
In partnership with Bismarck/Burleigh Public Health, Bismarck Fire, Bismarck Police Department, Burleigh County Emergency Management, ND Public Health and Bismarck Parks and Rec we held a class for 91 youth from around the area. This class focuses on helping youth gain skills to be healthy and safe when staying home alone. Youth rotated through sessions, allowing us to offer the class to more youth.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.
**Growing Life Skills – Burdolski, Ziemann-Bolinske, Wendt, Fischer**
Over the course of five weeks, our Extension team visited with 25 2nd graders in CampEd at Solheim Elementary to offer Growing Life Skills. These lessons covered topics like what is required for plants to grow, runoff, pollinators and other beneficial insects, and GMOs. The students experienced hands-on learning activities, as well as exercised their critical thinking skills by answering questions about plants and pollinators. This program was funded by legislative dollars dedicated to the Junior Master Gardener program.

**Healthwise – Sun Safety – Fischer**
This month at the Bismarck Senior Center, we offered a lesson to remind the nine attendees of the importance of the 5s’s in Sun Safety: Sunglasses, Sunscreen, Long Sleeves, Seek Shade and slap on a hat.

**Horticulture Contacts – Burdolski**
During the month of June, I received an overwhelming 161 contacts related to horticulture and forestry. These calls, walk-ins, emails, and house visits asked questions related to topics like cankerworms, ash anthracnose, plant identification, herbicide damage, galls, and lawn care.

**Master Gardeners and Pollinator Garden Recognized at Awards Banquet – Burdolski**
Our very own Burleigh County Pollinator Garden was presented with the 2019 NDSU Extension Master Gardener Public Garden Award! This award is well-deserved recognition for all of our Master Gardeners’ hard work including upkeep, tours, 4-H Youth Project Day, insect presentations and the making of bee houses. Thank you to all of our Master Gardeners who have helped make this garden a success!

**Human Development & Family Science**

**Horticulture & Forestry**

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Dan’s SuperMarket Recipe Demo – *Johnson, Fischer*
Yummy Peach Smoothie was the featured recipe for June’s food demo at Dan’s Supermarket South. The Yummy Peach Smoothie is a tasty calcium-rich snack or breakfast drink featuring both milk and yogurt, perfect for celebrating June as National Dairy Month. Making this healthy, peach smoothie is as easy as gathering your ingredients and tossing them into the blender until they’re nice and smooth. Serve immediately and you’re all set with a relaxing drink that’s both easy and extremely satisfying.

On the Move Cooking Camps – *Johnson, Ziemann-Bolinske, Westby, Fischer, Wendt*
Several Cooking Camps were offered this summer as a collaboration between NDSU Extension Burleigh and Morton Counties. The Cooking Camps, held at Wachter Middle School, were for youth in 5th, 6th or 7th grade and spanned over three days. Fifty-one youth participated in the Cooking Camps. Students learned how 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, food preservation, and yeast breads. Campers prepared muffins, green monster smoothies, fruit salsa and cinnamon chips, mini pizzas, strawberry jam and pretzels. On the final day of camp, they prepared a brunch that included an egg and sausage dish (Hunter’s Feast), cornjacks and baked apples. They were all very impressed with their accomplishments and eager to share the recipes with their families.
Food & Fun at Dakota Boys & Girls Ranch
– Johnson
An eight-week Cooking Camp began at Dakota Boys and Girls Ranch. I meet with three different groups of youth two times per week to teach them about nutrition and health as they explore hands-on food preparation. In each session, students learn basic food preparation techniques then practice the techniques when preparing the selected recipe. In June, campers prepared blueberry muffins, green monster smoothies, breakfast banana splits, mini pizzas, black bean & corn salsa and Hunter’s Feast. Many of the youth stop by before their session just to see what they will be making that day.

CREATEs at Dacotah Foundation – Johnson
The CREATEs series wrapped up this month at Dacotah Foundation. The 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 June, ten people worked together to CREATE an Omelet. Participants learned the difference between an omelet, frittata and quiche and received hints for making the perfect omelet. Mini Ham and Egg Quiches and a Broccoli Cheese Frittata were the two kinds of egg dishes prepared during this CREATEs session.

Rethink Your Drink Lesson – Johnson
Five people at Heartview Foundation received a nutrition lesson on Rethink Your Drink. Many people don’t realize how much sugar content and how many calories are in common beverages. Choosing the right beverage is important to maintain a healthy diet and staying hydrated and energized. The group was amazed at the sugar content of so-called “healthy” drinks such as sports drinks (Gatorade and Powerade) and Vitamin Water. The participants were encouraged to use the traffic light system as a guide to help you choose healthy beverages if you’re thirsty.

Western Weed ID – Burdolski
I attended the Western Weed ID training held in Dickinson on June 3rd. At this training, Ag Agents from around the area met with Specialists to refine our plant identification skills and learn about other topics like Palmer Amaranth and roles of the Weed Officer and Weed Boards. We then took a walk through the Dickinson Research Extension Center campus to identify weeds in the field.

Public Service Announcements
PSAs go to over 100 media contacts; this month
- What Are These Worms In My Trees?

Burleigh County Extension Events and Calendar
If you are interested in receiving notification of any programs, events or newsletters provided by NDSU Extension - Burleigh County please sign up at tinyurl.com/NDSUBurleigh.

July 2019
- July 9-11 – Burleigh County 4-H Achievement Days
- July 11 – Burleigh County SCD Garden Tour, Menoken Farm
- July 18 – ARS Friends and Neighbors Day, Mandan
- July 23 – Burleigh County SCD Cover Crop Tour, Menoken Farm
- July 26-27 – ND State Horticultural Society Meeting, Bismarck

August 2019
- Aug 14 – Envirothon Train the Teacher, Washburn