



North Dakota Junior Master Gardener Program

ANNUAL REPORT 2020

NDSU

EXTENSION



North Dakota Junior Master Gardener Program



ANNUAL REPORT 2020



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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

Our children in North Dakota are powerful, beautiful and precious, but they are also undernourished and inactive. Recent surveys of high school children in our state show:

- 99% do not eat the recommended amount of vegetables daily.²
- 31% are overweight or obese.
- 74% are not physically active on a daily basis.³

Poor diets and unhealthy lifestyles limit the potential of our kids. 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 Gardening programs can sharpen skills in science, raise awareness of the environment, build self-esteem, and help youth learn to work together.⁴

The COVID-19 pandemic created challenges for the North Dakota Junior Master Gardener Program in 2020. Some local projects were canceled. Other projects substituted classroom trainings for virtual and home-based trainings. When needed, participation was limited to allow for social distancing. Our project leaders were dedicated and resilient.

In the end, our Junior Master Gardener Program educated over 3,370 children, one of its best years ever.



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

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

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

² Moore, L.V., F.E. Thompson and Z. Demissie. 2017. Percentage of youth meeting federal fruit and vegetable intake recommendations, Youth Risk Behavior Surveillance System, United States and 33 states, 2013. *J. Acad. Nutr. Diet.* 117(4): 545–553.

³ Centers for Disease Control. 2017. Youth Risk Behavior Surveillance System results for 2017. North Dakota data. Accessed online.

⁴ Univ. of Colorado at Denver and Health Sciences Center. 2009. Benefits of gardening for children.

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 \$22,500 to 46 projects for gardening supplies. Funds were provided by the North Dakota State Legislature. NDSU provided educational support to all projects and led 28 of them. Thirty-three of the projects would not have been started without JMG funds.



Partners

New partnerships were forged and existing partnerships were strengthened. Over 160 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 3,370 children (2,510 young children and 860 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 17,000 pounds of fresh vegetables. The produce went to food banks, churches, family shelters, veterans, elderly, shut-ins, New Americans and other needy families. Students grew and donated produce for their school lunch programs.



Beauty

JMG kids beautified schools, day care centers, senior care centers, churches, parks, fairgrounds and along city streets. They enhanced the landscapes of a military base, courthouse, museum and a community zoo. Flowers were grown and donated to hospitals and senior care centers.



Special Projects

JMG kids constructed raised beds at senior care centers. Disabled children and youth-at-risk learned how to grow their own gardens. Youth conducted research to identify superior vegetable, herb and flower varieties. JMG gardening activities supported pollinator gardens, a summer reading program and a local art festival.

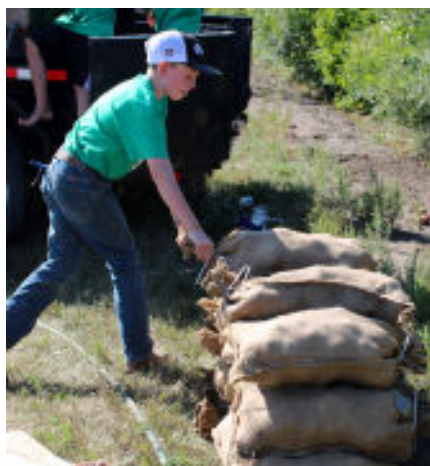
For more information, go to www.ag.ndsu.edu/jrmastergardener/

Summary of Projects

PROJECT	COUNTY	HIGHLIGHTS
Beautification Projects		
Morton Co. Courthouse Beautific'n	Morton	Grew flowers in pots and garden beds at the Courthouse.
Oliver County JMG Program	Oliver	Beautified a main entrance to Center and its Civic Center.
Community Gardens		
Good Earth Gardening Club	Grand Forks	Kids at the Air Force Base grew vegetables and herbs.
Growing Together Comm. Garden	Cass	Learned about gardening and shared produce with needy.
Mountrail Co. Community Garden	Mountrail	Developed skills in gardening and donated produce.
On the Move to Gardening Fun	Stutsman	Learned about growing food and eating a nutritious diet.
Plant the Seed, Growth and Learning	Stutsman	Learned about gardening and ate healthy snacks.
Ramsey County JMG Classes	Ramsey	Grew and tasted vegetables; shared produce with schools.
Share Garden	Grand Forks	Developed gardening skills and learned conservation.
Towner Co. Community Garden	Towner	Learned about gardening; donated food; supported arts.
Day Care Gardens		
Fessenden Child Care Center	Wells	Learned how to garden and enjoyed healthy snacks.
Head Start Children's Gardens	Benson	Grew and shared organic vegetables.
Langdon Day Care Garden	Cavalier	Learned to grow food and the health benefits of veggies.
On the Move with Gardening Fun!	Cass	Grew, harvested and enjoyed vegetables and herbs.
Rolette Community Care Center	Rolette	Learned how plants grow and sampled lots of vegetables.
Size-Wise Gardening	Burleigh	Learned how to grow veggies and their value to health.
Environmental Stewardship Projects		
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Kids, Compost, Crops, Consum'n	Morton	Learned about the food cycle and the importance of soil.
MetiGROWshe Garden	Bottineau	Learned sustainable gardening practices; shared produce.
Pollinator Garden	Cass	Learned food systems and ways to shape social change.
Pollinator Project	Walsh	Started a beekeeping operation at school.



PROJECT	COUNTY	HIGHLIGHTS
Food Security Projects		
Gethsemane Garden	Cass	Developed gardening skills and donated harvest to pantry.
Hay Creek Hunger Free Garden	Burleigh	Grew over 2 tons of potatoes for pantries and shelters.
McKenzie County JMG Program	McKenzie	Grew, cooked vegetables; shared the harvest with a pantry.
Produce for Our Community	Dickey	Improved an orchard and donated produce to community.
Produce for Wahpeton Food Pantry	Richland	Used innovative techniques to grow vegetables for pantry.
Home Projects		
Garden Fun	Ransom	Grew vegetables from garden kits.
Growing Sunflowers and Smiles	State	Grew and evaluated dwarf and cut sunflowers.
Home Garden Variety Trials	State	Evaluated promising vegetable, herb and flower varieties.
Project Popeye	State	Grew and evaluated spinach and other fall vegetables.
Unique Strawberry Gardens	Stutsman	Designed containers and grew strawberries in them.
School Gardens		
Central Middle School Gardens	Ramsey	Grew vegetables for the school's lunch program.
Clara Barton Hawthorne School	Cass	Constructed raised beds; grew vegetables and flowers.
Emerado School Garden Boxes	Grand Forks	Built raised beds to support educational programs.
Hankinson Elementary Garden	Richland	Learned to grow vegetables; shared harvest with students.
Kids and Plants	Burke	Learned to identify seeds of field crops and vegetables.
Nuts About Nature Sensory Garden	Dickey	Built garden where people experience and learn of nature.
Project Gro-R-Own	Cass	Grew vegetables for needy families and their school.
Sunny Sensory Garden	Pembina	Learned about plants and discovered new, healthy foods.
Valley City Jefferson School	Barnes	Learned about horticulture, harvesting and eating healthy.
Special Needs Projects		
Can't Contain Myself	Stutsman	Disabled youth grew plants in container gardens.
Critter Fitter Grow & Share	Griggs	Produced fruits, veggies and flowers to share with elderly.
Garden to Table Community Serv.	Ward	Youth-at-risk learned how to grow vegetables.
Gardening with Seniors	Ransom	Built a raised garden structure for a local nursing home.
Growing & Giving Smiles	Burleigh	Grew flowers in a community garden.
Therapeutic Gardening	Burleigh	Developed skills in gardening; enjoyed therapeutic benefits.





Beautification Projects



Morton Co. Courthouse Beautification

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

Project Activities

The Missouri Valley Bunch 4-H Club beautified the grounds of the Morton County Courthouse. The children planted large pots of flowers at all entrances to the Courthouse and added new flowers to the flower beds they have worked on for the past 7 years.

Twenty-two children participated in this beautification project. To maintain social distancing, the families of children took turns planting and caring for the flowers all summer.

Impacts on the Youth

These youth learned how to design flower beds and container gardens. They identified annual and perennial flowers that were best suited for the environmental conditions at each site of the Courthouse grounds.

The youth developed skills in the planting and maintenance of the flowers. The pots and flower beds are a source of pride for the 4-H members.

Impacts on the Community

Visitors and staff who entered the Morton County Courthouse were greeted by a colorful array of flowers. The flowers are a reminder to residents of the value of 4-H and its youth giving back to their community.

Partners

NDSU Extension – Morton County and its Missouri Valley Bunch 4-H Club, local nurseries, and the maintenance staff at the Courthouse.



The kids of the Missouri Valley Bunch 4-H Club and their families beautified the grounds of Morton County Courthouse.

Courthouse visitors and staff were greeted by a colorful array of flowers.



This project fostered:

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

Contact

Vanessa Hoines
NDSU Extension
210 Second Ave.
NW
Mandan, ND 58554
701.667.3340
vanessa.hoines@
ndsu.edu

Oliver County JMG Program

NDSU Extension – Oliver County

Project Activities

Youth and leaders of two 4-H clubs planned, planted and maintained community garden boxes throughout the summer. These boxes were located at the main entrance to the City of Center and at the Center Civic Center.

Youth met regularly during the summer to care for the gardens. They cleaned up the gardens at the end of the growing season.

Impacts on the Youth

Forty youth were taught the responsibility of caring for plants, identifying plants versus weeds, how to properly irrigate plants, and the types of soil needed for a successful garden. These skills helped the youth when they grew their personal 4-H gardening exhibits.

The harvest from the gardens was shared among the youth who cared for the gardens.

Impacts on the Community

The gardening boxes added beauty and a sense of pride to the community. Many persons in the community expressed their appreciation to project leaders for teaching youth about the value of community service and strengthening the spirit of the community.

Partners

NDSU Extension – Oliver County including its 4-H Clubs and Master Gardeners, and High Plains Nursery.



The 4-H Clubs of Oliver County designed and cared for gardens at the main entrance to the city of Center and at the Center Civic Center.

The gardening boxes added beauty and a sense of pride to the community.



This project fostered:

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

Contact

Rick Schmidt
NDSU Extension
115 Main Street
Center, ND 58530
701.794.8748
rick.schmidt@
ndsu.edu



Community Gardens



Good Earth Gardening Club

Grand Forks Air Force Base Youth Center

Project Activities

The Good Earth Gardening Club was busy growing vegetables and herbs this year. The nine children started by sowing seeds and growing seedlings at the Grand Forks Air Force Base Youth Center.

Later they started vegetable and herb gardens on the military base. The youth cared for the gardens every day during summer. They ate tomatoes and carrots right out of the garden. The kids enjoyed herb salads, too.

Impacts on the Youth

This gardening project gave students something to look forward to during the pandemic. The youth learned how to be responsible, and they shared a sense of ownership over the gardens.

Impacts on the Community

Families at the base were proud of the gardens. They volunteered over weekends to care for the plants.

Partners

Grand Forks AFB Youth Center, NDSU Extension – Grand Forks County and its 4-H Clubs, Lowes, and Petersons Pastures Farm.



This gardening project gave students something to look forward to during the pandemic.



Kids at the Grand Forks Air Force Base Youth Center learned how to grow vegetables and herbs.



This project fostered:

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

Contact

Penny Shepherd
Grand Forks AFB
1707 J Street
Building 121
Grand Forks AFB,
ND 58205
701.747.5033
penny.shepherd@
us.af.mil

Growing Together Community Garden

Growing Together Community Family Garden (Fargo)

Project Activities

The Growing Together Community Garden in Fargo has an area dedicated to teaching youth how to grow vegetables. Due to COVID-19, participation of youth was limited, and parents served a larger role in the teaching of the children.

In 2020, seven families were introduced to companion planting and garden management. Three rows were grown to donate for the Grow-A-Row project.

Impacts on the Youth

The 19 children experienced all aspects of growing vegetables including planting, weeding, irrigating, pruning vines and harvesting. The participation of the parents in the project brought families together.

The children learned the importance of taking responsibility, working as a team, appreciating cultural diversity, and sharing the harvest with others.

Impacts on the Community

This garden brings families from different cultures together to grow food, make friends, and feel welcome in the community. Over 300 pounds of vegetables were donated to food pantries in Fargo/Moorhead.

Partners

Growing Together Community Garden, NDSU Extension – Cass County and its Master Gardeners, and Park Christian School.



The children learned the importance of working as a team, appreciating cultural diversity, and sharing the harvest with others.

This garden brings families from different cultures together to grow food, make friends, and feel welcome in the community.



This project fostered:

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

Contact

Kathleen Johnson
Growing Together
Community
Garden
PO Box 57
Horace, ND 58047
701.793.3940
ndtulip@
gmail.com

Mountrail County Community Garden

NDSU Extension – Mountrail County

Project Activities

New garden beds were constructed at the community garden. The COVID-19 pandemic limited the participation of youth in spring and summer. Two children and a Master Gardener planted the beds and grew vegetables during the summer.

When some of the COVID-19 restrictions were lifted, a 4-H club harvested the remaining produce and donated it to the local food pantry.

Impacts on the Youth

Twelve youth developed skills in gardening. Some of them had never grown a garden before, while a few others harvested vegetables they had never seen before. The youth were excited to pick the ripe produce.

Youth saw how their food is grown and how it may look different than what they see in a grocery store.

The children learned the value of donating produce to people who need food. The children got some outdoor time and exercise.

Impacts on the Community

Seventy pounds of produce was donated to the local food pantry and needy families.

Partners

NDSU Extension – Mountrail County, Mountrail Garden Club, Mountrail County South Complex, Mountrail County Commissioners, Ross Lutheran Church, Hunger Free Garden Project, Tractor Supply and Parshall Ag Department/FFA.



Youth in Mountrail County grew and harvested vegetables. Much of the harvest went to needy families in the community.



This project fostered:

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

These projects make a lifetime impression on youth. These skills can be used long into adulthood.

Contact

Lynnette Vachal
NDSU Extension
8103 61st St. NW
Stanley, ND 58784
701.628.2835
lynnette.vachal@
ndsu.edu

On the Move to Gardening Fun

NDSU Extension – Stutsman County

Project Activities

Children in Stutsman County learned about growing food and eating a nutritious diet. Lessons were conducted weekly at Two Rivers Activities Center (TRAC) Learning Center. The “On the Move to Gardening Fun” curriculum was used.

Sixty-seven children participated in the lessons. They cultivated gardens, learned where their food comes from, and were encouraged to try eating new fruits and vegetables.

Impacts on the Youth

Youth developed skills in growing berries and vegetables. They learned about healthy eating habits and had an opportunity to taste fruits and vegetables they had never eaten before.

One child commented, “I did not realize food that you grow could taste this good.” Another child said, “Mom needs to make this!”

Impacts on the Community

The TRAC youth program helps to fulfill the need for early childcare in the community. The vegetables and berries grown in the gardens were used for healthy snacks at the educational center.

Partners

NDSU Extension – Stutsman County and TRAC.



Youth in Stutsman County met weekly to develop gardening skills. They learned about healthy eating habits and tasted unusual vegetables and fruits.



This project fostered:

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

Children tasted fruits and vegetables they had never eaten before.

Contact

Alicia Harstad
NDSU Extension
502 Tenth Ave. SE
Jamestown, ND
58401
701.252.9030
alicia.harstad@
ndsu.edu

Plant the Seed, Growth and Learning

Jamestown Parks & Recreation

Project Activities

The Two Rivers Activity Center (TRAC) is a community recreation center designed to support health and wellness in Jamestown. Its programs include recreational activities and youth development.

Forty to sixty children each week this summer participated in gardening activities. This included a gardening lesson conducted every Friday by NDSU Extension. Produce was harvested from mid-June to September to use for snacks.

The new gardens constructed this year helped the Center to keep groups smaller, allowing for greater social distancing.

Impacts on the Youth

This was an experience that helped children gain skills and knowledge to prepare them for the future. The kids learned how to grow their own food. They found recipes for the vegetables they grew and enjoyed eating healthy snacks. The children realized they can be outside “working” and have fun.

Impacts on the Community

Everyone in the community enjoyed the beauty of the gardens.

Partners

Jamestown Parks & Recreation and NDSU Extension – Stutsman County.



Youth in Jamestown watched plants grow in a mini-greenhouse, harvested vegetables and learned about nutrition.

This project fostered:

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

This was an experience that helped children gain skills and knowledge to prepare them for the future.

Contact

Tammy Mewes
Jamestown Parks & Recreation
1501 Fifth St. NE
Jamestown, ND 58401
701.952.8723
tammy@jamestownparksandrec.com

Ramsey County JMG Classes

NDSU Extension – Ramsey County

Project Activities

Gardening classes were taught to 12 youth from June through August. Two different class times were offered to allow for social distancing.

A wide variety of vegetables was grown in two gardens. Additional activities included composting, sun safety, container gardening, making terrariums, nutrition education and making salsa. Extra produce was donated to the Devils Lake schools.

Impacts on the Youth

The children learned, hands-on, how food comes from the garden to the dinner table. They were empowered to grow their own vegetables in the future. Some of them grew vegetables they had never eaten before such as Brussels sprouts and eggplant.

The kids have a new appreciation of farmers who work through tough conditions to make sure our society is fed. The youth learned the importance of caring for the planet and how to recycle and compost.

Impacts on the Community

Devils Lake schools received 150 pounds of produce for their summer feeding program and high school salad bar.

Partners

NDSU Extension – Ramsey County, Devils Lake Park Board, Ramsey County Fair Board, Devils Lake Public Schools, City of Devils Lake, Devils Lake Greenhouse.



Children in Ramsey County learned how to grow a wide variety of vegetables.

The kids have a new appreciation of farmers who work through tough conditions to make sure our society is fed.



This project fostered:

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

Contact

Sara Laite
NDSU Extension
524 Fourth Ave.
NE
Devils Lake, ND
58301
701.662.7027
sara.laite@
ndsu.edu

Share Garden

Stable Days Youth Ranch (East Grand Forks)

Project Activities

The Share Garden is a unique, open to the public place where kids, families and groups can come to learn, work and play.

This year the project focused on trellising grapes, laying water lines, identifying plants, understanding soil health, tasting edible weeds and conserving natural resources. Approximately 175 kids participated in the activities, which were modified for safety due to the pandemic.

Impacts on the Youth

More than ever before, kids needed to be outside and engaged. So many were struggling and facing very unique challenges: activities being canceled, schools closed, parents stressed, and friendships interrupted.

The children enjoyed the garden atmosphere, felt soil under their fingernails, ate carrots, reduced their stress, and improved their wellness.

Impacts on the Community

In past years, produce was donated to local food banks, but these organizations were overloaded with an infusion of produce by the USDA. In response, the Share Garden joined the Farmer's Market and implemented new programs for customers enrolled in SNAP or WIC.

Partners

Grand Forks Young Professionals, UND Lion's Club, Girls Scouts, and Wagner's Nursery.



Children at the Share Garden were active in laying water lines and other gardening activities.

More than ever before, kids needed to be outside and engaged.



This project fostered:

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

Contact

Caryl Lester
Stable Days Youth
Ranch
17721 429th Ave.
SW
East Grand Forks,
MN 56721
701.330.9952
info@stabledays.org

Towner County Community Garden

NDSU Extension – Towner County

Project Activities

Sixty children learned how to grow vegetables and flowers in the Towner County Community Garden.

The kids created fairy gardens and learned about worms and amphibians. They grew pumpkins in the garden's pumpkin patch and supported a summer reading group for kids. A relaxation garden was finished this year.

Inspired by its success, the community garden is looking into the construction of a hoop house next year to extend the growing season.

Impacts on the Youth

Although this year was different with COVID, the kids participated in activities that allowed them to use their creativity and get some fresh air and exercise. They gained experiences in donating to local organizations.

Impacts on the Community

Approximately 1,200 pounds of produce was donated to the local food pantry and veterans. Pumpkins were donated to the local arts council for their fall festival for youth. The community enjoyed the Relaxation Garden and benefited from the book exchange program using the Book Barn in the garden.

Partners

NDSU Extension – Towner County, Farm Service Agency, Cando Lutheran Church, Veteran Services, Arts Council, and Lil' Prairie Greenhouse.



Children learned about gardening, grew food for the needy, and supported local arts and reading programs.

Children harvested food for the needy, supported a summer reading program, and grew pumpkins for a fall festival.



This project fostered:

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

Contact

Lindy Berg
NDSU Extension
404 Fifth Ave.
Cando, ND 58324
701.968.4361
lindy.l.berg@
ndsu.edu



Day Care Gardens



Fessenden Child Care Center

NDSU Extension – Wells County

Project Activities

A raised-bed vegetable garden was planted at Fessenden Community Child Care Center. Twelve children were involved in the planning, planting and caring for the garden.

Day care leaders used the produce in their meals and snacks at the center. They also talked about healthy foods and vegetables with the kids. The kids got to take the extra produce home with them to their families.

Impacts on the Youth

This is a great introduction to gardening for these kids and their parents. Some of the families do not have gardens at home. This project showed them the rewards that gardening provides to youth, including healthy food, physical activity, friendship and fun.

Impacts on the Community

Many persons in the community stated how pleased they were to see a garden at the child care center.

Partners

NDSU Extension – Wells County and Fessenden Community Child Care Center.



Children at the Fessenden Community Child Care Center were introduced to gardening.

Young children experienced the rewards that gardening provides, including healthy food, physical activity, friendship and fun.

This project fostered:

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

Contact

Lindsay Maddock
NDSU Extension
600 Railway St. N
Fessenden, ND
58438
701.547.3341
lindsay.maddock@
ndsu.edu

Head Start Children's Gardens

NDSU Extension – Benson County

Project Activities

A series of gardens were planted at the Spirit Lake Head Start facility. Fifteen children from Head Start and the nearby community garden grew organic vegetables using buffalo compost as a soil amendment. All produce went to families in Head Start and in the community garden. Nutrition guides were provided with the produce.



Impacts on the Youth

The children had a great gardening experience. They loved getting their hands dirty in the warm soil, eating sun-soaked cherry tomatoes, hopping like bunnies with carrots in their mouths, and digging for buried treasure in the potato patch. They enjoyed nutritious vegetables and lots of physical activities. The youth were excited to take the produce home to their families. Even a few teenagers put down their phones and had a blast harvesting.



The children looked forward to participating in this project next year and starting gardens at their homes.

Impacts on the Community

The project reached an underserved population of Native American youth. Four hundred pounds of produce was shared among the community.

Partners

NDSU Extension – Benson County, Spirit Lake Head Start, Spirit Lake Tribal Council, Cankdeska Cikana Community College (CCCC) faculty and staff, and Mark's Greenhouse.

Youth from Spirit Lake Head Start had a great time growing and eating vegetables.

The youth were excited to take the produce home to their families.

This project fostered:

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

Contact

Gabriele Nelson
NDSU Extension
214 First Ave.
PO Box 269
Fort Totten, ND
58335
701.350.1700
gabriele.nelson@
ndsu.edu

Langdon Day Care Garden

NDSU Extension – Cavalier County

Project Activities

A vegetable garden was grown by kids attending Langdon Day Care Center. The 20 x 20-foot garden was located at the Langdon Research Extension Center (LREC).

Ten children met weekly from May to August to maintain the plot. The kids toured the LREC and enjoyed eating berries from the plots. The garden supplied the day care center with fresh vegetables.

Impacts on the Youth

This is the fifth year of this project and has become very popular with local youth. The kids thoroughly enjoyed being outdoors and were excited to see the plants grow.

Kids got hands-on experiences in gardening activities such as planting, watering, weeding and harvesting. Along with physical activity, kids learned the health benefits of eating vegetables. They learned about sun safety and using sunscreen strategies.

Impacts on the Community

This was one of the few outdoor activities for kids at the day care due to the COVID-19 crisis. Vegetables grown in the garden were used by the day care center to prepare meals for children.

Partners

NDSU Extension – Cavalier County, NDSU LREC and Langdon Day Care Center.



Kids got hands-on experiences in growing their own food.

The youth of Langdon Day Care Center had fun growing vegetables in their garden. This was a rare and valuable outdoor activity due to the COVID-19 crisis.



This project fostered:

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

Contact

Anitha
Chirumamilla
NDSU Extension
901 Third St., Suite
7
Langdon, ND
58249
701.256.2560
anitha.
chirumamilla@
ndsu.edu

On the Move with Gardening Fun!

NDSU Center for Child Development

Project Activities

Thirty children (ages 1–5) grew and harvested vegetables and herbs in gardens located on the Infant-Toddler and Preschool Playgrounds.

There was an excellent harvest of tomatoes, cantaloupe, cucumbers, peppers, lettuce, potatoes, cilantro, parsley, oregano and basil. The children enjoyed eating fresh cucumbers, tomatoes and snacks prepared using the harvested vegetables.

Impacts on the Youth

The children learned the basics of growing vegetables and herbs. They enjoyed the tastes and smells of the harvested herbs.

Math skills were enhanced with games that counted vegetables. The children’s motor skills were practiced as they sliced harvested vegetables and pinched herb plants.

Parents stated this gardening program is a strength of the Center for Child Development. The families and teachers look forward to gardening with the children each year.

Impacts on the Community

Extra vegetables and herbs were shared with campus families.

Partners

Center for Child Development, NDSU Extension, NDSU Nutrition interns, NDSU Potato Research, Walmart and Baker Garden & Gift.



Children at the NDSU Center for Child Development Community Child Care Center learned the basics of growing vegetables and herbs.

The toddlers developed a love for gardening that may last a lifetime.

This project fostered:

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

The icons include a watering can, a hand holding a carrot, a heart with a carrot, a hand holding a leafy plant, a flower, a hand holding a leafy plant, a hand holding a leafy plant, and a group of people.

Contact

Debra Habedank
Center for Child
Development
Room 261, EML
Hall, NDSU
Fargo, ND 58108
701.231.8281
debra.habedank@
ndsu.edu

Rolette Community Care Center

Rolette Community Care Center (RCCC) Childcare

Project Activities

Twenty-one children enjoyed lots of indoor and outdoor gardening activities. They watched the roots of carrots, radishes and onions grow in see-through containers. The youth read stories about gardening and completed art projects on designing gardens.

The children grew vegetables outdoors in a series of raised beds and containers. They measured the growth of the plants almost every day and were eager to harvest them.

Children enjoyed eating fresh, cooked and pickled vegetables. They discussed their favorite vegetables and tasted vegetables they had never eaten before.

Impacts on the Youth

Children shared experiences in growing vegetables. They enjoyed learning how to grow and eat nutritious foods. The kids began eating more vegetables for lunch at the Center.

The harvest is over, and they have been inspired to learn more about the growth of plants online.

Impacts on the Community

Interaction with the community was limited due to COVID-19. In the long term, this project helped the community by introducing its youth to growing food and eating a healthy diet.

Partners

RCCC Childcare, Indian Health Services and Rolette Public School.



The children learned how plants grow and where their food comes from.

Youth at a child care center in Rolette learned how plants grow. They closely monitored their plants and sampled lots of delicious vegetables.



This project fostered:

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

Contact

Grace Brown
Rolette Community
Care Center
804 State St.
Rolette, ND 58366
701.246.3786
gbrown@
rccnd.org

Size-Wise Gardening

Bismarck-Burleigh Public Health

Project Activities

Bismarck-Burleigh Public Health, in partnership with NDSU Extension – Burleigh County, implemented a gardening program at a childcare center/preschool in Bismarck.

The lessons featured gardening activities, learning about parts of a plant, and learning the nutritional benefits of fruits and vegetables. The vegetables grown in the garden were added to their snacks and meals.

Impacts on the Youth

Fifty children learned how to grow vegetables. They learned about the nutritional benefits of fruits and vegetables and where their food comes from. The children tasted vegetables that many of them had never eaten before.

The children learned about taking responsibility in caring for the plants. This project improved their physical, sensory and cognitive development skills.

Impacts on the Community

This project served as an example of how local communities can improve the health of their youth and prevent childhood obesity. This garden strengthened connections and encouraged the entire community to work together. The gardens provided access to fresh, healthy food that may be enjoyed by people of all ages.

Partners

Bismarck-Burleigh Public Health and NDSU Extension – Burleigh County.



Children painted garden boxes and learned how to grow vegetables. They tasted vegetables that many of them had never eaten before.

School gardens may improve the health of children and strengthen connections in the community.

This project fostered:

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

Contact

Katie Johnke
BBPH
500 East Front
Ave.
Bismarck, ND
58504
701.355.1555
kjohnke@
bismarcknd.gov



Environmental Stewardship Projects



Chahinkapa Zoo Gardens

Chahinkapa Zoo (Wahpeton)

Project Activities

Chahinkapa Zoo conducts classes on the environment and gardening every spring to hundreds of youth. COVID-19 forced the zoo to cancel its lessons this year. Instead, individual lessons were provided to 15 youth volunteers.

Impacts on the Youth

These children learned how to sow flower seeds, propagate houseplants, promote pollinators, harvest vegetables and dehydrate vegetables.

The youth helped to feed the zoo animals. They planted trees that will someday bear fruits for the animals.

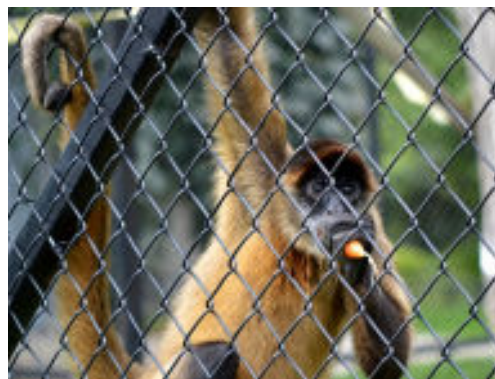
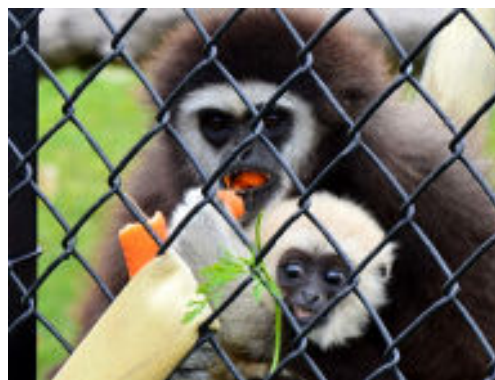
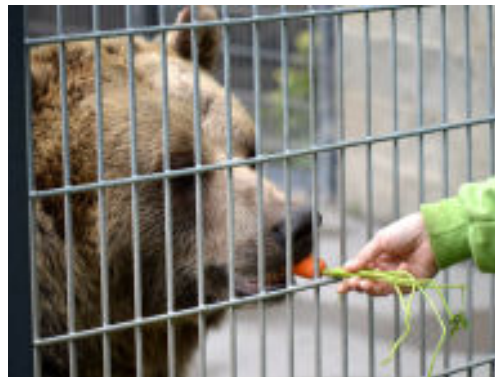
Impacts on the Community

The beautiful plants in the zoo attract more tourism to the community, which is good for the local economy. The vegetables from the garden reduce zoo expenses and keep the animals healthy.

Chahinkapa Zoo was open to visitors this summer because it is outdoors and social distancing was easy to accomplish. Coming to the zoo was an emotional and psychological boost for our visitors, in a year when that was especially important.

Partners

Chahinkapa Zoo, Wahpeton High School, local garden club and garden centers, and Walmart.



Youth harvested vegetables that were shared with the animals at Chahinkapa Zoo.

The youth were proud of making the zoo more beautiful for its 75,000 visitors.



This project fostered:

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

Contact

Payton Carter and
Joan Zettel
Chahinkapa Zoo
1004 RJ Hughes
Dr.
Wahpeton, ND
58075
701.642.8709
education@
chahinkapazoo.org
momzettel@
hotmail.com

Kids, Compost, Crops and Consumption

NDSU Extension – Morton County

Project Activities

The Kids, Compost, Crops and Consumption Program taught 45 students (K-8) about the food cycle. All training was done online.

Students had the opportunity to conduct a soil percolation experiment with different types of soils and got the chance to grow a bean plant to take home with them.

Impacts on the Youth

Children are now excited to plant a garden with their families next spring. They learned basic gardening skills through this program that will help them in the future.

This program allowed students to learn about the importance of soil and increased their confidence in their abilities to produce food.

Impacts on the Community

In Morton County, 30.7% of youth have low access to grocery stores. Educating these youth about food production has empowered them to begin to grow their own food and provide food security.

Students eating a nutritionally rich and balanced diet will lead to a healthier community.

Partners

NDSU Extension-Morton County, Mandan Public Schools and Sweet Briar School District.



Youth in Morton County learned about the food cycle and the importance of soil. They have gained skills and confidence that will help them grow a garden in the future.

Children are now excited to plant a garden with their families next spring.



This project fostered:

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

Contact
 Renae Gress
 NDSU Extension
 210 Second Ave.
 NW
 Mandan, ND
 58554
 701.667.3340
 renae.gress@
 ndsu.edu

MetiGROWshe Garden

Metigoshe Ministries (Bottineau)

Project Activities

Camp Metigoshe is a place for learning, support and recreation for a variety of organizations. The MetiGROWshe Garden and Orchard provides fresh and natural food for camp menus. The 350 youth campers in 2020 took an active role in growing fresh produce for themselves and the Bottineau Food Pantry.

Impacts on the Youth

Children at Camp Metigoshe learned hands-on what is required to grow food. They were proud and excited to harvest their produce and eat nutritious food.

Children connected their practical experience with an understanding of the natural world. They left camp with knowledge and excitement about gardening, and a new appreciation for fresh vegetables and berries.

There were fewer campers than usual this year due to COVID-19 restrictions, but these kids were more excited than ever to be at camp and active in the garden after the spring lockdown.

Impacts on the Community

Youth in this program grew and donated 500 pounds of produce to the Bottineau Food Pantry.

Partners

Camp Metigoshe, Metigoshe Lutheran Church and Bottineau Food Pantry.



Children at Camp Metigoshe enjoyed learning about growing vegetables and berries. These experiences at camp increased their understanding of nature.

The kids were more excited than ever to be at camp after the spring lockdown.

This project fostered:

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

Contact

Laura Halvorson
Metigoshe
Ministries
165 Lake Loop Rd.
Bottineau, ND
58318
701.263.4788
laura@metigoshe
ministries.com

Pollinator Garden

Plains Art Museum (Fargo)

Project Activities

The Buzz Lab at Plains Art Museum provides teens the opportunity to work on gardening, community building, and public art projects. Due to COVID, the Buzz Lab training program was transitioned to an eight-week session utilizing Zoom and sharing prompts for journaling, pollinator research, and self-care to be done independently. The Plant and Seed Exchange was made into a contactless event.

Impacts on the Youth

The internship provided structure and socialization for 31 teens during an uncertain time period. Many had no prior experience in gardening. Through Zoom trainings, they each learned how to care for a container garden at home.

Lessons provided the interns with a framework to explore and recognize their unique roles to shape social change. Interns were exposed to a wide variety of career paths that intersected with gardens, bugs, food systems, communication and environmentalism.

Impacts on the Community

The Plant and Seed Exchange was a welcome sign of spring for gardeners. They shared and received items that added diversity into their gardens.

Partners

Plains Art Museum, NDSU Bee Lab, 4-H, Baker Garden & Gift, Home Depot, UM Extension, Growing Together Garden and Food of the North networks, Buzz Lab facilitators, local artists and Prairie Public.



The teens explored ways to recognize their unique roles to shape social change.



Buzz Lab interns at Plains Art Museum constructed educational exhibits and organized a plant and seed exchange.

This project fostered:

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

Contact

Sandy Thompson
Plains Art Museum
704 First Ave. N
Fargo, ND 58102
701.551.6122
sthompson@
plainsart.org

Pollinator Project

Grafton FFA Chapter

Project Activities

The Grafton FFA Chapter started a beekeeping operation. The package of bees arrived in mid-April. Due to COVID-19, fewer students than anticipated were directly involved in introducing the bees to the hive. Instead, the process was livestreamed on Instagram so all could see.

One student maintained the hives over summer. In early September, beehive frames were collected and honey was harvested as part of the Ecology and Wildlife class.

Fourteen students removed the wax from the frames, used a centrifuge to extract the honey, filtered it, and bottled it for sale. Thirty 8-ounce jars of honey were produced. The proceeds are being saved to purchase a new package of bees.

Impacts on the Youth

Students experienced the process of raising bees and harvesting honey. They learned first-hand about all aspects of beekeeping, safety, food packaging and sales.

Impacts on the Community

Higher populations of pollinators are beneficial to the biodiversity and ecosystem of our area.

Partners

Grafton FFA Chapter, Grafton Parks and Recreation, and Tractor Supply Company.



Students experienced the process of raising bees and harvesting honey.

The youth of Grafton FFA raised bees, removed the wax from frames, used a centrifuge to extract the honey, filtered it and bottled it for sale.

This project fostered:

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

Contact

Molly Zahradka
Grafton FFA
1540 School Road
Grafton, ND
58237
701.360.3199
molly.zahradka@
k12.nd.us



Food Security Projects



Gethsemane Garden

Gethsemane Episcopal Cathedral (Fargo)

Project Activities

The goal of this project is to increase knowledge of vegetable gardening techniques among children and families through hands-on activities.

As a result of the pandemic situation, most activities were canceled or delivered virtually. However, nine adults and seven youth assisted with planting seeds and plants, weeding, watering and harvesting the eight garden boxes and planters. All of the vegetables and fruits harvested were donated to a food pantry. Flowers were planted to beautify the grounds of the cathedral.



Youth at Gethsemane Episcopal Cathedral experienced firsthand how to grow a garden.

Impacts on the Youth

Children experienced firsthand how to plant, identify weeds, harvest and prepare/preserve vegetables. They developed skills in gardening and consumed new foods. Research studies show that involving children in gardening activities encourages the children to eat more vegetables, get more physical activity and understand the origin of their food.

Impacts on the Community

All produce (241 pounds) was donated to the “Veggies for the Pantry” program. This included tomatoes, zucchini, onions, potatoes and other vegetables. Apples and herbs were donated. The food pantry volunteers were very appreciative of the food.

Partners

NDSU Extension and Gethsemane Episcopal Cathedral.

Youth developed gardening skills and donated all of the produce to needy families.

A collection of colorful icons arranged in a grid. The icons include: a green watering can, a hand holding a seedling, a heart with a carrot inside, a green leaf with a checkmark, a green flower, a green hand holding a seedling, a green hand holding a seedling, and a group of three stylized human figures in green and orange.

This project fostered:

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

Contact

Julie Garden-Robinson
194 Prairiewood Dr. S
Fargo, ND 58103
701.231.7187
julie.garden-robinson@ndsu.edu

Hay Creek Hunger Free Garden

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

Project Activities

The Hunger Free Garden project was started by the North Dakota Department of Agriculture as a way to supply fresh vegetables to food pantries. For the past 11 years, the Hay Creek Kids 4-H Club has grown fresh food for pantries while teaching children how to grow vegetables.

Impacts on the Youth

A group of nine kids were involved in all phases of production, from planting seed to gathering the harvest. Most of the youth have participated in this project for at least three years. There were two new children this year who had never grown a garden and did not even realize potatoes grew underground.

The kids learned about the homeless and there are numerous shelters/food kitchens dedicated to feeding families in Bismarck and Mandan. The children who delivered the potatoes to these pantries were surprised how desperate the pantries were for the produce.

Impacts on the Community

Approximately 4,575 pounds of potatoes were grown and donated to local food pantries this year. In 11 years of growing a hunger-free garden, this 4-H club has grown and donated 28,000 pounds of produce.

Partners

NDSU Extension – Morton County and its Hay Creek Kids 4-H Club, and local food pantries/shelters.



The Hay Creek Kids 4-H Club grew, harvested, washed and delivered 4,575 pounds of potatoes to local food pantries and shelters.

Children learned they have the power to make a difference by supplying needy families with produce.

This project fostered:

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

Contact

Jeff Ellingson
Hay Creek Kids
4-H Club
11405 26th St. NE
Bismarck, ND
58503
701.202.6896
jellingson@
abmnow.com

McKenzie County JMG Program

NDSU Extension – McKenzie County

Project Activities

Six children planted and cared for vegetables in raised beds throughout the summer. Most of the harvested vegetables were donated to a local food pantry. The youth prepared fruit and vegetable pizzas on a grill. Master Gardeners assisted the kids during planting and weeding.

Impacts on the Youth

The youth in this project learned how to plant, care for, and harvest vegetables. They experienced the joy of donating produce to those in need. The kids learned how to grill fruits and vegetables.

Impacts on the Community

Approximately 60 pounds of produce was donated to a local food pantry.

Partners

NDSU Extension – McKenzie County, McKenzie County Food Pantry and the McKenzie County Fair Board.



Children in McKenzie enjoyed working together to grow vegetables for a local food pantry.

The children experienced the joy of donating produce to those in need.



This project fostered:

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

Contact

Marcia Hellandsaas
NDSU Extension
County Building
205 Sixth St. NW
Watford City, ND
58854
701.444.3451
marcia.hellandsaas@
ndsu.edu

Produce for Our Community

Southeast Region Career and Technology Center – Oakes Campus

Project Activities

The Southeast Region Career and Technology Center provides career-based, technical programs that motivate youth to achieve more in school, life and the world of work.

This year the Center added fruit trees to its orchard, added berries to the raised beds in its high tunnels, and installed fencing to protect the harvest from wildlife. A washing station was built to clean produce.

Impacts on the Youth

These outdoor lab activities supported the training of 197 students in grades 7–12 from Ellendale, Oakes and Sargent Central. These youth gained a greater understanding of where their food comes from and learned how to grow it themselves.

Impacts on the Community

These community gardens were used more than ever this year due to the pandemic. Over 900 pounds of produce was donated to community members.

Partners

FFA students, 4-H Clubs of NDSU Extension – Dickey County, Praska Hardware Hank, B & B Gardens, and Oakes Park and Recreation Department.



Youth at the Southeast Region Career and Technology Center grew vegetables and shared their produce with needy families.

These community gardens were used more than ever this year due to the pandemic.



This project fostered:

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

Contact

Daniel Spellerberg
SRCTC
924 Seventh St. S
Oakes, ND 58474
701.640.0937
dan.spellerberg@
k12.nd.us

Produce for Wahpeton Food Pantry

Helping Hands 4-H Club of NDSU Extension – Richland County

Project Activities

Families in the Helping Hands 4-H Club grew 590 pounds of fresh produce for the food pantry in Wahpeton.

Activities were modified to accommodate COVID-19 restrictions. Families worked on their own to grow produce, and gatherings for educational activities were canceled.

Impacts on the Youth

Eight children learned gardening techniques to grow food for needy families. This included innovative strategies for sowing seeds, cultivating new vegetables, protecting against pests, and harvesting vegetables.

Impacts on the Community

The children grew and donated 590 pounds of vegetables and fruits for needy families in our community. The food pantry shelves were at times nearly bare when produce was delivered.

Partners

NDSU Extension including its 4-H Clubs and Master Gardeners, Emery's Garden Center, Carmel of Mary Monastery, and community gardens.



Families in the Helping Hands 4-H Club grew and donated produce for needy families in the Wahpeton area.

The food pantry shelves were at times nearly bare when produce was delivered.

This project fostered:

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

Contact
Karen Weber
Helping Hands 4-H Club
17755 78th St. SE
Wahpeton, ND 58975
701.640.6152
karenweber22@gmail.com



Home Projects



Garden Fun

Project Activities

This project usually takes place in school classrooms, but classroom instruction was canceled this spring due to COVID-19.

In response, families throughout the county were invited to request a garden kit. Kits consisted of plastic trays, seeds, potting soil and labels. Two hundred sixty-five kits were requested and picked up.

Families subsequently attended a Zoom meeting where they learned about planting and caring for their seeds. There was a lot of feedback throughout the summer from the participants on how their plants grew for them.

Impacts on the Youth

This project got youth excited to garden. One parent commented, “We love it! It is fun to see the kids care for their plants and enjoy the fruits of their labor!”

This project brought family members together. They enjoyed growing the plants together and trying new varieties. The families enjoyed the outdoors and physical activity.

Impacts on the Community

Some families donated produce to food pantries and needy persons. Other families shared their produce with neighbors and friends.

Partners

NDSU Extension – Ransom County and schools in Ransom County.



Children in Ransom County picked up their garden kits and enjoyed growing a variety of vegetables.

Youth were excited about gardening. Families enjoyed growing the plants together.



This project fostered:

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

Contact

Brian Zimprich
NDSU Extension
204 Fifth Ave. W
Lisbon, ND 58054
701.683.6128
brian.zimprich@
ndsu.edu

Growing Sunflowers and Smiles

NDSU Extension Service – Department of Plant Sciences

Project Activities

Children throughout North Dakota evaluated new and promising sunflower varieties in their backyard gardens. Approximately 405 children in 45 counties participated in this project.

The sunflowers included five dwarf varieties selected for growing in containers and eight ProCut® varieties. ProCut® sunflowers are widely grown by professional flower growers and bloom in only 50 to 60 days. The children and their parents rated each variety on a scale of 1 to 10 and documented the best and worst features of their varieties.

Impacts on the Youth

A survey of parents was conducted after the trials. It showed that 90% of youth in this project developed skills in gardening and 85% increased their levels of physical activity.

Numerous parents commented on how much their children enjoyed watching the plants grow and bloom. The project was a positive family building activity.

Impacts on the Community

The sunflowers beautified yards and communities across the state. Most (56%) families shared their flowers with others in the community. Flowers were shared with grandparents, neighbors, friends, churches, schools and the elderly in nursing homes.

Partners

NDSU Extension and 201 families in North Dakota.



Growing sunflowers brought joy to everyone involved.

Children and their parents evaluated promising ornamental sunflower varieties. They developed skills in gardening and experienced more physical activity.



This project fostered:

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

Contact

Tom Kalb
NDSU Extension
2718 Gateway
Ave., Unit 304
Bismarck, ND
58503
701.328.9722
tom.kalb@
ndsu.edu

Home Garden Variety Trials

NDSU Extension – Department of Plant Sciences

Project Activities

Children throughout North Dakota evaluated new and promising varieties of vegetables, herbs and flowers in their backyards. A team of 360 children in 37 counties selected among 66 different trials. Each trial consisted of two different varieties of a crop to compare. Examples of crops included green bean, burpless cucumber, snap pea, pumpkin, basil and zinnia.

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

Impacts on the Youth

Surveys of parents conducted over the past two years show that 88% of youth in this project improved their diets, 87% increased their levels of physical activity and 75% developed skills in science and math by conducting these experiments.

Impacts on the Community

The planting of superior varieties will lead to increases in yield, better tasting vegetables and reduced use of pesticides. Thousands of gardeners will learn of the results of these trials and make informed choices when selecting varieties to plant in 2021.

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 and 325 families in North Dakota.



Children throughout North Dakota worked with their parents to evaluate varieties of vegetables, herbs and flowers. The results of these experiments will be shared with thousands of gardeners this spring.

The young researchers enhanced their skills in math and science. They enjoyed healthier diets and more physical activity.

This project fostered:

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

Contact

Tom Kalb
NDSU Extension
2718 Gateway
Ave., Unit 304
Bismarck, ND
58503
701.328.9722
tom.kalb@
ndsu.edu

Project Popeye

NDSU Extension Service – Department of Plant Sciences

Project Activities

Children throughout North Dakota evaluated new and promising vegetable varieties in their backyard gardens. Approximately 300 children in 36 counties participated in this project.

Each child selected one variety to evaluate during late summer and fall. Varieties of spinach, radish, turnip and Asian greens were offered. The children and their parents rated each variety on a scale of 1 to 10 and documented the best and worst features of each variety.

Impacts on the Youth

A survey of parents was conducted after the trials. It showed that 95% of youth in this project improved their skills in gardening.

The survey showed 92% of the children ate a healthier diet and 81% increased their levels of physical activity. These impacts are significant, as a recent study of high school children in North Dakota found 99% do not eat the recommended amounts of vegetables daily and 74% are not physically active on a daily basis.

Several parents mentioned the project was a positive family building activity during the COVID-19 crisis.

Impacts on the Community

Thirty-five percent of the families shared their harvested produce with friends, neighbors and food banks.

Partners

NDSU Extension and 168 families in North Dakota.



Children throughout North Dakota worked with their parents to evaluate spinach, radish, and other fall vegetable varieties.

The children ate a healthier diet and increased their levels of physical activity.

This project fostered:

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

Contact

Tom Kalb
NDSU Extension
2718 Gateway
Ave., Unit 304
Bismarck, ND
58503
701.328.9722
tom.kalb@
ndsu.edu

Unique Strawberry Gardens

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

Project Activities

Children in this project were determined to participate in this project in spite of the COVID-19 pandemic. The operations of the project shifted from group-based activities to home-based activities.

Thirty children designed their own personal container for growing strawberries. They transplanted strawberry plants into their containers and grew them at home. Some of the children entered their plantings into a streamlined Stutsman County Fair.

Impacts on the Youth

Each child learned how to grow strawberries. Gardening is a lifelong skill that leads to greater health and wellness.

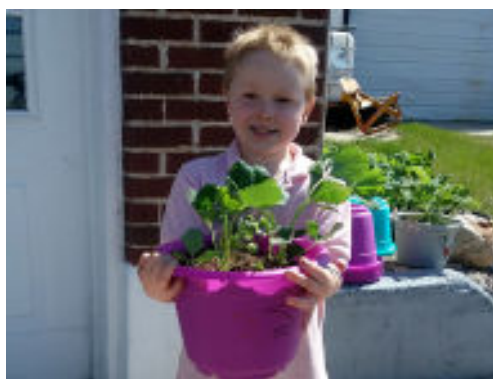
Children gained experiences in taking self-responsibility, eating a healthy diet and enjoying physical activity. They enjoyed growing their strawberries and were proud of their successes.

Impacts on the Community

The community saw that positive activities for a determined group of youth can occur, even in a pandemic, with a little streamlining and revamping.

Partners

Busy Butterfly Country Critters 4-H Club and NDSU Extension – Stutsman County, Medina FFA, Country Gardens Floral & Greenhouse.



The youth of the Busy Butterflies Country Critters 4-H Club designed their own containers and grew strawberries in them at their homes.

Gardening is a lifelong skill that leads to greater health and wellness.

This project fostered:

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

Contact

Lori Helm
BBCC 4-H Club
4042 65th Ave. SE
Cleveland, ND
58424
701.763.6419
lori.helm@live.com



School Gardens



Central Middle School Gardens

NDSU Extension – Ramsey County

Project Activities

Planned activities with classes at Central Middle School in Devils Lake were modified because the school was closed in spring and summer due to COVID-19. A group of ten 4-H members who attend Central Middle School volunteered to grow vegetables in the garden beds at the school during summer. The produce from the garden beds was donated to the school's food service programs in summer and fall.

A special class on growing succulents was arranged for the youth to thank them for their service.

Impacts on the Youth

The youth enjoyed the hands-on learning experience. They enhanced their gardening skills and were proud to donate the harvest to their school's lunch program.

Impacts on the Community

Approximately 50 pounds of fresh produce was grown and donated to the school. The vegetables added nutrition for youth who ate in the school's summer and fall lunch programs.

Food service workers said many of these vegetables had not been served before. They were especially appreciative because the school's food service program was busier than in previous years.

Partners

NDSU Extension – Ramsey County and its 4-H Clubs, Devils Lake Public Schools, Devils Lake Greenhouse.



The youth were proud to donate the harvest to their school's lunch program.

Youth at Central Middle School grew veggies for the school's lunch program. They were rewarded with a succulent to take home.



This project fostered:

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

Contact

Cindy Olson
NDSU Extension
524 Fourth Ave.
NE #5
Devils Lake, ND
58301
701.662.7029
cindy.d.olson@
ndsu.edu

Clara Barton Hawthorne School

Clara Barton Hawthorne School (Fargo)

Project Activities

The old garden boxes at Clara Barton Hawthorne School had completely fallen apart. In this project, 75 children constructed new gardens at both school campuses.

The kids designed the gardens, prepared the soil, sowed seeds, transplanted bedding plants, irrigated, fertilized, and harvested produce.

Impacts on the Youth

Children from both campuses were involved in all phases of gardening. The children learned how to care for plants and where their food comes from. They enjoyed the nutritious vegetables from the harvest.

Skills in math were enhanced in the planning and spacing of plants in the gardens.

Students learned the importance of teamwork, taking responsibility and striving for success.

Impacts on the Community

The school community came together and enjoyed the new gardens. Many helped take care of the plants and they shared the harvest.

The interaction among students, staff, parents and volunteers contributed to stronger relationships in the school community.

Partners

Clara Barton Hawthorne School and its Parent Teacher Association.



New gardens were established on the campuses of Clara Barton Hawthorne School.

The school community came together and enjoyed the new gardens.

This project fostered:

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

Contact

Jill Burgard
CBHPTA
555 Eighth Ave. S
Fargo, ND 58104
701.729.1888
CBHFargoPTA@gmail.com

Emerado School Garden Boxes

Emerado School

Project Activities

Garden boxes were constructed by a teenager to support educational programs at Emerado School.

Students were going to grow vegetables for their school lunch program and to donate to needy families. COVID-19 forced the closing of in-person school classes during spring and summer. The garden boxes were not planted.

Impacts on the Youth

Students are looking forward to growing vegetables in the garden boxes next year.

Impacts on the Community

Needy families will receive nutritious vegetables from these garden boxes in future years.

Students will develop skills they can share with their families, which will lead to more gardening and healthier diets in the community.

Partners

Emerado School and NDSU Extension – Grand Forks County.



Students are looking forward to growing vegetables in the garden boxes next year.



Garden boxes were constructed to support educational programs at Emerado School.



This project fostered:

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

Contact
 Lori McKeever
 Emerado School
 501 Main Street
 Emerado, ND
 58228
 701.594.5125
 lori.mckeever@emeradok8.com

Hankinson Elementary Garden

Hankinson Elementary School

Project Activities

The Hankinson Elementary students have a garden plot at the American Legion site located along the shore of Lake Elsie. This year again the youth had a successful gardening experience.

The COVID-19 crisis prevented students from planting the garden, but 15 students cared for the garden all summer. They harvested the produce and shared it with other students at the school.

Impacts on the Youth

Everything about this garden was fun and exciting for the students. The students enjoyed socializing, laughing and working hard in the garden. Students throughout the school filled bags full of potatoes, squash, peppers, onions and other vegetables to take home. Over 1000 pounds of produce was shared.

Impacts on the Community

The community is very comfortable in seeking out extra vegetables that can be used. Legion members, community members and school staff willingly step up and help when they can. This garden serves so many people; it is difficult to track. People that use the garden are so appreciative.

Partners

Hankinson Elementary School, NDSU Extension – Richland County, Members and Auxiliary Members of the American Legion, Landmark Landscaping.



Students at Hankinson Elementary School learned how to grow vegetables. They enjoyed the harvest and shared with others.

The students enjoyed socializing, laughing and working hard in the garden.



This project fostered:

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

Contact

Anne Biewer
Hankinson
Elementary
School
401 First Ave. SE
Hankinson, ND
58041
701.242.7516
anne.biewer
@k12.nd.us

Kids and Plants

NDSU Extension – Burke County

Project Activities

Students at Burke Central learned to identify common vegetable and crop seeds and how to plant them in trays for seed starting. The teachers and students loved the hands-on aspects of this project.

Further hands-on participation was halted due to COVID-19. Two videos showing how to do a simple germination test of seed were filmed and posted on the NDSU Extension – Burke County website and the Burke County Facebook page.



Students at Burke Central learned to identify seeds of common field crops and vegetables.

Impacts on the Youth

Fifty children learned to associate seeds, plants and the vegetables they consume. Making that connection and learning how to grow those vegetables will encourage more vegetable consumption and a healthier diet.

Impacts on the Community

The communities will benefit by having healthier children who are active in outdoor gardening activities. The 12 adults who helped with the project are more likely to have their own gardens and a corresponding increase in vegetable consumption.

Partners

NDSU Extension – Burke County, and Bowbells and Burke Central Schools.

Students learned the association between seeds, plants and the foods they consume.

This project fostered:

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

Contact

Dan Folske
NDSU Extension
PO Box 280
Bowbells, ND
58721
701.339.1133
dan.folske@
ndsu.edu

Nuts About Nature Sensory Garden

NDSU Extension – Dickey County

Project Activities

The Nuts About Nature Sensory Garden was established in 2016 to support educational programs at Oakes Public School. In 2020, the garden was moved to allow for better winter protection. Eight children transplanted plants from the old site and planted new shrubs and perennials at the new location. Children pulled weeds and mulched the plants. They established a bird feeder and butterfly house in the garden.

Impacts on the Youth

The sensory garden supports outdoor educational activities at the school. Children may learn about the plants in the garden and how to grow them. They can smell, see, touch and hear a bit of nature in the garden. They can taste plants such as asparagus, rhubarb, dill and chives. The youth may enjoy the fresh air and peacefulness of the planting.

Impacts on the Community

Outdoor green spaces are limited these days to parks. The sensory garden at Oakes Public School provides the community with easy access to the outdoors. The garden serves as a place for relaxation. Information in the garden educates the public on the plants and how to grow them. The garden has received commendation from the community and the school.

Partners

NDSU Extension – Dickey County, Oakes Public School, B & B Gardens, and Praska's Hardware Hank.



Children at Oakes Public School moved and revamped the sensory garden at the school. It is an inviting place for the community to experience nature and learn more about it.

Children can smell, see, touch, taste and hear a bit of nature in their school garden.



This project fostered:

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

Contact

Danielle Dinger
NDSU Extension
309 Second St. N
Ellendale, ND
58436
701.349.3249 ext. 2
danielle.dinger@
nds.edu

Project Gro-R-Own

Kindred Ag Ed/FFA

Project Activities

The Kindred FFA Chapter maintains garden spaces at Kindred High School and Kindred Elementary School. The high school garden provides students with opportunities for hands-on experiences during summer. This project established additional raised garden beds at the high school this year.

A total of 90 pounds of produce from the school gardens were donated to the food bank in the summer and the school lunch program in the fall.

Impacts on the Youth

The high school garden teaches students responsibility. The eight students were responsible for watering, weeding, and harvesting the garden in summer. The students learned how to work together and coordinate activities.

Students developed gardening skills. The ability to grow produce for themselves and their families is a lifelong skill.

Students gained an experience in serving their community by donating the harvested produce.

Impacts on the Community

The students provided fresh produce to the food bank and school, which saves money and provides healthy food items to people that need them. The garden beds beautified the grounds of the schools.

Partners

Kindred Public Schools and Kindred FFA Alumni.



Kindred students grew vegetables for needy families and their school lunch program.

Students worked together all summer and fall to grow vegetables for needy families and their school.



This project fostered:

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

Contact

Mitchell Becker
Kindred Ag Ed/
FFA
255 Dakota St.
Kindred, ND
58051
701.428.3177
mitchell.becker@
k12.nd.us

Sunny Sensory Garden

NDSU Extension – Pembina County

Project Activities

Youth in kindergarten were introduced to plants and healthy eating habits using the “On the Move to Gardening Fun” curriculum. They learned the functions of different parts of plants (roots, stems, leaves, flowers, seeds and fruits) and how they related to healthy eating. Youth were able to see, smell, feel and taste a variety of fruits, vegetables and seeds grown in North Dakota.

Impacts on the Youth

The 21 youth comprehended how plants grow and develop into foods they can eat. They were able to identify the different parts of plants and what edible foods come from each part. They were introduced to gardens and how they can grow healthy plants of their own.

Through hands-on activities involving the senses of sight, smell, touch and taste, the youth showed an increased willingness to try new fruits, vegetables and seeds.

Impacts on the Community

This program gave children the ability to positively influence their families by sharing their knowledge about the new plants and foods they discovered. Parental newsletters, complete with recipes to the foods they tasted, were sent home each week.

Partners

NDSU Extension – Pembina County and Cavalier Public School.



The children used their senses to discover new fruits, vegetables and seeds.



Kindergarten children in Cavalier learned about plants and used their senses of sight, smell, touch and taste to experience new fruits, vegetables and seeds.

This project fostered:

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

Contact

Kari Helgoe
NDSU Extension
301 Dakota St W
#7
Cavalier ND 58220
701.265.8411
kari.l.helgoe@
nds.u.edu

Valley City Jefferson School

Jefferson Elementary School (Valley City)

Project Activities

Bringing learning to life through hands-on gardening experiences is the goal of this project.

Over 300 students at Jefferson Elementary School reaped the rewards of a fantastic growing season. Students harvested fruits and vegetables and provided this produce to the school kitchen for the school meal programs.

Despite the challenge of COVID-19, the project provided a very positive learning experience for the students.

Impacts on the Youth

Students learned about horticulture, harvesting, and eating healthy. They learned plant life cycles and developed gardening skills.

The children gained lifelong skills of responsibility, teamwork, community involvement and a positive work ethic.

Impacts on the Community

Students harvested fresh flowers from the gardens and gave them as gifts to residents of the Sheyenne Care Center.

The flower gardens provided incredible beauty to the community.

Partners

Jefferson Elementary School, Riverside Gardens, Handy Hardware, Sheyenne Care Center and Valley City High School Steam Class.



The children at Jefferson Elementary School grew vegetables for their school's kitchen and flowers for residents of Sheyenne Care Center.

The children gained lifelong skills of responsibility, teamwork, community involvement and a positive work ethic.

This project fostered:

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

Contact

Joshua Johnson
Jefferson
Elementary
School
460 Central Ave. N
Valley City, ND
58072
701.845.0483
josh.johnson@
k12.nd.us



Special Needs Projects



Can't Contain Myself

Anne Carlsen Center (Jamestown)

Project Activities

The Anne Carlsen Center is a non-profit organization that provides services to individuals with developmental disability or delay.

In this project, 20 students learned how to grow plants in container gardens. Group classes were canceled due to COVID-19, but students accessed the gardens on a one-to-one basis with staff.

Students grew a wide variety of organic vegetables and flowers. Online curriculum supported these activities.

Additional container gardens are being constructed and will be ready for spring planting in 2021.

Impacts on the Youth

Every student looked forward to the days they were able to come to the gardens. The learning opportunities they received during summer increased their knowledge and skills in gardening.

Impacts on the Community

There was no community involvement due to COVID-19. The campus and gardens were not accessible to the public.

Partners

Anne Carlsen Center and NDSU Extension.



Students at Anne Carlsen Center enjoyed gardening with staff and volunteers.

Every student looked forward to the days they were able to come to the gardens.



This project fostered:

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

Contact

Caryn Clafin
Anne Carlsen
Center
701 Third St. NW
Jamestown, ND
58401
612.599.3941
caryn.clafin@
annecenter.org

Critter Fitter Grow & Share

Critter Fitter 4-H Club of NDSU Extension – Griggs County

Project Activities

The Critter Fitter 4-H Club worked together to produce fruits, vegetables and flowers to share with the elderly in the community. Ten children started seeds indoors and shared plants with the elderly. They shared produce and learned about preserving the harvest.

Impacts on the Youth

The children were involved through all aspects of the project. It was most heartwarming to see the kids interact with the elderly in the community. The human connection they realized in these challenging times was priceless.

The kids learned canning and freezing techniques. They could articulate step-by-step instructions to someone else, including safe handling and processing instructions.

Impacts on the Community

The project connected children to the elderly in the community. While aspects of the project took a different direction than anticipated, the added human connection surpassed expectations. The connections made this year were by far more meaningful than they would have been under normal circumstances.

Several hundred pounds of apples, squash and other produce were donated to the community.

Partners

Critter Fitter 4-H Club, Abraham Generator, Northern Plains, Central Plains and Broten Farms.



Youth of the Critter Fitter 4-H Club grew and pickled vegetables. They shared the harvest with the elderly.

The connection between the youth and elderly in these challenging times was priceless.



This project fostered:

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

Contact

Carolyn Abraham
10641 Seventh St.
SE
Hannaford, ND
58448
701.789.7689
abesllc@yahoo.com

Garden to Table Community Service

North Central Juvenile Drug Court (Minot)

Project Activities

This project is a collaborative effort of the North Central Juvenile Drug Court and NDSU Extension – Ward County. Eight teenagers planted a garden at Rainbow Gardens in Minot. The youth planted, grew and harvested many vegetables including tomatoes, peppers, watermelons, cantaloupe, cucumbers and squash.

Impacts on the Youth

Many of the youth have never grown a garden before. These youth developed skills in gardening and successfully grew many different vegetables. Over 100 pounds of produce was taken home to families.

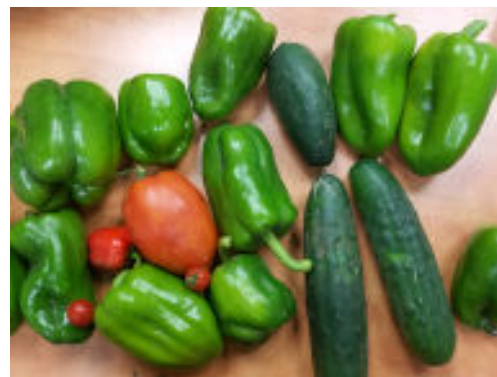
The youth were inspired to want to grow tomatoes and other vegetables in containers at their homes. This is especially important because many of them live in apartments with no dedicated yard space.

Impacts on the Community

The entire community benefits when its youth learn where their food comes from, how to grow vegetables, and eat a healthy diet.

Partners

North Central Juvenile Drug Court and NDSU Extension – Ward County.



Youth from the North Central Juvenile Drug Court grew and harvested a bumper crop of vegetables.

The youth were inspired to want to grow vegetables in containers at their homes.

This project fostered:

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

Contact

Erika Brorby
North Central
Juvenile Drug
Court
315 Third St. SE
Minot, ND 58702
701.857.6652
ebrorby@
ndcourts.gov

Gardening with Seniors

NDSU Extension – Ransom County

Project Activities

A raised garden structure was established at Parkside Nursing Home in Lisbon. A class of 4th grade students at Lisbon School was planning on gardening with the residents of the nursing home, but these activities were canceled due to COVID-19. Instead, residents of the nursing home planted, grew and harvested vegetables by themselves in the raised garden.

The children hope to visit the nursing home and grow a garden with the residents next year.

Impacts on the Youth

Children were not able to participate and were extremely disappointed.

Impacts on the Community

The garden provided nursing home residents with an enjoyable activity during a very stressful time. It was especially difficult for these persons to be separated from family and friends.

Partners

NDSU Extension – Ransom County and Parkside Nursing Home.



Residents enjoyed growing tomatoes and other vegetables at Parkside Nursing Home. They look forward to gardening with children when the COVID-19 crisis is over.

The garden provided nursing home residents with an enjoyable activity during a very stressful time.



This project fostered:

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

Contact

Deb Lee
NDSU Extension
204 Fifth Ave. W
Lisbon, ND 58054
701.683.6128
debra.lee@ndsu.edu

Growing & Giving Smiles

NDSU Extension – Burleigh County

Project Activities

Community service is a key component of the Burleigh County 4-H Ambassadors Club. Five teenagers in this club decided to grow a garden that would provide flowers for persons in nursing homes and hospitals. The garden was located in the Missouri Valley Complex Community Garden.

Impacts on the Youth

The project provided youth with an opportunity to develop gardening skills, increase their physical activity and serve their community.

Impacts on the Community

COVID-19 prevented the youth from interacting with persons at nursing homes and hospitals. The flowers provided beauty to the community garden.

Partners

NDSU Extension – Burleigh County and its 4-H Ambassadors Club.



Youth of the Burleigh County 4-H Ambassadors Club served their community by growing flowers at a community garden.

The flowers provided beauty to the community garden.



This project fostered:

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

Contact

Kelsey Deckert
NDSU Extension
3715 E. Bismarck
Expy.
Bismarck, ND
58501
701.221.6865
kelsey.j.deckert@
ndsu.edu

Therapeutic Gardening

Dakota Boys & Girls Ranch (Bismarck)

Project Activities

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

In 2020, 16 kids cared for plants in a greenhouse and several garden plots. The youth were involved in all phases of gardening from sowing to harvest.

Some of the produce was used for meals at the ranch. Other vegetables were donated to needy families in the community. Classes were conducted on food safety and preparation.

Impacts on the Youth

The children developed life skills in growing food while enjoying the therapeutic benefits of gardening. Many found “digging in the dirt” to be calming and relaxing. This provided a positive outlet for many kids. A sense of accomplishment was instilled in the kids as they showed their families what they achieved. The youth enjoyed donating vegetables to the community.

Impacts on the Community

Much of the harvest was offered to members at Zion Lutheran Church through free will donations. Additional vegetables were donated to the families served by the ranch and other needy families. Approximately 800 pounds of vegetables were donated.

Partners

Dakota Boys & Girls Ranch, NDSU Extension – Burleigh County, Zion Lutheran Church, and Cashman’s Nursery.



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

Youth at Dakota Boys & Girls Ranch grew vegetables for the community and ranch. The activities developed life skills and were a positive outlet for the children.



This project fostered:

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

Contact

Talbott Pollert
Dakota Boys &
Girls Ranch
1227 N 35th St.
Bismarck, ND
58501
701.202.8745
t.pollert@
dakotaranch.org

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:

“Thank you for the opportunity to get funding to do these gardening projects and make a lifetime impression on youth. These skills can be used long into adulthood.”

Lynnette Vachal, NDSU Ext. – Mountrail Co.

“I am very grateful for these funds as it provided an amazing learning opportunity for the child care center/preschool.”

Katie Johnke, Bismarck-Burleigh Public Health

“Our success happens because we are able to receive funds from your organization. The Hankinson community benefits in so many ways. The greatest benefit is when I work with the students in the summer weeding the garden. They are socializing, laughing and working hard. It is rewarding when adults come and volunteer their time to make this meaningful and fun for the students. Thank you a million times for allowing us to be part of your Junior Master Gardener Program.”

Anne Biewer, Hankinson Elementary School

“Thank you so much to the ND Junior Master Gardener Program for providing us the resources to teach students about horticulture and healthy lifestyles. This was another great year for Jefferson Elementary students in connecting with our community partners and serving our elderly community.”

Josh Johnson, Jefferson Elementary School.



Our team of JMG project leaders are helping youth to enjoy healthy, active lives.

“The garden was a huge bonus for us this year with COVID ... This year the garden meant so much more. Our garden time was so appreciated; it also provided therapeutic benefits for my staff and the children. The garden was so needed during all of the challenges and stresses of summer and the uncertainty of COVID. Thank you for the difference you made for our community, our program, and our children! I am grateful for all you have done to make this happen.”

Tammy Mewes, Jamestown Park & Recreation

“Our old garden boxes completely fell apart. Without these funds we would not have been able to continue our gardens in the spring. Thank you so much!”

Jill Burgard, Clara Barton Hawthorne School

“The gardening funds have allowed us to donate home-grown food to local food pantries.”

Julie Garden-Robinson, Gethsemane Episc. Cath.



“This project would not be possible without JMG funds. We appreciate the continued support of this program even through these uncertain times. It made a tremendous impact on many. Thank you.”

Cindy Olson, NDSU Extension – Ramsey Co.

“We are so very grateful for the grant money that we have received. It gives us the tools we need to involve more children in volunteer opportunities. Youth are very proud of working with their hands in the outdoors and watching things grow and making the zoo more beautiful for all of our 75,000 visitors each year.”

Joan Zettel, Chabinkapa Zoo

“We want to thank NDSU for making this project successful in our community. We have had the community boxes for many years and the locals and visitors continue to comment on how appreciative they are to have projects like this and see the youth learning about service while keeping the community spirits strong.”

Rick Schmidt, NDSU Extension – Oliver Co.

“Our group is so grateful for the opportunities made available with this grant. We plan to build on what we learned in coming years and are warmed with the relationships built this year. Thank you from all of us!”

Carolyn Abraham, Critter Fitter 4-H Club

“It has been a delight being engaged with NDSU’s Jr. Master Gardener program over the years. Though the funding is small, its being consistently available has provided our program with an element of stability.”

Sandy Thompson, Plains Art Museum

“Thank you for the grant as it allows us a positive activity with our youth they can utilize in their daily lives.”

Erika Brorby, North Central Juvenile Drug Court

“Thank you for the funding for this gardening curriculum for young children. We truly believe that we are helping children love gardening that will carry through for a lifetime!”

Debra Habedank, NDSU Ctr. for Child Devel.

“The funds for this project are invaluable to the success of the project. ... The students and parents are excited each spring to do this project. ... Thank you.”

Brian Zimprich, NDSU Ext. – Ransom Co.

“These opportunities are awesome, and I hope we can find additional ways to add to our outdoor learning labs for our students.”

Daniel Spellerberg, SE Reg. Career and Tech. Ctr.

Our program is run 100% on grant funds and donations, so this funding is crucial for us! ... Thank you so much! ... The kids were more excited than ever to be at camp and active in the garden after the spring lockdown.”

Laura Halvorson, Metigoshe Ministries

“I just want to express how grateful we are to have received these funds from the Junior Master Gardener Program. Our goal coming into this year was to make our Therapeutic Gardening Program more meaningful for the children we serve. Despite some challenging times and setbacks, with the support we received we have done just that and more. We learned so much along the way and have some great ideas for next year to continue to improve our program. Thank you!”

Talbott Pollert, Dakota Boys and Girls Ranch

Contact

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



Credits

Written by Thomas Kalb, a member of the North Dakota Junior Master Gardener Program Leadership Team:

Thomas Kalb
Extension Horticulturist
North Dakota State University
2718 Gateway Ave., Unit 304
Bismarck, ND 58503
701.328.9722
tom.kalb@ndsu.edu

Dean Aakre
4-H Youth Specialist
North Dakota State University
PO Box 6050, Dept. 7280
Fargo, ND 58108
701.231.8595
dean.aakre@ndsu.edu

Carrie Knutson
Extension Agent
NDSU Ext. – Grand Forks Co.
151 S Fourth St., S302
Grand Forks, ND 58201
701.780.8229
carrie.knutson@ndsu.edu

Acknowledgements

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More Information

Please contact a member of the Leadership Team or go to our website: <http://www.ag.ndsu.edu/jrmastergardener/>.

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