Stutsman County Narrative

LIVESTOCK MANAGEMENT
Livestock Risk Management Workshop – Harstad
In June, I hosted a Livestock Risk Management workshop at the Extension office to provide livestock producers information about insurance options and livestock budgeting information. Martinson Ag Risk Management provided information about livestock risk protection insurance, an overview of the pasture and rangeland, and forage insurance and gave a market update. Jory Hansen, North Dakota Farm Management Educator, presented on livestock budgets.

CROP MANAGEMENT
Alfalfa Study – Harstad
Dr. Marisol Berti, Forages and Biomass Crop Production professor, is the lead researcher on an alfalfa survey that is funded by the Midwest Forage Association and the National Crop Insurance Services. The purpose of the survey is to collect data from North Dakota alfalfa fields to help improve the multi-peril insurance for alfalfa. Historically, multi-peril insurance has been based on alfalfa production within a production area, not on actual losses. Fara Brummer, Area Livestock Extension Specialist, and I participated in the survey. We collected stand count data, growth stage information and alfalfa plants from a field near Streeter.

4-H YOUTH DEVELOPMENT
4-H Events and Contests - Barnes, Rittenbach, Harstad
April 17 was the Communication Arts & Project Expo contests. We combined them for a one day event and had great success. There were six Expo entries (up from three last year) and 22 Communication Arts presenters which was also an increase from last year. Two of our Project Expo exhibitors will be taking their exhibit to the state fair. Seven of our Communication Arts presenters qualified for state at the June 2nd District competition at McClusky, and will be going to the State Fair.

All the paperwork and entry forms for the county fair were mailed out to the 120 4-H families on May 1 and entries were due by June 1. Preparations for the fair became really serious in May and June.

Consumer Choices and Clothing Revue contests were held June 1. We had 12 youth participate in Consumer Choices, up from seven last year,
and Clothing Revue had 13 presenters compared to just two last year. The Consumer Choices contest was held at the Extension office and a lunch was served. Following that, the interviews for the Clothing Revue were also held at the Extension office. Later, the Clothing Revue show and awards were held at Ave Maria Good Shepherd Chapel with all the residents invited to watch. It was a great opportunity for the kids to present their clothing in front of people and fun for the residents and families to watch.

An Equitation Clinic was held on June 15. Kayla Kruger from the University of Minnesota Crookston came and worked with 4-Hers on Showmanship, Horsemanship and English Equitation. Dale and Sue Karn of Wimbledon donated the use of their indoor arena.

On June 17th, we hosted the 1st Annual Livestock Showmanship Clinic which we are hoping to keep doing each year. We had six presenters representing seven species of animals. The kids were able to learn how to fit and show up to four different livestock species throughout the day. There were about fifty kids that attended and enjoyed the day.

Preparation for the fair, which started the end of June, was top of the list for the rest of the month.

North Dakota State 4-H Ambassadors  – Harstad
I continue serve as an advisor for the North Dakota State 4-H Ambassador program. The group consists of 4-Hers from across the state ranging in age from 16 to 22.

The Spring Ambassador Retreat was held in April in conjunction with the Ramsey County Project Day. The Ambassadors helped at the Ramsey County Project Day as their service project, conducted a business meeting, planned for Extension Youth Conference (EYC) and participated in leadership development.

In June, the Ambassadors hosted EYC at NDSU. EYC is one of the biggest events of the year that the 4-H Ambassadors help organize. The State 4-H Ambassadors are responsible for planning and booking the programming for the conference. This year there were about 45 youth who attended EYC. Once EYC concluded, the 4-H Ambassadors conducted their annual meeting which included officer elections.

**Stutsman County Fair – Barnes, Rittenbach, Harstad, Gohner, Morehouse**

The 4-H events at the county fair began on June 28 and went through July 2. All staff members assisted on the first day where 4-Hers had interview judging for all of their exhibits. Barnes, Harstad and Rittenbach worked the rest of the week with the Livestock Shows including poultry, rabbits, horse, sheep, goat, swine, dairy and beef. There were 139 youth that entered in the 4-H events at the fair. Livestock exhibit numbers increased from last year, but static exhibit numbers decreased.

**HUMAN DEVELOPMENT & FAMILY SCIENCE**

**Living Online – Rittenbach**

Living Online is a program focused on using social media and the internet in a safe and respectful way. I presented this program to all of the 6th through 8th grade students at Jamestown Middle School over the course of three weeks. Evaluations from the students show that the majority
intend to make changes and/or be more vigilant about online safety. I received positive feedback from both students and teachers.

**Basic Beginnings – Rittenbach**
I continued this program with a small group of teen mothers at the high school. They learned basic parenting skills on how to be compassionate, responsible parents.

**Homemakers Spring Meeting – Rittenbach**
The Stutsman County Homemakers Council had their annual spring meeting at the Extension office. Normal business was discussed. At the conclusion of the business meeting, Deb Lee gave a presentation on the Daily Bread program in Jamestown.

**NUTRITION, FOOD SAFETY & HEALTH**

**Stutsman Co. Social Services - Morehouse**
Social Services continues to be a strong partner, and I work with individuals one-on-one in various topics of nutrition, food safety and food purchasing. The recent Supplemental Nutrition Assistance Program (SNAP) statistics reported in Stutsman County show there are 858 households participating in the SNAP program.

**Displays – Morehouse**
I set up various displays monthly at Social Services and Central Valley Health District. EFNEP/FNP target-audiences frequent these sites, and it is a way to provide clientele with educational resources on nutrition, food safety and food purchasing.

**Schools – Morehouse**
This past quarter I have been in various schools in Stutsman County providing nutrition education in classrooms that have 50% or greater eligible free/reduced meal counts. I provided 90 teaching sessions in four public school systems including: Jamestown Public Schools (Roosevelt, Washington, and MOST Afterschool Program), Kensal, Medina and Montpelier schools.

**EFNEP and FNP Open House – Morehouse**
EFNEP and FNP Open House was held on May 26 for individuals and families who are eligible for programs such as SNAP, WIC, Public Housing or Head Start (this also includes those seeking food pantry and families that are receiving free/reduced meals at school). It was an outreach event to promote the SNAP-ED connection within Stutsman County and the opportunities that are available. The Open House showcased some of the FREE programs, featuring: Cooking 101; CREATES Cooking; Eating Smart, Being Active; and various youth programs.

**On the Move to Better Health – Morehouse**
*On the Move to Better Health* is a five-week curriculum that promotes a variety of healthy lifestyle behaviors (fruits and vegetables consumption, calcium needs and physical activity) among youth and their parents through hands-on classroom lesson and take-home parent newsletters. Students at Roosevelt and Washington (Grade 5) and Kensal (Grades 3-5) participated in this program.

**Students’ feedback:** “What did you like dislike about the ‘On the Move’ program?”

- “I learned that it wasn’t hard to try new fruits and veggies.”
- “I liked collecting all of the beads and doing all of the activities. I learned to make healthier choices and to play outside more.”
- “I liked how they encouraged me to eat healthier.”

**Summer Food Service Program at Washington School – Morehouse**
The USDA Summer Food Service Program helps provide free nutritious meals to children in low-income areas so they are better fueled with healthy food to learn and grow.

*Teacher’s feedback:* “I really like this program and all the different activities that you bring to encourage the different learning processes. All the students look forward to nutrition classes and I see many of them making better choices in their snack options.”
The summer feeding site in Jamestown is located at Washington School. It is open to all children 18 and younger and there is no enrollment or fee. Breakfast and lunch are served Monday through Friday, June 2-July 29. I helped with promoting the program with the various agencies that I work with and providing the nutrition education component.

**Teens Serving Food Safely – Rittenbach**
This quarter, I finished up the five-week program with a high school class in Jamestown. They learned how to handle, prepare and serve food in ways that will reduce the risk of foodborne illness. For one of the lessons, they came to the Extension office to do a Hamburger Experiment. They cooked a variety of differently seasoned hamburgers to three different temperatures to show that you cannot always trust the color of meat to determine its doneness.

**Nourishing Boomers and Beyond – Rittenbach**
This quarter, the three Boomers classes were *Nourish Your Skin, Nourish Your Eyes,* and *Nourish Your Bones and Joints.* Participants learned about specific healthy foods to eat to nourish these areas of the body, as well as how a varied, healthy diet along with adequate exercise and plenty of water can contribute to overall health. In addition, two separate groups each requested a presentation on one of the lessons from the Boomers series. I presented *Managing Stress for Better Health* to the Wildrose Homemakers club and *Nourish Your Bones and Joints* to the Red Hat Society.

**Legacy Center/Senior Citizens and Extension Office – Morehouse**
I presented adult programs at the Legacy Center and Extension Office. The teaching sessions this past quarter included Healthy Eating on the Run, Cooking in Small Spaces, and MyPlate series. Participants are continuing to expand their knowledge about nutrition and fitness topics.

**Cooking 101 with Montpelier Grades 5 & 6 – Morehouse**
Cooking 101 is a program that provides grocery shopping, menu planning, and basic cooking lessons with hands-on, applicable activities to practice the new knowledge. Since many of the rural schools do not have Family & Consumer Sciences programs for their students, this series is an opportunity for those students to have an introduction to learning these life skills. Students were able to learn cooking skills by bringing a portable kitchen into the classroom.

*Cooking 101, series teacher’s response:* “The students really enjoyed this program and looked forward to cooking class. I learned a lot of different techniques to improve my skills at home. I also learned not to take for granted that many simple life-skill techniques are not being taught at home.”

**Book in a Bag at Kensal and Montpelier Schools – Morehouse**
I presented the *Book in a Bag* program this year to students at Kensal and Montpelier schools. During the five-week lessons, students learned about the different food groups on MyPlate, family mealtimes, tasted some simple snacks that they can make, and learned about the importance of physical activity. Students at Montpelier (Grades 1-2) and Kensal (Grades K-2) participated in this program.

*Teacher’s Feedback:* “This has been a great experience for my students, with the family mealtime’s theme. It was entertaining to watch them set their own table setting. What a great way to include learning about MyPlate and healthy foods, but also they learned manners. They really enjoyed the colorful fruit salad; especially that they got to help make it themselves and sample it!”
On the Move Cooking School – Morehouse

On the Move to Better Health Cooking School is designed to teach children in upper elementary school about nutrition and health as they explore hands-on food preparation. This is an opportunity for them to learn how to create healthy foods with whole ingredients and gain life skills in the kitchen. Starting in June through the month of July, the Cooking School Program is being offered to students who are in Grades 4-5 and attending the Washington School MOST Summer Afterschool Program.

At the first lesson, when asked what did you learn today, one student wrote, “That when we cook it takes a lot of effort for good food.” (This student also thought we were going to open up a box and just add water to the mix to make blueberry muffins.)

Community Agencies – Morehouse

This past quarter I have met with several community agencies regarding partnerships for programming with their clients that may result in possible FNP participants and EFNEP graduates.

Professional Development – Morehouse

I attended the North Dakota Nutrition Council Annual Conference in April. This was an opportunity to hear new speakers, get updated information on current recommendations, attend an event with local partners, and hear new ideas to incorporate into our programs.

HORTICULTURE AND FORESTRY

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

Once again we are collaborating with the M.O.S.T. 21st Century Afterschool Summer program to provide education on gardening, where food comes from, and nutrition. One hundred fifty students K-5 participate in this summer program (June-July). The garden provides hands on learning with a 45-minute lesson to each grade once each week.

Dakota Garden Expo – Harstad

I was asked to speak again this year at the Dakota Garden Expo in Bismarck. It is one of the biggest garden shows in the state. I gave a talk about container gardening. There were about 40 people who attended. All the Dakota Garden Expo presentations were also recorded by a local Bismarck television station and broadcast over the viewing area.
**Spring Fever Garden Forums** - *Harstad*

The Spring Fever Garden Forums was a four session horticulture training where live presentations were streamed online. Participants could participate by coming to the Extension office or joining the webinar online. This year a hands-on activity was added for participants who came to the Extension office. The hands-on activities included starting pumpkin and tomato seeds, growing microgreens and receiving information about and seed samples of potatoes and gladiolas. There were four horticulture presentations per session, so several topics were covered. Some of the horticulture topics included growing a great lawn, pruning trees, amazing annuals, vegetable cultivars for North Dakota and many more.

**Kids, Compost, Crops and Consumption Project** – *Harstad*

I am working with Kelcey Hoffman and Todd Weinmann, Cass County Extension Agents, Mary Berg, Livestock Nutrient Management Specialist and Nikki Johnson, Community Health and Nutrition Area Specialist, on a pilot program called Kids, Compost, Crops and Consumption. The objectives of this program are that students will learn about agriculture and where their food comes from, will grow their own garden, and will increase vegetable consumption. The connections of the food cycle that were taught included livestock, compost, soils, plant growth, and nutrition. Each month during the school year, someone from our team taught a lesson about one of the topics of the food cycle in a school in Fargo. In May, we concluded the program with a wrap-up session in which all of us participated. The final session included a review of all the food cycle sessions taught throughout the school year. Then we showed the students how to plant spinach in a 1’ x 1’ square garden. Each student took home their own 1’ x 1’ square foot garden kit that included all the supplies needed to grow the spinach at home.

Finally, we talked to the students about living healthy. We had Thundar, the NDSU mascot, lead the students in the Cha Cha slide dance as a form of exercise and then served the students a sample of a healthy snack made with spinach. The healthy spinach recipes went home with the kids in their square foot garden kits. Our overall goal with this project is that the kids will apply what they learned at school at home. We hope the kids will grow and eat their very own spinach plants.

**OTHER**

**Legislative Update** – *Harstad, Morehouse, Rittenbach*

We were part of an update for local legislators and county commissioners in LaMoure on April 7. We each gave a brief update on key programming we’re involved in, along with agents from Foster and LaMoure counties.