



North Dakota Junior Master Gardener Program

AT-A-GLANCE 2018

NDSU

EXTENSION



Introduction

Our Greatest Resource

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

Yes, our children in North Dakota are powerful, beautiful and precious, but many 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 children. Let's lend them a hand—and a garden trowel.

Our Response

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

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

Gardening programs can sharpen skills in science, raise awareness of the environment, build self-esteem, and help youth learn to work together.⁴

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

The following is our report of project activities in 2018.



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

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

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

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

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

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

Summary of Projects

PROJECT	COUNTY	HIGHLIGHTS
Beautification Projects		
Main Street Beautification in Cavalier	Pembina	Planted shrubs and perennials at town's main intersection.
Missouri Valley Bunch 4-H Projects	Morton	Beautified courthouse; planted vegetables with seniors.
Salute to the Red, White and Blue	Ransom	Planted flowers throughout ND Veteran's Home.
Where's Main Napoleon?	Logan	Planted hanging flower baskets along Main Avenue.
Community Gardens		
CHARISM Youth Garden	Cass	Low-income children and families grew vegetables.
Eager Beaver 4-H Club Garden	Renville	Established and grew a garden at county fairgrounds.
Forman Community Orchard	Sargent	Established community orchard with apples and berries.
Hettinger Grow and Store	Hettinger	Grew veggies for making pizza, other healthy dishes.
Langdon Day Care Garden	Cavalier	Learned the basics of growing vegetables.
McKenzie County JMG Program	McKenzie	Learned to grow vegetables; shared flowers with elderly.
Plant the Seed Learning Garden	Stutsman	Constructed raised garden beds and grew vegetables.
Ramsey County JMG Program	Ramsey	Learned of plant growth; developed skills in gardening.
Summer Camp Vegetable Garden	Grand Forks	Raised awareness of healthy foods at military base.
Towner County Community Garden	Towner	Learned about gardening, composting and pollination.
Twin Buttes Salsa Garden	Dunn	Learned to grow vegetables for making salsa.
Youth Pizza Garden	Pierce	Grew vegetables and herbs for making pizza with families.
Environmental Stewardship Projects		
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Flatlander Pollinator Pots	Walsh	Grew flowers; learned of the importance of pollinators.
Growing Gardeners	Grant	Learned of wildlife habitat needs; planted butterfly gardens
Kids, Compost, Crops and Consum'n	Emmons	Learned to grow spinach in garden boxes.
Plains Art Museum Defiant Gardens	Cass	Gained knowledge on pollinators, native plants, public art.
Food Security Projects		
Community Share Garden	Grand Forks	Learned to grow a garden; shared harvest with needy.
Container Gardening at Hope Ctr.	Ramsey	Low-income families learned about container gardens.
Creative Kids Community Garden	Kidder	Grew vegetables for local food pantry.
Hay Creek 4-H Hunger Free Garden	Burl./Morton	Grew potatoes and other vegetables for pantries/shelters.
S.A.C.K. Gardens	Mountrail	Grew vegetables to fill backpacks of needy children.
Ministry Gardens		
Gethsemane Garden	Cass	Worked as a community to grow and share vegetables.
Happy Healing Garden	Cass	Learned how to grow and prepare healthy food.
MetiGROWshe Garden	Bottineau	Learned sustainable gardening practices; shared produce.

PROJECT	COUNTY	HIGHLIGHTS
Preschool Gardens		
Fessenden Child Care Center	Wells	Kids learned about plants, soils, insects and weather.
Growing Minds and Gardens	Cass	Grew vegetables and enjoyed healthy snacks.
Growing Tomorrow's Gardeners	Bowman	Learned how plants grow and where food comes from.
School Gardens		
Circle of Nations School Garden	Richland	Developed skills in producing, preparing healthy foods.
Gardening and Grinning	Foster	Learned of the wonders of nature and importance of ag.
Grand Forks Co. School Gardens	Grand Forks	Gardening/nutrition lessons conducted at four schools.
Hankinson Elementary Garden	Richland	Grew vegetables with elderly to eat and share with needy.
Kids and Plants	Burke	Learned to identify seeds; grew bedding plants for baskets.
Kids Choice Garden	McHenry	Learned where food comes from and how to grow it.
Liberty Middle School Garden	Cass	Maintained a science garden that promotes healthy diets.
Maple Valley High School Garden	Barnes/Cass	Built a raised garden bed to support studies in science.
Minnewaukan School Garden	Benson	Learned how to grow a garden and eat a healthy diet.
MOST 21st Century School Garden	Stutsman	Learned how to grow vegetables and enjoyed eating them.
North Shore Plaza School Gardens	Mountrail	Planted decorative pots and constructed raised beds.
Salad Bowl Garden	Walsh	Planted pots of vegetable transplants to grow at home.
Shanley-Sullivan Garden	Cass	Grew, donated, sold veggies for school and community.
South Prairie FFA Garden	Ward	Youth grew veggies and conducted supervised ag. projects.
Stanley High School Garden	Mountrail	Grew how to grow food in a lighted indoor garden tower.
Special Projects		
Green & Growing in Gackle	Logan	Beautified care center; grew vegetables with elderly.
Home Garden Variety Trials	Statewide	Evaluated promising varieties; enhanced science skills.
Luther Hall Community Garden	Cass	Learned how to grow a garden and eat healthy food.
Project Based Learning Gardens	Cass	Built raised beds and grew plants with autistic students.
Salsa Garden at Anne Carlsen Center	Stutsman	Students with disabilities learned to grow veggies for salsa.
Therapeutic Gardening	Burleigh	Developed skills in gardening; enjoyed therapeutic benefits.

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 53 projects for gardening supplies. Funds were provided by the North Dakota State Legislature. NDSU provided educational support to all projects and led 31 of them. Forty of the projects would not have been started without JMG funds.



Partners

New partnerships were forged and existing partnerships were strengthened. Over 260 local businesses and organizations worked with NDSU Extension in these projects. Support came in the form of human resources, access to land and water, plants, tools, fertilizer, transportation, classroom space and food.



Impacts on Youth

Approximately 3,660 children (2,350 young children and 1,310 teens) participated in JMG activities. Project leaders reported that youth developed skills in gardening and enjoyed the physical activity. They learned how to eat a healthy diet and gained experiences in helping others through public service.



Food Security

JMG projects assisted in the production and donation of an estimated 22,250 pounds of fresh vegetables. The produce went to food banks, churches, elderly, shut-ins, New Americans and other needy families. Vegetables were provided to senior care centers, school cafeterias and an after-school backpack program.



Beauty

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



Special Projects

JMG kids visited senior care centers to grow gardens and friendships. Disabled children and youth-at-risk learned how to grow a garden. Students constructed raised garden beds and enjoyed gardening with autistic children. Youth conducted research to identify superior vegetable and flower varieties.

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

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:

“The Junior Master Gardener Program is impacting lives! It is great to see there is so much help around this amazing community!”

Kristy Tran, CHARISM

“The Junior Master Gardener Program provided our district with an opportunity [for a school garden] that some have wanted for years but could not obtain.”

Alex Hoffman, Maple Valley High School

“We operate on a small budget at our facility, so every penny helped us out. The equipment we were able to get will help us to sustain a garden going forward for years to come. On behalf of Luther Hall, we cannot thank you enough for helping us to provide an educational and therapeutic experience for these teens. I got to witness first-hand the impact this had on them and the fun they had while this was going on. Thank you!”

Garrett Filipek, Luther Hall

“The kids will take away knowledge and good memories with them through their lives.”

Adam Miller, Dakota Boys & Girls Ranch

“I believe that we are truly making a difference in our children and families lives by introducing gardening early in life. . . . Thank you for this grant and the opportunities it provided in learning for all.”

Debra Habedank, NDSU Ctr. for Child Devel.



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

“This project would not have happened without the support of this grant. . . . Over the course of the summer we had a 90% attendance rate, which shows the support we received not only from the students but from the staff that support the students in their home environments to make sure the students got to the classes that we offered. It was a wonderful learning opportunity for everyone and we are thankful for this opportunity and for the support the grant provided.”

Caryn Claflin, Anne Carlsen Center

“As a small non-profit, we really appreciate the funding we have received from this program. Our vegetable garden program was started through this funding and has greatly enhanced our animal diets. Countless kids have been taught that they can grow healthy food at home.”

Joan Vettel, Chahinkapa Zoo



“We can’t thank you enough for helping our facility look beautiful. . . . The gardens were watered, weeded and harvested by our residents, which gave them something to do outside, enjoying the sunshine and fresh air. For this I thank you from the bottom of my heart. If it weren’t for the gardens and flowers, some of our residents wouldn’t have even gone outside. This gave them a purpose.”

Jane Schoonover, Gackle Care Center

“This project is a great opportunity for our students and staff and we are so grateful for it!”

Mariana Shadden, Circle of Nations School

“Thank you for your support! It is amazing watching participants’ faces light up as they try something fresh from the garden and discover a new favorite vegetable or berry.”

Laura Halvorson, Metigoshe Ministries

“This project has impacted my life as the facilitator as well as our students, staff, parents and community. I even have parents contacted me to see where I got the [indoor light tower] system as students have gone home to share what they have been learning in class. Thanks again, without your sponsorship this would not have been possible.”

Courtney Albertson, Stanley High School

“Grow and Store is one of those projects which will grow each year. We appreciate the grant award for allowing this project to be done at this scale. The knowledge gained will be built upon in future years. Children are already looking forward to growing more food next spring.”

Duaine Marxen, NDSU Ext. – Hettinger Co.

“We were so thrilled to receive this grant! We thank you for this opportunity for our kids and community.”

Sara Lee, North Shore Plaza School PTO

“Without these funds, this container gardening project would not have been able to be done. Many of the participants had zero experience in the gardening world. Starting with a small-scale project like container gardening was a great way to ease them in and gain the confidence to grow their own produce. Also, many were unaware of the vast amount of resources at their local Extension Office. This was a great way to introduce them to us!”

Sara Laite, NDSU Extension – Ramsey Co.

“Great project! This partnership with the North Dakota Veteran’s Home and 4-H clubs would never have happened without this grant.”

Debra Lee, NDSU Extension – Ransom Co.

“The Junior Master Garden Project is in my book right at the top for providing hands-on gardening opportunities for our students. Thanks.”

Anne Biewer, Hankinson Elementary School

“In summer 2018, we increased the reach of our Buzz Lab internship program and added multiple programs to our Heritage Garden programs. . . . The NDSU Junior Master Gardener grant helped support the garden-based work that is the foundation of this ambitious programming.”

Sandy Thompson, Plains Art Museum

“This project is so very rewarding to be a part of. Watching the kids with the [senior care] residents is priceless.”

Carmen Rath-Wald, NDSU Ext. – Logan Co.

Contact

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



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More Information

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

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