Achievement Days – Burdolski, Fischer, Fischer, Fisher, Miller, Wendt, Ziemann-Bolinske

We had another smashing year for achievement days. This time of year, it is very rewarding to see the youth showcase their hard work and creativity.

Static – We had 555 projects from 129 4-H’ers. The judging is made possible through the volunteer efforts of 35 judges. Three hundred and twenty one projects were sent to the state fair for judging on the state-wide stage.

129 Static 4-H’ers

Static exhibitors
Small Animal – Small animal night continues to grow as we see new and sometimes, unique animals. This year we had 29 4-H’ers showcase their animals in the show including dogs, cats, guinea pigs and even a rat.
**Livestock** – This year, we moved locations for livestock day due to inclement weather and arena conditions. We are sending a big THANKS to Kist Livestock Auction for allowing us to use their facilities for the day. The livestock show was held on July 11, we had 21 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.

Our 4-H horse showmen placed in several events: Hannah Fischer received 5th place in Western Horsemanship, senior division; Emma Ann McKenzie 3rd place in intermediate keyhole racing and intermediate barrel racing; and Tiffany Sonnenberg placed 2nd in senior barrel racing.

In the poultry show, Megan Zins received Grand Champion in Trio of Young Birds, Chicken Standard Breeds. Way to go, Megan!

In the livestock shows, we saw a number of Burleigh County 4-Hers come home with blue ribbons. Blake Wollmuth’s junior yearling Hereford heifer placed as Reserve Champion. Macey Filipek received a blue for her spring yearling heifer. Emilie Filipek received blue ribbons for her spring ewe, senior yearling heifer, and market beef steer. Lastly, Karsten Peterson had a spring ewe that received Reserve Champion along with two additional blues for his spring ewe and spring ram lamb. All of our livestock showmen sure make us proud!
The Rube Goldberg competition donned its second year at the fair with three Burleigh County youth earning Grand Champion ribbons in the junior division for their ingeniously, overcomplicated invention to do a simple task.

Growing Life Skills – Burdolski, Fischer, Wendt, Ziemann-Bolinske
We concluded this five-week gardening program with 25 2nd graders in CampEd at Solheim Elementary. The students experienced hands-on learning activities, as well as exercised their critical thinking skills by answering questions about plants and pollinators. Some of the feedback we received from the students was that they valued learning how to work together and knowing how to take care of plants. This program was funded by legislative dollars dedicated to the Junior Master Gardener program.

Consumer Decision Making – Fischer, Wendt
For the past five Wednesdays a group of eight individuals met to practice and study Consumer Decision Making. This program helps youth develop critical thinking, problem solving, and the confidence and speaking skills needed to defend decisions you have made. A group of seven juniors, age 8-12 competed at the North Dakota State Fair. We are so proud of them for trying something new and doing so well.
4-H Survivor Discovery Camp – Fischer, Wendt, Ziemann-Bolinske
During the last week in July, we organized and provided many hours of programming at a week-long camp for 40 3rd-5th graders at Survivor: Discovery camp. The youth were immersed in hands-on learning activities such as: fishing at Lake Audubon with ND Game & Fish park rangers, learning how to build a fire, following animal tracks, geocaching, archery, using their senses to evaluate food, building shelter and outdoor first-aid.

ARS Friends and Neighbors Day – Burdolski, Fischer, Wendt
The Northern Great Plains Research Lab in Mandan hosted its annual Friends and Neighbors Day on July 18th. Attendees had the opportunity to meet and interact with local agriculture groups, learn about ongoing research, and NDSU Extension sponsored the children’s activities for the day.

ND State Horticultural Society Meeting – Burdolski
Kidder County Agent Penny Nester and I delivered a seminar on soil testing and amendments at the North Dakota State Horticultural Society meeting. We covered how to take a sample, what we analyze for, and how and what to properly apply from the results of your soil test. In the Saturday session, our Burleigh County Pollinator Gardens were highlighted on the tour agenda as well.

Horticulture Contacts – Burdolski
July was another eventful one! Even when we are busy with programs and events, the phone doesn’t stop ringing. I had roughly 195 calls, site visits, emails, and walk-ins related to horticulture and forestry. This included questions related to topics like vegetable pests and diseases, weed identification, fireblight, lawn care, and mushrooms.

Pesticide Testing - Miller
In the month of July there were 7 tests administered. Two commercial testers in the areas of Ground Core, Right of Way, Home Industrial and Fumigation. One private tester completed the 60 question exam.

Mindful Mindless Eating – Fischer, Wendt, Ziemann-Bolinske
Why do we eat when we are not hungry? How do ads trick people into buying foods? These are a couple questions we ponder during this program aimed to bring awareness to what and why people eat what they eat. This program was offered at Bismarck Senior Center during our monthly nutrition programming in partnership with Bismarck Burleigh Public Health. We discussed the four worst food habits, using food as: a reward, comfort, punishment, and guilt. We had feedback that they enjoyed the activity we did in savoring a small piece of chocolate and eating it mindfully.
Dan’s Supermarket Recipe Demonstration – Johnson, Wendt

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 and colorful treat.

July, campers prepared pumpkin patch pie, pretzels, black bean brownies, cornjacks, trail mix, fruit pizza, veggie pinwheels and easy lasagna. They also explored how our five senses play an important role in determining our food preferences (likes/dislikes) and help us to evaluate food. What the youth said they liked best about the Cooking Camp was cooking and eating the food.

The Senses and Food – Johnson

Twelve people at Heartview Foundation received a nutrition lesson on The Senses and Food. There are 5 senses used when tasting food and drink, e.g. sight, hearing, smell, taste and touch. There are 5 basic tastes—salt, sugar, bitter, sour and umami. The size, shape, color, temperature and surface texture all play an important part in helping to determine your first reaction to a food. Participants gained appreciation that the sense of sight is linked to our perception of flavor and realized that color gives us clues as to what we can expect a food to taste like. When given colored, flavored portion cups of whipped topping participants had difficulty correctly identifying food flavors that were miscolored. For example, the green whipped topping was bubble gum flavored not lime or green apple flavored. Participants actually had to close their eyes while tasting the whipped topping so to not be influenced by the color their eyes were seeing.

Cooking 101 at Dacotah Recovery Center – Johnson

I began a new cooking series with the folks at Dacotah Recovery Center. The series provides single people and couples with cooking, food safety and nutrition advice. Each lesson has its own booklet which includes recipes, a week’s worth of menus and grocery lists to help you buy foods that will provide well-balanced, nutritious meals. The first lesson included information on essential kitchen equipment, such as a large, nonstick skillet; 3-quart saucepan; colander; cutting boards; measuring cups and spoons; can opener and food thermometer as well as buying and using a slow cooker. In July, eight people worked together to prepare Sloppy Joes and Baked Sweet Potato Fries.
CBD Hemp Day – Burdolski
On July 19th, I attended the ND Department of Agriculture’s informative session about growing hemp for CBD purposes. This event had a great turnout, with producers from around the state in attendance to ask questions about North Dakota’s newest crop.

Soybean Marketing Update – Burdolski
The ND Soybean Council hosted a marketing update seminar on July 25th, hosted simultaneously in Bismarck and Fargo. At this seminar, producers and other interested individuals learned about the weather forecast from NDAWN director Daryl Ritchison and marketing strategies and outlook from NDSU professor Frayne Olson.

Burleigh County SCD Cover Crop Tour – Burdolski
I had the opportunity to attend the Burleigh County Soil Conservation District’s Cover Crop Tour out at the Menoken Farm on June 23rd. Producers and industry professionals from all over attended to learn about soil health, livestock integration, companion cropping, and bio-inoculants.

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 2019
- Envirothon Train the Teacher; 4-H Camp in Washburn, Aug 13
- America’s Grasslands Conference; Bismarck, Aug 20-22

September 2019
- Home Alone registration opens on Sept 17

October 2019
- Burleigh County 4-H Fun Night; Oct 13 at 4 PM

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