CROP MANAGEMENT

Central Grasslands Research Extension Center (CGREC) Field Day: Palmer Amaranth Identification - Harstad

The CGREC field day was on Monday, July 8th. Before the field day started, I had a display of plant mounts and live plants to illustrate how to identify the difference between Palmer amaranth, waterhemp, and redroot pigweed. It was a great opportunity to welcome people as they arrived and explain pigweed identification.

2019 Nebraska Weed Resistance Management Bus Tour - Harstad

After the success of the Nebraska Weed Resistance Management Bus Tour in 2017, the ND Soybean Council asked Extension if we would be interested in planning another trip. Tom Peters, NDSU Extension Sugarbeet Agronomist, and I agreed to plan a similar bus tour for August 2019. This time, we focused on inviting weed board officers and agronomists in addition to Extension staff. The purpose of this bus tour was to learn about sprayer application from the wind tunnel that is housed at the West Central Research and Extension Center in North Platte, Nebraska and Palmer amaranth management. Twenty-five people attended the 2019 Nebraska bus tour. Extension has been working since 2017 to raise awareness of the potential economic loss Palmer amaranth poses and educating people how to identify and manage Palmer amaranth. A participant from the 2019 bus tour stated, “Education is #1 for our growers. We need to address just how important it is that they are prepared to handle Palmer correctly.”
**ND Certified Crop Adviser Board Meeting** – Harstad

I am a Certified Crop Advisor and serve as the Extension representative on the ND CCA Board. In September, we held our semi-annual in person board meeting. I also serve on the committee that is updating the North Dakota Certified Crop Adviser exam.

**Sunflower Survey** – Harstad

The National Sunflower Association sponsors a survey of sunflower fields to determine what the yield limiting factors for sunflower production are. This information is used to help determine what sunflower research projects should be conducted. This survey is conducted every two years in eight states and in Manitoba, Canada. The number of fields surveyed in a county is determined by the number of acres planted. There were three fields surveyed in Stutsman County this year.

**NATURAL RESOURCES MANAGEMENT**

**Eco-Ed Day**– Harstad

Eco-Ed Day is an event organized by the Stutsman County Soil Conservation District that was held on September 4th at Pipestem Dam. I was asked to present with Carol Peterson from NRCS about soils. We used the outside soil tunnel to present information about soil formation factors, soil web, soil health, soil particles and aggregate shapes. Then the kids were able to crawl through the inside of the soil tunnel to explore what the soil under their feet looks like. There were 208 sixth graders who attended.

**4-H YOUTH DEVELOPMENT**

**Consumer Decision Making Contest at State Fair** – Harstad

I serve on the ND 4-H Consumer Decision Making Contest committee. We choose the class topics that will be judged, review the study guide and reviewed practice classes. The state Consumer Decision Making Contest is held during the ND State Fair. I helped proctor the junior judging room and enter scores at the state contest.

**4-H 101 Video Project** – Rittenbach and Harstad

A group of Extension agents that includes Rittenbach and Harstad decided to collaborate on a project to create 4-H 101 material geared for potential new 4-H families about 4-H. We have had more and more first generation 4-H families join and they are unaware of all the learning opportunities available through 4-H. The 4-H 101 group applied for an Innovation Grant sponsored by the NDSU Extension Leadership Team and was awarded a $7000 grant. The 4-H 101 group has scripted and produced a series of videos that will be available for counties to use this fall that explain what 4-H is, what a 4-H project is, what a 4-H club is, how to enroll in 4-H and information about 4-H contests and events.

**Stutsman County Fair** - Barnes, Rittenbach, Harstad

The Stutsman County 4-H Fair week was a very busy, rewarding week running from Sunday, June 23rd to Sunday June 30th. There were 174 exhibitors this year bringing in over 350 animals and 770 static exhibits. Everything ran smoothly and the awards were again very well received. Sponsorships were wonderful as usual – there is so much support for 4-H here; we are truly grateful.
State Fair – Barnes, Harstad

Stutsman County had 16 livestock/horse exhibitors that hauled animals up to Minot and participated in shows at the State Fair. Robin hauled up a large trailer filled with 260 static exhibits from 57 exhibitors. Stutsman County had a great showing in the static division.

There were four 4-Hers who competed in the Project Expo contest, one in the Communication Arts Contest, one in Clothing Revue, and two in the Consumer Decision Making contest. The static exhibits were up from last year by 50, and the numbers for the other contests were pretty close to past years.

Recognition Event – Barnes, Harstad

The 2018-19 4-H/Leader Recognition Event was held on September 28th. Over 190 people attended! We recognized all the hard work our 4-Hers, leaders and parents did this past year as we enjoyed food, entertainment, and handed out well deserved awards.
NUTRITION, FOOD SAFETY & HEALTH

Food Preservation Programming – Rittenbach

In September, I led a variety of food preservation programs in the community. I met with the local PEO chapter and delivered a presentation on canning salsa. I hosted a 4-H meeting in our office and taught the youth how to can salsa using both boiling water bath and pressure canning methods. They were able to participate in the canning experience and take home the salsa. I also held a three-night hands-on class series on food preservation facts and myths, water bath canning, and pressure canning. Participants from all classes gave excellent feedback, asked a lot of important questions, and left feeling more capable of safely preserving food.

Summer Parks Program – Food Safety – Rittenbach

I was asked to be a guest speaker during the summer parks program. In July, I went to three parks to facilitate an activity with the youth on food safety. Youth learned the steps to reduce the risk of foodborne illness by properly handling and storing food.

Stutsman County EFNEP and FNP Update - Morehouse

Stutsman County Expanded Food and Nutrition Education Program (EFNEP) completed its sixth year. Stutsman County Family Nutrition Program (FNP) has just completed its 24th year. It has been a very productive year with 232 direct teaching sessions provided in the October 2018-September 2019 program year. The unduplicated count of EFNEP and FNP participants who received direct nutrition education were 1,185 adults and youths (4,076 duplicated direct contacts). Other indirect contacts with educational information were 38,985. PSE (Policy, Systems and Environmental) change work was 3,452 contacts.

Stutsman County Social Services - Morehouse

Social Services continues to be a strong partner, and I continue to work with individuals either in a group or one-on-one setting on various topics on nutrition, food safety and food purchasing. It was exciting to have staff promote the Summer Feeding Program located at our office.
Displays – Morehouse

Various displays are being setup monthly at the following agencies: Social Services and Central Valley Health District. These sites are those that EFNEP/FNP target-audience frequent and it is a way to provide clientele with educational resources on nutrition, food safety and food purchasing.

Legacy Center/Senior Citizens – Morehouse

“Seniors and Food Safety” series is being provided on the fourth Wednesday at the Legacy Center. Each teaching session combines nutrition education, food safety and food resource management principles to encourage limited resource families/individuals in preparing and serving healthy foods safely.

Participant’s response:

“I learned something every time. What was very helpful was storage of foods (proper) and how fast germs can grow within two hours.”

On the Move Kids Cooking School – Morehouse

In June-July, 40 youth participated in the ‘Kids Cooking School’ program that was held at the Stutsman County Extension Office. Students in Grades 4-5 attending the Washington School M.O.S.T. Summer Afterschool Program attended on Mondays. Two four-week sessions were offered in June and July on Tuesdays for youth in grades 4-8. This was an opportunity for them to learn how to create healthy foods with whole ingredients and gain life-skills in the kitchen.

Parent’s responses:

“It is a great way to introduce kids to new food and get them involved in the food preparation and prepare them to make food for themselves.”

“My son came back liking many new foods that he had previously refused to try (he’s a very picky eater). He also was excited about many of the foods and excited to make them at home.”

Pictured are students preparing or showcasing various recipes from the Kids Cooking School Cookbook.

On the Move Food Adventures – Morehouse

Food Adventurers gathered at the Stutsman County Extension Office for two weeks in August. On the Move Food Adventures program, was piloted as a mini-camp for students in Grades K-2 (24 youth participated). Students learned about the food groups, how they can be involved in food preparation, and made healthy snacks.

Parent’s response:

“Evan really enjoyed cooking camp and was really excited to use his kit at home. He’s been helping in the kitchen prepare side dishes and cutting up vegetables. His grandma brought him a lettuce knife so he can use that in the kitchen.”
**Summer Meals for Youth – Morehouse**

The Stutsman County Extension Office opened our doors to fill the gap at the end of July until the start of the school year to provide FREE meals to all children 18 and younger through USDA and Great Plains Food Bank. There was ten different meals to choose from, with 553 meals served. Volunteers from the Jamestown Volunteer Center helped with distribution.

**Cooking 101 Teens Afterschool Program – Morehouse**

Cooking 101 series provides life skills in grocery shopping, menu planning, and basic cooking as teens explore hands-on food preparation. They also learn about healthy eating and staying active.

**Social Eats – Morehouse**

Social Eats campaign encourages families to eat a healthy diet rich in fruits and vegetables and is providing quick-easy recipes for busy families. Each month a recipe is featured, make the recipe, take a picture, share pictures in the comment section on Facebook: NDSU Extension – Nutrition, and entered into a drawing for the month. I have incorporated this campaign into the Kids Cooking Schools, MOST Garden Program, and Cooking 101 programs.
HORTICULTURE & FORESTRY

M.O.S.T. 21st Century School Garden – Harstad, Morehouse

Gardening... an outdoor classroom for the MOST Afterschool Summer Program at Washington School in June-July. We teamed up with the MOST program to provide a nutrition and gardening program for 80 youth (Grades K-5). Students had an opportunity to become a part of an outdoor classroom and play in the soil (dirt). Produce was picked and served to the students during their lunchtime. A student shared, “The best thing was learning how to plant a garden, picking the cucumbers and being able to taste a vegetable I helped grow.”

Pictured are students participating in various garden activities.

Master Gardener Perennial Plant Seminar – Harstad

The Stutsman County Master Gardeners had the idea to host a Perennial Plant Seminar. During the event, Alan Pranke spoke about how to overwinter dahlia bulbs, Erik Laber, Jamestown City Forester, spoke about the Planting Partners Program and I spoke about how to divide perennials and prepare a garden for fall. After the program, the Master Gardeners sold perennials to raise funds for the Garden Morning event they sponsor in the spring. About 25 people attended.

Erik Laber, Jamestown City Forester, presented about the Planting Partners Program during the Perennial Plant Seminar.
**Stutsman County Master Gardener Program - Harstad**

Stutsman County Master Gardeners have gone through a 40 hour training course and must complete 20 volunteer hours and 10 continuing education hours annually to keep their certification. The purpose of the Master Gardener program is to assist Extension in horticulture related programming. The Master Gardeners started their monthly meetings again in October that will run through May. The purpose of the meetings are to keep informed of upcoming workshops, learn about grant opportunities, plan upcoming events and learn gardening information from each other.

**Arbor Day – Harstad**

I am a member of the Jamestown City Forestry Committee. The City Forester, Erik Laber hosted Arbor Day on September 4th. There was a presentation by Jamestown Mayor Dwaine Heinrich declaring the day as Arbor Day. Then the Jamestown sixth grade class planted trees around the Civic Center and the Jamestown City Forestry Committee helped with the tree planting.

**Other**

**National Association of County Agricultural Agents Conference – Harstad**

I attended the National Association of County Agriculture Agents Conference in Fort Wayne, IN in September. During the conference I presented the poster “Palmer Amaranth Weed Watch in North Dakota” that explained the North Dakota Palmer Amaranth extension education program.

**North Dakota Association of Agriculture Extension Agents (NDAAEA) Summer Tour – Harstad**

Every year NDAAEA offers a professional development tour for the association members. This year’s tour was August 6th and 7th in the Minot area. During the two days we had the opportunity to tour PayDak Dairy, J Clark Sayler National Wildlife Refuge, a field with subsurface irrigation, Northstar Organics Vegetable Farm, a manure composting demonstration, SWR Big Game and a brine spill remediation research site.