Dynamite Kids – Westby

I presented a healthy eating demonstration at the Dynamite Kids 4-H meeting on March 18. Chicken Stir-Fry and the 4-ingredient Chocolate Mousse were the recipes of choice. The 4-H members assisted in the making of the mousse and in serving both of the food items.
See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.

Family Fitness Night, Sunrise Elementary

School – Westby
Sunrise Elementary held its Family Fitness Night event on March 15th. I participated with a healthy snack display as well as information on The Family Table and 4-H events that the youth could participate in. Over 200 snacks of grapes and pretzels were given out and about 400 students and parents participated in the event.

Agriculture and Natural Resources Contacts – Burdolski
In March, I received 16 calls, walk-ins, emails, and other contacts on topics like land rents, chicken feed, alternative feeds for livestock, and pesticide licenses.

Pesticide Recertification Trainings – Burdolski, Miller, Westby
Burleigh County hosted its final private recertification training for pesticides on Mar 5th. Calla Edwards (the ANR Agent in McLean County) and I teamed up to deliver our trainings, focusing on topics like dicamba violations, ergot, Palmer Amaranth and Houndstongue, and an update on issues and trends. We wanted to make this training more interactive, so we utilized the TurningPoint clicker system to teach attendees how to use the Weed Control Guide, read a label, and identify common weeds in North Dakota. This portion was well received! Alice Westby delivered a section on laundering pesticide-contaminated clothing.

Pesticide Testing - Miller
In the month of March there were 16 tests administered. Eight commercial tester in the areas of Ground Core, Ornamental & Turf, Home Industrial, Public Health, Vertebrate, Right of Way, Ag Pest, Seed Treatment and Fumigation. Two private testers who completed the 60 question exam.

Horticulture/Forestry Contacts – Burdolski
You can tell people are itching to get out into their gardens again, because we’ve started to receive more horticulture and forestry calls again. The month of March yielded 19 calls, walk-ins, emails, and other contacts related to questions on winter injury in spruce trees, pruning, lawn care, and vole damage.

Alice with “Clark the Lark” and at her display table.
**Master Gardener Training – Burdolski**

Through March, we continued to host a training site for our Master Gardener training. This month, students learned about topics like weed identification, cultivar selection, vegetable pests and diseases, and food preservation. On March 1st, I delivered a presentation to the course on no-till gardening. This presentation was used for the core course as well as the specialized course for attendees from Fort Berthold.

On Mar 29th, we held out last class of the season for our Master Gardeners. To celebrate, we held a lunch potluck beforehand and invited our Master Gardeners in the area to meet our new interns, socialize, and learn about opportunities to volunteer through the program in Bismarck/Mandan.

**Spring Fever Garden Forums – Burdolski, Fischer, Westby**

The first of four garden forums was hosted at the Burleigh County Extension building, with the remainder occurring in April. Over 50 attended this session, where we hosted in our two conference rooms.

**Annie’s Project – Burdolski**

On March 26th, I took a trip over to Steele to visit the Kidder County Annie’s Project group. Soil health came back as a popular topic that the women wanted to learn about, so I delivered a presentation on soil health, texturing, soil sampling, and fertilization recommendations.

**Healthy Snacks Presentation - Johnson**

I gave a presentation titled “Snacks for You and Yours” to a group of four people at Heartview Foundation. We discussed the importance of snacks, analyzed our snack choices, discovered how to boost one’s nutritional intake with fun and enticing snacks, and learned ways to replace mindless snacking with mindful snacking. At the end of the presentation, participants each prepared a healthy snack—Yogurt Berry Grahams.
Guacamole Dip was the featured recipe for March’s food demo at Dan’s SuperMarket South. With March being National Nutrition Month the focus was on healthful eating. Popular in Mexican cuisine, avocados are mashed and mixed with chopped onion, tomatoes and spices to form a tasty green dip known as guacamole. Avocado technically is a fruit but it is used as a vegetable. Avocados contain more fat and calories than other fruits and vegetables. One-fourth cup of pureed avocado has about 96 calories, 9 grams of fat and 4 grams of fiber. Show your green with a little Guacamole Dip!

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 March, six people worked together to CREATE a Smoothie. Smoothies are a good way to incorporate many of the MyPlate food groups. Smoothies made with low-fat dairy products, fruits, vegetables, and protein make a nourishing, quick and inexpensive breakfast or snack. Yummy Peach Smoothie, Chocolate Berry Smoothie, Green Monster Smoothie and Yogurt-Berry Smoothies were the different kinds of smoothies prepared during this CREATE session.

On the Move to Stronger Bodies - Johnson

The On the Move to Stronger Bodies series, a six-lesson curriculum that focuses on building strong bones and muscles through healthful food choices and physical activity, began in the 5th grade classrooms at Dorothy Moses Elementary School. This curriculum aims to increase knowledge and change behavior related to nutrition and fitness through discussion and hands-on activities. The students enjoy earning coins, by making healthy choices, to spend at the incentive store at the end of the program.

Dairy Lessons at Moses Elementary - Johnson

One of the identified needs at Moses Elementary School, as the result of the Smarter Lunchroom Movement, was milk consumption. Students would take milk but not drink the milk so much of it ended up in the garbage. I am continuing my efforts to educate the first grade classrooms at Moses on the importance of dairy in our diet. In our first lesson students learned how milk goes from cow to carton, about the different foods that are in the dairy group (i.e. yogurt, cheese and cottage cheese) and why they are healthy for them.

On The Move to Better Health, Junior – Westby

This 5-lesson curriculum is in the 3rd week of instruction at Centennial School. I have covered the dairy, fruit and vegetable group with the 2nd grade students at Centennial School to this date. The students do some food sampling as a part of the program. The lessons ask the students to track their food intake of the lesson of the week foods and each week there is a newsletter to go home with the students.
On The Move to Food Adventures – Westby
I am using this new curriculum as a pilot project out of NDSU. This six-lesson curriculum is for use with grades K to 1. During each lesson, the students explore one of the food groups through discussion and hands-on activities. The overall goal is to increase their knowledge and promote healthful food choices at school and home. Each lesson includes a book, a fitness activity (energizer), experiential activities such as preparing and taste-testing snacks, take-home parent newsletters, teacher notes and evaluation tools. I am finding the Kindergarten and the K-1 combination room students at Will-Moore School quite receptive to this and were so excited to see me on the 2nd week.

Stepping On – Westby
The 7-week program concluded this month for the 14 participants. The main focus is to learn exercises and strategies to help prevent from falling. The community speakers included a pharmacist, optometrist and a physical therapist. All attendees felt they were better equipped with awareness and exercises to have a safer home and out of home experience.

Healthy Eating Demo – Westby
I presented a lunch-time healthy eating Stir-Fry demonstration for the Bismarck Employees Active and Thriving (BEAT) seminar group. They also were able to sample frozen chocolate avocado mousse and trail mix bars.

Public Service Announcements
PSAs go to over 100 media contacts; this month
- Biosecurity for Backyard Chickens
KFYR Noon Show – Burdolski
Tune in Tuesdays noon to 12:30pm or watch online at http://www.kfyrtv.com/livestream. This month Agent Bruce Schmidt covered the following topics on the weekly Extension Report:

- March 19 – Assistance and Resources for Livestock Producers

April 2019

- Spring Fever Garden Forums – Apr 1, 8, and 15, 6:30-8:30 PM; Burleigh County Extension Office
- Field to Fork Webinars – continue Wednesdays through April 17 from 2-3 pm
- Dakota Garden Expo – Apr 5-6; Bismarck Events Center
- April 4-H Council Meeting -- April 8, 7 PM; Burleigh County Extension Office
- Life on the Farm – Apr 16-18; Burleigh County Extension Office
- Advisory Board Meeting – April 17, 11:15 am, Burleigh County Extension Office
- “Coffee Time” presentation @ Burleigh County Senior Center
- Bismarck Earth Day Festival – Apr 25; Bismarck Career Academy

May 2019

- ND State Envirothon – May 9 & 10; Crystal Springs Bible Camp
- Community Gardens opening; May 19th

June 2019

- Good Bugs Workshop – Jun 26, Menoken Farm