NDSU Extension Service- Benson County:
A Snapshot of Opportunities

- Leafy spurge beetle collection and distribution for biological insect control
- Home and field visits
- Tree, turf, and garden health diagnoses
- Livestock ration building
- Crop improvement seed increase program
- Pesticide certification trainings
- 4-H youth fishing project day
- 4-H Communication Arts (Public Speaking)
- 4-H Achievement Days
- 4-H Interstate Exchange program
- 4-H shooting sports program (Archery)
- 4-H National Youth Science Day offered to all 4th grade youth in Benson County
- 4-H animal showmanship clinics
- Youth gardening and nutrition education class series
- Cooking School series for low income youth
- Culturally relevant cooking classes for American Indian adults
- Nutrition education series offerings for K-6th grade youth in all Benson County schools
- Food preservation and canning classes for adults
- Annual horticulture workshops
- Lake Region Round Up, two day program highlighting production agriculture
On the Move Junior Program Improves Nutritional Intake among Children in Benson County

The Situation
More than 30 percent of North Dakota children ages 2 to 5 are considered overweight or obese (with a Body Mass Index-for-age above the 85th percentile). According to the Youth Behavior Risk Surveillance Survey (2015), 42 percent of North Dakota students in grades nine to 12 consumed vegetables less than one time daily, 75 percent of adolescents were not physically active at least 60 minutes per day, and about 12 percent were not physically active 60 minutes on at least one day during the seven days prior to the survey.

Extension Response
"On the Move Junior" is a four-week school-based curriculum that was delivered to second-graders across the state. It is based on My Plate, the current icon for nutrition, and includes children's story books and hands-on activities. The curriculum aims to improve the variety of healthful foods that children consume, especially the amount of fruits and vegetables they consume. It also aims to improve fitness habits. Parents receive newsletters and participate in goal setting and other family-based activities.

Impacts
Since 2014, 2,936 children (averaging 7 years old) have participated in the program in North Dakota. In 2015-16, a total of 1,676 students in 25 counties completed the program. They improved their knowledge of nutritional recommendations as shown by test scores:

- 89% ate more fruit
- 80% ate more vegetables
- 87% tried a new food
- 80% tried fruits of different color
- 90% engaged in more exercise

According to survey results, 83 percent of parents read the weekly newsletter. Parents reported that their children:

- asked questions about food (62 percent)
- offered help with food preparation (48 percent)
- requested healthful snacks (49 percent)
- and tried a new food (47 percent)

Feedback
Parents in Benson County said:
- "My child enjoyed learning about healthy foods she likes rather than sweets"
- "The newsletter's provided were very informative"

A Teacher in Benson County said:
- "Thanks for teaching our kids at the school on how important eating healthy is"

Public Value Statement
Improving health behaviors can increase quality of life and save millions of dollars in collective health-care costs for North Dakotans throughout their lifetime.

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County Impact
During the 2015-2016 school year, Agent Fox provided a total of 20 lessons in 5 schools. 116 students in the 2nd grade in Benson County participated in this program. The students completed pre and post surveys and results were incorporated in the overall state data.

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Lake Region Round UP
Production Ag Seminar

The Situation
Tough economic times have producers searching for ways to increase efficiency in order to pay for the cost of production. In 2016 budgets projected losses for many of the crops grown in the lake region. The strong U.S. dollar has made it a challenge for farmers to compete in the world market place and has given an advantage to other agriculture producing nations. Bumper crops over the last several years have ending stocks of several commodities at an all-time high.

Extension Response
To assist producers in making wise decisions NDSU extension agents in the Northeast district planned and coordinated the 37th annual Lake Region Round Up. This is a two-day production agriculture seminar that is hosted in the Lake Region. 50 separate presentations were offered by NDSU extension specialists, county extension agents and research specialists. A total of 39 presenters provided information at this year's event.

To be sure the content of the program is what our audience wants we solicit producers for their input. A few of this year’s seminars included:

- New Fertility Recommendations
- Weed resistance strategies
- Future farm bill payments
- Upcoming market outlook
- Soybean production research
- Cattle market updates
- County wheat midge forecast

NDSU Extension also collaborates with private industry and provides 57 different booth locations. These booth participants showcase some of the latest in technology and give producer’s a chance learn about what they have to offer.

Impacts
Over the past 10 years we have had a daily attendance of 350-400 producers. Some producers travel long distances to attend this event. In 2017 we had producers attend from North Dakota, Minnesota, Montana and the Canadian province of Manitoba.

Surveys have indicated that:

- 79 % of attending producers are highly likely to utilize the presented information on their farm the following growing season.
- 89 % of attending producers had increased their knowledge of the agriculture topics presented at Lake Region Round Up.

Producer Feedback
- Very informative
- Excellent program
- Best ag seminar I attend bar none
- Well worth the travel
- Great variety of topics
- Valuable information-great way to start of the new growing season

Public Value Statement
This program highlights new technology and marketing strategies for increased profit on the farm.

County Impact
Producers have been updated on overwintering wheat midge numbers to assist in managing this pest in their wheat in the 2017 growing season.

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- Area Agronomists
- NDSU Research Staff
- NDSU Extension Specialists
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