COMMUNITY VITALITY

Real Colors Workshop – Harstad
Real Colors is a personality assessment to help better understand yourself and others. It is a helpful tool to understand how certain personality types speak and process information. This can be valuable for co-workers as a teambuilding exercise. I am a certified Real Colors trainer and held a training for eighteen people from Central Valley Health and Social Services in August.

Facilitation Training – Harstad
I attended a facilitation training in Bismarck to gain better understanding of how to facilitate group meetings. This information will be useful when working with the 4-H leaders’ council, State 4-H Ambassadors, and any other group or organization that may need help facilitating regular meetings or strategic planning meetings.

LIVESTOCK MANAGEMENT

Nitrogen QuikTest Training – Harstad
NDSU Extension piloted the nitrogen QuikTest this year. The nitrogen QuikTest is a simple test where a solution is applied to cut open stems to determine if nitrates are present in a plant. If nitrates are found in any plants of a sample, it is recommended a sample be sent to a diagnostic lab to determine the level of nitrates present. The level of nitrates present will determine the management options. Initially, only Extension agents in the western part of the state were certified as a pilot program this year. However, given the dry growing conditions, there has been high demand for the test. Trainings were offered later throughout summer to get more agents certified. I participated in a training in August to get certified.

CROP MANAGEMENT

Nebraska Weed Resistance Bus Tour – Harstad
Tom Peters, NDSU Extension Sugar beet Agronomist, Bill Hodous, Ramsey County Extension Agent, and I submitted a grant to the North Dakota Soybean Council to fund a trip to Nebraska to tour the wind tunnel facility at the University of Nebraska West Central Research and Extension Center and to learn about Palmer amaranth. (Continued on page 2)
The bus carried 33 people, mostly Extension staff. There were also people from media, industry, State Board of Agriculture Research and Extension, National Resource Conservation Service, North Dakota Department of Agriculture, and the Soybean Council. At the wind tunnel facility, we were able to observe how sprayer application options such as application speed, nozzle type, and drift reducers influence droplet size and ultimately, pesticide drift. This information has become even more important with the release of the new dicamba herbicide technology. Then, agronomists from Nebraska showed us the fields infested with Palmer amaranth. We currently have not confirmed Palmer amaranth in North Dakota. However, we wanted to make sure that Extension staff and others were equipped to identify this weed. The key message we received is early identification and zero tolerance are very important.

Certified Crop Adviser Board Meeting – Harstad
I am the Extension representative on the North Dakota Certified Crop Adviser (CCA) board. We had a meeting in August to discuss the ND CCA exam, the annual meeting, and other upcoming events.

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 was one field surveyed in Stutsman County and I helped the Cass County Extension agent survey two fields in Cass County.

OTHER AGRICULTURE

Banquet in a Field – Harstad
This spring I participated in a CommonGround volunteer training. The purpose of CommonGround is to serve as a resource to educate families about food and farming. One of CommonGround’s big events is Banquet in a Field that takes place at Peterson Farms near Prosper, North Dakota. Banquet in a Field invites ag consumers who do not have an agricultural background to have supper made from food raised in North Dakota while sitting with farmers and ranchers from North Dakota that could answer their questions. The purpose of this event is for ag consumers to get a better understanding of the farming and ranching practices in North Dakota and the truths about agriculture production. I welcomed guests as they arrived and told them about my role in agriculture as an Extension agent. About 100 people attended the event.
National Association of County Agriculture Agents Conference – Harstad
In July, I attended the National Association of County Agriculture Agents conference in Salt Lake City, Utah. The conference is a great opportunity to gain programming ideas from agriculture Extension agents from around the country. Also, several people from NDSU received awards. Mary Berg, area Extension Livestock Environmental Management Specialist, Todd Weimann, Cass County Horticulture agent, Nikki Johnson, area Extension Community Health and Nutrition specialist, and I received awards in communication categories for the Kids, Compost, Crops and Consumption (KCCC) curriculum we wrote. We were the National Finalist for a Learning Module and regional winner for Team Newsletter. The KCCC curriculum explains the whole food cycle from livestock, to compost, to soil, to crops to consuming food. I used this curriculum for the Maximizing Out-of-School-Time (M.O.S.T) 21st Century Garden program this past year.

Jamestown Area Chamber Women in Ag Bus Tour – Harstad
I serve on the Ag and Energy Committee of the Jamestown Area Chamber. This year a sub-committee, which I volunteered to be on, was formed to promote women in ag. We organized a bus tour to the Dakota Sun Gardens & Winery near Carrington. Participants were able to learn about the history of the Dakota Sun Gardens & Winery from the owners, take a self-guided tour around the gardens, participate in a wine tasting, and enjoy supper together. The bus carried 38 women who all have different roles in agriculture. We also plan to start a Women in Ag award that will be given out at the annual Farmer Appreciation Banquet.

Livestock and Crops In-service Training and Program Planning Meeting – Harstad
This year the Livestock and Crops program planning teams in Extension teamed up to have a joint in-service and program planning meeting that focused on the integration of crops and livestock using cover crops. We started the in-service by touring farms around the Bismarck area that have integrated crops and livestock with cover crops. The rest of the meeting took place at 4-H Camp in Washburn to determine the livestock and crops topics we wanted to focus on for the upcoming winter meeting season.

4-H YOUTH DEVELOPMENT
Consumer Choices Workouts – Harstad, Rittenbach
We held two workout (practice) sessions for 4-H youth who were planning on participating in the Consumer Choices contest at the North Dakota State Fair. Five youth attended and refined their skills in placing classes according to a set of standards and giving their reasons.

State Fair Participation – Barnes, Harstad
Robin helped out with the Communication Arts, Project Expo, Clothing Revue, and Consumer Choices contests. Stutsman County had seven competitors who participated in some or all of these events. It was a great learning experience to see how things are run at the state level so Robin can assist members who compete in state contests. Robin took up and brought back over 200 static exhibits for 35 4-Hers who exhibited projects at the state fair. Alicia helped score the State Consumer Choice Judging contest and served as a chaperone and adviser for the 4-H Ambassadors. The State 4-H Ambassadors help with contests and livestock shows at the State Fair.

Drought Round Table Meeting – Harstad
This summer was abnormally dry. The dry conditions affected both crops and livestock production. Extension held internal weekly conference calls to keep up with the changing conditions across the state. There also was a website with resources that was created (www.ag.ndsu.edu/drought). In July, I hosted a Drought Round Table meeting to discuss the Extension resources available. I also invited FSA to talk about CRP haying and their programs and Jason Rohr from AgCountry to talk about insurance considerations. There were about 20 people who attended the meeting.

2017 North Dakota delegation at the National Association of County Agriculture Agents conference.
4-H Camp – Harstad
In August, I helped at 4-H camp for two days during the “Who Dunnit” camp. Campers were able to explore forensics, participate in a real live “Clue” game across camp, and use clues to get out of a mock “escape room”. Extension staff are in charge of delivering the educational programming at 4-H camp. This year there was a record number of campers for the season with 579 youth attending camp from 46 counties and two other states.

State 4-H Ambassadors – Harstad
The State 4-H Ambassadors is a leadership development program for 4-H members ages 16-22 from across the state. I am one of the advisers for the program with Sue Quamme, 4-H Youth Development Specialist. The Ambassadors have quarterly weekend retreats throughout the year and in August they held summer retreat at the Park River Bible Camp. During this retreat we spent quite a bit of time brainstorming ideas for Extension Youth Conference in June, helped with painting projects around the camp as a community service project, participated in the high ropes course, held a business meeting, participated in leadership development, and socialized around a camp fire making s’mores.

Babysitting Clinic – Rittenbach
Back by popular demand, I once again partnered with Jamestown Ambulance to put on a Babysitting Clinic for youth ages 11-17 who wish to learn babysitting skills. During the first half of the training, participants became certified in CPR and First Aid. During the second half, they learned child care and safety skills and babysitting business basics.

Practicing CPR at the babysitting clinic

NUTRITION, FOOD SAFETY & HEALTH
Diabetes Prevention Program (DPP) – Rittenbach
This quarter, the post-core sessions of the DPP continued. Participants were taken on a grocery store tour to learn how to read food labels and pick out the healthiest foods possible at the grocery store. Marla Walter, an exercise physiology instructor at the University of Jamestown, was a guest speaker during another session. She spoke of the importance of exercise and how participants can stay motivated to keep moving. Participants also went on a tour of the new TRAC facility and learned of the new fitness options that are available in our community. Lu Morehouse was another guest speaker for the group this quarter, teaching about nutrition and recipe modification.

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 804 households in this county participating in the SNAP program.
Stutsman County Expanded Food and Nutrition Education Program (EFNEP) and Family Nutrition Program (FNP) Update – Morehouse

Stutsman County EFNEP completed its fourth year. Stutsman County FNP has just completed its 22nd year. It has been a very productive year with 221 direct teaching sessions provided in the PY 2017 (October 1 - September 30). The unduplicated count of EFNEP and FNP participants who received direct nutrition education were 881 adults and youths (4,105 duplicated direct contacts). Other indirect contacts with educational information were 1,681 individuals, and mass media contacts were 17,239.

Displays – Morehouse

I set up various displays monthly at Social Services and Central Valley Health District. Expanded Food and Nutrition Education Program/Family Nutrition Program (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.

Fresh Fruit and Vegetable Program (FFVP) – Morehouse

The 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 elementary schools in Jamestown: Lincoln, Louis L’Amour, Roosevelt, Washington, and Wm S. Gussner.

On the Move Kids Cooking School – Morehouse

In June-July, the ‘Kids Cooking School’ program was held at the Stutsman County Extension office for students who are in grades 3-5 and attending the Washington School Maximizing Out-of-School-Time (M.O.S.T.) Summer Afterschool Program on Mondays. Also, participating on Tuesdays were ten students in grades 4-8 that signed up for cooking school. 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:

"The Kids Cooking School gave my daughter the self-assurance that she can cook independently. She told me about different kitchen equipment, what it is, and how to use it. She said... ‘Mom, did you know when you handle small kitchen appliances you have to be careful.’ It was a very rewarding experience and I hope that this will be offered again."

Cooking School Continues at Home – Morehouse

When Kids Cooking Schools wrapped up, I asked the parents if they would be willing to send me pictures or stories by email on what activities that are continuing at home with their children.

Mom’s response: (July 2017)

"Words cannot express how much I appreciated this program this summer. Grant was very hesitant about attending Kids Cooking School and Zachary was all game. (Continued on page 6)"
After the first week, they were so excited to ride their bikes to classes and never wanted to miss one session. You made it so comfortable and engaging, that when they came home they were ready to showcase the recipe they made in class for the family. Hunter's Feast has become the family's favorite. Grant is the biggest picky eater and it is amazing to see him try new foods, was a huge accomplishment. He now makes requests for foods (that he would never had ate before) to be purchase to prepare and eaten at family meals. I truly believe these life-skills that were taught will be with them throughout their lifetime. Thanks again for all you did for them. They had so much fun!"

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**Zachary practicing his cooking skills at home.**

**CREATES: Essentials in Creating Family Meals – Morehouse**

The CREATES series 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 with their own nutrition and health. The group was a diverse mix of individuals (age, gender, ethnicity, cooking ability/experiences, family sizes, etc.) and this diversity provided a lot of sharing.

**South Central Human Services Center – Morehouse**

Recovery Capital Agency participants attended a six-week class called *Now Serving*. The series explores MyPlate to help individuals achieve a healthier lifestyle and additional topics on Breakfast and Shopping for Family Meals. Each session focuses on nutrition tips, smart shopping tips, physical activity, recipe tasting, and an incentive to help practice the new skills they learned.

*Participants were asked, “What do you intend to change what you learned here, based on participating in the Now Serving classes?”*

Participant’s response, “I am trying to incorporate more whole-grains into my daily diet. The classes have taught me to take time to look at food labels and read what I am thinking about purchasing. The change that I have made, I have added more whole-grains into my meals.”

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**Above and below: Participants practicing their cooking skills and the satisfaction of creating a meal that tastes good! A participant shared the value attending the CREATES classes, “I liked the teaching and being able to have the opportunity to try new recipes. Especially, learning to use food from scratch is best for nutrition and saving money.”**

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**Grant is the biggest picky eater and it is amazing to see him try new foods, was a huge accomplishment. He now makes requests for foods (that he would never had ate before) to be purchase to prepare and eaten at family meals.**
Legacy Center/Senior Citizens – Morehouse
The “Now Serving” series is presented each month at Legacy Center/Senior Citizens. The teaching sessions for this past quarter were: Snacks and Recipe Makeovers. Each lesson consists of exploring MyPlate, a food sample from EFNEP/FNP calendar, and incorporating physical activity-movement daily no matter what age we are.

Food Preparation and Recipe Modification – Morehouse
I was a guest speaker for the Diabetes Prevention Program (DPP) participants. The lesson was how recipes can be made healthier without changing the taste or texture of the food. Techniques include reducing the amount of fat and sugar, substituting ingredient(s), deleting ingredient(s), changing the method of preparation, and changing the portion size.

Expanded Food and Nutrition Education Program (EFNEP) and Family Nutrition Program (EFNEP/FNP) Fall Conference – Morehouse
The annual EFNEP/FNP Fall Conference was held in Devils Lake on September 12-14. 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 implementation of PEARS (reporting program) with the PSE (Policy, System and Environmental) piece. Go Wild curriculum has been updated and we reviewed the changes, along with additional pieces to key programs that are presented each year.

HORTICULTURE & FORESTRY
Maximizing Out-of-School-Time (M.O.S.T.) 21st Century School Garden – Harstad, Morehouse
Stutsman County Extension teamed up with M.O.S.T. to offer the fifth annual gardening program. A Junior Master Gardener grant was used to fund supplies such as gardening tools, seeds, transplants and soil for this project. This year’s garden theme was The Three Sisters, featuring corn, beans and squash/pumpkins. Throughout the summer we conducted weekly lessons for a total of ten sessions and reach 65 youths in Grades K-5. Each session consisted of gardening and nutrition lessons. The nutrition curriculum The Eagle Adventure, which embraces traditions of Native American storytelling, strives to improve the health and nutrition of youth through dietary and physical activity changes. The Kids, Compost, Crops, and

Consumption curriculum was used for the horticulture lessons. Guest speakers this year included: Master Gardeners Robert Ness, who talked about insects, and Sister Pam Pranke, who talked about plant growth.

Students were asked what they learned or liked most about the program, some of their responses included:

- I learned how to eat healthy. I liked planting, weeding, and picking the food.
- I learned about anytime and sometime foods. I liked the Eagle stories.
- That you can grow gardens anywhere.
- Growing the three sisters. I can’t wait to see what the pumpkins look like.

Left, Sister Pam explaining to the students about corn. Below, a student getting a close glimpse of yellow squash growing in the school garden.
Gardening at Home – Morehouse
I have been working with Washington School/M.O.S.T. program for five years. Many parents have shared that they are interested in gardening at home. In August, I received an email with this picture from a parent sharing her child’s excitement of what she has gathered from their home garden.

The picture tells the whole story... Children have the ability to positively influence their families. If parents are educated about gardening and growing healthy, nutritious fruits and vegetables, families are more likely to improve their daily intake of healthy and nutritious foods.

Prairie Rose Garden Club Meeting Presentation – Harstad
The Prairie Rose Garden club in Jamestown asked me to present at their meeting about the Master Gardener program and other horticulture workshops and resources that Extension offers. I made a handout for them as a reference for the annual horticulture workshops and Extension resources. It was a great opportunity to get to know the members of the Prairie Rose Garden Club better.