State Fair Judging – Burdolski, Doll, Halstengard, Westby
We spent the day up at the North Dakota state fair judging 4-H exhibits from across the state. Amelia judged photography, Beth judged crops, Alice judged food, and Sam judged cake decorating and jewelry.

Consumer Decision Making – Doll, Halstengard
On July 24, we were again at the state fair, this time, to work with consumer decision making youth. Amelia took reasons and judged the group think while Sam served as a group leader. Consumer Decision Making is a contest that teaches youth how to make informed consumer decisions.

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

**Static Day**

**Achievement Days** – Doll, Fischer, Miller, Halstengard, Burdolski, Westby

We had another great year for achievement days. While this time of year is exhausting, it is very rewarding to see the youth showcase their hard work.

**Static** – We had 85 youth who showed a total of 498 projects. The judging is made possible through the volunteer efforts of 35 judges. Two hundred ninety projects were sent to the state fair for judging on the state wide stage. Many of our Burleigh County members received excellent placings on the state wide stage.

**Small Animal Day**

**Small Animal** – Small animal night continues to grow as we see new and sometimes, unique animals. This year we had 30 4-H’ers showcase their animals in the show.

**Cloverbuds**

**Static** – We had 85 youth who showed a total of 498 projects. The judging is made possible through the volunteer efforts of 35 judges. Two hundred ninety projects were sent to the state fair for judging on the state wide stage. Many of our Burleigh County members received excellent placings on the state wide stage.

**Livestock Day**

**Livestock** – The livestock show was held on July 12, we had 25 4-H’ers participate in the livestock show. Several youth advanced to the state fair for 4-H shows and/or the open show. All livestock 4-Her’s participated in the premium sale, the sale consisted of buyers from local businesses that were personally invited by 4-Hers. The premium sale was very successful with all funds going back to our Burleigh County Livestock 4-H youth.
State Fair results
Burleigh County youth had another great year at the fair. As we unpacked the boxes of static exhibits there were several dark purple (grand), light purple (reserve), and orange (honorable mention) ribbons on projects. New at the fair this year was the Rube Goldberg competition. The Burleigh County team received Grand Champion for their contraption.

The livestock ring was no exception to the wonderful things our 4-H kids do. Five 4-H’ers from Burleigh showed at the fair and walked away with nothing lower than a blue. Several purples were also seen hanging from the stalls of our members.

While the numbers of 4-H’ers showing horse from our county was small, the two girls gave it their all and showed the state what Burleigh County is made of.

ARS Friends and Neighbors’ Day – Burdolski
On July 19th, I participated in the Friends and Neighbors’ Day at the USDA-ARS Research Lab in Mandan, ND. This event is a great way to connect the public with the agricultural research that happens right in their backyard. Hundreds of people from the Bismarck/Mandan area came out to learn about soil health, grazing systems, NDSU variety trials, and drone technology. Along with Marissa Leier and Morton County FFA members, we facilitated the children’s activities. The kids had fun coloring, making crafts, and doing hands-on activities learning about agriculture.

Birds, Bugs, and Slugs – Burdolski
On July 27th, I was the guest presenter at the annual “Birds, Bugs, and Slugs” event at the Former Governor’s Mansion. This event was geared to children between the ages of 2 and 8. Kids could participate in an urban “wildlife” themed scavenger hunt, coloring sheets, story time, and learn more about the animals and insects in their own backyard. I did a few hands-on activities with them focused on pollinators. We had the children be butterflies, collecting “nectar” candy and learning about how pollination works. I was assisted by one of our Master Gardeners in Burleigh County.

Marissa Leier,
ANR Agent in Morton County,
helping kids with their crafts at Friends and Neighbors’ Day.

Beth Burdolski teaches kids about pollination at the “Birds, Bugs, and Slugs” event at the Former Governor’s Mansion in Bismarck.
Poultry Testing – Doll
In order for poultry to be exhibited anywhere in the state, all birds have to be tested on an annual basis. I tested several 4-H’ers birds in preparation for Achievement Days.

Agriculture & Natural Resources

Agriculture & Natural Resources Calls - Deckert
I fielded 7 calls pertaining to weed control in pastures and mosquito control with horses.

Horticulture & Forestry

Horticulture Contacts – Burdolski, Deckert
The month of July yielded 215 calls, walk-ins, contacts, house visits, and emails.

KX News Feature – Burdolski
I was featured on KX News on 7/18/18. She spoke about what weeds are edible, how to identify them, and how to prepare them.

Interview with Bismarck Tribune – Burdolski
I was contacted by a writer for the Bismarck Tribune for her thoughts on trendy garden plants for the fall season. I spoke on what calls and questions I’d been receiving this season, specifically about heirloom varieties, leafy greens, and squash varieties being grown to substitute for high carbohydrate ingredients. I also spoke on gardening in general being trendy for the millennial generation, and how there has been an increase in interest about food safety and security. We see this in the growing popularity of farmer’s markets and gardening as well.

BISMARKET – Johnson, Westby
July 14th, we presented an on-going demonstration and food sampling at Bismarket. Our food item was Zucchini “Noodle” Salad, a wonderful dish of spiralized zucchini with a homemade Italian dressing, peppers, cucumbers, red onion, and tomatoes. We gave out all recipes we brought with us and noticed most thought the “noodle” salad had a refreshing flavor and was a unique way to serve our abundance of zucchini.
Dan’s Supermarket Recipe Demonstration – Johnson, Westby
The recipe of choice this month was Watermelon Sundaes. This red, white and blue sundae has become a holiday favorite and is a quick and easy way to incorporate fresh fruits (blueberries and watermelon) into a tasty treat.

Stepping On - Westby
Three month booster session held to reconnect with workshop participants to review key points from the balance and strengthening program and reinforce skills that they have mastered and put into practice from the seven week workshop.

CREATES at Dacotah Foundation - Johnson
The CREATES series 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 with their own nutrition and health. In July, participants learned how to use raw foods, simple foods and even leftovers to make luscious looking salads which are fun to create and a delight to eat. Nine people worked together to create two tasty salads: Thai Noodle Salad (main course salad) and Honey Lime Fruit Toss (fruit salad). Participants all agreed that summertime is the perfect time to serve up a delicious and mouth-watering salad made with seasonal fruit and vegetables.

Food and Fun at Dakota Boys and Girls Ranch - Johnson
Cooking Camp wrapped up in July at Dakota Boys and Girls Ranch. Finally, mid-July we were back in the regular kitchen so gained more flexibility in our options for food preparation.

The hi-light of Cooking Camp for many students was building a pizza from ND’s locally grown and produced foods and making ice cream in a bag. The students left Cooking Camp with increased skills and confidence in the kitchen. No two campers could agree on a favorite recipe or favorite part of the Cooking Camp experience. “I liked the fact that it was hands on and I myself really enjoy that” and “I got to make stuff myself” were statements made by the students.

On The Move Cooking Camp – Johnson, Westby
July 23 – 25 were the dates for the OTM Cooking Camp held at the United Tribes Technical Center. Twenty youth, going into the 5th, 6th or 7th grades participated in this hands-on event. Students learned to read and follow a recipe, measure ingredients, correctly name kitchen equipment and were able to practice 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 for a meal. Campers prepared pumpkin muffins, using squash that had been raised and processed at the UTTC. They also made fruit salsa and cinnamon chips, green monster smoothies, pizza and focaccia bread. 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. 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.

**Ag Agent Receives National Award at the Soil and Water Conservation Society Meeting—Burdolski**

The 2018 Soil and Water Conservation Society international meeting was held in Albuquerque, NM on July 28-Aug 1. I received the international Commendation Award, which is awarded to a society member who has made exceptional contributions to their local chapter. I received this award for my service as council representative and president-elect, and responsibilities planning the 2017 annual meeting for North Dakota. The North Dakota chapter also received the Outstanding Chapter Award and Chapter Achievement Award.

**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.

**August 2018**

- Nourish Your Body, Medications – topic for Burleigh Co. Senior Center on August 16, presented by FCW Agent.

**September 2018**

- Start of 4-H year, September 1
- 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.
- Teddy Roosevelt Day, McDowell Dam, September 30, 1-4pm

**October 2018**

- Stepping On workshop begins October 4, at Burleigh Co. Sr. Center, 2 hour sessions for seven weeks.