New 4-H year – Doll, Fisher
The new 4-H year has been off to a great start. We have several new families that have already enrolled. I have also been working with our committees to wrap up achievement days from last year and start planning for the upcoming year.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.
Presentation at Touchmark Men’s Club – Burdolski
On September 12th, I met with the Men’s Club at Touchmark Assisted Living. I provided an update on the current agricultural and political climate, including the current status of harvest, soybean storage issues due to the tariffs, and Palmer amaranth in North Dakota. We talked about their past operations and other topics.

North Dakota Weed Control Board Executive Committee Meeting – Burdolski
Members of Extension attended the ND Weed Control Board’s meeting of their executive committee on September 25th. At this meeting, management of Palmer Amaranth was the hot topic. I shared publications, posters, and other materials from NDSU Extension that would be available to Weed Officers for displaying in their counties. The Extension personnel in attendance provided input on how information on identification and control would be disseminated throughout the state, as well as the target audience of these materials.

Agriculture and Natural Resources Contacts – Burdolski
The month of September yielded 15 calls, walk-ins, emails, site visits, and contacts related to topics like soil salinity, horses, rental rates, oil jogging, nutrient value of straw, and calculating the value of corn for silage.

Garden Club Presentations – Burdolski, Westby
We both provided presentations to the Bismarck/Mandan Garden Club members on September 25th. Alice discussed dehydrating both fruits and vegetables and making fruit leather, while Beth provided tips on how to “put your garden to bed for the winter”.

Horticulture and Forestry Contacts – Burdolski
The month of September yielded 77 calls, walk-ins, emails, site visits, and contacts related to horticulture and forestry.
**Dan’s SuperMarket Recipe Demo – Johnson, Westby**

*Watermelon, Corn and Black Bean Salsa* was the recipe of choice for this food demo. As a twist on a typical salsa, no tomatoes were used and the sweet flavor of the watermelon created a pleasant surprise when served with tortilla chips.

**Healthy Living for Your Brain and Body – Westby**

I presented the Diet and Nutrition part of the program that dealt with the four areas of lifestyle habits that are associated with healthy aging. The other three areas are cognitive activity, physical health and exercise, and social engagement. This was presented to an audience at the Burleigh County Senior Center. Nikki Wegner, Alzheimer’s Association, was the co-presenter.

**Falls Prevention Week Display – Westby**

Alice participated in the Mid Dakota Clinic falls prevention week promotion. I publicized the “Stepping On” program and showed several items that can help make the home safer.

**CREATES at Dacotah Foundation – Johnson**

CREATES teaches the concept of healthy eating on a limited grocery budget. In September nine people worked together to CREATE Amazing Veggies. Vegetables are often the most neglected part of a meal, but are by far, the most nutritious part of the meal and can be the most flavorful part of the meal when prepared properly. The three veggie dishes prepared included: Roasted Potatoes, Sweet Seasoned Carrots and Zucchini Noodle Spaghetti Salad. Participants learned the art of spiralizing vegetables by making “zoodles” (zucchini noodles) for the salad.
Back To School Night at BECEP – Johnson
Healthy Snacks was the theme for the NDSU Extension booth during Bismarck Early Childhood Education Program’s (BECEP) Back to School Night. Fifty families or 100 people filtered through various activities/booths in the gym. Our bright display board featuring healthy bedtime snacks for kids and snacks made from apples (symbol for school/teachers) drew kids young and old to our booth. The apple coloring sheet with crayons and samples of snacks made from apples were the highlight for the kids while the snack samples and recipes were favored by the adults.

Supermarket Savings Lesson - Johnson
Ten people at Heartview Foundation received a nutrition lesson on $upermarket $avings and learned 16 easy tips to help them spend less and/or avoid losing money through tossing uneaten foods. The participants were very surprised at the END of the presentation by the TOTAL AMOUNT these 16 tips can save! The participants sampled name brand vs store brand peaches and determined most preferred the store brand peaches over the name brand ones. Participants received Grocery Pads to assist them with weekly menu planning and shopping with a grocery list.

National Youth Science Day training – Doll
I received training on how this year’s national youth science day project works. The focus this year is on coding and has lesson that are done both on and off line that focus on how computers and algorithms work.

New Employee Orientation and Basic 4-H 101 – Burdolski, Westby
Beth and Alice attended a four day training in Fargo designed to prepare new staff for work in Extension. Facilitation, professionalism, policies, and conducting needs assessments were all on the agenda. This training helped staff to better understand their roles and responsibilities in NDSU Extension.

Public Service Announcements
PSAs go to over 100 media contacts; this month
- Palmer Amaranth Identification Guide

Legislative Update
On September 5th, our office hosted an informational meeting for local legislators and county commissioners. There was a short presentation about SBARE’s initiatives for the upcoming legislative session as well as program area updates.
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.

**October 2018**
- October 2, 6-8pm, Bugs, Bees, and Blooms 4-H Project day
- October 4, Stepping On workshop begins at Burleigh Co. Sr. Center, 2 hour sessions for seven weeks.

**November 2018**
- November 3, 10a-3pm, 4-H vendor show
- November 4, 7pm, 4-H council meeting
- November 8, 6-8pm, 4-H project day, alcohol painting

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