

Logan County Family & Community Wellness Agent

NDSU

EXTENSION
LOGAN COUNTY

By Dustin Hammond



Reading Labels for Better Health

The rain on Friday caused a few changes for the livestock show, but the show must go on, as the old expression goes. A silver lining was the cooler temps in the barns over the week. We can't choose the weather, so we just have to live with it. One thing we can choose is what we eat. Making better choices often means reading the labels on the bags, boxes, and cans. Those of you who eat mostly whole foods or food from your own gardens and pastures probably worry less about labels.

Even for those who study food professionally, deciphering food labels can sometimes be challenging. Items like natural color, artificial color, natural flavoring, modified food starch, and vegetable protein, for example, could be derived from wheat and contain gluten. Gluten is not technically an allergen, but it is commonly linked to wheat. Sometimes, you need to be a detective to figure it out, and contacting the company online or by phone might be necessary.

You can trust the information on food labels, but sometimes advertising can be misleading. Food labels are basically a legal document regulated by the Food and Drug Administration. Meat labeling is regulated by the U.S. Department of Agriculture. Try this quiz to see what you know about the meanings of these terms.

1. For fruits or vegetables to be labeled "organic," how many years must the soil in which it

was grown have no fertilizers or pesticides applied, according to the USDA?

- a. 1 year
- b. 3 years
- c. 5 years
- d. 7 years

2. If meat is labeled organic, which is not true, according to the USDA?

- a. Animals are fed 100% organic feed or forage.
- b. Animals are administered antibiotics.
- c. Animals are not administered hormones.
- d. Animals are able to graze on pasture land.

3. Which of the following items are required on nearly every food label? Select all that apply.

- a. Nutrition label
- b. Shelf life notation such as "best by" date
- c. Net quantity in ounces and metric measure
- d. Name of the manufacturer
- e. Health claims

4. What are the most recent items to appear on Nutrition Facts labels?

- a. Vitamin D, added sugars

- and potassium
- b. Vitamin C, total sugars and iron
- c. Trans fat, total carbohydrate and total sugars
- d. Calcium, protein and calories

5. You see the symbol "U" in a circle on a food package. What does that mean?

- a. Unpasteurized product – not heated as part of processing
- b. Organic Union certification
- c. Healthy designation
- d. Kosher – conforms to Jewish dietary rules

6. You notice that a food is labeled "low fat." What percent of the daily value qualifies the food to be labeled "low"?

- a. 2%
- b. 5%
- c. 7%
- d. 10%

7. Bonus essay question. Which three items on a Nutrition Facts label should we try to consume less of?

The answers are 1) b; 2) b; 3) c and d; 4) a; 5) d; 6) b; 7) saturated fat, sodium, added sugars.

By the way, if you are cooking for someone with any food intolerance, allergy or autoimmune disorder (such as celiac disease), be a cautious label reader and always do your homework. For more information, search the [ndsu.ag](https://www.ndsu.ag) website for "Questions and Answers About the Updated Nutrition Facts Label" Please feel free to reach out with any questions or suggestions at 701-754-2504 or email dustin.hammond@ndsu.edu

Logan County Agriculture and Natural Resources (ANR) Agent

NDSU

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By Josh Becker



Prescribed Burning of Rangeland—Is it worth the effort?

Have you considered doing a prescribed burn for rangeland restoration or invasive species control? The most common answer to that question leans hard to the NO column. NDSU Extension has been studying the effects of prescribed burns on rangeland used for grazing at the Central Grasslands Research Center, located just north of the Logan County line near Streeter. A recent study investigated the short-term effects of spring and late summer prescribed fires, paired with grazing, on plant communities. Initial results indicate that fire is able to reduce invasive grasses and enhance species variety especially if done in the spring of the year. Longer period studies accounting for increased variables are in the works and will be communicated at some time in the future.

Prescribed burning is a land management practice where a manager prescribes a specific fire treatment to a specific tract of land to reach specific management objectives. Reintroduction of fire through prescribed burning may be one of the best ways to restore native grasslands in the North Dakota, but perceptions of liability and risk limit its use. Having a better understanding of prescribed burning rules, regulations and liability in North Dakota is an important step in helping land managers perform a prescribed fire when needed to meet their land management needs.

Some key points listed in the recent study are as follows:

•Fire has benefits to not only plant communities but wildlife diversity and pollinator popula-

tions.

•Fire has proved to increase livestock performance by creating higher crude protein in burned areas translating to increased weight gains.

•Fire improves woody encroachment control, invasive species maintenance, and improved forage quality.

•Prescribed burns have shown promising results for controlling invasive species of smooth brome and Kentucky bluegrass.

The overall results of the recent trials point to some really positive impacts of fire as a management tool. Of course, this type of tool isn't without risk and should be considered carefully and purposefully. **NDSU Extension publication #R2077** explains the North Dakota prescribed burning rules and regulations in greater detail. It is imperative to familiarize yourself with the State laws and regulations to avoid unnecessary and costly liability exposure. Contact the ND DEQ and your local fire department to learn about limitations, guidance, and current burning restrictions.

So, to answer the question posed earlier—Is it worth the effort? Research is pointing to—YES. But only you can decide what's best for your management goals. We can help with more resources and information if desired.

Information for this article was summarized from the Central Grasslands Research Center Annual Report 2024. **Disturbance & timing: Effects exhibited through plant community change following fire and grazing. (Authors: Adam Brendemuhl, Esben Kjaer, Torre Hovick, Miranda Meehan, Benjamin Menapace, Kevn Sedivec)**

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Mon., July 14 thru Wed., July 30

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For more information contact:

Terry @ 701-240-2229 or Doug @ 701-471-3871

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Chain Saws (1 electric, 2-gas)

Old Air Compressor

Coast-to-Coast Air Compressor

Bottle Jack

Handyman Jacks

Transmission Jack

Specialty Tools for Chevy Vehicles

Air Conditioner unit for vehicle

Chrome Rims

Chrome Parts - Running Boards

Bed Liners

Box Chrome Railing

Lots of Tires with Rims

Chevy Chilton Parts Books

Old Wood stove

Engine Jack

(4) Floor Jacks

Cleaning Parts Table

Press

Welder - AC

Tool Bin full of used bolts

Jumper Cables

Mud Flaps

Transmission Flusher

Oil Tubes for Oil Changes

MANY OTHER ITEMS NOT LISTED:

CASH ONLY - No Checks

PUBLIC NOTICES

YOUR RIGHT TO KNOW

NOTICE OF CONFIRMATION OF ASSESSMENT LIST IN WATER IMPROVEMENT DISTRICT NO. 2023-1 OF THE CITY OF NAPOLEON, NORTH DAKOTA

Notice is hereby given that the Special Assessment Commission of the City of Napoleon has confirmed the Special Assessment List for Water Improvement District No. 2023-1 of the City;

Notice is further given that said confirmed list has been filed with the City Auditor, is open for public inspection, and the City Council will conduct a public hearing on said list at 7:00 p.m. on the 4th day of August, 2025, at the City Hall in said City to act upon said list;

Notice is further given that any person aggrieved may appeal from the action of the Special Assessment Commission by filing with the City Auditor prior to the hearing a written notice of appeal stating thereon the grounds upon which the appeal is based. Any person having filed such a written notice may appear before the City Council and present his reasons why the action of the Special Assessment Commission should not be confirmed.


Dated this 5th day of June, 2025.

Colleen Fettig

City Auditor

Napoleon, North Dakota

(7-16-25)



Cookin' With Ann

Recipes By Ann Moch

Enjoy!

Rhubarb Cake

Ingredients:

2 eggs

2 cups sugar

1 cup sour cream

2 cups fresh or frozen rhubarb

1 1/2 tsp soda

1/2 tsp salt

2 cups flour

Beat eggs and sugar together. Add sour cream, soda, salt and flour. Add rhubarb, then put in pan.

Top with:

1/2 cup brown sugar

1 tsp cinnamon

1/2 cup chopped nuts

Mix brown sugar and nuts together, sprinkle on top of cake. Bake at 350 degrees for 45 minutes.