STUTSMAN COUNTY NARRATIVE

January – March 2019

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Christina Rittenbach, Extension Agent
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FARM BUSINESS MANAGEMENT

**Annie’s Project** – Harstad

Annie's Project is a workshop for women about management and decision-making in the complex, dynamic world of agriculture. Annie's Project is designed to empower farm women to be better business partners through a series of education sessions covering the business of farming and ranching. Penny Nester, Kidder County Extension Agent, and I teamed up to offer Annie’s Project in both Steele and Jamestown. Twelve women participated in the Jamestown session that was conducted on Thursday nights from February 21th to April 4th (the March 14th session that was cancelled due to a storm and rescheduled on April 4th). Eighteen women participated in the Steele session that was conducted on Tuesday nights from February 12th to March 26th.

![Jamestown Annie’s Project Participants](image-url)
CROP MANAGEMENT

Certified Crop Adviser (CCA) Certification and Board – Harstad
I am a Certified Crop Adviser and in order to keep the certification I need to complete 40 hours of continuing education every two years. In January and February, I attended the Wild World of Weeds Workshop, Soil and Water Workshop and Advanced Crop Advisers Workshop to receive containing education credits as well as to keep up to date on agronomic issues. I also serve on the ND CCA board as the secretary and am a member of the exam and continuing education committee.

Private Pesticide Applicator Training – Harstad, Rittenbach
This year we conducted two trainings in Jamestown with 46 people attending between both trainings. Jeremiah Lien from the Department of Ag spoke about ND state rules and regulations, Christina talked about managing farm stress and Alicia presented information on several topics including temperature inversions, reading a pesticide label, useful apps and spray drift.

Winter Ag Expo Seminar - Palmer Amaranth – It’s Here How Do We Combat it? – Harstad
During the Winter Ag Expo in January, I gave a seminar talk about why Palmer amaranth is unlike any other weed we currently have in ND and how to identify it. I also spoke about my experience from attending the NDSU Extension bus tour to Nebraska where we were able to learn about Palmer Amaranth first hand. There were about 30 people who attended the seminar.

Stutsman County Ag Update Meeting - Harstad
The Stutsman County Ag Update meeting was held on February 27th at the Extension office. Topics and presenters included: James Hyde, NDAWN Network Engineer, talked about NDAWN Weather Tools, Dr. Gerald Stokka, NDSU Extension Veterinarian talked about parasite control for cattle and I talked about ergot in wheat and soybean cyst nematode. The ND Wheat Commission sponsored a meal for the meeting.

Weed Identification and Management at Monty’s Fertilizer meeting - Harstad
I was asked to present about weed identification and management at Monty’s Fertilizer meeting that was held in Jamestown. I talked about identification of tough to kill broadleaf weeds and weed resistance management. About 30 people attended.
Palmer Amaranth Update – ND Custom Livestock Manure Haulers Meeting – Harstad
Mary Keena, NDSU Extension Livestock Environmental Management Management Specialist, asked me to speak at her ND Custom Livestock Manure Haulers Meeting about Palmer amaranth. I presented information about what makes Palmer amaranth different than any other weed we have in North Dakota and how it can potentially spread, especially through manure.

Soil Testing Clinic – Harstad
Chris Augustin, NDSU Extension Soil Health Area Specialist, presented in-depth soil fertility information at a Soil Testing Clinic on March 12th at the Extension office. The topics included figuring out what soil test you need and do not need, crop specific soil tests and new NDSU potassium recommendations. Participants were also encouraged to bring their soil tests if they had specific questions they wanted Chris to address. There were nine people who attended.

Weed Identification and Control at LaMoure County Marketing Club – Harstad
Julianne Racine, LaMoure County Extension Agent, asked me to present to the LaMoure County Marketing Club about weed identification and control on March 21st. I presented weed identification information on tough to control broadleaf weeds and information of how to use the ND Weed Control Guide.

NATURAL RESOURCES MANAGEMENT

Soil Health Café Talk – Harstad
Soil Health Café Talks are informal discussions about soil health related topics. There was a Soil Health Café Talk in Jamestown on January 8th at IDK restaurant. Abbey Wick, NDSU Extension Soil Health Specialist and Joe Zeleznik, NDSU Extension Forester were there to answer questions about soil health and establishing trees in poor soils.

4-H YOUTH DEVELOPMENT

Tech Savvy/STEMtastic – Rittenbach, Harstad
Rittenbach served on the planning committee for this event, and both Rittenbach and Harstad led STEM sessions for the event that was held at the University of Jamestown. This event is for 7th and 8th grade students with the intention of exposing them to STEM related topics and careers. Rittenbach and Harstad led a session called “Code Your Dance” which focused on the basics of coding.

Busy Butterflies Country Critters 4-H Club – Harstad
The Busy Butterflies Country Critters 4-H Club was awarded an Ag in the Classroom. They asked me to come speak at their club meeting about soils to help fulfill their grant.
State 4-H Ambassadors – Harstad
I continue to serve as an adviser for the North Dakota State 4-H Ambassador program with Sue Quamme, 4-H Youth Development Specialist. The 4-H Ambassadors are comprised of youth ages 16 to 22.

Winter retreat was held January 25th and 26th in Bismarck. Selections was originally scheduled in conjunction with Winter Retreat on Sunday, January 27th. Due to poor weather conditions, retreat ended on Saturday night and interviews for Selections were held via Zoom instead of face-to-face.

Spring retreat was held March 22nd – 24th in Grand Forks. The Ambassadors held a business meeting, conducting training for Extension Youth Conference and participated in Real Colors personality assessment.

Equine Quiz Bowl – Barnes
Stutsman County 4-H Equine Quiz Bowl was held on January 19th at the University of Jamestown campus. We had 58 participants from 10 counties that made up four beginner teams, nine junior teams and five senior teams. The campus setting was perfect and we had a very successful day.

State Livestock Judging Contest – Barnes
Stutsman County 4-H had entries in the state livestock judging event held March 9th at NDSU with some placing very well in the individual scores.

State Horse Contests – Barnes
March 23-24 was the state horse contests held in Fargo on the NDSU campus. This is comprised of four different contests - judging, Hippology, speech, and quiz bowl. Over 150 participants from around the state were present. The Stutsman County Hippology team participated in three of the four events with several earning top 10 placings. I attended to help with the contests where possible.

Communication Arts/Project Expo contests – Barnes, Harstad, Rittenbach
The communication arts and project expo county 4-H contests were held on March 31st at the office. We had 20 speech contestants and 12 expo tables. There were great speeches and wonderful expo presentations.

HUMAN DEVELOPMENT & FAMILY SCIENCE

Farm Stress – Rittenbach
I delivered this presentation to the producers at one of the pesticide recertification trainings. I touched on how to identify and manage stress and also provided resources for how producers can get help and where to turn to in the event of a crisis.

NUTRITION, FOOD SAFETY & HEALTH

On the Move to Stronger Bodies – Rittenbach
I led this 6-week nutrition education program to the fourth grade classes at Gussner Elementary and St. John’s Academy. Students participated in activities, projects and games, both in and outside of class time related to nutrition, healthy habits, and physical activity.
**Diabetes Prevention Program** – *Rittenbach*
I am working with Essentia Health and Central Valley Health to once again offer the Diabetes Prevention Program to individuals with prediabetes or at risk of developing Type 2 diabetes. This year-long program encourages and teaches participants how to create and sustain healthy habits that will hopefully ultimately lead to weight loss, maintenance, and lower blood sugar numbers.

**On the Move Junior** – *Rittenbach*
This 5-week nutrition education program was offered to the second grade classes at Gussner Elementary. Students learned about the five food groups and how to choose healthy foods from each of the five food groups every day.

**Nourish Your Heart** – Rittenbach
As a part of Heart Month (February), the Two Rivers Activity Center offered seminars related to heart health. I presented this lesson on how to use healthy eating and physical activity to keep your heart healthy.

**On the Move to Food Adventures** - *Rittenbach*
I piloted this new program to first grade students at Gussner Elementary and St. John’s Academy. In this 6-week program, students learn about the five food groups and healthy food. They also have the opportunity to prepare and taste healthful snacks.

**Ag in the Classroom at Winter Ag Expo** - Harstad and Barnes
This year was the 7th annual Ag in the Classroom event. About 250 3rd graders from the Jamestown and rural Stutsman County schools participated in the event this year (this is about 50 more students than last year). Youth rotated through several different booths to hear about different aspects of agriculture from soybean production to honey bees to beef. This year the presenters were ND Soybean Council, ND Corn Council, ND Department of Ag, Browning Bees, Ag Country, Stutsman County Farm Bureau, Stutsman County SCD, Carrington Research Extension Center and the Stutsman County Extension office.

**HORTICULTURE & FORESTRY**

**Master Gardener Meetings** – Harstad
The Master Gardeners have been meeting monthly throughout the winter to keep informed of upcoming workshops and grant opportunities, plan upcoming events and share ideas and learn from each other. The Stutsman County Garden Morning event has been scheduled for May 4th. Details for this event are being planned during Master Gardener meetings. In addition, Master Gardeners have shared informational articles with each other for continuing education.

**Gardening in Small Spaces Presentation for Opening of 2019 Seed Library** - Harstad
The Jamestown Community Gardens, Stutsman County Master Gardeners and the Stutsman County Library teamed up again to offer the seed library located at the Stutsman County Library. The seed library comprises of donated carry-over seed from seed companies. The seeds were put into small packets to include enough seed for a 10 foot row. The goal of the seed library is to increase gardening in the community. The library sponsors adult classes. I presented information about gardening in small spaces in conjunction with the kick-off event for the opening of the 2019 seed library. There were about 50 people who attended the event.
Spring Fever Garden Forums - Harstad
Spring Fever Garden Forums is a series of four workshops. Live presentations were broadcasted across the state at the Extension office. Participants had the option of either participating at the Extension office or at their home computer. The sessions were on Monday nights from 6:30 to 8:30 pm. The theme on March 25th was vegetables, on April 1st was fruits and soils, on April 8th was trees and shrubs and on April 15th was lawns and gardens. Participants that watch the webinars from the Extension office also go home with a free gardening give-a-way. This year 26 people attended the Spring Fever Garden Forums between the four different sessions.

“Weed Identification” presentation for Master Gardener Core Course – Harstad
The Master Gardener Course is a 10-week intensive horticulture training for those interested in receiving in-depth training and/or becoming a horticulture volunteer with NDSU Extension. The training is conducted by webinar. I was asked to present about weed identification of common lawn and garden weeds. There were 50 people from across the state that took part in the training this year.

Other

Jamestown Area Chamber Ag and Energy Committee – Harstad
I continue to serve on the Ag and Energy Jamestown Area Chamber of Commerce committee. This quarter we hosted the Farmers Appreciation Banquet on February 15th. Participants enjoyed supper and entertainment. We also awarded Julie Michel the annual Woman in Ag Award.