New Leader Meetings – Doll
Our county continues to see growth in our 4-H program. In preparation of the new 4-H year, I met with 4 new leaders to help lay out the responsibilities of being a 4-H leader.

Morton County Fair – Burdolski, Doll, Johnson, Westby
We went to Morton County’s fair to judge their 4-H exhibits. The variety of different project areas was wondering. It was great to see the hard work of the 4-H members.

Grant County Fair – Westby
Alice judged 4-H food exhibits at Carson. The variety of food items is always intriguing and interesting. I felt honored to be able to view and taste items that were created with such care and have the 4-H members be able to explain the process they used in preparation.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.
Home Alone, are you ready? – Doll
In partnership is Bismarck/Burleigh Public health, Bismarck PD, Bismarck Fire, Burleigh County Emergency Management, and Bismarck Parks and Rec we held two more classes of Home Alone. This class is designed to help prepare kids to be home alone safely.

Colors Training (FFA) – Doll
FFA members from Mandan and Wing came to the 4-H building to participate in the Real Colors training. Nineteen students and advisors went through the process of discovering their personality color and then teaching others in the class about their needs, values, strengths, and joys. One attendee said, “Every office/business should do this!”

Agriculture & Natural Resources Calls – Burdolski
I fielded 17 calls pertaining to weed ID, pasture management, custom farm work rates, and drought information.

Agent Agronomy Field Day in Kidder County – Burdolski
On August 9th, the ag agents from Kidder, Stutsman, and Burleigh County, along with one specialist and a crop scout, participated in a field day touring different crops and management operations in Kidder County. We discussed diseases, pests, and growth stages of various crops, and viewed sunflower, durum, buckwheat, flax, corn, potato, and onion fields.

Horticulture Contacts – Burdolski, Deckert
The month of August yielded 134 calls, walk-ins, contacts, house visits, and emails.

“Train the Teacher” – Burdolski
Natural resource and agriculture professionals met at the 4-H camp in Washburn, ND to prepare new and returning teachers for the upcoming Envirothon competition this year. The five coaches in attendance learned about grass clipping, tree identification, macroinvertebrates, Web Soil Survey, presentative skills, and precision agriculture, which is the 2019 current issue topic. Beth Burdolski led the training on the use and capabilities of the Web Soil Survey application and an overview of basic soils.

Nutrition, Food Safety, & Health
Community/Cultural Orientation for New Refugees – Johnson, Westby
We lead the Nutrition/Healthy Eating session of the Community/Cultural Orientation for four new arrivals from two language groups—Ukrainian and Swahili/Kinyamulenge. The new refugees learned to eat healthy by choosing MyPlate, make better beverage choices and shop for healthful foods while saving more at the store.
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. The classes are held on the second Monday of each month.
In August nine people worked together to CREATE two tasty fruity desserts: Rhubarb and Strawberry Crumble and Fruit and Yogurt Parfait. The natural sweet flavor of fruit helps to make a delicious and nutritious dessert with no need for a guilty feeling afterward! Participants all agreed that now is a great time to use fresh fruits such as rhubarb, strawberries, blueberries and peaches to create fruity desserts.

Good Fat vs Bad Fat Lesson – Johnson
Eight people at Heartview Foundation received a nutrition lesson on Good Fat vs Bad Fat. Participants are encouraged to Know Your Fats as fats and oils are vital to our health—but not all fats are created equal. Use the Nutrition Facts Label to help choose foods lower in fat, saturated fat, and cholesterol. Limit saturated and trans fat in your diet because they tend to raise “bad” (LDL) cholesterol levels in the blood. High LDL cholesterol increases the risk for heart disease. Participants were surprised that products labeled as “0 grams trans fat,” are still allowed to contain up to 0.49 grams of trans fat per serving.

Dan’s Supermarket Recipe Demo – Westby, Johnson
A zoodle (zucchini noodle) salad was prepared and taste tested as our featured recipe of the month. The pasta that is usually a part of a salad like this was replaced with the zucchini. Many of Dan’s shoppers were surprised by how tasty the salad is and how easy it is to add more vegetables to our diets in this easy recipe conversion.

Food Preservation Lunch & Learn Sessions – Westby
August 6, West Central Human Services; August 8, State Capitol; Alice presented to each group the topic of Pressure and Water bath Canning. Both canning methods as well as equipment used in each method were shown and discussed.
Sun Safety Presentation – Westby
The year round risk of sun exposure was the topic of the presentation at the Bismarck Parks & Recreation District’s Risk Management Committee.

Canning & Preserving Seminar – Westby
A show and share session covering equipment used in canning, proper procedures, recipes and a question and answer time. This was held at the Bismarck Veterans Memorial Library. The attendees ranged in age from 10 to 70, with no experience in food preservation to more than 10 years.

Canning & Preserving Seminar

Professional Development Opportunities

Long Range Planning
Our office spent a day looking into the future and planning upcoming programs and events. We are excited about what is to come.

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.

September 2018
- September 1, Start of 4-H year
- September 11, Healthy Living for your Brain and Body Seminar – 1:00 pm, Burleigh County Senior Center – A collaborative presentation between FCW Agent, Alice Westby and Nikki Wegner, ND Alzheimer’s Association.
- September 30, Teddy Roosevelt Day, McDowell Dam, 1-4pm

October 2018
- October 2, 6-8pm, Bugs, Bees, and Blooms 4-H Project day
- October 4, Stepping On workshop begins at Burleigh Co. Sr. Center, 2 hour sessions for seven weeks.
- October 7, 2:00 pm, T-shirt tote bag class at the Bismarck Veterans Memorial Public Library.

NDSU Extension-Burleigh County
3715 E Bismarck Expressway
Bismarck, ND 58501
701-221-6865

www.ag.ndsu.edu/burleighcountyextension
www.facebook.com/BurleighCountyExtension