On April 27th, I hosted three sessions at McLean County’s 4-H Project Day held in Underwood. We learned about the beauty of soils across the world, exploring colors in nature, and made soil into paint to create a beautiful painting.
See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.

Envirothon Soils Training – Burdolski
I met with the Bismarck High School Envirothon team on April 16 and 23, to teach them all about soils in preparation for the state competition in May. We covered the basics of soil science, including the soil forming factors, horizons, soil color, structure, pH and nutrient availability, and the kids got their hands dirty by learning to texture soils. We also covered some scenarios using Web Soil Survey.

Life on the Farm – Burdolski, Westby, Ziemann-Bolinske, Johnson, Fischer, Miller, Fisher
NDSU Extension in Burleigh County hosted its annual Life on the Farm event April 16-18. This event reached over 400 3rd graders in the Bismarck area, teaching the kids about the importance of agriculture in their lives and helping to bridge the knowledge gap that exists between field and fork. Students were greeted by a tractor, donated by RDO, and learned about technology and precision agriculture. They participated in a science experiment about biofuels using three important ND crops. They then rotated through five stations, each focused on a different aspect of agriculture. At the livestock station, students learned about sheep, goats, pigs, beef cattle, and dairy cattle. They learned what products we can get from each animal, as well as some facts about the animals. Did you know that pigs love to swim? Our volunteer Heather Lang’s piglets and goats were a huge hit with the kids!
It's not just dirt! Kids learned all about the soils beneath their feet at the soils station. NRCS Soil Scientists taught them all about what soils are made of, why they are important to us, and traveled through the soil tunnel. One demonstration that was really eye opening was the table-top rainfall simulator, which shows water infiltration and run-off between conventionally tilled and no-till soils.

What does wool feel like? Flax? Ground Hay? Third graders used their senses to learn about the smells and feels of the farm with a trivia game. They got to see crops like flax, sunflower, and triticale; smell feed products for livestock like silage and sweet feed; and feel products like wool and chicken feathers. Not too many fans of the manure.
One of our new stations this year was about leather crafting. In one half, students learned about some surprising products we get from cattle – suede, marshmallows, basketballs, and many different clothing items. They then got to imprint their initials on their own leather nametag and learn about opportunities through the 4-H program.

This event would not have been a success without our awesome partners and sponsors.

Dakota Garden Expo – Burdolski

On April 5 and 6, NDSU Extension helped to put on the Dakota Garden Expo at the Bismarck Event Center. Burleigh County 4-H Clubs provided a plant check for expo attendees to drop off their plants while they shopped and deliver to their vehicles when they were finished. Local NDSU Extension Master Gardeners handed out free seeds and tree seedlings both days. Trees were courtesy of the Burleigh County Soil Conservation District. Ag Agent Beth Burdolski provided an educational seminar on no-till gardening that received a lot of interest; roughly 80 individuals attended her presentation.

Spring Fever Garden Forums – Burdolski, Westby

Burleigh County hosted three garden forums on Monday nights through April 15th. Each night, we hosted about 50 interested gardeners as specialists talked about topics like pruning, tree replacements, soil testing, hydrangeas, and lawn maintenance. Gardeners received free seeds and bulbs for attending.

Horticulture and Forestry Contacts – Burdolski

We can tell that spring has sprung! Everyone is anxious to get out into their lawns and gardens, and horticulture questions have ramped up again. For the month of April, the office received 71 contacts including calls, walk-in, house calls, and emails related to horticulture and forestry. Some topics include winter injury on evergreens, lawn fertilization, pre-emergent herbicides, snow mold, pruning, soil tests, and no-till gardening.

Pesticide Testing - Miller

In the month of April there were 13 tests administered. Four commercial tester in the areas of Ground Core, Ornamental & Turf, Home Industrial, Public Health, Vertebrate, Right of Way and Seed Treatment. Two private testers who completed the 60 question exam.
Dan’s SuperMarket Recipe Demo –
Johnson, Westby
No joke, Fruit Fools was the featured recipe for April’s food demo at Dan’s SuperMarket South on April Fools’ Day. A traditional English dessert, a “fool” is a simple dish with fruit, sugar and either whipped cream or custard. Some food historians claim the word “fool” is derived from the French verb fouler meaning “to crush” or “to press.” This makes sense since crushed and strained fruit is folded into sweetened cream to create the dish. In addition, it is so quick and easy to make, one might even call it foolproof! Shoppers enjoyed sampling the Strawberry and Kiwi Fools as they joked about it being April Fools’ Day.

Dairy Lessons at Moses Elementary –
Johnson
How do you make butter? Don’t you just get it from the dairy case at the grocery store? The first grade classes at Moses Elementary School made homemade butter from a half cup of heavy cream and a lot of shaking. The students were amazed how first the cream was whipped into whipping cream but if you kept on shaking it the whipping cream separated into something solid (butter) and something liquid (buttermilk). The students enjoyed the final product on saltine crackers while they sipped the sweet buttermilk.
On the Move to Stronger Bodies – Johnson
Lessons 3 and 4 were completed in the 5th grade classrooms at Dorothy Moses Elementary School. Students learned how to read nutrition labels and did a beverage comparison opening their eyes to the sugar content in popular beverages such as pop and energy drinks. The functions of water in the body were discussed as well as food and beverage sources of water. Students like tasting infused water and found it hard to pick a preference between the strawberry/lemon and the cucumber/mint water.

CREATES at Dacotah Foundation – Johnson
CREATES curriculum is designed to get participants in the kitchen where they can learn basic cooking skills, have opportunities to discuss basic concepts of eating healthy on a limited grocery budget, and practice new habits that will help them take control of their own nutrition and health. In April, seven people worked together to CREATE a Quick Bread. Participants learned how to create a savory quick bread as well as a sweet quick bread. Chocolate Zucchini Bread and Cherry-Chocolate Scones were the different kinds of quick breads prepared during this CREATES session. One participant commented, "Nothing smells better than a loaf of quick bread right out of the oven!"

What Color is Your Food? Presentation – Johnson
I gave a presentation titled “What Color is Your Food? Taste the Rainbow of Fruits and Vegetables for Better Health” to a group of nine people at Heartview Foundation. We discussed the main color groupings of fruits and vegetables, the health benefits of a more colorful diet, how to keep fresh produce safe from store to home and how to prepare fresh produce safely. Participants took home with them a vegetable brush to use when rinsing produce with tougher skins. Vegetable brushes can be used to clean everything from potatoes and carrots to corn and zucchini.

On The Move to Better Health, Junior – Westby
This 5-lesson program ended at Centennial School, where I worked with 74 second grade students to help them increase their knowledge of the five food groups through a variety of activities. This curriculum also included a newsletter for parents/caregivers and surveys to determine knowledge gain. Each week students charted their intakes of the food groups.
On The Move to Better Health – Food Adventures – Westby, Ziemann-Bolinske

This new nutrition program, piloted here in Burleigh County this spring is a 6-lesson curriculum for use with grades K-1 at Will-Moore Elementary School. During each lesson, the students explore one of the food groups through discussion and hands-on activities. The overall goal is to increase their knowledge and promote healthful food choices at school and home. Each lesson includes a book, a fitness activity (energizer), experiential activities such as preparing and taste-testing snacks, take-home parent newsletters, teacher notes and evaluation tools. We found these young students more accepting of the variety of foods presented than we had anticipated. We feel the sooner they can be reached with education about food choices, the better it is for their current and future health.

Burleigh County Senior Center – Westby

I presented the 2018 new program of “Coffee Time” during the NDSU Extension programming session time. This program included information on the history of coffee, the health benefits of coffee and various types and methods of brewing. The interesting fact of more caffeine present in “light” roast was a surprise to many. The program focuses on the health benefits related to cardiovascular health, blood pressure, diabetes and Parkinson’s disease. There is so much documented information on these conditions and possible positive connections to coffee that this program makes an interesting presentation to all audiences.

ND Nutrition Council Annual Conference – Johnson

People who were interested in improving the nutritional health of North Dakotans, including myself, gathered for a daylong conference whose theme was “There’s No Place Like North Dakota: Celebrating 40 Years with NDNC”. We heard presenters speak on subjects such as Today’s Wheat: From Clean Record to Clean Label and The Good, the Bad and the Ugly: 40 Years of Nutrition Challenges, had a panel discussion on Local Foods and food demonstration on Immune Support. There were great networking opportunities while walking between conference sessions in the morning and afternoon. Michelle Dever, Moses School Nurse and I presented hi-lights of our mini grant project “Tablet to Table” during the afternoon Networking While Walking session.

Emerald Ash Borer Training – Burdolski

I had the opportunity to travel to Eagan, MN, to receive first-hand training on the Emerald Ash Borer (EAB), an invasive insect that has devastated many cities in Eastern Minnesota and across the county. Currently, this insect has not been identified in North Dakota, but it is getting closer each year.

Shaundra reading the story of “MyPlate” to the 23 kindergarten students.

Beth shaving off bark of an invested ash tree to reveal ‘S ‘shaped galleries from the Emerald Ash Borer larvae.
The Minnesota Department of Agriculture offered this hands-on training to Extension Agents, specialists, ND Department of Ag personnel, and other stakeholders to help better prepare us to identify EAB damage, understand the impact that this invasive species could have on North Dakota tree resources, and develop a plan for monitoring and action. We learned the lifecycle of the insect, how to identify ash trees with damage, and listened to local city foresters and city planners on how they manage for this insect. We then visited a park in Eagan where they were extracting infested trees, and saw the damage up close and personal.

Agent Agronomy Field Day – Burdolski
On April 25th, I attended an agent training put on by Greg Endres to discuss agronomy topics. We talked about fertilizer costs, a crop protection update from Bayer, and discussed the process of identifying and managing for Palmer Amaranth in the upcoming season.

Legislative Update

HB 1020, the appropriations bill for NDSU Extension and the ND Agricultural Experiment Station, had several conference committee meetings in the last half of April. The conference committee agreed upon the following positive enhancements to the budgets.

- Added monies to bring the Ag Experiment Station and Branch Stations budgets to hold-even (adding $2.95 M for the Main Station and $1.2 M for the branch stations)
- Added funds for both SBARE initiatives for NDSU Extension ($345 K in one time funds for the web enhancements and $870 K in ongoing funding for support for county programs and operations).
- Added funds for the Agribiome initiative for the ND Ag Experiment station ($1.16 M in ongoing funding). This will allow us to hire two scientists and two technicians in Microbiological Sciences to support this effort. This was SBARE’s number one initiative.
- Added $200 k in ongoing funds for operation of the Oakes Irrigation site in the Carrington REC budget (part of SBARE initiative #3)
- Added an additional $500 K in one time general funds for the construction of the WREC seed cleaning plant. This brought the total appropriation for this project to $750,000 for the session. This was the number 2 capital construction project request from SBARE. The bill also includes special funds authority for both the seed cleaning and greenhouse projects at WREC which is necessary to complete these projects.
- Provided $940,465 in one time funding for deferred maintenance projects for the AES from the state’s Strategic Investment and Improvements Fund.
- The bill also includes monies for a salary adjustment package for the biennium (2% in year 1 and 2.5% in year 2) and includes monies for the state to continue to pay the premium for the health insurance package for our employees.

The amended bill was approved by the House (80-12 with 2 absent and not voting). The Senate also approved the bill (47-0). This bill awaits Governor Burgum’s signature as the final step in the process.
Burleigh County Extension
Events and Calendar

If you are interested in receiving notification of any programs, events or newsletters provided by NDSU Extension Service - Burleigh County please sign up at tinyurl.com/NDSUBurleigh.

May 2019
- ND State Envirothon – Crystal Springs, May 8-10
- Fair Entry Night – May 13, 14, 15
- Youth for the Quality Care of Animals Training – Burleigh County 4-H Building, May 28, 7 PM

June 2019
- 4-H Council Meeting – June 10, 7 PM
- Burleigh County 4-H Horse Show – June 22
- Good Bugs Workshop – Menoken Farm, June 26
- Static Walk-Through Night – July 27, 5 PM

July 2019
- Burleigh County 4-H Achievement Days – July 9-11
- ARS Friends and Neighbors Day – July 18
- ND State Fair Judging – July 17
- ND State Horticultural Society Meeting – July 26-27

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