Achievement Days – Static – Ziemann-Bolinske

Grant County needed our expertise in judging static exhibits in the class of foods and food preservation. I shared suggestions with about twenty youth ages 5-17 in improving consistency of jellies and jams as well as baking better breads and baked goods. One youth was 16 and said that he was interested in becoming a food scientist and said, “He learned a lot about the crumb of a cake” and improving his baked goods. One of the best muffin recipes I’ve ever tasted is attached.
Burleigh County 4-H State Fair Winners at the Burleigh County Commission – Burdolski
At the August 19th Burleigh County Commission Meeting, our 4-H members had the opportunity to speak about their experience and successes at the 2019 ND State Fair. I gave a brief overview of our state fair winners and statistics, and invited six Burleigh County 4-Hers up to the podium to speak. We even got to share a video of our 2-time state champion Rube Goldberg team and take a picture with the commission members.

Junkin’ It Camp – Burdolski, Fischer, Wendt
The first week of August, I chaired the Junkin’ It Camp up at the 4-H Camp in Washburn. This camp focused on projects and activities based on the principles of “reduce, reuse, recycle”. Activities like natural item wind chimes and painting using soil helped the students think of these resources as more than just trash and turned it into art. Our seasonal assistants Sarah and Morgan also came up to help with camp activities.

Judging Local Achievement Days – Burdolski
I was asked to judge at two local Achievement Days in August. At Morton County’s, I once again judged horticulture and crops, whereas in Oliver County...
County, I judged their creative arts categories. It’s always great to see what talent exists at the local level and meet 4-Hers from neighboring programs.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.

**Crop & Pest Management**

**Sunflower Survey Training – Burdolski**
It’s that time again! Recently, I attended a training that went over the basics of conducting the National Sunflower Survey. In this extensive evaluation, Agent and Specialist teams assess yield components, disease, bird and insect pressure, and assess weeds in sunflower fields within the county. Towards the end of September, if you see a couple people walking through your sunflower fields, stop and say hi! We’ll be happy to communicate what we find within your sunflower fields!

**Horticulture & Forestry**

**Horticulture Contacts – Burdolski, Deckert**
We are happy to have Kelsey Deckert back on board to assist with programming in Burleigh County. She has been a big help with the number of horticulture and forestry calls, emails, walk-ins, and house calls we get in Burleigh County. In the month of August, we received roughly 128 contacts with questions relating to weed identification and control, apple tree diseases, fall webworm, mushrooms, rodent management, and tomato diseases. Kelsey also worked to put together a number of PSAs related to some of the more common questions we have been receiving.

**Pesticide Testing - Miller**
In the month of August there were 3 tests administered. Two commercial testers in the areas of Ground Core, and Ornamental and Turf.

**Nutrition, Food Safety, & Health**

**On the Move Cooking Camp – Johnson**
July 31st – August 2nd were the dates for the OTM Cooking Camp held at the United Tribes Technical College. Nineteen youth, entering 4th - 7th grades participated in this Cooking Camp. Students learned to read and follow a recipe, measure ingredients, identify kitchen equipment and practiced various food preparation techniques using different kitchen appliances. Students also learned about food safety, knife skills, reading food labels, drying foods, making yeast bread and setting the table. The students participated in a tour of the gardens and orchard area of the UTTC campus, which helped them see the connection between where their food comes from before it gets to their table. While at the gardens students picked fresh vegetables, which they used in several of the dishes they prepared during camp. They learned about food preservation and indigenous drying techniques then dried their own fruit (strawberries, bananas, apples and kiwi) which they used in a trail mix. Campers prepared pumpkin muffins, fruit salsa and cinnamon chips, green monster smoothies, veggie dip, pizza and pretzels. On the final afternoon of the camp, they prepared a meal that featured an egg and sausage dish (Hunter’s Feast), cornjacks and baked apples. The
Cornjacks used corn meal that was grown, dried and ground on the UTTC campus. Each Camper received a cooking kit and cookbook at the conclusion of the program. The students left Cooking Camp with increased skills and confidence in the kitchen. Many students commented about their plans to cook meals at home for their family; they were very proud of their accomplishments.

Cooking 101 at Dacotah Recovery Center – Johnson
The Cooking 101 series continued at Dacotah Recovery Center with a lesson on “Hot Tips about Food Storage”. Participants learned about food storage and safety, including how to thaw food correctly, the importance of refrigerating food, where to store food and tips for freezing food. In August, six people worked together to prepare Healthy Baked Chicken Parmesan on spaghetti and Beet, Walnut & Goat Cheese Salad. Participants each went home with a Serving Food Safely Thermometer Kit so they can FIGHT BAC!

Ice Cream Never Tasted So Good at Heartview Foundation - Johnson
Five adults at Heartview Foundation learned chemistry while cooling off one summer day with ice cream science. The rain didn’t dampen the spirits of the participants. The adults acted just like children in an Ice Cream Shoppe. While making vanilla ice cream in a Ziploc bag and chocolate chip ice cream in an ice cream ball the group discussed the interesting chemistry behind making ice cream as well as the origins of who invented ice cream. Interesting, how one starts out with refrigerated (or room temperature) ingredients and then needs to cool them down to turn them into ice cream. Skip the long lines at the ice cream stand, cranking on the ice cream maker handle or staring at the electric ice cream maker and have fun making your own soft serve ice cream in a bag. The adults loved it and so will your kids!

BisMarket – Johnson
August 10th was Kids Market: Fun for All Ages day at BisMarket. In addition to the regular offerings, extra booths and activities were offered during this market event. NDSU Extension had a booth where SNAP education was conducted, food samples hi-lighting beets were handed out and a hand-print activity was presented by the Extension Parent Educator, Liz Larson. “Beets for Beats” was the theme for the market so if people tasted a food sample containing beets at the Extension booth and then had their
blood pressure checked at the Bismarck Burleigh Public Health booth they could enter their name into a drawing for a prize. Our food items offered for sampling included: Beet Brownies and Beet, Walnut & Goat Cheese Salad. The Beet Brownies were a hit with numerous people of varying ages (young and old) requesting to taste them. Many commented on how moist they were and that they reminded them of Red Velvet Cake. One of the health benefits of beets is they lower the risk of heart disease, dementia and boosts endurance.

**Mindful: Mindless Eating – Fischer, Westby**

Thinking about WHY we eat is one of the topics of this presentation. Alice and Morgan presented this program at the Wilton Senior Center. We looked at advertising and its effect on our buying and consumption of food, hidden influences on our eating habits from the environment and ways to help become more mindful of our entire eating process. Mindful eating helps control how much one eats and the enjoyment of the food itself increases.

**Dan’s SuperMarket Recipe Demonstration – Wendt, Westby**

The recipe of choice this month was Watermelon, Black Bean and Corn Salsa. Many trying the recipe were expecting a tomato taste – really, tomatoes and watermelon are roughly the same color! Their taste buds were surprised with the sweetness of watermelon and many positive comments were heard. I always find it intriguing when a few taste test the recipe sample and want to know where this is sold in the store!!! Of course, we just inform them that we are here to show/share a healthy recipe for home preparation.

**Envirothon Train the Teacher – Burdolski**

Once again, I helped to coordinate and provided direct training to Envirothon coaches at Train the Teacher in Washburn. At this event, new and existing teachers attended to learn tools and information that they can then bring back to their classroom to better prepare their team for the upcoming Envirothon season. I provided a lesson on the basics of soils, how they relate to the current issue, and hand texturing.

**America’s Grasslands Conference – Burdolski**

I had the opportunity to attend the America’s Grasslands Conference, which is a biannual meeting of agriculture and natural resources professionals, producers, and wildlife conservationists that was held in Bismarck, ND. During this conference, we had the chance to tour local operations that implement sustainable grazing practices; I went along on Burleigh County rancher Darrell Oswald’s tour near
Wing. This conference was jam packed with breakout sessions and keynote presentations that I learned much of what others in the industry think and implement on their land across the county. We also had the chance to tour Burleigh County’s own Black Leg Ranch and hear about how the Doan family creates a profitable and regenerative enterprise.

At the end of August, I had the opportunity to attend an Extension focus group meeting centered around programming needs for small farms. We touched on equine and other alternative livestock, CSA growers, hobby farms, and those who own 2-5 acres on the fringe of urban areas, among others. We were joined by University of Minnesota professionals that have a small farms team in place and talked through the challenges and opportunities that exist within this team. We then evaluated how we could put a similar system in place with NDSU Extension. I think this is a very valuable effort, especially within Burleigh County, and I hope to see more development in the near future!

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 2019
- 4-H Volunteer Day at Papa’s Pumpkin Patch- Sat. 14-15
- Teddy Roosevelt Day-Sept. 22

October 2019
- Diabetes Prevention Program starting the week of Oct. 7
- Stepping On at Touchmark starting Oct. 10 for seven weeks
- 4-H Fun Night - Oct. 14, 4-7p
- Home Alone - Oct. 17
- Mindful Eating & Sustainable Ag Youth Day Camp – Oct. 17

November 2019
- Bath Bomb Project Day - Nov. 1, 10a-12p

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