Pour into prepared pans and bake at 350° for 30 minutes. Check with toothpick. Allow to cool for 15 minutes before removing from pan. Cool completely before frosting.

Cream cheese frosting: combine 2 (8 oz.) packages softened cream cheese and ½ c. butter until creamy. Mix in 1 tsp. vanilla extract, then gradually stir in 3 c.

confectioner's sugar.

Jennifer's Reese's Peanut

Butter Bars

- 1 c. butter or margarine, melted
- 2 c. graham cracker
- crumbs
  - 2 c. confectioner's sugar1 c. peanut butter
- 2 c. semisweet choco-
- late chips 4 Tbsp. peanut butter

In a medium bowl, mix together the butter or margarine, graham cracker crumbs, confectioner's sugar, and 1 c. peanut butter until well blended. Press evenly into the bottom of an ungreased 9x13" pan. In the microwave, melt the chocolate chips

with the peanut butter, stirring occasionally until smooth. Spread over the prepared crust. Refrigerate for at least 30 minutes before cut-

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First place Other, Joyce Sifers, Sidney, won a \$50 gift certificate from Planet Hair.

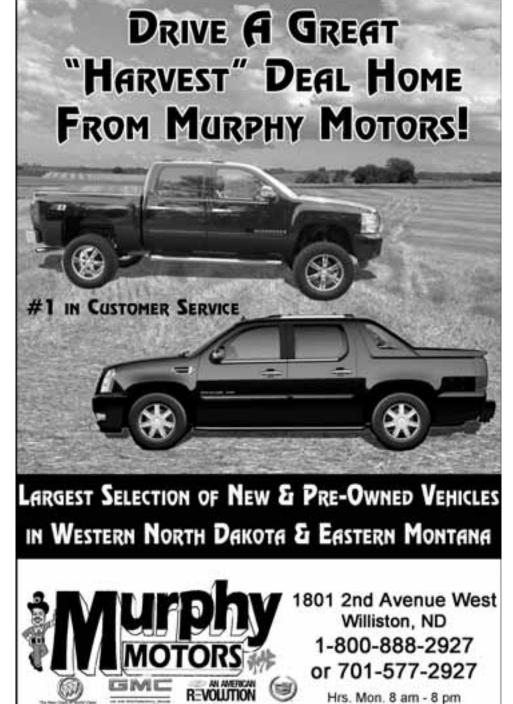


People's choice, Ryan Morken, won a \$100 Reynold's gift card, courtesy of The Roundup.

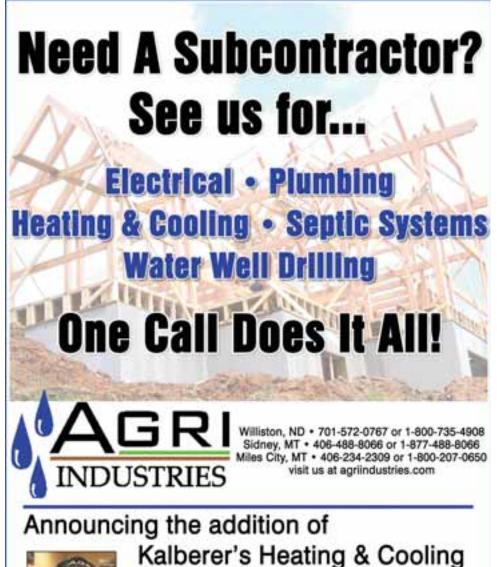
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Continued from previous page.

ting into squares

#### Joyce's Wild Grape Jelly

Pick and wash grapes removing stems. Put 4-4.5 lbs. grapes in kettle with 2 cups water. Bring to a boil, turn down heat to simmer. Stir and cover for 10 minutes, simmer for up to an extra 5 minutes if needed. Strain juice into reserve container. Bring 5 cups juice, 1 box fruit pectin and 7 cups sugar to a boil for 1 minute. Put mixture in jars and seal in hot water for 20 minutes.

#### Ryan's Peanut Butter Bon Bons

5 c. crispy rice cereal

1.5 c. creamy peanut butter

1.5 c. confectioners sugar

4 c. milk chocolate chips

Combine rice cereal, peanut butter and sugar in a large bowl. With your hands, mix until well combined. Mixture will be slightly crumbly and should stick to your hands. Mold mixture into balls. Place on a wax paper lined cookie sheet and chill in fridge while you melt the milk chocolate. Melt chocolate by placing all but 1/4 cup of the chips into a glass bowl. Microwave on high in 30-second intervals, stirring until chocolate is smooth. Toss in remaining chips and stir until completely melted. The chocolate will now be perfect temperature for dipping. Using a fork, dip each bon bon into the milk chocolate and place back on wax paper. Allow chocolate to set about 1 hour.

#### Jennifer's Bananaberry Bread

1 1/4 c. sugar

1/2 c. butter or margarine, softened

1 1/2 c. mashed ripe bananas (3-4 medium)

1/2 c. buttermilk

2 1/2 c. Gold Medal® all-purpose flour

1 tsp. baking soda

1 tsp. salt

1 c. fresh or frozen (thawed and drained) blueberries 1/2 c. chopped walnuts

Heat oven to 350°F. Grease bottom only of one 9x5-inch or two 8x4-inch loaf pans with shortening. In large bowl, stir sugar, butter, eggs, bananas and buttermilk until mixed. Stir in flour, baking soda and salt just until moistened. Stir in blueberries. Pour into pan.

Bake 9-inch pan about 1 hour 15 minutes, 8-inch pans 55-60 minutes, or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaf from pan; remove from pan to wire rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.



The Roundup sponsored a beet decorating contest in conjunction with Harvest Festival. With over 20 entries, all of which showed great creativity, the judging was very difficult.

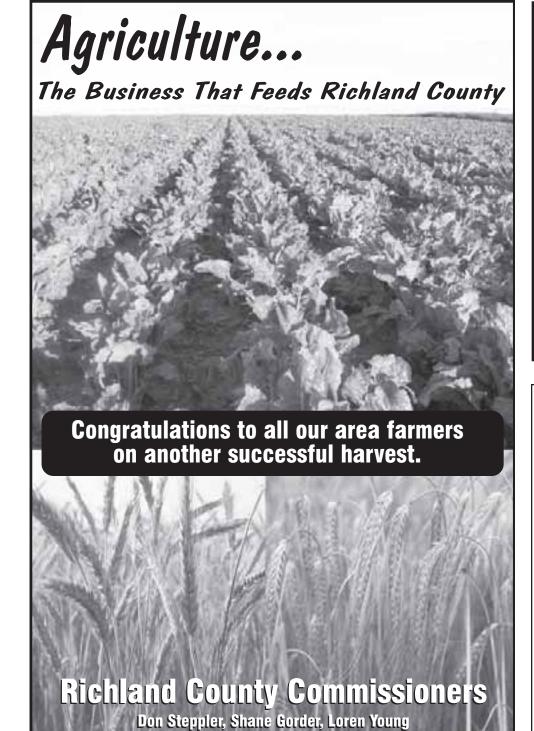
Thank you to the Powder Keg, **Super Valu and Downtown** Bistro for providing prizes, and a special Thank You to the Powder Keg for being such a gracious host for the event.

Above, Teigan Taylor took first prize in the 6-9 year old category with her Santa. Right, Landon Tveit won first place in the 5 and under category.



Beet

Winners





## We salute Harvest Days for all area growers!

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## "Make It With Sugar" Contest







Left: Jade Schlothauer took first in the 10-12 year old category with her Dutch Windmill.

Right: Kaylee Long and Mariah Vincent took second place in the 6-9 year old category with "Mrs. Vincent".



Left: "Marbeetio" by Hunter Whitmus took third place in the 10-12 year old category.

Right: Nicci Harris earned second place in the 10-12 year old group for "Congressman Beetsman".



Left: Baylee Schlothauer earned second place in the 6-9 year old group for her "Scarecrow".





10 ROUNDUP HARVEST FESTIVAL, WED., OCT. 24, 2012 ROUNDUP HARVEST FESTIVAL, WED., OCT. 24, 2012 11



## Harvest Festival Coloring Contest

Left: Baylee Schlothauer, 4<sup>th</sup> grader at East Fairview Elementary, earned the top award in our Art Contest. Baylee will receive his artwork back, nicely framed, along with an art kit.

Right: Tiana Carruth, a 4<sup>th</sup> grader at East Fairview Elementary, received second place and a McDonald's gift certificate.

Below: Tony Norby, a 4<sup>th</sup> grader at East Fairview Elementary, received third place and a McDonald's gift certificate.



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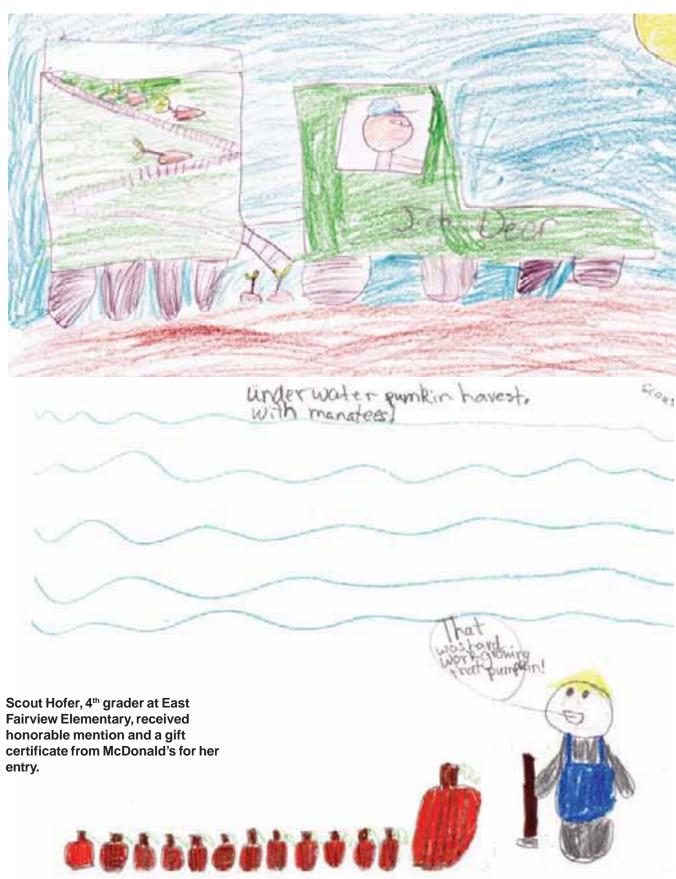
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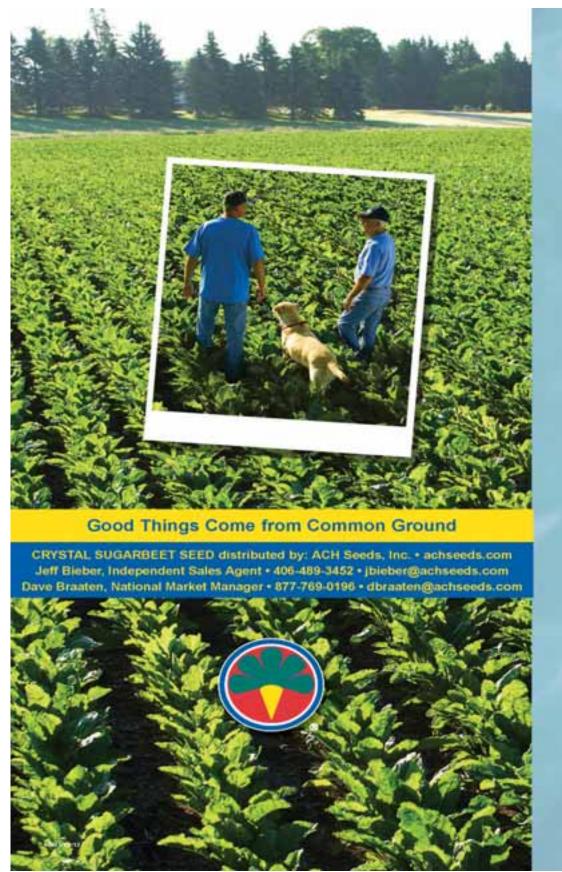
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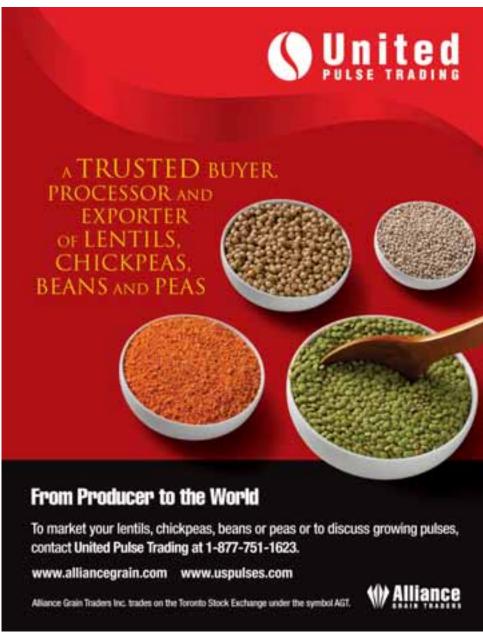


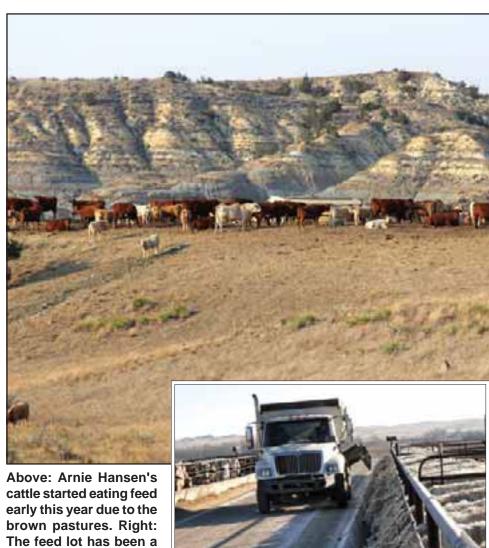




## "Make It With Sugar" Contest







familiar setting for Howard Rambur's charolais.

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## **Local Cattle Producers Cope with Dry Weather**

Between the weather this summer and the oil impact, times aren't exactly easy for the cattle ranchers in our area. A couple of our local producers provided some insight on how the season is going for them.

"The oil impact for us is huge," stated Howard Rambur of Rambur Charolais when asked if the weather and the oil has impacted him. Just like most businesses in the area, he is

having trouble finding hired hands. As far as the weather goes, they have been able to do everything as scheduled. However, the dry conditions have hindered their fall and winter grazing. Rambur will have to start purchasing feed for the cattle, which has gone up significantly. Not only has the price of the feed itself gone up, but also the freight costs.

Loretta Vitt with Bar JV Angus stated that the lack of rain and dry conditions this year has actually forced them to postpone weaning their calves for a few weeks. She mentioned, "We are usually weaning at this time, but due to the dryness and all the dust

conditions this summer and the oil, have definitely impacted the way our local cattle ranchers go about their business. All producers

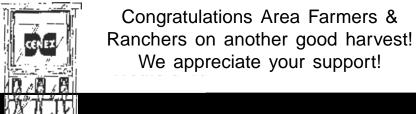
we had to postpone it."

All in all, the weather hope for more rain next year.



Sidney producer Howard Rambur sorts his cattle for weaning. (Photos courtesy of Howard Rambur)

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## Harvest with the Hutterites

By Jaimee Green

Anyone who has taken the time to make the 15 mile journey just southwest of Wolf Point to meet the members of the Prairie Elk Hutterite Colony knows their hospitality is second to none. Upon your arrival everyone greets you like an old friend, offering up slices of watermelon and sacks of freshly

picked corn to take home to the family. And of course you'll be offered a seat at one of a number of long, white cafeteria styled tables for lunch. While seated and waiting for your opportunity to line up for a bacon, lettuce and tomato sandwich following Grace, many Colony members are already enjoying a

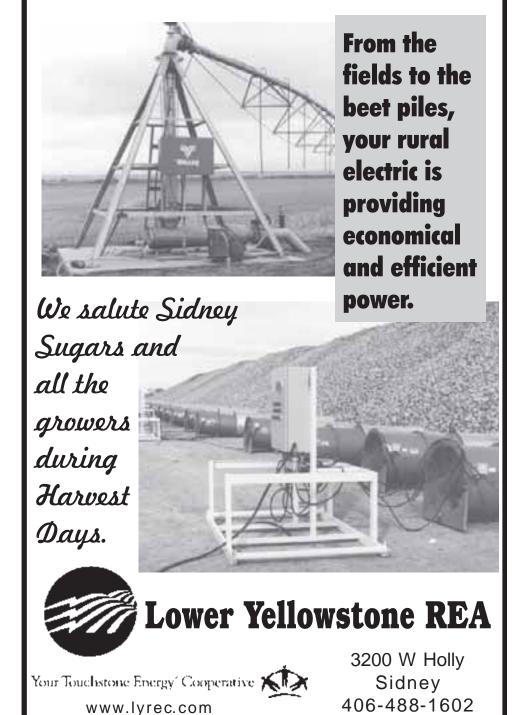
hot cup of clam chowder. Across the table, two-year old Tierra is swirling her spoon in her mouth enjoying homemade yogurt made of beets. Her hair, customarily braided

and pinned at the sides is covered by a shawl. Her long homemade dress, a mixture of brown and gold shades is captivating to anyone unfamiliar with their traditional style of dress. She is shy, yet fascinated by the newcomer sitting across the table, peeking up at every opportunity. Rose Anna, 29, a Colony member apologetically explains that while normally members sit according to age and that the children always eat before the adults, today is an abnormal day. It's a rare glimpse into a world where kindness, simplicity and communal living take precedence over the fast pace of a more modern and at times, seemingly warp-speed exist-

Prior to lunch, we take a ride in a truck referred to as the garden pickup; a newer modeled dirt covered truck with Julie, a colony member behind the wheel. Pointing to mounds of dirt and round bales of straw she offers an informative look at the lay of the land. In the back seat are Rose Anna and a young Colony member no more than four or five years of age. Heading toward the Missouri River, through narrow back roads and then up and around the vast property outskirts it becomes apparent their farming and gardening methods are nothing short of spectacular; growing an ed-



Colony members prepare apples to be used in apple pies which are baked and taken to local farmer's markets.







ible garden some five acres in size with everything from carrots, peas, parsnips and green beans to watermelons and cantaloupes weighing as much as 10 pounds.

This year's garden har-

vest was viewed by many of the Colony members as being one for the record books. "Good. Great. Awesome. We had no flood, no hail, no drought and only a few grasshoppers," said Barbara

Walter, a Colony member.

The garden is situated in a low lying field just north of their outbuildings and single wide trailer homes. With corn to the far west and straw to Continued on next page.



Several Colony members stand in their large, recently harvested garden located near the Missouri River outside of Wolf Point.

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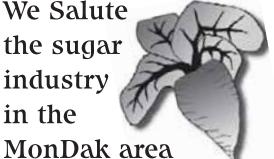




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Preparing dough for pie baking is a collective effort for Colony members.

#### Continued from previous page.

the far east, everything in between grew tall and plentiful. Patches of potatoes, tomatoes, cucumbers, grapes, jalapenos, squash and bell peppers now lay stripped with only the lesser quality vegetation still dangling from stems and vines.

Picking corn for five straight weeks, the women agree this is one of the most enjoyable aspects of gardening. Of course, once everything has been harvested from the garden, the real work begins. Canning hundreds of jars of fruits and vegetables to fill a large refrigerated cooler is just part of the work in store for the women in the weeks that follow. They also begin mass producing baked pies and breads while traveling locally to farmer's markets where they sell their produce and delectable homemade good-

ies. "We practically raise and grow everything we eat except miniature marshmallows and maybe we could do that too if we try hard enough," Barbara said.

Today happens to be the day they are making pies; One hundred apple and another 100 juneberry. Collectively the tasks of peeling and cutting apples and separating the dough into perfectly portioned round globs takes place just before lunch



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and will be completed just before dinner. Friendly chatter echoes through the large industrial type kitchen as the preparation progresses with everyone performing a job. It's a bit like watching an assembly line in a factory, systematic and efficient. One minute apple cores and peelings litter the tables and floor and in the next, everything has been cleaned up and they are on to the next task.

These pies will go to market to help sustain the Colony financially. This year's produce and baked goods were sold in Williston, Wolf Point and Circle.

In the two previous years the Colony's garden endured hail in 2010 and nearly four feet of water during the severe spring flooding of 2011. In an effort to save what they had already planted that year, everyone dug out the seeds and replanted them. "We dug out 5000 onion seeds, 500 broccoli and 500 cauliflower I remember. Those that couldn't be saved we just had to wave goodbye to," said Julie Walter.

Like every chore and task that must be completed at the Colony, the garden is a collective effort of many, with the men tilling and fertilizing the garden in the spring while the women and children tend to the garden all summer, pulling weeds and watering. Married Colony members, Annie and Jo, are responsible each year for the seeding of the garden. While all of the women assist with maintaining the garden during the growing season, they credit Annie for doing the majority of the planting. "Annie starts to get edgy when it's time to get everything in the ground for the growing season," Barbara

You won't find Colony members at any local juice bar or convenience store grabbing a fruit smoothie either. They make their own. One of their specialties is a spinach smoothie consisting of orange juice, spinach and whatever other sweet fruits they have on hand to add. They often use blueberries, strawberries and pears. Of course, to offer everyone in the Colony a glass, it takes up to half an hour to prepare four gallons of the green slush. "When we first served it to the men and children they weren't very excited about it. But now, in the spring time they request it," said Barbara.

Hutterites are a faith

group stemming from the Radical Reformation of the 16<sup>th</sup> Century and are baptized in adulthood. They live communally and share practically everything.

There are two branches of Hutterites who live on the prairies of Montana. They are the Dariusleut and the Lehrerleut. The Prairie Elk Colony is a member of the Dariusleut branch and bears the last name Walter. While the doctrine of the two is identical, differences between them are mostly geographic and traditional. "I think people are under the impression that we are bored out here, as if we have nothing to do. But we aren't. This is our way of life and it is anything but boring," said Rose Anna, a Colony member.



the web



Annie Marie Walter and Barbara Walter stand inside their canning room where hundreds of neatly stacked jars fruits and vegetables are stored for consumption by the Colony members.



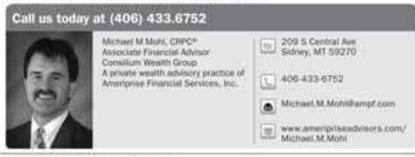






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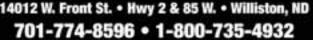
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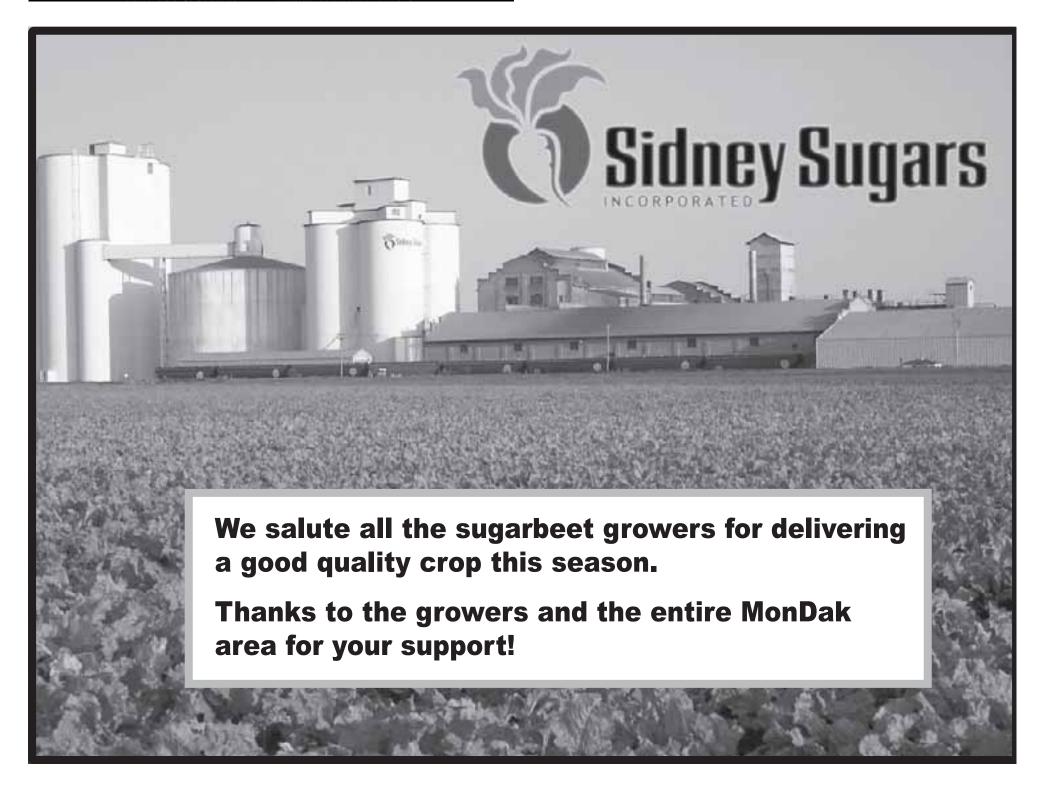






Corn Harvest Silaging corn at Hardy Farms, Inc. south of Fairview.







**Above: Oriental Chicken Salad with Lentils Below: Armenian Lentil and Apricot Soup** (Photos from www.cookingwithpulses.com)





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The USA Dry Pea & Lentil Council (USADPLC) launched a new consumer website at the start of 2012. It is the solution for consumers looking for information about dry peas, lentils and chickpeas.

Cookingwithpulses.com has three main focal points: recipes, health and nutrition facts and where to find pulses in the market (both as whole and value- added products).

Consumers are interested in using dry peas, lentils and chickpeas in their diets; they just do not know how to use them to their full potential. People eat with their eyes first so by showcasing photos along with tasty recipes, a new generation of consumers can find delicious ways to enjoy lentils.







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Sidney Sugars is holding a "Big Beet" contest at each of its piling staions, just for fun. As of Wednesday, October 17, the leader was this 34 lb. 8oz. giant from Asbecks.



#### Fun in the **Beet Truck**

**Bethany Wells of** Sidney has a blast with her Grandpa **Dennis Scheetz of** Savage as they haul Jeff Jorgenson's beets. (Photo by **Emilyn Scheetz)** 

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