Stutsman County Narrative

**CROP MANAGEMENT**

**Soil Health Plot Tour – Harstad**

Abbey Wick, NDSU Extension Soil Health Specialist, coordinated a soil health plot tour at the Trautman farm in late August. The Trautmans have experimented with using rye as a cover crop before their soybean crop and interseeding rye into their corn crop at different seeding rates. Participants at the plot tour were able to see firsthand the results of the different treatments and were able to share with each other their experiences with cover crops. This winter, Abbey Wick and I are planning Soil Health Café talks in which farmers will be invited to discuss and brainstorm with each other some of the different soil health approaches they have been using.

**4-H YOUTH DEVELOPMENT**

**4-H Camp – Rittenbach and Harstad**

We chaired Adventure Camp III at 4-H Camp in Washburn. There were 46 energetic youth that attended our camp. Adventure Camp is a general camping experience where youth are able to experience several different 4-H project areas. Youth participated in a wide range of activities including arts and crafts to making ice cream in a bag to pop bottle rockets to fishing and swimming at McDowell Dam to team building exercises and much more. Youth and parents filled out camp surveys and here are some of the results: 86% of youth said they learned new things, 99% of youth said they made new friends and 97% of the youth rated the camp as good to excellent. 59% of parents said their child demonstrated more independence after camp, 95% of parents rated the camp good to excellent and 100% of the parents said the youth talked about camp at home.
4-H Ambassador Summer Retreat – Harstad
The 4-H Ambassador Summer Retreat was held in August near Kindred. Sue Quamme and I serve as the 4-H Ambassador co-advisors. We taught the Ambassadors lessons on effective communication and meetings. The Ambassadors also helped at two of the ARC store locations in Fargo for a community service project, conducted a business meeting to plan for upcoming events and played board games to get to know each other. Ambassador retreats are always packed full of leadership development, community service, event planning and of course social time.

ND State Fair – Harstad
This year I went to the North Dakota State Fair to help chaperone the 4-H Ambassadors and help out at the State Consumer Choices event. The 4-H Ambassadors help at all the 4-H events at the state fair in several different ways such as passing out ribbons, helping at livestock shows, serving as judges and answering questions related to the 4-H events.

4-H Military Retreat – Real Colors training – Harstad
Real Colors is a personality preference training to help people understand their communication styles and the communication styles of others. As a trained facilitator, I was asked to conduct the Real Colors training during the 4-H Military retreat in September. The 4-H Military retreat was designed for high school aged youth who have a loved one in the Air Force, Air Force Reserves or Air Guard. The youth were able to learn more about themselves and how to work as effective team members. There were seven youth who attended the retreat.

North Dakota State Fair County Exhibitors – Barnes
Stutsman County 4-Hers did very well at the fair this year with 56 static exhibitors, 13 animal exhibitors, and 11 living exhibits participants. We had several grand and reserve static exhibits and many awards of excellence. Thanks to Sparks Trailers and their generosity, we had an enclosed trailer to take the projects there and back, along with a storage place. The animal showmanship classes were DOMINATED by Stutsman County. Stutsman County 4-Hers received a grand or reserve in almost every specie that was exhibited, plus were awarded grand and reserve senior round robin champions! We also had one Communication Arts contestant who will be taking her prepared speech to the Western National Roundup in Denver as she received the only award of excellence in the division. Stutsman County was very well represented at the state fair!

New 4-H Year – Barnes
September 1 begins the new 4-H year, and we are busy getting everyone re-enrolled and getting new members started. The office is working on a new member packet that will be mailed out to all new members. Plans for the annual Member/Leader Recognition event have begun and a Carnival fundraiser is in the works to be on the same day.

NUTRITION, FOOD SAFETY & HEALTH

Stutsman County EFNEP and FNP Update – Morehouse
Stutsman County Expanded Food and Nutrition Education Program (EFNEP) completed its third year. Stutsman County Family Nutrition Program (FNP) has just completed its 21st year. It has been a very productive year with 236 direct teaching events provided in the 2016 program year. The unduplicated count of EFNEP and FNP participants who received direct nutrition education were 629 youth and 355 adults (5,243 duplicated direct contacts). Other indirect contacts with educational information were 1,555 individuals and mass media contacts were 16,465.

On the Move Kids Cooking School – Morehouse
In June-July, I piloted the ‘Kids Cooking School’ program at the Stutsman County Extension office for students attending the Washington MOST Summer Afterschool Program in grades 4-5. There were 28 students who participated in the cooking school along with three staff members. The average class attendance was 18-22 students each week. 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 response: "My fifth-grader will be transitioning out of the MOST Afterschool Program this year and will be on her own next year. This program was perfect timing to be able to teach her this life skill to be able to make foods with whole ingredients. Now I am feeling very confident for her to put together a simple meal or snack when I am not at home."
Dakota Stone Soup @ MOST Summer Afterschool Family Night – Morehouse
The family night event has become a tradition where families gather to celebrate what the students have done with the garden program. Students showcased the fruits of their labor by preparing "Dakota Stone Soup" which they made from the ingredients picked from the garden, along with corn muffins and homemade butter that they made earlier in the day. They also served salad with fixings from the garden. A slideshow with pictures of garden days was shown during the meal. The students presented the program “Dakota Stone Soup” which is based off of the "Rainbow Stew” lesson. One of the students shared with the audience what she learned, "When we all work together we can make the best tasting soup ever!"

Parent’s response: "Now I see why my granddaughter really blossomed from the MOST Summer School Program this summer. She was always excited to come home on Thursdays talking about the garden lessons. She wants us to plant a garden next year. Thank you!"

Kids’ Safety Day/Handwashing at Louis L’Amour – Rittenbach
I participated in the Kids’ Safety Day that was held at Central Valley Health in July. Several agencies gathered to disseminate information and resources on various safety topics. I provided information on the importance of handwashing. Children learned how to properly wash their hands to prevent the spread of germs by using GloGerm lotion and a black light to observe how easily germs can stick to our hands without proper handwashing. There were 73 children that I did this demonstration with at Kids’ Safety Day. I also did an expanded form of this lesson in each classroom at Louis L’Amour elementary school at the beginning of the school year.

Legacy Center/Senior Citizens andExtension Office – Morehouse
I presented adult programs at the Legacy Center and Extension office. The teaching sessions this past quarter included the topics Exploring the Dairy Group, Food Storage, Chair Exercises and Move to Learn, and MyPlate movement. Participants are continuing to expand their knowledge about nutrition and fitness topics.

Cooking 101 – Morehouse
Cooking 101 series is a program that provides grocery shopping, menu planning, and basic cooking lessons for adults with hands-on, applicable activities to practice the new knowledge. Participants are able to learn cooking skills in the Cooking Labs at the Stutsman County Extension Office.

"This series of classes is exactly what we need for our clients to be able to transition out into their own homes." - Bridgepointe staff member

Nourishing Boomers and Beyond – Rittenbach
There were three sessions of Nourishing Boomers and Beyond this quarter: Nourish Your Digestive System, Know Your Prescription and Nonprescription Medications, and Prediabetes: Could You Have it and not Know it? These classes are part of a monthly series of classes that focus on a different health-related topic each month. Participants learn about these topics and how they can improve their lifestyle behaviors to maintain their health and be better advocates for their health.
At the end of this quarter, I began this program with the Child Development classes at the Career and Technology Center. These students run a preschool as a part of this class, and part of that is preparing and serving snacks for the preschoolers. This program teaches the high school students how to prepare and handle food safely in order to prevent foodborne illness.

**Stutsman County Social Services – Morehouse**
Social Services continues to be a strong partner and I work with individuals one-on-one on various topics of nutrition, food safety and food purchasing. The recent SNAP statistics reported in Stutsman County indicate that there are 858 households in this county participating in the SNAP program.

**EFNEP/FNP Fall Conference – Morehouse**
The annual EFNEP/FNP Fall Conference was held in Minot on September 20-22. This conference is very valuable for the local EFNEP/FNP programs because it provides the new guidelines that are needed for the next year, the new implementation of PEARs (reporting program), and the PSE (Policy, System and Environmental) piece that has been incorporated into our programming. We went through a Community Vitality Bootcamp in which we learned about incorporating public value into our impact stories.

**CREATEs Cooking – Morehouse**
In August-September, I piloted the ‘CREATEs Cooking’ program at the Stutsman County Extension office for individuals who are recipients of or eligible for SNAP benefits. There are 23 individuals participating with the average class attendance of 14-16 participants. The CREATEs program is designed to get participants in the kitchen where they can learn basic cooking skills, have opportunities to discuss basic concepts of eating healthy on a limited grocery budget and practice new habits that will help them take control of their own nutrition and health.

**FFVP – Morehouse**
The Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. I have been busy working on providing nutrition education materials to the following schools in Jamestown: Lincoln, Louis L’Amour, Roosevelt and Washington.

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

**HORTICULTURE AND FORESTRY**

**Fall Gardening Class at the Stutsman County Library – Harstad**
The Stutsman County Library has adult education classes. The library asked if I would teach a lesson about fall gardening tips in September. There were about 30 people who attended the class and the participants asked lots of questions. I anticipate the Extension office will continue to serve as an instructor for more upcoming adult classes at the County Library as it is a great partnership.

**M.O.S.T. 21st Century School Garden – Morehouse and Harstad**
The M.O.S.T. 21st Century school garden was again a successful program. One hundred fifty students K-5th grade participated in a 45 minute lesson each week in June and July. The program was a hands on learning program where the students planted and took care of the school garden and tried new foods. Students learned about agriculture production, where their food comes from, making healthy food choices and how exercise is an important part of healthy living.

Parents and students were surveyed at the end of the school garden program. 83% of the parents said their child talked about activities he/she tried during the program at home and 78% of parents said their child is now trying new foods. When the students were asked what they learned or liked most about the program, some of their responses included:

- “I learned how to grow gardens.”
- “I really liked eating the salsa the most.” (continued on page 5)
“How to plant seeds, how to weed and how to harvest the crop.”
“liked making the dried apples and Dakota stone soup.”

OTHER

Safety Day at Mall – Harstad

The Optimist Club sponsored a Respect for Law and Emergency Services Day at the Jamestown Buffalo Mall on September 10th. The Optimist Club invited several different groups to have booths about different safety information. I was invited to talk about farm safety. The display I put together had information about grain, power-take-off (PTO) and pesticide storage safety. To illustrate how fast a person can become trapped in moving grain, I put a Lego person on top of a wheat pile in an upside down pop bottle with the bottom cut off and then unscrewed the cap. The pesticide storage display showed common pesticides found around the home side-by-side with common look-a-like food items to illustrate how accidental poisoning can happen. The PTO display was a small PTO shaft to show the kids what a real PTO looks like and how a person can become injured if they happen to get caught in the PTO while it is moving. There were about 150 people (youth and adults) that stopped by the booth throughout the day. Several parents commented on how the display was a good reminder about some of the dangers that are on the farm. I even had a pastor stop by and take pictures of the display so he could share the information with his congregation.