



North Dakota Junior Master Gardener Program

ANNUAL REPORT 2015



NDSU EXTENSION
SERVICE

NDSU EXTENSION SERVICE

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For more information on the North Dakota Junior Master Gardener Program, go to
www.ag.ndsu.edu/jrmastergardener/

Photos were provided by project leaders; exceptions are noted on the relevant project page.
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North Dakota Junior Master Gardener Program



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Introduction

Our greatest resource

The children of North Dakota are more powerful than our oil, more beautiful than our prairie, more precious than any other natural resource.¹

Our children in North Dakota are certainly precious but they are also undernourished and inactive:

- 92% do not eat enough vegetables for a healthy diet.
- 36% are overweight or obese.
- 78% do not get enough physical activity.

These rates are among the highest in the nation.^{2,3} Poor diets and unhealthy lifestyles limit the potential of our children. Let's lend them a hand—and a garden trowel.

Our response

Gardening programs can help. Children who grow their own food are more likely to eat vegetables and have healthy eating habits throughout their lives.⁴

Healthy diets lead to better performance in school, which in turn will lead to better paying jobs. Healthy diets will prevent chronic diseases such as obesity, diabetes and cancer.

Gardening programs have been shown to sharpen skills in science, raise awareness of the environment, and help youth learn to work together.⁴

The North Dakota Junior Master Gardener Program provides resources to support projects that contribute to healthy diets and strong communities.

The following is our report of project activities in 2015.



North Dakota State University provides support to projects that contribute to healthy kids and strong communities.

North Dakota State University is dedicated to helping children enjoy healthy, active lives.

¹ Paraphrased with local emphasis from a quote by Danny Kaye, humanist and entertainer.

² ND Report from the National Survey of Children's Health. NSCH 2011/2012. Retrieved 12/20/2015 from www.childhealthdata.org.

³ Centers for Disease Control. 2012. ND State Nutrition, Physical Activity and Obesity Profile.

⁴ Univ. of Colorado at Denver and Health Sciences Center. 2009. Benefits of Gardening for Children.

Summary of Projects

Project	County	Highlights
Beautification Projects		
4-H Native Beautification Project	Grand Forks	Planted native shrubs and flowers on the Air Force Base.
Artful Gardening	Stutsman	Beautified downtown with a fairy garden and flower pots.
Courthouse Beautification	Morton	Planted colorful flowers near entrances of the courthouse.
Killdeer Cowboy Garden	Dunn	Beautified a school campus; supported environmental ed.
Kindred Sandburrs Flower Garden	Cass	Landscaped around the community's new swimming pool.
Landscaping New England School	Hettinger	Designed and planted trees on expanding school campus.
Longfellow Beautification Project	Cass	Created and planted shrubs and flower beds at school.
Morton County Beautification	Morton	Planted flower beds at fairgrounds and sports complex.
Nelson County Junior Gardeners	Nelson	Planted flower pots for downtown Lakota businesses.
Pembina County JMG Program	Pembina	Beautified the library and museum in Cavalier.
Ramsey County Archery Renovation	Ramsey	Planted trees and shrubs to beautify a new archery range.
St. Aloysius Cemetery	Ransom	Established 120 trees in a local cemetery.
Steele County Beautification	Steele	Created and cared for numerous community flower beds.
Wells County Fairgrounds	Wells	Renovated landscaping around Static Bldg of fairgrounds.
Community Gardens		
Ashley Community Garden	McIntosh	Demonstrated innovative gardens; assisted elderly.
CHARISM Youth Garden	Cass	Grew vegetables and flowers for their community.
FFA Pumpkin Patch	Williams	Sold pumpkins to support breast cancer research.
Girl Scouts Garden	Williams	Designed and grew a successful vegetable garden.
Growing Gardeners	Grant	Learned about and grew produce; beautified courthouse.
McKenzie County JMG Program	McKenzie	Grew, sold and harvested produce; shared with needy.
MREC/BisMarket JMG Program	Burleigh	Developed skills in gardening, nutrition and cooking.
Oakes Community Garden	Sargent	Constructed raised beds to grow vegetables for needy.
Ramsey County JMG Program	Ramsey	Conducted vegetable experiments; promoted healthy diets..
Ward County JMG Garden	Ward	Learned how to grow and prepare vegetables for eating.
Youth Grow Community Gardens	LaMoure	Grew, sold and shared produce with needy; visited elderly.
Environmental Stewardship Projects		
Buzz Lab 2015	Cass	Raised public awareness on the value of pollinators.
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Compost Tumblers	Em./Fos./Stu.	Learned about compost and how to make it.
Windowsill Gardening	Adams	Learned how to grow salad greens in pots on windowsills.
Food Security Projects		
Cando Youth Community Garden	Towner	Learned about gardening and nutrition; donated produce.
Carrington Community Garden	Foster	Grew vegetables for the less fortunate and their school.
Gardening with Growing Together	Cass	Helped to grow vegetables for new American families.

Project	County	Highlights
More Food Security Projects		
Hay Creek 4-H Kids Fight Hunger	Morton	Grew pumpkins and other vegetables for the less fortunate.
Legacy Hunger Garden	Burleigh	Established a garden focused on feeding the needy.
Troop 203 Gardening for Charity	Cass	Grew a garden plot and donated produce to food bank.
Ministry Gardens		
Faith/Journey Garden	Cass	Introduced kids to gardening; shared produce.
Gardening with Grace	Stutsman	Fostered a love for gardening; shared produce.
Gethsemane Garden	Cass	Learned where food comes from; shared produce.
Metigrowshe Gardens	Bottineau	Learned sustainable gardening practices; shared produce.
Peace Lutheran Mentoring Garden	Ward	Grew and donated vegetables for shut-ins and the elderly.
Preschool Gardens		
Accessible Food Planters	Trail	Built elevated gardens to promote healthy eating.
GROWing Together	Burleigh	Learned gardening and nutrition via hands-on activities.
Growing Tomorrow's Gardeners	Bowman	Grew square-foot gardens and beautified local preschools.
Research Projects		
Glads for Kids	Statewide	Identified superior gladiolus through backyard experiments.
Potato Pirates	Statewide	Evaluated promising potato varieties for gardeners.
Sunny Kids	Statewide	Evaluated dwarf sunflower varieties in gardens and pots.
Vegetable Variety Trials	Statewide	Tested promising vegetable varieties for yield and flavor.
School Gardens		
21st Century Learning Garden	Stutsman	Pizza gardens taught kids where their food comes from.
Bennett School Garden	Cass	Fourth graders learned how to grow and enjoy veggies.
Circle of Nations Garden	Richland	Sustainable garden practices complemented their heritage.
Grand Forks County Gardens	Grand Forks	Hands-on activities supported nutrition and strong families.
Grow ... Give ... Learn ... Flourish	Ward	Dakota Boys and Girls Ranch youth grew veggies, flowers.
Liberty Middle School Garden	Cass	Engaged youth in hands-on gardening activities.
Minnewaukan School Garden	Benson	Youth learned gardening skills and where food comes from.
Mount Pleasant School Garden	Rolette	Kids introduced to gardening; shared veggies with school.
Northern Cass FFA Garden	Cass	Students learned new techniques in growing vegetables.
Ojibwa Indian School Garden	Rolette	Garden promoted strong families, active lives, healthy diets.
Seeds to Seedlings	Burke/Divide	Grew transplants; led to numerous exhibits at county fair.
Walsh Co. Jr. Master Gardeners	Walsh	Sparked interest in growing vegetables, eating a healthy diet.
Special Needs Gardens		
Dunseith Nursing Home Gardens	Rolette	Youth shared gardening experiences with staff and elderly.
Ellendale Community Garden	Dickey	Established garden; enjoyed visiting elderly at care center.
Growing Self Determination	Bottineau	Disabled teens learned how to plant a garden.
Mentoring Through Gardening	Burl./Morton	Big Brothers Big Sisters pairs grew container gardens.
Prairie Rose Assisted Living	Emmons	Planted flowers at center; introduced kids to public service.
Youth-At-Risk: Garden to Table	Ward	Drug Court youth learned how to grow and share veggies.

At-A-Glance

The North Dakota Junior Master Gardener Program provides **hands-on activities** that lead to **healthy kids** and **strong communities**.



North Dakota State University

NDSU distributed \$30,000 to 65 projects. Awards ranged from \$100 to \$1000 and were used for gardening supplies. NDSU provided educational support to all projects and led 43 of them. Forty-four of the projects would not have been started without JMG funds; other projects were strengthened with these funds.



Partners

New partnerships were forged and existing partnerships were strengthened. Over 320 local businesses and organizations supported our projects. Support came in the form of human resources, access to land and water, garden plants, tools, fertilizer, compost, lumber, transportation, classroom space and food.



Impacts on youth

Approximately 5,200 children (3,650 young children and 1,550 teens) participated in JMG activities. Project leaders reported youth developed skills in gardening and enjoyed the physical activity. They learned how to eat a healthy diet and gained experiences in helping others through public service.



Food security

JMG projects assisted in the production and donation of an estimated 30,000 pounds of fresh vegetables. The produce went to food banks, churches, elderly, shut-ins, new Americans and other needy families. Additional vegetables were provided to school cafeterias and senior care centers.



Beauty

We beautified schools, parks, museums, courthouses, churches, fairgrounds and city streets. We enhanced the landscapes of a library, zoo, cemetery, swimming pool, archery range and military base.



Special projects

JMG kids visited senior care centers to grow gardens and friendships. Children sold produce to support breast cancer research. Our youth conducted research to identify superior vegetable and flower varieties. Disabled children and youth-at-risk were taught how to grow a garden. JMG kids helped grow veggies for zoo animals.

For more information, go to www.ag.ndsu.edu/jrmastergardener



Beautification Projects



4-H Native Beautification Project

NDSU Extension Service - Grand Forks County

They learned a sense of responsibility and ownership to the world around them.

Project activities

Children at Grand Forks Air Force Base (GFAFB) learned the importance of plants to their everyday lives. After a series of science classes, the 35 children selected and planted trees and flowers on the base grounds. The children cared for the plants throughout the summer.

Impacts on the youth

Children learned plants are important for our environment and for our food. The children were excited to show their parents the progress we were making throughout the summer. They learned a sense of responsibility and ownership to the world around them.

Impacts on the community

We were able to clean up a neglected portion of our Youth Center and fill it with beautiful flowers and trees that were native to the climate here. The parents commented over and over on how nice it was to be greeted by such a welcoming landscape as they walked up to the building. They loved that it was done by their children.

Partners

NDSU Extension Service - Grand Forks County, GFAFB Youth Center Open Recreation Program, GFAFB Airmen Leadership School Personnel, GFAFB School Age Program and GFAFB workers.



Children at the Grand Forks Air Force Base planted native trees and flowers around their Youth Center.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Community partnerships
- Community service
- Beautification

Artful Gardening

Jamestown Fine Arts Center

Project activities

Children participated in gardening projects as part of the Art Center's summer camp. We planted edible container gardens, flowers and herbs. The 18 children planned, designed and created a large fairy garden in the Arts Park. The instructor used lesson plans from the national Junior Master Gardener website to prepare the classes.

Impacts on the youth

The children loved planting gardens and adding art to them. One of the most popular activities was when children wove tiny sticks together with wire to build small fence sections.

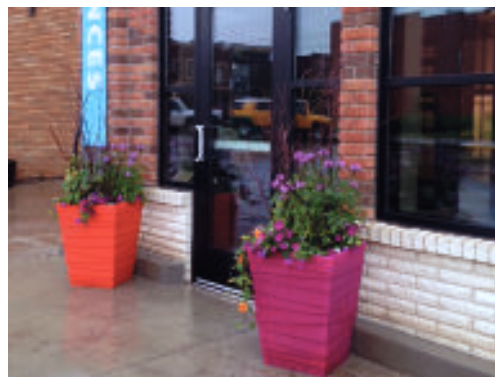
The children were taught how to grow food at home. They enjoyed harvesting and cooking herbs and vegetables.

Impacts on the community

The large colorful containers the children planted were enjoyed by many people downtown throughout the summer. All of the children took seedlings, transplants and flower pots home to share with friends and family.

Partners

Jamestown Fine Arts Center and NDSU Extension Service - Stutsman County.



The children loved planting gardens and adding art to them.

Youth created a fairy garden for the downtown community. They planted containers of colorful flowers and herbs for the Arts Center and for their homes.

		<p>This project fostered:</p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Healthy diets• Community partnerships• Community service• Beautification
		
		

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Courthouse Beautification

Missouri Valley Bunch 4-H Club of NDSU Extension Service - Morton County

Project activities

The Missouri Valley Bunch 4-H Club beautified the grounds of the Morton County Courthouse. They planted large pots of flowers at entrances of the courthouse. They added to the flower bed that was started last year near the entrance of the building.



Impacts on the youth

4-H members learned how to select plants for containers and flower beds. They matched flowers for the amount of sun and shade at each site. The 25 youth learned differences between annual and perennial flowers and how to care for plants throughout the summer.



Impacts on the community

As visitors and staff entered the Morton County Courthouse they were greeted by a colorful array of welcoming flowers. The pots and flower bed were a source of pride as the club meets in the courthouse monthly. 4-H members were responsible for watering, weeding and caring for the plants all season. The gardens served as reminders to the community of the value of 4-H.



4-H youth planted colorful flowers near entrances of the Morton County Courthouse.

Partners

NDSU Extension Service - Morton County and its Missouri Valley Bunch 4-H Club, Courthouse and County maintenance staff, and Cottontail Way Greenhouse.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Killdeer Cowboy Garden

NDSU Extension Service - Dunn County

Project activities

The Badlanders 4-H Club in Killdeer planted a garden this spring to enhance the look of their school campus. They planted a garden with flowers, vegetable plants and a grape vine. The 12 children put up a bird feeder to attract songbirds. The children used the garden to look for bugs as part of their summer school curriculum.

Impacts on the youth

The 4-H kids learned how to properly plant flowers and vegetables in a garden. They gained self-esteem from their peers who viewed the beauty of their work at the school. The summer school kids used the garden for their environmental education class.

Impacts on the community

The garden beautified the school grounds. It added color to community events including spring graduation. The summer school staff used the garden as an outdoor laboratory for environmental education.

Partners

NDSU Extension Service - Dunn County and its Badlanders 4-H Club, and Killdeer Public School.



Youth in the Badlanders 4-H Club beautified their school campus. The plantings added color and were used to support environmental education at the school.

This project was a great way to get youth involved in a community service project—and it helped them learn along the way!



This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

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Kindred Sandburrs Flower Garden

Kindred Sandburrs 4-H Club of NDSU Extension - Cass County

Project activities

The Kindred Sandburrs 4-H Club worked with Sheyenne Gardens on designing a landscape for the front entrance of the new Kindred community pool. The entrance faces south so heat-tolerant perennials and annuals were selected. Peat moss was added to improve the soil. Landscape fabric and mulch were used to reduce weed growth. A pot filled with annual flowers was added next to the doorway.

Impacts on the youth

The project had a positive impact on the youth as they worked together to beautify their community. The 10 children learned about flower bed design, soil preparation, and plant selection from the professionals at Sheyenne Gardens. It was a tremendous learning experience.

Impacts on the community

The Kindred Community Pool has been a gathering place for families for many years. The opportunity to beautify the entrance of the pool was very exciting for 4-H club members. They were proud to contribute to their community. We received many compliments throughout the summer.

Partners

NDSU Extension Service - Cass County and its Kindred Sandburrs 4-H Club, Sheyenne Gardens (Harwood), Kindred Park District and Home Depot (Fargo).

It was a tremendous learning experience.



The Kindred Sandburrs 4-H Club learned landscape design concepts and beautified the entrance of their community's new swimming pool.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Landscaping New England School

NDSU Extension Service - Hettinger County

Project activities

New England Public School expanded in 2013 in response to the economic growth in the area. The expansion left the south side of the school without trees or other landscape plants.

The Junior Master Gardener Program began landscaping this area of the school campus in 2014 and continued this year by planting two more trees. A community forester instructed the children and supervised the plantings. More landscaping is planned for the future.



Youth at New England Public School learned how to design landscapes and plant trees. This is the second year they have added to the beauty of the school campus.

Impacts on the youth

Eleven youth received instruction on designing landscapes and planting trees. The work was physically demanding but the children relished the opportunity to improve their school.

Impacts on the community

The trees planted through this project are growing well and have added beauty to the school campus. The New England community takes great pride in their youth getting involved in this school activity.

Partners

NDSU Extension Service - Hettinger County, New England Public School and Bismarck Community Forestry.

The youth are proud to support their school and improve their community.

This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

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Longfellow Beautification Project

Cub Scout Pack 235 (Fargo)

It was a great opportunity to work together and help the school.

Project activities

Cub Scouts at Longfellow Elementary School planted a variety of perennials and shrubs to beautify the school campus. Work was conducted in spring and again in fall.

Impacts on the youth

The Cub Scouts learned how to develop a landscape plant considering the sunlight, soil and drainage at the school. It was a great opportunity to work together and help the school. Thirty-five youth worked with their parents to set out plants, pull weeds and spread mulch.

The kids gained pride in themselves for what they had accomplished for their school and community. The project helped to promote the Cub Scouts in a positive way to the community.

Impacts on the community

The flower beds at the school are so much more beautiful than they were before all of our work. It makes the school look so much better to all of those who use it: the students and teachers, visitors and neighborhood residents. These flower beds will be enjoyed by many for years to come.

Partners

Cub Scout Pack 235, Longfellow Elementary School PTA and Sheyenne Gardens (Harwood).

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Cub Scouts and their parents designed and planted landscape beds at Longfellow School. The beds were filled with colorful shrubs and flowers.



This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Morton County Beautification

NDSU Extension Service - Morton County

Project activities

Youth selected flowers to beautify the gardens at the Morton County Fairgrounds and the Mandan Softball Complex. Flowers were selected for the sunny conditions at the sites. Annuals and perennials were both planted.

Impacts on the youth

Thirty-six children participated. They learned how to read tags when selecting plants and how to match flowers for site conditions. Emphasis was on sun-loving annuals and perennials. The size of the plants was also considered so they could be properly spaced.

Impacts on the community

The gardens beautified the fairgrounds and the softball complex. The plantings were colorful and welcoming.

Concepts used in this project were later used in the establishment of the butterfly garden at the North Dakota 4-H Camp in Washburn.

Partners

NDSU Extension - Morton County and its Riders of the Future 4-H Club and Morton County 4-H Council, Kohl's Department Store and Morton County Fair Board.



Youth learned how to design and plant community flower gardens. Their plantings at the Morton County Fairgrounds and Mandan Softball Complex were colorful and welcoming.

The community saw youth working on the project and expressed their appreciation with many kind comments.



This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Contact

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Nelson County Junior Gardeners

NDSU Extension Service - Nelson County

Project activities

This one-day project provided youth the opportunity to give back to the Lakota community. The day started with an interactive learning session identifying the different plants we had available to put into containers. Youth selected plants and placed them into pots to give them an appealing look.

The kids really enjoyed their time and the businesses loved their flowers.

The kids really enjoyed their time and the businesses loved their flowers.

Impacts on the youth

Ten youth learned about container planting, how to care for plants, vermicomposting, and the importance of nutrients and organisms in soil. By the end of the day the children were able to plant the pots on their own and understand why the placement of plants matters in container gardening.

Impacts on the community

These flower pots were displayed along the main street of Lakota. Businesses received compliments about the flower arrangements and they were proud of their community's kids. Businesses that did not receive pots this year have asked if they could get pots next year.

Partners

NDSU Extension Service - Nelson County, Nelson County Courthouse, Aakre Funeral Home, CHS Elevator, Leading Edge Equipment, Lakota Hardware, Lakota Auto and Truck Repair, LFS Professional Services, Nelson County Farm Bureau, 218 Main Street Salon - Lakota, Anderson Law Office.



Children learned how to design flower pots. The pots were given to downtown businesses and beautified Lakota all summer.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Pembina County JMG Program

NDSU Extension Service - Pembina County

Project activities

Our amazing group of kids beautified the community by planting and caring for flowers in conjunction with other organizations in the community. They planted a large garden bed outside of the Cavalier Public Library. They planted a garden bed and four large pots at Pembina County Museum.

Impacts on the youth

Thirty youth learned about gardening and made a deep connection with members of the community. We had seven 4-H Leaders, staff from the library, and members of the Pembina County Historical Society. Youth frequented these organizations throughout the summer to monitor the progress of what they planted.

Impacts on the community

Community members came out of the woodwork to volunteer and help with this program. This was the largest and most diverse group we have ever had.

Because of this project, the Pembina County Historical Society and NDSU Extension have paired up to build an orchard at the museum.

Partners

North Dakota Extension Service - Pembina County and its 4-H clubs and Master Gardeners, Millers Greenhouse, Burgess's Greenhouse, Shopko Home-town, Cavalier Chronicle, Pembina County Historical Society, Pembina County Museum and Cavalier Public Library.



Youth learned about gardening and then beautified their local library and museum.

Community members came out of the woodwork to volunteer and help with this program.



This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Contact

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Ramsey Co. Archery Renovation

NDSU Extension Service - Ramsey County



Youth in Devils Lake planted trees and shrubs to enhance the natural beauty of a new archery range.

This was a wonderful opportunity for youth education. The project formed many friendships.

Project activities

A new archery range is being developed on the south side of Devils Lake. The property has marginal soil qualities and lacks the natural tree cover to imitate real-life archery conditions.

Hardy trees and shrubs were selected and randomly planted to create a natural looking environment for hunting. Twenty-seven youth and their parents volunteered to plant the bare-root trees and shrubs.

Impacts on the youth

The project showed how easy a tree planting can be started. The youth learned about the fertility and drainage of the planting site. They will evaluate the plants next spring to correlate plant growth with the soil conditions.

Impacts on the community

This planting improved the natural beauty of the south side of Devils Lake. The trees and shrubs will enhance the experience of community members looking to sharpen their skills in archery.

Partners

NDSU Extension Service - Ramsey County and its 4-H Shooting Sports Program, City of Devils Lake, Ramsey County Soil Conservation District, Lake Region Bowman and Sportsman, U.S. Fish and Wildlife.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Photo courtesy of Marillyle Soveran, www.flickr.com/photos/86953562@N00/18709036509/.

St. Aloysius Cemetery

Lisbon FFA Alumni

Project activities

Our goal was to help our youth learn about the importance of trees. Fifty youth attended a lesson on tree planting conducted by NDSU Extension. The children then planted 120 trees including red oak, silver maple, pine, Black Hills spruce, pear and crabapple.

The cemetery is a place of peace and serene respect. The planting of trees brought beauty to this sacred ground.

Impacts on the youth

The youth made a difference in the beauty of our local cemetery. They enjoyed working with one another. A number of them volunteered to water the planted trees throughout the summer, which showed responsibility on their part.

Impacts on the community

The youth made the cemetery look beautiful. The trees will provide shelter and food for wildlife.

Partners

NDSU Extension Service - Ransom County, Future Farmers of America (FFA), Boy Scouts and youth from church groups.



Youth planted and cared for 120 trees in a local cemetery.

The planting of trees brought beauty to this sacred ground.



This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

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Steele County Beautification

NDSU Extension Service - Steele County

Project activities

Steele County 4-Hers learned about growing flowers through a series of gardening classes. They planted and cared for a community flower bed and created a butterfly garden at the Steele County Courthouse.

Impacts on the youth

Fourteen youth learned how to plant and care for flowers in a container. The youth managed the community flower bed that was previously cared for by the Homemakers Clubs. Youth in the Butterfly Project learned how to select perennials that attract butterflies.

Impacts on the community

These projects allowed youth to help our aging Homemakers Clubs by taking care of the community flower bed.

Partners

NDSU Extension Service - Steele County and its 4-H clubs, Hardware Hank (Mayville), Hope School Greenhouse and Science Department, Sheyenne Greenhouse (Sheldon).



Steele County 4-Hers cared for a community flower bed, created a butterfly garden and learned how to grow flowers in containers.

These projects allowed youth to help our aging Homemakers Clubs.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

A collection of five icons: a watering can, a person running, a flower, two hands shaking, and a group of three people.

Wells County Fairgrounds

NDSU Extension Service - Wells County

Project activities

Our youth beautified the grounds around the 4-H Static Building at the fairgrounds. The children learned about selecting landscape plants. We removed old, overgrown shrubs and replaced them with colorful shrubs and perennials. We planted flowers in large planters. We dressed up the landscape with rock mulching.

Impacts on the youth

One of the best parts of our project was seeing how well the 4-H members worked together. Youth and adults of all ages teamed up and accomplished our goal together!

Twenty-four youth gained knowledge on plant selection, landscaping dos and don'ts, and container gardening methods.

Impacts on the community

The fairgrounds in Wells County are very near and dear to many community members. Fairgoers were very pleased to see the improvements done around the building.

This project was worked on by members of all four of our 4-H clubs. They do not always get a lot of chances to interact with each other so this was great for team building among the clubs.

Partners

NDSU Extension Service - Wells County and its 4-H clubs, Wells County Fairgrounds and County Road Department.



The 4-H youth in Wells County worked together to beautify the landscape around the Static Building of the fairgrounds.

Youth and adults of all ages teamed up and accomplished our goal together!

This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

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Community Gardens



Ashley Community Garden

NDSU Extension - McIntosh County

More families visit our demonstration gardens every year.

Project activities

Our community garden focused on demonstrating gardening techniques for families and youth. We had a no-till garden, straw bale garden, pallet garden and a garden covered with perforated landscape fabric.

We constructed a raised bed garden and grew vegetables with residents of the local hospital apartments. We installed railing planters for flowers for nursing home residents.

Impacts on the youth

The children observed new types of gardens. They were especially interested in the bale garden and pallet garden.

Children helped to care for the community garden and harvested some of the produce. The kids enjoyed taking vegetables home to eat.

Impacts on the community

We are looking to incorporate more parts of the community each year in our garden program. More families visit our demonstration gardens every year. They see the impact of Junior Master Gardeners.

We had a good turnout of produce from the gardens to give to the senior citizens center as well as an abundance of produce for the general public to pick up toward the end of the season.

Partners

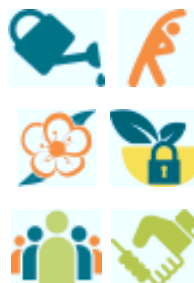
NDSU Extension Service - McIntosh County, Ashley Medical Center, Link's True Value, Ashley SuperValu and Eve's Floral.



Children observed new types of gardens. The project constructed a raised bed for the local senior citizen center.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Food security
- Community service
- Community partnerships

CHARISM Youth Garden

CHARISM (Fargo)

Project activities

Forty children cared for the CHARISM youth garden. They learned about plant growth, the water cycle and eating a healthy diet.

A Junior Master Gardener club was created. Youth received weekly lessons on the JMG themes of relationships, self-esteem, diet and attitude.

Impacts on the youth

Many children that attended the camp at CHARISM came from low-income households, and almost all lived in small apartments without yard space. It was a wholesome experience to be outdoors in the garden, learning about the environment and nutrition.

They got to see the fruits of their labor, and became more adventurous tasters during meal times. The children learned the value of giving back when they donated food to the needy.

Impacts on the community

Children engaged in positive physical activities are less likely to participate in destructive behaviors such as vandalism and theft. The youth took ownership of the garden and became protective of their project.

Needy families received donated vegetables. Elderly in the local retirement home enjoyed our garden flowers.

Partners

CHARISM, NDSU Extension Service - Cass County, Growing Together Garden Ministry, River City Church, Fargo Park Dist. and Community Homes Inc.



Children at CHARISM camp grew a neighborhood garden and learned about nutrition. They provided food and flowers to the needy in their community.

The youth took ownership of the garden and became protective of their project.

		<p><i>This project fostered:</i></p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Healthy diets• Food security• Community service• Community partnerships
		
		

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FFA Pumpkin Patch

NDSU Williston Research Extension Center

Project activities

About 1 in 8 women born today in the USA will get breast cancer. Youth from Williston High School grew pink and other novelty pumpkins for sale to support breast cancer research.

Impacts on the youth

The 25 students experienced the coordination, effort and knowledge of taking a product from seed to market.

Many of the kids have someone in their family who is fighting or has fought cancer. It became a personal thing for them. They knew they were doing something to benefit cancer victims.

Impacts on the community

Half of the profits were donated to the Pink Pumpkin Patch Foundation to support breast cancer research. The project raised awareness of breast cancer at the high school, farmers market and Williston community.

Partners

NDSU Extension Service, Williston Future Farmers of America and the Pink Pumpkin Patch Foundation.

Many of the kids have someone in their family who is fighting or has fought cancer. It became a personal thing for them.



Youth grew pink pumpkins to raise awareness and generate funds to fight breast cancer.

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Pink pumpkin photo courtesy of Curators of the University of Missouri, www.flickr.com/photos/cafnr/15278083487/.



This project fostered:

- Gardening skills
- Physical activity
- Community service
- Community partnerships

Girl Scout Garden

NDSU Williston Research Extension Center

Project activities

Nine Girl Scouts worked with the Williston Research Extension Center to establish an educational garden. The youth designed a garden consisting of both straw bale and traditional ground culture. They planted cherry tomatoes, cucumbers, pumpkins, squash, carrots, sweet corn, hot and bell peppers, cantaloupe, melon, spinach and kale. The girls weeded, watered and harvested during scheduled meeting times. They harvested over several pumpkins and over 40 pounds of other vegetables.

Impacts on the youth

For many, this was their first gardening experience. They learned they can grow their own food in a small garden. It taught them to compromise on choices, to work together to succeed, and they will eat well from their labors.

Impacts on the community

Children were introduced to giving food to the needy in their community. The partnership between NDSU and the Girl Scouts was strengthened.

Partners

NDSU Williston Research Extension Center and Girls Scouts - Dakota Horizons.



They learned they can grow their own food in a small garden.



Girl Scouts in Williston worked together to design and grow a successful garden.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Community partnerships

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Growing Gardeners

NDSU Extension Service - Grant County

Project activities

The Growing Gardeners learned the principles of food production on both a small scale (garden) and large scale (farming). We encouraged them to grow vegetables and eat a healthy diet through a series of lessons on plant growth, soil, pests and salsa making.

Impacts on the youth

The six children were excited to learn about gardening. A survey conducted before and after the program showed the children increased their knowledge of soil, edible plant parts and salsa making.

We observed at the end of the program the youth improved in their ability to cooperate and work together, were more confident answering gardening questions, and were excited about healthy food choices.

Impacts on the community

The raised garden beds and flowers enhanced the beauty of the courthouse. The community enjoyed seeing the garden grow and asked us questions about what we were doing.

The gardens connected us to each other—and to our community. We were able to send fresh vegetables home with the youth and other members of the community.

Partners

NDSU Extension Service - Grant County, Grant County FFA, Miller Distributing, Hertz Brothers Hardware and Grant County Courthouse.

The gardens connected us to each other—and to our community.



Children learned about growing food and eating a healthy diet through a series of lessons. They beautified the courthouse grounds with colorful garden beds.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Beautification
- Community service
- Community partnerships

McKenzie County JMG Program

NDSU Extension Service - McKenzie County

Project activities

Youth planted vegetables, flowers and herbs in raised beds. Some vegetables were sold at our farmers market with proceeds going to a local charity. Other vegetables were exhibited at the county fair or used in a 4-H meal for parents. Flowers were donated to a local nursing home. The high school vocational ag students constructed two new raised beds for the project.

Impacts on the youth

Youth learned how to grow crops and share them with their community. Forty-two children received hands-on training on soils, composting, growing and harvesting vegetables. They picked berries and learned how they grow. They studied menu planning, cooking and preparing vegetables. They learned how to sell produce at farmers markets.

Impacts on the community

The community had access to fresh vegetables at the farmers market. Proceeds went to support our Backpack Program for underprivileged children.

Our local food pantry received unsold produce. Residents of the Good Shepherd Home received cut flowers.

Partners

NDSU Extension Service - McKenzie County and its Master Gardeners, Watford City High School, McKenzie County Natural Resources and Conservation Service, McKenzie County Food Pantry, Watford City Farmers Market, Good Shepherd Home and McKenzie County Fairgrounds.



Youth learned how to grow crops and share them with their community.



Youth in McKenzie County received hands-on training on growing vegetables. They shared the harvest and sales of their produce with the less fortunate.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

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MREC/BisMarket JMG Program

NDSU Extension Service - Burleigh County



Youth learned gardening and cooking through a series of hands-on activities tied to science, math and literacy.

Youth learned valuable life skills related to gardening, nutrition and cooking.

Project activities

We met weekly with 313 youth at seven school sites, the YMCA and BisMarket. The schools and YMCA each had a garden space where program participants planted, tended and harvested. Lessons included activities related to not only growing food, but also the nutrition and physical activity benefits related to gardening.

Impacts on the youth

Youth learned valuable life skills related to gardening, nutrition and cooking while participating in hands-on activities tied to science, math and literacy. Many of the students in this program live in areas where it isn't possible to have a garden of their own so this is one way to make fresh produce more accessible to them.

Impacts on the community

The school gardens added beauty and points of interest to the school grounds. The vegetables provided snacks for the students, and excess produce was given to needy families through the Hunger Free ND Garden Program. Additionally, the activities at BisMarket served as educational opportunities for the public and generated interest in gardening at all ages.

Partners

NDSU Extension Service - Burleigh County, BisMarket, Bismarck Public Schools, Bismarck Park & Recreation Department, Missouri Valley Family YMCA and Missouri River Education Cooperative.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Oakes Community Garden

Oakes/Sargent Central FFA

Project activities

We built eight raised bed gardens and placed them in the one of our city's parks. The beds were planted with different vegetables. The beds were constructed and sown for families that needed produce. At the end of the growing season there was very little produce left in the garden.

Impacts on the youth

Seventy-seven children participated in the project. Many of the children developed skills in carpentry. Other children learned about gardening while planting different vegetables in the raised beds.

Impacts on the community

Community members were able to harvest produce as needed. It was something everyone in our community liked and utilized. Many people watered and weeded the garden and many people stopped by to check on the progress of the garden.

Partners

Oakes/Sargent Central Future Farmers of America, Oakes Park Board and City Council and Geffre's Greenhouse.



The beds were constructed and sown for families that needed produce.



The Oakes/Sargent Central FFA built a series of raised beds placed in a local park. The vegetables grown in the beds were cared for and harvested by the community.

		<p><i>This project fostered:</i></p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Beautification• Food security• Community service• Community partnerships
		
		

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Ramsey County JMG Program

NDSU Extension Service - Ramsey County

This program provides kids with the in-depth training they are looking for.

Project activities

Ten youth participated in a series of experiments. This year's focus was on comparing varieties of beans. Youth sowed green, yellow, purple and pole beans and compared their germination and maturity dates.

In other activities, the children made slides from onion skins and compared water transfer through cells using food dye. They tried a new food featuring a fruit or vegetable each week and kept journals of the weather.

Impacts on the youth

This program provides kids with the in-depth training they are looking for. They loved watching the pole beans grow and they used their plant cam to record the growth using time lapse photography.

Parents reported their children ate more vegetables and made some of the recipes featured during the classes.

Impacts on the community

The youth donated beans to the local food pantry. Our garden at the fair-grounds generated interest on youth gardening activities in our county.

Partners:

NDSU Extension Service - Ramsey County and the Ramsey County Fair-grounds.



Youth conducted experiments, grew vegetables and enjoyed eating them.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Ward County JMG Garden

NDSU Extension Service - Ward County

Project activities

Youth met weekly to learn new skills related to food production and consumption. They received instruction on soils, sowing seeds, identifying weeds, pollination, and how to use/cook what you grow.

Impacts on the youth

Twenty-one youth learned how to care for a garden on their own in the future. They met new friends and interacted with positive adult role models. They learned about healthy eating.

Impacts on the community

Youth interacted with the public while tending to the garden each week. Upon harvest, nearly all the produce was donated to a local food pantry for distribution to local people in need.

Partners

NDSU Extension Service - Ward County and its 4-H clubs and Master Gardeners, Youth Drug Court, Minot Parks, Lowe's Garden Center and Green Thumb Greenhouse.



They learned about healthy eating.

Youth learned how to grow a garden and prepare vegetables for consumption.

This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Pea photo courtesy of Tom Heller, www.flickr.com/photos/tomopteris/5045239326/.

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Youth Grow Community Gardens

NDSU Extension Service - LaMoure County

This program was our catalyst to reach out to community businesses. They were incredibly supportive.

Project activities

Eighteen lessons were provided to 15 children by a group of enthusiastic volunteers. Examples of lessons include Planting, Vermicomposting, Field Trip to an Organic Farm, Harvesting Dry Beans and Reduce-Reuse-Recycle.

We published weekly news articles that featured our young growers.

This program was our catalyst to reach out to community businesses. They were incredibly supportive.

Impacts on the youth

The youth learned about gardening through the hands-on lessons.

They were engaged in our community by selling produce at our farmers market, visiting residents at the nursing home, and distributing food to elderly and families in need of assistance.

Impacts on the community

The youth designed unique and colorful cards for every resident of the St. Rose Care Center and visited with residents as they delivered their cards. The children introduced themselves and shared what they learned through their gardening experience. Needy families received fresh garden produce.

Partners

NDSU Extension Service, Red River Valley Railroad, County Public Health and Social Services, Harmsen's Greenhouse, Podoll Farms, Prairie Road Organic Seed, Builder's Mart, LaMoure Hardware, SCD, NRCS, Church of the Nazarene, NPSAS and Stroh Farms.



The youth received comprehensive training in gardening from a team of volunteers. They visited residents of nursing homes and distributed vegetables to needy families.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service



Environmental Stewardship Projects



Buzz Lab 2015

Plains Art Museum (Fargo)



Interns at Plains Art Museum grew a garden that promoted the importance of pollinators in our environment.

A diverse group of teens were empowered to think how they can make a positive impact in their community, world and environment.

Project activities

Buzz Lab is an internship program at Plains Art Museum that merges art, writing, science and nutrition while exploring the importance of pollinators. The 21 interns were trained this summer to deepen their knowledge of and advocacy for pollinators.

Interns informed the general public about pollinators through performances, tours of the garden, making rain barrels, and sharing public service announcements among other activities.

Impacts on the youth

Buzz Lab empowered a diverse group of teens to think how they can make a positive impact in their community, world and environment. They learn about urban ecology, environmental justice and the importance of pollinators to the environment and agriculture.

Impacts on the community

By maintaining the Pollinator Garden at Plains Art Museum, participants impacted the urban environment of Fargo. Interns planted, weeded and watered the garden. Through community programs, the interns raised the public profile of the garden and educated the community on the importance of pollinators.

Partners

Plains Art Museum, Concordia College, University of Minnesota, White Earth Tribal and Community College, Cedar Crest Resort, Swedberg Honey, River Keepers, Buffalo River State Park and White Earth Wild Food.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Chahinkapa Zoo Gardens

Chahinkapa Zoo (Wahpeton)

Project activities

Third graders from Richland and Wilkin Counties attended a lesson on the Life Cycle of Plants and Animals. The 250 children sowed seeds of plants that either fed their favorite zoo animals or beautified the zoo grounds. Twelve Junior Zookeepers maintained the garden over summer.

The third graders came for classes throughout the summer and helped harvest the produce for animals. They received an illustrated letter at the end of the season showing their favorite animals eating fresh produce in a beautiful zoo.



The youth grew fresh vegetables for zoo animals and beautified the zoo grounds.

Impacts on the youth

Chahinkapa Zoo is a favorite place for the children of our community. During the summer the children were amazed at the growth of their plants. They had great pride in knowing they helped to feed their favorite zoo animals. They showed family members how their flowers created a colorful environment.

Impacts on the community

Many zoo visitors were curious about the garden. They would ask “Does Tal, the orangutan, really eat onions?” “Who eats peppers?” “Who is going to eat the zucchini?” They loved watching the vegetables grow and seeing the harvested produce go to the animals.

Accreditors from the American Zoo Association were impressed with the concept of growing fresh food for zoo animals. Students from another zoo decided to implement this program in their zoo next year.

Tal, the orangutan, loved onions! Chickens went crazy over tomatoes and our tortoises enjoyed fresh salads.

The money saved by not having to purchase fresh produce every week went toward other maintenance needs.

Partners

Chahinkapa Zoo, NDSU Extension Service Master Gardeners, Emery Greenhouse and Junior Zookeepers.



This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

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Compost Tumblers

NDSU Extension Service Carrington Research Extension Center

We linked rural agriculture with local food production.

Project activities

The Compost Tumbler project built compost tumblers out of 50-gallon plastic drums and turned raw products into compost. Items that were composted include shredded newspaper, raw fruit and vegetable scraps, and chopped hay.

At both the Stutsman and Emmons County locations, students had a hands-on opportunity to add products to the tumblers, turn them, and see the completed product.

Impacts on the youth

One hundred students saw how manure from a feedlot, along with appropriate food scraps and newspaper can be turned into nutrients for garden plants. In both Stutsman and Emmons Counties, students were able to plant seeds in compost and monitor their growth.

With this project, we were able to create a positive learning experience by linking manure in feedlots to food in a garden.

Impacts on the community

We linked rural agriculture with local food production. We lessened the gap between rural and urban communities by helping our youth understand what compost fertilizer is and how it is made.

Partners

NDSU Extension Service Carrington Research Extension Center and offices in Foster, Stutsman and Emmons Counties; Coca Cola Bottling; Emmons County Garden Club; Wholesale Ag Products.



Families learned how manure from a feedlot can be used to produce compost for gardens.

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This project fostered:

- Gardening skills
- Physical activity
- Community partnerships

Windowsill Gardening

NDSU Extension Service - Adams County

Project activities

Forty youth from six counties learned about growing plants indoors on a windowsill. Plants included microgreens, salad vegetables and herbs. The youth decorated their pots, filled them with soil, sowed seeds and grew the plants to harvest.

Pots were on display at an educational exhibit at the Lemmon Junior Livestock Show. A variety of books were on display for reference material.

Impacts on the youth

Youth learned how to grow microgreens and other salad vegetables. They learned what types of pots to use and how to water the plants. They learned how to add microgreens to their diet.

One of the youth said his pot was like Jack and the Beanstalk because his radishes grew so fast. Many youth were excited at how fast the seeds grew.

Impacts on the community

Parents and other adults in the community learned how to growing salad greens indoors on windowsills. The project inspired a local agriculture teacher to add this project to her curriculum.

Partners

NDSU Extension Service - Adams County and Lemmon Junior Livestock Show.



An exhibit at the Lemmon Junior Livestock Show generated interest among youth. The children decorated pots and grew salad greens indoors on windowsills.

Many youth were excited at how fast the seeds grew.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Community partnerships

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Food Security Projects



Cando Youth Community Garden

NDSU Extension Service - Towner County



Children in the Cando Community Youth Garden learned how to grow tomatoes and other vegetables. They donated over 350 pounds of vegetables to the local food pantry.

The children learned where their food came from ... and then donated much of the vegetables to the less fortunate in our community.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Project activities

Our community garden was set up as a learning tool for children. It created a good environment for teaching the benefits of nutrition, physical activity, friendship, cooperation, giving and responsibility.

Eight children helped with planting and caring for the garden all summer. Vegetables were donated to the Cando Area Food Pantry.

Impacts on the youth

We increased their knowledge of vegetables, increased their self-esteem and increased their knowledge about volunteering to causes within the community in which they live.

The children learned where their food comes from. Some of them had never grown a garden before.

Impacts on the community

We provided over 350 pounds of fresh vegetables to the less fortunate people in our community. This included tomatoes, peppers, beans, peas, cucumbers, pumpkins, zucchini, carrots, cabbage and corn.

Partners

NDSU Extension Service - Towner County, City of Cando, Cando Lutheran Church, Cando Greenhouse, Cando Home and Hardware.

Photo courtesy of [j_arlecchino](https://www.flickr.com/photos/116797173@N07/15166693956/), www.flickr.com/photos/116797173@N07/15166693956/.

Carrington Community Garden

NDSU Extension Service - Foster County

Project activities

Fourteen teenagers grew vegetables at the Carrington Community Garden. Produce was donated to the Carrington Senior Citizen Center, the Carrington Daily Bread Food Shelter and other needy senior citizens.

The garden is a 9,000 square foot plot located at Carrington High School. Activities at the garden promoted healthy eating habits and contributed vegetables to the Carrington Public Schools Hot Lunch Program.

Impacts on the youth

The teenagers learned resourcefulness, leadership and generosity that will make them valuable members of their communities. They learned about growing vegetables and the benefits of fresh vegetables to their diets.

Impacts on the community

The youth donated over \$2,500 of fresh garden produce to the citizens of Carrington and Foster County. This enhanced the availability of fresh vegetables to less fortunate persons and school children.

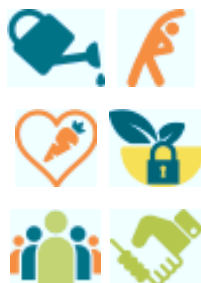
Partners

NDSU Extension Service - Foster County and its 4-H clubs, Carrington FFA Chapter, Carrington Public Schools, Carrington Senior Citizen Center and Carrington Dairy Bread Food Pantry.



Students at Carrington High School grew and donated over \$2,500 of fresh vegetables to needy persons and their school lunch program.

The teenagers learned resourcefulness, leadership and generosity that will make them valuable members of their communities.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Community service
- Community partnerships

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Gardening with Growing Together

Clover Friends 4-H Club of NDSU Extension Service - Cass County



4-H youth worked with Growing Together gardeners to produce 15,450 pounds of vegetables for new American families.

The children loved the sunshine, the work and the produce.

Project activities

Fifteen members of our 4-H club volunteered in the Gathering Garden of Growing Together, a community garden organization hosting over 100 new American families in Fargo.

Each Thursday night we joined the other participants in preparing soil, planting, weeding and eventually harvesting the garden. This allowed members to actively participate in the entire growing season with mentorship from experienced gardeners.

Impacts on the youth

The children grew in confidence as they were able to make personal connections with other gardeners and the growing process. They enjoyed the sunshine, the work and the produce.

Impacts on the community

The Gathering Garden produced 15,454 pounds of vegetables over the 10 weeks of harvest. We think there is possibility of establishing a more formal relationship between our Junior Master Gardeners and Growing Together in the future.

Partners

Clover Friends 4-H Club of NDSU Extension Service - Cass County and Growing Together.

Contact

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Community service
- Community partnerships

Hay Creek 4-H Kids Fight Hunger

Hay Creek 4-H Kids Club of NDSU Extension Service - Morton County

Project activities

Twenty children grew and donated 3,000 pounds of vegetables to six shelters/food pantries. Some of the vegetables were used to prepare meals at shelters. Other vegetables were packaged and distributed for people to take home to prepare meals in their homes.

We donated pumpkins and gourds to children in the daycare program at the YMCA. They used the gourds in their sensory program and decorated the pumpkins to take home. Pumpkins were grown and donated to kids at the Abused Adult Resource Center.

Impacts on the youth

This was our sixth year of growing a Hunger Free Garden. The same 20 kids participated over the past three years. Their gardening skills have improved and they complete most tasks without instruction. When it comes time to harvest they roll up their sleeves and assume their roles. It is amazing to see so many kids ranging from 6 to 17 years old work so well together.

Impacts on the community

The Hunger Free Initiative is the perfect project to teach children to give back to the community. Every year our children set their goals higher and challenge our adults to do the same. We have grown and donated over 10,000 pounds of produce over five years.

Partners

Hay Creek 4-H Club of NDSU Extension Service - Morton County and local food banks.



The Hay Creek Kids 4-H Club have grown and donated over 10,000 pounds of vegetables to the needy over the past five years.

The kids have learned a great deal from growing produce to give to the needy. These are lessons the kids will use the rest of their lives.



This project fostered:

- Gardening skills
- Physical activity
- Food security
- Community partnerships
- Community service

Contact

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Legacy Hunger Garden

Horizon Middle School (Bismarck)



Inspired youth from Horizon Middle School and other community organizations in Bismarck worked together to grow a garden that fed the needy.

For many students, this was their first gardening experience. They enjoyed contributing to the community garden.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Project activities

We started seeds indoors at Horizon Middle School. Students planted, transplanted and cared for the seedlings. In May, we moved the seedlings to the garden at Legacy United Methodist Church. There we planted most of our seeds too. During the summer, the garden was managed by volunteers from the church and other community organizations.

Impacts on the youth

My students loved this project! They peeked under the grow lights at the beginning of each class to monitor the changes in their seedlings. Several students asked for leftover seeds and took them home to start their own garden plants. Unused seedlings were sent home with students as well.

Impacts on the community

Over the course of the summer, our team of 160 students produced over 750 pounds of produce. This produce was donated to the Salvation Army, Ruth Meiers, the Food Pantry, the Legacy United Methodist Church kitchen, and other organizations.

The garden provided volunteer opportunities for Boy Scouts. Youth in need of community service hours also came to help out during our Wednesday night volunteer time.

Partners

Legacy United Methodist Church, Horizon Middle School Team Inspire and Boy Scouts.

Troop 203 Gardening for Charity

Boy Scout Troop 203

Project activities

The 12 teens in our troop worked together to grow a garden. They grew carrots, tomatoes, corn, peas and cabbage. Each boy took a shift of at least two weeks in managing the garden. Forty pounds of produce was donated to the Great Plains Food Bank.

Impacts on the youth

The children learned how to grow vegetables. Growing your own food can make an impact. They learned how weather can affect the crops.

Each boy will receive a Boy Scout Gardening Merit Badge because of this project along with the community service aspect of sharing the crop with the food bank.

Impacts on the community

All of our produce was donated to the Great Plains Food Bank. They were delighted each time the boys brought their produce.

Partners

Boy Scout Troop 203 and the Great Plains Food Bank.



Boy Scout Troop 203 worked together to grow a garden and donate produce to the Great Plains Food Bank.

Growing your own food can make an impact.

		<p><i>This project fostered:</i></p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Healthy diets• Food security• Community service• Community partnerships
		
		

Contact

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Ministry Gardens



Faith/Journey Garden

Faith/Journey Lutheran Church (West Fargo)

Our efforts at community building were successful. Over 1,100 pounds of produce were donated.

Project activities

Our project revolved around our 2-acre garden. We hosted a hot dog roast to invite neighborhood residents to participate in the garden activities, focusing on households with children. We hosted the special needs class from Sheyenne High to pick pumpkins. We held a successful Fall Festival, including family pumpkin picking. Produce was donated to community service agencies.

Impacts on the youth

Forty-five kids were introduced to gardening. We gave the kids a meaningful task (e.g., stomping down the corn fertilizer) when they visited.

A garden can be scary to special needs children, but with the help of their teachers, tears and fears subsided and the joy of bringing home a pumpkin took over. Other children helped harvesting, packaging and distributing the donations to community agencies.

Impacts on the community

Our efforts at community building were successful. Over 1,100 pounds of produce were donated.

New Americans were welcomed to the garden to pick produce. Hosting a community hot dog roast introduced 500 families to the garden project.

Partners

Faith/Journey Lutheran Church, Farm in the Dell, NDSU Extension Service, Sheyenne Special Needs program and Thrivent Financial Services.



The garden at Faith/Journey Church was the hub of its community building activities. They introduced children to gardening and donated vegetables to the needy.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Gardening with Grace

Grace Episcopal Church (Jamestown)

Project activities

The prime purpose was to foster a love of gardening among children. The garden beds were planted, tended and harvested by children with supervision of adults from our church. The group met every Wednesday.

The 15 children learned about soil, seeds, water, pollinators, harvesting and preparing food. They saw international variances of gardening and enjoyed folk tales full of garden wisdom.

Impacts on the youth

The children literally loved their garden and loved caring for it. This was shown by their enthusiasm, desire to perform tasks, the joy of discovering the first tomato and eating food prepared with vegetables grown with their own hands. When asked why our garden was growing so well, one little boy emphatically declared, "Because we love it so much."

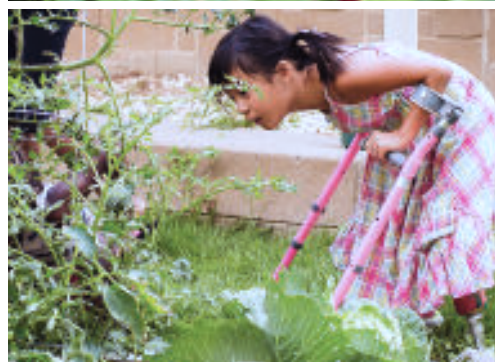
Impacts on the community

The church community was positively impacted by the enthusiasm of the children. Some members doubted whether the garden would be a success. Their minds quickly changed when they saw the joyful work the children put into the garden.

The children shared produce with the Salvation Army, people who came to the Sunday community meal and with people without gardens.

Partners

Grace Episcopal Church and NDSU Extension Service - Stutsman County.



The children literally loved their garden and loved caring for it.

The gardens at Grace Episcopal Church fostered a love of gardening among children. The youth shared their joy and the bounty of the garden with the community.

      	<p><i>This project fostered:</i></p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Healthy diets• Food security• Beautification• Community partnerships• Community service
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Contact

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Gethsemane Garden

Gethsemane Episcopal Cathedral (Fargo)



Youth gained new skills in gardening and an appreciation for where food comes from. They provided food for people within and outside of the congregation.

The children were very excited to be involved in gardening. They ran to check “their garden” every week.

Partners

Gethsemane Episcopal Cathedral, NDSU Extension Master Gardeners and 4-H, Girl Scouts, and Faith Communities Alive (an initiative funded by Dakota Medical Foundation).

Contact

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Project activities

We began efforts in spring with a planting day hosted after church. Project leaders and volunteers prepared our eight raised garden beds. The children and their parents planted vegetable seeds and transplants.

The children tended to the garden all summer. Every Wednesday evening, food from the garden was served for a potluck prior to a church service.

Impacts on the youth

Research has shown that involving children directly in gardening encourages them to eat more vegetables. We noted that children ate salad from the garden at our weekly potluck dinners.

The children gained new skills and an appreciation for where food comes from. Most of the 26 children were new to gardening, as were most of the parents. They learned what a plant needs to grow and assisted with watering and harvesting.

Impacts on the community

The project brought an awareness of gardening and provided food for people within and outside of the congregation. Our garden boxes were featured in the Faith Communities Alive newsletter and video (www.ndsu.edu/faithcommunitiesalive). The gardens are visible from 25th Street S. in Fargo, a busy street.

Along with providing food for Wednesday night potluck dinners, we shared produce with our congregation and donated over 570 servings of vegetables to a homeless shelter.

Metigrowshe Gardens

Metigoshe Ministries (Bottineau)

Project activities

Metigrowshe Gardens is located at Camp Metigoshe on Pelican Lake. Campers completed a gardening curriculum and grew food for their camp.

We provided educational outreach to campers and the wider community on themes of food production, food sustainability and nutrition. The gardens provided fresh produce for local festivals and our local food pantry.

Impacts on the youth

Nearly 800 children dug in the soil and learned about gardening. They were excited to harvest their produce and try fresh and nutritious options.

Several youth groups, including a group of teens with emotional and intellectual disorders, completed their service project requirements by completing chores at the gardens.

Impacts on the community

The garden provides a location for learning, support and recreation for a variety of organizations in the community. We hosted a retreat focusing on vegetable gardening and composting.

We hosted a harvest festival for local church groups and youth groups. Produce was donated to a local pantry.

Partners

Metigoshe Ministries, Zion Lutheran Church (Minot), Bottineau Central School, Dakota College at Bottineau, ECH Bottineau Food Pantry and the Partnership Program of North Central Human Service Center.



Nearly 800 youth completed a gardening curriculum and grew vegetables for themselves and needy families in their community.

Children left camp with knowledge about gardening, a new appreciation for fresh veggies, and helpful hints on starting their own home gardens.



This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Food security
- Community service
- Community partnerships

Contact

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Peace Lutheran Mentoring Garden

Peace Lutheran Church (Burlington)



Youth worked with mentors to grow vegetables for needy families in Burlington. The sale of salsa from the garden was used to purchase seeds for next year's garden.

We targeted our shut-ins and our senior citizens and we received so many hugs and tears!

Project activities

Twenty-seven youth assisted in growing vegetables at Peace Lutheran Church. Fresh vegetables were delivered to the shut-ins of our community, the senior citizen center and our food pantry. Our produce was used for our Harvest Celebration.

We canned salsa and sold it to generate funds for next year's garden seeds. This garden was a huge success for our congregation and community.

Impacts on the youth

Our main goal for this project was to bring youth together with adults in our congregation. We were able to bring some of them to the garden and the experience was wonderful! Next year we plan to do "Adopt a Row" and families will take care of a row.

Impacts on the community

This part was amazing! We targeted our shut-ins and our senior citizens and we received so many hugs and tears! Those that delivered the produce were touched by the emotions and the stories the elderly had to share.

Partners

Peace Lutheran Church and its Sunday School and Confirmation class, Green Thumb Nursery and Bahm Soil Testing.

Contact

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Food security
- Community service
- Community partnerships

Photo courtesy of Elena Moiseeva,
www.123rf.com.



Preschool Gardens



Accessible Food Planters

Boy Scout Troop 263 (Hillsboro)

Project activities

Elevated vegetable gardens were built for an Eagle Scout project. The project promoted healthy eating and taught our community the importance of getting outdoors to form a relationship with nature.

Impacts on the youth

Children learned where their food comes from. Instead of thinking their food comes straight from a can or box, they learned there is a process involved in growing food.

Impacts on the community

The project caused a sense of curiosity around the community. Within a month of the gardens being placed at the Main Discovery Care Center, numerous other businesses and homes had similar gardens out in front of them as well.

Partners

Boy Scout Troop 263 and NDSU Extension Service - Traill County.

Children learned where their food comes from.



Elevated food planters were constructed to promote healthy eating.

Contact

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

GROWing Together

NDSU Extension Service - Burleigh County

Project activities

We started our “Growing Together” program for three- to five-year-olds at the YMCA and First Steps Learning Center. This was a 5-week program focusing on gardening, community service, nutrition and cooking.

Children learned the life cycle and needs of plants. They read the book *If You Plant a Seed*, which focused on being nice to others and sharing the crop.

Youth at the YMCA grew stew, salsa and pizza theme gardens. These gardens were filled with tomatoes, peppers, onions, carrots, beets and herbs. Activities at First Steps Learning Center included using seed tapes.



Youth were excited to learn about gardening at the YMCA and First Steps Learning Center. They eagerly attended to their gardens all summer and were excited to bring vegetables and jam home.

Impacts on the youth

Sixty-five youth were engaged in the hands-on lessons. Many of them had never grown a garden before nor had much experience in the kitchen.

The youth reported each week on how their garden was growing. Kids were excited to share their vegetables and homemade jam with their families.

Impacts on the community

The garden at the YMCA beautified the front entrance of the child care center. The garden at First Steps turned an empty lot into a lively green space highlighted by a colorful garden.

Partners

NDSU Extension - Burleigh County Service and its 4-H clubs, First Steps Learning Center and Missouri Valley Family YMCA.

It was so fun to see the excitement in their eyes when their plants grew!



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Contact

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Growing Tomorrow's Gardeners

NDSU Extension Service - Bowman County

Project activities

Our project provided lessons on growing plants to 95 youth at local preschools. The students planted pots to take home after they learned the parts of the plants and what plants needs to grow.

Many of the kids said they wanted to grow a garden at home now.

The project also included a square-foot garden at the child care center. Youth prepared, planted, grew and harvested the produce. They planted flowers in front of the center and did a container of flowers for an elderly neighbor. They were so excited to deliver the flowers to her.

Impacts on the youth

The children learned how plants grow and what plants need to grow. They learned it really isn't that hard to grow a garden. Many of the kids said they wanted to grow a garden at home now.

The children learned they can produce the food they eat. They learned about vegetables as well as gardening on a large scale—farming.

Impacts on the community

Our square-foot garden is visible to the public. It serves as a great demonstration garden to those interested in gardening in small spaces. Gardens at all sites have encouraged families to try growing their own garden.

Partners

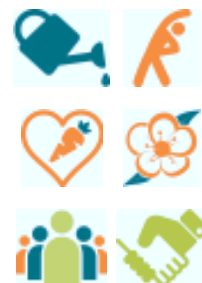
NDSU Extension Service - Bowman County, Tot Lot Childcare & Preschool, Rhame Preschool, Scranton Preschools, Cloverbud Camp, and School of Promise.



Youth in four preschools learned it was fun to grow a garden.

Contact

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Beautification
- Community service
- Community partnerships



Research Projects



Glads for Kids

NDSU Extension Service - Department of Plant Sciences

Project activities

Gladiolus is a popular flower grown in North Dakota. This project evaluated promising gladiolus varieties. Ten trials were offered; each trial consisted of two varieties of a particular color. For example, our red trial consisted of two promising red varieties to compare. Trials were conducted by 265 youth at 101 sites in 34 counties.

The varieties were grown and rated by the children for plant health, vigor, earliness to bloom and beauty. The experiments were supervised by parents and teachers.

Impacts on the youth

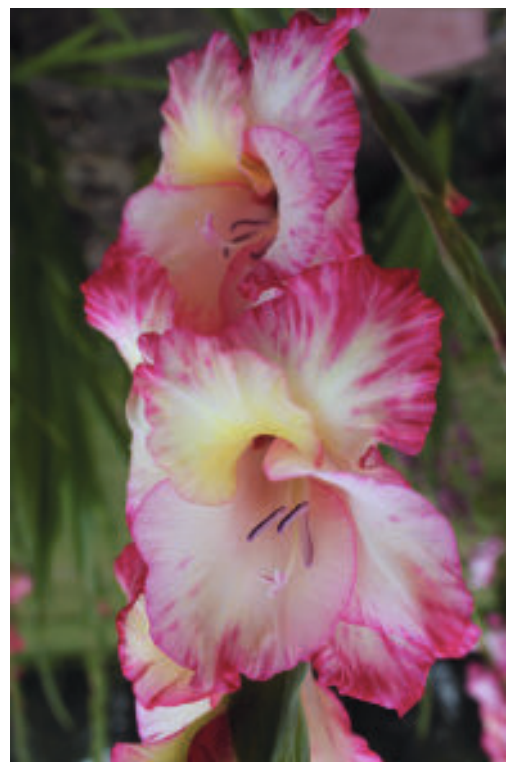
Previous surveys show 73% of children in this program develop skills in science by conducting these experiments. In addition, 74% of children show increased levels of physical activity. The latter point is noteworthy since the Centers for Disease Control reports 78% of children in North Dakota do not get enough physical exercise.

Impacts on the community

The youth did a valuable service to gardeners in ND by identifying superior varieties. This research will lead to beautiful gardens and exceptional cut flowers for sale.

Partners

NDSU Extension Service and numerous schools and youth organizations across North Dakota.



Children, parents and teachers identified superior varieties of gladiolus for North Dakota gardeners through a series of experiments.

This research will lead to beautiful gardens and exceptional cut flowers for sale.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service



Potato Pirates

NDSU Extension Service - Department of Plant Sciences

Project activities

Potato is one of the most popular and nutritious vegetables grown by gardeners. This project evaluated promising potato varieties in gardens and schools. Trials were conducted by 265 youth in 76 sites in 27 counties.

The youth worked with their parents and teachers to evaluate the varieties. The youthful “potato pirates” dug for “buried treasure” in their gardens and evaluated the varieties for yield and taste qualities.

Impacts on the youth

Surveys have shown our kids enjoyed healthier diets and increased levels of physical activity. This is valuable since the Centers for Disease Control report 92% of children in North Dakota do not eat enough vegetables and 78% of children do not get enough physical exercise.

Seventy-three percent of parents and teachers reported their children developed skills in science through these experiments.

Impacts on the community

The youth did a valuable service to gardeners in our state by identifying superior varieties. The planting of superior varieties will lead to higher yields, increased consumption of potatoes and greater food security in North Dakota.

Partners

NDSU Extension Service and numerous schools and youth organizations across North Dakota.



Children evaluated potato varieties for yields and taste. They developed skills in science through these experiments and ate a healthier diet.

Our kids enjoyed healthier diets and increased levels of physical activity.

		<p><i>This project fostered:</i></p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Healthy diets• Food security• Community service• Community partnerships
		
		

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Sunny Kids

NDSU Extension Service - Department of Plant Sciences



Youth grew and compared promising sunflower varieties. Results of this testing will lead to more attractive gardens and superior cut flowers for sale in our state.

Children sharpened their skills in science through these simple yet powerful experiments.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Project activities

Sunflower is one of the most popular flowers grown and sold in North Dakota. Dwarf sunflower will bloom in less than 60 days. It is easy to grow in containers and has the potential to be a profitable ornamental.

Trials of dwarf sunflower varieties were conducted by 403 youth at 213 sites in 37 counties. Children had the option of growing the seeds in the garden or in a container. The experiments were supervised by parents and teachers.

Impacts on the youth

Children enjoyed the opportunity to grow these plants from seed to bloom. Surveys of parents and teachers have shown 73% of youth in our program sharpen their skills in science by conducting these and similar garden trials.

The youth learned the value of teamwork through this project. This is one of the largest networks of garden researchers in the USA.

Impacts on the community

The youth provided valuable information to gardeners and commercial growers. The planting of superior varieties will lead to more attractive gardens and superior flowers for sale.

Partners

NDSU Extension Service and numerous schools and youth organizations across North Dakota.

Photo courtesy of Bill Dickinson, www.flickr.com/photos/skynoir/14417287960/.

Vegetable Variety Trials

NDSU Extension Service - Department of Plant Sciences

Project activities

Children throughout ND evaluated promising vegetables in their backyards and schools. A series of 41 trials, each comparing two varieties of a type of vegetable, were conducted by 406 youth at 92 sites in 31 counties. Examples of trials included bean, beet, cantaloupe, carrot, corn, cucumber, lettuce, pea, pumpkin and squash.

Youth evaluated the vegetables for germination, plant health, earliness, yield and taste qualities. Trials were supervised by parents and teachers.

Impacts on the youth

A survey of parents and teachers in 2014 showed 85% of youth in this project improved their diets, 74% increased their levels of physical activity and 73% developed skills in science by conducting these experiments.

Impacts on the community

The youth did a valuable service to other gardeners in North Dakota by identifying superior varieties. The planting of superior varieties will lead to increases in yield, better tasting vegetables, reduced use of pesticides and enhanced food security.

The youth learned the value of teamwork through this project. This is one of the largest networks of garden researchers in the USA.

Partners

NDSU Extension Service and numerous schools and youth organizations across North Dakota.



Children worked with their parents and teachers to identify the best vegetable varieties for gardeners in North Dakota.

The youth did a valuable service to other gardeners in North Dakota by identifying superior varieties.

		<p><i>This project fostered:</i></p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Healthy diets• Food security• Community service• Community partnerships
		
		

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School Gardens



21st Century Learning Garden

NDSU Extension Service - Stutsman County

The children learned where their pizza comes from.

Project activities

This year we had a pizza themed garden. We planted spring wheat, onion, tomato, pepper, radish, carrot, lettuce, basil, parsley and other vegetables.

We had several lessons relating to gardening and nutrition. At the end of the summer, we had a family night where the kids made homemade pizzas from produce collected from the garden and served them to their parents.

Impacts on the youth

The children learned where their food and specifically pizza comes from. Ninety-six kids experienced everything from sowing seeds in the garden to eating a healthy pizza at the table.

A survey conducted before and after the project showed 52% of children increased their knowledge about composting and 83% of parents observed their children eating more vegetables. Among parents who do not have a garden, 88% indicated they are now interested in gardening at home.

Impacts on the community

The produce from the garden was used by the kitchen staff at the Washington Elementary school.

Partners

NDSU Extension Service - Stutsman County and Carrington Research Extension Center, 21st Century MOST (Meaningful Out of School Time) program and Don's Garden Center (Jamestown).

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The kids learned where their food comes from. They experienced everything from sowing onions to growing wheat to preparing a healthy pizza.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Community partnerships

Bennett School Garden

Bennett Elementary School (Fargo)

Project activities

Two 4th grade classrooms partnered with NDSU Plant Science students for eight weeks. Together they planned, sowed and transplanted vegetables in the school garden.

The students and teachers cared for the garden during the summer. This fall the current 4th graders harvested the produce. The produce was used for classroom cooking experiences.

Impacts on the youth

The 44 students became more knowledgeable in growing healthy food. They were excited to see how a tiny carrot seed turned into a huge, sweet treat!

When we cooked the ripe vegetables in a crock pot, they were amazed at how delicious the homegrown veggies were. The students are very excited about continuing the tradition of the school garden.

Impacts on the community

The students worked with a variety of individuals during this project. They were mentored by NDSU students. They learned tips and tricks from NDSU Master Gardeners and learned the importance of teamwork.

Partners

Bennett Elementary School (Fargo), NDSU Plant Science Department and NDSU Master Gardeners.



Children at Bennett School worked with NDSU students and volunteers to grow a garden. They harvested the vegetables and enjoyed delicious meals together.

They were amazed at how delicious the homegrown veggies were.

		<p><i>This project fostered:</i></p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Healthy diets• Food security• Beautification• Community partnerships
		
		

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Circle of Nations Garden

Circle of Nations Wahpeton Indian School

Project activities

Our project educates students on the interconnectedness of people, plants and the planet.

Students grew bedding plants for the school garden and took home seeds. They learned companion planting methods using native crops such as tomato, pepper, squash, bean and corn.



Impacts on the youth

One hundred students learned that gardening is a traditional Native American way to promote a healthy life, environment and community.

They were interested in the garden and loved trying new things. For example, they learned to make sauerkraut and vegetable pizza. They made soup for the sweat lodge ceremony.

Students harvested and used the garden vegetables in their meals, cooking classes and fundraisers.



The students at Circle of Nations School used sustainable practices to grow bedding plants and a productive garden.

Impacts on the community

The project supported sustainable food systems and the local economy. Excess garden produce was donated to the Richland/Wilken food pantry. Vegetable soup created from our garden vegetables was donated to the Southern Valley Health Watch Soup Walk to raise funds for the food pantry.

Partners

Emery Greenhouse, Southern Valley Health Watch, Three Rivers Arts Council, Wahpeton Parks and Recreation, Let's Move Salad Bar to Schools, FFA and NDSU Extension.

Gardening is a traditional Native American way to promote a healthy life, environment and community.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Grand Forks County Gardens

NDSU Extension Service - Grand Forks County

Project activities

We reached out to 210 children this summer. Two new garden beds were built at Lake Agassiz School. A group of families volunteered to care for the garden. Gardening lessons were taught to third graders.

At Emerado School, youth helped plant the garden and were taught gardening and nutrition lessons.

At Century School, third grade classes planted the garden and a Junior Master Gardener group was established. Eleven youth met every other week during the summer. They learned botany, soils, pollination, landscape design and tree care.

We worked with the North Star Council and Amazing Grains to establish the Three Sisters Garden for Native American youth. Native American families planted and cared for the garden. Weekly gardening and nutrition lessons were taught to families.

Impacts on the youth

The gardens provided hands-on activities for youth, an opportunity to become physically active, fresh produce, and positive family time.

Impacts on the community

The gardens provided fresh vegetables to low-income families.

Partners

NDSU Extension Service - Grand Forks County, Grand Forks Public Schools, Grand Forks Park District, Amazing Grains and the Greenway.



Families learned about gardening and nutrition through a series of hands-on activities at four sites.

These school gardens have led to the building of other school gardens in our community.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

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Grow ... Give ... Learn ... Flourish

Dakota Boys and Girls Ranch (Minot)



All 93 students at Dakota Memorial School worked with staff to beautify the campus. They learned how to grow and cook vegetables too.

**The children were so excited to sow thousands of seeds....
The campus was beautiful all summer.**

Project activities

All 93 students at Dakota Memorial School were involved in gardening activities. Students worked with summer staff to maintain vegetable and flower gardens. Pumpkins from the pumpkin patch were used by our residential population for fall activities and our foods class learned how to use pumpkins in baking. Our horticulture class used the gardening tools to further their education through hands-on activities.

Impacts on the youth

Students were so excited to sow thousands of seeds. They learned how to grow vegetables and how to cook them.

Impacts on the community

Our youth showed their skills to hundreds of community members coming out to purchase plants. A local horticulture club visited our campus and saw the greenhouse activities. The campus was beautified all summer for community members coming and going from Dakota Boys and Girls Ranch.

Partners

Dakota Boys and Girls Ranch, Minot Horticulture Club and Dakota Memorial School and Summer Program.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Beautification
- Community service
- Community partnerships

Liberty Middle School Garden

Liberty Middle School (West Fargo)

Project activities

Students started perennial, flower and vegetable seeds inside the classroom and transplanted them outside. Our 8th graders harvested and ate the veggies, including onion, cucumber and squash. They made coleslaw from our cabbage and multicolored carrots. This fall we will plant bulbs for next spring, as well as hold a pumpkin painting contest.

Impacts on the youth

This project has truly engaged the students. Some students who had lost their interest in science have developed a newfound love for it. Hands-on activities and being able to see the value in their work have been great motivating factors.

The garden has served as a unifying resource for all of our 255 students. Special education students particularly felt a connection to the garden and would bring out other teachers to show off what they had accomplished. It gave them a sense of pride and belonging.

Impacts on the community

Several students went home and started gardens with their parents. Extra seedlings went home, and lots of excited reports were shared over the summer.

Partners:

Liberty Middle School, NDSU Extension Service - Cass County and its 4-H clubs, Lowe's, Gate City Bank, Sam's Club, and Cook Endodontics.



Youth at Liberty Middle School got charged up over gardening. They loved the hands-on activities and took pride in their school garden.

Some students who had lost their interest in science have developed a newfound love for it.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Beautification
- Community partnerships

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Minnewaukan School Garden

NDSU Extension Service - Benson County



The children at Minnewaukan Public School learned how to sow, grow and harvest a garden. These lifelong skills will contribute to healthy, productive lives.

All of the youth embraced the gardening experience. They gained an appreciation for plants, nature and where their food comes from.

Project activities

Youth were taught how to grow a garden through a series of lessons conducted in spring and summer. The 42 children learned about the nutritional value of the produce growing in the garden. They were able to prepare and eat several of the vegetables they grew.

Impacts on the youth

Youth learned how to plant, care for and harvest a garden. They enjoyed being able to grow their own food.

Their comments included “I want to be a farmer someday,” “I want my family to have a garden,” and “I am going to start helping my grandma with her garden.”

Impacts on the community

The community has a low-income population and can benefit greatly from being able to grow their own produce.

Several of the youth told us they wanted to start gardens at their homes with their families. Our school garden serves as a model for these families.

Partners

NDSU Extension Service - Benson County and Minnewaukan Public School.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Community partnerships

Mount Pleasant School Garden

NDSU Extension Service - Rolette County

Project activities

A series of gardening lessons were presented to five summer school students. Students learned how to plant and care for the school's garden. They sampled harvested vegetables and took some home to share with their families. Vegetables were provided to the school cafeteria. The Family Consumer Science class prepared salsa, dill pickles and dilly beans in class.

Impacts on the youth

The students learned where and how their food is grown. They planned the garden, sowed seeds, set in transplants, watered plants and removed weeds. They harvested and tasted plants and learned food safety practices.

Students expressed gratitude for being able to bring vegetables home and contribute to their family's food supply.

Although leadership development was not an original objective, our oldest student co-instructed a lesson she participated in last year. She displayed great self-confidence and shined before the younger group members.

Impacts on the community

Families learned how to garden. The garden added beauty to the school grounds. Harvested vegetables were shared with the school and members of the community.

Partners

NDSU Extension Service - Rolette County and Mount Pleasant School (including FFA and summer school programs).



Youth at Mount Pleasant School learned how to grow a garden. The produce was shared with families, the school cafeteria and the Family Consumer Science class.

The students never grew a garden before and expressed the desire to grow a garden with their family next summer.

This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Contact

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Northern Cass FFA Garden

Northern Cass FFA

Project activities

The Northern Cass FFA Chapter and Agricultural Education Department had a very successful summer with our community garden. We teamed up with the Cass County Soil Conservation District and installed fabric to produce a no-till garden. This was a unique experience for all.

Our 40 students grew a variety of crops including potato, onion, carrot, tomato, zucchini, cucumber, pepper, bean, lettuce and spinach. Also, we sowed popcorn as an experiment.

Over 200 pounds of produce was harvested. Eight graders pickled some of the vegetables. We hope to expand our program to more community gardens in our district next year.

Impacts on the youth

The students realized how important food production was. They were excited to grow vegetables for families and students. They developed a schedule and learned new techniques in growing vegetables.

Impacts on the community

All the people we worked with were great advocates for agriculture and education. The garden supplied the school's hot lunch program with lettuce, carrots and cucumbers.

Partners

Northern Cass FFA, Northern Cass Agricultural Education, Northern Cass School. NDSU Extension - Cass County, Cass County Soil Conservation District and Vinge Farms.

Students learned new techniques in growing vegetables.



Youth at Northern Cass School used innovative production practices to grow vegetables for local families and students.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Ojibwa Indian School Garden

NDSU Extension Service - Rolette County

Project activities

Forty students started a garden together. They used the My Plate food model to learn how plants grown in the garden contribute to a well-balanced diet. They identified food groups and learned the benefits of selecting a variety of colors when selecting foods.

Youth were introduced to herbs to reduce the sodium in their diets. Actions to minimize exposure to ultraviolet rays from the sun were presented.

The students enjoyed peppers, tomatoes and potatoes from the garden in their hot lunch program.

An evening training for parents helped families connect with others and bond with their school.

Impacts on the youth

Many youth had not grown a garden before. They learned how seeds germinate and how to care for plants. They ate vegetables grown in the garden and by local farmers.

They identified their favorite foods from each food group in My Plate and built a visual reminder of the model.

Impacts on the community

The garden promoted strong families and an active lifestyle. Families learned about the health benefits of gardening and the use of vegetables in meals.

Partners

NDSU Extension Service - Rolette County, Ojibwa Indian School, Turtle Mountain Community College and Anishinaba Cultural Learning Center.



Youth at Ojibwa Indian School grew a garden and learned the health benefits of fresh vegetables in their diets.

The garden promoted strong families and an active lifestyle.

		<p><i>This project fostered:</i></p> <ul style="list-style-type: none">• Gardening skills• Physical activity• Healthy diets• Food security• Beautification• Community partnerships
		
		

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Seeds to Seedlings

NDSU Extension Service - Burke and Divide Counties

Project activities

A series of classes were conducted for 82 students in Bowbells, Lignite and Crosby. The children learned about sowing, transplanting and how to identify vegetable seeds and seedlings. They received plants and hanging baskets to take home. The kids were encouraged to grow plants for display at their county's fair.

Impacts on the youth

Students and 4-Hers learned to identify and sow seeds at proper depths, care for seedlings and to transplant small plants into larger containers or into beds. Many of these students had never sown vegetable seeds before.

Students harvested and ate vegetables from the seeds they sowed. They were extremely proud of producing their own vegetables.

Impacts on the community

The project expanded the number of small gardens in the communities and increased the vegetable and horticultural exhibits at the county fair.

Many newcomers to the community were surprised at the variety of vegetables which were raised and exhibited at the fair. Many fairgoers commented they would try gardening or expand the variety of vegetables they grow next year in their gardens.

Partners

NDSU Extension Service - Burke and Divide Counties and their Go-Getters and Leaf Clovers 4-H Clubs; Bowbells, Burke Central and Crosby Schools.

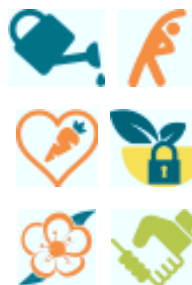
The students were extremely proud of producing their own vegetables.

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Students in Burke and Divide Counties learned how to grow vegetable transplants.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships

Walsh Co. Jr. Master Gardeners

NDSU Extension Service - Walsh County

Project activities

Students from Grafton Elementary Summer Program and Migrant Summer School participated in hands-on classes on gardening and nutrition. A total of 133 kids from grades K–6 participated.

We taught children how to grow food. They planted and cared for gardens at their school that featured salad greens, salsa vegetables, legumes, companion plants and pollinator plants. Sessions also included lessons on nutrition and eating a healthy diet.

Children planted tomato or pepper plants in containers they took home. Our goal was to spark interest in growing vegetables and eating a healthy diet at home.



Children learned how to grow vegetables and prepare healthy snacks. They took containers of tomatoes and peppers home to create interest in gardening.

Impacts on the youth

Many of the youth are from low-income and disadvantaged families. Youth learned how plants grow from seed to food. This included sowing, understanding plant parts, controlling pests, and harvesting. They learned how to prepare healthy snacks and food from fresh vegetables.

Impacts on the community

Youth shared their ethnic and cultural cuisines with others in the community through classroom activities and projects.

Partners

NDSU Extension Service - Walsh County, Helen's Greenhouse and Grafton Elementary Summer Program and Migrant Summer Program.

Our goal was to spark interest in growing vegetables and eating a healthy diet at home.

This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

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Special Needs Gardens



Dunseith Nursing Home Gardens

NDSU Extension Service - Rolette County



The youth worked with staff and nursing home residents to grow gardens at the home.

The program built relationships between generations....
Nursing home residents gained self-esteem, hope and a more positive outlook to life.

Project activities

Youth, staff and residents planted and cared for the Dunseith Nursing Home's raised beds and garden plots. The residents enjoyed watching the garden grow and eating the vegetables.

Impacts on the youth

Five youth developed skills in selecting vegetables for raised beds. They learned to allow appropriate space for good plant growth. The program enhanced the youth's understanding of plants and built relationships between generations.

Impacts on the community

The project was a living classroom for youth, staff, residents and the community. It is interesting to see knowledge grow and be shared. Staff members developed gardening skills and some were inspired to grow their own gardens.

The project added to the quality of life of residents as they gardened with others, spent time outdoors, and visited about the growth of the plants. It contributed to each resident's self-esteem, providing purpose, hope and a more positive outlook to life.

The garden added beauty to the nursing home. Individuals in the community took interest in how the garden is growing. The project was highlighted at the Dunseith Nursing Home's Annual Appreciation Dinner this spring.

Partners

NDSU Extension Service - Rolette County and its 4-H clubs, Dunseith Nursing Home and Dunseith Hardware Store.

Contact

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Beautification
- Community service
- Community partnerships

Ellendale Community Garden

Prairie Rose 4-H Club of NDSU Extension Service - Dickey County

Project activities

The Prairie Rose 4-H Club established a garden at the Prince of Peace Care Center. Residents of the center and 4-H members worked together to grow and enjoy produce from the garden.

Impacts on the youth

The project showed 11 4-H youth how fun growing vegetables can be. It inspired them to put in gardens at home, participate more in the ones they have, and/or develop new 4-H projects.

The residents had a lot to offer the children and vice versa. The different generations from all walks of life worked alongside each other. It fostered a sense of leadership, community service and personal connections.

Impacts on the community

This project gave many of the residents a sense of purpose. It boosted their self-esteem as they felt valued by the 4-H members who they worked with in the garden. It helped them feel young again. It brought back many happy memories of gardening with their families in their younger years.

The alternating patches of watermelon, popcorn, squash, corn and pumpkins looked beautiful and were seen by the whole community.

Partners

NDSU Extension Service - Dickey County and its Prairie Rose 4-H Club, Prince of Peace Care Center, Prairie Road Organic Seed, Harvest Gardens, Ellendale True Value, Mertz Lumber & Hardware and Jerry Rekow Repair.



Youth and residents of the Prince of Peace Care Center in Ellendale enjoyed each other's company as they grew and shared vegetables.

This project gave residents a sense of purpose. It boosted their self-esteem and brought back happy memories.

This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

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Growing Self Determination

Independence, Inc. (Bottineau)

Project activities

Independence, Inc. is a resource center that provides services to maximize the independence of individuals with disabilities.

The Growing Independence Garden is an accessible garden located next to the Independence office in Bottineau. The garden features nine planting boxes, accessible paths and an area for reflection. This garden was created in 2014.

Thirteen teens planned their gardens on large sheets of paper. They used these plans to plant garden boxes using square-foot gardening techniques.

Impacts on the youth

Our teens learned a lifelong skill: how to plant a garden. They learned about companion plants, nutrition and square-foot gardening from NDSU Extension.

Impacts on the community

The Growing Self-Determination Project increased the community's knowledge and understanding of individuals with disabilities.

Partners

Independence, Inc., NDSU Extension Service - Bottineau County and the Peace Garden Consortium.

Disabled teens learned a lifelong skill: how to plant a garden.



Disabled children and adults were taught how to plan and plant a garden using square-foot gardening techniques.

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This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Beautification
- Community partnerships

Mentoring Through Gardening

Big Brothers Big Sisters of Bismarck-Mandan

Project activities

Ten pairs of Big Brothers Big Sisters received containers and plants to grow a pizza garden. This included plants of tomato, pepper, onion, basil, oregano and marigold.

We used garden boxes offered through the NDSU Extension Service and Bismarck-Burleigh Public Health Department.

We conducted a gardening class to help participants plant their boxes. They received instructions on growing and caring for their gardens.

Impacts on the youth

Several of the participants (adults and children) had never planted a garden before. This was a great way to teach youth how easy it is to grow a garden. The children were excited to learn and play in the dirt.

Impacts on the community

Big Brothers Big Sisters is a great community-based mentoring organization. Offering this gardening program achieved the goal of providing positive adult contact and behavior.

Partners

Big Brothers Big Sisters of Bismarck-Mandan, NDSU Extension Service - Burleigh County and Bismarck-Burleigh Public Health Department.



Pairs of Big Brothers and Big Sisters grew pizza gardens together.

This was a great way to teach youth how easy it is to grow a garden.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships

Contact

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Prairie Rose Assisted Living

NDSU Extension Service - Emmons County

Our children learned the importance of working together to make our community a better place.

Project activities

Our Cloverbuds Club did a planting project at the Prairie Rose Assisted Living Center in Linton. Five young children planted flowers around the Center for the residents to enjoy.

The elderly residents enjoyed watching the youth plant the flowers and commented on their excitement and hard work. Since this was such a successful intergenerational project, we've decided to do more activities with these senior residents and our youth.

Impacts on the youth

The youth were very excited to plant flowers. Many of them had not had planted flowers in an independent setting before. They learned basic gardening skills and were excited to go home and plant their own flowers.

The children commented all summer long about how beautiful their flowers looked and they really had a sense of pride for their work. They learned the importance of working together to make our community a better place.

Impacts on the community

This project helped bring our youth together with community members to beautify the facility. It showed our community what 4-H youth are doing to make a difference in the community.

Partners

NDSU Extension Service - Emmons County and its 4-H Cloverbuds Club, Prairie Rose Assisted Living and The Flower Barn (Strasburg).



Young children planted flowers around the Prairie Rose Assisted Living Center. This project has led to more activities among the senior residents and the youth.

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This project fostered:

- Gardening skills
- Physical activity
- Beautification
- Community partnerships
- Community service

Youth-at-Risk: Garden to Table

NDSU Extension Service - Ward County

Project activities

Weekly throughout the summer, youth from the Ward County Drug Court worked with positive role models to grow a garden. The eight teenagers weeded, watered and harvested the vegetables. They learned about working safely in the sun, making fresh garden salsa and canning produce.



Impacts on the youth

The youth learned valuable life skills: gardening, canning and giving. They grew the garden from start to finish.

The youth took responsibility for their work and supplied community food banks with fresh vegetables. They benefited from the outdoor activities and learned valuable life skills.



The youth learned valuable life skills: gardening, canning and giving.

Impacts on the community

They learned they can make a contribution to the community by growing produce and donating it to area food banks.



Partners

NDSU Extension Service - Ward County and the Ward County Drug Court.

Teenagers from the Ward County Drug Court learned how to grow a garden, make salsa, can vegetables, and give to food banks.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- Beautification
- Community partnerships
- Community service

Contact

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Feedback from Project Leaders

Several project leaders shared personal comments in reports. In most cases, these are expressions of gratitude. The following is a sampling of comments:

Thank you for making this garden possible. This is a fabulous program. With this program we built a foundation for future gardeners. We can't wait to get started next year.

- Sister Pamela Pranke, Grace Episcopal Church

Thanks for helping our garden grow!

- Melissa Hendrickson, Horizon Middle School

What an outstanding program! We really appreciate the opportunity to participate in the ND Junior Master Gardener Program. It was an outstanding experience for everyone and we thank you!

- Erika Berg, Kindred Sandburrs 4-H Club

We appreciate your commitment to serving North Dakota communities and children.

- Rita Leistritz, Faith/Journey Lutheran Church

There were so many positive comments from everyone. The availability of funds for this program is very important. I saw huge impacts from this program. It is something we want to continue every year.

- Nicholas Podoll, NDSU Ext. - Dickey Co.

I cannot express how grateful I am for receiving this grant and the wonderful connections it made with me and my students. My former students have approached me to see if they can mentor my current students in the garden.

- Jennifer Shearer, Liberty Middle School



Our amazing group of project leaders are helping youth to enjoy healthy, active lives.

These grants give our youth opportunities to be better community members while learning more about gardening.

- Acacia Stuckle, NDSU Ext. - Emmons Co.

The Junior Master Gardener Program is the sole reason we started this project. This is such a great program! I'm so glad it is available for the entire state to benefit from.

- Natasha Salzer, NDSU Ext. - McIntosh Co.

Thank you. This is a great opportunity for youth to learn while giving back to their community.

- Vanessa Hoines, NDSU Ext. - Morton Co.

This grant program gives us an opportunity to beautify local communities in ways that otherwise wouldn't be able to be completed. It's a great way to get youth involved in service projects and helps them learn along the way!

- Janet Wanek, NDSE Ext. - Dunn Co.



Grants like this give our youth and communities a great sense of pride at an entry level anyone can do.

- Ron Carlson, Lisbon FFA Alumni

On behalf of the youth, staff and families at CHARISM we thank you for giving us this opportunity and allowing us to teach valuable life-skills!

- Andrea Jang, CHARISM

Thank you for supporting our efforts with FFA. They're great fun to work with, for a great cause [breast cancer research]!

- Kim Holloway, NDSU Williston Res. Ext. Center

If the funds for this project weren't available, we would have never entertained the idea of this program. We hope to expand our program next year. Thank you!

- Katie Wirt, NDSU Ext. - Grant Co.

We really appreciated the JMG program for the opportunities that it granted our military base youth. They loved it!!

- Heather Holmes, NDSU Ext. - Grand Forks Co.

JMG funds offered our project the opportunity for growth and were a catalyst for reaching out to community partners.

- Caroline Homan, NDSU Ext. LaMoure Co.

Thank you for your contribution, which directly enriches this positive, interdisciplinary educational program for our youth!

- Netha Cloeter, Plains Art Museum

This was a great opportunity to involve youth around our community a project that benefited the animals in our zoo.

- Brenda Morman, Chahinkapa Zoo

We appreciate the opportunity to participate in the Junior Master Gardener program. The kids have learned a great deal from growing produce to give to the community. These are lessons they will use the rest of their lives.

- Jeff Ellingson, Hay Creek Kids 4-H Club

We appreciated this project and opportunity for the local drug court youth to be active in the outdoors and learn valuable life-skills.

- Micky Zurcher, NDSU Ext. - Ward Co.

Great program; will recommend it to other groups.

- Tim and Tammy Aronson, Boy Scout Troop 203.

Thank you so much for the funds. Without the money you generously granted, it would've been impossible for this project to get started.

- Jace Stallman, Boy Scout Troop 263.

Thank you for allowing us to make a difference in our students' lives. The students this year are very excited about continuing the tradition of the school garden. Without your funding, our project would not have been as successful. We appreciate you!

- C. Varriano and P. Drege, Bennett Elem. School

Wonderful project, support, and opportunities!

- Tina DeGree, Dakota Boys and Girls Ranch

The grants made available through the Junior Master Gardener Program provide the incentive to develop the Carrington Community Garden. This is a great program. We hope the grants remain available in the future. We have greater plans for our garden.

- Joel Lemer, NDSU Ext. - Foster Co.

Contact

For more information on the North Dakota Junior Master Gardener Program, go to www.ag.ndsu.edu/jrmastergardener/

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