



# North Dakota Junior Master Gardener Program Grants

## 2021 Grant Application

Project name: Lettuce Do Lunch

County: Burleigh

Project Coordinator: Breanna Miller, NDSU Extension Master Gardener

Lead Organization: NDSU Extension – Burleigh County

Address: 3715 E Bismarck Expressway  
Bismarck, ND 58501

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Location of Garden: Redwood Village in Wilton and Wing Senior Center in Wing

**1. Briefly describe your garden project including its major goals. Please include a description of activities. (150 words or less)**

Elderly will experience the therapeutic benefits through hands on container gardening. Each participant will receive a pot with seeds and plants to grow a salad. This will sustain healthy and fresh produce throughout the summer months for them. A Burleigh County 4-H club will assist in assembling the container gardens. There will be education gardening lessons pertaining to salads and uses of herbs given throughout the summer. This program promotes healthy eating, physical activity and therapeutic benefits. I have reached out to Kelsey Deckert, NDSU Extension Horticulture Agent, and she is willing to provide initial lessons and assist when needed.

**2. How will your project make a difference to its *children*? (150 words or less)**

The 4-H Pledge states the following:  
I pledge my head to clearer thinking,  
My heart to greater loyalty,

My hands to larger service,  
and my health to better living,  
for my club, my community, my country, and my world.

Youth participating in this program are not only pledging their hands to a larger service but are giving back to their local community as well. The social interactions and connections made throughout this program will speak volumes given the current pandemic we are all experiencing. This project will also beautify the local community. This transfers over to a showable 4-H project. Youth on the first day will be given the same education lesson growing herbs and vegetables and maintaining container gardens. The 4-H club president and/or additional 4-H members will check in on the senior center participants during the summer.

**3. How will your project make a difference in your community? (150 words or less)**

Gardens will add beauty and a focal point to individual rooms and senior centers. Staff at the senior centers will see an increase in physical activity and it will improve overall wellbeing. Participants in the program will experience several therapeutic benefits that come from gardening.

**4. Please estimate the number of participants directly involved in the project:**

Young children (3–12 years old): 14

Teens (13–17 years old): 9

Adults: 32

**5. Briefly list any partners** (such as 4-H, FFA, school, church, garden center, parks department) that are involved. **Briefly describe their roles in the project.** Be very brief.

- Redwood Village - Hosting program
- Wing Senior Center - Hosting program
- North Stars Burleigh County 4-H Club - Assistance with assembly
- Haystack Butte Burleigh County 4-H Club - Assistance with assembly
- NDSU Extension Burleigh County - Education

## 6. Budget

<u>Expenditures</u>	<u>Amount</u>
Pots (36)	\$250
Plants & seeds	\$200
Container tags	\$130
Soil bags (14)	\$115
Herb garden supplies (seeds, container, oil, vinegar, etc.)	\$40
<b>TOTAL</b>	<b>\$735</b>

**For projects coordinated by organizations  
outside of NDSU Extension**

**(to be completed by local NDSU educator)**

Please describe your Extension office's involvement in this garden program (recruiting youth, teaching, coordinating volunteers, providing meeting space). (150 words or less)

*I will assist Breanna in this project by providing the initial educational lesson on gardening. I serve as an educational resource when called upon.*

I support this project and will work with the coordinator to ensure a positive educational experience for the youth.

Kelsey Deckert

Name of NDSU Extension staff

3/12/21

Date