The Fresh Salsa Workshop on July 26 was one of the programs I planned, prepared, and presented as part of the Junior Master Gardener grant (JMG) project. Food safety, knife skills and measuring skills were taught during the workshop as fresh tomatoes, peppers, onions, and other ingredients were processed to make Pico de Gallo. Nutrition education and consumer skills were also incorporated into the hands-on workshop. The workshop was held at the Sargent Central Public School.

Junkin’ Camp was held at ND 4-H Camp in Washburn during the week of July 7-11. Camp co-chairs, Deb Lee and myself, undertook this as a brand-new camp program. It was a huge effort, and turned out to also be a huge success. Our 22 campers learned about the elements and principles of design, and applied their learning while re-purposed glass bottles and dishes, cardboard canisters, wood logs, and other items into 14 different completed projects. Our participants included two exchange students from Japan, one youth from NJ, and a diverse cross-section of North Dakota youth.

Eighty-two youth and 11 adult volunteers were involved in the Sargent County 4-H club program this year. A total of 266 static exhibits were shown at the 2016 Sargent County Fair. Thirty adult and teen volunteers were recruited to serve as judges and assistants during static exhibit entry.

Learning the principles and procedures for food safety and food preservation using the water bath method was the order of the day on September 29 when FACS students at Sargent Central made canned salsa. Some of the tomatoes that were used came from what had been planted as part of the summer JMG program.

The National Extension Association of Family and Consumer Sciences annual conference was held Sept. 12-16 in Big Sky, Montana. While there, I received a Regional Communication Award and participated in ten educational sessions, plus poster sessions on all aspects of FCS programming. Since returning from the Conference, I’ve initiated contacts to collaborate on intergenerational and youth leadership programs.