

Consider planting a cover crop this fall

With favorable soil moisture conditions this year, growers across North Dakota have an excellent opportunity to establish a fall-seeded cover crop, says Victor Gomes, NDSU Extension cropping systems specialist at NDSU's Dickinson Research Extension Center (DREC).

Cover crops provide continuous living cover and roots, armor the soil, improve soil carbon and nutrient cycling, reduce erosion and runoff, help retain snow and can suppress weeds through competition.

For the first time since 2022, North Dakota is officially not in a drought, according to the US Drought Monitor. Since May 1, much of southwest North Dakota has received close to 15 inches of precipitation, with some areas receiving more than an inch in the last 30 days. Localized areas of south-central North Dakota (Logan, McIntosh, LaMoure, and Dickey Counties) have received more than nine inches in the past month.

"This is a sharp contrast to fall 2024, when drought left soils dry and delayed germination of fall-seeded cover crops," shares Gomes. "As a result, many winter-hardy cover crops did not emerge until spring 2025. This fall's moisture offers a much better chance for strong establishment ahead of winter."

Broadcasting may work in the wetter eastern part of the state this season, but for quicker germination and better seed-to-soil contact, drilling remains the preferred method -- especially in western North Dakota -- so that cover crops can make the most of available moisture.

NDSU Extension specialists offer these recommendations for farmers considering planting a cover crop:

Choose the right cover crop

"Before seeding, consider what you want the cover crop to accomplish," says Carlos Pires, NDSU Extension soil health specialist. "Cover crops are service plants, and their benefits depend on your goals." Cover crops can provide:

- Winter soil cover and erosion protection
- Nitrogen fixation to boost soil fertility
- Nutrient scavenging after harvest
- Weed competition and suppression



Cover crops provide continuous living cover and roots, armor the soil, improve soil carbon and nutrient cycling, reduce erosion and runoff, help retain snow and can suppress weeds through competition. (NDSU photo)

- Fall or early-winter forage options

Keep your crop rotation in mind, says Gomes. Some species can act as a bridge for insects and diseases. For example, cereal rye, the optimal planting window is late August through early October.

Timing matters
Most species germinate at soil temperatures above 38 to 40 degrees Fahrenheit. For cereal rye, the optimal planting window is late August through early October.

• **Late-summer planting** (after corn silage, canola, pulses or small grain harvest) provides strong potential for biomass production, nutrient capture and soil health improvements, provided that cover crops are well-established.

• **Early-fall planting** slows erosion and scavenges nutrients, though options are usually limited to grasses and non-legume broadleaves.

• **Interseeding** into corn or soybeans can extend the growing window but timing may be past optimal this year.

• **Dormant seeding** (when soils stay below 35 degrees Fahrenheit) shifts all growth to spring, but doesn't take advantage of fall moisture. For cereal cover crops intended for forage, there's also a risk of poor vernalization and reduced grain yield.

Winter-hardy and frost-tolerant options
North Dakota winters are

harsh, so selecting species that can survive overwinter is crucial. Winter-hardy options include cereal rye, winter camelina, hairy vetch, triticale and winter wheat.

"Growers who prefer quicker soil warm-up in spring may choose frost-tolerant, non-winter-hardy species like oats, turnips and radishes," says Chris Augustin, NDSU DREC director. "These extend photosynthesis late into the fall and then winterkill. Low C:N ratio crops like turnip and radish also decompose quickly in spring."

Cost-share opportunities
Cover crops are an input cost, but programs exist to help offset expenses. Farmers for Soil Health offers financial support for adoption. Learn more at <https://farmersforsoil-health.com/>. The US Department of Agriculture-NRCS also provides cost-share opportunities. Find your local service center at www.nrcs.usda.gov/contact/find-a-service-center?state=38&county=.

"This year's statewide moisture conditions create an excellent window for establishing cover crops," concludes Gomes. "Whether drilled in the drier western part of the state or broadcast in wetter eastern regions, cover crops can provide lasting benefits to soil health, nutrient cycling, and erosion control. Choosing the right species and seeding soon will help position fields for success going into 2026."

For more photos and illustrations detailing cover crop recommendations, see this article on page 10 of the September 11 edition of NDSU's Crop and Pest Report available at ndsu.ag/cpreport.

MINUTES OF REGULAR MEETING ESMOND CITY COUNCIL September 10, 2025

The city of Esmond held a regular city council meeting on Sept. 10, 2025 at 7 p.m. at the Esmond City Hall. Present were Mayor Ernest Suich; council members Shari Wolfe, David Wolfe, Roger Hill and Loren Preuss; and City Auditor Leigh Wolfe. Also present were Donald Vetsch, Matt Georgeson and Bobby Lund.

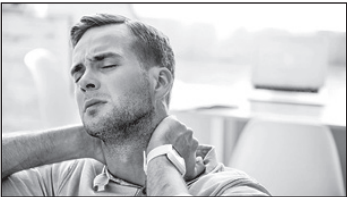
Previously, a notice was posted in the newspaper for Lots 13, 14, 15, 16 and 17, Block 1 of Haugen's Addition. Matt Georgeson submitted a bid, and a motion was made by Shari Wolfe and seconded by Loren Preuss to accept his bid of \$2,200 for all five lots. The motion passed unanimously. Donald Vetsch informed the city of an outdated fire/pumper truck for sale by the fire department and asked if the city was interested. After a discussion, the city declined the offer to purchase the fire truck.

The minutes from Aug. 13, 2025, a regular city council meeting, were read, and a motion was made by David Wolfe and seconded by Roger Hill to approve them with corrections. The motion carried. A motion to approve the purchase of the lots sold by the live auction was mistakenly omitted in August. The motion was as follows: Loren Preuss made a motion to accept the sale of the lots to Vince Hoffarth, seconded by Shari Wolfe, and the motion passed.

September's meeting agenda included past-due accounts review, sewer utility monthly cost increase, streetlights bill review, final reading of the 2026 city budget, ND Flexible Transportation dollars received, and any other business that was not mentioned.

A motion was made by David Wolfe and seconded by Shari Wolfe to pay all approved bills and the motion carried. The bills were as follows:
Otter Tail Power Co. \$663.90
Waste Management 2,279.93
Leigh Wolfe 1,847.00
BC Farmers Press 87.36

Conditions that may benefit from chiropractic care



may employ various treatments, including soft tissue therapy and acupuncture, to alleviate headache pain.

• **Lower back pain:** Chiropractic care has long been looked to as a means to alleviating lower back pain. The experts at Duke Health note that chiropractors may employ spinal manipulation to treat back pain before offering additional advice, including self-care recommendations, to help patients avoid recurrence. Manual manipulation to improve movement in the spine may be part of

chiropractic treatment of lower back pain.

• **Neck pain:** Chiropractors also can help treat neck pain. Many people experience limited mobility in their neck and/or soreness or joint pain in this area. A subluxation is a slight misalignment of the vertebrae that can contribute to pain, stiffness and reduced function in the neck. Chiropractic care works to restore vertebra to the correct position with the hopes that such a restoration will alleviate pain and improve mobility and function.

-metrocreativeconnection

NOTICE OF LEASING STATE SCHOOL LANDS

The Board of University and School Lands will offer the following lands for lease in Benson County.

Warwick (151-063)			
	AC	Term	Rent
16 Lots 2-5	52	5	\$310
16 Lots 7,10,11	75	5	\$406
26 N2NW4	80	5	\$1199
Hay: 52 Crop: 0			
33 NW4NE4,	200	5	\$2717
NW4	160	5	\$2706
36 NE4	160	5	\$2641
T - Removal of trash required			
36 NW4	160	5	\$2641
Twin Tree (151-065)			
	AC	Term	Rent
36 N2NW4,	117	5	\$1193
SW4NW4			
36 NE4SW4,	79	5	\$810
SW4SW4			
East Fork (151-071)			
	AC	Term	Rent
3 S2NE4	80	5	\$1048
Lohnes (152-063)			
	AC	Term	Rent
14 N2NW4	80	5	\$399
14 N2SE4,			
SE4SE4	120	5	\$28
23 NE4NE4	40	5	\$102
Third Com. District (152-065)			
	AC	Term	Rent
36 SE4SW4	40	5	\$342
Lallie (152-067)			
	AC	Term	Rent
36 NW4NE4,			
SE4NE4,	120	5	\$1650
NE4SE4			
Rich Valley (152-071)			
	AC	Term	Rent
6 W2E2	163	5	\$2882
Hay: 118 Crop: 0			
Eldon (153-068)			
	AC	Term	Rent
26 N2NW4	76	5	\$1240
26 SE4	158	5	\$2702
Broe (154-070)			
	AC	Term	Rent
36 NE4	160	5	\$2737
36 NW4	160	5	\$3046
Iowa (155-071)			
	AC	Term	Rent
16 NE4	122	4	\$1793
York (156-069)			
	AC	Term	Rent
32 SE4	156	5	\$2064

Auctioneer will read specific requirements at the auction. The public lease auction will be held in Benson County Courthouse, Courtroom at 10/23/2025 9:15 AM CT. Other than the descriptions of the lands to be auctioned, the information contained in this advertisement may be revised prior to the auction upon further review by the North Dakota Department of Trust Lands. Any such revisions will be announced at the auction and will be binding upon the bidders. Bidding will begin at minimum rent. 1st year's rent must be paid in full immediately after the sale. The Board reserves the right to reject any and all bids. For more information, visit <https://land.nd.gov> or call (701) 328-2800. For auxiliary aids and services, please call by 10/8.

Joseph A. Heringer
COMMISSIONER
1707 N 9th St |
Bismarck ND 58506-5523
PHONE: 701-328-2800 |
FAX: 701-328-3650 |
WEB: <https://land.nd.gov>

Payroll \$6,754.10
Blue Cross 1,902.85
Advanced Business 84.72
D. Tice 1,260.00
ND Water Users Assn. ... 125.00
US Postal Service 156.00
Aqua-Pure 6,821.25
CenDak 204.50
Dakota Country 432.00
Double M Sanitation 4,778.00
BC Farmers Press 118.56
GF Utility 18.00
Mac's 248.05
ND Telephone Co. 280.14
Northern Plains 430.68
One Call 3.00
Otter Tail Power Co. 2,542.37
Yunker Law 1,753.50
A. McCollum 40.00
Floodwater Properties .. 1,197.67
S. Babcock 40.00

The meeting adjourned at 7:36 p.m. The next council meeting is scheduled for Oct. 9, 2025 at 6 p.m.
Audray McCollum
City Auditor

Matt Seufert
Mayor

EEAA Annual Meeting

The *Esmond Eagles Alumni Association* will be having their Annual Meeting on **Sunday, Sept. 21 at 12:00 p.m.**, at the **Esmond School**. Anyone interested is welcome to attend.

JOB OPENING

Deputy Tax Director

Full-time position (37.5 hours per week) position open in Minnewaukan, ND. Employee to work 5 days per week from 8:30 a.m. to 4:30 p.m. Compensation based on experience. The ability to take initiative, meet deadlines, prioritize tasks and work independently is crucial. Must have good computer, organizational and communication skills. Must have a high school diploma and be proficient in Microsoft software. Applications and a full job description can be obtained by calling the Benson County Auditor's Office 701-473-5340 or emailing to bs Erickson@nd.gov. To apply: submit application, three references with contact information, cover letter and resume to Benson County Auditor, PO Box 206, Minnewaukan, ND 58351. Job open until filled.

Aurora Township Budget Hearing & Notice to Mow Township Roads

Sept. 23, 2025

7 p.m. - 7:30 p.m.

Dale Yri Residence

All township roads must be mowed by **October 15.**

Dale Yri,
Clerk

Seeking:

• **IT Person**
Periodic help as needed

• **Graphic Designer**
Full- or part-time

More information:

BENSON COUNTY
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PO Box 98 • Minnewaukan, ND 58351
701-473-5436 • farmerspress@gondtc.com

HEFTY SEED IS HIRING A SALES AGRONOMIST

A rewarding position in agronomy combined with first-rate outdoor recreation and a friendly community is waiting for you in central North Dakota. Hefty Seed is hiring a sales agronomist in Hurdsville, ND. In an area that boasts some of the region's best hunting and fishing, the right candidate will be able to enjoy acreage for hunting and many beautiful lakes nearby. Some great housing options are also available. We are looking to invest in individuals who will be a great fit with our established, yet growing team of agronomists. This position includes top pay and benefits. If you are looking to work in an enjoyable environment while providing top notch service to our valued customers, we invite you to send your resume and cover letter to chad.weckerly@heftyseed.com or call Chad at 701-793-7382. We look forward to working with you.

ACCEPTING BIDS

Passenger Bus

Oberon School District is accepting sealed bids for a 2005 Blue Bird 47 passenger bus. Bus has 160,000 miles. Bids are due **October 13th, 2025, by 5 pm.** Bids will be opened at the school board meeting on the same day.

Bids should be sent sealed to Oberon School District, Attention: Jordan Brown, PO Box 2, Oberon, ND, 58357. For further questions, contact the school at 701-798-2231.

