COMMUNITY VITALITY
Lead Local – Harstad
The North Dakota Soybean Council asked NDSU Extension to offer a Lead Local training for their board members and staff. Jodi Bruns, Leadership and Civic Engagement Specialist, and I conducted the training on July 23rd at the Extension office. I taught the Real Colors part of the training.

LIVESTOCK MANAGEMENT
Livestock In-service Training – Harstad
I attended the Livestock Program Team in-service training on September 19th at Rugby to learn what livestock programs and resources will be available for Extension Agents for the upcoming meeting season.

CROP MANAGEMENT
Wilson Farm Cover Crop Field Tour – Harstad
On July 18th Jeremy and Sarah Wilson hosted a cover crop field tour at their farm. During the field day people were able to see and ask the Wilsons how they use cover crops in their operation. Hal Weiser from NRCS presented information about water infiltration, Keith Berns from Green Cover Seed provided information about timing and placement of different cover crop species, and I presented information about weed control with rye in soybeans. About 45 people attended the field day.
ND Certified Crop Adviser Board – Harstad

I am a member of the ND Certified Crop Advisers board. We held a board meeting August 8th in Jamestown. I also serve on the committee that is updating the North Dakota Certified Crop Adviser exam.

Greg Endres’s Ag Agent Field Training – Harstad

Greg Endres, Carrington Research Extension Center Agronomist, conducted an Ag Agent field training near Steele on August 9th. We scouted fields around Steele to get hands-on agronomy training.

Soybean Stem Disease Survey – Harstad

Sam Markell, NDSU Extension Plant Pathologist specialist, is leading a soybean stem disease survey project. Soybean stems have been collected from across the state to determine the most common soybean stem diseases in North Dakota. I participated in the project by collecting soybean stems from 10 different fields across Stutsman County.

Palmer Amaranth Informational Meeting – Harstad

Palmer amaranth is a very aggressive weed that was first identified in North Dakota in McIntosh County the end of August. In response to this finding, Crystal Schaunaman, McIntosh County Extension Agent, put together a meeting in Kulm on September 10th to teach people about Palmer amaranth identification. I attended the meeting to help answer Palmer amaranth questions.

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 5th 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 feet looks like. There were 231 sixth graders who attended the event.

Eco-Ed Day
4-H YOUTH DEVELOPMENT

North Dakota State Fair – Barnes, Harstad

There were 14 Stutsman County exhibitors that showed animals in Minot, 47 static exhibitors with 207 entries, and four that competed in Project Expo, Communication Arts, and/or Clothing Revue. They brought home many Awards of Excellence and Grand or Reserve ribbons. Robin and Alicia helped work at the Clothing Revue, Consumer Decision Making and Communication Arts contests.

North Dakota State 4-H Ambassadors – Harstad

I continue to serve as the advisor for the ND State 4-H Ambassadors with Sue Quamme, State 4-H Specialist. Summer retreat for the Ambassadors was held at the Badlands Ministries Camp in Medora on August 10th – 12th. This year the Ambassadors decided to host the first ever Mini Extension Youth Conference on August 11th. Youth from seven counties enjoyed leadership activities, a speaker, Real Colors presentation, games and a variety show.

Mini EYC was created by ND State 4-H Ambassadors as a way to bring state led leadership events to the western part of the state. The theme was, “Dive into Leadership.” Event planning was led by Nora Larson and Dietrich Schlichtmann, North Dakota State 4-H Ambassadors. Larson of Adams County said, “The delegates really enjoyed the experience and it was great to be able to host an event on the western side of the state!”

During the rest of the retreat, the State Ambassadors held their business meeting, planned for other upcoming events and socialized to get to know each other better.

TSC Pet Appreciation Day – Barnes

We set up a 4-H information table and had several of our families bring in their ‘pets’ in the parking lot of Tractor Supply Company for their Pet Appreciation Day on August 25. This was a fundraiser for the Prairie Paws Rescue Center. The impromptu petting zoo included chickens, turkeys, ducks, sheep, goats, alpaca and a rabbit! It was a great hit with all the youngsters who stopped by and got to pet and interact with the animals. We also sold cookies and bars to raise money for Prairie Paws and for 4-H. We raised $30 for Prairie Paws and $66 for 4-H.
4-H Science Day Training – Harstad and Rittenbach

Every year National 4-H releases a new 4-H Science Day kit for 4-H youth to explore different areas of science. This year the 4-H Science Day project is called “Code Your World”, and it introduces youth to computer programming. Christina and Alicia attended the training to learn how to teach the lessons included in the kit.

Take 10 for Citizenship – Rittenbach

I am part of a small group across the state that is piloting this new 4-H Youth Development program. We are delivering four of the ten lessons to 4-H or youth groups in our counties. This quarter, I delivered a lesson to a local 4-H club on using a gavel with parliamentary procedure to run meetings.

New Year – Barnes

The new 4-H year began September 1, and all members need to re-enroll online. This year, each member age 8 to 18 will be required to pay $20 for membership. Cloverbuds, ages 5-7, and leaders/adults do not pay. Committee meetings and leader meetings begin in September and will be getting things ready for the upcoming events.

HUMAN DEVELOPMENT & FAMILY SCIENCE

Homemakers Fall Council Meeting – Rittenbach

At the fall meeting, the Homemakers finalized their plans for a bus trip to educational and historical locations in Minnesota. They discussed their funds and cookbook promotion. After the meeting, we went on a tour of the Browning Honey facility to learn about the local honey production.

NUTRITION, FOOD SAFETY & HEALTH

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 EFNEP/FNP target-audience frequent and it is a way to provide clientele with educational resources on nutrition, food safety and food purchasing.

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.

"I have enjoyed the recipes that we got and how I can make changes for my diet. I learned how to figure out the salt in our foods we buy. I enjoyed the time spent with the class. I enjoyed the items we were given to use at home, especially the refrigerator and food thermometers.” ~ Cooking 101 participant
On the Move Kids Cooking School – Morehouse

In June and July, 43 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 MOST Summer Afterschool Program attended on Mondays. Then, on Tuesdays and Wednesdays, students who signed up for cooking school in grades 4-8 attended. This was an opportunity for them to learn how to create healthy foods with whole ingredients and gain life skills in the kitchen.

Parents’ responses:

"The education was fantastic! What a difference… my child’s comment was, ‘I realized it’s not just food, its nutrition.’ This was a great opportunity for children to understand the work, value, safety and diversity of foods!”

“This was the first time my son wanted to do any offered activity. He had so much fun and learned a lot. He is now trying new foods which he is pretty picky, so that’s a huge plus.”

Canning Jams & Jellies – Rittenbach

I delivered a presentation on canning jams and jellies from North Dakota fruit at the State Horticulture Society convention at the University of Jamestown. The presentation focused on how to can these fruits safely and how to check the pectin levels of homegrown fruits.

Healthy Eating with MyPlate – Rittenbach

New Life church in Jamestown invited me to be a part of their “healthy living” series. I presented information about healthy eating using the five food groups of MyPlate, how much food from each of the food groups we should be getting each day, and tips for healthy eating.

Diabetes Prevention Program Post-Core Session #4 – Rittenbach

For this session of the Diabetes Prevention Program, I took the group on a grocery store tour. We discussed how to find healthy food that is budget friendly and how to read and compare nutrition facts labels in order to ensure we are getting the healthiest foods for our money.

Stutsman County EFNEP and FNP Update - Morehouse

Stutsman County Expanded Food and Nutrition Education Program (EFNEP) completed its fifth year. Stutsman County Family Nutrition Program (FNP) has just completed its 23rd year. It has been a very productive year with 218 direct teaching sessions provided in the October 2017-September 2018 program year. The unduplicated count of EFNEP and FNP participants who received direct nutrition education were 1,099 adults and youths (4,214 duplicated direct contacts). Other indirect contacts with educational information were 22,500.
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 Cooking 101 classes with SNAP participants who then attended the series.

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 elementary schools in Jamestown: Lincoln, Louis L’Amour, Roosevelt, and Washington.

Legacy Center/Senior Citizens – Morehouse

“Healthy Cents” lessons are provided on the fourth Wednesday at the Legacy Center for senior citizens. Each teaching session combines nutrition education and food resource management principles to encourage limited resource families/individuals to make healthy food choices on a limited budget. The lessons for this quarter were on planning a meal and food shopping on a budget.

HORTICULTURE & FORESTRY

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

Stutsman County Extension teamed up with the M.O.S.T. to offer the sixth 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 Kids in the Garden, featuring beans, peas, tomatoes, peppers, carrots and leafy greens. Throughout the summer we conducted weekly lessons for a total of eight sessions and reach 80 youth in Grades K-5. Each session consisted of gardening and nutrition lessons, with guest speaker Robert Ness presenting on recycling.

This program gives children 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.

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

- I learned how to grow food so I can eat it.
- I learned how seeds germinate, how to plant a garden and how to pick vegetables.
- I learned about being healthy, gardening is fun, and you need to take care of it if you want to eat the vegetables that you grow.
- I liked the mystery box and all the different games we played to learn about eating healthy and gardening.
- I liked picking the vegetables that we planted in the garden.
Stutsman County Extension Advisory Council – Harstad, Rittenbach, Morehouse, Barnes, Gohner

We held our newly-formed Advisory Council meeting this quarter. We gave our members an update of what Extension is and what we do. Advisory council members provided feedback to Extension staff on what they felt were programs we are currently doing well and what were some of their program wishes in the program areas of 4-H; agriculture; horticulture; human development and family science; and nutrition, food safety and health. Then advisory council members voted on what were their top program wishes in each area. This will help Extension staff prioritize what programs should be offered.

At this meeting, Morehouse showcased On the Move to Better Health Kids Cooking School signature program. She enlisted the help of kids cooking school students to prepare a Fiesta Celebration meal for their parents and advisory council members. Members learned that this program is designed to teach children in upper elementary school about nutrition and health as they explore hands-on food preparation.

Top left and right: Kids Cooking School students preparing the Fiesta Celebration meal
Lower right: Advisory Council enjoying the Fiesta Celebration meal
National Association of County Agriculture Agents (NACAA) Conference – Harstad

I attended the National Association of County Agriculture Agents conference on July 30th through August 3rd in Chattanooga, Tennessee. At the conference I gave a presentation titled “Palmer Amaranth Weed Watch: From Bus Tour to Teaching Material – A Different Approach to a Train the Trainer Program.” I also was awarded the NACAA Achievement Award.

North Dakota Association of Agricultural Extension Agent (NDAAEA) Professional Tour – Harstad

Every year the NDAAEA offers a professional development tour for the association members. This year’s tour was August 16th and 17th in the northeast part the state. During the two days we toured the Nekoma missile site, the livestock import facility at the Pembina border crossing station, the Forest River Hutterite Colony, and the Cando Pasta plant.

Ag in the Classroom at Triumph – Harstad

Triumph asked me to present information to their clients about where their food comes from. I showed pictures of what some of the main crops and livestock raised in North Dakota look like and what food products we get from them. There were about 15 people who attended.

Intern Katie Osborne

Katie Osborne is interning in our office this fall semester (September through November) through the Jamestown High School intern program. Katie is a senior at Jamestown High School. Her interest in Ag comes from living on a farm and having parents who work in the industry. Katie will be attending NDSU next year to earn a bachelors’ degree in Agribusiness. She is active in a local 4-H club, Key club at the high school and plays basketball in the winter. Katie’s hobbies include 4-H activities, playing golf, and helping on the farm. Our office is excited for Katie’s help and for her to learn about Extension. Some of her internship projects have included coming along with Alicia on home and farm visits, learning weed identification, attending committee meetings and writing a newspaper article.