Financial Literacy - Doll
I started a five week financial literacy program for 2nd graders at Roosevelt Elementary. We are focusing on the standards for 2nd grade math that relates to money. So far students have set a savings goal and learned about the dollar bill. Future lessons include math problems with coins, wants vs. needs, and making a savings jar.

Youth Project Day: Barn Quilt - Doll, Fisher
Amelia taught 10 youth about the history of barn quilts. Youth then learned how to lay out a quilt block. Several commented on how they couldn’t believe how much math went into quilting. Over the two nights, youth were able to get their quilt block laid out, and started taping and painting.

4-H Member Kyra Jirsa works on taping out her barn quilt. Kyra choose to do a log-cabin block. Some believe the log cabin block was used to communicate during the Underground Railroad that slaves had reached a safe house.
See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.

Crop & Livestock Contacts - Burdolski
January yielded 14 inquiries on topics like cattle rations, commodity elections, rental rates, and noxious weeds.

Ag Marketing Club - Burdolski
We held one Ag Marketing Club for the month of January. Martinson Ag spoke with our 7 attendees about crop insurance, grain updates, and some pressing questions for the 2019 year. Thanks to Kyle Olson for setting this up!

Horticulture Contacts - Burdolski
This month we received 10 inquiries regarding horticulture and forestry related topics, like soil testing, lawn establishment, and weed control. It seems people are itching to start planning for planting in the spring!

Pesticide Testing - Miller
In the month of January there were 3 tests administered. One commercial tester in the areas of Ground Core, Ag Pest, and Fumigation.

Master Gardener Training - Burdolski
This year, we have six students attending class in the Burleigh County satellite site for the Master Gardener training. This course is an excellent example of the impact NDSU Extension can have on the community. According to Esther McGinness, the Director of the Extension Master Gardener Program, Burleigh County contributed 471.25 volunteer hours and donated 30 lbs of food in 2018. With the standard value of a volunteer hour in North Dakota being $25.29, that’s $11,917 in added value to the community in Burleigh County alone. Esther also released an impact statement that expressed that in the past six years the Master Gardener program has contributed over $1.1 million in value to North Dakota. Amazing!

School-wide Nutrition Program-Dorothy Moses - Johnson
As part of school-wide nutrition education, I started teaching On the Move to Better Health and On the Move to Better Health Jr. at Dorothy Moses Elementary School. On the Move to Better Health is a five-week program for fourth-graders that aims to increase fruits, vegetables, whole grains and calcium-rich foods in the diets of children while decreasing consumption of sugar sweetened beverages, and improving fitness habits. Three classrooms of students are keeping track of their healthy activities as they progress around a map of North Dakota while earning rewards for meeting nutrition and fitness goals.

On the Move to Better Health Jr. is a five-week program for second-grade students focusing on making healthy choices from the MyPlate food groups. Each lesson includes a book that reinforces nutrition messages as well as physical activities. Four classrooms of students are tracking what they eat and drink from one food group each week until they are familiar with the whole MyPlate at the end of the course.

Nutrition, Food Safety, & Health
Dan’s SuperMarket Recipe Demo - Johnson, Westby
National Peanut Butter Day is January 24th and National Bean Day was January 6th. Creamy or chunky, with chocolate or with jelly, peanut butter has been an American staple for generations. Customers stopped and enjoyed some protein packed peanut butter in the Peanut Butter Bread and Peanut Butter Black Bean Brownies during our food demo this month at Dan’s SuperMarket South. Adults were pleasingly surprised at the flavor and texture of the PB Black Bean Brownies, where children were a little more hesitant to try them once they learned there were black beans in them. The brownies are made without any flour – just the black beans for the structure.

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 January, twelve people worked together to CREATE homemade pizzas. Creating pizzas at home tend to be better for your health and your wallet. Homemade pizzas will have less sodium, fat, and maybe even calories. Depending on your ingredients it will likely have more vitamins, minerals, and fiber than one from a restaurant or the freezer aisle. Mexican Spicy Bean Pizza and Fruit Pizza were the two kinds of pizzas prepared during this CREATES session.

On The Move to Better Health, Jr. – Grimsrud Elem. School - Westby
Forty-two 2nd grade students are receiving nutrition education through this program, as well as their parents are getting weekly newsletters on each of the food groups to keep them updated with what is happening in their children’s classrooms. So far we have studied the Dairy, Fruit and Vegetable groups. Each newsletter that goes home contains information about what we studied in the lesson, questions to ask their child, a recipe including ingredients from that food group and a section for the family to discuss and set nutrition and fitness goals.

Nourishing Boomers and Beyond – Burleigh Co. Senior Center, Nourish Your Muscles - Westby
Maintenance of muscles plays a major role in healthy aging. By taking care of your muscles you can impact your quality of life now and in the future. This program contains information on why protein is so important in our diets, signs you may not be getting enough protein, how much protein is needed daily and discussion of protein foods and recipes. This program included a workout band with an exercise guide. With the large number in attendance, I ran out of the workout bands that day and some attendees visited the Extension office later in the week to obtain extras.

Peanut Butter Black Bean Brownies and Peanut Butter Bread Samples.
I attended the Natural Resources Management Team In-Service via internet connection on Jan 25, 2019. Here we discussed existing resources, successes, and direction for the future in regards to programming and research.

Tune in Tuesdays noon to 12:30pm. This month Agent Beth Burdolski covered the following topics on the weekly Extension Report:

- Pesticide Recertification Trainings – 1/22

"The North Dakota agricultural Experiment Station (NDAES) and NDSU Extension contribute greatly to the economic success of North Dakota's agriculture and meeting residents' needs. I am pleased to share many of our accomplishments in the 2018 Annual Highlights."

- Greg Lardy
  Interim Director, NDSU Extension

- Feb 4, 11, 25 – Stepping On Workshop @ Morton County
- Feb 5 – Burleigh County Pesticide Training, 1-4 PM, Burleigh County 4-H Building
- Feb 11, 7pm – 4-H Council Meeting
- Feb 12 – Burleigh County Agri-International, Bismarck Events Center
- Feb 12 – Burleigh County Commodity Elections, 12 PM, Bismarck Event Center
- Feb 12 – “Planting the Seed: The Evolution of Agriculture through Technology!” Panel, 11:45-1PM, Bismarck Civic Center
- Feb 12 – Burleigh County Pesticide Training, 10-3 PM, Bismarck Event Center
- Feb 19- Nourish Your Muscles, Amazing Gray Group @ Charity Lutheran
- Feb 19 – BSC Marketing Club, NDSU’s Frayne Olson & Tim Petry, Bismarck
- Feb 19, 1:15-4pm – Home Alone: Are You Ready?
- Feb 27-Healthy Cooking @ Burleigh Co. Public Health
- Feb 26-27 – Farming and Ranching for the Bottom Line, BSC National Energy Center for Excellence, Bismarck
- Feb 28 – Burleigh County Pesticide Training, 6-9 PM, Burleigh County 4-H Building

- Mar 5 – Burleigh County Pesticide Training, 9-12 PM, Burleigh County 4-H Building
- Mar 15-16 – Bismarck Mandan Home Builder’s Association Home Show, Bismarck Events Center
- Mar 19 – Morton County Ag Day, Burleigh County 4-H Building