



**Kayla Carlson**  
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### **Family Fun and Fitness**

Richland County 4-H held its annual Family Fun and Fitness on Sunday, February 10. This event was originally scheduled for January 27, however was rescheduled due to weather. Participants had the opportunity to participate in wood arts, cookie decorating, minute to win it games, terrarium making, Disney Trivia and engineering catapults. Of the participants who responded to the survey, 100% indicated they would use the new skills they learned. Thank you to the North Dakota 4-H Association for the grant funds to sponsor this event!



### **Communication Arts**

Communication Arts is a 4-H contest which develops participant's communication and public speaking skills. There are multiple categories for participants to present including interpretive reading, dramatic presentation, demonstration, and mass media. We had 15 4-H'ers complete at our county's contest on March 31 at the Bonanza Bagg Farm. Of the 15 participants 13 have qualified for District Communication Arts in Fargo this June. We are very proud of our 4-H'ers and the hard work they have put into their presentations.

### **Behavioral Health IVN Training**

On March 28, Richland County hosted its third annual Behavioral Health IVN Training in cooperation with Prairie St. Johns. This free training is designed for social workers, law enforcement, school counselors and those interested in mental health. This year we had 11 individuals participate in the three-hour training focusing on youth, adult and farm stress. Social workers and law enforcement had the opportunity to earn professional credits through this training.

### **Fairmount Afterschool Program**

Fairmount afterschool students participated in a STEM lesson creating their own marshmallow catapults. The lesson highlighted the basics of engineering.



### **Upcoming Events**

- Whole Grain Bread Baking: April 17
- Project Expo/Clothing Revue: April 23
- Consumer Decision Making: April 28
- Chronic Disease Self-management: Wednesdays beginning May 22
- District Communication Arts: June 6



**Ronda Gripentrog**  
Family Nutrition  
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### On the Move to Stronger Bodies

On the Move to Stronger Bodies was taught at Fairmount and Hankinson and will be scheduled in Wahpeton this spring. This curriculum consists of six lessons. It has an additional lesson which focuses on water – the role it has in our body, which foods have a high percentage of water and how much we should be drinking each day. On the Move to Stronger Bodies teaches MyPlate, making healthy beverage choices, protein rich food, calcium and physical activity.

Over the course of the series, students earn “fitness coins” by doing different healthy activities. Some activities are classroom energizers, nutrition games and tracking healthy foods they eat. During the final lesson, students are able to purchase items. Students use their fitness coins to buy pencils, balls, erasers, cookbooks, etc. Besides encouraging healthy habits, they also learn money management skills.



### Head Start

For the third year, Wahpeton Head Start received a grant from the Barry Foundation in Fargo, ND to offer the *Educate at the Table (EAT)* program. EAT consists of four lessons that provide preschoolers with the opportunity to explore fruits and vegetables, prepare simple recipes and to try new foods. Head Start asked if I would collaborate with them again this year to help facilitate the lessons. Each month, we deliver a lesson with the Head Start students and their families. During the lessons, the students are chefs and help prepare a healthy snack.

### Creates

In Fairmount I joined the 7<sup>th</sup>/8<sup>th</sup> grades and 9<sup>th</sup> thru 12<sup>th</sup> grades health class for four lessons. During the lessons, we learned about menu planning, food resource management and the importance of fruits and vegetables. During each lesson, students were able to make a healthy recipe for their class to taste test. Students made fruit smoothies, stir-fry vegetables, buffalo cauliflower bites and bean dip on whole grain tortillas.

### Buffalo Cauliflower Bites

- 1 large head cauliflower, cut into bite-size pieces
- Spray olive oil (or your favorite oil)
- 2 tsp. garlic powder
- 1/8 tsp. pepper
- 1 Tbsp. melted butter
- 1/3 c. buffalo sauce or other favorite sauce



Preheat oven to 450 F. Place cauliflower florets on cookie sheet. Spray enough olive oil over cauliflower to coat. Sprinkle garlic powder and pepper over cauliflower. Bake on middle rack for 15 minutes, turning them once during baking. Remove from oven. Melt butter and add hot sauce. Toss to cover all florets with sauce. Return to oven and cook for additional five minutes.

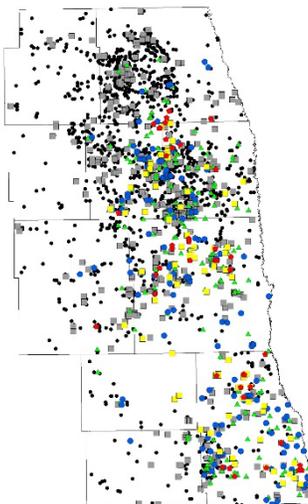


**Chandra Langseth**  
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### Richland County SCN Update

Soybean Cyst Nematode (SCN) was first documented in Richland County in 2003. Since the original identification in the county, SCN numbers continue to rise. Thanks to the North Dakota Soybean Council sponsored SCN testing program, we have been able to track that rise in SCN levels since 2013. Across Richland County multiple samples test in the 20,000 plus eggs/100cc level. We know that anything over 10,000 will likely lead to yield loss for multiple years; thus, it is critical that we address this issue countywide. The objective of the 2019 Richland County SCN Update was to 1) provide a current update on SCN and 2) discuss management options to give soybean growers all the tools necessary to manage SCN to sustain and improve current soybean yields. The meeting was held on March 11<sup>th</sup> at the Bagg Bonanza Farm; 35 farmers and agronomists attended the update. The program was funded by the North Dakota Soybean Council.



### SCN Survey 2013-2018

Red River Valley  
*Red circles indicated SCN levels greater than 20,000 eggs/100cc of soil.*



Eggs/100cc

• 0 ■ 50 200 ▲ 201-2000 ● 2001-10000 ■ 10001-20000 ● 20000+

### Eastern Crop and Pest Management School

The Eastern Crop and Pest Management School is a two day training held at the Fargo Dome. The school teaches the basics in weed, disease, soil, and insect identification and scouting procedures and is geared towards crop scouts working in the region. The 2019 school trained roughly 75 crop scouts, most are college aged or recent graduates. This year I taught the soils section of the course, focusing on diagnosing soil related issues in the field such as nutrient deficiencies, soil compaction related disorders, etc.

### Soil Education

Teaching youth about agriculture and environmental science is one of the best parts of my job. This year I've focused on teaching youth about soils. In the lesson we explore soil biology, learn about earthworms, and paint with different colored soil. Soil science is not typically covered in many classrooms so this is a great opportunity for youth to learn about a different discipline. I've taught this lesson in two classrooms and at the Wilkin County Fair.



### Upcoming Events

- April 18** Circle of Nations STEM Day, Wahpeton
- April 18** Soils Lesson, Fairmount After School Program
- April 25** Spring Gardening Workshop, Breckenridge
- May 20** Master Gardener Picnic, Bagg Farm
- May 28-30** Tractor Safety School, 4-H Camp, Washburn
- June 13** 4-H Horticulture Day Camp, Wahpeton