

# Grand Forks County

## June 2018 Highlights

# NDSU

## EXTENSION

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### Agriculture and Natural Resources

#### Sam Haugen

This past month has been filled with great educational events and many great agronomic questions! Many producers have been calling, emailing photos, or sending samples of odd things they're seeing in their fields. This is a great opportunity for the grower and myself to work together and explore if the oddity in question is a pest, if it will cause damage, and if there are any management strategies. Great connections and relationships are built during visits like that.

One of the events that I attended this past month was the North Central American Phytopathological Society annual meeting in Fargo. This is an event for researchers that work with plant diseases throughout the Midwest. I was able to learn about diseases that are common in our area, as well as learning of the newer or emerging diseases that may one day affect our crops. This event creates many relationships with experts from all over and can/will lead to a strong support network when questions arise.

### Horticulture and 4-H Youth Development

#### Carrie Knutson

June was a busy month filled with the fair, garden lessons and horticulture house calls. The Junior Master Gardeners at Century and Lake Agassiz learned about the plant parts and how they fit into Myplate, and the importance of healthy eating. Both gardens are growing really well and the gardeners have been able to harvest leafy greens and zucchini. I received 49 phone calls and emails and made 27 house calls to help residents with concerns about their trees, lawns and vegetables. It was my last fair officially serving as the "4-H" agent and it was a great fair. We had a great turn out for the statics exhibits and many animals in the barn, including two very adorable alpacas.



## Family Nutrition Program Linda Kuster

June kicked off our third year for the Forks Well Fed Program. This program gives WIC or SNAP eligible participants access to fresh and local food by receiving tokens to purchase produce at the Town Square Farmer's Market. Nutrition lessons are provided by Molly and I to help participants utilize the fruits and vegetables, and plan healthy meals for their families. In June, the class worked together to make a Mango Avocado Smoothie along with planting tomatoes in grow bags for them to take home. They were excited to grow their own tomatoes.



LaGrave Learning Center is offering extra summer activities for children in the surrounding area. Ann Hermanson (LaGrave Resident Service Coordinator) asked if I would be a part of their events. Twenty youth enjoyed making a healthy snack of "Vanilla Yogurt Berry Grahams. Alanna and Emily (summer interns) played games of ninja, freeze tag and statues with them to promote 60 minutes of play every day.

Whisks and spoons and turners...Oh My! During Summer School, Winship English Learner (EL) students participated in "On



The Move to Better Health" Cooking School. This is the first time we have offered this program in Grand Forks and it was a hit! The students enjoyed four sessions of hands-on cooking and were excited to bring the recipes home to make them with their families.

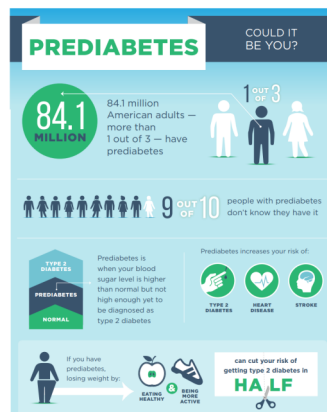
- Winship EL teacher writes "This summer, I had eight New Americans with limited English for my summer school program. We are so lucky to have had the opportunity to work with NDSU Extension. A majority of my students have come from a refugee camp and have little experience working with kitchen appliances and cooking experiences. They have learned so much...the language of cooking, safety, healthy eating, and an excitement for cooking. Thanks again for this opportunity they will never forget it."

## Family and Community Wellness Molly Soeby

June was a busy month for wellness presentations. 'Finding the Truth' was presented at a worksite wellness educational event for Prairie Harvest Mental Health. Sun Safety was presented at Mountainbrooke and a presentation on Sleep was given to the Foster Grandparents at the Grand Forks Senior Center.

The Diabetes Prevention Program that I started in February finished the CORE sessions in June. The course continues until next January.

I attended a Diabetes Prevention State



Engagement meeting in Bismarck with about 80 others in North Dakota. This was an invitation only event that brought together many of the major players working on diabetes prevention throughout the state. The audience consisted of public health employees, Blue Cross, Blue Shield and other payers, pharmacy

employees, health care organizations, and extension employees.

I continue teaching budgeting at STEP, a woman's treatment center. We have been working on short and long-term goals related to housing, employment, college, childcare issues and becoming financially stable.

We started our Forks' Well Fed Program for low income community members. We have a class with 9 families participating. They meet once or twice a month and focus on increasing consumption of fruits and vegetables. Learning to shop from a grocery ad, blanching produce so nothing is wasted, learning the benefits families gain from eating meals together, and many other topics will be covered this summer and fall.

Linda Kuster, our two interns Emily Joeger and Alanna Ivers, and I held a cooking class for the New American students at Red River. It included learning about whole grains, making whole wheat pancakes, learning a "train" line dance for the physical activity part of the lesson and enjoying the taste of their warm pancakes.