Sugarbeet Plot Tour was held at the NDSU Prosper Research Site. Discussion involved Sugarbeet crop safety, fertility management and population studies. The Prosper site has received 11.5 inches of rain since mid-May.

Crop update reports were done on several radio stations: KQLX, KSJB, KWAT and KFGO. Ag Alert newsletters included issues on weed control, disease control, insect control, and side dressing nitrogen fertilizer.

Wet soil conditions have delayed planting and hampered crop growth and there will be prevent plant acres in Cass County again this year. Cass County Farm Service Agency will be taking acreage reports, so the prevent plant acres will be tabulated later this summer.

Storms June 27 produced hail which affected crops in southwest Cass County and Northwest of Casselton. Soybean plants were the most damaged in the storms.

June was a busy month preparing for Achievement Days, hosting Horse Clinics, working with producers on grazing management.

Local producers held off from turning their animals out to pasture until late May/early June to hopefully allow enough time for their grass to recuperate from the cool/dry spring. By doing this, these pastures are doing much better than those where the animals were turned out earlier this spring.

I was able to meet up with the local soil conservation employees and extension specialists to tour the county and see what programming we can host for these individuals come fall and winter.
Monique Snelgrove
4-H Youth After School Program

• This year, one of my goals has been to support and grow the 4-H rabbit project. To date, I have hosted rabbit project workshops for Cass and Richland County youth, and will judge 4-H rabbit shows in Foster County and Ransom County. Another significant project undertaking is the creation of a 4-H Rabbit Project manual for North Dakota 4-H. The rabbit project, like all small animal husbandry projects, has the ability to teach the same life skills as a large animal project. Youth learn about empathy in the care of an animal project, they learn about acceptable husbandry techniques for animal production, and they learn how to select, prepare and show a 4-H animal. But this learning doesn’t end with the youth, as one parent said during the Foster County Fair, “I learned more about rabbits in the short time she [Monique] was judging my daughter’s rabbit than I ever knew about rabbits.”

Rita Ussatis,
Food and Nutrition

• Twenty-one 4-H youth participated in the Consumer Choices judging event. This event teaches youth decision making skills. Ten individuals were named to the Cass County Junior and Senior teams which will compete at the state event. I’m currently working with these youth throughout the month to better prepare them for the state event.

• Powerful Tools for Caregivers completed the six weeks series. The Powerful Tools for Caregivers program provides tools and strategies to caregivers to better care for themselves in the caregiver role. One Participant wrote “This program gave me the ability to better take care of myself and I can take some “me” time and he will be ok for a couple of hours. What a difference this makes in my life.”

• Diabetes Prevention Program – Completed another year program with great success. One individual loss 65 pounds and her A1C dropped into normal range. Completed a 16 weeks session, also with lots of success. Began another 16 weeks class and 4 weeks into the program, participants are losing weight.

Michelle Strang,
EFNEP/FNP Adult Nutrition Program

• I teach individuals how to make healthy choices every day, but without a supportive environment these behaviors are very difficult to change and maintain. As a member of the ND Academy of Nutrition and Dietetics Public Policy Panel, I had the opportunity to travel to Washington to learn about how I can use my voice and actions to influence local, state and national policies/laws that shape (positively or negatively) our environment.

Nikki Johnson
EFNEP/FNP Youth Nutrition Program

• June was the kick off for my summer programming. Kennedy Elementary as well as Jefferson Elementary hosted nutrition classes for English Language Learners that focused on where our food comes from. Fargo Public Health and I also partnered up to provide wellness education to two sections of middle school students at Carl Ben Eielson. Finally, Upward Bound, a college access and preparation program, held weekly nutrition classes. Here approximately 40 teens learned how to cook nutritious meals for themselves and about making healthy lifestyle choices.

Todd Weinmann,
Horticulture

• The horticulture questions have been coming at the usual intense pace. In addition to the horticulture questions from Cass County, the following is for June: Moderating the NDSU Horticulture Calls, I have been asked to join and accepted being on the Extension Diversity Council, I spoke to 140 kids on horticulture/gardening at the Small Wonders Daycare Center, Worked with Valley News Live on Programming for Horticulture. Attended Cloud Training and Extension Leadership Team calls.