

# Growing ND

FROM WITHIN

July 2025



## New vendors at northwest farmers market

Now that Main Street Market is open for the season in Williston, customers will find a new produce vendor in Beard Farms.

Julia and Kelly Seiller own and operate their new venture bringing some of the freshest produce in northwestern North Dakota to downtown Williston every Saturday from 9 a.m. to noon.

Julia grew up in Watford City and Kelly is originally from Wyoming. When they settled in the Williston area, they decided to go beyond gardening as a hobby and try their luck at farmers' markets.

Thus far, they've had numerous items for sale including cabbage, radishes, spinach, broccoli, cauliflower, Swiss chard and lettuce. The Seillers were especially happy with their early cabbage.

"Broccoli and cauliflower almost sold out and our spinach, chard, and lettuce are big and beautiful now," Julia Seiller said. "We've just started harvesting peas, so they'll be popular and Juneberries are ripe."

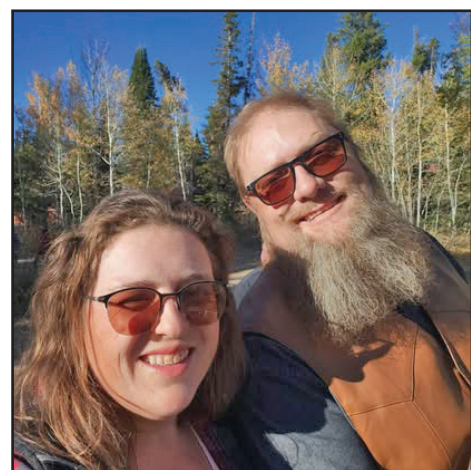
As the season progresses, there's plenty to pick, according to Seiller. Customers at Main Street Market can expect tomatoes, potatoes, onions, summer and winter squash, corn, beans, cucumbers, and herbs.

This is the first year the Seillers have jumped into the farmers market mix. But because they had produce available before the market opened for the season, they set up a market stand at Tractor Supply in Williston.

They have also been making deliveries to Watford City on Tuesday evenings with intentions to join the Watford City Farmers Market in the future.

The Seillers attended last year's local foods conference in Bismarck to learn more about growing and marketing and to network with like-minded entrepreneurs.

The conference, which included meeting and dining with public television



**Julia and Kelly Seiller are the owners and operators of Beard Farms attending Main Street Market in downtown Williston.**

chef Christy Rost, energized them. Rost has a cooking show on public television and was the keynote speaker.

Ideas abound, but in this, their inaugural season, they are happy to be affiliated with Main Street Market.

"We are excited to be in downtown Williston for the farmers' market on Saturdays throughout the rest of the season," Julia Seiller said. "As for our farm stand, we are in the process of design. We've come up with something and the next step is finding the proper materials to bring our vision to life. So that's probably a next-year project."

For more information about Beard Farms, their email is [beardfarmswesternd@gmail.com](mailto:beardfarmswesternd@gmail.com).



**Beard Farms can be found at Main Street Market in downtown Williston on Saturdays from 9 a.m., to noon.**

# Introducing farmer market board members

*The NDFMGA has an open director's position for the Northeastern part of North Dakota. If you live in northeast North Dakota and would be interested in being on our board of directors, please contact Keith Knudson at [NDFMGA@outlook.com](mailto:NDFMGA@outlook.com) for more information.*

## Bonnie Munsch

### Member At Large

Bonnie Munsch is the owner-operator of Munsch's Munchies and the representative at large for the NDFMGA.

Bonnie's property, north of Bismarck, was purchased in 2000. She has been a member of the Bismarck Farmers Market for 24 years.



Hero Barth encouraged Bonnie to attend a NDFMGA conference and learned a great deal from Dave Pierce, the owner of Papa's Pumpkin Patch.

The conferences are a great place to network, learn, laugh, and relax. Bonnie became a board member and has served for 10 years. After Bonnie bought the land, she thought, "Hey, let's

do farmers market and have the land help pay for itself."

The only gardening she had done up to this point was helping her mom in the garden. The learning curve was high, but Bonnie's dad helped out those first few years.

Over the years, Bonnie has learned the importance of good notes. Gardening has helped calm her fear of snakes, among other observations about weeds, pests, and vermin.

## Eric Hegg

### Southeast Region

Eric Hegg currently serves as a Program Coordinator for Global Refuge, where he manages the Refugee Agriculture Partnership Program. Since stepping into this role in January 2023, Eric has been pivotal in bringing access to green growing spaces for New Americans. He has initiated and led the development of a one-acre urban garden dedicated to growing and adapting culturally significant crops.



This project not only supports agricultural engagement among community members but also promotes food sovereignty and environmental stewardship.

Eric is a graduate of the United States Naval Academy with a B.S. in English. His background includes six years as a Marine Corps Officer with a successful career in tech sales specializing in Microsoft Cloud Technologies.

However, a shift in personal values and a growing passion for sustainable agriculture prompted a career transition.

After completing the NDSU Master Gardener course, Eric further honed his skills through internships and positions in local gardening initiatives and nurseries.

In his personal life, gardening transcends being a mere hobby; it is a year-round commitment. Eric is devoted to creating gardens that function as complete ecosystems, emphasizing biodiversity and ecosystem restoration. Through seed saving and selective breeding, he actively works to reduce the growing seasons of warm, long-season crops, further aligning with sustainable agricultural practices in the Northern Great Plains.

Contact your North Dakota Farmers Market and Growers Association with questions and/or comments

## Board of Directors

**Northwest Rep:**  
Marv Baker, Carpio –  
701-720-2635 (Board President)

**Northwest Rep:**  
Desiree Carlson, Glenburn –  
507-240-0370

**Northeast Rep:**  
Janel Anderson, Rolette –  
701-246-3277

**Northeast Rep:**  
Open position, please contact  
Keith Knudson for info

**Southwest Rep:**  
Sue Balcom, Mandan –  
701-527-5169

**Southwest Rep:**  
Jonathon Moser, Mandan –  
701-880-8223

**Southeast Rep:**  
Quinn Renfandt, Minot –  
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**Southeast Rep:**  
Eric Hegg, Fargo – 701-671-9894

**Director At Large:**  
Bonnie Munsch, Bismarck –  
701-202-1181

**Treasurer:**  
Mike Pretzer, Dickinson –  
701-681-1306

**Executive Director:**  
Keith Knudson – 701-87-  
10191 Lake Road,  
Bottineau, ND 58318



# Markets provide opportunities

As we continue to build our organization, we are beginning to see opportunities for farmers markets and growers across the state of North Dakota.

It's no surprise that the number of farmers' markets in the past few years has declined and that's where opportunities lie. One thing we've learned over and over is that consumers want fresh, locally grown food items and right now, there are numerous fresh food vacuums across North Dakota.

Think of a community like Linton. A thousand people live there and it serves all of Emmons County, which has roughly 3,500 people. Those are pretty darn good odds that some money can be made.

Numerous other communities in the southwest have similar situations. Dickinson, Mandan, and Beach have markets and there's really nothing between. So let's assume you live

in Hettinger or Regent. You would have to go to Mandan or Dickinson if you wanted fresh locally grown, or grow it yourself.

This is exactly how many markets sprang up. But it's also how a number of farm stands, CSA's and u-pick locations got their start.

If you have a piece of property, you can grow produce. If you have an oven in your kitchen, you can bake fresh bread, cookies, muffins, pies, etc. If you want to grow, but maybe can't work the ground because of physical limitations, then maybe a u-pick is for you.

My wife and I started North Star Farms on a 20 x 40-foot garden in our backyard. That led to 20 years of successful farmers' market vending. We now have 3 acres, a commercial greenhouse, and a high tunnel. Never say never!



**Marv Baker**  
**NDFMGA President**

And don't say your community is too small. There are markets in Drake, Wimbledon, Bowden, Hensler, Powers Lake, and Sheyenne. And in each one of those communities, there is a larger, regional community nearby, but that didn't stop local entrepreneurs from providing for their friends and neighbors.

It's fun, it's rewarding, it can be profitable and the people you meet are incredible. There's no better way for young people to get involved in business.

Let's continue to build the local foods movement in North Dakota. You'd be surprised who you might meet or how much money you could make. There's no doubt, it's worth the hard work.

## Notes from the executive director

# The importance of farmers markets



**Keith Knudson**  
**Executive Director**

The North Dakota Farmers Market and Growers Association mission is to educate and connect North Dakota farmers markets, growers, producers, and customers.

Farmers markets are a critical component of North Dakota's

food system and essential to the future of food production. As a nonprofit committed to educating and connecting North Dakota farmers markets, growers, producers, and customers, we believe that investing in local food systems strengthens community resilience, supports sustainable agriculture, and ensures food security for future generations.

Farmers markets provide direct access to fresh, locally grown food, foster meaningful relationships between producers and consumers, and keep food

dollars within our communities.

In a time when climate change, supply chain disruptions, and rising food costs threaten the stability of conventional food systems, farmers markets offer a more adaptable and regionally grounded alternative. They empower small and mid-sized farms, promote biodiversity, and encourage responsible land stewardship by supporting farmers markets, we are not only preserving North Dakota's agricultural heritage—we are actively shaping a healthier, more sustainable food future.

Our vision is providing everyone has access to fresh, local food and where farmers and producers are valued as cornerstones of community well-being.

Farmers markets are not just about commerce; they are about connection, education, and resilience—now and for generations to come.

**PHOTOS to the right: Quinn Renfandt (top), Christy Werre, Diane Schmidt and Sue Balcom toured the NG2 greenhouse project at Parshall. For more information visit <https://www.nativegreengrow.com>.**





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AND GROWERS ASSOCIATION**  
10191 Lake Road  
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### Keynote speakers



**Dr. Brian  
Krolczyk**

Brian's expertise is the integration of personal resilience and leadership effectiveness, with more than 25 years of executive coaching experience.



**Vance  
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30+ years of organizational development focused on new farmers market creation and improving farmers' individual marketing skills while working for state, university, non-profit and for-profit.

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