NDSU Harvest Bowl/Agricultural Recognition was held November 6 & 7. The event recognizes agriculture and the impact it has on the area, and awards scholarships to student athletes. Lynden Johnson, executive vice president of CHS Country Operations, was the 2015 Agribusiness Award Recipient. The County Agriculturist Award honorees from Cass County were Carl and Julie Peterson, Harwood.

Cass County Extension Agents, NDSU Extension Specialists and University of Minnesota Extension Educators met to exchange programing ideas and discuss programs scheduled. Several programs have been planned through the two state area.

In November, I attended a two-day workshop in Jamestown, ND where specialists and producers from across the region presented on utilizing different grazing methods to help keep feeding costs down, nutritional demands in beef cows, manure distribution, soil health, and water quality. These different grazing methods included winter grazing of cover crops, swath and bale grazing. I am excited to turn some of this information around and use during my winter meetings with producers.
Michelle Strang,
EFNEP/FNP Adult Nutrition Program

- With the school year in full swing, youth nutrition programming has significantly increased too. Approximately 24 different classrooms kicked off their nutrition classes for the year. Each group’s nutrition series is specific to their age, so content varies depending on curricula used. In addition to teaching classes, I have also been working on a project with several agents in Cass County and around the state called Kids, Compost, Crops and Consumption. The project is focused on teaching children about the whole food cycle and promoting involvement in gardening and increased consumption of vegetables. In the coming months, the program will be piloted to select classrooms in Cass County.

Rita Ussatis, Food and Nutrition

- I attended the National Family and Consumer Science meeting in West Virginia. A great opportunity to learn about new and exciting programs.
- Twelve classrooms with approximately 265 students completed the 5 week On the Move to Better Health program. Statements received included “I can’t believe how much I learned about eating and activity, I will try to still eat more fruits and vegetables.”
- Over 150 junior and seniors in high school attended a one-day seminar on financial planning for college. This program is sponsored Town & County Credit Union, NDSU and NDSU Extension Service. One high school teacher wrote “The session provided valuable info & helps them think through budgeting.” I co-taught “Your Money Plan.”
- Participated in the Caregiver Health Fair and promoted the program “Powerful Tools for Caregivers.”

Nikki Johnson
EFNEP/FNP Youth Nutrition Program

- I have been involved with several trainings in addition to my usual phone calls and emails. I taught raised beds and square foot gardening to the newest Master Gardener class. I was invited to the Ceremony Re-dedication of the NDSU Grandmother Earths Garden by Memorial Union that I was originally on the task force to develop and get implemented, My Extension Leadership Training meetings are coming to an end, for a part of this I was asked to review and comment on the NDSU Extension Orientation 1 Session for future Onboarding, I attended the Meet and Greet that UMN and NDSU set up. An i-Three Corps application was solicited to us (myself, Nikki Johnson, and Kelcey Hoffman) and we accepted. I have completed the following: IRB Training, Fraud Training, Sexual Harassment Training, Workforce Safety, and Baseline, Safety Training and a Video for i-Three Corps, and NELD (National Extension Leadership Development) trainings.

Todd Weinmann,
Horticulture

- I have been working in the Horticulture program in Cass County. I have been involved with several trainings in addition to my usual phone calls and emails. I taught raised beds and square foot gardening to the newest Master Gardener class. I was invited to the Ceremony Re-dedication of the NDSU Grandmother Earths Garden by Memorial Union that I was originally on the task force to develop and get implemented.

Monique Stelzer
4-H Youth After School Program

- I attended the National Association for Extension 4-H Agents annual conference in Portland, Oregon. While at conference, I attended several breakout sessions which inspired thoughts of how we can replicate or introduce program efforts in Cass County. Among these breakout sessions were: The Native 4-H Weaving Project—introduces traditional Navajo weaving techniques and skills to youth through textile weaving; Discover International Clubs—introduces activities and connections with world cultures which can be utilized by 4-H volunteers and staff; and an emerging technologies session which introduced the Aurasma app and provided tips and ideas for utilizing this app with education 4-H activities.