



North Dakota Junior Master Gardener Program

ANNUAL REPORT 2017



NDSU EXTENSION
SERVICE

North Dakota Junior Master Gardener Program



ANNUAL REPORT 2017



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Introduction

Our Greatest Resource

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

Yes, our children in North Dakota are powerful, beautiful and 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 eating habits lead to better performance in school, which in turn may lead to better paying jobs. Healthy diets will prevent chronic diseases such as obesity, diabetes and cancer.

Gardening programs can sharpen skills in science, raise awareness of the environment, build self-esteem, 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 2017.



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

North Dakota State University is committed 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 Grows Here	Divide	Constructed a large sign and raised bed garden.
Helping Hands Gardening	Dickey	Planted and cared for flowers at a community center.
Landscaping New England School	Hettinger	Planted trees on the school grounds.
Mohall Beautification Project	Renville	Planted pots of flowers, herbs and berries at the school.
Morton County Courthouse	Morton	Planted colorful flowers near entrances of the building.
ND Veterans Home Beautification	Ransom	Constructed gardens and planted flowers on the grounds.
Community Gardens		
A Garden Experience	Adams	Established a community garden for youth.
CHARISM Youth Garden	Cass	Low-income children grew vegetables to share.
Junior Master Gardener Camp	Grant	Children were introduced to many types of gardens.
Growing Tomorrow's Gardeners	Stutsman	Planted and grew flowers in colorful containers.
McKenzie County JMG	McKenzie	Planted and cared for gardens at the county fairgrounds.
Minot Air Force Base Garden	Ward	Established a vegetable garden and beautified the grounds.
Mountrail Co. Community Garden	Mountrail	Started a new community garden for families and youth.
Pembina County JMG	Pembina	Planted fruit trees and berries in a community orchard.
Pizza Garden	McHenry	Grew vegetables and herbs used for making pizza.
Ramsey County JMG	Ramsey	Learned basic and advanced techniques for gardening.
Salad Bowls at Rainbow Garden	Traill	Planted containers of lettuce and other salad vegetables.
Stable Days Share Garden	Polk	Learned how to grow a garden and set wellness goals.
Towner Co. Community Garden	Towner	Grew vegetable, butterfly and pumpkin gardens.
Your Own Garden	Logan	Learned to grow veggies and fruits in their home gardens.
Youth Grow Community Gardens	LaMoure	Learned about agriculture, gardening and healthy living.
Youth Pizza Garden	Pierce	Grew vegetables and herbs in a community garden.
Environmental Stewardship Projects		
Bee Friendly! Pollinator Pots	Ransom	Displayed bee-friendly flower pots throughout community.
Buzz Lab	Cass	Raised public awareness on the value of pollinators.
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Ministry Gardens		
Gardening with Grace	Stutsman	Developed skills in gardening and food preservation.
Gethsemane Garden	Cass	Worked as a community to grow and share vegetables.
Healing Garden	Cass	Learned how to grow and prepare healthy food.
Methodist Garden	McHenry	Created raised beds and grew vegetables to share.
MetiGROWshe Garden	Bottineau	Learned sustainable gardening practices; shared produce.
Peace Lutheran Community Garden	Stark	Started new garden to provide plots to families, groups.

Project	County	Highlights
Preschool Gardens		
Fessenden Child Care Center	Wells	Kids grew vegetables in a garden built by high school teens.
Gardening With Children	Cass	Grew vegetables and enjoyed healthy snacks.
Growing Tomorrow's Gardeners	Bowman	Learned the basics of plant growth and gardening.
Langdon Day Care Garden	Cavalier	Learned how to garden and the benefits of eating veggies.
School Gardens		
21st Century Learning Garden	Stutsman	Learned how to grow and prepare nutritious meals.
Circle of Nations School Garden	Richland	Developed skills in producing, preparing healthy foods.
Container Gardens	Burke	Grew bedding plants to grow and share with others.
Gardening and Grinning	Foster	Planted salad gardens, bulbs and interesting plants.
Grand Forks Co. School Gardens	Grand Forks	Gardening/nutrition lessons conducted at four schools.
Hankinson Elementary School	Richland	Grew vegetables with elderly to eat and share with needy.
Harvesting Fun	Burleigh	Sharpened skills in gardening and preserving foods.
Killdeer FFA/Ag. Ed. Garden	Dunn	Grew vegetables for school and local food pantry.
Liberty Middle School Garden	Cass	Learned the importance of growing and eating vegetables.
Lincoln Elementary School Garden	Golden Valley	Built raised beds; grew veggies with parents and teachers.
Minnewaukan School Garden	Benson	Learned how to grow a garden and eat a healthy diet.
Pizza Gardening	Richland	Grew vegetables in wading pools; learned health benefits.
Rolette Co. Junior Gardening Club	Rolette	Grew vegetables and flowers in raised beds and containers.
Shanley-Sullivan Garden	Cass	Grew, donated, sold veggies for school and community.
Therapeutic Gardening	Burleigh	Developed skills in growing food; worked with mentors.
Senior Care Gardens		
Dunseith Nursing Home Gardens	Rolette	Grew vegetables with elderly and hosted a pumpkin party.
Green & Growing in Gackle	Logan	Beautified care center; grew vegetables with elderly.
Maddock Memorial Home	Benson	Planted apple trees and flowers at the nursing home.
Prairie Rose Assisted Living	Emmons	Developed basic gardening skills; planted flowers at center.
SMH Multi-Generational Garden	Sheridan	Constructed raised beds and grew plants with residents.
Other Special Projects		
Garden to Table Community Service Ward		Drug Court youth learned how to grow and share veggies.
Grow It Forward	Cass	NDSU students grew bedding plants for New Americans.
Hay Creek 4-H Kids Fight Hunger	Morton	Grew and donated vegetables for the less fortunate.
Home Garden Variety Trials	Statewide	Evaluated promising vegetable, herb and flower varieties.
Ruth Meiers Community Garden	Burleigh	Homeless children grew vegetables at a family shelter.

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 awarded \$32,900 to 60 projects for gardening supplies. Funds were provided by the North Dakota State Legislature and Department of Agriculture. NDSU provided educational support to all projects and led 39 of them. Forty-four of the projects would not have been started without JMG funds.



Partners

New partnerships were forged and existing partnerships were strengthened. Over 275 local businesses and organizations worked with NDSU Extension in these projects. Support came in the form of human resources, access to land and water, plants, tools, fertilizer, transportation, classroom space and food.



Impacts on Youth

Approximately 3,600 children (2,470 young children and 1,130 teens) participated in JMG activities. Project leaders reported that 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 22,000 pounds of fresh vegetables. The produce went to food banks, churches, elderly, shut-ins, New Americans and other needy families. Vegetables were provided to school cafeterias and senior care centers.



Beauty

JMG kids beautified schools, parks, museums, senior care centers, courthouses, churches, fairgrounds and along city streets. They enhanced the landscapes of a military base, the state's veterans home and a community zoo.



Special Projects

JMG kids visited senior care centers to grow gardens and friendships. Homeless children and youth-at-risk learned how to grow a garden. Children grew bedding plants to distribute to New Americans interested in gardening. Youth conducted research to identify superior vegetable, herb and flower varieties.

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



Beautification Projects



4-H Grows Here

Roughriders 4-H Club of NDSU Extension – Divide County

Project Activities

The Roughriders 4-H Club built a 12-foot-high wooden sign to highlight their organization at the entrance to the Divide County Fairgrounds. Vegetables and flowers were grown in a garden box constructed below the sign.

Impacts on the Youth

Children learned how to use power tools in the construction of the sign and garden box. They grew vegetables and gained an appreciation for where their food comes from. The 18 children were proud of their work when the public came to the fair.

Impacts on the Community

This project made local residents aware that its young people want to contribute to the community. The colorful sign beautified the fairgrounds. The produce from the garden was shared with a local restaurant.

After its success this year, the Roughriders 4-H Club looks forward to building a garden box at the nursing home in Divide County next year.

Partners

Roughriders 4-H Club of NDSU Extension, Hanks Hardware, Just Jude's Restaurant, Divide County Fairgrounds and several volunteers.



The youth built an impressive sign at the entrance to their fairgrounds. A garden was grown below the sign.

The young people showed they were ready to serve their community.

This project fostered:

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

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Helping Hands Gardening

Guelph Garden Club

Project Activities

Ten children from the James River 4-H Club and local area helped with the planting and care of flower beds and shrubs at the Guelph Community Center.

Impacts on the Youth

The children gained hands-on experiences in planting, watering and maintaining the community gardens all summer. Members of the Guelph Garden Club worked with the children and provided guidance. The children received compliments from the community at the multitude of events held at the center.

Impacts on the Community

The Guelph Community Center is a former school, and the beautification of this facility helps to honor a piece of history in town. Projects like this show how a community center can thrive with volunteers for over 30 years.

Partners

Guelph Garden Club, NDSU Extension and its James River 4-H Club, Country Rose Homemakers, Guelph Community Volunteer Elves, Geffre Greenhouse, and Harvest Gardens.



Children from the James River 4-H Club and local area helped to beautify the Guelph Community Center.

**Children
beautified
their local
community
center.**



This project fostered:

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

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Landscaping New England School

NDSU Extension – Hettinger County

Project Activities

The New England Public School was remodeled in 2013. Since then, youth at the school have been engaged in projects to beautify their campus. In 2017, youth planted four trees on the east side of the playgrounds. They visited with a community forester and observed how the plants they established on the school campus in previous years were growing.

Impacts on the Youth

Thirteen youth gained knowledge and hands-on experiences in designing landscapes and planting trees. The youth in this multi-year landscape project provided suggestions for new activities and used their gained knowledge in demonstrations and county fair projects.

Impacts on the Community

Quality schools are major contributors to the growth of a community. Landscaping is needed to finish this school building project. The New England community takes great pride in seeing their youth involved in this work.

This is the fourth year the students have added a planting to the school's landscape. The New England Superintendent has stated, "This is a great source of beauty for both the school and the community."

Partners

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



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

The community takes great pride in seeing their youth beautify their school.



This project fostered:

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

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Mohall Beautification Project

Mohall Future Farmers of America

Project Activities

Flowers were planted near the Mohall FFA sign of Mohall-Lansford-Sherwood High School. Flowers, strawberries and herbs were planted in whiskey barrels in front of the school. There were no plants in front of the school before this project.

Impacts on the Youth

The 20 kids learned how hard work can pay off, in this case with the beautification of their school. They learned which plants are best suited for different landscape situations. The children received lots of compliments from the community for their work.

Impacts on the Community

Our community gained a greater appreciation for their youth and FFA. They learned FFA is invested in the community and ready to serve.

The project shows the positive impacts of landscaping. Community members have been asking the youth of its plans for next year's plantings.

Partners

Mohall FFA and The Floral Shop in Mohall.



Youth of the Mohall FFA beautified their school by planting colorful flowers, herbs and strawberries in containers on the campus.

The youth learned how hard work can pay off.

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

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

Project Activities

The Missouri Valley Bunch 4-H Club helped beautify the outside of the Morton County Courthouse. Twenty children planted large pots of flowers that were placed at all entrances of the building and continued its work on the perennial flower bed near the entrance of the Courthouse.

Impacts on the Youth

The youth learned how to select plants suitable for the various lighting conditions at the Courthouse. They learned the difference between annuals and perennials, what supplies you need to plant, and what to plant in a pot versus a flower bed. The children learned how to plant and care for flowers throughout the summer.

This project can lead to children becoming interested in gardening at home with their families.

Impacts on the Community

As visitors and staff entered the Morton County Courthouse they were greeted by colorful displays of welcoming flowers. The pots and flower bed were marked indicating that 4-H members were responsible, which was a reminder to the community of the value of 4-H.

Partners

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



Youth planted colorful flowers near entrances and buildings of the Morton County Courthouse.

This project can lead to children becoming interested in gardening at home with their families.



This project fostered:

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

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ND Veterans Home Beautification

NDSU Extension – Ransom County

Project Activities

“Glory Gardens” were constructed by 22 children. They established a colorful flower garden between two of the residential homes. A wishing well was built to cover a drain in the center of the area. An arbor and additional plantings were added along a sidewalk. Flowers were planted around the flagpole at the entrance to the home. Children helped to care for the flowers over the summer.

Impacts on the Youth

The kids enjoyed visiting with the residents who came to watch and assist. The residents offered many positive comments and thanked the children. The children left with a real sense of making a difference and asked if they could help again next year.

Impacts on the Community

The gardens provided a beautiful backdrop for the many guests, families and dignitaries who visit the campus. The flower beds near the homes extended the living spaces of the residents and invited them to enjoy the beauty of the grounds. The community is very proud of the facility and they make it a place of pride for everyone.

Partners

NDSU Extension and its 4-H Clubs, North Dakota Veterans Home staff and residents, Doosan-Bobcat employees, local nurseries and the local hardware store and lumberyard.



The 4-H youth in Ransom County constructed flower gardens on the grounds of the North Dakota Veterans Home.

This is a rewarding project to help people who have done so much for our country.



This project fostered:

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

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Community Gardens



A Garden Experience

Adventures 4-H Club of NDSU Extension – Adams County

Project Activities

A community garden for youth was established at Larson's Farm in Hettinger. Parents and children of the Adventures 4-H Club planted the garden. There were a series of evening meetings to weed and water the garden. Produce from the garden was donated to community members as well as given to 4-H youth at fall harvest.



This project may lead to more locally grown food.

Impacts on the Youth

Despite being embedded in an agricultural landscape, many North Dakotans do not know how to or value the growing of one's own vegetables. In this project, 20 children learned how to grow vegetables through hands-on experiences. The children had the chance to eat healthy produce as well as donate some of the vegetables to the local food pantry.



Impacts on the Community

Most small communities lack a consistent source of quality produce, and Hettinger is no different. This project may create more interest in gardening and lead to more locally grown food, a good thing due to the health benefits associated with eating fruits and vegetables. The donation of produce to the food pantry expanded the demographic of the community that benefited from the project.



The Adventures 4-H Club established a community garden for youth in Hettinger.

Partners

NDSU Extension and its Adventures 4-H Club, and Scruffy's Restaurant.



This project fostered:

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

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CHARISM Youth Garden

CHARISM (Fargo)

Project Activities

Thirty-four children worked with CHARISM staff and community volunteers to plant, tend and harvest the garden. A tunnel for vines was added to the garden this year. Squash, pumpkins and cucumber vines traveled up the arbor.

The youth in this program typically live below the poverty line. The garden is located in a neighborhood with community housing/subsidized apartments, leaving little to no green space available for these families.

Impacts on the Youth

The youth were given the opportunity to get outdoors, dig in the soil, work together with peers, and take fresh produce home. The children were proud to share the produce with their families and others in need.

The youth developed a sense of pride and ownership in the garden. They became leaders and gained confidence to tell others to respect the garden space.

Impacts on the Community

The garden brought people—children and adults of diverse backgrounds—together. The youth learned to work together to produce food, and they donated part of the harvest.

Partners

CHARISM, Growing Together Garden Ministry, FM PM Rotary Club, Sojourn Church, Community Homes Inc., NDSU Extension, Summer Hope/ Master's Heart, and Fargo Park District.



This garden brought people—children and adults of diverse backgrounds—together.

Families of diverse backgrounds worked together to grow vegetables in their neighborhood garden.



This project fostered:

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

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Junior Master Gardener Camp

NDSU Extension – Grant County

Project Activities

A three-day camp on “All Kinds of Gardens” was conducted where 20 children learned about vegetable, miniature, pollinator, wildlife, container and water gardens. Activities included designing and planting gardens, creating garden crafts, reading garden stories, making healthy snacks, playing games and restoring the local arboretum.

Impacts on the Youth

Designing and caring for gardens builds many life skills, including self-responsibility, discipline, healthy lifestyle choices, stress management, problem solving, team work, planning and organization. The children gained personal satisfaction in beautifying the local arboretum.

Impacts on the Community

The youth beautified the community by restoring flower beds and cleaning up the walking paths at the Grant County Soil Conservation District Arboretum.

Partners

NDSU Extension and Grant County Soil Conservation District.



The children designed and cared for many kinds of gardens.



Children at the Junior Master Gardener Camp learned how to design and grow many kinds of gardens, including miniature and vegetable gardens.

This project fostered:

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

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Growing Tomorrow's Gardeners

Busy Butterflies Country Critters 4-H Club of NDSU Extension – Stutsman County

Project Activities

Children of the Busy Butterflies Country Critters (BBCC) 4-H Club painted cattle lick tubs, filled them with soil, planted flowers and vegetables, and cared for them. Several 4-H members entered their garden as a horticulture project in the Stutsman County Fair and Medina Fall Festival.



Impacts on the Youth

The 20 children were so excited to participate in the project and their parents were supportive. The youth were proud of their colorful containers and were amazed at the garden produce. They look forward to doing another project.

The children developed skills in gardening and learned its value in eating a healthy diet. They gained experiences in leadership, helping others, taking responsibility and getting involved in the community.

Impacts on the Community

The community was amazed at the results of the project. They had never seen such an accomplishment of their local 4-H Club in horticulture.

The gardens beautified the community and educated the public on possibilities of growing food locally.

Partners

NDSU Extension and its BBCC 4-H Club and Master Gardeners, Country Gardens Floral and Greenhouse, Duratech Industries and Medina Fall Festival Committee.



Youth painted containers, filled them with soil and planted colorful flowers and vegetables in them. Many children showed their work at the county fair and festival.

The children had a great time and look forward to another project in the future.

This project fostered:

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

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McKenzie County JMG

NDSU Extension – McKenzie County

Project Activities

Children met regularly from May through September to learn about gardening, nutrition and public service.

Forty teenagers helped to prepare garden beds at the McKenzie County Fairgrounds. A group of 12 younger kids planted and cared for the gardens. Vegetables were taken home, donated to the local food pantry, or used in a meal for project families.

Flowers from the gardens were shared with nursing home residents.

Impacts on the Youth

The children developed skills in growing vegetables and flowers. They experienced the goodness of sharing vegetables and flowers with others.

The youth learned how to prepare a menu, set a table, and serve their parents and grandparents at a “play restaurant.”

Impacts on the Community

Nursing home residents enjoyed the flowers and company of the children. About 100 pounds of vegetables were donated to needy families. Visitors at the Farmer’s Market received samples of pumpkin pie.

Partners

NDSU Extension and its Master Gardeners, Watford City High School horticulture classes, McKenzie County Natural Resources Conservation Service, Farmer’s Market, and staff at the nursing home.



Youth in McKenzie County grew vegetables and flowers and shared them with others in the community.

Some of the children never grew a garden before. They learned so much and came so far.



This project fostered:

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

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Minot Air Force Base Garden

Boys & Girls Club of America (Minot AFB)

Project Activities

The major goal of this project was to expose youth to the science and knowledge of how food is grown. Youth helped to build a raised bed, planted seeds and seedlings, and cared for plants in all stages of growth. The project was coordinated by the Boys & Girls Club at the base.

Impacts on the Youth

Youth at Minot Air Force Base live in housing with little to no yard space for growing vegetables. This project provided 23 youth with hands-on experiences in the natural sciences, and specifically in the growing of healthy food. The children learned where their food comes from and gained an appreciation for the work required to get it from the garden to the table.

The project created a sense of competence, belonging, usefulness and influence among the children. It fostered character and leadership, health and life skills, culture and recreation.

Impacts on the Community

The gardens beautified the grounds of the base. Activities at the center built fellowship among youth and families.

Partners

Boys & Girl Clubs of America and David C. Jones Youth Center.



The youth at Minot Air Force Base established a vegetable garden and beautified the grounds.

The youth gained an appreciation for the work required to get food from the garden to the table.



This project fostered:

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

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Mountrail Co. Community Garden

NDSU Extension – Mountrail County

Project Activities

Raised beds were constructed for a community garden in Stanley. Eight children helped in sowing seed and transplanting bedding plants in the beds. Volunteers assisted in caring for the gardens over summer. The harvested vegetables were shared and used for family meals.



Impacts on the Youth

Several of the youth had never grown a garden before. Youth who can learn to grow food will always have that knowledge to build on in their futures and share with their children and grandchildren some day.



Impacts on the Community

This is the first year of the project and many lessons were learned. The project is planning on constructing more garden beds to serve the educational needs of more youth and the dietary needs of more families in the community. This new garden can bring the entire community together.



A new community garden was established in Stanley. Vegetables were grown and shared among the families.

Partners

NDSU Extension and its 4-H Clubs and Master Gardeners, Mountrail County Garden Club, Ag Agency, Lowe's Garden Center and Tractor Supply Company.



This project fostered:

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

This new garden can bring the entire community together.

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Pembina County JMG

NDSU Extension – Pembina County

Project Activities

Nine children learned about growing fruits. They planted apricots, raspberries and chokeberries in the Pembina County Community Orchard. This is a wonderful location where youth, parents and seniors can interact and work on projects together.

The children repotted dwarf lime, lemon, orange and grapefruit trees to take home to their families.

Impacts on the Youth

Many of the youth were surprised that fruit trees do not bear fruit all year long and that harvests are seasonal. These children now have a much better understanding of how fruits are grown and harvested. They learned how pollination plays a key role in food production.

Impacts on the Community

This project furnished trees to the Pembina County Orchard. Once the trees begin bearing fruit, the general public will be able to come, harvest and share fresh fruits and nuts.

Partners

NDSU Extension, Pembina County Museum, Burgess's Nursery and Greenhouse, Miller's Garden Center and Pembina County Soil Conservation Service.



Children learned about growing fruits. They planted trees in the community orchard and repotted citrus trees to care for at home.

This project fostered:

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

The children now have a better understanding of how fruits are grown.

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Pizza Garden

NDSU Extension – McHenry County

Project Activities

Children grew many different vegetables and herbs in a garden at the NDSU Extension Office in Towner. A special focus was placed on ingredients needed for making pizza, including tomato, pepper, onion and basil.

The youth learned about caring for plants and protecting them from diseases and insect pests. Lessons were provided on proper nutrition and how to follow a recipe. Nutritious snacks were provided. A local beekeeper came to teach the children about pollinators.

Impacts on the Youth

It brought a realization to children as to where their food comes from, and the work it requires to get it to the table. The 20 children in the classes learned proper ways to grow, cook and preserve food.

Impacts on the Community

This was a safe place for kids to come and learn about gardening, nutrition and nature. Educating children in these topics can lead to a healthier community and better environment.

Partners

NDSU Extension, Granville Summer School Program, Gunter Honey and Towner Hardware Hank.



Children grew the vegetables and herbs needed to make pizza. Lessons were also provided on proper nutrition and how to follow a recipe.

Children learned where their pizza comes from.



This project fostered:

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

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Ramsey County JMG

NDSU Extension – Ramsey County

Project Activities

Five 30-minute classes were conducted for beginners (5- and 6-years old) focusing on basic gardening skills such as sowing seeds, transplanting plants and growing container gardens.

An advanced course of similar length was offered to students who have passed the first course. These activities focused on leaf identification, weed control, insect identification and management, and donating food to pantries.

Impacts on the Youth

Twenty children enhanced their skills in gardening.

A survey of the advanced class students showed that all students either started their first garden or were expanding the variety of what they planted in their garden due to what they learned in these courses.

Impacts on the Community

The gardens grown by the students beautified the grounds of the Ramsey County Fairgrounds. Fifty pounds of produce was donated to the local food pantry.

Partners

NDSU Extension and the Ramsey County 4-H Council, Ramsey County Fair Board, and Hope Center Food Pantry.



Students were inspired to either start a garden or to expand their garden at home.

Beginners learned basic gardening skills such as sowing seeds and growing plants in containers.



This project fostered:

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

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Salad Bowls at Rainbow Garden

Rainbow Garden (Mayville)

Project Activities

The Rainbow Garden Board and the Town & Country Pals 4-H Club teamed up to grow individual salad bowls containing lettuce, spinach, arugula, pepper and tomato. The team also grew a raised planter of lettuce, arugula, radish, carrot and onion at Rainbow Garden, a community garden in Mayville.

Impacts on the Youth

Sixteen children learned how to sow and grow containers full of lettuce and other vegetables. They gained the satisfaction of growing something of their own and sharing it with their families. By planting and caring for their own “salad bowls,” a habit of eating vegetables may be established.

The children were introduced to Rainbow Garden, a place where they can serve as a volunteer or participate as a gardener in the future.

Impacts on the Community

Happy, healthy, interested children will grow to be assets in any community.

Partners

Rainbow Garden Board and volunteers, Town and Country Pals 4-H Club of NDSU Extension.



Each child designed and grew their own “salad bowl.” A raised planter of vegetables was grown at the garden for community use.

Happy,
healthy,
interested
children will
grow to be
assets in
any
community.



This project fostered:

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

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Stable Days Share Garden

Stable Days Youth Ranch (East Grand Forks)

Project Activities

Children participated in all steps of gardening at The Share Garden. They planted, watered, weeded and harvested produce to donate to local food banks. Each child spent 30 minutes per week from June 1 to mid-August tending the garden and setting their personal wellness goals. Ninety-two children tended the garden and an additional 130 children toured the site. Ninety-seven percent of participants were from North Dakota.

Impacts on the Youth

Youth learned about gardening and nutrition through hands-on, fun activities. They enjoyed eating what they helped to grow. Learning how to grow one's own food can lead to greater consumption of fruits and vegetables and make a positive impact on overall health.

Impacts on the Community

The Share Garden is operated by volunteers and is open to the public, giving anyone in the community an opportunity to garden. The Share Garden is also part of the Fork's Well Fed class, where low-income families take classes in exchange for produce tokens. These participants may harvest for themselves and the food banks they frequent.

Partners

Stable Days Youth Ranch, NDSU Extension, University of North Dakota, United Methodist Church, FARRMS, United Way, Grand Forks Park District, and Wagners Nursery.



The Share Garden provides an opportunity for anyone to garden, especially youth.

Empowering kids to grow vegetables can make a huge difference in their overall health.

This project fostered:

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

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Towner County Community Garden

NDSU Extension – Towner County

Project Activities

Fifty-five children helped to plant a vegetable garden, butterfly garden and their very own pumpkin patch in the community garden.

Other fun activities included a scavenger hunt where they had to find different types of vegetables, and making bird feeders out of oranges.

Impacts on the Youth

Children developed skills in gardening throughout the summer. They learned to identify popular fruits and vegetables in the garden. This helped the children understand where their food comes from.

Impacts on the Community

The community garden is visible in town and its residents admired the children as they watched them learn how to grow food and share with others. The children donated over 500 pounds of produce to the Cando Area Food Pantry.

This project has strengthened partnerships among NDSU Extension, Farm Service Agency and the Towner County Soil Conservation District.

Partners

NDSU Extension and its 4-H Clubs, Farm Service Agency, Towner County Soil Conservation District, Cando Community Library, Cando Area Food Pantry and local nurseries.



Fun activities included planting a pumpkin patch and butterfly garden as well as identifying vegetables on a scavenger hunt.

Residents admired their children for growing vegetables and sharing with the needy.

This project fostered:

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

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Your Own Garden

NDSU Extension – Logan County

Project Activities

Ten youth learned about gardening through a series of fun activities. Children new to the program learned how to plant and care for a fruit tree at their home. All children learned how to build a self-watering planter out of a tote box. They were introduced to new vegetables. They visited a no-till garden and learned about soil properties, nutrient cycling, and insects in the garden. The youth visited an orchard where they could taste several different fruits and vegetables.

Impacts on the Youth

The youth learned the skills of growing their own food. They gained a sense of accomplishment and ownership in the planting of trees and construction of planters. The children visited the orchard of a successful gardener and tasted the fruits (and vegetables) of his labor.

Impacts on the Community

The fruit trees helped to beautify the community, and when these trees bear fruit it will be shared with local assisted living and care centers. The children were encouraged to share the knowledge they gained in this program with friends and families to beautify, shelter and provide self-sufficiency to Logan County.

Partners

NDSU Extension, Rothwell Tree Service, Tony Braun and Grandpa Tony's Orchard.



The children gained a sense of accomplishment and ownership in their projects.



Youth in Logan County learned how to plant and care for fruit trees as well as construct self-watering planters out of tote boxes.

This project fostered:

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

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Youth Grow Community Gardens

NDSU Extension – LaMoure County

Project Activities

Sixteen youth attended weekly lessons at the 4-H Community Garden and in a classroom. Lessons focused on healthy living practices, food preparation, science inquiry, gardening basics, and research trials. Children learned about sowing seeds, soil health, basic botany, harvesting and storing vegetables, preparing healthy food, and careers in agriculture. They went on a field trip to a working farm. The children grew and donated food to the community.

Impacts on the Youth

The project incorporated the aspects of positive youth development while teaching youth about agriculture and how to grow a garden. It provided a safe and inclusive environment that offered a sense of belonging to a unified group. The children developed new skills through hands-on activities.

Impacts on the Community

The youth planted a raised garden bed for an assisted living facility to encourage physical activity and healthy living for senior residents. They planted three large planters at the nursing home for residents to enjoy.

Partners

NDSU Extension and its 4-H Clubs, Natural Resource Conservation Services, Podoll Organic Farms, Red River Railroad, LaMoure Church of the Nazarene, LaMoure Lockers, St. Rose Care Center, Rosewood Court Assisted Living Community, Christof and Kelli Just Farm, and Andy Hager.



Youth in LaMoure learned through numerous hands-on activities including sowing seeds and understanding the parts of plants.

This program cultivates a child's love for learning. It builds life skills in growing food while supporting their understanding of science.



This project fostered:

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

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Youth Pizza Garden

NDSU Extension – Pierce County

Project Activities

A pizza garden was constructed by Rugby FFA youth and placed at the Prairie Village Museum. It consisted of 10 wedge-shaped raised beds to mimic slices of a big pizza. Youth and their families planted vegetables and herbs typically used as toppings on pizza. Biweekly lessons were conducted throughout the summer where participants learned about seed germination, soil properties, pollinators and other garden insects, nutrition and food safety. Youth gave presentations about a gardening topic during a family pizza night at the last session.

Impacts on the Youth

Twenty-eight children gained an increased awareness of their environment and agriculture by learning the connections between people, plants, soil and water. They learned how to grow vegetables and their importance to a healthy diet. The youth developed an appreciation of locally grown food and what is involved in producing it.

Impacts on the Community

The project beautified the museum, a popular tourist spot in Rugby. Approximately 55 pounds of produce was shared among the families.

Partners

NDSU Extension and its Master Gardeners, Rugby FFA, Prairie Village Museum, Rugby Parks and Recreation, and Double Batch Bakery.



Youth grew vegetables and herbs in a pizza garden. They learned the value of vegetables in the diet and presented what they learned to their parents.

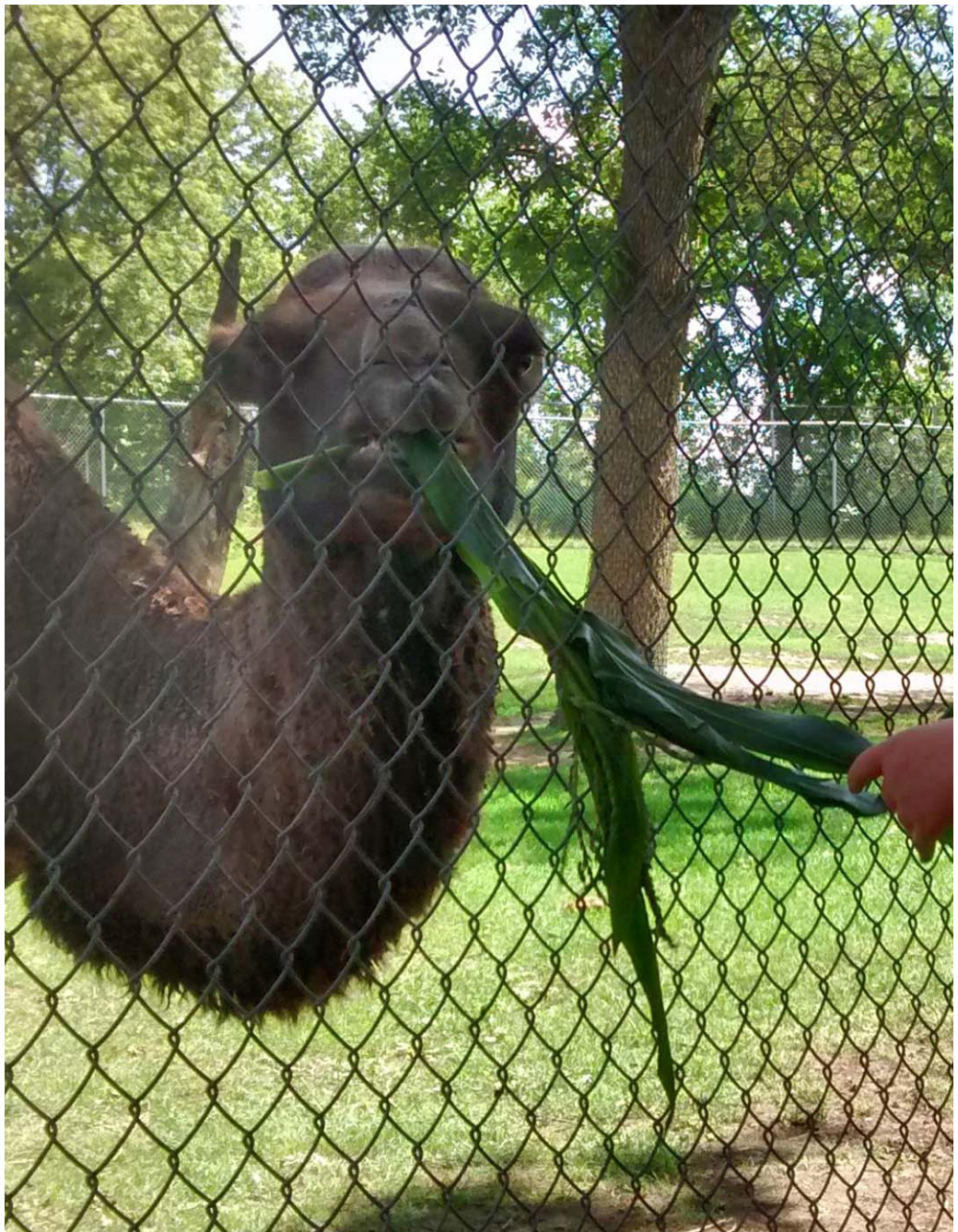
Children learned how to grow vegetables and enjoy a healthy diet.

This project fostered:

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

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Environmental Stewardship



Bee Friendly! Pollinator Pots

NDSU Extension – Ransom County

Project Activities

A workshop on pollinator gardens was offered to the community. Families learned about pollinators and then planted pollinator-friendly flowers in pots they could take home.

Pollinator pots were planted and brought to visible sites in the community: the library, courthouse, school garden, and the North Dakota Veteran's Home. Information cards on the pots taught the public about bees.

Impacts on the Youth

Nine youth at the workshop learned about different species of bees, their importance to agriculture, and how to attract them. They learned bees were important and will only sting if they are threatened. The children were very excited to take the flower containers home to care for.

Impacts on the Community

The flower pots situated at public sites demonstrated the beauty and value of pollinator gardens to everyone in the community. This generated a lot of excitement. The project was featured in the local newspaper. The local women's club requested a project leader to speak at a meeting, and the local school asked if they could participate in this project in the future.

Partners

NDSU Extension, local greenhouses, Ace Hardware and Shopko.



Families and youth learned the value of pollinators. They placed bee-friendly flower pots at public places in the community and grew them at their homes.

Children learned that bees and other pollinators are important to agriculture.



This project fostered:

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

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Buzz Lab

Plains Art Museum (Fargo)

Project Activities

Plains Art Museum (PAM) conducted its fourth annual Buzz Lab internship program. Nineteen local teens from diverse backgrounds planted and maintained the pollinator garden at PAM. With the help of a local sculptor, the interns built a hive to demonstrate the importance of pollinators. Presentations were made at the Red River Market, Heritage Garden and World Garden Commons.

The youth curated and installed an exhibition of their own pollinator-themed photography. They visited White Earth Community College, Audubon Dakota and an USDA lab.

Impacts on the Youth

The youth developed gardening skills while gaining knowledge about native plants and pollinators. The teens developed skills in educating the public on environmental issues. The program fostered cultural understanding among the diverse group of teens. There was a focus on building leadership skills with alumni who helped to direct the program.

Impacts on the Community

Community leaders were engaged in activities that educated them on the value of pollinators. The garden itself supported bees and other pollinators in the urban setting.

Partners

PAM, Bakers Garden and Gift, South Sudanese Lutheran Church, and local art and science teachers.



Teens learned the values of pollinators and native plants. They created a hive and engaged the community in activities that highlighted the value of pollinators.

The youth became ambassadors who promoted the value of pollinators in their community.



This project fostered:

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

Contact

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Chahinkapa Zoo Gardens

Chahinkapa Zoo (Wahpeton)

Project Activities

Eleven classes of third-grade children visited Chahinkapa Zoo to learn about the life cycles of plants. At the end of the lesson, each child selected a plant and a packet of seeds to grow at home.

Local Girl Scouts planted gardens at the zoo. Junior Zoo Keepers maintained the gardens and harvested the produce for animals.

Impacts on the Youth

The 290 visiting children learned how plants grow and the food relationship between plants and animals in nature. These students and Girl Scouts had an opportunity to watch their plants grow from seeds to harvest, both at home and all summer at the zoo.

The Junior Zoo Keepers learned how to compost, mulch and water plants. They were able to harvest and taste the produce as well as feed it to zoo animals.

Impacts on the Community

Chahinkapa Zoo is attended by over 70,000 persons each year. The beauty and variety of its plants are attractions, and students are proud to share their part in it. The garden at the zoo inspires many visitors to ask what is grown and how to grow it. The harvested food from the garden helps to keep entrance fees lower.

Partners

Chahinkapa Zoo staff and Junior Zoo Keepers, Master Gardeners in Richland and Wilkin Counties, and Emery Greenhouse.



The children enjoyed feeding the animals and themselves with vegetables.

Youth learned how plants grow and then took seeds and a plant to care for at home. Junior Zoo Keepers grew vegetables to feed the zoo animals and themselves.

This project fostered:

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

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Ministry Gardens



Gardening With Grace

Grace Episcopal Church (Jamestown)

Project Activities

A teaching garden was planted on the grounds of Grace Episcopal Church. The children met weekly to care for the garden and learn a gardening lesson.

The focus this year was on food preservation. Lessons involved botany, food safety, meal planning, food waste, fermentation, canning, dehydration and freezing.

Impacts on the Youth

This was the third year of gardening for many of the 15 children. Gardening skills were reinforced and expanded. New friendships were formed and older children mentored younger children.

The hands-on nature of gardening and preparing food fostered planning, patience, critical thinking skills and cross-generational social skills.

Impacts on the Community

More adults participated this year, which helped to create cross-generational bonds. Barriers broke down between generation and social strata. In other words, the Grace Garden community and the Grace Church community blended together to become a stronger community overall.

Partners

Grace Episcopal Church and NDSU Extension.



Youth from Grace Episcopal Church developed skills in gardening and food preservation.

This project gets better every year. The children are growing in the garden as much as the plants.

This project fostered:

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

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Gethsemane Garden

NDSU Department of Health, Nutrition, and Exercise Sciences

Project Activities

Families of Gethsemane Episcopal Church learned how to grow vegetables by tending to garden boxes and pots. They participated as volunteers according to a “family schedule” with specific tasks (watering, weeding, harvesting and weighing produce). Opportunities to taste fresh produce were provided, and vegetables were shared with local food pantries.

Impacts on the Youth

Children were engaged in hands-on planting, weeding, watering and harvesting activities. A survey of parents at the end of the growing season showed they felt it was a worthwhile activity for children and that the children enjoyed the activities. They wanted gardening activities to continue in the future.

Impacts on the Community

The survey of adults at the end of the season showed that gardening was seen as a community builder. It was a “great project to get people together,” “fun for all ages,” and “a wonderful complement to a faith community.”

Half the produce (100 pounds) was donated to families in need. Much of the rest of the produce was given to the young gardeners to encourage them to eat more vegetables at home.

Partners

Gethsemane Episcopal Church, NDSU Extension and its Master Gardeners and 4-H Youth, Scouts programs.



Families at Gethsemane Episcopal Church grew vegetables in garden boxes and pots. The produce was shared with needy families.

The project fostered a greater sense of community by working together on a common goal.



This project fostered:

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

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Healing Garden

Native American Christian Ministry (Fargo)

Project Activities

A garden was planted at the Cooper House Organic Community Gardens in North Fargo. Sixteen children learned how to grow a garden and they enjoyed gardening games. The youth harvested and ate produce from the garden. Cooking classes taught children how to prepare healthy meals using vegetables and herbs.

Impacts on the Youth

The children were excited about the garden and ran to see what new plants were growing each week. The kids learned how to grow plants, gather rain water, and harvest produce.

Healthy eating is an important issue among the Indigenous community and these children developed skills in growing and preparing healthy food.

The children learned to respect the prairies and earth. They learned the importance of giving something back to the land when something is taken from it.

Impacts on the Community

This was a community bonding experience as the children shared tomatoes with elders in the church.

Partners

Native American Christian Ministry, Cooper House Organic Community Gardens, NDSU Extension and Hampshire College.



Youth of the Native American Christian Ministries enjoyed growing healthy food.

Healthy eating is an important issue among the Indigenous community.

This project fostered:

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

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Methodist Garden

United Methodist Church (Velva)

Project Activities

Vegetables were grown in four raised beds and some planters at United Methodist Church. Adults and children volunteered to care for the plantings throughout the summer. Much of the produce was donated to the local food bank.

Impacts on the Youth

Thirteen children enjoyed hands-on learning from preparing the soil through gathering the harvest. The youth experienced hard work, patience and gratitude in their efforts. Lessons learned in this garden will help to shape healthy food choices for the rest of their lives.

The children learned how nutritious vegetables were for them, and they enjoyed eating the produce. They experienced the goodness of sharing and the rewards of giving to others.

Impacts on the Community

The garden is located in a visible location that has a lot of street traffic. The project created awareness about children's health in the community. Many persons asked about the project and more support is expected in the future. Several families benefited from the healthy produce grown in the garden.

Partners

Velva United Methodist Church, Boy Scouts and local businesses.



Youth at United Methodist Church in Velva constructed raised beds, filled them with soil mix, and grew vegetables to enjoy and to share.

Lessons learned by youth in this garden may lead to healthy food choices for the rest of their lives.



This project fostered:

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

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MetiGROWshe Garden

Metigoshe Ministries (Bottineau)

Project Activities

MetiGROWshe Garden provided a learning experience to campers on where their food comes from, how it grows, and caring for the earth. The produce was used in nutritious camp meals as well as donated to the Bottineau Food Pantry. The garden provided service learning opportunities for community groups and school kids.

Impacts on the Youth

Approximately 800 children were excited to dig in and grow vegetables and berries. They learned about the value of clean water and nutritious food. Children enjoyed sampling fresh produce and gained a better appreciation for the taste of vegetables and fruits. Children from previous camps report these experiences have led them to grow a garden at home as well as to eat a healthier diet.

Impacts on the Community

MetiGROWshe Garden worked cooperatively with a second-grade classroom to provide learning experiences about pollinators and seed sowing. Several community groups used the garden for service learning activities. The garden provided 300 pounds of fresh produce to the Bottineau Food Pantry and 1,000 pounds of produce for the kitchen at Camp Metigoshe for youth.

Partners

Metigoshe Ministries, Metigoshe Lutheran Church, Bottineau Central School, Dakota College at Bottineau Entrepreneurial Center for Horticulture.



Over 800 kids learned how to grow healthy food in a sustainable way.

Approximately 800 children at Camp Metigoshe learned how to grow and harvest fruits and vegetables. The produce was used at the camp as well as donated to the needy.

This project fostered:

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

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Peace Lutheran Community Garden

Peace Lutheran Church (Dickinson)

Project Activities

A community garden was established at Peace Lutheran Church in Dickinson. Plots were rented out to families who wanted to grow their own vegetables. A Girl Scout group used two plots to grow vegetables for the local Head Start program.

Impacts on the Youth

There was a lot of hands-on learning throughout the summer and it continued through the harvest. Children enjoyed eating cherry tomatoes and other vegetables right in the garden. Preschool children came to see and learn how plants grow.

Impacts on the Community

Gardeners shared knowledge and ideas with each other as they planted and watered their plots. Many partnerships started “taking root” and even some began to blossom with the Girl Scouts, Head Start, United Way, Badlands Human Services, two preschools, and other churches. Many of the local residents commented on how they enjoyed driving by the garden and watching it transform from sod to dirt, and then to a flourishing garden.

Partners

Peace Lutheran Church, NDSU Extension, Sanford Health, CHI St. Alexia, American Bank, Schmidt Basic Construction, Stockman’s Livestock, Winn Construction, Pump Systems, Clear Creek Plumbing, Head Start, Girl Scouts, United Way and Badlands Human Services.



Families rented plots, children watched plants grow, and Girl Scouts grew food for Head Start at this new community garden.

Partnerships are “taking root” and plans are underway to expand the project next year.

This project fostered:

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

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Preschool Gardens



Fessenden Child Care Center

NDSU Extension – Wells County

Project Activities

The horticulture class of Fessenden-Bowdon High School constructed a raised bed garden at Fessenden Community Child Care Center. A series of lessons was conducted to teach children what plants need to grow, how plants grow, basic botany, pollinators and insect pests.

Activities included growing and harvesting the garden, reading books, making collages and painting insect rocks.

Impacts on the Youth

Eight teenagers learned how to construct a raised bed garden through this community service project.

Thirteen preschool youth at the child care center learned how to work together to care for a garden. They tasted new vegetables and took some home to share with their families. These children learned the importance of eating vegetables.

Impacts on the Community

The garden established a partnership among the high school, community child care center and NDSU Extension. The resources of these three partners can work together in the future to address educational and public service needs in the community.

Partners

NDSU Extension, Fessenden Bowdon High School and Fessenden Community Child Care Center.



High school youth constructed a garden for preschool children in their community. The children learned from NDSU Extension how to grow vegetables.

This project forged new partnerships to address educational and public service needs in the community.

This project fostered:

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

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Gardening With Children

NDSU Center for Child Development

Project Activities

Children planted, watered, weeded and harvested vegetable plants. Lessons were provided with hands-on activities to encourage eating fresh vegetables. The 29 children helped to prepare snacks, salsa, dill pickles and homemade spaghetti sauce using vegetables. They compared the taste, color and texture of different varieties of tomatoes, potatoes and green peppers. Other produce was taste tested at various meals.

A Parent-Child Tomato Planting event was held and tomato plants went home to be grown by the families.

Impacts on the Youth

The children learned how to work together to grow and harvest the crops. They used their senses to observe and predict the growth of plants, the smell and taste of herbs, and the texture of cucumbers. They sharpened their fine motor skills to wash, cut, measure and stir ingredients for recipes.

Project activities got children excited about tasting vegetables and increasing their consumption of healthy foods.

Impacts on the Community

Every family took a potted tomato plant home to grow over the summer. This extended the love of gardening to the parents and their homes.

Partners

NDSU Center for Child Development staff and parents, and NDSU Extension.



Children learned how to grow and harvest vegetables. They helped to prepare vegetable dishes and enjoyed experiencing their tastes, colors and textures.

The children got excited about growing and tasting vegetables.



This project fostered:

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

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Growing Tomorrow's Gardeners

NDSU Extension – Bowman County

Project Activities

Youth at the Tot Lot Child Care Center grew and harvested a garden at the Center. Additional lessons were provided throughout the growing season. These lessons provided youth with hands-on activities that reinforced concepts of what plants need to live, soil health, composting and more.

Impacts on the Youth

Fifty youth learned the basics of how plants grow. They gained an understanding of where their food comes from.

The youth developed skills on growing their own food. They were proud of their garden and loved talking about it with others.

Impacts on the Community

The square-foot gardens promoted gardening throughout the community. The garden borders the hospital parking lot so it is very visible. The children enjoyed sharing what they had learned with others and in turn may inspire other persons to start their own gardens.

Partners

NDSU Extension and its Master Gardeners, and Tot Lot Child Care Center.



Youth at a child care center in Bowman learned the basics of growing plants and understanding where their food comes from.

The children were proud of their garden and loved talking about it with others.

This project fostered:

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

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Langdon Day Care Garden

NDSU Extension – Cavalier County

Project Activities

A vegetable garden was planted by children attending Langdon Day Care Center. The children were provided lessons on caring for the garden. They tasted a wide variety of vegetables, many for the first time. The harvested vegetables were used to make healthy snacks and for cooked meals at the Center.



Impacts on the Youth

The 24 youth learned the basics of gardening through hands-on experiences in sowing, watering, weeding and harvesting. They enjoyed being outside and getting some physical activity.



The youth learned the health benefits of eating fresh vegetables. It was an opportunity for some kids to try some vegetables for the first time as they watched their friends. The kids also learned the importance of team work through this project.



Impacts on the Community

The garden was situated in a local park where everyone in the community could watch it grow. Families of the children were proud to see their kids working in the garden and having fun.

Youth grew a garden in the city park. They learned the importance of vegetables in their diets and tasted them together.

Partners

NDSU Extension and its Master Gardeners, Langdon Day Care Center and Langdon Area Park Committee.



This project fostered:

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

**Healthy kids
make happy
families and
a happy
community.**

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School Gardens



21st Century Learning Garden

NDSU Extension – Stutsman County

Project Activities

A garden was established at Washington Elementary School to teach children about gardening and how to eat healthy. One theme of this year's garden was the Three Sister's garden, which involves interplanting squash, corn and beans.

Eighty children participated in weekly classes in June and July. Topics included sowing seeds, understanding plant parts, making compost, and controlling insect pests using sustainable approaches.

A family night event was held at the end of summer where the kids used produce from the garden to prepare a supper for their families.



Children learned how to grow and prepare healthy foods through a series of weekly lessons in summer. The children enthusiastically shared their experiences with their families.

Impacts on the Youth

The children learned how to grow a garden. They learned about agriculture and where their food comes from.

They were exposed to foods with fresh vegetables and have gained an interest in eating more fresh foods.

Impacts on the Community

Parents reported their children shared their knowledge and experiences in gardening and preparing meals. This enthusiasm is expected to lead to more families growing fresh produce, which can lead to a healthier community. Produce from the garden was used in the school kitchen for school lunches.

Partners

NDSU Extension and its Master Gardeners, and the MOST Afterschool Program in Jamestown.

Parents were amazed on how much their children learned about gardening and eating healthy foods.



This project fostered:

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

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Circle of Nations School Garden

Circle of Nations School (Wahpeton)

Project Activities

Students at Circle of Nations School learned about growing their own healthy food in the campus garden. This is vital as many students come from high poverty areas and are at a high risk of developing diabetes.

Impacts on the Youth

Sixty-two children developed skills in producing vegetables from sowing to harvesting. They learned about the life cycle of plants, watering, managing weeds, and enriching the soil. They learned about making healthy choices and eating nutritious food.

The children learned about food sovereignty and producing food that is culturally significant to their tribes.

Impacts on the Community

The students donated over 400 pounds of vegetables to the school for cooking classes and meals for students. Skills developed by the students can be taken back to their tribes, reservations and families.

The garden provided students and staff with the opportunity to work together in a special way. The program was also used as a way to reach out and collaborate with organizations and businesses in the city.

Partners

Circle of Nations School, NDSU Extension, Wahpeton Parks and Recreation, Twin City Farmer's Market, Pretty Bloomers Garden Club, North Dakota State College of Science and Emery Greenhouse.



The students at Circle of Nations School learned how to prepare healthy food. They learned about food sovereignty and producing food that is culturally significant to their tribes.

Youth developed skills in the production and preparation of healthy food that can be taken back to their tribes, reservations and families.

This project fostered:

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

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Container Gardens

NDSU Extension – Burke County

Project Activities

Students at Bowbells and Burke Central Schools learned how to identify vegetable seeds, sow seeds indoors, and transplant seedlings. Each of the 75 students planted a hanging basket and took some bedding plants to grow at home. Many of these students had little to no previous gardening experience. Some of the bedding plants grown by the children were donated to others in the community.

Impacts on the Youth

The students were able to grow and consume fresh, nutritious vegetables from their containers. The production of food for their families increased their self-esteem.

The students learned gardening skills they can use throughout their lives. The donation of bedding plants helped students learn the value of giving to others.

Impacts on the Community

The donation of bedding plants helped to beautify the community and make the community a healthier one through the production and consumption of fresh vegetables.

Partners

NDSU Extension, Bowbells Public School and Burke Central School.



Students were proud to produce bedding plants for their families and the community.

Students learned how to identify and sow seeds. They grew bedding plants to grow at home and share with others.



This project fostered:

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

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Gardening and Grinning

Carrington Garden Club

Project Activities

Third graders at Carrington Elementary School were instructed on the wonder of nature and how food is produced. The 46 children planted salad gardens, bulbs and interesting plants such as cat grass and spider plants. Plantings were exhibited at the Foster County Fair.



Impacts on the Youth

The children were able to understand the process of a seed becoming a plant that people eat or enjoy for its beauty. They matched plants and raw vegetables to their final edible products. The children gained an appreciation for the vital role that local farmers serve in feeding the world.



The children exhibited their planters at the Foster County Fair and received awards for their gardening experiences.



The children were introduced to the community service activities of the local garden club and were invited to help the club in the future.

Impacts on the Community

The County Fair Board and everyone who attended the fair appreciated the participation of the children.

Children planted salad gardens, bulbs and interesting plants such as spider plants. Plantings were exhibited at the Foster County Fair.

Partners

Carrington Garden Club, Carrington Elementary School, Foster County Fair and Fair Board, NDSU Extension and Runnings.

This project fostered:

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

The children experienced the process of a seed becoming a plant that people eat.

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Grand Forks Co. School Gardens

NDSU Extension – Grand Forks County

Project Activities

Educational activities were conducted at gardens located at four sites:

At Century Elementary School, ELL (English Language Learner) and other students learned about gardening during summer school and in fall.

Students at Agassiz Elementary School met bi-weekly in summer. The “Go Wild With Fruits and Vegetables” curriculum was taught in fall.

Summer school students at Emerado School planted and cared for their garden.

Students at Immanuel Christian Children’s Center learned through hands-on activities from sowing to harvesting.



The project addressed needs in the community: food production, local foods and healthy lifestyles.

Impacts on the Youth

A total of 166 children learned about plants and how to grow a garden. In many cases the youth subsequently taught their families about gardening.



Students at four educational centers learned about gardening and shared the produce with their communities.

Impacts on the Community

The project provided over 800 pounds of fresh produce to local schools and families, including many low-income families. The project addressed needs expressed by residents at a recent community forum: food production, local foods and healthy lifestyles.

Partners

NDSU Extension and its Master Gardeners, staff at the four educational centers, Grand Forks School Child Nutrition Program, and Grand Forks County Park District.



This project fostered:

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

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Hankinson Elementary School

Hankinson Elementary School

Project Activities

Students in grades K-6 sowed seeds in the school greenhouse, cared for the seedlings, and transplanted them outside. A group of children maintained the garden, located at the American Legion Veterans Memorial and Learning Center, through the summer. In fall, each student took home about 10 pounds of potatoes and other vegetables.

Impacts on the Youth

One and hundred forty-five youth participated in the project. They learned about gardening in all phases from sowing to harvest. The fresh vegetables carried over into the nutrition curriculum and students had the opportunity to taste new and healthy foods.

The students benefited from working with the elderly in the garden and served their communities by sharing produce with needy families.

Impacts on the Community

The project connected students with the elderly in the community. The elderly who grew food in the garden enjoyed interacting with the children, saved money on food expenses and enjoyed the fresh, healthy food.

Over 600 pounds of produce was donated to the Richland County Food Pantry.

Partners

Hankinson Elementary School, NDSU Extension and the American Legion.



Children at Hankinson Elementary School enjoyed growing vegetables to share with their families and the local food pantry.

These students experienced the love of gardening and the goodness of helping others.



This project fostered:

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

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Harvesting Fun

NDSU Extension – Burleigh County

Project Activities

A garden was established last year at Wilton Public School to support educational programs. The focus of this summer's program was on teaching the fundamentals of gardening to youth. Eight hands-on lessons were conducted on planting, weeding, fertilizing, watering and harvesting vegetables.

New raised beds were constructed and added to the garden. A lesson on food preservation concluded the summer program.

Impacts on the Youth

Nine youth developed life skills related to growing food, being physical active, and eating a nutritious diet. The children participated in a local program that enriched rural community engagement. The children were encouraged to incorporate more fruits and vegetables into their daily diets.

Impacts on the Community

The new school garden has become a focal point in the rural community. Community members saw their youth being active and getting educated in gardening.

Partners

NDSU Extension and Wilton Public School.



The new garden has become an outdoor classroom where kids learn to grow and eat healthy food.



Children at Wilton Public School sharpened their skills in gardening and learned about preserving fruits and vegetables.

This project fostered:

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

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Killdeer FFA/Ag. Ed. Garden

Killdeer Public School

Project Activities

The Killdeer FFA/Ag. Ed. Garden was used as a learning tool for the agricultural education classes at Killdeer and a Supervised Agricultural Experience (SAE) for FFA members over the summer. Classes started the plants by seed in the school shop and many of the classes participated in planting them into the garden. Over the summer, seven FFA members took turns to maintain the garden.

Impacts on the Youth

The project provided valuable hands-on, real-life experiences for all classes. Instead of just classroom work, it provided 105 students with an opportunity to go outside and actively engage in a fun, learning experience.

Some of the produce was donated to the local food shelter. This gave the students a sense of pride and civic engagement knowing that they were bettering the community and helping those in need.

Impacts on the Community

Over 100 pounds of produce was donated to the Killdeer Public School lunch program and the local food pantry. This produce provided fresh garden produce to students and needy families.

Partners

Killdeer Public School, Killdeer FFA, Spring Creek Greenhouse, Western Choice Cooperative Hardware Store.



Students at Killdeer Public School grew vegetables for their school lunch program and the local food pantry.

The project provided students with an opportunity to go outside and actively engage in a fun, learning experience.

This project fostered:

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

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Liberty Middle School Garden

Liberty Middle School (West Fargo)

Project Activities

Liberty Middle School has developed a garden that is an extension of its science classrooms. Activities this year in the vegetable plot focused on root crops, which are among the least consumed vegetables among teens. The vegetables were grown, harvested and carved into musical instruments. The vegetables were also cooked and sampled by the teens.

Impacts on the Youth

Besides learning about soil types and growing conditions in the Red River Valley, this project allowed for the unexpected: music!

Promoting gardening as a positive activity that leads to a healthy diet is extremely important to foster among teens. This hands-on activity built a sense of comradery among the 135 students in science and music classes.

Impacts on the Community

The collaborative nature of the garden requires students to practice and demonstrate good social, leadership and critical thinking skills; skills that are key to making them successful members of their community. The youth have talked about the project with their parents and a few have asked to start their own gardens at home. The project connected students and their families with their school.

Partners

Liberty Middle School including its Special Education students, and NDSU Extension.



Students at Liberty Middle School learned the importance of growing and eating vegetables.

Sharing a love for gardening can lead to healthy eating habits and a more active lifestyle.



This project fostered:

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

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Lincoln Elementary School Garden

NDSU Extension – Golden Valley County

Project Activities

Two raised beds were constructed at Lincoln Elementary School. Preschool students, Girl Scouts and other children planted a wide variety of vegetables and flowers. The garden was cared for by parents, students and teachers.

Impacts on the Youth

Fifty children learned a life skill of growing their own food. They were engaged and participated in selecting what plants to grow in the gardens.

The project introduced the children and their parents to healthy foods that can be locally grown. They enjoyed eating fresh produce, including some vegetables they had never eaten before.

Impacts on the Community

The project helped parents to participate in a school project with their children. The project provided a new opportunity for community businesses to support the school.

Partners

NDSU Extension, Lincoln Elementary School, Girl Scouts, Beach High School, Golden Valley County FFA, Tescher Fencing, Rohan's Hardware, Farmer's Union and Prairie Lumber.



The Golden Valley community built two raised garden beds in front of Lincoln Elementary School. The youth, parents and teachers grew vegetables in the garden.

Teachers, families, students and local businesses came together to build the garden and make it a success.



This project fostered:

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

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Minnewaukan School Garden

NDSU Extension – Benson County

Project Activities

Students in the after-school program of Minnewaukan Elementary School planted and harvested vegetables at their school garden. In summer, students in the summer school program took part in a JMG lesson series with a nutrition focus and also learned how to care for the garden. Some of the harvest was shared with the school for its lunch program.

Impacts on the Youth

Seventy-two children developed lifelong skills that will help them to be active and healthy. They learned how to grow a productive garden and eat a healthy diet.

Impacts on the Community

The youth shared their skills of gardening with their families and friends. The children took plants and produce home. The families and the community saw the benefits of gardening and indirectly learned from the children.

Partners

Minnewaukan Elementary School, NDSU Extension in Benson and Ramsey Counties, Family Nutrition Program (SNAP-Ed) and 21st Century Program.



The youth at Minnewaukan Elementary School developed skills in gardening and learned the value of healthy foods.

Children developed lifelong skills that will help them to be active and healthy.

This project fostered:

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

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Pizza Gardening

NDSU Extension – Richland County

Project Activities

Wahpeton Youth Club provided summer daycare to 62 children, many of them low-income students from Wahpeton Elementary School. NDSU Extension educators taught children about gardening by creating a “Wading Pool Pizza Garden.” The students learned how to care for a container garden and the health benefits of gardening. The program concluded with a party where students used ingredients from the garden to make a personal pizza.

Impacts on the Youth

The program increased the children’s consumption of vegetables through their involvement in the growing process. It increased their accessibility to healthy foods and their knowledge of growing container gardens.

The children gained a greater understanding of where their food comes from. They learned the benefits of physical activity and teamwork.

Impacts on the Community

Families received educational materials and recipes on growing and eating healthy foods. Growing your own food can lead to economic savings and a healthier life. Twenty-five pounds of produce was donated.

Partners

NDSU Extension and its Master Gardeners, Wahpeton Youth Club, Wahpeton Summer Food Service Program, Wahpeton Public Schools and Wahpeton Parks and Recreation.



Children grew vegetables in wading pools. The onions, tomatoes, peppers and other vegetables were used to make personal pizzas.

Growing your own food can lead to economic savings and a healthier life.

This project fostered:

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

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Rolette Co. Junior Gardening Club

NDSU Extension – Rolette County

Project Activities

First-grade students at Mount Pleasant Elementary School learned about the needs of plants and then planted the school's raised beds. In fall, students made salsa out of the tomatoes while other vegetables were made available to school classes.

Gardening activities were provided in the “Kids Cooking School” hosted at St. John and Turtle Mountain Summer Schools and at the East Dunseith Housing site. Kids in East Dunseith planted their own container gardens with flowers and vegetables to grow at home.

Impacts on the Youth

This experience sparked an interest in gardening among the 49 youth who participated in these projects. The children developed gardening skills through hands-on activities, and they were proud of their gardens.

Gardens are uncommon at East Dunseith and the container gardens of the children provided them with a special opportunity to grow healthy food and beautiful flowers.

Impacts on the Community

The area was beautified. A greater interest in gardening was generated in the communities.

Partners

NDSU Extension; Mount Pleasant, St. John and Turtle Mountain Elementary Schools; and Turtle Mountain Housing – East Dunseith Housing.



Students developed gardening skills through hands-on activities at elementary schools and a housing site in Rolette County.



This project fostered:

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

The children enjoyed this special opportunity to grow healthy food and beautiful flowers.

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Shanley-Sullivan Garden

Shanley-Sullivan Garden Club (Fargo)

Project Activities

Thirty students at Shanley High and Sullivan Middle Schools met weekly to design, sow, grow and harvest a garden. They learned how to can and preserve vegetables. The children donated some of the produce to needy families. They sold some of the vegetables at a farmer's market, accepting free will donations to support future club activities. Boy Scouts installed a fence around the garden. The schools recognized the importance of this new activity and students are now able to receive a school letter for actively participating in the club.

Impacts on the Youth

The project generated a lot of excitement in the school. The kids talked about gardening with their friends and felt a sense of pride in growing a beautiful garden. They beamed with joy when they donated produce. Learning how to can produce was fun. This club is growing a love for gardening in students that will continue for a lifetime.

Impacts on the Community

The project donated 500 pounds of produce to the needy families. Additional produce was donated to the schools for their hot lunch programs.

Partners

Shanley High and Sullivan Middle Schools, Boy Scouts, Baker Nursery, Bloomfields Nursery and the Diocese of Fargo.



Students at Shanley High and Sullivan Middle Schools grew, donated and sold vegetables for their school and community.

The club is growing a love for gardening in children that will continue for a lifetime.

This project fostered:

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

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Therapeutic Gardening

Dakota Boys & Girls Ranch (Bismarck)

Project Activities

Dakota Boys & Girls Ranch cares for children who have undergone significant trauma that impacts their ability to succeed at home, school and in the community.

Gardening is part of its summer programs. Special attention in 2017 was placed on enriching the soil and protecting the crops from wildlife.

Vegetables were successfully grown by residents, staff and community mentors. A team of United Way volunteers installed fencing around the garden plots to protect the crops from wildlife.



Youth and their mentors worked together to grow fresh vegetables for the ranch and the community.

Impacts on the Youth

Sixteen teenagers learned how to grow and harvest vegetables. They learned the value of hard work and dedication. The youth experienced the therapeutic and relaxing qualities of gardening. The children benefited from working with mentors in the garden.

The children developed life skills in growing food while enjoying the therapeutic benefits of gardening.

Impacts on the Community

This garden program provided positive impacts on youth which will help them to contribute to their communities in the future.

The program fostered positive relationships with staff at local garden centers. Over 150 pounds of produce was donated to Zion Lutheran Church.

Partners

Dakota Boys & Girls Ranch, United Way, Zion Lutheran Church, Walmart and Plant Perfect Garden Center.

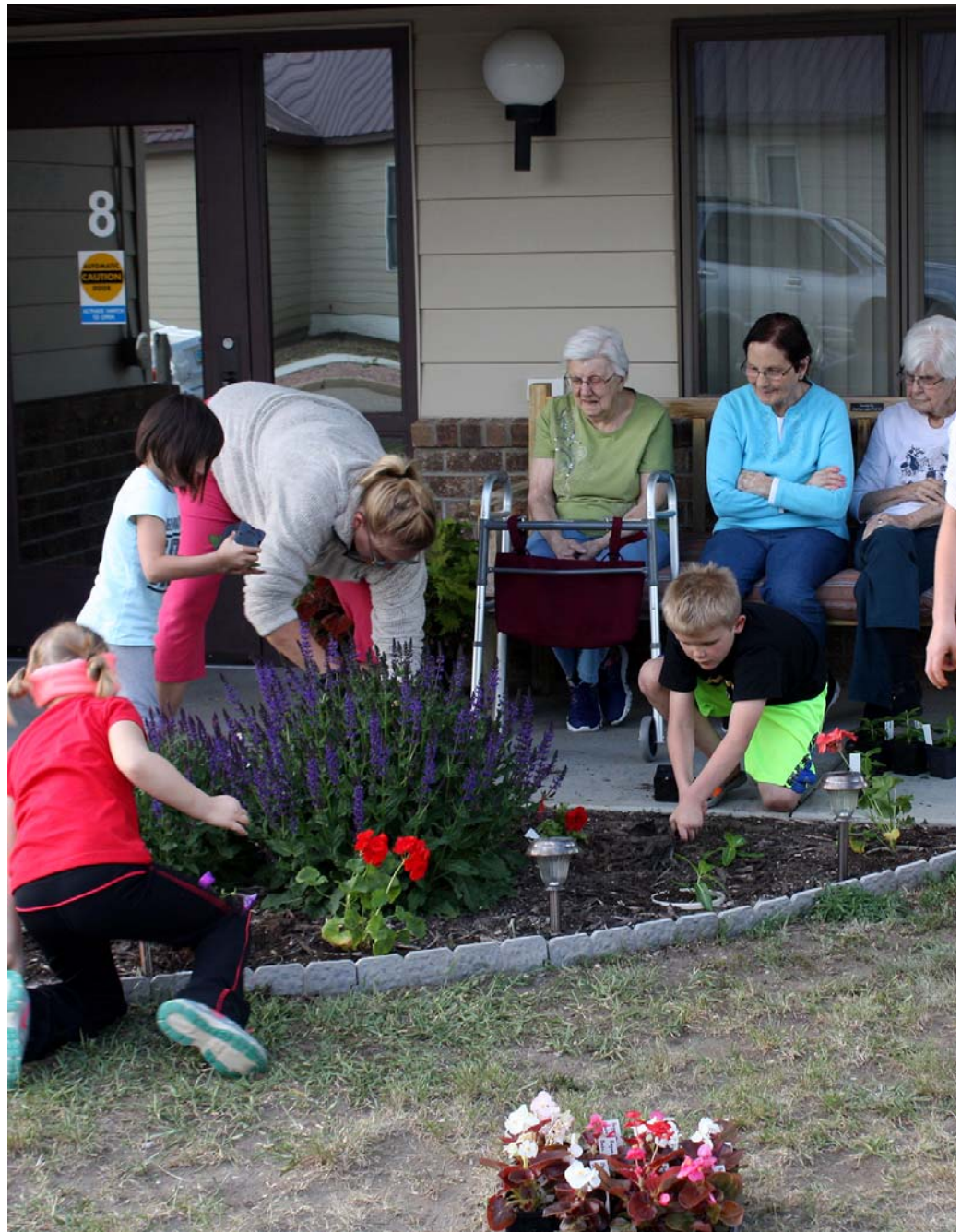


This project fostered:

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

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Senior Care Gardens



Dunseith Nursing Home Gardens

NDSU Extension – Rolette County

Project Activities

Six children assisted the residents of the Dunseith Community Nursing Home in the planting and caring of their garden plot and raised beds. A pumpkin decorating party for the residents and children was held at the end of the project.

Impacts on the Youth

The youth participated in all gardening activities, including the designing of beds, sowing, cultivating, weeding, fertilizing, watering and harvesting the crops. These hands-on activities increased their knowledge and skills in gardening.

The children developed friendships with nursing home residents and staff.

Impacts on the Community

The residents enjoyed visiting with the youth, taking care of the garden and sampling the produce. Their spirits were lifted when they visited the garden and children.

Staff at the nursing home developed skills in gardening.

The grounds of the nursing home were beautified for everyone to enjoy.

Partnerships with the school, nursing home administration, staff members and the auxiliary were strengthened.

Partners

Dunseith Community Nursing Home and its Caring Hearts Auxiliary, as well as NDSU Extension and its Brite Sprights 4-H Club.



Students enjoyed working together with nursing home residents to grow vegetables in their garden plot and raised beds.

The children developed friendships with the nursing home residents and staff.



This project fostered:

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

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Green & Growing in Gackle

NDSU Extension – Logan County

Project Activities

Students in K-6 at Gackle-Streeter Elementary School assisted residents and staff at the Gackle Care Center to plant their vegetable gardens, flower beds, and hanging pots. Children assisted in caring for the gardens during the summer.

Impacts on the Youth

Sixty children experienced hands-on learning about food from garden to table. Research shows that children are more likely to eat produce they have helped to grow. These experiences can lead to nutritious eating habits for life.

The youth benefited from the interaction with the residents at the Care Center and felt more comfortable with the elderly after each visit. Children who have visited the Care Center in a fun, interactive way are more likely to return and continue to build relationships with the residents.

Impacts on the Community

This project strengthened the bonds among generations in this community. Intergenerational communication is crucial in building social capital in the small community of Gackle.

The grounds at the Care Center and the school were enhanced. Some of the harvested produce was used for meals at the Center.

Partners

NDSU Extension and its Master Gardeners, Gackle-Streeter students, and Gackle Care Center residents and staff.



Youth from Gackle-Streeter Elementary School assisted residents at the Gackle Care Center to plant and care for their gardens.

This project strengthened the bonds among generations in this community.

This project fostered:

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

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Maddock Memorial Home

Farm and Home Improvement 4-H Club of NDSU Extension – Benson County

Project Activities

Fourteen children of the Farm and Home Improvement 4-H Club beautified Maddock Memorial Home. The youth planted apple trees and beds of perennial flowers on the grounds of the nursing home.

Impacts on the Youth

The youth enjoyed this opportunity to beautify their community and serve the elderly. The kids took pride in their work at the nursing home.

Community service is a big part of 4-H. Projects like this can instill values in volunteering and helping others that will serve a child for their entire life.

Impacts on the Community

The project added beauty to the community. Residents at the nursing home and the community enjoyed seeing the youth beautify their community and serving others.

Partners

NDSU Extension and its Farm and Home Improvement 4-H Club, and a local nursery.



A group of 4-H youth in Benson County planted apple trees and beds of perennial flowers at a nursing home.

This project taught children the value of helping others.

This project fostered:

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

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Prairie Rose Assisted Living

Cloverkids 4-H Club of NDSU Extension – Emmons County

Project Activities

The Cloverkids 4-H Club in Emmons County beautified the grounds of Prairie Rose Assisted Living in Linton. Nine children planted flowers in garden beds and hanging baskets at the facility.

Impacts on the Youth

The youth learned basic gardening skills. Some of these children have no other opportunities to plant.

The children love this annual project. Some of the older 4-H'ers take pride in their past experience in this project and help the younger 4-H'ers.

Impacts on the Community

This facility is located on the main street in town and so it is a high visibility area. The flowers beautify the property and the community.

The project gave residents the opportunity to see 4-H youth giving back right at their own facility. The residents look forward to visiting with the children each year. They also enjoy the beauty of the flowers.

Partners

NDSU Extension and its Cloverkids 4-H Club, Prairie Rose Assisted Living, Linton Hospital and the Flower Barn.



The Cloverkids 4-H Club in Emmons County beautified the grounds of Prairie Rose Assisted Living. The residents and youth enjoyed visiting with each other.

The youth loved visiting with the residents. They left with their hearts full of pride.

This project fostered:

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

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SMH Multi-Generational Garden

NDSU Extension – Sheridan County

Project Activities

Sheridan Memorial Home (SMH) is an assisted living facility in McClusky. The residents and staff have been incorporating physical activities and creating a welcoming space for the residents to thrive in.

Fifty-five students helped to build and care for raised garden beds in a new patio area. They helped the residents care for the gardens.

Impacts on the Youth

The children have created a friendship with the residents. When the generations were interacting, you could see a light on everyone's face. The Northern Lights 4-H Club, McClusky FFA Chapter, and the McClusky High School students were excited to create this outdoor living space. All generations learned and grew together.

Impacts on the Community

A beautiful outdoor space was created for the home. The gardens provided a daily activity of watering or weeding for the residents. The elderly were able to share their experiences with the youth. Community members who have seen the beds at the facility have been inspired to build their own raised beds in their yards.

Partners

NDSU Extension and its Northern Lights 4-H Club, McClusky FFA Chapter, SMH residents and staff, and the local hardware store.



When the youth and elderly were interacting, you could see a light on everyone's face.

Youth in Sheridan County came together to help in the construction of garden beds at Sheridan Memorial Home. They enjoyed gardening with the residents.



This project fostered:

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

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Other Special Projects



Garden to Table Community Service

NDSU Extension – Ward County

Project Activities

The Garden to Table Service Project is a collaborative effort of NDSU Extension and the North Central Juvenile Drug Court. Three at-risk youth met every week during summer to care for a plot at Rainbow Gardens, a community garden in Minot. The youth prepared the soil, sowed seeds, weeded, irrigated and harvested the crops.

Impacts on the Youth

The teenagers who participated in this project were part of the Juvenile Court system. This garden project was an outlet for fun, outdoor learning with an emphasis of giving back to the community.

Through hands-on experiences, the youth learned where food comes from and the value of healthy food. They experienced the satisfaction of starting a project and seeing it through to the end.

Impacts on the Community

The youth developed positive relationships with role models and diverse families in the community. These relationships may help the youth to become positive and caring individuals in their communities in the future.

Partners

NDSU Extension, North Central Juvenile Drug Court, Rainbow Gardens, Lowe's Garden Center of Minot.



A group of at-risk teenagers met weekly over summer to grow vegetables at a community garden. They learned where food comes from and the value of healthy food.

These at-risk teenagers developed positive relationships with role models and diverse families in the community.



This project fostered:

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

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Grow It Forward

Project Activities

The Grow It Forward program teaches NDSU students the value of public service by growing vegetable bedding plants for community gardens in Fargo and across eastern North Dakota.

Funds from the Junior Master Gardener Program were used to grow plants for families at the community garden located at Nativity Church of Fargo. Many of these families are New Americans, primarily from Bhutan and eastern Africa.

Impacts on the Youth

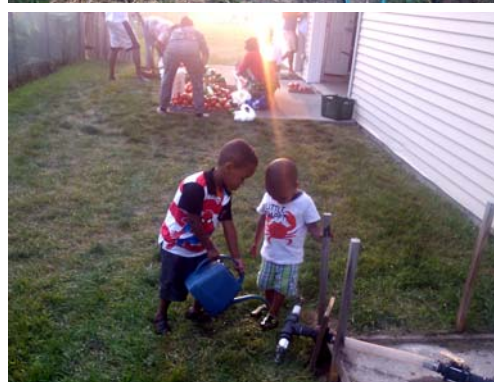
These families come from agricultural-based societies that grow food for subsistence. This project allowed families to pass their gardening skills onto their young children and teach them the value of self-reliance. The children developed healthy eating habits and learned the values of diversity, sharing and teamwork at a young age.

Impacts on the Community

The families developed new friendships through their weekly gardening activities and potluck dinners at Nativity Church. This project provided an excellent opportunity for these families to feel like they belong to a community. Excess produce was dropped off at food pantries in Fargo.

Partners

NDSU faculty and students, Nativity Church of Fargo, and local food pantries.



The children learned the values of diversity, sharing and teamwork at a young age.

Families at a community garden in Fargo grew vegetables from bedding plants grown by students at NDSU.

This project fostered:

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

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Hay Creek 4-H Kids Fight Hunger

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

Project Activities

The Hay Creek Kids 4-H Club grew and delivered fresh produce to food pantries in the Bismarck/Mandan area. This was their eighth year of growing a Hunger Free Garden.

The children grew and donated 2,100 pounds of fresh produce to Ruth Meiers Hospitality House, Ronald McDonald House, Trinity Free Lutheran (community banquet), Salvation Army, The Abused Adult Resource Center, and Spirit of Life Catholic Church.

Impacts on the Youth

Sixteen children learned how to grow food. They learned the importance and rewards of giving back to their community.

The kids visited with shelter directors and learned how the produce makes a difference in our community.

Impacts on the Community

This project grew and donated 2,100 pounds of fresh produce to food pantries in the community. This is the eighth year of the project and each year the children challenge themselves to set their sights higher.

Partners

NDSU Extension and its Hay Creek Kids 4-H Club, and local food banks.



The Hay Creek Kids 4-H Club have grown and donated over 13,600 pounds of vegetables over the past seven years.

These children experienced the satisfaction of growing food and giving back to their community.

This project fostered:

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

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Home Garden Variety Trials

NDSU Extension Service – Department of Plant Sciences

Project Activities

Children throughout North Dakota evaluated promising varieties in their backyards and schools. Fifty-six trials, each comparing two varieties of a type of vegetable, herb or flower, were conducted by 305 youth in 45 counties. Examples of trials included super sweet corn, burpless cucumber, snap pea, Italian basil and red zinnia.

Youth evaluated the varieties for germination, plant health, earliness, yield and quality. Trials were supervised by parents and teachers.

Impacts on the Youth

A survey of parents and teachers showed 89% of youth in this project improved their diets, 89% increased their levels of physical activity and 80% developed skills in science and math 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 throughout North Dakota worked with their parents and teachers to evaluate vegetable, herb and flower varieties.

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



This project fostered:

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

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Ruth Meiers Community Garden

Ruth Meiers Hospitality House (Bismarck)

Project Activities

This project ran for 12 weeks and was incorporated into the Ruth Meiers' summer program for homeless children. The 20 children in the project designed the garden, prepped the soil, sowed seeds and tended the garden. They made snacks and easy meals with the produce they harvested.

Impacts on the Youth

The children at Ruth Meiers have unique challenges they struggle to overcome every day. Research suggests gardening has positive effects on self-esteem and promotes a sense of dignity. It improves memory, reduces stress and anger, teaches responsibility, eases emotional pain due to abuse or bereavement, encourages social interaction, cultivates nurturing feelings and enhances productivity. Gardening promotes healthy eating and physical activity. All of these benefits were witnessed by staff on the youth in this project.

Impacts on the Community

Over 500 pounds of produce was harvested. It was used to support meal preparation and food baskets. This promoted healthy lifestyles for residents and tenants who often suffer from health concerns such as diabetes and other chronic diseases, addiction, and mental health issues.

Partners

Ruth Meiers Hospitality House, NDSU Extension, Plant Perfect, Daydreams, and Pioneer School.



The homeless children were proud, friendly and productive when caring for their garden.

Homeless children designed and grew a garden at the family shelter. They enjoyed healthy snacks from the harvest.



This project fostered:

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

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Feedback From Project Leaders

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

“We truly feel blessed to be able to participate in the North Dakota Junior Master Gardener Program. Our program provides students with an opportunity to become involved in their community and experience a “good feeling” by helping the elderly. Thank you so much for your help in making this happen for us.”

Anne Biewer, Hankinson Elementary School

“The community of Dickinson does not have a community garden. This grant allowed us to fully jump into this project and make this a successful first year. This grant enabled a lot of amazing things to happen.”

*Pastor Ellery Dyke, Peace Lutheran Church,
Dickinson*

“This is the most meaningful project I am able to do with my students. There is no better way to foster a care and concern for our planet and our impact in it, than by having students tend to a garden. Thank you for this opportunity!”

Jennifer Shearer, Liberty Middle School

“Circle of Nations is very grateful to be able to participate in this program. Our students learn so much and see innumerable benefits from learning to grow, harvest and prepare these crops. Their tribes, reservations and our school are much better for having these experiences.”

Mariana Shadden, Circle of Nations School



These and other JMG project leaders are helping youth to enjoy healthy, active lives.

“These funds were invaluable. They gave us a project that introduced children to the wonders and beauty of nature and gardening.”

Karen Evans, Carrington Garden Club

“This is such a great project. The residents and staff members of the North Dakota Veterans Home are so appreciative of this project. It is a very rewarding project for a group of people who have done so much for their country.”

Deb Lee, NDSU Extension – Ransom County

“Thank you so much for your support. We have children involved in gardening who live in apartments and are from other states. Some of our children this year knew nothing about gardening and plants. They learned so much and came so far.”

*Marcia Hellandsaas, NDSU Extension –
McKenzie County*



“Teaching kids how to grow a garden and give back to their community are valuable life lessons. We are a small 4-H club and this grant is extremely important.”

Jeff Ellingson, Hay Creek Kids 4-H Club

“We so appreciate this opportunity and the funding that is available. This has been an amazing successful project for our zoo, third-grade students, Junior Zookeepers and our animals. It has been a positive experience seeing a diversified group of people come together to accomplish this fantastic learning program.”

Brenda Morman, Chabinkapa Zoo

“This project has real positive impacts on the community of Gackle. The funds from this program were absolutely crucial. It is so valuable for fostering intergenerational relationships and opportunities for partnering.”

Carmen Rath-Wald, NDSU Extension – Logan County

“Thank you for making our community garden project a success. It was wonderful to see the children get excited about the garden and watching them run to see what new plants grew each week. It was a community bonding experience and the children were proud to collect veggies they grew. When we come together to accomplish good things we always make a difference. The children’s happiness and education on healthy eating is one of the most important issues to tackle in the Indigenous community.”

Amanda Strauss, Native American Christian Ministry

“This continues to be an amazing learning experience for all ages. Thank you for your continued support.”

Laura Halvorson, Metigoshe Ministries

“This project has fostered a greater sense of community and working together on a common goal.”

Julie Garden-Robinson, NDSU Department of Health, Nutrition, and Exercise Sciences

“Thank you for these funds. The garden tools we purchased made a world of difference! The kids beamed with joy when they donated produce.”

Renee Clasen, Shanley-Sullivan Garden Club

“We want to thank the Junior Master Gardener Program for providing us with the funds to establish this community garden. This program brought youth and adults together. Youth who learn to grow food will always have that knowledge to build on in their futures and share with their children.”

Lynnette Vaabal, NDSU Extension – Mountrail County

“It was very exciting to have a community garden in my town. I would not have done this project without the Junior Master Gardener Program funds.”

Libby Darnell, United Methodist Church, Velva

“School gardens in conjunction with education can help youth and their families address local concerns, including food production and healthy lifestyles. Programs like this are invaluable to kids, families and communities.”

Carrie Knutson, NDSU Extension – Grand Forks County



“This Sheridan Memorial Home beautification project has been a wonderful opportunity for the small community of McClusky, as well as Sheridan County. We are very thankful for opportunities like this. Without these funds, projects like this would not be possible.”

*Nicole Wardner, NDSU Extension –
Sheridan County*

“Thank you for this opportunity to provide some beauty to our community while providing our youth with an intergenerational gardening opportunity.”

*Acacia Stuckle, NDSU Extension –
Emmons County*

“The children were able to learn a life skill of growing their own food. Our project helped parents participate in a school project with their children. It also provided an opportunity for community businesses to help support the school. This would not have been done without the JMG Program. Thank you for the opportunity.”

*Ashley Ueckert, NDSU Extension –
Golden Valley County*

“Thank you. This program provided an opportunity for youth to participate in gardening and develop life skills that aren’t otherwise provided in school curriculums of rural communities.”

Kelsey Sheldon, Wing Public School

“The community daycare has just completed its first year of operation. This was very much needed for the community. This project would not have been done without these funds. Thank you for the opportunity to reach this audience!”

*Lindsay Maddock, NDSU Extension –
Wells County*

“We are so lucky to be part of the NDSU community. Thank you for this grant! I believe we are starting children out young to be adult gardeners!”

*Debra Habedank, NDSU Center for Child
Development*

“Thank you for working with communities. The benefits reach far beyond those of garden skills including values learned, utilization of precious resources, community responsibility and healthy relationships.”

*Sister Pamela Pranke OPA,
Grace Episcopal Church*

“This is the third year we have been able to offer a Junior Master Gardener Camp. The program has seen increased participation and enthusiasm from youth and adults each year. We are truly grateful for the funding that helps keep this a low-cost activity for youth in Grant County. Without the funding, we would not be able to do this program.”

Katie Wirt, NDSU Extension – Grant County

“I appreciate the opportunity given to us by these funds. The awareness of where food comes from is very, very important for our younger generation to know.”

Roxanne Fortier, Roughriders 4-H Club

“I am thrilled to be part of the North Dakota Junior Master Gardener Program. The children were excited about bees and wanted to show their gardening skills to their loved ones. I love that we are generating excitement and interest in plants in our community!”

*Angie Waletzko, NDSU Extension –
Ransom County*

Contact

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

NDSU EXTENSION SERVICE

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Acknowledgements

The authors express their gratitude to the North Dakota State Legislature and the North Dakota Department of Agriculture for their financial support of the North Dakota Junior Master Gardener Program. Photos were provided by project leaders and non-copyright sources. Icons and icon elements are from www.flaticon.com.

More Information

Please go to our website: <http://www.ag.ndsu.edu/jrmastergardener/>.

January 2018

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