



a quarter's worth

Notes from the National Lecturer

I have been National Lecturer/Program Director for $\frac{3}{4}$ of a year and I am enjoying hearing from so many of you! Thank you for your words of encouragement, your program ideas, your articles and your insights!

I have been looking over the beautiful photographs that have been sent in for the virtual photo contest! I am glad that I have qualified judges to make the decision for the 12 winners! I have been receiving quilt blocks and a reminder, you still have until **September 1** to get your quilt blocks in! The ones I have received are so beautiful and totally Wonky!

Here is a reminder regarding the Evening of Excellence! I am looking forward to hosting this event and championing the amazing talents that are sometimes hidden in our organization. Plus, it is certain to be an entertaining evening with the help of our National Youth! The website will

cont'd on page 2

What to do with all of this garden produce?

By Ann Bercher
National Grange Lecturer

It is the height of summer, and we have been enjoying all that summer brings: vacation time, a slower pace of activity (well, for some), kids around more, more hours of daylight and more opportunities to get out and enjoy this lovely season.

It is also the time, for us gardeners, that requires a bit more attention as our garden produce is really kicking in and we have more than enough bounty! Did I overplant? Why didn't some of my plants produce and others went into overdrive?

Well, I'm going to consider my mistakes

later, but what I must deal with now is all the peppers, tomatoes, eggplants and summer squashes that are prolific in their ready presentation! What should I do? What should I do with ALL OF THIS STUFF?

First, the best thing to do is eat the produce that is harvested today! Here are some tips for harvesting for use today or to keep for a few days.

Harvest veggies early in the day or when the weather is cooler. Most fresh garden produce will stay crisp when stored in the refrigerator inside an air-tight container. You can use plastic produce bags if you clip them shut, or consider reusable silicone produce bags. The greens stay crisp

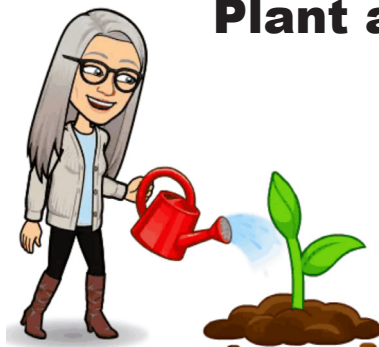
for well over a week if the bag is clipped shut. You can also use a large Tupperware-like container, including glass containers with a tight lid. Add a splash of water to the containers/bags of leafy greens and root veggies (except potatoes, more on that later).

Remove the leafy green tops from root vegetables before putting them in containers or bags for storage (carrots, radishes, beets, or turnips). You can store

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Plant a Seed!



If you have not yet checked out the Rural Minds website, you need to. www.ruralminds.org/

This is important information that we need to share with our patrons and our communities. Please pass this website on to your churches, your local schools, your city councils, your county commissioners and others.

NATIONAL NOTES *cont'd... from page 1*

be updated soon with the correct information for entering your State's Talent.

I have also finished plans for next year's contests. There will be another **Quilt Block** contest, but more entries are needed to keep this contest going. A reminder, there are always quilt blocks that are suited for a Quilt of Valor, and that program and partnership will also be continuing. The **photo contest** will happen again, and your suggestions are needed regarding what should happen with the winning photos. New next year will be a **Garden Plan Contest**. I know we have lots of gardeners out there, and whether your garden is a single pot on the patio, or a half an acre in your yard, there is an opportunity to share your experience and skills in a contest that I hope will inspire others to grow! Another new contest/challenge is a **Weather Watcher Challenge**. Using the partnership we have with the various National Weather Service sites, you are invited to track the weather that occurs in your area, whether at your home or at your Grange Hall. My goal is to create contests that are enjoyable to participate in, but also offer opportunities to learn more about our communities and environment.

With our new partnership with **Rural Minds**, know that more information will be forthcoming and new programs will be developed to help you share valuable information with your Grange members and your community. I am devoted to this project, and I hope you will be too.

Enjoy the remaining days of summer and I look forward to seeing many of you at the National Session in November!



Q4 DEADLINE

Deadline for submissions for *A Quarter's Worth*, Fourth Quarter edition is November 1. Send articles, ideas, tips, shout outs and other content to National Lecturer Ann Bercher at lecturer@nationalgrange.org or contact her by phone at (612) 501-1231



LECTURER'S PROGRAMMING PLAYBOOK

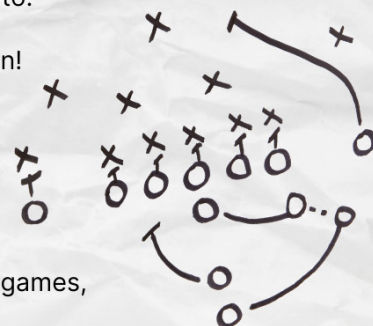
- Have you run a successful program at your Grange?
- Do you have an annual fundraiser or event?
- Are you looking for inspiration or ideas to make your Grange programming stronger?



Submit your one-page "playbook" with **simple** steps to success to: Ann Bercher, Lecturer - lecturer@nationalgrange.org with the subject line "Programming Playbook" as soon as you can! **Please include your contact information and pictures!**

Our goal is to collect at least one "playbook" from each state, to compile a digital playbook for distribution at this year's National Session in Sparks, Nevada.

Programs can include events, fundraisers, education, speakers, games, partnerships, or totally out-of-the-box ideas. *We look forward to reviewing your submissions!*



and use those greens separately (yes, they're all edible!), but they'll also be the first to spoil. With the tops removed, root veggies should stay good in cold storage for many months.

Do not wash produce before storage unless they have a lot of soil on them, like roots such as carrots or radishes. Rinse or brush those off first. Also don't cut up anything until you're ready to use it. Things will stay fresh far longer when left whole! Potatoes should not be refrigerated, but kept in a cool, dark place, like a cabinet or pantry away from your oven. Onions and garlic should also not be refrigerated, but kept dry and cool. Never put tomatoes in the refrigerator unless they have been cut into slices or diced.

Okay, so I can keep a lot of freshly harvested food up to a week in the fridge. *What to do with the rest?* I choose to do one of four things, depending on the fruit or vegetable: freezing, canning, pickling or dehydrating.

Freezing is a quick and easy way to preserve food. If you have a large freezer in your refrigerator, or even better a free-standing chest or upright freezer, you will be able to preserve almost all your garden produce there, with a few exceptions. I personally have limited space but the things that I keep in the freezer are pesto, which I freeze in ice cube trays then place them in a freezer zip-lock bag. You can also freeze herbs this way. You can chop them in a food processor, add a little oil or water and freeze them in ice cube trays. They will add lots of flavors to soup, smoothies and sauces.

I also keep several bags of roasted

peppers, especially poblano peppers. Those I roast, remove the outer skin, then freeze. I also freeze sweet peppers which I have diced and frozen on a layer on a small baking sheet, then bag up to store. I also store corn (blanched and cut off the cob), and other roasted vegetables such as summer squash and eggplant using this same method. The trick to keeping frozen food in bags is to be sure the bags lay flat, so they stack easier.

With limited freezer space, I tend to can more produce, especially tomatoes. I often can skinned, whole tomatoes, tomato sauce, barbeque sauce and tomato jam. Yes, *tomato jam*. If anyone wants the recipe, [email me!](#) (Checking to see if anyone is reading this column.)

Pickling is another great way to preserve produce. The beauty of pickles is that they will keep in your refrigerator for several weeks after opening the jar due to the pH level of the vinegar. Remember, way back in Oliver Kelley's day, pickles were kept in crocks without the luxury of sealed canning jars. Vinegar is the key! I make beet pickles, summer squash pickles, and cucumber pickles. A fun pickle relish to make is called Chow Chow, which basically is a mixture of just about anything cut up into smaller pieces and pickled. It's great to toss into a salad instead of using salad dressing, or to top off a hamburger, or add to your fish tacos.

Drying or dehydrating foods offers another preservation method that might be overlooked. With a food dehydrator, you can dehydrate almost anything. Want some "sun dried" tomatoes? This is a quicker method!

You can easily and quickly dehydrate herbs. Cut up and dehydrate vegetables such as peppers, carrots, corn, eggplant, even potatoes, and make soup mixtures. I learned this from a friend who camps in the Boundary Waters Canoe Area in Minnesota and needs to pack light. But these dehydrated veggies can also be added to any pasta sauce, soup or stew you make at home.

While I personally do not make a lot of jam or jelly, and I haven't explored the world of fermented food other than sauerkraut, there are more options for ways to preserve the foods we grow in our gardens or purchase at our local farmer's markets.

I challenge all of you to try preserving a food in a way you have never tried before and share your experiences at your next Grange meeting. You might want to have a *preserved food contest* at a Grange meeting or at your state session. Everyone brings a jar of Salsa, or Beet Pickles, or Strawberry jam. Everyone tastes the entries, votes and the winner gets, well, great recognition and congratulations!

Summer will soon wind down, and the growing season will end. Take advantage of the days ahead to preserve your garden bounty or your farmer's market treasures! The National Center for Home Food Preservation is a great resource for preserving anything! <https://nchfp.uga.edu/#gsc.tab=0>

And of course you should also check out your local Extension Service website for information relevant to your local area.



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Ginger Turkey Mini Burgers

Submitted by Fayerene Smith
Texas State Grange Lecturer

This recipe reminds me of Ham Sliders. I am not a fan of the sweet buns in that recipe. This recipe has white meat instead of red, if you are needing to watch that intake. Give it a try!

Prep 20 minutes Grill 10 minutes
Makes 4 servings

Ingredients

1-egg white, beaten, or 2 tablespoons refrigerated or frozen egg products, thawed
2 tablespoons snipped fresh cilantro
2 tablespoons quick-cooking rolled oats
2 garlic cloves, minced
½ teaspoon grated fresh ginger
¼ teaspoon reduced-sodium soy sauce
8 ounces uncooked ground turkey breast
4 whole grain cocktail size hamburger buns, split
¼ avocado
2 tablespoons chopped tomato
Thinly sliced red onion and/or torn dark leafy greens (optional)

1. In a medium bowl combine egg white, cilantro, rolled oats, half of garlic, the ginger, and soy sauce. Add ground turkey breast; mix well. Using damp hands, shape into four $\frac{3}{4}$ thick patties.

2. For a charcoal grill, grill patties on the greased rack of an uncovered grill directly over medium coals for 10 to 12 minutes or until done. (165 degrees F). turning once. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.)

3. Meanwhile, in a small bowl use a fork to coarsely mash avocado. Stir in chopped tomato and the remaining garlic. To serve burgers, spread a thin layer of the avocado mixture on bottom half of each bun. Add patties.

If desired, top with red onion and/or dark leafy greens.

Per serving: 165 calories, 3g fat, 35mg cholesterol, 142mg sodium, 15g carb, 4g fiber, 20g protein

MVP (Most Valuable Patron)

I am calling out the Juniors of Pennsylvania for their work on the Wonky Stars Quilt Blocks. They worked together during their summer camp to make 13 quilt blocks! Since they worked as a group, they are not entering their blocks for judging in the contest. But I want to call out their remarkable teamwork efforts and thank them! Their blocks will all be displayed at the National Session in November.

Summertime fun in the Constitution State

By Dave Roberts
Connecticut State Grange Lecturer

Many of us have fond summertime memories of family gatherings, intergenerational competitions, and just plain fun. Well, Connecticut State Grange continues that tradition with three inter-Grange competitions to promote fun and fellowship.

Connecticut State Grange Lecturer is partnering with Connecticut State Grange Family Activities at Hillstown Grange Hall on Sunday, August 14, to host a number of activities.

First, on Sunday, August 14, Hillstown Grange in East Hartford, Connecticut, will be hosting a breakfast with a specialty pumpkin pancake followed by Family Activities hosting a teacup auction at the end of breakfast. At 1:00 p.m., Lecturer Dave Roberts will host the runoffs for our Connecticut State Grange **Talent Contest**. This contest is open to all community Granges to showcase their best member talent. Besides winning a prize, the contest winner will be offered an opportunity to attend our Connecticut State Grange Convention in October and perform in-person during the State

Lecturer's Banquet.

A second contest that will also be held at Hillstown Grange Hall (first floor) on Sunday, August 14, immediately following the Talent Contest run-off, is open to any community Grange wishing to compete in the "A Number" (skit) contest. This year's theme is "Childhood Memories". The winning skit will be invited to sharing their talents at the Connecticut State Grange Convention in October.

And third, the **State Grange Photo Contest** will also occur on Sunday, August 14th with the following categories: My America, Animals, Flowers, Grange Activities and Family Activities. This means that any community Grange in Connecticut can drop off their photo entries at Hillstown Grange Hall on either Friday, August 12, or Saturday, August 13, before 10:30 a.m.



Judging will begin at 11:00 a.m. on Saturday. Cash prizes will be awarded first, second and third place in all five photo contest categories. Winning photos will be on display at the Connecticut State Grange convention in October.

The purpose of all these three contests is to first and foremost HAVE FUN and secondly to encourage our community Grange members to get involve in a friendly spirited manner. Summertime Fun Time continues to roll in the Constitution State in 2022! For more information, please contact Connecticut State Grange Lecturer Dave Roberts at dave@daveroberts.org or 858-775-9241.

Games for your Programs

By Diana Nordquest
Ohio State Grange Lecturer

Here are some interactive challenges for your Granges during your meetings:

Birdseed Hunt: Fill a pint jar with birdseed and 20 small objects (search through your junk drawer for things like a paper clip, tiny clothespin, a button, a screw, a nut, anything about ¼ to ½ inch in size.) Make several jars if you can. Pass the jar(s) around during lulls in meetings, such as elections or in between events. Prizes as you see fit.

Hershey Kisses Match Game: Purchase small stick-

ers, less than ½ inch in size. Attach pairs to the bottoms of Hershey Kisses. Prepare sets of the matched pairs in groups of 15 pairs or more. (And for fun you can create trios or more!) Participants turn over two kisses and hope to make a match. Winner takes all!

Presidents in Order: Prepare a list of all the names of the Presidents of the United States. Participants are to put the presidents in order.

Presidents in Order Bonus: Prepare a list of one-line statements that describe something about each president. Participants are to match the statement with the correct President. (Suggestions for this activity will be located in the Lecturer's Program Playbook!)

How to make an award-winning dessert

By Dave Roberts
Connecticut State Grange Lecturer

Lecturers are always trying to find new ways to entertain their Grange members and promote fun. On July 15th, Riverton Grange #169's Acting Family Activities Director, Judy Doyle, held a fun competition titled: "How to make an award-winning dessert"!

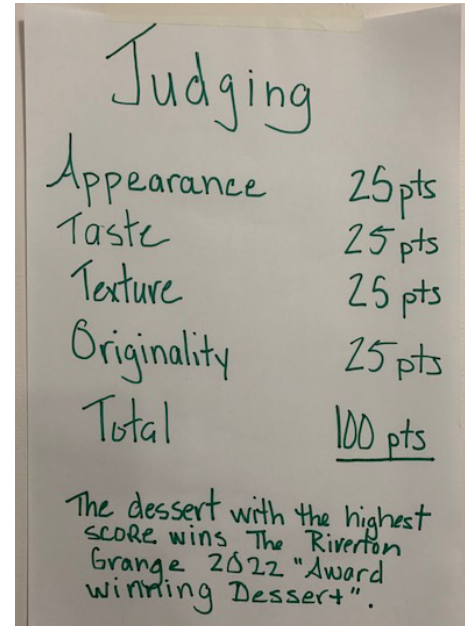
Here is how the program worked: The entire event took less than 30 minutes. All attendees were randomly divided into teams and all teams were briefed on the contest rules and judging criteria. The criteria was very explicit and helpful to the winning team.

Each team had five minutes for each team member to individually plan their own dessert, five min-

utes to make their own individual dessert from any or all the ingredients provided, and five minutes to sample each team member's dessert and select one winner from each team to be judged by a non-Grange community leader (Chris Wright).

Team #2, composed of Junior Natalee Roberts, Laura Marek, Sue Belle-Isle and Dave Roberts, were the Grand Prize winners of the evening.

Yes, you will never hear the end of our outstanding win!!!! But a fun time was had by all and Judy Doyle received HEARTY CONGRATULATIONS for an outstanding activity for our members to participate in and have fun at the same time. A picture paints a thousand words, so



| Judging | |
|-------------|----------------|
| Appearance | 25 pts |
| Taste | 25 pts |
| Texture | 25 pts |
| Originality | 25 pts |
| Total | <u>100 pts</u> |

The dessert with the highest score wins The Riverton Grange 2022 "Award winning Dessert".

check out these photos of our fun event!



State Grange President George Russell and Grange Member Lorraine Paul survey options to build their winning dessert



The 4,000+ calorie winning dessert entry!



Connecticut State Grange President George Russell with his team's entry



Some winning dessert team members (President Dave Roberts, Junior Member Natalee Roberts, Laura Marek, Judge Chris Wright, FA Director Judy Doyle, and Executive Committee Member Sue Belle-Isle)

Rural Suicide Awareness and Prevention Webinar



To confront the higher incidence of suicide in rural communities compared to other populations across the country, Rural Minds and the National Grange are hosting a free webinar featuring:

- People from rural America sharing their experiences of being personally impacted by suicide
- Information to help prevent suicide
- Free resources for rural mental health and suicide awareness and prevention.

Tuesday, September 13, 2022

6:30 pm PT | 7:30 pm MT | 8:30 pm CT | 9:30 pm ET

Learn more and register at: <https://www.ruralminds.org/rural-mental-health-connections-webinar>

Register Today!

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www.nationalgrange.org/156th-annual-national-grange-convention/



2023 National Grange Quilt Block Contest

STATEMENT OF INTENT

The Quilt Block Contest provides an opportunity for Grange members and friends to collaborate in creating quilted items that can be donated or auctioned for funds to provide additional services to community members in a nationwide effort

RULES

- A. The National Grange Quilt Block Contest is open to everyone.
- B. All contest entries must be received by the National Grange Lecturer by **September 1, 2023**. Send entries to:

Ann Bercher, National Lecturer
777 Excelsior Blvd. Apt #310
Excelsior, MN 55331
- C. Any entries received after the deadline will not be judged. However, all entries received will be exhibited at the 157th National Grange convention in Niagara Falls, NY.
- D. The quilt block you enter in the contest for judging must be made by you.
- E. There is no limit on the number of quilt blocks a person may submit, but choose **one quilt block** per person to be judged. *Please consider sending four completed squares.*
- F. All entries will be retained by the National Grange to be made into finished quilts and other items to be sold at a later date.
- G. A 2023 Quilt Block Contest Entry Form must be completed for the block to be judged.

GROUPS

- Group I – Adult (Age 14+)
- Group II – Junior (Age 13 and under)

PRIZES

- Monetary prizes will be awarded for 1st, 2nd and 3rd place in each Group.
- Ribbons will be awarded to all entrants.



2023 National Grange Quilt Block Contest

Nine Patch with a Half Square Corners

Begin with 2.5-inch squares of multiple fabrics:

6 dark colors (prefer all monochrome – all blue, all green, all red, etc, but each can be a different pattern or solid)

5 very light colors (white, cream, light gray; different patterns or solids)

Create a nine-patch block.

Keep all light colors on one side, and dark colors on the other.

Create one **half-square triangle** on the top right, and one on the bottom left.

Use a scant $\frac{1}{4}$ inch seam allowance.

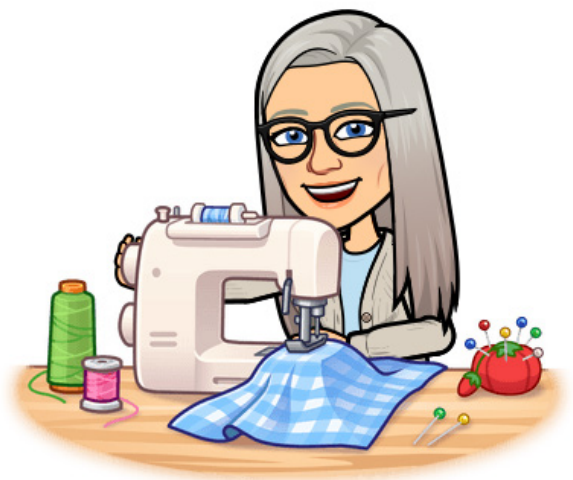
This 9-patch block should measure 6 $\frac{1}{2}$ inches, unfinished on edges.

Looking for scrappy blocks, but with similar colors in the “dark” fabrics.

These are small blocks, so the more you send in, the better!

Full instructions can be found at nationalgrange.org/lecturers-programming

Questions? Email lecturer@nationalgrange.org for guidance.





2023 National Grange Weather Watcher Challenge

STATEMENT OF INTENT

Changing climate and the challenge it presents to farmers and gardeners alike is a concern for all of us. This challenge is to help educate and inform us as we closely follow the day-to-day changes in weather and phenology in our local areas. Use of the various Weather Watcher Partnership sites will be of help to complete this challenge.

GUIDELINES

- A. The National Grange Weather Watcher Challenge is open to everyone.
- B. All entries must be received by the National Grange Lecturer by **September 1, 2023**. Send entries to:
 1. Individual Junior Grange (age 5 – 14)
 2. Individual Adult (age 14 +)
 3. Group (all ages such as members at a Grange Hall)
- C. Entries may be submitted electronically as a single file at <https://bit.ly/grangeweather2023> or mailed as a packet to:

Ann Bercher, National Lecturer
777 Excelsior Blvd. Apt #310
Excelsior, MN 55331
- D. Groups and Divisions:
 1. Individual Junior Grange (age 5 – 14)
 2. Individual Adult (age 14 +)
 3. Group (all ages such as members at a Grange Hall)
- E. Entries must include:
 - a. Entry information
 - b. Completed Weather Watcher Form from September 1, 2022 – August 15, 2023)
- F. Any entries received after the September 1, 2023 deadline will not be judged.
- G. Winners will be announced at the National Grange convention in Niagara Falls, New York.



2023 National Grange Garden Design Contest

STATEMENT OF INTENT

Share gardening experiences, large or small, that connect us to the larger picture of agriculture, growing and nurturing plants for a variety of purposes.

RULES

- A. The National Grange Garden Design Contest is open to everyone.
- B. All contest entries must be received by the National Grange Lecturer by **September 1, 2023**. Submit entries at: <http://bit.ly/grangegarden2023>
- C. All entries must be received electronically as a single PDF file. (If you need assistance creating a PDF file, please email National Grange Communications Director Philip Vonada at pvonada@nationalgrange.org)
- D. Groups and Divisions:
 1. Individual Junior Grange (age 5 – 14)
 - a. Container Garden
 - b. Raised Bed Garden
 - c. Ground Space Garden
 2. Individual Adult (age 14 +)
 - a. Container Garden
 - b. Raised Bed Garden
 - c. Ground Space Garden
 3. Group (all ages)
 - a. Container Garden
 - b. Raised Bed Garden
 - c. Ground Space Garden
- E. Definitions:
 - a. Raised Bed Garden: Raised beds are freestanding garden beds constructed above ground level. "Raised bed" means that the soil level in the bed is higher than the surrounding soil and implies a size small enough to work in without stepping onto planting area. Raised beds are enclosed with box-like frames to provide structural support and prevent erosion and may be constructed using a variety of materials. Beds can also be elevated for gardeners who want to avoid bending to the ground while working.
 - b. Container Garden: A container garden can be a single pot with one or more plants in it, or several containers with multiple plants in each or a single plant per container, or a mixture of containers with various configurations of plant mixtures. Containers may be pots made from a variety of materials, baskets, planters or other objects that work effectively as a home for garden plants.



2023 National Grange Garden Design Contest

- c. Ground Space: any area of a ground level space cordoned off for growing garden plants (fruits, vegetables, flowers and other plant materials). Plants must be directly planted into the soil. Configurations of this garden plot may be in rows, square foot or broadcast.
- F. Entries must include a written description that includes:
- a. Name of gardener, Group and Division (ex. Individual Adult: Container) Grange name, number and location, contact information including mailing address, email address, and phone number.
 - b. Purpose of the Garden: examples include purposes such as: herbs, produce for fresh use, produce for preserving, gifting, cut flowers, pollinators, etc.)
 - c. List of all plant varieties in the garden: (ex. Early Girl Tomato, Malabar Spinach,
 - d. Three photographs: one at the completion of planting, one mid-season and one in late August.
- G. Any entries received after the September 1, 2023 deadline will not be judged.
- H. Winners will be announced at the National Grange convention in Niagara Falls, New York.

PRIZES

- Monetary prizes will be awarded for 1st, 2nd and 3rd place in each Division.
- Ribbons will be awarded to all entrants.

ENTRY

- Submit entries at this link: <http://bit.ly/grangegarden2023>

The following pages are the new 2023 National Grange Lecturer's Contests. Full information and downloadable entry forms, directions and more can be found at:

www.nationalgrange.org/lecturers-programming



2023 National Grange Photo Contest

STATEMENT OF INTENT

To encourage members and friends of the Grange to submit photos that can be used in National Grange publications and virtual media. Submitted photos will become the property of the National Grange and may be used in National Grange publications, marketing, merchandise, and virtual media.

RULES

- A. The National Grange Virtual Photo Contest is open to all Grangers and yet-to-be Grangers.
- B. All entries must be received electronically as a single (1) file no larger than 10 MB via Google Forms at <https://bit.ly/grangephoto2023> by September 1, 2023.
- C. Divisions – there are four divisions:
 - Farm machinery
 - Potluck Activity
 - Gardens
 - Grange Family
- D. Each individual is limited to entering a total of three (3) photos.
- E. Entries should be no more than one (1) year old.
- F. Any photograph deemed inappropriate will not be judged or exhibited in the National Grange Virtual Photo Contest.
- G. Any entries received after the **September 1, 2023** deadline will not be judged.

PRIZES

Monetary prizes will be awarded for each division: 1st - \$50, 2nd - \$30 and 3rd - \$20.

The top three photos in each division will be featured in a 2023 greeting card collection.