Farm Field Day – Burdolski, Wendt

On May 16th, Sarah Wendt and I participated in a farm field day hosted at a local producer’s ranch. This event allowed 2nd graders to rotate through stations and learn about different parts of a farm operation, including equipment, livestock, soils, and learning to make ice cream. At the NDSU Extension station, students learned about the smells and feels of the farm, using their senses to figure out what different products, feed, and seed can be used in an operation.

Beth with a group of students, using their senses at the Smells and Feels station.

Sarah teaching about how farm equipment requires a special kind of diesel fuel.
See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.

Container Gardening Demo at the Bismarck Senior Center – Burdolski
I participated in a demonstration at the Bismarck Senior Center, where I taught 42 attendees about container gardening. With more space, time and mobility limitations, container gardening has become more popular. Residents learned about selection of containers, planting, and basic care of vegetables and flowers, and got to plant their own seeds.

Horticulture/Forestry Contacts – Burdolski
Spring has sprung, and you can definitely tell by the number of calls the office has gotten related to lawns, gardens, and trees. This month, we received over 85 calls, walk-ins, emails, and house visits related to topics like grass seed, winter injury in spruce, weed control, lawn care, and rhubarb.

Community Gardens Open! – Burdolski, Wendt
The Missouri Valley Complex community gardens are now open for the season! Alongside volunteers, our office assistant Sarah and I spent the evening of May 16 plotting the gardens. Gardeners were allowed to begin planting the following weekend. Everyone is excited for another growing season!

Pesticide Testing - Miller
In the month of May there were 30 tests administered. Nine commercial tester in the areas of Ground Core, Ornamental & Turf, Home Industrial, Vertebrate, Right of Way, Fumigation and Ag Pest. Two private testers who completed the 60 question exam.
Family and Community Educators-
Ziemann-Bolinske
The Burleigh County clubs from Bismarck, Wilton and Wing areas gathered to celebrate accomplishments and memberships. We had two members of the Eagerettes club recognized for 60 years of membership and service to their community. Riverside club was club of the year for their work.

“Would you like to work with computers but have never tried it before? Or are you a bit more familiar with computers but would like to learn more? If you answer yes, this is the class for you! The class is a step-by-step guide for those who are new to computers to become comfortable and proficient using basic computer tasks to help them navigate their computers more easily. This class provides a hands-on experience, where participants can learn at their own pace and within the comfort of a familiar setting.”

-Kelli Anderson, NDSU Extension Agriculture Communication Specialist

Wool Pool – Burdolski, Wendt
The 2019 Wool Pool was held on May 24th at the Burleigh County 4-H Building. Producers from around the area were able to participate, bringing their wool to be graded and sold in the market. The office helped with publicizing, inventory, and loading of the wool.

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-Kelli Anderson, NDSU Extension Agriculture Communication Specialist
2019 North Dakota State Envirothon – Burdolski

The 2019 ND State Envirothon competition was held in Crystal Springs on May 8-10. Here, high school teams of 5 test their knowledge of soils, aquatics, wildlife, prairie, and forestry and deliver a presentation based on a current issue topic. This year, teams were given the challenge of designing a management plan utilizing precision ag technology. Burleigh County’s own team from Bismarck High School took home top honors in the prairie/forestry and aquatics trails, top honors in oral presentation, and 1st place overall. They will be attending the National Competition held in North Carolina in July! Congrats! Our Ag Agent Beth Burdolski is a member of the state Envirothon committee and serves as head trail guide for the competition.

Recipe Demo at Dan’s Supermarket South – Johnson, Ziemann-Bolinske

We found a recipe on the Dan’s weekly sales flyer showing ingredients on sale. The Ritz Cracker Tulip Bites were an easy snack with only four ingredients: tomatoes, crackers, cottage cheese and a sprig of parsley for garnish. The grape tomatoes were cut to look like tulips with a stem (parsley). Our goal with these demonstrations is to show quick, healthy recipes made from fruits and vegetables that are on sale that week.

Summer Reading Program – Ziemann-Bolinske, Wendt

During the annual event, we setup a booth to engage youth to match food items to the correct food group in MyPlate. This event is hosted by the Heritage Center and the State Library, and the goal is to engage preschool to early primary education children in reading over the summer. These are the ages we find are the most influential for developing healthy eating habits, too.

Pasta Making at Heartview Foundation - Johnson

Participants followed durum from field to table. They saw how durum made its journey from planting to harvest, to milling as semolina, to kneading and ultimately to be made into pasta. They combined semolina and water in a food processor to make a stiff dough which after resting, they divided into pieces, flattened it and ran it through a manual pasta machine. The noodles were then hung on a drying rack to dry until brittle. The group sampled a pasta dish made from the homemade noodles and took home a box of spaghetti, courtesy of the Dakota Growers Pasta Company.
On the Move to Stronger Bodies - Johnson
Lessons 5 and 6 were completed in the 5th grade classrooms at Dorothy Moses Elementary School. In Lesson 5 we discussed how to keep our bones and muscles strong with physical activity. Fitness Bingo was the hit with all classes. This bingo was unique as on certain squares there was a symbol which indicated there was a fitness activity/energizer associated with it so the students were required to get up and move. Throughout the course, the 5th graders thoroughly enjoyed earning coins, by making healthy choices, which they spent at the incentive store at the end of the program.

CREATEs at Dacotah Foundation - Johnson
Pasta Making was the theme of this month’s lesson at Dacotah Foundation. Participants followed durum as it made its journey from planting to harvest, to milling as semolina, to kneading and ultimately to be made into pasta. Five people learned the correct way to knead dough and run it through the pasta maker to make noodles. A Pepperoni Pasta Salad and Homemakers Holiday Casserole were prepared from the noodles made during this session. Participants couldn’t believe how easy it is to make pasta from just semolina and water.

Dairy Lessons at Moses Elementary - Johnson, Fischer
A Dairy Carnival brought excitement to the first graders at Moses Elementary School. The weather cooperated so the event could be held outside. Students made their way through the various stations including: Milk on the Mooove where they used milk jug scoops to pass a milk carton down the line until they had three servings of dairy, they Moooved it to the Moos-sic! with a physical activity version of musical chairs, made Cow Masks and took pictures with milk mustaches and various cow props at the Cow Photo Booth. Morgan Fischer, office assistant, lead the Milk On The Move activity. Molly Moo made an appearance at the Dairy Carnival to the delight of the children in attendance.

“Molly Moo” aka Marie Gabel
A visit from Tara Stiles of Dean’s Foods concluded the first grade Dairy Lessons at Moses. In her presentation “The Five Senses and Food” students learned how our senses impact how we see food. They used their senses to taste different food items, hear different noises made by food, smell different foods, touch various textures of food and see/taste flavors associated with different colors of food. An ice cream treat was provided at the end of the presentation to cleanse their palate.
Central Region Conference – Burdolski, Johnson, Ziemann-Bolinske
Extension Agents and Educators within the region gather to hear current information pertaining to programming goals and budget from the District Director. Topics of discussion included: 4-H Innovation Team Report, Unconscious Bias Training and Reasonable Accommodations, Retirement Planning and IRB Training.

1 Million Cups: StartUps & StandOuts – Ziemann-Bolinske
1 Million Cups celebrated 10 years and showcased several startup businesses who returned to show their successes. It was a great opportunity to meet partners such as Heaven’s Helpers Soup Café who we plan to partner with soon. There was much discussion of opportunities for at risk populations.

Bismarck Family and Consumer Sciences Teachers Advisory Board – Ziemann-Bolinske
All FACs teachers in the Bismarck area are invited to gather to share what went well throughout the last half of the school year. At that time I share NDSU Extension programming options available for teachers to incorporate into the classroom and school environment.

Spring Professional Development 2019 – Johnson, Ziemann-Bolinske
FCW agents, EFNEP and FNP educators gather once a year during the spring to discuss impactful programming options available for us to return to our counties. “Making Connections” was the theme for this year’s session. Topics included: Classroom Management for Learners from 6 to 106; Safe and Healthy Food Pantries’ World Cultures Panel; Unconscious Bias; Germans from Russia exhibit; What’s Real, What’s Fake in Medicare/Healthcare Fraud; and How a Ship Shaped a Community Center (Hjemkomst Center).

National Urban Extension Conference – Burdolski
I have the pleasure and honor of representing NDSU Extension at the National Urban Extension Conference in Seattle, WA. Joined by three others from North Dakota, we learned about a number of programs that are implemented by other Extension organizations in urban areas. Now, comparing Bismarck to a city like New York or Phoenix was interesting, but in attending these sessions, I found that a lot of the underlying issues and needs were similar. In our breakout sessions, I got to tour Seattle’s greenspaces and living buildings. It was interesting to see the landscaping take shape to serve as a natural flow-through wetland, surrounded by pavement and building. We toured the Bullitt Center, a concept created by Denis Hayes, the founder of Earth Day. This living building is unique in how it functions almost solely on solar power, rainwater, and composting waste. I came back with a lot of ideas and enthusiasm for programming in our urban audiences!
Super Talk 1270 – Burdolski
Tune in Wednesdays from 11am to noon or listen online at http://supertalk1270.com/listen-live. This month on the Extension Connection Radio show, the following topics were covered:
• I appeared in an interview with Mick Kjar on Farm Talk radio - Burdolski

KFYR Noon Show – Burdolski
Tune in Tuesdays noon to 12:30pm. This month Agent covered the following topics on the weekly Extension Report:
• May 14: Lawn Care Tips – Burdolski
• May 28: Good Bugs Workshop – Burdolski

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.

June 2019
• June 5 – Home Alone, Burleigh County 4-H Building
• June 10 – 4-H Council Meeting
• June 15-Haystack Butte 4-H Club Achievement Day, Wing Rodeo Ground, 9AM
• June 26 – Good Bugs Workshop, Menoken Farm
• June 27 – Static Walk-Through Night, 5 PM

July 2019
• July 9-11 – Burleigh County 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

August 2019
• Aug 14 – Envirotthon Train the Teacher, Washburn

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