



North Dakota Junior Master Gardener Program

ANNUAL REPORT 2021

NDSU

EXTENSION



North Dakota Junior Master Gardener Program



ANNUAL REPORT 2021



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Introduction

Our Greatest Resource

The greatest natural resource that any country can have is its children.¹

Our children in North Dakota are great 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 in 2021 created challenges, but our project leaders adapted to the circumstances. These dedicated persons provided gardening experiences to 4,060 children, one of our highest totals ever.

The following is a description of our gardening programs this year including their impacts on youth and their communities.



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.

¹Danny Kaye, humanist and entertainer.

²Moore, 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.

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

⁴Univ. 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 54 projects for gardening supplies. Funds were provided by the North Dakota State Legislature. NDSU provided educational support to all projects and led 22 of them. Thirty-seven of the projects would not have been started without JMG funds.



Partners

New partnerships were forged and existing partnerships were strengthened. Over 170 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 4,060 children (3,200 young children and 860 teens) participated in JMG activities. Project leaders reported that youth developed skills in gardening and enjoyed the physical activity. Children 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 16,000 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 city hall, courthouse, hospital and two community zoos. Flowers were grown and donated to hospitals and senior care centers.



Special Projects

JMG kids constructed raised beds at senior care centers. At-risk youth and deaf children learned how to grow their own gardens. Youth conducted research to identify superior vegetable varieties. JMG gardening activities supported pollinator gardens, songbird habitat, sensory gardens and a summer reading program.

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

Summary of Projects

PROJECT	COUNTY	HIGHLIGHTS
Beautification Projects		
4-H Maddock Beautification	Benson	Cared for flower beds; provided planters for businesses.
Das Leipzig Kinder Patio Project	Grant	Constructed raised beds with flowers for a care center.
Divide County JMG Service Project	Divide	Planted flowers in pots for residents at a care center.
Flowers for Regent	Hettinger	Built a flower bed at city hall; provided planters for shops.
Hillsboro Beautification Project	Traill	Planted flowers in large pots located along business fronts.
Medina City Park 4-H Flower Bed	Stutsman	Renovated the major flower bed at the city park.
Missouri Valley Bunch 4-H Club	Morton	Beautified courthouse; built raised beds for care facility.
Selfridge Main Street Planters	Sioux	Planted flowers in pots placed along Main Street.
Community Gardens		
4-H Field to Fork	Barnes	Learned how to grow and preserve vegetables.
Cavalier Evangelical Free Church	Pembina	Built a raised bed; grew veggies; planted trees at playground.
Cleveland Comm. Youth Garden	Stutsman	Constructed a youth garden and grew veggies at a park.
Makoti Community Garden	Mountrail	Grew vegetables and beautified a city park with flowers.
McKenzie County JMG Program	McKenzie	Grew veggies and flowers in pots; donated flowers to elderly.
Mountrail County Comm. Garden	Mountrail	Grew veggies and flowers in raised beds; donated produce.
Nativity Community Garden	Cass	Built lighting system to start seedlings for needy families.
Plant the Seed Learning Garden	Stutsman	Renovated youth garden; grew and harvested vegetables.
Towner County Comm. Garden	Towner	Learned of gardening; grew food for needy; decorated rocks.
UND Learning Gardens	Grand Forks	Created garden beds for local schools and UND.
Day Care Gardens		
Beautification by Growth	Rolette	Beautified a care center; grew vegetables for crafts and meals.
Building Blocks Learning Center	Bottineau	Built raised beds; grew and enjoyed eating vegetables.
Fessenden Child Care Garden	Wells	Established a garden to teach youth about the environment.
Future Gardeners of Oakes	Dickey	Learned about growing vegetables and healthy eating habits.
Head Start Raised Garden Bed	Benson	Established a garden to teach youth about gardening.
HOPEful Kids and Beginnings	Grand Forks	Grew and ate vegetables at a local church's garden.
Langdon Daycare Vegetable Garden	Cavalier	Grew and sampled vegetables; toured a research center.
On the Move with Gardening Fun!	Cass	Increased their awareness of nature through gardening.
Environmental Stewardship Projects		
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Flasher Songbird Garden	Morton	Built nesting boxes; planted bird-friendly plants in courtyard.
Junior Master Gardener Camp	Grant	Created gardens; made crafts; enjoyed healthy snacks.
MetiGROWshe Garden	Bottineau	Learned sustainable gardening practices; donated produce.
Roosevelt Park Zoo Garden	Ward	Grew vegetables, fruits and herbs for zoo animals.

PROJECT	COUNTY	HIGHLIGHTS
Food Security Projects		
2021 Nutrition Month Activity Kits	State	Taught families how to grow and enjoy spinach.
Hay Creek Hunger Free Garden	Morton	Grew potatoes for local food pantries and shelters.
Helping Hands Hunger Project	Stark-Billings	Grew organic vegetables for a local charity.
Produce for Wahpeton Food Pantry	Richland	Grew and donated vegetables for low-income families.
Home Projects		
Backyard Gardening Contests	Logan	Competed with each other to grow giant vegetables.
HMB Grow Boxes	Emmons	Learned how to sow and grow spinach.
Home Garden Variety Trials	State	Evaluated promising vegetable, herb and flower varieties.
School Gardens		
Anamoose-Drake School Garden	McHenry	Grew vegetables for their school and a local food pantry.
Garden Fun	Ransom	Learned gardening basics; grew vegetables at home.
Hankinson Elementary Garden	Richland	Grew and processed vegetables; shared with community.
Harvesting Fun	Burleigh	Designed garden beds; grew vegetables in raised beds.
Jamestown Afterschool Garden	Stutsman	Learned about nutrition and how to grow a garden.
Kids and Plants	Burke	Learned to identify seeds and grow plants in containers.
Seed to Flower to Seed	Stutsman	Dissected seeds and flowers; planted window gardens.
Transition Class Garden Project	Barnes	Learned how to grow and cook vegetables.
Wahpeton FFA Raised Garden Beds	Richland	Grew vegetables in new raised beds; donated produce.
Special Needs Projects		
Dunseith Nursing Home	Rolette	Renovated and built new raised beds at a nursing home.
Garden to Table Community Serv.	Ward	Youth-at-risk learned how to grow vegetables.
Growing & Giving Smiles	Burleigh	Grew veggies and flowers; donated to needy and elderly.
Sign Language for Young Gardeners	Grand Forks	Did videos showing gardening practices in sign language.
Lettuce Do Lunch	Burleigh	Decorated and planted pots of veggies for the elderly.
Stutsman-Barnes JDC Garden	Stuts.-Barnes	Youth-at-risk grew vegetables and enjoyed the outdoors.
Therapeutic Gardening	Burleigh	Developed skills in gardening; enjoyed therapeutic benefits.





Beautification Projects



4-H Maddock Beautification

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

Project Activities

The Farm & Home Improvement 4-H Club in Benson County beautified the city of Maddock.

The project started at a club meeting where children learned about selecting and caring for flowers. Forty children and their families subsequently cared for four flower beds located at the entrance to town.

The youth planted flowers in 11 large planters and delivered them to businesses in Maddock. These businesses cared for these planters.

Impacts on the Youth

The children developed skills in gardening they can use throughout their lives. The project fostered responsibility and provided an opportunity for these children to help their community. The kids took great pride in their work. Many residents of the community complimented the children for beautifying the town.

Impacts on the Community

The project brought beauty and a sense of pride to Maddock.

Partners

NDSU Extension – Benson County and its Farm & Home Improvement 4-H Club, City of Maddock, Thrifty White Drug, North Star Community Credit Union, Tracy's Market, Maddock Business & Tech Center, Heritage Insurance, Maddock Post Office, Napa Auto Parts, CenDak Cooperative, Ramsey National Bank and Harriman's Coffee Shop.



The children of the Farm & Home Improvement 4-H Club beautified Maddock by caring for flower beds in town and providing planters for businesses.

The kids took great pride in beautifying their town.



This project fostered:

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

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Das Leipzig Kinder Patio Project

Das Leipzig Kinder 4-H Club of NDSU Extension – Grant County

Project Activities

The Das Leipzig Kinder 4-H Club toured Prairie Rose Greenhouse to learn about plants and to select flowers that would grow well in their project.

Elevated raised planters were constructed for the Jacobson Memorial Hospital and Care Center in Elgin. The children filled these and other planters with soil and flowers.

Several residents were out on the patio visiting with the kids. They were all smiles and very appreciative of what the kids were doing.

Impacts on the Youth

Children were introduced to different plants in the greenhouse. They learned how to work together in order to complete the project.

Children enjoyed meeting the residents at the care center and were proud of what they accomplished.

Impacts on the Community

The flower beds beautified the care center. The project improved the quality of life for the residents now and into the future.

Partners

NDSU Extension – Grant County and its Das Leipzig Kinder 4-H Club, Prairie Rose Greenhouse, True Value Hardware and Jacobson Memorial Hospital and Care Center.



Youth from the Das Leipzig Kinder 4-H Club provided planters full of flowers to the Jacobson Memorial Hospital and Care Center.

Children enjoyed meeting the residents at the care center and were proud of what they accomplished.

This project fostered:

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

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Divide County JMG Service Project

NDSU Extension – Divide County 4-H

Project Activities

Ten 4-H youth in Divide County planted flowers in containers for residents of the St. Luke's Sunrise Care Center.

Each child also designed a pot and planted flowers in it to take home for Mother's Day.

Impacts on the Youth

The children learned how to plant and care for flowers. They enjoyed planting flowers at the care center and giving back to their community.

Impacts on the Community

This project helped beautify the community. Other businesses expressed interest in doing their own flower containers.

This project made a connection between the children and their local nursing home.

Partners

NDSU Extension – Divide County and its 4-H program, St. Luke's Sunrise Care Center and Jacob's Hardware Hank.



The 4-H youth in Divide County planted flowers in pots for a local nursing home. They designed pots and planted flowers in them to take home for Mother's Day.

This project made a connection between the children and their local nursing home.



This project fostered:

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

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Flowers for Regent

Dakota Sunrise 4-H Club of NDSU Extension – Hettinger County

Project Activities

Youth of the Dakota Sunrise 4-H Club constructed and planted a flower bed in front of City Hall in Regent. The children also planted flowers in whiskey barrels in front of each business in Regent.

Impacts on the Youth

This was a great opportunity for children to work together on a project that the entire community benefited from. The kids had big, bright smiles when people in the community drove by, waving and honking their horns.

The kids enjoyed seeing photos of before and after the project was completed. They felt proud about doing something good for their community.

Impacts on the Community

The people of Regent loved to see their youth putting time into their community. The temperature was in the 80s on planting day, and several residents stopped by to offer water to the children.

The community loves how nice it looks in front of City Hall now.

Partners

NDSU Extension – Hettinger County and its Dakota Sunrise 4-H Club and the Town of Regent.



The youth of Dakota Sunrise 4-H Club constructed and planted a flower bed in front of Regent City Hall.

This was a great opportunity for children to work together on a project that the entire community benefited from.

This project fostered:

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

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Hillsboro Beautification Project

Generation II 4-H Club of NDSU Extension – Traill County

Project Activities

Ten children planted flowers in boulevard planters along business fronts in Hillsboro.

Impacts on the Youth

Children learned how to plant flowers in containers. They were proud to see the flowers grow all summer.

While planting, the children had an opportunity to visit with local businesses that sponsor them during Achievement Days.

Impacts on the Community

The town and business fronts of Hillsboro were beautified.

This community project is usually done by adults every year. By youth taking an active role, the planting was done in a short amount of time.

The project supported a local greenhouse and other businesses that have sponsored 4-H clubs for years.

Partners

NDSU Extension – Traill County and its Generation II 4-H Club, Hillsboro Business Association and Fleith's Flowers.



The Generation II 4-H Club planted bright and colorful flowers in planters located along business fronts in Hillsboro.

The youth were proud to see their flowers beautify their town.

This project fostered:

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

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Medina City Park 4-H Flower Bed

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

Project Activities

The Busy Butterflies/Country Critters 4-H Club renovated the major flower bed at Medina City Park. They started by removing the old, cracked and sunken edging along the flower bed. The existing perennial plants in the garden were dug and saved.

Railroad ties were installed for new edging. New soil was added in the flower bed. New and existing flowers were planted in the bed. New posts for the club sign were installed.

Impacts on the Youth

The team of five children worked as a group and shared their ideas when designing and planting the bed.

Children gained new skills in gardening. Some of the children had not grown a garden before.

Impacts on the Community

The updated garden made the city park more appealing. It may inspire others in the community to beautify their landscapes.

Partners

NDSU Extension – Stutsman County and its Busy Butterflies/Country Critters 4-H Club and Medina City Park.



The Busy Butterflies/Country Critters renovated the major flower bed at Medina City Park.

The youth worked as a team to renovate the garden and beautify their city park.



This project fostered:

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

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Missouri Valley Bunch 4-H Club

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. They planted pots of flowers that were placed at all entrances of the courthouse and added new plants to the flower beds they have worked on for the past 8 years.

The club added more raised beds at Edgewood Vista Mandan Assisted Living Care Facility. They planted vegetables and flowers with the residents.

Impacts on the Youth

Twenty-seven children learned how to design flower pots and beds, select vegetables for small gardens, and how to care for plants throughout the season.

The children enjoyed working with the residents from the elder living facility. It was fun to see the elderly share their knowledge with the kids. It was a great cross-generational experience.

Impacts on the Community

Visitors and staff entering the Morton County Courthouse were greeted by a colorful array of welcoming flowers.

The project at Edgewood Vista provided the elderly with a chance to share and use their gardening skills.

Partners

NDSU Extension – Morton County and its Missouri Valley Bunch 4-H Club, Morton County Courthouse, Edgewood Vista and Cottontail Way Greenhouse.



It was fun to see the elderly share their knowledge with the kids.

The Missouri Valley Bunch 4-H Club beautified the grounds of the Morton County Courthouse and enjoyed gardening with residents of Edgewood Vista.

     	<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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Selfridge Main Street Planters

Selfridge Elementary School

Project Activities

Twenty students in grades 4–6 were taught the identification of plant parts and the life cycle of plants. Later, the students planted and cared for flowers in planters placed along Main Street in Selfridge.

Impacts on the Youth

Students learned the parts of plants and the growing cycle of plants. Students learned how to plant flowers in pots.

Students developed ownership by doing this project. They took the time and effort to grow the plants, plant them in pots, and take care of them during the summer.

The children developed pride for Selfridge and its residents, advocated for their completed project, and protected the plantings from being damaged.

Impacts on the Community

The community saw their students taking pride in their community. Many residents stopped by during the planting to thank the students for making Selfridge a beautiful town.

Partners

Selfridge Elementary Schools, Selfridge City Council and NDSU Extension – Sioux County.



Students at Selfridge Elementary School planted flowers in containers that were placed along Main Street in Selfridge.

Children developed pride for their hometown and its residents.

This project fostered:

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

Contact

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Community Gardens



4-H Field to Fork

North Valley 4-H Club of NDSU Extension – Barnes County

Project Activities

The project grew vegetables in two plots at the community garden in Valley City.

The Agriculture Agent of NDSU Extension worked with the youth to plot the garden, select varieties, sow seed and grow transplants. The kids learned how to care for the plants and harvest the vegetables.

The Family and Community Wellness Agent of NDSU Extension taught the kids food preservation methods.

Impacts on the Youth

Eight children learned how to grow and preserve vegetables. These are skills the children can use throughout their lives. Ninety percent of the children had never grown a garden before.

Studies show that kids who grow vegetables are more likely to eat vegetables and have a healthier diet now and in the future.

Impacts on the Community

The presence of this project at the local community garden led to other families becoming interested in growing a garden and preserving their harvest.

Partners

NDSU Extension – Barnes County and North Valley 4-H Club, Valley City Community Gardens, Handy Home and Hardware Store and Riverside Gardens.



Children in the North Valley 4-H Club learned how to grow and preserve vegetables.

Ninety percent of the children had never grown a garden before.



This project fostered:

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

Contact

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Cavalier Evangelical Free Church

Cavalier Evangelical Free Church

Project Activities

A group of 20 youth from 4-H and the Cavalier Evangelical Free Church constructed a raised bed garden at the church.

They learned how to grow vegetables during the summer. They sowed seeds, cared for the plants and harvested the vegetables. The children planted apple trees at the church.

This project looks forward to planting vegetables in the garden year after year, caring for the apple trees and enjoying the produce with many children.

Impacts on the Youth

The children learned how to work together as a team while building the metal-framed garden bed from a kit.

The kids were excited to grow vegetables and care for the trees.

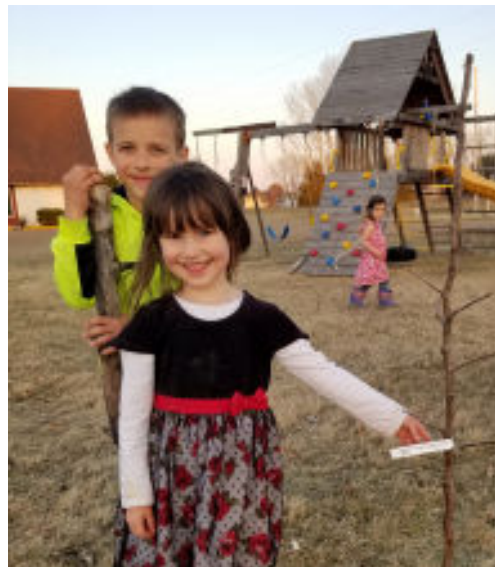
The children enjoyed being outdoors while doing something fun and constructive.

Impacts on the Community

The project added interest to the local church where many of the kids go to play and visit.

Partners

NDSU Extension – Pembina County 4-H Program, Cavalier Evangelical Free Church, Miller’s Nursery and True Value Hardware.



Children at Cavalier Evangelical Free Church grew a vegetable garden and planted apple trees at their playground.

The children enjoyed being outdoors while doing something fun and constructive.

This project fostered:

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

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Cleveland Community Youth Garden

Master Gardeners of NDSU Extension – Stutsman County

Project Activities

A community youth garden was constructed at Cleveland Park. Children in the community grew tomatoes, potatoes and sweet corn at the garden. The youth shared their produce with their families and friends.

Impacts on the Youth

Most of these children had never planted a garden before. They were very excited about growing vegetables.

The children developed skills in planting, watering and harvesting the vegetables. Each child's pride in the project continued to shine with personal growth and confidence.

Impacts on the Community

The Cleveland community was pleased to see its kids gain an opportunity to learn about gardening. They will support this effort in helping its youth develop gardening skills.

The youth garden added a new feature to Cleveland Park.

Partners

NDSU Extension – Stutsman County and its Master Gardeners, Cleveland Park, Flower Power Garden Center, Mulske Repair and Medina FFA.



Children in the neighborhood of Cleveland Park learned how to grow vegetables.

Each child's pride in the project continued to shine with personal growth and confidence.

This project fostered:

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

Contact

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Makoti Community Garden

Mountrail Pioneers of NDSU Extension – Mountrail County

Project Activities

Two years ago, the Mountrail Pioneers 4-H Club built two raised bed gardens to start a community garden in the city park of Makoti. This garden provides a place for anyone in the community to enjoy gardening.

This spring, the youth planted vegetables, herbs and strawberries in the gardens. They grew a pollinator garden, tree, rose bush and perennial flowers in the park. The children did a spring clean-up of the park.

Volunteers helped to care for the gardens during the growing season. The children enjoyed harvesting the fresh fruits and vegetables.

Impacts on the Youth

The kids learned where their food comes from. They developed skills in gardening and enjoyed the fresh, nutritious food they harvested from the gardens. The children learned the value of community service.

Impacts on the Community

The project beautified the community, supported bees and other pollinators in the environment, and built community spirit.

The garden provided a source of fresh produce in Makoti, a rural community without a grocery store.

Partners

NDSU Extension and its Mountrail Pioneers 4-H Club and Makoti Park Board.



The project beautified the city park and built community spirit.

The Mountrail Pioneers 4-H Club grew vegetables in raised beds and beautified the city park in Makoti.



This project fostered:

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

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McKenzie County JMG Program

NDSU Extension – McKenzie County

Project Activities

Twelve children planted vegetable, herb and flower seeds and transplants in large containers and pots. They cared for the plants and later harvested them.

Participants learned names of various herbs and prepared and tasted food utilizing them. They also grilled and sampled unique fresh and pickled vegetables.

The children toured an area garden. They planted flowers in pots with residents of Horizon Assisted Living.



The children made new friends, enjoyed the outdoors and beautified their community.

Impacts on the Youth

The youth learned how to grow and harvest vegetables, herbs and flowers. They learned how to follow recipes, measure ingredients, cut vegetables and to prepare vegetable dishes. The children made new friends, bonded with adult mentors and enjoyed the outdoors.



Impacts on the Community

The flower pots beautified the fairgrounds, which is part of a major walking path in town. The children picked flowers they planted and made arrangements with them, delivering them to the assisted living facility in town to beautify their dining room.

Children in McKenzie learned how to grow vegetables and flowers. They made bouquets for residents at Horizon Assisted Living.

The residents at the facility enjoyed the flowers they planted with the youth in spring.

Partners

NDSU Extension – McKenzie County, Horizons Assisted Living and McKenzie County Fair Board.



This project fostered:

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

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Mountrail County Community Garden

NDSU Extension – Mountrail County

Project Activities

Thirty youth were taught how to sow seeds, transplant plants and design flower beds at the Mountrail County South Complex. Drip irrigation was added to all raised beds. Produce was shared with families and donated to the food pantry.

Impacts on the Youth

Youth developed skills in sowing seeds and transplanting plants of vegetables and flowers. They became familiar with drip irrigation and its benefits for gardening in dry weather.

Youth gained an appreciation for the work involved in growing a garden. They felt the rewards of sharing the produce they harvested with needy families.

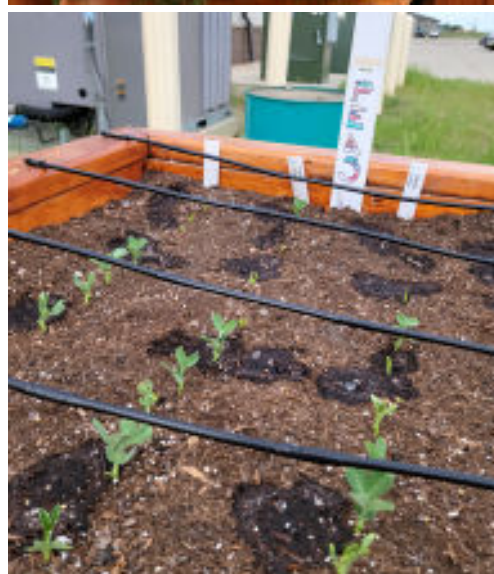
Impacts on the Community

Forty-five pounds of produce was harvested and donated to the local food pantry. Another forty pounds of produce were harvested by community members who picked the produce for themselves.

Both young and old gardeners worked together in a fun environment for a common good.

Partners

Master Gardeners and 4-H Clubs of NDSU Extension- Mountrail County, NDSU Horticulture Department, EOG Resources, Farmers Union Camp, Mountrail County Garden Club, Mountrail County employees and commissioners, FFA, Lowe's Garden Center and Fritel's Construction.



Youth grew vegetables in raised beds in Stanley.

Both young and old gardeners worked together in a fun environment for a common good.



This project fostered:

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

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Nativity Community Garden

Nativity Catholic Church (Fargo)

Project Activities

Families of Nativity Church and in the surrounding neighborhood share a common garden plot at the church grounds. They meet on Thursday and Sunday evenings to tend the garden. The harvest is shared among garden participants and local food shelves.

The project this year constructed a lighting system for starting seedlings in spring and growing microgreens in other seasons.

Impacts on the Youth

The 13 children in this project enjoyed quality time with parents, grandparents and extended family. They built friendships across cultures.

The youth learned garden skills to serve them for their lifetimes. They gained access to nutritious food and had an opportunity to give back to their community. The youth learned to be part of a team and something bigger than themselves.

Impacts on the Community

This community garden provided 2,980 pounds of healthy, fresh produce to neighborhood families. It inspired others in the community to garden and promoted land stewardship values.

Partners

Nativity Catholic Church, NDSU Horticulture and Cass Clay Soil Conservation.



The youth learned to be part of a team and something bigger than themselves.

Families of the Nativity Church community worked together to grow vegetables for themselves and needy families.



This project fostered:

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

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Plant the Seed Learning Garden

On TRAC Learning Center (Jamestown)

Project Activities

The On TRAC Learning Center has preschool, school age, and adult groups that help with the gardens. Seventy youth participated in this year's program.

The gardens at the Center were remodeled this year. Mulch and new soil were added to the garden boxes. Hoses and hand tools were replaced. Wind chimes and spinners were added as sensory items. A hopscotch path was constructed using stepping stones. A trellis was added for climbing plants.

Children participated in garden classes throughout the summer. Every week there was an educational lesson provided by NDSU Extension.

Impacts on the Youth

Children looked forward to their times in the garden. The new sensory elements added more interest to the lessons. The children developed gardening skills and enjoyed food from the garden all summer until Halloween.

Impacts on the Community

Former students and older members of the community stopped by the garden. They enjoyed talking to the children and sharing their knowledge. These intergenerational conversations helped to strengthen the community.

Partners

Jamestown Parks and Recreation Department and NDSU Extension.



Youth at the On TRAC Learning Center had a fun time growing nutritious vegetables.

It is fun to see the excitement of children in this program growing year after year.

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

The community garden is set up as a learning tool for children and families. In this summer's reading program, kids came to the garden to learn the importance of pollinators and how to grow flowers. They decorated kindness rocks for the community.

Kids from the community helped to water, pull weeds, and harvest produce throughout the summer. All of the produce was donated to the food pantry.

Impacts on the Youth

Fifty-five children developed skills in gardening. The youth learned about pollinators and how they help a garden grow. The children learned about the local food pantry and being good stewards.

Impacts on the Community

Five hundred pounds of fresh produce was grown and donated to the local food pantry.

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, Veterans of Foreign Wars, Towner School and Towner City Council.



Children learned about gardening, grew food for the needy and decorated kindness rocks for the community.

Children learned about pollinators and grew food for needy families.



This project fostered:

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

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UND Learning Gardens

University of North Dakota Innovation Task Force

Project Activities

This collaborative project between University of North Dakota (UND) and local schools will allow pre- and in-service teachers to work with students to design, create, plant and maintain a garden to support place-based, community-oriented learning.

The project aims to establish a strong connection between the College of Education and the community. Students at the college and nearby middle and high schools will learn about gardening and ecology.

Due to COVID restrictions, much of the work in 2021 focused on garden design and preparation.

Impacts on the Youth

Four children assisted college students in managing the gardens over summer. Higher levels of participation by middle and high school students in the community are expected in 2022.

Impacts on the Community

The gardens have begun an important collaboration between different campus entities. Significant impacts are expected in the near future.

Partners

UND College of Education, Students for Sustainability, UND Facilities and Landscaping, and Valley Middle School.



The gardens have created new partnerships among schools in the community.

Community gardens were established to support the education of teachers and students of UND and local schools.



This project fostered:

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

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Day Care Gardens



Beautification by Growth

Rolette Community Care Center

Project Activities

The Rolette Community Care Center (RCCC) is a skilled nursing facility that helps residents to maintain or regain their independence. The RCCC operates a child care center at the site.

Children at the child care center started vegetable seedlings for transplanting in the RCCC gardens. They constructed a teepee using poles and chicken wire for pole beans to climb upon.

Flowers were planted at the front of the facility.



Kids enjoyed growing and learning about vegetables.

Impacts on the Youth

The children developed skills in raising vegetables. They had fun watching them grow and seeing all the different kinds of vegetables there are.

The 38 children advanced their abilities in vocabulary, fine-motor skills, math, drawing and social skills.



The youth at the Rolette Community Care Center enjoyed growing vegetables and using them for crafts.

Impacts on the Community

The community benefited from the beauty of the gardens. The vegetables harvested from the garden were used by the care center for crafts and meals.

The youth have a strong relationship with the residents at the care center, but COVID limited their interactions this summer.

Partners

Rolette Community Care Center, local grocery store, library, summer school, law enforcement and three local churches.



This project fostered:

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

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Building Blocks Learning Center

NDSU Extension – Bottineau County

Project Activities

Raised beds were constructed for educational classes on gardening and nutrition at Building Blocks Learning Center in Bottineau.

A total of 26 pre-K students and day care children selected flowers, herbs and vegetables to grow during summer.

In fall, the harvested vegetables and herbs were used in “On the Move to Gardening Fun” nutrition classes.

Impacts on the Youth

The children learned how to prepare and plant a garden. They cared for the plants in the garden. The youth enjoyed watering the plants, watching the plants grow and harvesting the produce.

The children sampled vegetables and herbs in their nutrition lessons. Some of these vegetables and herbs were new to the students.

Impacts on the Community

Photos were posted on the Building Blocks Learning Center parent page. This inspired at least three families in the community to grow a garden at home.

Newsletters were sent home each week in fall to encourage families to get more involved in gardening.

Partners

NDSU Extension – Bottineau County and Building Blocks Learning Center.



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



The youth at Building Blocks Learning Center took turns selecting and planting vegetables, herbs and flowers. They later took care of their plants and harvested the produce.



This project fostered:

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

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Fessenden Child Care Garden

NDSU Extension – Wells County

Project Activities

A vegetable garden was planted at the community day care center. The NDSU Extension Office conducted lessons on topics such as why worms are beneficial, what plants need to grow healthy, good and bad insects, and pollinators. A high school student helped with lesson planning and instruction.

Impacts on the Youth

This was a great introduction to gardening for the children. The youth learned how to grow vegetables. They were able to eat the produce they grew at day care for meals and snacks. They were also able to take extra produce home to share with their families.

The high school student learned lesson planning and teaching skills.

Impacts on the Community

Many community members were happy to see the young children getting introduced to gardening.

Partnerships were strengthened among the Extension office, school and day care center.

Partners

NDSU Extension – Wells County, Fessenden Community Day Care and Fessenden-Bowdon High School.



The children at the Fessenden Community Child Care Center learned about vegetables, soil and worms.

The youth learned how to grow vegetables and then enjoyed eating them.

This project fostered:

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

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Future Gardeners of Oakes

Tiny Tornadoes Daycare and Preschool

Project Activities

Children at Tiny Tornadoes Daycare and Preschool learned about growing vegetables and healthy eating habits through hands-on activities.

Thirty-five children grew vegetables in raised gardens. Children were taught about gardening and the different parts of the plants.

They harvested the vegetables and used them for snacks and meals. In nutrition lessons, the children sampled a wide array of vegetables.

Impacts on the Youth

Children were provided hands-on opportunities to plant, water and harvest from their garden. They experienced tasting their own garden-grown produce, which promotes healthy eating habits. The youth enjoyed the outdoors and connecting with nature.

Impacts on the Community

Children were able to share their experience with others, creating a stronger bond with their care providers, family and friends.

The outdoor area added beauty to the downtown area. Now that the garden area is established, plans are being made to involve more community members in this program.

Partners

Tiny Tornadoes Daycare, NDSU Extension – Dickey County, Four Star Ag, M&W Drilling, Domine Sales & Service, JVG, Gramlow Ltd. and B&B Gardens.



Kids got hands-on experiences in growing and tasting vegetables.

The youth of Tiny Tornadoes Daycare helped to grow vegetables in raised beds. They learned about healthy eating habits and sampled a wide array of vegetables.



This project fostered:

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

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Head Start Raised Garden Bed

NDSU Extension – Benson County/Spirit Lake Nation

Project Activities

A raised garden bed was planted at the Cankdeska Cikana Head Start (CCHS) facility. Four young children planted and maintained the garden.

The children learned how to sow seeds, water plants, remove weeds, and harvest vegetables. The “Grow It, Try It, Like It!” curriculum developed by NDSU Extension was used.

The children tasted carrots and cherry tomatoes from the garden. Excess produce was sent home with the youth to share with their families.

Impacts on the Youth

The children were very eager to learn about gardening. They realized that gardening was fun and that vegetables were tasty.

The children were excited to share the extra produce with their families. They were very proud of their accomplishments.

Impacts on the Community

The Head Start garden is located on the Spirit Lake Nation. The nearest grocery store with fresh produce is 10 miles away.

Introducing gardening practices to these children will instill a life skill they can share with their families and a passion for gardening in their adult years.

Partners

NDSU Extension, CCHS, Cankdeska Cikana Community College Land Grant Department and Wal-Mart.



Youth at Cankdeska Cikana Head Start learned how to grow a garden. They found that gardening was fun and that vegetables were tasty.

Introducing gardening practices to these children will instill a life skill they can share with their families and a passion for gardening in their adult years.



This project fostered:

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

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HOPEful Kids and Beginnings

HOPE Church (Grand Forks)

Project Activities

Over 50 youth in summer programs at HOPE Church enjoyed growing and harvesting vegetables.

The youth pulled weeds and watered their garden. They loved watching the plants grow, especially the watermelon. The children really enjoyed eating their vegetables during snack time at school.

Impacts on the Youth

The children became less picky eaters. They came to love eating vegetables.

The children felt very special when caring for their garden. Some children shared produce from their garden with other children.

Impacts on the Community

The garden brought curb appeal to the neighborhood. Everyone in the neighborhood was invited to pick tomatoes and other produce as needed.

Partners

HOPE Church, HOPEful Beginnings Preschool and HOPEful Kids Summer School/After School program.



The children felt very special when caring for their garden.

Youth participating in summer programs at HOPE Church enjoyed growing and eating vegetables.



This project fostered:

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

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Langdon Daycare Vegetable Garden

NDSU Extension – Cavalier County

Project Activities

Children from the Langdon Daycare Center met weekly to grow a garden at the Langdon Research Extension Station. They learned the basics of gardening and supplied the daycare kitchen with fresh vegetables.

Other activities included touring the orchards at the station and tasting vegetables and fruits.

Impacts on the Youth

Kids got hands-on experiences in planting, watering, weeding and harvesting. Along with physical activity, kids learned the health benefits of eating vegetables.

They learned lifelong skills that will help them and their families follow healthy living paths.

Impacts on the Community

This was the sixth year doing this project. The support from parents, grandparents and from the community has been very positive over the years.

Langdon, being a small rural town, has limited outdoor activities for kids. This garden project fulfills the need for education and fun while providing outdoor activity.

The Langdon Daycare Center appreciated the produce from the garden which they used in their kitchen.

Partners

NDSU Extension – Cavalier County, Church, Research Extension Center and Langdon Daycare Center.



Youth from the Langdon Daycare Center grew vegetables at the local research station, harvested vegetables to take home, and sampled vegetables.

They learned lifelong skills that will help them and their families follow healthy living paths.



This project fostered:

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

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On the Move with Gardening Fun!

NDSU Center for Child Development

Project Activities

A six-week curriculum on gardening was taught to 51 preschoolers at the NDSU Center for Child Development. Topics included seeds, roots, stems, flowers, fruits and wildlife in gardens.

The children planted a vegetable garden with numerous varieties of potatoes, beans, carrots, peppers, tomatoes and zucchini. They tasted various colored vegetables that are prepared by roasting, steaming and fresh eating.

Impacts on the Youth

The children planted, watered, observed the growing process, weeded, harvested and prepared seasonal produce for eating. The children explored, discovered and increased their awareness of science and nature through gardening. The children tasted new vegetables at lunch and snack times.

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

The children harvested and washed vegetables to share with their parents for healthy eating at home.

Partners

NDSU Center for Child Development, NDSU Extension, NDSU Greenhouse, NDSU Potato Breeder and NDSU Facilities Management.



The children explored, discovered and increased their awareness of science and nature through gardening.

Children at the NDSU Center for Child Development Community Child Care Center learned the basics of gardening.



This project fostered:

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

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Environmental Stewardship Projects



Chahinkapa Zoo Gardens

Chahinkapa Zoo (Wahpeton)

Project Activities

Over 100 kids participated in a spring celebration where kids planted flower seeds in pots to take home.

Additional children participated in gardening classes. These children planted zinnias in flower beds and grew vegetables to feed the zoo animals. Children in these classes took dish gardens home.

Children in another gardening class harvested and tasted vegetables before feeding fresh produce to animals.

Impacts on the Youth

The children learned where flower seeds come from, and they developed skills in sowing seeds. The youth learned about growing flowers and vegetables. They enjoyed the physical activity. They learned how to work as a team and were proud of serving their community.

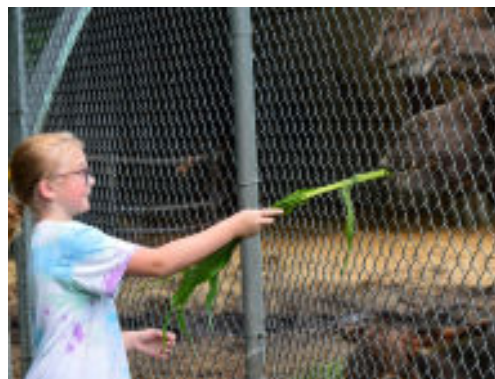
Impacts on the Community

The children beautified the zoo, which is visited by over 70,000 tourists every year. Tourism helps the entire local economy as it keeps families coming to the community.

The vegetables grown in the project supported the health of the animals and reduced food costs for the zoo. Lower operating expenses helps to keep admission costs lower and allows more families to visit.

Partners

Chahinkapa Zoo, Wahpeton High School Vo-Ag students, Emery and Breckendale Greenhouses and Cargill.



Youth learned about gardening, sampled nutritious vegetables and fed the animals at Chahinkapa Zoo.

The children beautified the zoo, which is visited by over 70,000 tourists every year.



This project fostered:

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

Contact

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Flasher Songbird Garden

Flasher Girl Scout Troop 87391

Project Activities

The Flasher Girl Scout Troop learned about the habitat needs of songbirds. They built nesting boxes, planted songbird-friendly plants in a local courtyard and picked up litter.

Each of the 20 girls received a bird identification book and a sketchbook/journal to carry with them throughout the summer.

Impacts on the Youth

The children in this project were able to gain a different perspective of their surroundings. Through discussions and walks they were able to look at natural (and unnatural) spaces through the lens of a naturalist.

The youth learned how to identify habitat needs and ways they can make a difference in caring for nature. These girls are now advocates for birds in the Flasher community.

Impacts on the Community

The youth served the Flasher community by building nesting boxes and picking up litter.

The troop is developing plans to create signs to help reduce littering in the park.

Partners

Flasher Girl Scout Troop 87391, Flasher Public School and Flasher Park Board.



Girl Scouts in Flasher learned about bird habitat and constructed nesting boxes for birds.

They learned how to care for nature.



This project fostered:

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

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Junior Master Gardener Camp

NDSU Extension – Grant County

Project Activities

A two-day camp was provided on the basics of gardening for local youth. The program focused on learning about the plant life cycle including lessons on soil, pollinators, insects and parts of a plant.

The youth started a “Hunger-Free” garden to grow and donate produce, created garden crafts, read garden stories, made healthy snacks, played games and toured the local arboretum.

Impacts on the Youth

Gardening builds many life skills, including self-responsibility, discipline, healthy lifestyle choices, stress management, problem solving, teamwork, planning and organization.

The camp allowed them to gain a sense of personal satisfaction for their efforts in contributing to the local community.

Impacts on the Community

A “Hunger-Free” garden was established behind the Grant County Courthouse, and all the produce was donated to local food banks.

Pollinator gardens at the Courthouse provided a learning opportunity on the importance of pollinators. Its flowers provided beauty and a sense of pride for the community.

Partners

NDSU Extension – Grant County and the Grant County Soil Conservation District.



Activities at the Grant County JMG Camp included touring an arboretum, planting a pollinator garden and making crafts.

Gardening builds many life skills including self-responsibility, healthy life choices and teamwork.



This project fostered:

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

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MetiGROWshe Garden

Metigoshe Ministries (Bottineau)

Project Activities

MetiGROWshe Garden is located at Camp Metigoshe on Pelican Lake. The garden serves as a place for learning, support and recreation for a variety of organizations.

A total of 811 youth in 2021 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, a new appreciation for fresh vegetables and berries, and helpful hints on starting their own gardens.

Impacts on the Community

Educational sessions on vegetable gardening were hosted in partnership with Bottineau Elementary School. Gardening experiences were provided to retreat groups, and volunteer opportunities were offered to community groups.

Youth grew and donated over 500 pounds of produce to the Bottineau Food Pantry.

Partners

Camp Metigoshe, Metigoshe Lutheran Church, Bottineau Food Pantry and Bottineau Elementary School.



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

They were proud and excited to harvest their produce and eat nutritious food.



This project fostered:

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

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Roosevelt Park Zoo Garden

Roosevelt Park Zoo (Minot)

Project Activities

Raised bed gardens were constructed at Roosevelt Park Zoo. Twelve youth in the ZooTeen volunteer program grew a diverse mix of fruits, vegetables and herbs that provided enrichment and diet supplements to the animals at the zoo.

Impacts on the Youth

The children learned about nature and developed skills in gardening that will benefit them throughout their lives.

Research studies show that gardening encourages healthy eating, outdoor activity and fine-motor development in children. Children gain self-confidence and learn responsibility as they care for the plants.

Impacts on the Community

Thousands of visitors benefited from the beauty of the gardens. Some of these visitors may be inspired to grow their own garden at home.

Over 75 pounds of produce was grown for the animals. This contributes to their health and reduces expenses in operating the zoo.

The knowledge and skills developed by the ZooTeens can be shared at school, with family and friends, and throughout the community.

Partners

Minot Park District Horticulture, Roosevelt Park Zoo Educators and Animal Keepers, ZooTeen program participants.



ZooTeen volunteers grew food for animals at Roosevelt Park Zoo.

The children learned about nature and developed skills in gardening that will benefit them throughout their lives.

This project fostered:

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

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Food Security Projects



2021 Nutrition Month Activity Kits

NDSU Extension

Project Activities

Seven hundred thirty-five Nutrition Month Activity Kits were distributed to EFNEP/FNP educators. Each kit included an activity called Seed Starting 101, which included a peat pellet and spinach seeds.

Kits were shared with elementary classrooms, Head Start sites, local food pantries and other partner agencies serving families with low income.

Supplementary resources developed for the activity included videos on growing spinach and preparing a Green Monster smoothie.

Impacts on the Youth

Spirit Lake Head Start children and their families learned how to sow spinach seeds, watch them grow and use them in a smoothie.

Impacts on the Community

Healthy families lead to stronger, healthier communities.

A survey among kit recipients was conducted. Eighteen of the 21 respondents noted they liked the seed starting activity. Fourteen persons joined a Facebook group to receive additional information on nutrition.

Partners

Elementary classrooms throughout North Dakota, Head Start sites, NDSU Extension county offices and the NDSU Department of Plant Sciences.



Families enjoyed growing spinach and were interested in receiving more nutrition education.

Nutrition educators distributed 735 kits to families in North Dakota. These families learned how to grow spinach indoors and in their gardens.

This project fostered:

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

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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 12 years, the Hay Creek Kids 4-H Club has grown fresh food for pantries while teaching children how to grow vegetables.

A group of nine kids was involved in all phases of production this year. This included sowing, weeding, watering, harvesting, washing and bagging the potatoes. All kids helped with the delivery of the potatoes to shelters/food pantries in Bismarck, Mandan and Wilton.

Impacts on the Youth

Children learned how to grow potatoes. Most of these kids have participated in previous years, but some had never grown a garden before or realized potatoes grew underground.

The kids learned about the homeless in their communities. They were surprised how desperate the pantries were for the produce.

Impacts on the Community

Approximately 7,000 pounds of potatoes were grown and donated to local food pantries this year. Over a 12-year span, this 4-H club has grown and donated over 35,000 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 planted, weeded and harvested potatoes to donate to local food pantries and shelters.

This project teaches kids about giving back to their communities.

This project fostered:

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

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Helping Hands Hunger Project

West River 4-H Club of NDSU Extension – Stark-Billings County

Project Activities

Ten youth developed gardening skills at the community garden at Peace Lutheran Church in Dickinson.

In this Helping Hands Feeding Hungry Mouths project, the children learned how to sow, water, weed, manage pests and harvest vegetables. Organic strategies were used. The harvested produce was donated to a local charity.

Impacts on the Youth

Children received hands-on experiences that provided them with a better understanding of where their food comes from. They were outdoors and active, close to nature and understood how weather affects production.

They gained an experience in giving back to their community in a way that not many can.

Impacts on the Community

Seventy-five pounds of produce was donated to charity.

Partners

Peace Lutheran Church, NDSU Extension – Stark-Billings County and its West River 4-H Club, and Cub Scouts.



Children grew organic vegetables at Peace Lutheran Church in Dickinson for needy families.

The children gained an experience in giving back to their community.



This project fostered:

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

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Produce for Wahpeton Food Pantry

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

Project Activities

For the second straight year, the Helping Hands 4-H Club youth and their families grew fresh garden produce for the food pantry in Wahpeton. Families grew the produce in their home gardens or in community garden plots.

Impacts on the Youth

The children learned how to select seeds and seedlings, sow seeds by hand, carefully plant seedlings, apply pesticides responsibly, remove weeds, water, harvest and deliver food to the pantry.

The youth saw there were many needy people in their county and more food is needed.

The children were more inclined to eat new vegetables they grew themselves.

Impacts on the Community

Families in need of food received 388 pounds of fresh vegetables and apples.

Partners

Helping Hands 4-H Club, NDSU Extension and its Master Gardeners, and Wahpeton Food Pantry.



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

The youth saw there were many needy people in their county and more food is needed.

This project fostered:

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

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Home Projects



Backyard Gardening Contests

NDSU Extension – Logan County

Project Activities

Fourteen children participated in backyard gardening contests. The youth received seeds and transplants to plant in their gardens.

Youth and some parents met at the Extension office three times in the growing season to discuss planting, watering, fertilizing and other gardening practices. The kids would bring in their largest produce throughout the summer to have it weighed and add a competitive spirit to the learning process.

Impacts on the Youth

Youth sharpened their skills in science and problem-solving by learning how to grow their own food. The kids got more physical activity while gardening.

Kids who grow their own fruits and vegetables are more likely to develop healthy eating habits. They developed a sense of self-esteem by achieving success in the contests.

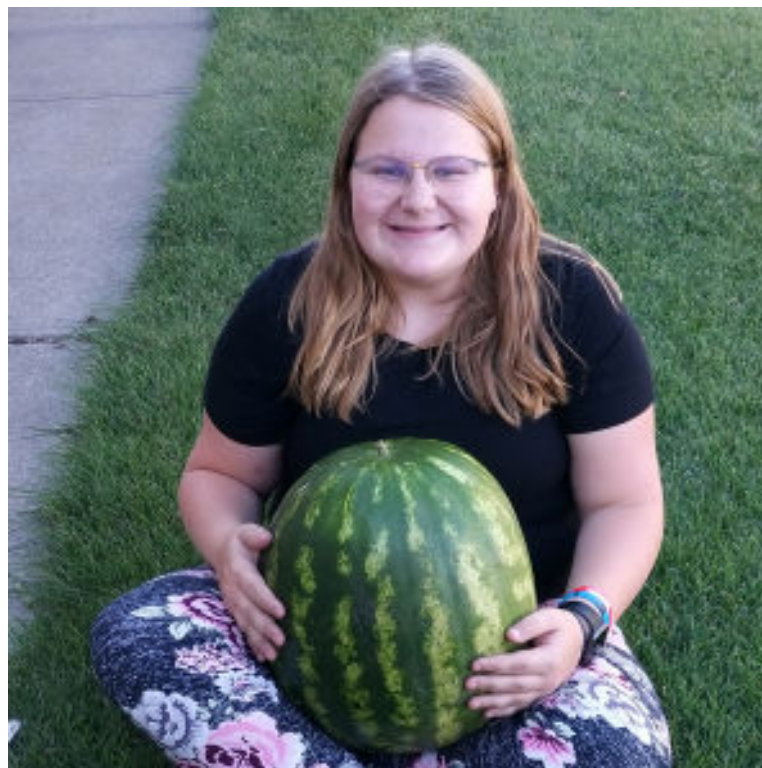
Impacts on the Community

These youth will be able to share their knowledge and skills in gardening with others in the community.

Skilled gardeners can enhance food security by growing an abundance of fruits and vegetables that may be shared with others. This encourages healthy diets in the community and serves families in need.

Partners

NDSU Extension – Logan County and its 4-H Clubs.



Youth in Logan County developed gardening skills and competed with one another to grow giant vegetables.

The children sharpened their skills in science, got more physical activity and developed a sense of self-esteem while growing giant vegetables.



This project fostered:

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

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HMB Grow Boxes

NDSU Extension – Emmons County

Project Activities

The second and third graders at Hazelton-Moffit-Braddock (HMB) Public School were provided a gardening lesson by educators of NDSU Extension.

The lesson included a discussion on how leafy plants such as spinach grow. The children were then taught how to sow spinach seeds and care for the plants.

Each student took a grow box along with spinach seeds to grow spinach at home.

Impacts on the Youth

The students learned basic gardening skills they can enjoy their entire lives.

During the summer, students expressed their excitement about growing spinach. They said it was delicious to eat what they grew, and their families liked eating the spinach as well.

Impacts on the Community

Anytime you can provide youth with life skills such as gardening, you have the opportunity to positively impact your community.

In this situation, students were excited to help in their family gardens. They learned it is important to eat healthy.

Partners

NDSU Extension – Emmons County and Hazelton-Moffit-Braddock Public School.



Children at Hazelton-Moffit-Braddock (HMB) Public School learned how to sow and grow spinach. They took their containers home and grew the vegetables.

The youth were excited to eat something they grew.

This project fostered:

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

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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 300 children in 35 counties selected among 67 different trials. Each trial consisted of two different varieties of a crop to compare. Examples of crops included green bean, pickling cucumber, snap pea, large pumpkin, Italian basil and scarlet zinnia.

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

Impacts on the Youth

A survey of parents showed that 93% of youth in this project improved their diets, 90% increased their levels of physical activity and 77% 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 2022.

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

Partners

NDSU Extension and 140 families in North Dakota.



Children throughout North Dakota worked with their parents to evaluate varieties of vegetables, herbs and flowers.

The youth enjoyed healthier diets and more physical activity. Many of the children enhanced their skills in math and science.



This project fostered:

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

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School Gardens



Anamoose-Drake School Garden

Anamoose-Drake Elementary School

Project Activities

Students at Anamoose-Drake Elementary School started garden plants from seed and transplanted them into their school garden.

The harvested vegetables were used in the school's salad bar and for healthy snacks in the afternoon. Vegetables were also donated to a local food pantry.

The project complemented the school's Farm-to-Table lessons in social studies.

Impacts on the Youth

The 30 children learned about growing a garden through hands-on experiences. They learned more about where their food comes from.

Impacts on the Community

This garden project has been ongoing for 14 years. It helps to maintain strong ties between the school and its community.

Hundreds of pounds of produce were donated to the local food pantry to assist needy families in the community.

Partners

Anamoose-Drake Elementary School, Reinoski Farms and Schmaltz's Greenhouse.



Youth at Anamoose- Drake Elementary School learned how to grow a garden. They transplanted plants, harvested pumpkins and cleaned up the garden.

This project helped to maintain strong ties between the school and its community.

This project fostered:

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

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Garden Fun

Project Activities

Extension educators provided gardening lessons to a total of 375 youth from Lisbon, Enderlin and Fort Ransom elementary schools. Topics included lighting, space requirements and pollinators of plants.

The children planted seeds in trays and took them home to grow. They received publications on caring for their new seeds and how to transplant them later on.

Impacts on the Youth

The children loved the experience of planting seeds and learning where seeds and vegetables come from.

A wide variety of seeds were shared with the kids. In some cases, the youth grew and harvested vegetables they had never eaten before.

The students learned how to grow food. They learned that produce in the grocery store does not just appear, but it is grown by farmers and gardeners.

Impacts on the Community

Some of the students sold their produce and donated the proceeds to charitable organizations in the county. Other students donated produce to other people in their community.

Some students exhibited their vegetables for all to see at the Ransom County Fair.

Partners

NDSU Extension – Ransom County and Lisbon, Enderlin and Fort Ransom Elementary Schools.



Youth enjoyed planting seeds and learning where seeds and vegetables come from.

The students learned where their vegetables come from.

This project fostered:

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

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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.

Thirty students and seven volunteers tended the garden this year. Produce was shared among students, volunteers, elderly, school staff and needy families.

Impacts on the Youth

It was a rewarding experience for the students mentally, physically and socially. Quiet students were interacting with students that they would not approach in school. Students laughed, conversed and interacted so well together.

The students learned gardening skills and were able to share some of the harvest with their families. Students learned how to process green beans and how to bake a harvested potato in a microwave.

Impacts on the Community

The community supports this project. Over 1,000 pounds of produce was shared among families, the elderly and children at day care centers.

Partners

Hankinson Elementary School, Hankinson Park Board, American Legion Auxiliary, American Legion, Close Up and NDSU Extension.



Students at Hankinson Elementary School learned how to grow and process vegetables.

Students laughed, conversed and interacted so well together.

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

The Junior Master Gardener Program was brought back to rural youth in Wilton after being postponed last year due to COVID.

Seventeen youth received educational lessons on the fundamentals of gardening. They planted, grew and harvested vegetables in raised garden beds at the local school.

Impacts on the Youth

Youth developed life skills that pertain to gardening, physical activity and healthy eating.

An evaluation was given to 14 youth in the program. Responses showed 86% were planning to have a garden next year; 79% were planning to preserve fruits and/or vegetables this year or next year; and 86% stated they will eat healthier by incorporating more fruits and vegetables in their diets.

Impacts on the Community

This project brought an educational program to rural youth who don't get as many opportunities as youth located in Bismarck.

Partners

NDSU Extension – Burleigh County, Wilton FFA, and Central Region Education Association.



Youth in Wilton designed garden beds and then grew vegetables in the raised bed gardens.

The youth want to grow a garden and eat healthier foods in the future.



This project fostered:

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

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Jamestown Afterschool Garden

NDSU Extension – Stutsman County

Project Activities

Weekly lessons were provided to 61 children in the MOST Afterschool Program in Jamestown. The “On the Move to Gardening Fun” curriculum from NDSU Extension was used.

Some classes focused on gardening. In these classes, children learned how plants grew and how to care for a garden.

Some classes focused on nutrition. In these classes, the children sampled different types of fruits and vegetables.

Impacts on the Youth

The children were able to learn about different parts of plant, how plants grow, and try new fruits and vegetables. This may encourage gardening at home and increase their fruit and vegetable consumption.

Impacts on the Community

This program is located at the Washington Elementary School. The school was able to use the produce grown in the garden.

Partners

NDSU Extension – Stutsman County and MOST Afterschool Program in Jamestown.



Children at Washington Elementary School learned how plants grew and how to care for a garden.

Children learned how to care for a garden. They enjoyed eating new fruits and vegetables.

This project fostered:

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

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Kids and Plants

NDSU Extension – Burke County

Project Activities

Students in grades K–6 of Bowbells and Burke Central schools participated in classes that taught them about vegetable seeds and plants.

Sixty-one children learned how to identify the seeds of common vegetables. They learned how to start plants from seed, grow seedlings and transplant the plants.

Students developed skills in the identification of vegetables and how to grow them in containers.

Impacts on the Youth

Students learned the association between seeds, plants and the vegetables they consume. Making that connection and learning how to produce those vegetables encourages more vegetable consumption for a healthier diet.

Impacts on the Community

Several of the youth brought exhibits to the Burke County Fair. These exhibits showed that anyone can raise fresh vegetables whether they have a backyard garden or not.

Partners

The Go-Getters and Club Classified 4-H Clubs of NDSU Extension – Burke County, Bowbells School and Burke Central School.



Youth in Burke County learned how to identify seeds of common vegetables. They later learned how to grow these seeds in containers.

Learning about seeds and how to produce vegetables can lead to a healthier diet.

This project fostered:

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

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Seed to Flower to Seed

Master Gardeners of NDSU Extension – Stutsman County

Project Activities

Master Gardeners visited the 3rd grade classrooms at five elementary schools in rural Stutsman County. In a series of educational lessons, students dissected seeds and flowers, planted window gardens and sowed containers of greens.

The 60 children were given kits to grow beans and pollinator plants at their homes.

Impacts on the Youth

Children were introduced into gardening, which is a skill they can use their entire lives. The children developed skills in communication and critical thinking.

Impacts on the Community

The students looked forward to sharing their acquired knowledge with their family and friends in their community.

Partners

NDSU Extension – Stutsman County and its Master Gardeners; Medina, Montpelier, Kensal, Buchanan and Gackle Public Schools; and the local seed library.



Youth in five schools of rural Stutsman County were introduced into gardening. Here they are dissecting seeds to see what is inside them.

Children were introduced into gardening, which is a skill they can use their entire lives.



This project fostered:

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

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Transition Class Garden Project

Sheyenne Valley Area Career and Technology Center (Valley City)

Project Activities

Programs at the Sheyenne Valley Area Career and Technology Center (SVACTC) provide students with opportunities to learn valuable skills and explore career options.

This project aimed to teach students how to grow and cook vegetables.

Students sowed seeds of herbs, squash, broccoli, tomatoes and carrots. They are currently evaluating which ones are growing best indoors. They also are monitoring water levels.

Impacts on the Youth

The project has given the students a chance to expand their gardening skills and gain more confidence. They will soon learn how to cook the vegetables they are growing.

The students are taking ownership of their plants in school by making sure the indoor lights are on, the plants have enough water and the garden area is clean.

Some students have begun growing plants at home.

Impacts on the Community

The students have gained so much confidence in their gardening skills that they are helping at a community garden in the city.

Partners

Sheyenne Valley Area Career and Technology Center and NDSU Extension – Barnes County.



Students are gaining skills in gardening. They are growing vegetables indoors and helping at a community garden.

Students expanded their skills and gained confidence in gardening.



This project fostered:

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

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Wahpeton FFA Raised Garden Beds

Wahpeton FFA

Project Activities

A group of raised garden beds were established at the high school. Lessons were conducted on planning, planting, caring for and harvesting a garden. One hundred-fifty children participated in gardening activities.

Impacts on the Youth

The students acquired an appreciation of gardening. The ability to grow a garden and raise healthy food is a valuable lifelong skill.

The school garden taught responsibility to the students. The students were responsible for watering, weeding and harvesting the garden during the summer. They were responsible for coordinating helpers and volunteers.

This project provided students with an experience of giving back to their communities.

Impacts on the Community

The gardens provided 200 pounds of produce to the food bank and school. This saves them money and provides healthy food items to people that need them.

The raised beds beautified the grounds of the school.

Partners

FFA, Wahpeton Public Schools and Wahpeton FFA Alumni.



Wahpeton FFA youth grew seedlings and transplanted the plants into their newly constructed raised garden beds.

The ability to grow a garden and raise healthy food is a valuable lifelong skill.

This project fostered:

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

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Special Needs Projects



Dunseith Nursing Home

Brite Sprights 4 Ever 4-H Club of NDSU Extension – Rolette County

Project Activities

Ten students of the Dunseith High School Industrial Arts class renovated the existing raised beds and constructed new raised beds at Dunseith Nursing Home.

Residents and staff grew flowers and vegetables in the raised beds.

Impacts on the Youth

The project gave high school students an avenue through which they could use their skills for the good of others. They analyzed the situation, developed a plan and carried out their plan. The youth were proud of their efforts.

Impacts on the Community

The project gave residents in the nursing home an opportunity to develop gardening skills. They enjoyed caring for the plants and eating the produce.

The gardens motivated the residents to become more active. Patients suffering from dementia particularly enjoyed caring for the plants. Even residents that were unable to be physically involved were excited about the garden.

The gardens added beauty to the nursing home. The project contributed to community partnerships between the school and nursing home.

Partners

Bright Sprights 4 Ever 4-H Club, Dunseith High School Industrial Arts class, Dunseith Nursing Home and Marion Lumber.



Youth from Dunseith High School renovated existing raised beds and constructed new raised beds for Dunseith Nursing Home.

The project gave high school students an avenue through which they could use their skills for the good of others.



This project fostered:

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

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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. Four teenagers cared for a garden plot at Rainbow Gardens in Minot.

Over a 12-week span, the youth were involved in activities that included planting, weeding, watering and harvesting the produce.

Impacts on the Youth

The youth learned how to grow a garden from start to finish. They learned where food comes from, ate healthier and developed lasting relationships with other youth, teachers and fellow gardeners.

The garden served as a therapeutic outlet for at-risk youth who have serious addiction issues and problems managing stress. The project showed the importance of nurturing, accomplishment and pride.

The youth interacted with people who are diverse from them, and thus shared an experience that fostered cultural relationships.

Impacts on the Community

The youth developed relationships with positive role models who encouraged the youth to find ways to be positive and caring individuals in their communities. The harvest was shared.

Partners

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



Youth from the North Central Juvenile Drug Court grew and harvested vegetables.

The youth learned where food comes from, ate healthier and developed lasting relationships.



This project fostered:

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

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Growing & Giving Smiles

Ambie 4-H Club of NDSU Extension – Burleigh County

Project Activities

Youth in the Ambie 4-H Club met every week in the summer to grow vegetables and flowers at a community garden. Gardening lessons were provided regularly to the students in the garden.

The vegetable produce was donated to a local food bank.

Flowers were cut to make bouquets and then donated to a local nursing home.

Impacts on the Youth

The three teenagers developed gardening skills they can use for the rest of their lives. They took ownership of the garden making sure it was being taken care of each week.

The youth gained a sense of civic involvement by giving back to their community. This project promoted citizenship and leadership skills among the youth.

Impacts on the Community

Thirty pounds of produce and five floral arrangements were donated to needy persons in the community.

Partners

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



This project promoted citizenship and leadership skills among youth.



Teenagers in the Ambie 4-H Club grew flowers and vegetables for needy families in the community.

This project fostered:

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

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Sign Language for Young Gardeners

Landreville Family (Grand Forks)

Project Activities

Hunter Landreville is a 6-year-old boy who is deaf. A series of videos were made of Hunter signing and explaining in American Sign Language (ASL) how to grow a garden.

These activities included building raised garden boxes, sowing seeds indoors under grow lights, planting transplants in a garden, caring for the plants during summer and harvesting vegetables and fruits.

Impacts on the Youth

Hunter increased his ASL vocabulary through an activity that was more innovative and fun than using flash cards.

Hunter enjoyed being the teacher of the material. He developed skills in gardening, signing and teaching.

Impacts on the Community

The videos were shared with family and friends. These persons expressed their enjoyment of the videos.

Very few people in the community know how to sign. This was a fun way for them and Hunter to increase their abilities in signing.

Twenty pounds of produce was shared.

Partners

Family and friends of the Landreville family, and Wagner's Nursery.



Hunter (orange shirt) increased his vocabulary in sign language and his skills in gardening. He shared his knowledge to friends and family through a series of videos.

Hunter increased his American Sign Language vocabulary through an activity that was more innovative and fun than using flash cards.

This project fostered:

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

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Lettuce Do Lunch

Northstars and Haystack Butte 4-H Clubs of NDSU Extension – Burleigh County

Project Activities

The Northstars 4-H Club decorated and planted 16 pots of vegetables for residents at Redwood Village, a senior center in Wilton.

Likewise, the Haystack Butte 4-H Club decorated and planted 16 pots of vegetables for residents at Wing Senior Center.

The pots were given to the residents so they could enjoy growing and eating salads. The vegetables included salad greens and tomatoes.

Impacts on the Youth

Twenty-three children learned how to sow salad green seeds and plant tomato transplants. They gained an experience in sharing their talents to bring happiness to others.

Impacts on the Community

Thirty-two senior citizens were given an opportunity to grow and enjoy eating fresh vegetables all summer long.

Partners

The Northstars and Haystack Butte 4-H Clubs of NDSU Extension – Burleigh County, Redwood Village and Wing Senior Center.



Children in Burleigh County 4-H decorated pots and planted them with greens and tomatoes for the elderly in Wilton and Wing.

The children shared their talents to bring happiness to others.



This project fostered:

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

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Stutsman-Barnes JDC Garden

Stutsman-Barnes Juvenile Drug Court

Project Activities

Two youth grew tomatoes, peppers and cucumbers as part of their community service. The plants were watered and weeded throughout most of the summer.

Impacts on the Youth

The children learned to take personal responsibility in caring for the garden on a weekly basis.

The youth developed new gardening skills they may use throughout their lives. The children were provided with an opportunity to be active outdoors.

The youth appreciated this opportunity outside of their normal community service options to complete their hours.

This program provided meaningful activities that helped children to work through their difficulties and may have reduced the likelihood of future recidivism.

Impacts on the Community

The successful care of vulnerable youth will lead to safer, healthier and more productive communities.

Partners

Stutsman-Barnes Juvenile Drug Court and NDSU Extension.



Youth from the Stutsman-Barnes Juvenile Drug Court learned how to grow tomatoes and other vegetables.

This program provided meaningful activities that helped children to work through their difficulties.



This project fostered:

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

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Therapeutic Gardening

Dakota Boys & Girls Ranch (Bismarck)

Project Activities

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

In 2021, 20 youth cared for plants in a greenhouse and several garden plots. The youth were involved in all phases of gardening including sowing, composting and harvesting.

Classes were conducted on food safety and preparation.

Impacts on the Youth

The youth 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.

The youth gained qualities of self-confidence, accomplishment and pride as they saw the vegetables they cared for grow.

Impacts on the Community

The gardening skills instilled into the youth will follow them when they return to their communities, where they can share their knowledge and abilities in giving back to others.

Surplus vegetables are typically donated to an area soup kitchen, but yields this year were low due to harsh environmental conditions.

Partners

Dakota Boys & Girls Ranch, NDSU Extension – Burleigh County, Plant Perfect and Zion Lutheran Church.



Youth at Dakota Boys & Girls Ranch developed skills in composting and gardening.

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



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:

“This was an amazing project! I feel the kids not only learned from it but also it made them feel good to do something for the community! The people of the Regent community were very grateful!”

Amy Herberholz, Dakota Sunrise 4-H Club

“Thank you for providing these grant opportunities that allows us to make a difference in our communities!”

Lynnette Vachal, NDSU Ext. – Mountrail Co.

“Thank you so much for this amazing opportunity to receive funds to plant a garden. Without this opportunity, North Valley 4-H Club would not have explored the options of planting a garden.”

Emma Olson, North Valley 4-H Club

“The Junior Master Gardener funds have greatly enhanced our zoo gardens and our educational efforts! This is a very worthwhile program! Thank you.”

Joan Zettel, Chabinkapa Zoo

“It was a great project with lots of hands on learning and we are very grateful for the support!”

Sheldon Gerhardt, NDSU Ext. – Logan Co.

“We absolutely loved this project. We look forward to filling our garden boxes for years to come!”

Jenn Bendel, HOPE Church



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

“Thank you for supporting the NDSU Center for Child Development with this gardening grant. When our parents are asked in a Family Survey the things they like about our program or would like to see continued, they ALWAYS say gardening for the children. This grant has helped develop in children healthy eating and the love of gardening from an early age! Thanks!”

Debra Habedank, NDSU Center for Child Development

“The Junior Master Gardener Grant is an amazing opportunity for children! We would not have pursued this project otherwise. Everyone agrees this was one of the best projects we have taken on for our children and are excited to continue the gardening project for summers to come. Thank you!”

Virginia Gramlon, Tiny Tornadoes Daycare



“We believe this program has a lasting impact on the students that get to participate in the program. We have also seen since starting this program our gardening section at the Ransom County Fair has grown tremendously. Thank you for the funds to be able to keep this program going.”

Brian Zimprich, NDSU Ext. – Ransom Co.

“We are forever grateful. It is a challenge being in a care facility, in a small community, serving underprivileged families, in the huge pandemic ... this was the best way to help us keep focused on learning and helping.”

Grace Brown, Rolette Community Care Center

“We have been fortunate to continue the garden for a few years now and see the excitement that has continued to grow with students that were here when we started. They now tell younger ones about the garden and share their knowledge. It is rewarding to see this impact continue to grow through the years. ... Your support and belief in this program makes a difference. Thank you.”

Tammy Mewes, Jamestown Parks and Rec.

“This JMG project was successful beyond our expectations. Anticipation for the coming year is high.”

Cecelia Collins, Master Gardener

“Oh my gosh, we witnessed quiet students interacting with students that they would not even approach in school. Students laughed, conversed and interacted so well together. The adult volunteers also did a wonderful job encouraging the students. Thank you for your financial support!”

Anne Biewer, Hankinson Public Schools

“With the help of the Junior Master Gardener Project, I was able to show my administrator that we can continue to fund this project. ... Helping me out as a teacher opened up avenues of teaching that I am so grateful to the Junior Master Gardener Program. We love our indoor garden!”

Kalyn Botz, Sheyenne Valley Area Career and Technology Center

“I am extremely grateful to, as an individual, be able to utilize these funds to help bolster environmental/gardening education with children in my community.”

Caitlin Stegmiller, Flasher Girl Scouts

“Thank you! We are grateful to have received the funds through this grant. They truly helped to benefit our program and our ability to provide education, life skills and food to the youth we serve.”

Talbott Pollert, Dakota Boys and Girls Ranch

“Thank you for this wonderful gardening experience for the Cleveland youth. This project wouldn’t have been able to happen without the funds available. The success of our community garden project was outstanding. Helping children to love gardening will be invaluable throughout their lives. Our community looks forward to future opportunities.”

Lori Helm, Master Gardener

“Receiving this grant gave life to our project! ... One of the children saw a person cry at the food pantry when they picked up their food; they were so happy to get it. The mom said: ‘It was kind of unexpected.’ ”

Karen Weber, Helping Hands 4-H Club

Contact

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



Credits

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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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