

Logan County Family & Community Wellness Agent

NDSU

EXTENSION
LOGAN COUNTY

By Dustin Hammond



September is National Mushrooms Month

People either love or hate them. Personally, I think it is the texture, or the fact that it is a fungus. After living in Asia for almost 10 years, I developed a taste for mushrooms. Although they are not plants, we treat them like vegetables when we cook them. Mushrooms are available in a wide range of sizes, shapes, textures and colors. In fact, more than 38,000 different varieties of mushrooms exist. White button mushrooms account for 90 percent of the mushrooms consumed in the U.S.

Besides button mushrooms, you might find portabella, shiitake, enoki, oyster, or crimini mushrooms in some grocery stores. Mushrooms are also available in dried and canned forms. Foraging for mushrooms outdoors should be done in consultation with an expert mycologist, as some wild mushrooms are poisonous.

Mushrooms are not considered “nutrition all-stars” like vegetables, but they have some unique qualities. They are low in calories, containing 20 to 50

calories per 3.5 ounces, depending on the type. Most mushroom varieties provide the mineral copper, which research shows plays a role in maintaining heart health. Mushrooms also provide some fiber, potassium, selenium and B vitamins, including niacin, riboflavin and folate.

Fresh mushrooms have a short shelf life, usually 1-3 days at room temperature. For this reason, drying them either commercially or at home is an attractive alternative, because it lowers the water activity to below 0.85, which helps prevent the growth of pathogens (harmful bacteria).

Consider purchasing small batches of fresh mushrooms at a time to avoid the need for dehydration and long-term storage. Select good-quality mushrooms to have a longer shelf life. Older mushrooms deteriorate much faster at room temperature. Rinse them with cold water and use paper towels to blot them dry just before using them. When substituting fresh mushrooms for canned (which typically makes a significant flavor difference), 1 pound of fresh

mushrooms yields the equivalent of 8 ounces of canned mushrooms.

If dehydrating, wash the mushrooms thoroughly before slicing to reduce the number of microorganisms, including any pathogens that may be present. After dehydration, store the mushrooms in vacuum-sealed packaging in a cool, dry place. When rehydrating, keep them refrigerated to minimize the risk of rapid pathogen growth, which can cause foodborne illness. When cooking rehydrated mushrooms, use methods that require high heat and longer cooking times, such as in soups, rather than methods like sautéing, for example.

Sauteed Spinach and Mushroom Side Dish

- 1 Tbsp. olive oil, not virgin (light colored)
- 4 small cloves/sections fresh garlic, peeled and chopped
- 1 (8-ounce) package fresh mushrooms, pre-sliced, pre-washed
- Optional – 2 tsp. butter
- Optional – 1/4 c. red, dry wine
- 1 tsp. dried thyme
- 1 bag fresh spinach (about 10 ounces)

Heat olive oil in the bottom of a 3-quart or larger frying pan. Add garlic. Sauté garlic until just starting to brown. Add the mushrooms and cook until they start to brown. Add butter and/or wine if desired. Add thyme. Add spinach and cook for two to three minutes, tossing to mix. Do not overcook.

Makes five servings. Each serving has 80 calories, 5 grams (g) of carbohydrate, 4.5 g of fat and 3 g of protein.


Feel free to contact me with any questions or suggestions at 701-754-2504 or email [dustin.hammond@ndsu.edu](mailto:hammond@ndsu.edu).

Logan County Agriculture and Natural Resources (ANR) Agent

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By Josh Becker



Times seem tough!

These last few weeks have presented us all with some significant and unpredictable challenges. Early frost, continuing instability in commodity markets, high food prices, the tragic event in Utah and a host of other things affect us all in one way or another. The struggle was real as I tried to decide what to write about this week. Every topic I considered just seemed inadequate. I hope this doesn't happen very often and I hope it doesn't come across as too gloomy, but I know for certain I am not the only one who feels like the times seem tough right now. I've had dozens of conversations with friends, colleagues, and local residents over the last few weeks that have been difficult to process. Our agriculture community is doing its best to work through some very challenging circumstances and the persistent uncertainty seems to be taking its toll. This can be quite difficult to articulate because it looks and feels different for each of us. If you are a crop

producer, for example, this year has thrown the kitchen sink right on your head. An early September frost was not on anyone's bingo card. The spring weather struggles rolled right on into severe weather season, which rolled into wet weather pattern disease season, which rolled right into surprise frost season. The squeeze is felt from every angle, it seems.

Earlier this week, a few of my Extension colleagues posted some videos on our social media platforms about this very topic that are worth mentioning. Dr Frayne Olsen, NDSU Crops Economist, recently recorded a short message on the importance of seeking help when times seems really tough. He says, “Its ok to not be ok. Reaching out is not a sign of weakness but rather wisdom and strength. Talking through challenges can often times lead to better outcomes. Recognize that you are not alone. You can always dial 988 for help with local resources or just to talk.” 988 is a free resource for those in emotional distress or a suicidal crisis. It is open 24/7 and is often a first line of communication for those needing mental health services.

Those of us here behind the Iron Curtain are a resilient people but certainly not impervious to the occasional pressures of life. An older gentleman who attends a men's group at my church said it this way; “We have no idea what our neighbors are facing. There is never a wrong time to check in with someone if you think they may be struggling.” The longer I live, the more I appreciate the simple wisdom of old guys. He's right. There really never is a wrong time to be kind and neighborly. I have no insight to what the future holds but I am confident that there will be brighter days ahead. Community is medicine. Let's take care of each other and keep talking.

LOGAN COUNTY FARMLAND FOR SALE

The following property, situated in Logan County, will be sold on **October 21st, 2025, at 11:00 A.M.:**

Tract #1: S½NE¼ of Section 31, Township 133, Range 70, Logan County.
Tract is approximately 80 deeded acres.

Tract #2: SE¼ of Section 31, Township 133, Range 70, Logan County.
Tract is approximately 160 deeded acres.

Tract #3: Tracts 1 & 2 Combined.
Tract is approximately 240 deeded acres.

You must submit a bid to be present at this sale.

Sealed bids to be submitted to:
Matthew Wermerskirchen, Attorney at Law,
P.O. Box 50, Napoleon, ND
or by email to: office@zlawnd.com.


Bids will be opened:
Tuesday, October 21st, 2025, at 11:00 A.M.
at my office in Napoleon.

Bidders having made a written bid may raise bids at bid opening.

FSA maps may be examined at my office in Napoleon or Bismarck or will be emailed upon request.

10% of successful bid price due on day of bidding and the balance is due on or before 60 days after the auction date.

Call 701-224-1519 for more information.
The owners reserve the right to reject any or all bids.



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Cookin' With Ann

Recipes By Ann Moch

Enjoy!

Stuffed Green Peppers

4 lg. green peppers
2 C sauerkraut with juice
1/2 tsp. pepper (black)
1/4 cup cooked rice (cook for 3-4 minutes, then drain)
1/4 cup chopped celery
2 tsp salt
1 tsp garlic powder
Fry ground beef with black pepper, salt, onions, garlic powder, celery and 1/2 cup chopped peppers. Add rice and sauerkraut. Place and fill each pepper about 1/2 full of mixture. Put the rest of mixture around peppers and add enough water to cover. Cover and bake for 1 hour or until rice and green peppers are soft. Keep adding small amounts of water if needed.