



Tri County Canary

A supplement of the:
Leader-Record * Oklee Herald * McIntosh Times * Grygla Eagle



Pete Anderson came from Gully to take part in the Tractor Day parade with his wife and family last Saturday in McIntosh.

Beautiful weather for annual McIntosh Tractor Day last Saturday



Clifford Bartz was the oldest driver in this year's tractor parade in McIntosh. An avid collector of tractors he, with his 3 kids, son-in-law, grandson and great grandson participated in the fun day.



Bringing his tractor to town each year to drive in the tractor parade in McIntosh is Earl Roed and this year's parade was held on Saturday, August 29th.



With a little help from his grandson Ryker, Joel Strom took to the street with his tractor for the parade, which was a part of Tractor Day, on Saturday, August 29th in McIntosh.

Northland Community & Technical College Selected for Federal Aviation Administration Training Program

Twenty-six institutions across the nation have been selected for the Unmanned Aircraft Systems-Collegiate Training Program.

August 26, 2020 —The Federal Aviation Administration (FAA) has selected Northland's Small Unmanned Aircraft Systems (sUAS) Technician program for the Unmanned Aircraft Systems-Collegiate Training Program (UAS-CTI). Launched in April of this year, the UAS-CTI is a result of the 2018 FAA Reorganization Act which required the establishment of a collegiate training initiative program relating to unmanned aircraft systems (UAS).

The FAA's UAS-CTI program recognizes institutions that prepare students for careers in UAS, commonly referred to as drones. To qualify for the initiative, schools must offer a bachelor or associate degree program in UAS or a degree with a minor, concentration, or certificate in UAS. Schools must provide curriculum covering various UAS training aspects, including hands-on flight practice, maintenance, uses, applications, privacy concerns, safety, and federal policies concerning UAS.

"Northland's Aviation Main-

tenance training programs lead the industry through continued excellence," declared Curtis Zoller, Northland Associate Dean of Aerospace and Agriculture, "We are committed to ensuring our graduates have the most relevant training, preparing them to support emerging technologies in the UAS industry."

Participating institutions will engage with the FAA, other participants, general industry, local governments, law enforcement, and regional economic development entities to address labor force needs. In addition, these new UAS-CTI Partners will support the FAA's efforts to expand the aviation workforce of the future while providing additional opportunities for Science Technology Engineering and Math (STEM) students.

"This designation is an example of Northland's ongoing commitment to support the UAS industry and required workforce," Zoller explains, "With technology evolving so rapidly, Northland strives to keep technicians prepared for the challenges that await

them."

Northland Aerospace has led Unmanned Aircraft Systems (UAS) and Geospatial Information Technology (GIT) education developments since 2010 with the launch of the nation's first UAS Maintenance Training Program. Northland Aerospace currently has the only two-year Geospatial Intelligence Analysis degree program and launched a small UAS Field Service Technician degree program in 2017. Northland has also been awarded multiple National Science Foundation Advanced Technological program projects. The most recent NSF award is a seven million dollar grant to launch the National Center for Autonomous Technologies (NCAT). As an Advanced Technical Education Center, NCAT leads the nation's autonomous technologies workforce with a focus on expanding educational resources to address current workforce demands, developing career pathways, and engaging stakeholders from education, industry, and government.

It's an Election Year - Vote for a Candidate with Good Taste! Vote for your favorite wild rice recipe!

In this election year, help the Minnesota Cultivated Wild Rice Council celebrate National Rice Month by voting for the winner of the "People's Choice" award for its 11th Annual "Get Wild with Wild Rice" recipe contest. "Primaries" were held earlier this summer to determine the 12 final "candidates," all competing for your vote and a coveted title & cash prize. Recipes came in from coast to coast and included include soups, salads, appetizers, sides, and entrées and are featured on the Council's website (mnwildrice.org). Your nearest polling place is as close as your computer, so help us choose the candidate with the

best taste today!

National Rice Month was established in 1991 to increase the awareness of rice and recognize the contribution the rice industry makes to America's economy. Preparing one of our new delicious wild rice finalist recipes is a perfect way to join in this annual celebration.

Often referred to as the "Caviar of Grains™," wild rice has long been a favorite of cooks who use it in soups, salads, appetizers, sides, main dishes, and even desserts. Wild rice, a natural food with no preservatives or additives, is a whole grain containing no sodium, sugar, satu-

rated fat or cholesterol and has more protein and fewer calories than white or brown rice. Wild rice is gluten-free and a great source of dietary fiber, phosphorus, calcium, and iron...all part of a healthy, well-balanced diet.

So help celebrate National Rice Month by voting for your favorite candidate in our "Get Wild with Wild Rice" recipe contest by visiting mnwildrice.org and helping one lucky finalist take home the cash prize! Voting begins September 1 and all votes must be cast by September 30th. (One vote per person, IP addresses will be used to validate results.)

2020 finalists include the following. Look for more on page 6 and 8 of the Canary.

Wild Rice & Pork Wontons – Chelsea Madren, Fullerton, CA
2 cups cooked wild rice
1 lb ground pork
2 tbsp sugar
2 tsp ground black pepper
2 tsp sesame oil
¼ cup soy sauce
2 tbsp fish sauce
2 green onions, minced
½ red bell pepper, minced
2 tsp finely grated fresh

ginger
2 eggs
canola oil for deep fryer
50 wonton wrappers
water
Dipping Sauce (whisk together):
1 cup sweet chili sauce
2 tsp Sriracha sauce
In large bowl, combine first 11 ingredients; cover and refrigerate 2 hours. Preheat deep fryer to 375F. Place

wonton wrapper on flat surface. Lightly wet edges of wrapper with water. Place 1 tsp of rice mixture into center; fold in half to form triangle. Press edges together to seal; repeat with remaining filling. In batches of 10, fry wontons until golden brown; drain on paper towel. Serve immediately with dipping sauce.
8 servings

Pork & Beef Wild Rice Hawaiian Sliders – Chera Little, Cedar Creek, TX
12 oz rib-eye steak, cubed
4 oz pork shoulder, cubed
½ cup cooked wild rice
2 tbsp minced jalapeno pepper
2 tbsp chopped green onion
3 cloves garlic, minced
2 tbsp finely grated ginger
1 tsp each: crushed red pepper, salt, and ground black pepper
1 tsp soy sauce
2 tsp canola oil
3 slices smoked provolone cheese, halved
3 slices deli ham, halved
6 small slider buns, toast-

ed
¼ cup crushed cashews
Aioli (blend; set aside):
1/3 cup mayonnaise
1 tbsp fresh lime juice
1 tsp each, grated: ginger and garlic
1 tsp sesame oil
1 tsp Sriracha sauce
¼ tsp cayenne pepper
Slaw (stir together):
3 tbsp aioli (prepared above)
2 carrots, grated
¼ cup shredded red cabbage
¼ cup thinly sliced pineapple pieces
¼ cup cooked wild rice
¼ cup sliced snap peas

½ bunch cilantro, roughly chopped
1 tsp black sesame seeds
Pulse steak and pork in food processor until ground. Add next 9 ingredients; pulse a few times. Form into 6 bun-size patties. In large skillet, heat oil. Cook patties 5 minutes each side or until desired temperature. During last few minutes, add cheese. Remove to rest. In same skillet, cook ham 1 minute per side. Evenly spread remaining aioli on bottom buns; add patties, ham, slaw, cashews, and top buns.
2 servings

Cinnamon Sugar Chips with Wild Rice Salsa – Natalie Yarbrough, Minnetonka, MN
Canola cooking spray
4 tbsp ground cinnamon
1 cup sugar
10 flour tortillas
½ cup butter, melted
2 cups halved, pitted fresh sweet cherries
2 tbsp maple syrup

1 tbsp canola oil
1/3 cup orange juice
2 green onions, thinly sliced
2 medium Honeycrisp apples, skin on, cored, diced
4 cups cooked wild rice
½ cup chopped pecans
1 cup halved red seedless grapes
¼ tsp salt
Preheat oven to 350F.

Spray baking sheet. In small bowl, combine cinnamon and sugar. Brush tortillas with butter, sprinkle with sugar mixture; cut each into 8 triangles. Place on baking sheet; bake 8-10 minutes. In large bowl, mix remaining ingredients; chill 30 minutes. To serve, top chips with salsa. Also good as a dessert.
6 servings



OPDAHL'S DONUTS Highlighted Vendor of the Week

In the spring of 2005, Opdahl's Donuts was started by fulfilling a need for a new donut supplier for Bergeson Nursery. From there, we have been selling donuts at the Mentor Farmers Market since it's creation in 2008. We opened our quaint storefront in May of 2011 and have been expanding slowly from that point. Now, Opdahl's Donuts offers muffins, cookies, breads, scones, caramel rolls, quickbreads, and pies. We have daily specials as well.

At the Mentor Farmers Mar-

ket, we sell old fashioned butter-milk cake donuts and cookies. Our store in Fertile has a much wider variety of products.

All of our products are made from scratch. Just like Grandma used to make!

Our store is located at 104 Washington Ave NW in Fertile, just west of the Veterans Memorial.

Stop by and see the girls from Opdahl's Donuts!

The Mentor Farmers Market is open through the end of September.

September hours are:
September 5th, 8 – Noon
September 12th, 9 – Noon
(Christmas in September event)
September 19th/26th 9 – 11 am

LINDFORS
Insurance Agency

We will be
CLOSED
September 7th!
for Labor Day!

College News

Minnesota students receive degrees from NDSU

FARGO, N.D., Aug. 27 — Local Minnesota students were among the students to graduate from North Dakota State University in summer 2020. NDSU awarded 279 degrees to students.

A student must earn a 3.50 grade point average or higher to graduate with honors.

Goodridge - Austin Noah Waliser, BUS, University Studies

Red Lake Falls - Nathan Andrew Guillemette MBA, Business Administration

Thief River Falls - Christian Javier Carrillo-Polo, BS, Marketing

Minnesota students named to NDSU dean's list

Fargo, N.D., Aug. 25 — Area Minnesota students were among the 220 North Dakota State University students to be placed on the summer 2020 dean's list.

A student must earn a 3.50 grade point average or higher and be enrolled in at least nine class credits to qualify for the summer list.

Fosston - Katlyn A. Balsstad, Management Communication

Goodridge - Abby M. Kieszow Accounting

We are ONLINE
www.tricoanary.com

No Sons of Norway meeting for September

The September meeting of the Sons of Norway, Granlund Lodge, has been cancelled due to continued concern for the health of the members. Decisions for future meetings will be made on a month to month basis. Any questions or concerns, please contact President Wes Roland.

Mentor Farmer's Market and Artisan Creations

OPEN

SATURDAY May 23rd
OPEN EVERY SATURDAY
(rain or shine)
8AM – NOON,
May 23rd – Sept. 5th
9AM – 11AM,
Sept. 12th-26th

Large variety of local food produce, baked goods, ready to eat food, cut flowers, Gluten-free products, local honey and unique craft items.

The Mentor Farmers Market will be following the MFMA COVID19 guidelines.

Like us on Facebook @Mentor Farmers Market M9-27C

CNA CLASS

September 24th - October 29th
classes will meet
Tuesdays & Thursdays
8:30-2:30.
It meets at the **MSL Training Center.**
(McIntosh Senior Living Training Center is on Cleveland Avenue)

If interested please contact
Carissa Affeldt RN at MSL
218-563-2715 or carissa@macseniorliving.com M24C

ATTENTION ALL BOWLERS

There will be a Bowling Association meeting on September 14th, 2020 at the American Legion in Bagley beginning at 6:00 PM. League meetings will take place after the association meeting. All interested bowlers please plan to attend. Bowlers are needed for the Monday night women's league also for the Thursday night mixed league. For more information you can contact Sue Knutson at 218-766-1050 or Doug Anderson at the Bowl Inn 694-6175. R24-25C

Passport photos
Richards Publishing Co.
218-487-5225

Happy Labor Day!

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Our offices will be closed Monday, Sept. 7 in observance of Labor Day.

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Joey Svalen and his family bring their tractors to town each year to drive through town during the Tractor Day Parade held in McIntosh last Saturday, August 29th.

MCINTOSH TRACTOR DAY 2020

A huge "Thank You" to everyone who came to our McIntosh Tractor Day Activities.

To all the parade drivers (were told 94 tractors), to all who participated in the tractor pulls, to the 4 different food vendors who had all different food available (and we were told they all sold out!) To all the helpers who worked so hard to keep everything moving smoothly in both the parade and pull, and to our fabulous announcer, Carey Burslie who always does an amazing job.

Thank you to the children from "The Clubhouse Daycare" for leading the parade. To the Polar Bear Snowmobile Club for having the "Kiddy Pull" and to the hundreds who came to watch and cheer for the drivers! But most of all to the 94+ drivers who brought their beauties to show them off and for all of us to enjoy!

Thank you also to the McIntosh Firemen for their helping with so many things and to Curtis Bartz with spending your whole day working at the Tractor Pull.

To Everyone Thank You!"

We are already looking to & working on year #14.
Roy Ostenaar, Mary Pulford & Steve Urness

Polk County Sheriff

Internet Safety

On 8-25-20 the Polk County Sheriff's Office received information about a website teenagers have been using called omegle.com. It is reported that children learned about this site through the Tik Tok app. Investigators looked into the site and found that it is a chat and video chat format where you do not need an account or login to access. There is a link to jerkmate.com, a pornography site, on the homepage. Within seconds of entering the chat room Investigators were sent pornography sites, social media accounts from other users, and were asked to give users access to their social media accounts. Investigators were also solicited to have sexual conversations.

Parents are reminded that predators use social media platforms to solicit, send, and receive child pornography, and that every year we receive reports of teenagers sharing inappropriate photos of other teenagers through social media.

Below are helpful links for parents.

<https://www.familyeducation.com/mobile-apps/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of>

<https://www.familyeducation.com/10-apps-for-parents-to-monitor-kids-mobile-use>

Security STATE BANK

PO Box 69
Oklee, MN 56742

Phone 218-796-5157

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As soon as your child is old enough to count, spend time teaching them to sort, save and count coins.

To make saving more fun, you could use the tradition piggy bank your child will receive when you open a savings account at Security State Bank.

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www.T-Mobile.com/lifeline or call 1-800-937-8997.

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R22,24MNA

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Richards Publishing Company

Our offices will be closed
Mon. Sept. 7th
in observance
of Labor Day.
(Oklee Herald,
McIntosh Times,
Grygla Eagle
& Leader Record.)
Also reminder your
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CLASSIFIED ADS

HOME HEALTH AIDE AND/OR SCHOOL HEALTH PARAPROFESSIONAL

Clearwater County Nursing Service is looking for qualified individuals to work on a casual status as a Home Health Aide and/or School Health Paraprofessional. The qualified applicant should be certified as a Home Health Aide, Nursing Assistant or LPN and be willing to be trained. A background check will be required. Applications are available at the Clearwater County Nursing Service office in Bagley at 212 Main Ave N., Bagley or online at <http://co.clearwater.mn.us/> Call 694-6581 for more information. We are an Equal Opportunity Employer.

R24-25C



American State Agency, an independent insurance affiliate of American State Bank of Grygla, has an **immediate opening** for an **Insurance Professional** for the sale and service of risk management products supporting the needs of our customers. The ideal candidate will have 3+ years of experience in multiple lines of insurance, have knowledge of the agriculture industry, be a motivated self-starter; and possess great integrity with a customer service mentality. Insurance industry experience is desirable, but lack of experience is not a disqualification for the position. A competitive salary and benefits package to include PTO, group health, 401k and long-term disability will be provided to the successful applicant. Please provide a current resume with references to: American State Bank, 102 S Main Ave., Grygla, MN 56727, or by email to bryan.grove@asbgrygla.com. Applications will be accepted through September 18, 2020. American State Bank is an Equal Opportunity Employer.

G24-26C



TECHNOLOGY COORDINATOR

Red Lake County Central Elementary School in Plummer, MN has a full-time technology coordinator position open (with the opportunity for teaching some computer classes) for the 2020-2021 school year. Applicants must hold, or be eligible to acquire a Minnesota teaching license.

INTERESTED CANDIDATES MUST SUBMIT THE FOLLOWING:

- District Application
- Letter of Application
- Resume
- Teaching Credentials
- Copy of Official College Transcripts
- Three (3) signed Letters of Recommendation

Applicants interested in the position, should submit their completed application materials to: Mr. Andrew Fougner, Principal Red Lake County Central Elementary, PO Box 7, Plummer, MN 56748. 218-465-4222

Applications will be accepted until the position is filled. Application forms are available at www.rlcc2906.org

ISD #2906 is an equal opportunity employer.

O24-25C



K-6 ELEMENTARY MUSIC TEACHER

Red Lake County Central Elementary School in Plummer, MN is seeking a full-time K-6 Elementary Music teacher for the 2020-2021 school year. Applicants must hold, or be eligible to acquire a Minnesota teaching license.

INTERESTED CANDIDATES MUST SUBMIT THE FOLLOWING:

- District Application
- Letter of Application
- Resume
- Teaching Credentials
- Copy of Official College Transcripts
- Three (3) signed Letters of Recommendation

Applicants interested in the position, should submit their completed application to: Mr. Andrew Fougner, Principal, Red Lake County Central Elementary, PO Box 7, Plummer, MN 56748 218-465-4222

Applications will be accepted until the position is filled. Application forms are available at www.rlcc2906.org

ISD #2906 is an equal opportunity employer.

O24-25C

CLERK TYPIST CASHIER III – SHERIFF'S OFFICE

The Polk County Sheriff's Office has an opening for a full-time Clerk Typist Cashier III position.

This position performs the following duties/but not limited to intermediate technical work processing gun permits, records requests and civil process files, updating office inventory and training records, data entry and clerical support activities to assist in maintaining records and reports. High school diploma or GED and moderate experience, or equivalent combination of education and experience. A valid driver's license is required. Wage range for this position is \$16.47 - \$20.94/hour DOE and qualifications. To obtain an application and full job description go to: www.co.polk.mn.us and click on Careers. Applications for this position must be received by 4:30 p.m., September 16, 2020. Please submit your application and resume to the Polk County Administrator's Office Polk County Government Center, 612 N. Broadway, Room 211, Crookston, MN 56716. (218) 281-5408. Applications may also be emailed directly to alecia.helms@co.polk.mn.us EOE. R24-25C



Case Manager Position Available

Inter-County Community Council is accepting applications for an opening in our Family Services department:

Case Manager: The Case manager will recruit, coach, and provide comprehensive coordination of services to homeless and at risk of becoming homeless youth, individuals, and families. The position is full time/40 hours a week working out of our Oklee Office.

Application and position specific information, including job duties, salary and educational requirements are available on our website at www.intercountycc.org. Send completed application and resume to Inter-County Community Council, Human Resources, PO Box 189, Oklee, MN 56742 or hr@intercountycc.org. Applications must be received by **4:30PM on Friday, September 4th**. Call 218-796-5144 x1017 for more information. ICCC is an equal opportunity employer and program provider.

R24-25C

SHORTY'S PLACE

Shorty's Place in Gully is now taking applications for cooks and bartenders; day shift, night shift, week days, week nights and weekends. 218-268-4199

R24-25C



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R24-25C



Early Education Para

Clearbrook-Gonvick school district has an opening for an early education structured day para. This position's duties include supervising early education students. This position follows the school calendar and is a full time position. Please submit a letter of interest, resume, and three reference letters to Jeff Burgess at jburgess@clearbrook-gonvick.k12.mn.us If you have questions about the position please contact Jeff Burgess at jburgess@clearbrook-gonvick.k12.mn.us or 218-776-3112.

R21-24C



Lead Custodian

Clearbrook-Gonvick School has an opening for Lead Custodian. This is a full-time, 12 month position. Job requirements include working to clean and support daily activities in the facility as well as planning and directing custodial and maintenance operations. Must be able to lift 75 lbs. and pass a background check. Must have, or be able to obtain, a boiler operator license.

Please submit resume, letter of interest, and credentials to: Clearbrook-Gonvick School 16770 Clearwater Lake Rd. Clearbrook, MN 56634 Attn: Jeff Burgess

R21-24C

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M23-24C



PARAPROFESSIONAL POSITION

Red Lake County Central Elementary is accepting applicants for Special Education Paraprofessionals for the 2020-2021 school year. Position open until filled. Interested candidates should contact Andrew Fougner, Principal, at 218-465-4222.

O23-24C



Part-time Para Position

Early Childhood
2020-2021 School Year

Clearbrook-Gonvick School has an opening for an Early Childhood Para for the 2020-2021 school year. This is a part-time position with full days Mon/Wed and every other Friday as well as half-days Tues/Thurs and some evening hours. Applicants must be able to pass a background check and have passed or be able to pass a para pro test.

Please submit a letter of interest, resume, and two reference letters to Andrea Millar at andrea@clearbrook-gonvick.k12.mn.us. If you have questions about the position please contact Andrea Millar at andrea@clearbrook-gonvick.k12.mn.us or 218-776-3112.

R22-25C



The Clearbrook-Gonvick School has an opening for a **Full-time Para Professional**. This position will be working directly with students. Applicants must have passed or be able to pass a para pro test and pass a background check.

Please submit letter of interest, resume, and two references to:

Clearbrook-Gonvick School, 16770 Clearwater Lake Rd Clearbrook, MN 56634

Attn: Carl Dugstad

Email: cdugstad@clearbrook-gonvick.k12.mn.us

R23-27C

Sort Line Operator I or II – Polk County Incinerator

The Polk County Incinerator in Fosston, MN has an opening for a full-time Sort Line Operator I or II. Primary duties include sorting or separating recyclable or problem materials from the recyclables and solid waste delivered to the facility. Position also required to clean equipment and to perform basic maintenance on, as well as operate conveyors, & equipment. Applicants must possess a high school diploma or equivalent. A valid MN driver's license and pre-employment physical exam are required. Wage range for this position is \$14.66 - \$19.75/hour, DOE and qualifications. Interested individuals may contact the Polk County Incinerator at 218-435-6501 or the Polk County Administrator's Office at 218-281-5408. An application and job description can be obtained at <http://www.co.polk.mn.us> click on Careers. Please **mail** your completed application and resume to the Polk County Administrator's Office, 612 N. Broadway, Room 211, Crookston, MN 56716. This position will remain open until filled. EOE

M14-11n

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Essentia Health

R29n

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R19n



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Jy20c25s



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O117C



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O216c



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E.O.E.

R24-26C

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R21-24C

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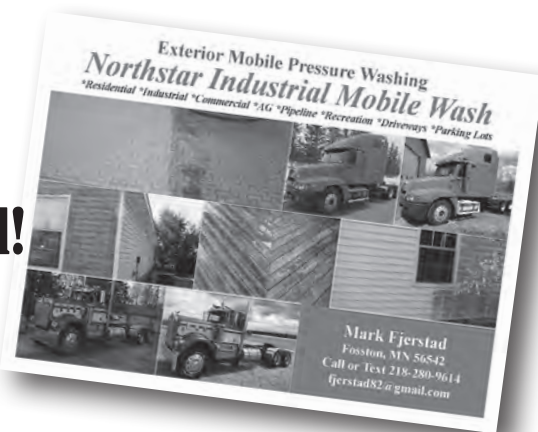
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R28C

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R2-28C

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487-5225

R21NC

The University of Minnesota and the Minnesota Beef Council are calling all beef producers to help them map MN beef pathways by taking a brief survey

The University of Minnesota and Minnesota Beef Council are collaborating on an overview study mapping the pathways Minnesota beef cattle travel from birth to finish.

The study will provide a foundational overview by documenting and describing the farm-to-feedlot pathways currently being utilized by Minnesota beef producers. "Our team needs producer knowledge and experience in answering survey questions pertaining to

management practices and the movement of cattle. We want to gather knowledge from MN producers so we can better serve them by tailoring research specific to MN needs," said Dr. Joe Armstrong.

The survey is the first step in a larger effort involving a collaboration between the UMN College of Veterinary Medicine, MN Beef Council, and UMN Extension. The research team is being led by Dr. Noelle Noyes with help from Dr. Tim Gold-

smith, Dr. Luciano Caixeta, Dr. Joe Armstrong, and two veterinary students - Sabina Ponicki and Kaylan Risacher.

Dr. Joe Armstrong - "We are all excited to start a project that is specific to cattle production in Minnesota, and hope producers are willing to give a few minutes of their time to take the survey. We are striving to use research to provide recommendations that fit the MN cattle industry, not extrapolate from research done in other systems."

Wild Rice, continued from front

Wild Rice & Pork Salad Gribiche - Rozanne Chan, Albany, CA
1 lb boneless pork loin chops, cooked and cubed
3 cups cooked wild rice
1 cup baby arugula
¼ cup diced red onion
1 large tomato, chopped
1/3 cup feta cheese, crumbled
orange zest, garnish
Dressing (whisk together):
4 tbsp canola oil
2 large eggs, hard boiled and chopped
2 tbsp toasted pine nuts
2 tbsp capers
2 tbsp chopped roasted red bell pepper
2 tbsp chopped parsley or cilantro
1 tsp white balsamic vinegar
1 tsp Dijon mustard
In large bowl, combine ingredients. Add dressing; toss. Garnish.
6 servings

Wild Rice Spinach Radicchio Salad - Emily Falke, Santa Barbara, CA
3 cups fresh spinach leaves, torn into bite-size pieces
1 cup radicchio leaves, torn into bite-size pieces
1 lb Just BARE® Boneless Skinless Chicken Breast Fillets, cooked, salt and peppered, shredded
4 strips bacon, cooked and crumbled
2 cups cooked wild rice
1 Honeycrisp apple, skin on, cored, diced
2 oz goat cheese, crumbled
1/3 cup shelled, salted pistachio nuts, chopped
¼ cup chopped fresh mint
Dressing (whisk together):
1/3 cup canola oil
3 tbsp apple cider vinegar
1 tbsp each: honey and Dijon mustard
¼ tsp each: salt and Japanese 7 Spice
In large bowl, combine ingredients. Add dressing; toss.
4 servings

Wild Rice 'N Roasted Asparagus - Barb Estabrook, Appleton, WI
Canola cooking spray
1 lb fresh asparagus, discard ends, cut into 1" pieces, leave tops whole
1 large shallot, peeled, sliced, and separated into ½" wide rings
¼ tsp each: salt, ground black pepper, and roasted garlic powder
3 slices bacon, cooked and chopped
1 tbsp canola oil
½ fresh lemon
1 tbsp butter
½ tsp fresh thyme
1½ cups cooked wild rice (warm)
Preheat oven to 425F. Spray edged baking sheet. In large bowl, toss next 7 ingredients. Spread mixture on baking sheet; set lemon cut side down. Roast 10-12 minutes until asparagus is tender, turning halfway through. Melt butter and stir in thyme; set aside. In large bowl, combine wild rice and asparagus mixture. Squeeze 1 tsp juice from roasted lemon into butter; drizzle over rice mixture. Toss.
4 servings

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SPORTS PLAY WORD SEARCH

Answers on page 7

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R32-31C

OBITUARIES



Obituary for Joyce Ronning

Joyce A. Ronning, 91, of Clearbrook, Minnesota died on Sunday, August 23, 2020 at Sanford Bagley Medical Center.

Graveside services and interment were held on Thursday, August 27, 2020 at 2:00 p.m. at Zion Lutheran Cemetery in Fosston, Minnesota with Crosswire Ministries officiating. There was a visitation thirty minutes prior. Everyone brought their own chair for the service. Due to COVID-19 masks were required and social distancing was practiced. The Cease Family Funeral Home of Bagley assisted the family with arrangements.

Joyce Adeline Wedger was born November 11, 1928 near Clearbrook, MN, the daughter of Henry Peter and Millie Theresa (Steenerson) Wedger. She was baptized as an infant in Clearbrook and confirmed at Zion Lutheran Church in Fosston, MN. She attended Olga School, Gary School, and Lincoln School.

On December 4, 1946, Joyce was united in marriage to Arnold Forsberg in Gonvick, MN. The couple lived near Gully, MN and farmed

in Gonvick in Eden Township. After Arnold's death in 1978, she continued on the farm until she bought Joyce's Café in Trail in March of 1982. She married Rudy Ronning in October of 1982 at Zion Lutheran Church in Fosston, MN. They worked in the café together until Rudy's death in 1997. Joyce continued to run the café until her retirement at the age of 71, when she moved to Clearbrook.

Joyce worked hard her entire life. She was a patient, caring, and kind lady. She was a very involved member of Zion Lutheran Church from helping with the Ladies Aid, teaching Sunday School, and the Eden Homemakers. Joyce loved music, whether it was listening, playing, or singing with the Zion Gospel Singers. She was very talented and could play the guitar, piano, and accordion.

She is survived by her children, Rick (RoseMary) Forsberg of Gully, MN, Pam (Jerry) Larsen of Shevlin, MN; 6 step sons, Dan Ronning, Rodney Ronning, Kenneth Ronning, Gene Ronning, Dean Ronning, and Terry Ronning; her grandchildren, Lee (Jen) Forsberg, DeAnn (Jeremy) Boe, Darin Tweten, Thomas Daniels, Dakota Radack, and Lucie (Craig) DuMarce, and Augustus Farnworth; many great grandchildren; several nieces and nephews; and many other relatives and friends.

She was preceded in death by her husbands, Arnold Forsberg and Rudy Ronning; her infant daughter, Linda Darnell; her 10-year-old daughter, Patty Lou; her parents, Henry and Millie Wedger; her brother Marvin Wedger; and her sister, Hazel Olson.

Messages of condolence may be sent to ceasefuneral-home.com.



Obituary for Viola Georgeson

Viola (Vi) Georgeson, 75, from Columbia, SC, passed away on Sunday, August 23, 2020 at Prisma Richland Medical Center. A funeral service was held on Monday, August 31, 2020 at 10:00 AM at St. Joseph's Catholic Church, 3600 Devine St. Columbia, SC 29205. Interment will be held on Saturday, September 12, 2020 in Vernes Lutheran Church Cemetery, 29961 320th St. McIntosh, MN 56556.

Viola Marlys Syverson was born on September 4, 1944 in Fosston, MN, to the late Theodore and Linda (Christianson) Syverson. She was baptized and confirmed at Vernes Lutheran Church. Vi graduated from McIntosh High School. Vi moved to Fargo, ND to attend business school, where she met Richard (Rich) Georgeson. Vi and Rich were united in marriage on May 15, 1965 at St. Anthony of Padua in Fargo, where they made their first home. They moved to Hillsboro, ND where they raised their two daughters, Pamela (Pam) and Mary. Together, Vi, Pam and Mary were baptized at St. Rose of Lima Catholic Church in Hillsboro. Vi and Rich spent many years as snowbirds in their RV escaping ND winters to be near the grandbabies. They wintered in Little Rock, AR, Las Vegas, NV and Columbia, SC. In 2015, they sold their home and rental property in Hillsboro to become Yankees in the South and settled in Columbia, SC, two blocks from their grandbabies. Vi enjoyed

her vegetable garden and would spend hours canning tomatoes and green beans each summer. She loved coffee (HOT), ice cream, brownies and her favorite was to combine brownies, hot fudge, ice cream and nuts into a sundae. She spent hours decorating for Christmas and many dollars shopping for new decorations the day after Christmas. Vi passed away surrounded in the love of her family. She was strong willed and was able to defeat any sickness that came her way, except Dementia/Alzheimer's.

Vi is survived by her husband, Rich Georgeson, daughters Pam Georgeson of Brookhaven, GA, and Mary (beloved son, Douglas) Deveney of Columbia, SC; grandchildren Shea Deveney of Easley, SC, Kelsy Deveney of Columbia, SC and Ethan Deveney of Columbia, SC. Also surviving are siblings Ardell Opdahl, Entrip (Sharon) Syverson, Bernice Voxland, Gloria (Mark) Morque, sisters-in-law Delores Syverson, Conne Syverson, Corky Syverson, brother-in-law Morris Hendrickson, and many nieces and nephews.

In addition to her parents, Vi was preceded in death by her siblings, Floyd Syverson, Verna Syverson, Lorraine and Rueben Brekke, Ruby and Curtis Heideman, infant twins Morris and Doris, Eleanor Hendrickson, Arnold Syverson and Karsten Syverson; brothers-in-laws: Jerome Voxland and Lloyd Opdahl.

In lieu of flowers, please make a donation to the Walk to End Alzheimer's <http://act.alz.org/goto/InHonorOf-Mama2020> or directly to the Alzheimer's Association.

Honorary Pallbearer's are Nephews: Clay Syverson, Daniel 'Booner' Syverson, Gerry Syverson, and Michael Georgeson and adopted sons 'the boys': Michael Hubbard and Brian Metham.

The family would like to thank The Blake for caring for "the mama" since May 2020, Right at Home for their caregivers and Prisma Health Richland Hospital.

Thompson Funeral Home at Greenlawn is assisting the family.



Obituary for Mary Klamar

Mary Elizabeth Storment was born on February 12, 1941 in Endicott, Washington to Hershel and Lena (Honn) Storment. She grew up on the Storment family farm and graduated from Endicott, WA in 1959. After high school she attended college in Eastern Washington University in Cheney, WA for teaching.

After college she worked in Colfax, WA at the hospital, where she took care of patients and helped out in surgery.

In April 1963, Mary went to Alaska, where she lived with her sister Francis and Jim Adams near Anchorage, AK. In Alaska, Mary worked at the local hospital in the admitting office where she worked until August 1963. While Mary was there, a co-worker from the hospital invited her over to their house for supper to meet a friend of her husbands, who was also in the Army. This friend turned out to be Clifford Klamar, a young man from the far away state of Minnesota.

Mary and Clifford were married on Saturday, October 5th, 1963 in Colfax, Washington. After getting married she moved back to Minnesota with Clifford.

She worked many endless hours cooking for the farm, gardening, writing Gatzke news for the Thief River Times and Roseau Times Region for 30 plus years. Mary's hobbies were playing

piano and organ, gabbing on the phone, sewing, cooking, playing cards/games and baking. Mary will be remembered by her homemade pies and buns. Her favorite flowers were Gladiolus and she would plant a row or two of them. She loved washing dishes the best; especially for her daughters. Also giving painful perms to her daughters; telling them "it hurts to be beautiful."

She was also known as the Hallmark Lady; sending birthday cards to everyone.

Mary passed away on August 22, 2020 at the Sanford Medical Center in Fargo, ND; at the age of 79.

Mary attended the Rose Lutheran Church in Roseau, MN; where she enjoyed Pastor Todd Erickson's sermons.

She is survived by her loving husband Cliff of 56 years; her children Cordell (Marty); Rona (Mike) Tesarek and Karla (Adam) Tesarek; all of Roseau. Grandchildren Tim (Brittany) of Grygla and Ashley Tesarek (Tyler Olesstad) of Roseau, Andrew and Ethan Tesarek of Roseau. Great Grand sons Christian Tesarek and Aaron Tesarek. Also Sister-In laws Delores Storment, Loraine (Nordby) Monsrud, Mildred Klamar and Doris Klamar.

She was preceded in death by her parents Hershel and Lena, brother Leonard Storment, sisters Joyce Dymond and Francis Reese. Brother-In-laws Al (Jack) Dymond, Jack Adams, Roland, Harold, and Paul Klamar; Douglas Nordby, Willard Kaml. Sister-in-laws Margaret Kaml and Laura Klamar. Special Nephew Blair Klamar.

Funeral services will be held on Saturday, September 5, 2020 at 2:00 pm at Rose Free Lutheran Church in Roseau. Visitation will be Friday from 5-7 PM with a 7:00 prayer service at Helgeson Funeral Home in Roseau. Interment will be at the Landstad Cemetery in Gatzke, MN. All services will follow MN State Covid-19 Guidelines with distancing and face coverings. Online guest book at: www.helgesonfuneralhome.com



Obituary for Harriet Wasson

Harriet Wasson, age 95, of Shakopee, MN, formerly of Prior Lake, MN, went home to be with the Lord, on Thursday, August 27, 2020, at United Hospital, in St. Paul, MN.

A Celebration of Life will be held on Thursday, September 10, at 11 am, with a time of gathering one-hour prior, at Ballard-Sunder Funeral and Cremation, 4565 Pleasant Street SE, Prior Lake. Masks are required and social distancing will be maintained. Friends and family are welcome to stream the service (please see funeral home website). Pastor Art Hansen will preside. Harriet's urn bearers will be grandchildren, Katie and Chris Johnson, Aimee Jarrot and in spirit Josh Cowhey. She will be laid to rest at 1:30 pm, at Fort Snelling National Cemetery, in Minneapolis, MN.

On December 13, 1924, on the family farm in Clearbrook, MN, Harriet Delores was born to Ole and Randi (Halti) Bjerke. The second youngest of seven, she grew up working hard on the farm, alongside her siblings, Gilbert, Irene, Gilma, Percy, Orval, and Verna. Harriet graduated from Clearbrook High School in 1942.

After graduation, Harriet traveled to California to be with a couple sisters and to look for work. She secured a job with Marchants, working in the finance department. Unbeknown to her, Harriet met the love of her life, Albert Joshua Wasson. Harriet was standing on the street corner wearing a "mink" coat. Al was excited to have found a pretty woman, who had money. He later found out it was a squirrel coat. By this time, the two were head over heels in love. Harriet and Al wedded on November 30, 1946, in Reno, Nevada.

They moved back to Clearbrook and were blessed with two children, Sharon, and Robert.

Harriet and Al farmed for the first 12 years of marriage before moving into town and buying the local Mobil Service Station. She played a major role in the daily operations of managing the books. As Sharon and Bob grew, they also contributed to the success of the business, working side by side with their parents. In the mid 1970's Harriet and Al sold the business and retired. They ventured south to Prior Lake to be closer to family. Harriet and Al enjoyed traveling in the motorhome visiting relatives around the states. They also loved entertaining family and friends, at their cabin on Clearwater Lake, in Northern Minnesota. In 2005, Harriet and Al sold their home and moved to Shakopee, where they lived out their lives at North Ridge Court Apartments and at All Saints Senior Living.

A love for baking, Harriet especially enjoyed making bread, cookies and cakes. She looked forward to 4 o'clock each day to have coffee and cookies with family, friends, or neighbors. Harriet enjoyed watching FOX News, canning, crocheting, and knitting. Her greatest passion was being surrounded by her family!

A strong faith in the Lord, Harriet led a quiet and simple life. She may have had a strong appearance and at times opinionated yet had a soft and generous heart.

Harriet will be forever loved and missed by daughter, Sharon (Thom) Cowhey; son, Robert (Eva) Wasson; granddaughters, Katie (Chris) Johnson, Aimee Jarrot; great-grandchildren, Colin Crotteau, Grace Johnson, Raina Jarrot, and baby Johnson in November; sister, Verna Harvath; sister-in-law, Ardys Bjerke; other relatives and friends.

There to greet Harriet home in heaven is her husband, Al; grandson, Josh Cowhey; parents; siblings, Gilbert (Grace) Bjerke, Irene (Carl) Fellman, Gilma (James) Logelin, Percy (Ardele) Bjerke, Orval Bjerke; and brothers-in-law, Albert Harvath and Thor Tveitbakk.

Ballard-Sunder Funeral and Cremation proudly served and cared for the Wasson family.

www.ballardsunderfuneral.com



Death Notice for Don Simonson

Don Simonson, Sr., age 89, of Mentor, MN, passed away on Sunday, August 30th, at his home. Funeral arrangements are pending with Carlin Funeral Home of Erskine.



Obituary for Elvin Erickson

Elvin "Buddy" Jesse Erickson, age 65, St. Cloud, MN, died Tuesday, August 25, 2020 at his home in St. Cloud.

Private services were held at Atonement Lutheran Church, St. Cloud, MN because of the Covid 19 pandemic. A celebration of Elvin's life will be held in the spring of 2021 in the Gonvick area. Funeral arrangements were made by Benson Funeral Home, St. Cloud, MN.

Elvin was born March 7, 1955 in Bagley, MN to Elvin

B. and Jewell L. (Sumpter) Erickson. He married Cindy Lou Winter on January 6, 1978 in Bagley, MN. Elvin was employed by the City of Ramsey, Ramsey, MN, then as a building official for Little Falls, MN for 16 years and then from 2004 to the present as a building official for the City of Thief River Falls, MN. Elvin has been a bass player since the age of 14, playing in the family band. He also made and worked on steel guitars with his father at Erickson Steel Guitars. Elvin was a member of Atonement Lutheran Church.

Survivors include his wife, Cindy Erickson of St. Cloud, MN; sons, Lee (Amy) Erickson of St. Cloud, MN; Jesse (Dayna Halverson) Erickson of St. Cloud, MN; mother, Jewell Erickson of Clearbrook, MN; brothers, Jimmy Erickson of Crosby, MN; Ricky Erickson of Gonvick, MN; Kelly Erickson of Clearbrook, MN; sister, Tammy Duke of The Colony, TX; and grandson, River Layne Erickson.

He was preceded in death by his father.



Obituary for Arlene Noyes

Arlene Noyes, age 96, of Erskine, MN, passed away on Tuesday, August 25th, at the Pioneer Memorial Care Center in Erskine. Funeral services will be held at 11:00 a.m. on Friday, September 4th, at Immanuel Lutheran Church in McIntosh with the Rev. Bruce Blocker officiating. Interment will be in Immanuel Lutheran Cemetery. Visitation will be held for one hour prior to the service on Friday at the church. All are welcome to attend with regulations for Covid-19 followed. Please bring your own mask. Arrangements are with Carlin Family Funeral Service and messages of condolence may be shared at www.carlinfuneral.com.

Arlene Mildred (Abrams) Noyes was born on November 24, 1923 in Erskine, Minnesota to parents Otto and Mattie (Burns) Abrams.

Arlene was united in marriage to Fred Noyes on

December 4, 1940. After their marriage, she raised her family and helped on the farm for many years. She also worked at Pioneer Memorial Care Center and Moran's Steak House; volunteered for Meals on Wheels, and cleaned various homes in the area. Her motto was "You know it's clean if it's done by Arlene".

Arlene loved playing cards, Scrabble, Bingo and taking a trip or two to the Casino! She also loved watching the Minnesota Twins. Arlene was a great cook and enjoyed cooking meals for her family. She will be dearly missed.

She was a life-long member of Immanuel Lutheran Church in McIntosh.

Arlene is survived by two children, Virginia Jones of Crookston, MN, and Paul (Debbie) Noyes of Erskine, MN; six grandchildren, Deanna Johnson, Mike (Anna) Leblanc, Tim (Susan) Leblanc, Abby Jones, Heather (Cory) Simonson, and Heidi (Tony) Stuhag; great grandchildren, Melissa and Megan Johnson, Alex, Andrew, and Rachel Leblanc, Victoria, Veronica and Clara Leblanc, Carly and Ellie Simonson, Madison, Kollon and Clare Stuhag; and two great grandchildren.

She was preceded in death by her husband, Fred; her parents, Otto and Mattie Abrams; two infant children; siblings, Jewell, Margaret, Dorothy, Frank, Melvin, Don, Alfred, Spence and Ivan; great grandson, Matthew; and son-in-law, Buck Jones.

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Bemidji Speedway “2020 Track Championships”

By Dennis Peterson

The regular season of racing came to a close Sunday night at Bemidji Speedway with champions crowned in each of the seven classes.

With an eye to the sky the predicted rains stayed away until the races were finished and the seven champions in each class celebrated with family and crew members. In the Mini Stock class Billy Foster was crowned champion. In the Wissota Hornet class Travis Olafson is champion. The Wissota Pure Stocks champion is Kade Leeper. Blake Erickson is the champion of the Wissota Mod Fours while Brandon Bahr was crowned champion of the Wissota Midwest Modifieds. In the Wissota Super Stocks Dalton Carlson is champ and finally, in the Wissota Modified class Davey Mills is the season champion.

Although the regular season of racing has ended for local track points, racing will continue. Following a few weeks off the track will host the “Prelude to the Stampede” on September 20th with a 4:PM starting in all seven classes and the Northern Renegades Wingless Sprints will join the show once again. Then, the following weekend September 26th and 27th the Annual “Paul Bunyan Stampede” will take to the track with all the same classes including the Renegades with a 4:PM start on Saturday and 2:PM start on Sunday. The track will close its gates with one final show on October 3rd with the “October Slam” Enduro. The event is a 100 lap Enduro race with broken into three racing segments. Two 33 lap segments and a final 34 lap segment to finish the racing season at Bemidji Speedway.

Wissota Pure Stock Feature:

15 Wissota Pure Stocks rolled on track for the first of seven feature races to decide the 2020 Season Points champions. Bonnie Farrington and Devyn Weleski led the pack to the green flag with Farrington taking the lead over Dawson Kimble, Deryk Weleski, Austin Carlson and Al Sadek Sr. The first caution waved when Sadek slid up and over the high banked track, he was first to pit

for repairs and return tailback in the field. With the green flag once again waving it was Joey LaValley making moves towards the top three racing both high and low. Farrington was fast out front and but coming from deep in the pack two time feature winner Michael Roth was on the gas charging up into second and racing side by side with Farrington. The two battled lap after lap for the lead with Farrington each time charging back to the front. Finally racing out of turn two Roth was able to secure the lead and race to his third consecutive feature win with Farrington, Deryk Weleski, Kimble, Devyn Weleski and Josh Berg in the top five.

Wissota Midwest Modified Feature:

Rick Jacobson and Brennan Schmidt held the front row for the Wissota Midwest Modified feature race. As flagman Cole Isensee waved the green flag it was Jacobson taking the lead on the inside with Blake Higginbotham, Skyler Smith, Schmidt and Jeff Reed in the top five. Schmidt moved up high and dropped back several positions as a battle between two number 2's heated up in side by side fashion with Jeff Reed and Tim Jackson putting on a show in Jackson's first appearance of the year at the track. Following a caution Jacobson again raced to the lead with Smith now in second followed by Tim Jackson, Brandon Bahr and Alan Olafson as both Reed and Higginbotham entered the infield done for the night. One final caution didn't hinder Jacobson's drive to victory as he drove to the checkered flag with Smith, Jackson, Bahr and Olafson in the top five.

Bemidji Mini Stocks Feature:

Next on track the Bemidji Mini Stocks were led on track by Cory Nelson on the pole and Ashton Schwinn to his right. Nelson raced to the lead with Kalin Honer, Travis Klein, Conrad Schwinn and Billy Foster in the top five chase. Klein dropped back getting up a bit high on the track as the elder Schwinn raced into second following contact with Honer the caution flagged waved and Honer was sent to the rear of the field. On the restart



Wissota Midwest Modified feature winner, Ricky Jacobson of Wilton.

Schwinn drove to the front as Nelson dropped back to fourth with Foster charging back into second and John Current racing into third with Nelson and Honer making a great comeback to finish in fifth as Schwinn took the checkered flag victory.

Wissota Super Stock Feature:

Tyler Kroening and Nathan Higginbotham led the charge to the green flag in the Wissota Super Stock feature with the caution flag waving early with Higginbotham forced to pit for repairs and return tailback and Kroening sent to the rear of the field for the restart moving Nic Jacobson and Harley Kroening to the front of the field as the green flag once again waved. Kroening powered to the lead down the front straight into turn one with Jacobson, Dalton Carlson, Tim Carlson, and Matt Sparby trailing. The racers held positions for several laps before coming up on lapped traffic and some contact with John Farrington's car forced to pit for a flat tire. With the green flag once again in the air Kroening held his lead with Dalton Carlson charging up into second following a door to door race with Jacobson. The race stayed green and Kroening picked up his first win of the season with Dalton Carlson, Jacobson, Tim Carlson and Sparby trailing.

Wissota Mod Four Feature:

Nicole Feda and Josh Sautbine led the Wissota Mod Fours down the front straight to the green flag with Feda spinning

bringing out the early caution sending her to the back for the restart and moving Dean Larson to the front row for the restart. The restart was controlled by Sautbine with Larson, Conrad Schwinn and Blake Erickson all in a tight bunch fighting for position. With Sautbine looking strong out front midway through the race he slowed in the 3-4 corner and came to a stop, the caution flag was waved and he drove to the pits out of the race. Larson took over the lead with Schwinn in second and Erickson, Brian Feda and Dean Shaver trailing. Erickson passed Schwinn for second as Larson picked up the win. They were trailed across the finish line by Schwinn in third, Brian Feda and Shaver.

Wissota Hornets Feature:

The Wissota Hornets buzzed on track next led by Stephen Boyd and Chase Goliet. Boyd to the early lead with Ross Magnuson Matt Pederson, Travis Olafson and Goliet trailing. Goliet made slight contact with the front wall and gradually slowed on the track and exited the track. Magnuson was on the gas and powered up to take the lead with Boyd, Pederson and Olafson battling for positions. Boyd and Magnuson duelled back and forth for the front spot with both holding and losing it. Lucy LaValley was making headway from her last place starting position as she raced into fifth. Boyd looked confident and regained the lead and took his first ever feature win the hornet class with Magnuson, Olafson, Pederson and LaValley in the top five.

Wissota Modified Feature:

With the skies looking ready to let loose with rain to the west the Wissota Modifieds took the track with Ron Reed on the pole and Scott Engholm outside. Reed raced to the front followed by Engholm, Doyle Erickson, and Davey Mills with Mills driving hard hard into second ahead of both Erickson and Engholm. Ricky Jacobson started in the fourth row and battled his was into fourth and then third as Engholm built a three car length lead over the field behind him. Coming up on lapped traffic Engholm was slowed a bit allowing Mills to get to this bumper as Erickson was caught and raced by Jacobson in side by side racing. The caution flag waved bringing the entire field back together again for a restart with Engholm out front and Mills, Jacobson, Erickson and Lance Schilling in the top five. With the green flag waving Jacobson drove high around around Mills for second with Erickson following into third as Engholm crossed the finish line for his first feature win of the season at Bemidji Speedway. Jacobson, Erickson, Mills and Josh Beaulieu filled the top five spots ending a great night of championship racing.

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Wild Rice, continued from front

Meat Lovers Bouillabaisse – Roxanne Chan, Albany, CA
½ lb ground beef
¼ cup each, chopped: green bell pepper, onion, celery, and carrot
2 cloves garlic, minced
½ cup frozen whole kernel corn
3 tbsp canola oil
1 can (11.5 oz) Spicy Hot V8 juice
2 cups chicken or beef broth
1 cup dry red wine or water
1 tsp dried Italian herbs
1 can (14.5 oz) diced to-

matoes
2 cups cooked wild rice
½ lb each: boneless pork loin chops and Just BARE® Boneless Skinless Chicken Breast Fillets, cooked, cubed
½ tsp ground black pepper
chopped parsley, garnish
shredded cheddar cheese, garnish
In large saucepan, sauté first 7 ingredients in oil for 3 minutes. Stir in juice, broth, wine, and herbs; bring to a boil. Simmer 5 minutes. Add remaining ingredients; heat through. Garnish.
6 servings

Cancun Crema Wild Rice Chowder – Sharyn LaPointe Hill, Las Cruces, NM
½ cup finely chopped red onion
2 large poblano peppers, stemmed & seeded, finely chopped
3 tbsp canola oil
2 cloves garlic, minced
5 cups chicken broth
1 can (12 oz) evaporated milk
3 cups shredded Just BARE® Deli Rotisserie Chicken - Original Flavor
1 pkg (10 oz) frozen roasted corn
1½ tsp each: ground cumin and Mexican oregano
1/3 cup fresh lime juice
1 tsp salt

½ tsp ground black pepper
½ cup chopped fresh cilantro
3 cups cooked wild rice
1 pkg (7.5 oz) spicy jalapeno cream cheese spread
2 cups Mexican blend shredded cheese
¼ cup fresh cilantro sprigs, garnish
In large saucepan, sauté onion and poblanos in oil until tender. Stir in garlic; cook 1 minute longer. Add broth, milk, chicken, corn, cumin, oregano, lime juice, salt, pepper, and cilantro; bring to boil. Add remaining ingredients; simmer. Stir until cheese melts; serve immediately. Garnish.
6 servings

Warm Wild Rice & Chicken Bahn Mi Salad – Lisa Keys, Kennett Square, PA
1 lb Just BARE® Boneless Skinless Chicken Breast Fillets, cut into bite-size pieces
1 clove garlic, grated
canola cooking spray
2 cups cooked wild rice
1 English cucumber, halved lengthwise, cut into ¼" half-moon slices (24 pieces)
¼ cup each, chopped: fresh cilantro and fresh mint
4 green onions, thinly sliced diagonally
½ red bell pepper, thinly sliced

¼ cup dry roasted peanuts, chopped, garnish
Dressing (whisk together):
¼ cup fresh lime juice
2 tbsp canola oil
1 tbsp dark brown sugar
2 tsp fish sauce or soy sauce
1 tsp chili garlic sauce
In large bowl, toss chicken with garlic and 2 tbsp dressing; marinate 15 minutes. Spray large skillet. Add chicken and marinade; cook through. In large bowl, combine chicken and remaining ingredients with remaining dressing; toss. Garnish.
4 servings

Thai Wild Rice-Coconut Chicken Soup – Nancy Judd, Alpine, UT
8 oz sliced mushrooms
1 cup chopped onion
1 medium red bell pepper, chopped
1 tbsp ginger paste
3 cloves garlic, minced
1 tbsp butter
2 tbsp canola oil
1 tbsp toasted sesame oil
4 cups chicken broth
1 can (13.5 oz) coconut milk
1-4 tbsp Thai red curry paste, to taste
1/3 cup creamy peanut butter
2 tbsp fish sauce
¼ cup low sodium soy sauce
3 tbsp brown sugar
1 tsp lime zest
½ tsp cayenne pepper
2½ cups chopped Just BARE® Deli Rotisserie Chicken - Original Flavor
1 small lime, juiced
3 cups fresh baby spinach leaves

1/3 cup roughly chopped fresh cilantro
3 cups cooked wild rice
1/3 cup fresh basil, cut in thin strips, garnish
¼ cup fresh cilantro sprigs, garnish
½ cup chopped peanuts, garnish
4-5 radishes, thinly sliced, garnish
6 thin slices lime, garnish
drizzle with toasted sesame oil, garnish
In large saucepan, sauté first 5 ingredients in butter and oils until tender; stir often so garlic doesn't burn. Add broth, coconut milk, curry paste, peanut butter, fish sauce, soy sauce, brown sugar, lime zest, cayenne pepper, and chicken; stir well. Simmer 10-15 minutes; remove from heat. Stir in lime juice, spinach, and cilantro; let spinach wilt. Place wild rice in 6 bowls; ladle soup on top. Garnish.
6 servings

Vegan Maple Tahini Wild Rice Salad – Kayla Capper, Ojai, CA
1 small onion, chopped
4 cups bite-size broccoli florets
salt and pepper to taste
1 tbsp canola oil
2 cups cooked wild rice
1 red bell pepper, diced
½ cup raisins or dried cranberries
2 cups shelled edamame, cooked
¼ cup smoked almonds,

chopped, garnish
Dressing (whisk together):
1 tsp each: salt and garlic powder
2 tbsp each: fresh lemon juice and pure maple syrup
4 tbsp tahini
In large skillet, sauté onion, broccoli, salt, and pepper in oil until tender; stirring occasionally. In large bowl, combine remaining ingredients with onion/broccoli mixture. Add dressing; toss. Garnish.
4-6 servings

Wild Rice Steak & Cheddar Pies – Veronica Callaghan, Glastonbury, CT
3-4 sheets puff pastry, thawed
1 shallot, minced
½ cup each, small diced: carrot and celery
¼ tsp each: kosher salt and freshly ground black pepper
1 tbsp canola oil
8 oz sirloin tip steak, cut into ½" pieces, salt and peppered
1½ cups beef broth
1 tsp tomato paste
1 tsp Worcestershire sauce
1 tbsp cornstarch
3 cups cooked wild rice
1 pkg (8 oz) shredded sharp cheddar cheese, divided
finely chopped fresh flat-leaf parsley, garnish

Preheat oven to 400F. On lightly floured surface, roll out pastry to smooth. Cut 12 circles using 5" round cutter; cut 12 circles using 2" round cutter. Press larger circles into 12-cup muffin pan; place in refrigerator. In large skillet, sauté shallot, carrot, celery, salt, and pepper in oil until tender. Add steak; brown. Stir in broth, tomato paste, Worcestershire sauce, and cornstarch; cook until slightly thickened. Stir in wild rice; cook 2 minutes. Evenly divide rice mixture into muffin cups; top each with cheese. Place 2" pastry on top; bake 20-25 minutes until pastry is golden. Remove from tin; garnish. Serve immediately.
12 servings

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