NATIONAL GRICULTURE WEEK

Land O' Lakes Making a Difference

When we ask ourselves what we can do to make the members' us educate agriculture's next launched in 2016. generation. And through the Land O'Lakes Foundation, we matching funds for hunger are helping our members mul- initiatives and community tiply efforts to feed our future. efforts. Direct Members are

dation's mission is to serve for community efforts such as the many communities where food shelves. Backpack proour members and employees live and work," says Lydia Botham, Land O'Lakes Foundation Executive Director and Vice President of Community Relations. "Through programs Member Co-op Match prolike our member matches, we partner with our members to fight hunger, support education and strengthen communities."

"We have two types of member match programs," says Lydia. "The Direct Member Match works with individual farmers and the Member Co-op Match works with our member co-ops. Both of these are important investments in our communities."

These programs match

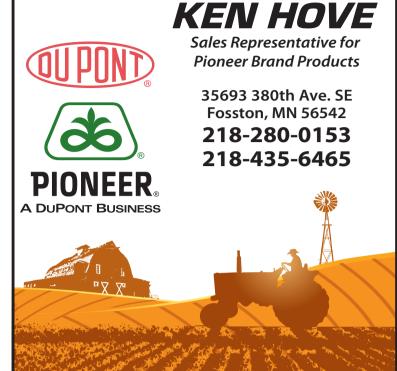
The Land O'Lakes Foun- eligible for matches up to \$500 grams, homeless shelters, FFA programs and educational institutions.

> For more than 15 years, Land O'Lakes has offered the gram. Co-ops such as Fosston Tri-Coop have been enthusiastic program participants.

"We appreciate the programs and take full advantage." says Jen Howard, Office Manager at Fosston Tri-Coop. "Land O'Lakes increases our ability to invest in our local community. They match our donations dollar for dollar to organizations such as the Backpack Program and new equipment at the school or in the community."

Causes supported by Land dollar-for-dollar O Lakes are divided into two world a better place, one cash donations to local non- categories; by hunger and nonanswer may be right in our profit organizations. While the hunger initiatives. On the nonown backyards. Our local Member Co-op Match Pro- hunger side, Fosston Tri-Coop non-profits help us feed our gram has been in existence for focuses donations on rural neighbors, provide valuable more than 15 years, the Direct youth. That means regular human services and can help Member Match Program just financial support and a presence at local 4-H fairs, as well Member co-ops qualify for as support of the Magelssen Elementary playground equipment, city park equipment and this year the amplified sound system at the elementary."

> On the hunger side, Fosston Tri-Coop actively supports the Backpack program at Magelssen Elementary, where students receive food for the weekend. Fosston Tri-Coop has also partnered with local food pantries in the past.



7 reasons to shop farmers markets

already one operating nearby. The United States Department of Agriculture says that, between the years of 2008 and 2013, the number of farmers markets doubled across the country.

Farmers markets will continue to thrive and expand as people increasingly realize the benefits of supporting local food providers.

Buyers who are not yet familiar with farmers markets can examine the following seven reasons to break the ice.

1. Enjoy fresh, seasonal foods

Foods at farmers markets tend to be limited to in-season offerings. Some nutritionists suggest eating seasonally available foods is better for your body, because humans ate seaeration changed how people received the majority of their foods. In addition, many people 5. Learn secrets and recipes feel that fresh, seasonal foods taste better than the alternatives.

2. Discover new foods

A farmers market is likely new at a farmers market, and this and recipe ideas. Additionally, coming to a field or open park- can entice shoppers to expand ing lot near you — if there isn't their flavor palates. Explore by farmers markets generally interesting, locally grown items. Even children may fall in love to keep shoppers coming back with colorful fruits or vegetables week after week. and their refreshing tastes.

3. Embrace organic and non-**GMO** offerings

Many farmers markets offer foods that are organically grown and are produced without GMOs. Farmers market retailers also tend to give firsthand accounts of where their foods come from and how they are grown or raised.

4. Indulge in nutritious foods

The vivid colors and smells emanating from farmers markets indicate just how fresh and nutritious the offerings tend to be. Farmers who peddle their wares at farmers markets adhere sonal produce for thousands of to careful farming methods to years before shipping and refrig- ensure their foods are as nutritious as possible.

In addition to fresh produce, farmers markets may offer baked and other prepared goods. Shopkeepers often mingle with their are bound to find something There's always something customers, offering trade secrets fresh, unique and delicious.

local farm families supported offer supreme customer service

6. Turn the trip into a social excursion

A farmers market can be an exciting and flavorful social gathering place for families and groups of friends, as well as a great place to meet other members of the community. Sometimes farmers also mingle with local artisans, so the market can be a one-stop-shopping locale for locally produced food and art.

7. Save money

Farmers markets may sell organic produce at a cost comparable or even lower than other retailers. That's because local farmers don't have to transport their items as far as retailers whose foods were shipped from far away places.

Any time of the year is perfect for grabbing a tote bag and browsing the wares at a nearby farmers market, where shoppers



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