

MAY/JUNE 2026

CONNECTION



WD Tours

'Our business is
going places'

KK BOER
GOATS

CAMPING
TIPS

Get the Help You Need While Avoiding the Trouble You Don't



Adobe Stock image by kaprinon

These days, you don't have to be a technophobe to get fooled by scams. As criminals become more sophisticated, their messages and approaches have become convincing enough to fool anyone.

That's especially true if you think your computer might be at risk. Tech support scammers often tell elaborate stories to convince people they need to hand over their financial information or remote access to their digital devices.

The Federal Trade Commission offers advice for times you're unsure about someone claiming to offer technical support and provides steps you can take to protect yourself.

Real tech companies aren't in the habit of reaching out by phone, email or text message every time your computer might have a problem. If someone does, that's a red flag.

Legitimate security pop-ups and messages will never tell you to call a phone number for help. If your computer's security software detects a legitimate problem, it will likely recommend a virus scan and walk you through the process.

Look out for language telling you to move money to "protect it." Scammers may suggest depositing money in a "federal safety locker" or buying gold to give to someone. These protections are fake, and a real government employee will not demand payment in gold or cash. 📞

Plan a StayCation

Taking a break doesn't necessarily mean long drives or booking a flight and a pricey hotel. Often, there are a wealth of adventures close to home, which means there's an affordable summer staycation right outside your door.

Here are a few tips to consider:

BE A TOURIST

Pop online and check out travel sites like TripAdvisor for your area. Are you overlooking destinations closest to you? Make a short list of nearby stops and plan a visit. You may be surprised by what you find.

GEOCACHING

Check your preferred app store for a geocaching app and prepare to enjoy real-world puzzle solving. Often, you'll be guided to a nearby state or national park where clues will challenge you to find hidden caches.

VIRTUAL CONCERTS

Find a cozy spot and enjoy a virtual concert—as a bonus, there are no crowds. Options include YouTube Live Concerts or NPR's Tiny Desk Concerts. Both serve a range of musical tastes. And look for genre

specific options like K-Love OnDemand, which features Christian artists. All are typically free.

A FAMILY OLYMPICS

Do you need to keep the kids moving? Organize a family Olympics. Go to a local park and choose events to suit all ages and abilities. Then, post your results on your favorite social media and challenge family and friends to join the fun. 📱



Adobe Stock image by master1305

Hit the Books

Online troves await digital bookworms

Story by DREW WOOLLEY

There are few better ways to escape the heat and humidity than with a classic summer read. Finding your next great adventure has never been easier with the vast digital libraries available on the internet. Whether you're looking to relax with your favorite e-reader or find an audiobook for a long road trip, you can start reading and listening today.

PROJECT GUTENBERG

Since 1971, a veritable army of volunteer book nerds has been expanding and maintaining this digital archive of classic reads as they enter the public domain. Today, the Project Gutenberg library includes over 75,000 free e-books that you can download and read in a web browser or on most mobile devices. While you won't find the latest best-sellers on Project Gutenberg, it is an excellent place to return to classics like "Pride and Prejudice" or "Moby Dick" without paying a cent.

LIBBY AND HOOPLA

Your library card is already a passport to free reads, but did you know it may also hold the key to a treasure trove of digital books and audiobooks? Apps like Libby and Hoopla let you borrow books and audiobooks from participating libraries around the world simply by linking your card to an account. Check out popular reads on your phone, tablet or browser, but don't take too long. Just like with your local library, you can only borrow them for a limited time.

LIBRIVOX

If you prefer to sit back and let someone read to you, or if you just

don't have the time to sit down with a book, LibriVox is your friend. You can find audiobooks, in various languages, recorded by volunteers worldwide. Much like Project Gutenberg, all LibriVox audiobooks are in the public domain. Audio quality and reading styles can vary widely from one title to the next, but if you're looking for a free repository of classic audiobooks read by real people, LibriVox has you covered.

Whether you want to dig into a timeless classic, settle in with the latest thriller or listen to a new favorite while tidying up, there have never been more ways to find free books online. Happy reading! 📖

THE WIDE WORLD OF PODCASTS

It's easy to see why podcasts have become so popular in the last decade. Most are free, they're easy to find and the variety of topics means you're bound to find something that speaks to you.

If you aren't sure where to start, platforms like Apple Podcasts, Spotify and iHeartRadio host thousands of podcasts that explore science, business, comedy, narrative fiction and so much more. Try top-ranked shows or go searching for deep dives on your favorite topics.

Leveling the Playing Field

Thanks to broadband, opportunities are everywhere

When we talk about broadband, we often start with the hardware, including the cables, the trucks on the road and the servers humming away in a secure room. But while those pieces are important chapters, they are not the whole story.



KEVIN BEYER
Chief Executive Officer

The bigger picture appears when you open your laptop, pick up your phone or power up a tablet. It comes to life when you connect with someone, learn something new or share a piece of your day.

A recent report from the Pew Research Center helps show just how connected our country has become. Today, about 96% of U.S. adults use the internet. That number may not surprise you. Most of us go online every day. Still, for rural communities like ours, that figure means something important. It shows we are closing the digital divide. It means that whether you live on a back road, down a gravel driveway or in the center of town, you can take part

in the same online world as someone in a major city.

Pew's 2025 research also shows that 84% of adults use YouTube. Seventy-one percent use Facebook and about half use Instagram. Those aren't just social media sites. They are modern gathering places where people learn, share and build connections.

When more than 8 in 10 adults use YouTube, it becomes more than a video app. It turns into a how-to guide, a classroom and even a stage. You can learn to fix a broken appliance, plant a better garden or understand a moment in history. You can study photography, practice guitar or follow a cooking lesson step by step. For many, it's a free library of skills and ideas.

Facebook and Instagram also bring people together in meaningful ways. They help neighbors spread the word about local events and school programs. They give small businesses a chance to reach customers beyond their storefronts. They allow artists, gardeners and craftspeople to show their work to a wide audience. A favorite travel photo can spark someone else's adventure. A short video explaining a repair might help a stranger miles away.

What starts as a simple post can grow into a conversation. A conversation can grow into a community. Sometimes, it even grows into a business opportunity. Behind every one of those moments is a reliable broadband connection working quietly in the background.

At Farmers Mutual and Federated Telephone, our job is to make sure that connection is steady and ready when you need it. We handle the maintenance, the upgrades and the long-term planning, so your service is dependable.

Maybe you use that connection to learn a new skill. Maybe you use it to promote a local event, sell handmade goods or share family milestones with loved ones far from home.

Creativity always starts with one person willing to try. We're proud our cooperative helps make that possible. I'd love to hear how you're using Farmers Mutual and Federated Telephone's broadband to connect, create and share your corner of the world. 📺

CONNECTION

MAY/JUNE 2026

VOL. 10, NO. 3

Connection is a bimonthly newsletter published by Farmers Mutual and Federated Telephone, © 2026. It is distributed without charge to all of our customers.



POWERED BY FARMERS MUTUAL TELEPHONE COMPANY
AND FEDERATED TELEPHONE COOPERATIVE

Farmers Mutual Telephone Company

301 Second St. S.
Bellingham, MN 56212
farmers@farmerstel.net
320-568-2105

Federated Telephone Cooperative

201 State Highway 9 • P.O. Box 107
Morris, MN 56267
emailftc@fedtel.net
320-324-7111 or 320-585-4875

FARMERS MUTUAL TELEPHONE COMPANY BOARD

Jon Olson, District I
Dean Olson, District I, Secretary
Michael Sorenson, District II
Galen Jorgensen, District II
Scott Wittnebel, District III, President
Troy Hoyles, District III
Jerome Kallhoff, District IV, Vice President

FEDERATED TELEPHONE COOPERATIVE BOARD

Lucas deNeui, District 1, Vice President
Tim Danielson, District 2
Lynn Swenson, District 3
Kerry Bonk, District 4
Nancy Taffe, District 5, President
Jon Hanson, District 6
Dennis Schroeder, District 7, Secretary

Produced for Acira by:



On the Cover:



Wes and Karen Anderson's road to success spans many miles as their business, WD Tours, leads their guests to epic destinations. See story Page 8.

Photo courtesy of WD Tours



The season of adventure is just around the corner. Streamline your monthly bill by paying with the SmartHub app.

Use our high-speed broadband to more efficiently pay your bill, while saving that monthly postage.

To register for SmartHub, go to farmers.smarthub.coop/Login.html or fedtel.smarthub.coop/Login.html.

Download the SmartHub app to your device. Have your account number and most recent billing statement handy to register.

Members can also call our business offices for help. Farmers Mutual can be reached at 320-568-2105. To contact Federated Telephone, call 320-324-7111 or 320-585-4875.

Honoring the Fallen

On this day of remembrance, we honor America's fallen heroes and the families who carry their memories forward. Their sacrifice will always be a sacred part of our nation's story.

Farmers Mutual and Federated Telephone's offices will be closed **MONDAY, MAY 25**, in observance of **MEMORIAL DAY**.



HATS OFF TO THE CLASS OF 2026!

Congratulations to our local graduates! Our community is proud of your hard work and excited to see the difference you'll make in the future.



RV There Yet?

Step off the beaten path at a campground

Story by DREW WOOLLEY

With remote work becoming more mainstream, it has never been easier to hit the road in a recreational vehicle. As more Americans realize the appeal of making their office a national park one day and a beach the next, 16.9 million households are interested in buying an RV in the next five years, according to the RV Industry Association.

“There are so many great things happening this year, from America’s 250th birthday to the World Cup,” says Monika Geraci, a spokesperson for Go RVing. “People are discovering that RVing is one of the best and most affordable ways to be a part of the action and see incredible places across the country.”

GETTING STARTED

When it comes to choosing an RV, there are options. At its most basic, you can pack a car with gear and head out. If you’re ready for more, renting an RV is a possibility. Of course you can also buy your own. About 90% of all RVs produced are towable, which can be an affordable solution.

When planning your first trip, Monika recommends staying close to home. Pick a destination just 30 or 40 miles away so you can learn how to work the water and power hookups in a low-stakes environment. The one challenge new campers shouldn’t stress about is backing up the RV.

“Everyone is a beginner once,” she says. “Most people in the RV community are incredibly helpful. If you’re struggling, a neighbor will likely offer to spot you.”

MAKING CAMP

Once you’re on the road, you’ll have plenty of pit stops to choose from. Deciding where to pull over and stretch your legs will mostly depend on the camping experience you want.

RV parks and resorts: These are the best sites for beginners and families. With amenities like pools, Wi-Fi and full hookups for your utilities, you’ll have everything you need to keep everyone comfortable and happy.

State and national parks: The place to be for anyone looking to get away from it all and enjoy some incredible scenery. Just don’t expect the same amenities and ease of use you’ll find at an RV park.

Off the beaten path: There are plenty of apps and online platforms that can help you find low-cost or even free “boondocking” options, meaning a dry camp without utility hookups. These can range from sites on private and public land to secluded spots that provide truly one-of-a-kind experiences. 📱



Adobe Stock image by dvande



Adobe Stock image by David Pratt

THE 2-2-2 RULE

Burnout on long drives is a real concern for beginners and veterans alike. A good rule of thumb to keep from overdoing it is to travel in twos:

Drive no more than 200 miles at a time.

Arrive at your destination by 2 p.m.

Stay for at least two nights.

Following the 2-2-2 Rule can help drivers stay fresh and ensure everyone has time to enjoy the destination, rather than watching the world through a windshield.

CAN'T-MISS STOPOVERS

Don't let the name scare you, **Devil's Lake State Park** RV campsites in Sauk County, Wisconsin, sit among impressive quartzite bluffs overlooking a pristine lake. Opportunities for hiking and swimming aren't far, and the foliage is especially beautiful in autumn.

For those looking to immerse themselves in nature far from the crowds, **Nemadji State Forest** on the Minnesota-Wisconsin border is a must. Tucked along the Nemadji River near Lake Superior, it offers a combination of riverside peace and forest exploration, perfect for fishing and kayaking.

A family enjoys the view from a scenic overlook at Devil's Lake State Park in Wisconsin.

‘Our Business Is

WD Tours takes travelers to see the world

Story by MATT LEDGER

To pay his way through college, Wes Anderson drove coach buses, taking fellow students to spring break adventures in the Sunshine State.

“We would go down to Daytona Beach with two drivers—36 hours down, take a shower, eat a steak and then come all 36 hours back,” Wes says. “Back in 1980, we did that for 250 bucks, and we thought we were making a killing.”

He studied ag education at Willmar Community College and North Dakota State University. When Wes drove home to Murdock on the weekends, he often had friends as passengers. “He was my ride back home from NDSU,” his now-wife, Karen Anderson, says.

After graduating, Karen became an admissions counselor at University of Minnesota Crookston, while Wes took a teaching job in Webster, South Dakota. With more than 200 miles between them, their long-distance relationship required many long drives.

A BUSINESS HITS THE ROAD

WD Tours launched in 1984, and combines the first initials of Wes and his original business partner, Dave Ohleen. “Dave and I started doing mostly Minnesota Twins and Vikings trips out of Webster, South Dakota,” Wes says. At the time, there were no bus companies in Northeastern South Dakota offering regional trips. “It’s kind of hard to break into the business,” Wes says. “You have to earn your way.”

In 1985, Wes moved to Appleton for a teaching job closer to his roots. During one of those Vikings bus trips in 1987, he got down on one knee and proposed to Karen. The couple married the following year. They bought out Dave’s half of the company and set off to chart a new course as newlyweds and business partners.

“I had known about the business since the start,” Karen says. “I really love meeting our people and showing them the things we enjoy, getting them to see different parts of the country that they might not be able to explore on their own, and the relationships and friendships that we’ve built over all the years.”

It became a family affair years later when the Andersons’ children joined in. Wes drove the bus, Karen served as tour guide and their kids, Nichole and Nathan, hauled luggage, cleaned the bus and handed out snacks. As teens, Nichole and Nathan attended trade shows and booked trips for clients. “Our kids were very instrumental in playing a role with

this company and developed awesome people skills from participating in the business,” Wes says.

CREATING JOURNEYS

WD Tours expanded its horizons, adding fully planned tours including set itineraries and accommodations. “People ask us if we go on vacation, and we say, ‘No, we take people on vacations,’” Karen says.

The Andersons add their favorite destinations to their tours, like a flavorful stop at the Maui Gold Pineapple Co. in Hawaii. Wes and Karen have made a handful of trips there and 27 trips to Alaska. All of the trips on these tours are geared toward active adults and families.

Years ago, the Andersons had a three-ring binder for each trip, filled with guidebook pages from AAA and contact info for each destination. “That’s been by the wayside for years,” Wes says. “We can research and make reservations all with the click of a button right here from our office. That has made it so much more efficient, and it is 100% because of service from Farmers Mutual Telephone.”

Today, instead of piling up stacks of travel books, they keep itineraries on their smartphones. “We no longer have to sit down with that atlas and add up those little black or red numbers to see how many miles we have to go,” Karen says. “So, the internet has been a fabulous help.”



ABOVE: Appleton is home base for Wes and Karen Anderson when they’re not guiding tour groups to sporting events and epic destinations.

OPPOSITE PAGE: Travelers with WD Tours take a group photo during a trip to Alaska.

9

Wiener take all!

Dash to a dachshund race for a howling good time

Story by SARA DIAMOND PATTERSON

Can you see a wiener dog and not smile? Most people can't. With their extra-long bodies, wide smiles and constantly wagging tails, dachshunds just look silly. And they know it.

"Wiener dogs are always so happy, you just can't help but smile," says Vergas dachshund enthusiast Digger Campbell. "Their tails absolutely don't stop. They're just so happy, you can't help but smile."

Developed in Germany to hunt badgers, dachshunds' powerful, slinky build, strong jaws and distinctively loud voices were perfect for that calling. Three hundred years later, they're more adept at burrowing into the covers and hunting down snacks. They're also seeing success in a different sort of sport.

SPEED DEMONS

When you think of dachshunds, speed likely doesn't come to mind, but they can run 15-20 mph for very short distances. Some folks in Australia noticed this, and in the 1970s began what evolved into today's dachshund racing.

More chaos than competition, dachshund races always draw a crowd, usually as part of a larger event or fundraiser. There's no official standard, but most racecourses are a straight 50-100 yards long. Each dog has a two-person entourage. One handler waits at the starting line with a pup to send flying to the other, who motivates the little racer with a squeaky toy, snack or just love at the finish line.

Digger has staged weenie dog races for more than 15 years in Vergas as part of the summer Looney Days festivities in the town of about 300 people. This year's celebration is Aug. 1.

"We have 2,000 people who come to this little town for the races," he says. "This has become a huge event."

You never know what to expect at a dachshund race.

"Sometimes I'll holler 'Ready, set, go!' and six wieners will go flying down the track, but there's other times they'll just turn around and sniff each other," he says. "Even though the races are usually 6 or 7 seconds long, some can take up to a minute if the racers are more interested in other things than running." 🐾



AI-generated image by Brandon Pomrenke/Freepik



DOXIE FACTS AND FANS



National Dachshund Day is June 21, the longest day of the year.

Napoleon Bonaparte was very fond of his dachshunds. The last four he owned are reportedly buried with him in the four pedestals holding his sarcophagus at Les Invalides in Paris.

John Wayne's dachshund, Blackie, alerted his family to a house fire in 1958 in Encino, California, while the actor was filming on location in Japan.

"Being the owner of dachshunds, to me a book on dog discipline becomes a volume of inspired humor. Every sentence is a riot."

—"Charlotte's Web" author E.B. White

"Nothing will turn a man's home into a castle more quickly and effectively than a dachshund."

—Queen Victoria

FAMOUS DACHSHUNDS

Crusoe

A miniature black and tan from Canada, Crusoe enjoys internet fame for his pet blog, New York Times' bestselling book and YouTube videos in homemade costumes. More than 3 million people follow him and his brother, Oakley, on Facebook.

Slinky Dog from 'Toy Story'

Part metal, part dog, all heart, Slinky Dog is quite possibly the most famous doxie of all, introducing generations of children to the breed.

Lump

Pablo Picasso was, by all accounts, smitten with his dachshund, Lump, and incorporated the pup into many of his later pieces.

Raising Champions

Hancock teen builds elite Boer goat business

Story by LAZ DENES

What started with a few pygmy goats a decade ago has grown into one of West Central Minnesota's rising livestock programs.

KK Boer Goats, owned and operated by Kaytlynn Kenyon, of Hancock, breeds and exhibits high-quality Boer goats—a premier meat breed known for its muscle, growth rate and docile nature. Today, the family operation manages 30 animals. “I started just showing a couple of random pygmy goats,” Kaytlynn says. “Then we switched over to the Boer goats a year later, and here we are.”

A junior at Hancock High School, Kaytlynn got involved in 4-H as a Cloverbud at age 5. Encouraged by a fellow member to try Boer goats for their competitiveness, she and her father, Joel, bought two does. The herd, and the dream, expanded from there.

“We’re a small breeder in the big scheme of things,” Joel says. “But what we do have, we’re able to sell pretty easily.”

QUALITY OVER QUANTITY

Kaytlynn concentrates on improving genetics for both show and breeding stock. She’s a member of the American Boer Goat Association, Minnesota Boer Goat and Future Farmers of America and is a Junior Minnesota Meat Goat Association ambassador.

In the show ring, animals are evaluated on structure, muscle and breed standards. Preparation is intensive. “I’ll be rinsing animals almost every single day in the summer,” Kaytlynn says. “I walk them daily, get them trained and ready to go into the ring.”

Joel and Kaytlynn Kenyon, owners of KK Boer Goats in Hancock, work with a doe.

Her hard work has paid off. In 2023, she won Grand Champion Heavyweight Market Doe at the Minnesota State Fair, and she’s earned multiple division championships at ABGA-sanctioned shows.

Just as important to her is mentoring. Through clinics, leased goats and a hands-on summer mentorship program hosted at the family farm, Kaytlynn helps young exhibitors gain confidence and skills. “That’s one of my favorite things,” she says, “all of the kids I get to help.”

POWERED BY FIBER

Behind the scenes, reliable connectivity plays a key role. The

Kenyons rely on high-speed internet to support their growing operation.

Barn cameras connected through a reliable and lightning-fast fiber network make it easy to monitor does from anywhere during kidding season. “That video has literally saved the lives of so many goats,” Joel says. “And you don’t have to go out when it’s 30 below, you just look at the cameras.”

High-speed internet also facilitates online sales, connecting with breeders across the country and responding quickly to inquiries.

KK Boer Goats proves that passion, persistence and strong community connections can build something truly successful. 📺



Photos courtesy of Brooke Kern

Having trouble using the phone due to a hearing or speech disability?

Minnesota Relay can help!



Minnesota Relay is a free telephone service with specially trained communications assistants to facilitate telephone calls between people with hearing and speech disabilities and other individuals. Calls can be made to anywhere in the world, 24 hours a day, 365 days a year. Calls are completely confidential.

To make a relay call, dial 711. Once connected to the relay service, tell the communications assistant the type of relay call you wish to make. Or, you may dial the specific toll-free number for the type of relay service.

Captioned Telephone (CapTel)

CapTel uses a special telephone with a text display screen so a person who is hard of hearing can listen to and read captions of everything the other person on the call says. Speak directly to the other person on the call, and a relay communications assistant transcribes everything the other person says into captions, which appear on the CapTel phone.

Internet Protocol Captioned Telephone Service (IP CTS)

Internet-based forms of CTS are available for those who would like to use CTS on a computer, tablet or smartphone. To learn more, go to fcc.gov/ipcts.

Hearing Carry Over (HCO): 800-627-3529

HCO allows a person who can hear clearly but has very limited or no speech capability to make phone calls. Using a special text telephone, the caller types conversation for the relay communications assistant to read to the other person and then can listen directly to the other person's response.

Hearing User: 800-627-3529

A hearing person may use a standard telephone or mobile phone to place a relay call and speak with a person who is deaf, hard of hearing or speech disabled.

Spanish Relay: 877-627-5448

Spanish-speaking individuals with a hearing or speech disability are able to make relay calls. This is not a translation service—both parties must speak Spanish, and at least one party must have a hearing or speech disability.

Speech-to-Speech (STS): 877-627-3848

STS allows a person who has difficulty speaking or being understood on the phone to communicate using his or her own voice or voice synthesizer. The communications assistant revoices the caller's words so that the other person can understand them and can speak directly to the caller.

Text Telephone (TTY): 800-627-3529

This service allows a person who is deaf, deaf-blind or speech disabled to use a TTY to communicate with the other person on the call.

Video Relay Service (VRS)

VRS allows a person who uses American Sign Language to communicate over the phone. The VRS user connects to the relay communications assistant via an internet-enabled device with a video camera. The communications assistant relays the conversation back and forth between the parties—in ASL with the VRS user and by voice with the called party. To learn more, go to fcc.gov/consumers/guides/video-relay-services.

Voice Carry Over (VCO): 877-627-3024

VCO allows a person with a hearing disability to use his or her own voice to speak directly to the other party. The communications assistant then types the other party's response, which is displayed on the VCO user's text telephone.

Find the full list of resources at mn.gov/commerce/consumer/telecom/mnrelay. 

FOR MORE INFORMATION ON MINNESOTA RELAY SERVICES:

mnrelay.org
800-657-3775

Emergency Assistance

TTY callers should dial 911 directly in an emergency. All 911 centers are equipped to handle TTY calls. Minnesota Relay can process emergency calls, but this may delay the response to your call.

To file a complaint regarding Minnesota Relay, call 800-657-3775 or email mn.relay@state.mn.us.

You will need to provide: the date and time of the relay call; the calling from and to phone numbers; the communications assistant's identification number; and the nature of your complaint.

You may also file a complaint with the Federal Communications Commission: fcc.gov/complaints.

Voice: 888-225-5322

TTY: 888-835-5322

ASL via VP: 844-432-2275

TELEPHONE EQUIPMENT DISTRIBUTION (TED) PROGRAM

The TED Program provides free specialized telecommunications equipment to income-eligible Minnesotans who are having trouble using the telephone due to a hearing, speech or physical disability. Online: mn.gov/deaf-hard-of-hearing; Voice: 800-657-3663; ASL via VP: 651-964-1514



Redemption Recipes

Brussels sprouts, kale and other greens, peas, mushrooms or pickled beets. There's a long list of foods that grossed us out as kids. Sprouts were squishy. Greens were bitter. Peas were pushed to the side. Pickled beets were vinegary, and mushrooms were just strangely mushy.

So why is it that as we age, some of us grow to love those foods?

"As infants and children, we are born preferring sweet tastes," says registered dietitian Danielle Townsend. "As we age, our other taste senses develop, which opens up our palette to foods that we didn't like before."

Here are some ideas using those once-hated ingredients in dishes that just might become part of your regular dinner rotation.



**Food Editor
Anne P. Braly
is a native of
Chattanooga,
Tennessee.**

Photography by **Mark Gilliland**
Food Styling by **Rhonda Gilliland**

Childhood dinner villains return as comfort-food heroes

TUSCAN SPINACH CHICKEN

- | | |
|-------------------------------------|---------------------------------|
| 1 tablespoon olive oil | 1 cup cherry tomatoes, halved |
| 4 boneless skinless chicken breasts | 1 teaspoon garlic powder |
| Sea salt, to taste | 3 cups baby spinach |
| Ground black pepper, to taste | 1/2 cup heavy cream |
| 1 teaspoon oregano | 1/4 cup Parmesan cheese, grated |
| 3 tablespoons butter | Lemon wedges, for serving |

Heat oil in a skillet over medium heat. Add chicken and season with salt, pepper and oregano. Cook until browned on both sides, about 8 minutes per side. Remove from the skillet and set aside.

In the same skillet over medium heat, melt butter. Add cherry tomatoes and season with salt, pepper and garlic powder. Cook until the tomatoes begin to soften, then add the spinach and cook until it starts to wilt.

Stir in heavy cream and Parmesan and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Return chicken to skillet and cook until heated through, 5 to 7 minutes. Serve with lemon wedges.





PEA SALAD WITH SMOKED ALMONDS

- 2 16-ounce packages frozen peas
- 6 ounces smoke-flavored almonds, finely chopped
- 1/2 sweet onion or more to taste, finely chopped
- 1/2 cup mayonnaise or reduced-fat mayonnaise
- 1/2 cup sour cream or light sour cream
- Ground black pepper, to taste
- 1/2-1 cup cheddar cheese, shredded

Place frozen peas in a colander and rinse under cold water until thawed. Drain and transfer to a large bowl. Add almonds and onions. Mix well. Fold mayonnaise, sour cream and black pepper into the pea mixture until evenly coated. Transfer to a serving container and top with shredded cheese. Cover and refrigerate until serving.

ROASTED BEET PANNA COTTA WITH CANDIED WALNUTS

- 1 pound beets, scrubbed with stems removed
- 1 teaspoon powdered gelatin
- 2 tablespoons water
- 2 cups heavy cream, divided
- 3 tablespoons sugar
- 2 teaspoons lemon juice

CANDIED WALNUTS

- 1/2 cup walnuts
- 1/4 cup maple syrup

Preheat oven to 400 F.

Wrap each beet loosely in foil and roast on a baking sheet for 1 hour or until tender. Remove beets from the oven and set aside to cool.

Stir the gelatin and water together in a small bowl. Let soak for 5 minutes.

Peel and discard the beet skins and place flesh in a blender along with 1 cup heavy cream. Puree until smooth.

Combine the remaining cream with the sugar and lemon juice in a large pot over medium heat. Warm until the cream becomes hot to the touch, but not boiling. Add the softened gelatin, remove from heat and stir until dissolved. Add the pureed beet mixture to the pot and stir until combined. Pour into a desired vessel, such as a pie plate. Let chill completely before serving, at least 4 hours.

For the walnuts: Combine the walnuts and syrup in a saute pan over medium heat and cook the nuts, stirring constantly, until the sugar dries and crystallizes, about 5 minutes. Set the nuts aside to cool.

To serve, spoon the panna cotta into individual serving dishes and garnish with candied walnuts.



CHEESY BAKED BRUSSELS SPROUTS



- 5 slices bacon
- 3 tablespoons butter
- 2 small shallots, finely chopped
- 2 pounds Brussels sprouts, halved
- Kosher salt
- Cayenne pepper, to taste
- 3/4 cup heavy cream
- 1/2 cup Swiss or Gouda cheese, shredded
- 1/2 cup sharp cheddar cheese, shredded

Preheat oven to 375 F.

Cook bacon in a large ovenproof skillet over medium heat, stirring occasionally, until crispy, about 8 minutes. Using a slotted spoon,

transfer to a paper towel-lined plate and let cool slightly. Discard bacon fat.

Return the skillet to medium heat and melt butter. Add shallots and Brussels sprouts. Season with salt and cayenne. Cook, stirring occasionally, until tender, about 10 minutes.

Meanwhile, transfer bacon to a cutting board and finely chop.

Remove skillet from heat and drizzle with cream. Top with Swiss cheese, cheddar and bacon. Bake the casserole until the cheese is bubbly, 12 to 15 minutes.

NOTE: If the cheese isn't nicely browned, broil, watching closely, for about 1 minute.



**You're
Invited**
to our

2026 ANNUAL MEETING!

JUNE 10—Farmers Mutual
Annual Meeting and Customer
Appreciation Picnic at
Lac qui Parle School

JUNE 12—Federated Telephone's
Annual Meeting and Customer
Appreciation Picnic at Morris
Area Elementary School

Featuring dinner and door prizes!

Bring your registration card for
entry and receive a free gift!

Check the Farmers Mutual and
Federated Telephone Facebook
pages for updates on meeting times.



320-324-7111 | fedtel.net



320-568-2105 | farmerstel.net