

# Great Expectations for Vermillion's Farmer's Markets

BY ANNE LA BRAKE  
For the Plain Talk

With spring here, a greater variety of produce will now be filling the Vermillion Area Farmer's Markets as well as other farmer orientated produce locations near our town.

Dale Hebda of Hebda Family Produce looks ahead to the possibilities in the growing season this year.

"Right now, there are a lot of people with lettuce, spinach, kale, and various early greens," shares Hebda as he predicts what consumers will be able to expect at the market this year. "Our big crop right now, however, is asparagus."

Produce that freezes well or can be canned, but which is, also, in season right now includes rhubarb and asparagus, and Hebda encourages individuals to buy these in bulk, so that they receive discounts.

"One of the first fruit crops for the Midwest includes strawberries, and I'd anticipate that they'd be a little bit on the early side this year compared to the last couple of years just because of the warmer, late winter time period we had. There might, also, be edible pea pods and shell peas sometime in the mid part of June into July."

While, of course, the tomato and pepper plants are developing slowly this year, Hebda anticipates them in latter June and early July. Sweet corn should, also, be available in the middle of July as well.

"As far as other fruit crops on our farm during August and September, we have the Aronia berry, a very high antioxidant berry," adds Hebda. "We've been picking ours for about seven years. They are a tart berry in the Chokecherry family, only there is no seed pit in them. Our first apples also show up around this time and various varieties continue to be picked through October."

Hebda has a great deal of insight into why checking out the produce at the Vermillion Farmer's Market would be beneficial to the consumer.

Just speaking in terms of the produce that he offers, Hebda has invested a great deal of effort into what he's grown, so that it is not only financially beneficial to the consumer but, also, beneficial to their health as well in the long run.

He's accomplished this by



SHAUNA MARLETTE/FOR THE PLAIN TALK

The first outdoor farmers market at the Vermillion 4-H Grounds were held recently and had a good turn out. Currently available are lettuce, spinach, kale and many other spring crops.

stepping away from commercial fertilizers, insecticides, and fungicides over five years ago, and he now maintains a farm that is essentially organic.

The Farmer's Market will have anywhere from 44 to 45 vendors this year.

"The patrons that come to the market support the market very well," Hebda praises. "For a small town market, I compliment the people that have been coming there, because firstly, I find the environment enjoyable, but secondly, the patrons simply understand that they are buying a high quality product."

Other fresh produce locations include the Heikes Family Farm which as a Community Supported Agriculture Farm (CSA), it is known for receiving the only national award ever given for pollinator protection due to their 50 honey-bee hives.

While you can purchase a share for the year and receive first-choice fresh produce of some kind for 32 weeks out of the year, you can alternatively buy retail as well from Heikes Family Farm.

"For us, this is a transition time from an end of our production out of our green house and the start of our production time outside," explains Sam Heikes. "We have over 50 different kinds of fruit and vegetable production offered as well as available honey

and flowers. As far as I know, I'm, also, the only person commercially growing Shiitake Mushrooms, so we'll see this fall, probably August or September, what kind of production we get on them."

"You could say we have our own farmer's market right here on our farm," Heikes explains. "A CSA farm is very community orientated. People come out here and get to know each other and they talk back and forth. They even share recipes with people who haven't tried different vegetables before such as, for example, eggplant. What is that? How do you cook it? We also send out an email to keep people informed so people know in advance what to expect at the Heikes Farm."

The Vermillion Farmer's Market meets every Thursday from 3 p.m. to 7 p.m. at the 4-H building as well as on Saturdays from 9 a.m. to noon at the Platz on the corner of Market and Main Street. To receive further information you can call 605-659-3399.

Heikes Family Farm is located on the northeast corner of Vermillion, north of Masaba. Hours for pick-up of those holding shares are on Wednesdays and Saturdays, but during other week days, retail purchases can be made. To contact, call Sam Heikes at 605-222-3949.

# Fighting The Bug Bite Battle

BY SARAH WETZEL  
For the Plain Talk

Summer is here and as the university students move out, the bugs are moving in which leads to the annual struggle of innocent civilians against bloodthirsty pests.

Which leads us to discover how to avoid as much contact as possible with the insects that bug us the most.

"Mosquitoes are a big one of course," said Anna Nelson, head nurse at Vermillion Medical Clinic. "What you want to avoid is having standing water around your home of course because that attracts them. As far as repellent we usually recommend a product with DEET up to 25 percent."

According to Nelson, DEET is safe to use on the whole family, including kids, though caution is always advised.

"Usually what we recommend is not to spray on hands and face because it is absorbed through mucus membranes," she said. "Then I would just have people ask their care provider at what age they can start using that because they might have different recommendations as to what age is ok to start that."

Nelson also pointed out that products with up to 25 percent DEET is recommended and higher doses do not necessarily work better. One application will usually last four to six hours.

For those wary of chemicals in general, Nelson said a Lemon-Eucalyptus extract can also be used as a repellent.

Mosquitoes are not the only biters out there unfortunately.

"There's quite a bit of ticks around," Nelson said.

"There's not really a repellent that works great for them. Just long clothing and making sure you're avoiding tall, grassy areas, places where ticks tend to be. If you are in that type of area just check your body for ticks including head, under armpits where they like to hang out."

"If you do find one just pull it off using gentle traction as opposed to burning or twisting or anything like that," Nelson said. "You can use your fingers or tweezers, just gently."

Mosquitoes and gnats are infamous for being potential carriers of diseases but some pests are simply annoying.

"There's gnats which are a pain in the behind but they don't carry diseases," Nelson said.

All hope is not lost if a bite occurs as long as you know what to watch out for, according to Nelson.

"If you do have bites from any of these bugs that are reactive, swollen red and itchy you can do oral Benadryl or one percent Hydrocortisone cream for one or two days," she said. "Usually if they're past the two days and still really reactive we do recommend that you follow up with your primary care provider. Or if you have symptoms like nausea, fatigue, headache, fever or eye pain after being bitten, those are kind of some signs of diseases that you might want to follow up with your primary care provider."

Thought it is true that bugs like mosquitoes seem more attracted to certain people than others, it remains a mystery as to why.

"I know that some people attract mosquitoes more but I don't know why," Nelson said. "Some people are more reactive to bites but I guess it's just like with anything. Some people have more allergies to some things than others."

# Judicial Voices Project Celebrates History Of S.D. Courts

BY JAMES COOPER  
For The Plain Talk

Before the written word there was oral history. This came in the form of epic poetry, songs, and stories that were later written down, translated, and sent around the world to be shared with people who had similar histories in their own cultures. The South Dakota School of Law at the University of South Dakota has rediscovered the value to oral history and along with the South Dakota Supreme Court, have created a website that combines written histories and videos of oral accounts of the Supreme Court.

This website, called The Judicial Voices Project: Capturing Histories of the South Dakota Supreme Court on its 125th Anniversary, is a site that has been undertaken by several people. The two responsible for the initial idea are Chief Justice David Gilbertson, the court's historian, and John Glover, associate dean of the American Indian Law Program at the University of South Dakota and director of the Center for American Indian Studies at Black Hills State University. The remaining team is composed of Tom Geu, Dean of the Law School at USD, Richard Gregerson, Senior member of Woods & Fuller Law Firm, Prairey Walking, Elizabeth Aaker, Kelsea Kenzy Sutton, Shane Artz, and Annie Woodle.

For 125 years the South Dakota Supreme Court has been making decisions in order to benefit the citizens of their beloved state. Since it's inception as a Territorial Supreme



COURTESY PHOTO: JUDICIAL VOICES PROJECT

The members of the Supreme Court pose with entire statehouse force in 1903 in front of the old capital. Front row second from left, Judge Dighton Corson; third from left, Judge Howard G. Fuller, fifth from left, Governor Charles N. Herreid; and sixth from left, Judge Dick Honey.

Court to the court seen today, the SDSC has gone through the moving of capitols, the addition of female justices to the court, and the creation of the Unified Judicial System. Through it all, there has been surprisingly little history kept on one of the three vital parts of our overall government. John Glover said, "Similar approaches have taken place

with other courts, although such recorded oral histories are far less frequently occurring than one might expect."

The Judicial Voices Project will change that by providing access to a running record and the compiled past of the SDSC. According to Chief Justice Gilbertson, "The purpose is to provide interviews with current and former justices, and other key players in the Supreme Court as to their experiences while they worked with the court or served on the court. And also to provide a legacy for future generations to know what went on in this institution during our tenure here."

Oral history has taken a backseat to written history ever since writing began being used for language instead of just accounting, but oral history can provide personal insight into thoughts and decisions in a much more physical context than written words. The videos made for The Judicial Voices Project present the Justices simply as people, with expression and inflection. The video index on the site provides biographies, advice to students and lawyers, and descriptions of what it means to be a part of the SDSC.

To paraphrase a compilation video made by current and retired Justices of the SDSC offering advice to students thinking of law a profession, "Do not pursue this to get rich, do it because you find it interesting and enjoyable, work hard, be prepared, read and write at the highest level you can, and do not forget to involve yourself in the humanities."

## Chat

From Page 5

eating disorders & struggles.

• "Bikes & Babes Rally4Miracles" hosted by Harley Davidson in Sioux Falls, Sat., May 30. Vermillion Walmart is offering a quick breakfast & gathering place for Vermillion area riders prior to leaving for Sioux Falls. Proceeds benefit Children's Miracle Network. For more information, visit: [www.jl-harley.com/events/](http://www.jl-harley.com/events/)

• Pump it up for Heartland Humane Society: Meet & Greet at Pump 'n Pak in Vermillion, Sat., May 30, 10:00 am-12:00 pm. Dogs available for adoption will be attending the fun event. For more information, call 605-664-4244 or Kevin at Pump 'n Pak, 624-8050.

• Gayville Hall's musical variety show, Sat., May 30 featuring "The Hay Country Jam-boree" @ 8:00 pm at Gayville, SD. For ticket information, call 605-267-2859

### NEXT WEEKS HAPPENINGS MONDAY, JUNE 1

• SD American Legion Auxiliary Girls State, Mon.-Sat., June 1-6 at Arts & Sciences on USD campus

• Welcome Table serves a free meal on Mondays at the First United Methodist Church, 16 N. Dakota St. Public is invited to enjoy fellowship & food prepared & served by volunteer groups, Mon., June 1, 5:30-7:00 pm. Groups interested in volunteering to serve at the Welcome Table can contact

John Lushbough at 605-670-0958 or email: [jlushbough@gmail.com](mailto:jlushbough@gmail.com). For more information, visit: [www.welcometable.org](http://www.welcometable.org)

• Al-anon meeting at St. Paul's Episcopal Church, Mon., June 1 @ 7:30 pm. For more information, call 624-9764

### TUESDAY, JUNE 2

• Vermillion Rotary Club meeting, Tues., June 2 @ 12:00 pm in the Al Neuharth Media Center conference room. For more information, visit: [www.vermillionrotaryclub.org](http://www.vermillionrotaryclub.org)

[vermillionrotaryclub.org](http://vermillionrotaryclub.org).

### THURSDAY, JUNE 4

• Vermillion Area Farmers Market, Thurs., June 4, 3:00-7:00 pm at Clay County Fairgrounds. Call 605-659-3399 or email [VAFarmersMarket@gmail.com](mailto:VAFarmersMarket@gmail.com) for more information.

• Vermillion Lions Club meeting, Thurs., June 4 at W. H. Over Museum in Sletwold Hall @ 6:00 pm

## Does Your Flat Roof Leak?

Seal your flat roof with Spray Foam.

Save money and spray over your existing roof!

Spray Foam Benefits:

- Adds insulation R-7 per inch
- Lightweight
- Seamless & Self Flashing
- Warranty Included

allspray  
**FOAM**

ROOFING, INSULATING AND METAL ROOF AND GROUND RESTORATION

Call for a FREE Estimate.

605-554-0171

## Retiring soon? Let's talk.



**Curt Robinson**  
Financial Advisor  
23 Market Street  
Vermillion, SD 57069  
605-624-2028

**Edward Jones**  
MAKING SENSE OF INVESTING

Member SIPC

We live for  
*family time.*

**Avera**  
Medical Group

[Avera.org/live](http://Avera.org/live)

15-AVHE-3000

After a long day at work, there's nothing better than relaxing with your family. Through regular screenings and checkups, Avera Medical Group makes sure you can get the most out of family fun time.

Live better. Live balanced. Avera.

You're News! The Vermillion Plain Talk