



North Dakota Junior Master Gardener Program

ANNUAL REPORT 2022

NDSU

EXTENSION

North Dakota Junior Master Gardener Program



ANNUAL REPORT 2022



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Introduction

Our Greatest Resource

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

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

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

Poor diets and unhealthy lifestyles limit the potential of our kids. Let's lend them a hand—and a garden trowel.

Our Response

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

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

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

The following is our annual report for 2022. A description of gardening activities and their impacts on youth and their communities are presented for all 51 projects.



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

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

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

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

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

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

At-A-Glance

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



North Dakota State University

NDSU Extension awarded \$22,500 to 51 projects for gardening supplies. Funds were provided by the North Dakota State Legislature. NDSU Extension provided educational support to all projects and led 26 of them. Thirty-five of the projects would not have been started without JMG funds.



Partners

New partnerships were forged and existing partnerships were strengthened. Over 175 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 3,320 children (2,110 young children and 1,210 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 15,000 pounds of fresh vegetables. The produce went to food banks, churches, family shelters, elderly, sick and other needy families. Students grew and donated produce for their school lunch programs. Community gardens were established.



Beauty

JMG kids beautified schools, day care centers, senior care centers, parks, courthouses and along city streets. They enhanced the landscapes of a hospital, library, community center and zoo. Flowers were grown and donated to hospitals and senior care centers.



Special Projects

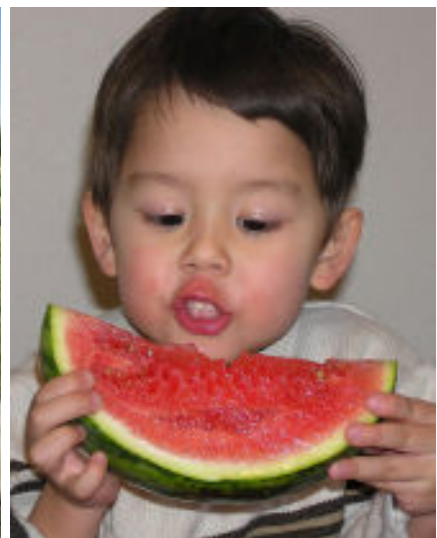
JMG kids constructed raised beds at senior care centers, parks and schools. Disabled and at-risk youth learned how to grow their own gardens. Youth conducted research to identify superior vegetable varieties. JMG activities supported pollinator gardens, sensory gardens and a summer reading program.

For more information, go to www.ndsu.edu/agriculture/extension/programs/junior-master-gardener/.

Summary of Projects

PROJECT	COUNTY	HIGHLIGHTS
Beautification Projects		
Das Leipzig Kinder Garden Project	Grant	Planted flowers at a hospital and an assisted living center.
Flower Beds for Regent	Hettinger	Built raised beds and planted flowers around town.
Harwood Community Center	Cass	Constructed raised planters to beautify a community center.
Hillsboro Beautification Project	Traill	Provided flower planters for local businesses.
Missouri Valley Bunch 4-H Club	Morton	Beautified government buildings; gardened with the elderly.
Stanley Main Street Beautification	Mountrail	Planted flowers in pots placed along Main Street.
Sunshine Gardens	Traill	Designed and planted two flower gardens in local park.
Community Garden Projects		
Fort Seward Garden Project	Stutsman	Learned how to grow vegetables; donated to food bank.
Gardening in Garrison	McLean	Developed skills in growing vegetables; donated to needy.
Growing the Youth of Ramsey Co.	Ramsey	Established raised-bed gardens at a local park.
Junior Community Garden	Dickey	Grew vegetables in a park; shared produce with the needy.
Makoti Community Garden	Ward	Grew vegetables and beautified a city park with flowers.
Plant the Seed Learning Garden	Stutsman	Learned how to grow and eat vegetables.
Towner County Comm. Garden	Towner	Learned of gardening and environment; donated produce.
Wildrose Community Garden	Williams	Converted an open lot into a community garden.
Environmental Stewardship Projects		
'Bee the Change' Pollinator Garden	Pembina	Learned about pollinators; established a pollinator garden.
A Bug Hotel for Pollinators	Dunn	Planted flowers and constructed housing for pollinators.
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Earth Day 2022		Learned about conservation, pollinators and soil health.
MetiGROWshe Garden	Bottineau	Learned sustainable gardening practices; donated produce.
Pollinator Garden Camp	Grant	Planted pollinator and hunger-free gardens; made crafts.
Food Security Projects		
Hay Creek Hunger Free Garden	Morton	Grew potatoes for local food pantries and shelters.
Produce for Wahpeton Food Pantry	Richland	Grew and donated vegetables for low-income families.
Home Garden Projects		
Backyard Gardening Contests	Logan	Competed with each other to grow giant vegetables.
Home Garden Variety Trials	State	Evaluated promising vegetable and flower varieties.
Library Projects		
Grow Little Gardeners	Bowman	Made garden boxes and learned to grow lettuce at home.
Kids in the Garden at the Library	Emmons	Developed skills in gardening through a series of lessons.
Library Community Planters	Morton	Planted and cared for salsa gardens in planters at library.

PROJECT	COUNTY	HIGHLIGHTS
Preschool Garden Projects		
Building Blocks Learning Center	Bottineau	Learned of gardening and nutrition; tasted vegetables.
Future Gardeners of Oakes	Dickey	Developed skills in growing vegetables and flowers.
Head Start Raised Garden Beds	Benson	Learned to grow and eat vegetables from their gardens.
Langdon Daycare Center Garden	Cavalier	Grew vegetables for eating and flowers for pollinators.
Little Bearcats' Garden	Morton	Enjoyed lessons on plants and how plants grow.
On the Move with Gardening Fun!	Cass	Learned to grow and eat colorful vegetables.
School Garden Projects		
21st Century Learning Garden	Stutsman	Learned how to grow vegetables and eat a healthy diet.
Camp Ed Gardening Ed-venture!	Burleigh	Discovered how fun and easy it is to grow food.
Edgeley-Kulm FFA Garden	LaMoure	Grew vegetables; provided tours; donated produce.
Hankinson Elementary Garden	Richland	Grew vegetables and field crops; shared with community.
Kids and Plants	Burke	Learned to identify seeds and grow plants in containers.
Minnie H Kinder Gardeners	Ramsey	Learned how plants grow; planted flowers at school.
Montpelier School Garden	Stutsman	Planted a native prairie garden to support science classes.
Seed to Flower to Seed	Stutsman	Learned of seeds and how seeds grow to become flowers.
Stanley High School Garden	Mountrail	Developed skills in growing and cooking vegetables.
Wahpeton FFA Raised Garden Beds	Richland	Grew vegetables in raised beds; donated produce.
Senior Citizen Projects		
Gardening with Girl Scouts	Barnes	Hosted a garden party at an assisted living center.
On-the-Go Mini Gardens	McLean	Constructed mini gardens for the elderly and themselves.
Pollination Experimentation	Stark	Assembled raised planters with flowers for a nursing home.
Special Needs Projects		
Garden to Table Community Serv.	Ward	Youth-at-risk learned how to grow vegetables.
Growing for All	Bottineau	Introduced disabled children to sensory gardening.
ND Autism Center Garden	Cass	Disabled children learned about gardening and nutrition.
Therapeutic Gardening	Burleigh	Developed skills in gardening; enjoyed therapeutic benefits.





Beautification Projects



Das Leipzig Kinder Garden Project

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

Project Activities

The Das Leipzig Kinder 4-H Club planted flowers in the planters they constructed last year at Jacobson Memorial Hospital Care Center (JMHCC).

The 30 kids then planted flowers and vegetables in raised beds at Dakota Hills Housing, an assisted living center. The youth cleaned up a perennial flower bed at the center and added more flowers to it.

Impacts on the Youth

The children learned about planting and caring for flowers and vegetables. They gained an opportunity to serve the sick, needy and elderly in their community.

Impacts on the Community

The facilities at JMHCC and Dakota Hills were beautified with flowers. Their outdoor spaces were made more enjoyable for the residents and visitors of each facility.

Partners

JMHCC, Dakota Hills Housing and Prairie Rose Greenhouse.



The Das Leipzig Kinder 4-H Club planted flowers at Dakota Hills Housing, an assisted living center in Elgin.

The children served the sick, needy and elderly in their community.



This project fostered:

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

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Flower Beds for Regent

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

Project Activities

The Dakota Sunrise 4-H Club does a community service project every year. This spring, eight children from the club constructed raised beds and planted flowers in raised beds and other containers at several places in Regent.

Impacts on the Youth

The children in this 4-H club look forward to their community service project every year. This year they developed skills in gardening and had fun making something beautiful for the entire community to enjoy.

Impacts on the Community

Regent is a small community and most of its residents are elderly. The residents loved watching the children giving back to their community.

The entire community enjoyed the beauty of the flowers.

Partners

City of Regent.



The youth of the Dakota Sunrise 4-H Club built raised beds and planted flowers in raised beds and other containers in Regent.

The children had fun making something beautiful for the entire community to enjoy.



This project fostered:

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

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Harwood Community Center

Harwood Helpers 4-H Club of NDSU Extension – Cass County

Project Activities

The Harwood Helpers 4-H Club designed and constructed two raised planters that sit outside the Harwood Community Center.

The seven children in this project met together to learn how to grow flowers and vegetables in containers.

Impacts on the Youth

The kids developed skills in growing plants in containers. They selected the finest plants and designed the planters so flowers would bloom all summer long. The youth learned how to plant, irrigate and fertilize flowers growing in the containers.

This was an exciting project for the kids. After planting in small, plastic planters in previous years, the children were happy to plant in large, wooden planters that will last for years. Although the project took a long time to plan and implement, the children thoroughly enjoyed creating these beautiful planters for the community.

Impacts on the Community

The community members and other guests that used the community center were greeted with flowers all summer long.

Partners

Harwood Community Center.



Children in the Harwood Helpers 4-H Club built raised planters that they filled with flowers for their community center.

The children thoroughly enjoyed creating these beautiful planters for the community.

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

Lessons on growing flowers in containers were provided to youth in the Generation II 4-H Club. These lessons included how to mix soil and how to select and design flowers for planting in containers.

The youth took annual flowers from the local greenhouse and placed them in planter pots. They were arranged to let trailing flowers hang over the edges of the pots.

The planters were placed in front of businesses in Hillsboro. Many of these businesses support youth activities in the community.

Impacts on the Youth

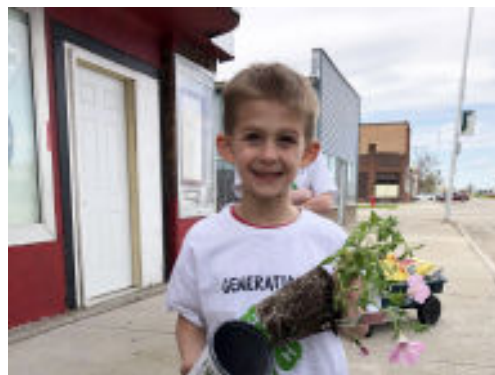
Youth learned how to select and care for flowers grown in containers. They learned how to work as a team to beautify their community. They learned the importance of showing thanks to local businesses that support youth activities.

Impacts on the Community

The planter pots beautified the town of Hillsboro all summer. The success of this project has generated interest in conducting more youth activities for the community.

Partners

Master Gardeners of NDSU Extension – Traill County, Hillsboro Business Association and Fleith's Floral.



The children of the Generation II 4-H Club beautified Hillsboro by providing flower planters for businesses.

The children learned how to work as a team to beautify their community.

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 planted flowers in the garden beds outside of the Morton County Courthouse. They also planted flowers in large pots that were placed at the entrance of the NDSU Extension – Morton County office.

The club planted flowers and vegetables in the raised beds at Edgewood Vista Mandan Assisted Living Care Facility. They helped the residents to plant flowers in pots that were placed at the entrances and on the patio of the facility.

Impacts on the Youth

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

The children had a great time working alongside seniors in their community. It was a wonderful cross-generational experience.

Impacts on the Community

Visitors and staff of the Morton County Courthouse and NDSU Extension office were greeted by a colorful array of flowers.

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

Partners

Morton County Courthouse, Edgewood Vista and Cottontail Way Greenhouse.



The Missouri Valley Bunch 4-H Club beautified the grounds of their courthouse and Extension office. The kids enjoyed gardening with residents of Edgewood Vista.

The children had a great time working alongside seniors in their community.

This project fostered:

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

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Stanley Main Street Beautification

Mountrail Eagles 4-H Club of NDSU Extension – Mountrail County

Project Activities

Ten youth of the Mountrail Eagles 4-H Club planted flowers in decorative containers. These containers were donated to businesses along Main Street to beautify the town of Stanley.

Impacts on the Youth

It was a good learning experience for the children. They learned how to select and plant flowers for containers. The youth learned how to design the plantings to make them look beautiful.

This was a great opportunity for children to give back to their community.

Impacts on the Community

The containers beautified downtown Stanley all summer long. The town hosts a big 4th of July parade and numerous other events in summer, and the flowers were enjoyed by many.

Partners

The Stanley Commercial Club.



This was a great opportunity for children to give back to their community.

The youth of the Mountrail Eagles 4-H Club planted flowers in containers. These containers were donated to Main Street businesses in Stanley.



This project fostered:

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

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Sunshine Gardens

Hatton Eielson School

Project Activities

Students designed and planted two flower gardens in Hatton City Park. The youth learned about different kinds of plants, growing zones, plant sizes, color placement, growing requirements and aesthetics. Several of the students went on a field trip to Spring Haven Greenhouse to learn about the plants.

Approximately 90 students worked on the project. Students in grades 7 and 8 helped in preparing the planting site, students in grades 5 and 6 designed the flower gardens and students in grades K through 4 helped with the actual planting.

Impacts on the Youth

The children learned about designing gardens, selecting flowers and growing plants. The students took ownership in their community gardens. They truly felt they had accomplished a lot when the gardens were completed. Many of the students stopped by the gardens during summer to help maintain the site.

Impacts on the Community

Two beautiful gardens were planted in a public park for everyone in the community to enjoy.

Many of the children asked their parents to work with them to plant flower gardens at their homes.

Partners

Hatton Park Board, Hatton Eielson School, NDSU Extension – Traill County and Spring Haven Greenhouse.



Students at Hatton Eielson School toured a greenhouse to learn about plants. Using this knowledge, they designed and planted two gardens in Hatton City Park.

Students developed a love for plants and an appreciation for their environment.



This project fostered:

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

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Community Garden Projects



Fort Seward Garden Project

Fort Seward 4-H Club of NDSU Extension – Stutsman County

Project Activities

Youth in the Fort Seward 4-H Club grew vegetables at the Jamestown Community Gardens. Working as a team, the 14 youth were active in the sowing, irrigating, weeding and harvesting the crops.

The produce was shared among the youth and a local food bank.

Impacts on the Youth

The children learned how to grow a garden, where food comes from, and how to preserve some foods. The children enjoyed tasting some new vegetables. They also learned about teamwork and giving back to their community.

Impacts on the Community

The project provided 100 pounds of fresh vegetables to the local food bank.

Partners

Jamestown Community Gardens and a local food bank.



The children learned about teamwork and giving back to their community.

Youth in the Fort Seward 4-H Club learned how to grow a garden. They shared the harvest with a local food bank.



This project fostered:

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

Contact

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Gardening in Garrison

Northshore Homeschoolers (Garrison)

Project Activities

Families of Northshore Homeschoolers and Flickertail Farmers 4-H Club learned how to sow, care for, and harvest a wide variety of vegetables.

Twenty-two children grew vegetables at home and cared for eight rental plots at the Garrison Community Garden.

The families donated food to neighbors in need. The group encouraged children to try new foods by sharing favorite vegetables and recipes among themselves.

Impacts on the Youth

Many of these children had never gardened before. They spent many hours in fresh air and sunshine engaging in physical activity. They learned science and developed skills they can use throughout their lives.

The children enjoyed working with each other, their families and their neighbors in the community garden.

Impacts on the Community

Approximately 100 pounds of produce was donated to families in need, including one family whose father lost his job over the summer. The children helped an elderly man to care for his garden.

Partners

Flickertail Farmers 4-H Club of NDSU Extension – McLean County, Garrison Community Garden and Giffey's Garden Center.



They learned science and developed skills they can use throughout their lives.

Youth in Garrison enjoyed growing vegetables at their community garden and at home.



This project fostered:

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

Contact

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Growing the Youth of Ramsey County

NDSU Extension – Ramsey County

Project Activities

Two raised-bed gardens were established at Bridgestone Park. These beds were within walking distance from Sunnyside Childcare Center and Hope Center Food Pantry.

NDSU Extension provided gardening lessons to children at the park. The youth grew fruits and vegetables using the square-foot gardening method.

NDSU Extension provided health and nutrition lessons at Hope Center using the produce. Lessons included food preparation techniques. Excess produce was donated to Hope Center.

Impacts on the Youth

Children learned about planting, maintaining and harvesting fruits and vegetables. Children who grow their own food are more likely to eat fruits and vegetables and continue healthy eating habits throughout their lives.

Impacts on the Community

This gardening experience and the nutrition classes empowered families to grow their own vegetables. Many of these families had never grown a garden before. Approximately 40 pounds of produce was donated to Hope Center.

The raised beds beautified the new Bridgestone Park in Devils Lake.

Partners

Sunnyside Childcare Center, Hope Center Food Pantry, City of Devils Lake, Devils Lake Greenhouse, and Devils Lake Chamber of Commerce.



Children from Sunnyside Childcare Center learned how to grow fruits and vegetables.

This project empowered families to grow their own vegetables.

This project fostered:

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

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Junior Community Garden

Oakes/Sargent Central/Ellendale FFA

Project Activities

Ninth-grade students designed a garden space for a community garden in Hockenberry Park in Oakes. The raised-bed garden sits near the Oakes Farmers Market and has been utilized by NDSU Extension for educational programs.

Children in the agriculture class learned about managing soil and caring for plants. The vegetables grown in the garden were available to anyone in the community to harvest.

Impacts on the Youth

Forty children learned how to grow vegetables. This included preparing soil, sowing seeds, growing transplants, weeding, watering and harvesting.

Impacts on the Community

Free vegetables were available to the community to harvest. Approximately 50 pounds of produce was shared.

Families in the community visited the garden during the summer. They could see how vegetables grow and where their food comes from.

Partners

NDSU Extension – Dickey County.



Students grew vegetables in a raised-bed garden in Oakes. The vegetables were shared with families in the community.

Families that visited the garden could see how vegetables grow and where their food comes from.



This project fostered:

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

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Makoti Community Garden

Mountrail Pioneers 4-H Club of NDSU Extension – Mountrail County

Project Activities

Youth from the Mountrail Pioneers 4-H club grew vegetables and flowers in garden beds and planters. They also picked up litter in the park.

The 25 children learned how to grow a square-foot garden and care for plants. The youth cared for the vegetable and flower gardens all summer.

Impacts on the Youth

The children learned how to grow and harvest food from a garden. They enjoyed eating the fresh, healthy food they grew. They learned about pollinators as well as the life cycles of plants and insects.

Children gained an experience in community service and volunteering. The kids were proud of their work and the difference it made in their community.

Impacts on the Community

This project beautified Makoti City Park. The beauty was enjoyed by everyone who visited the park.

The gardens provided a source of fresh food for the entire community. Makoti does not have a grocery store, so it was convenient to have the gardens to harvest from.

Partners

Makoti Park Board and Lowe's Garden Center.



Youth from the Mountrail Pioneers 4-H club grew vegetables and flowers in garden beds and planters at Makoti City Park.

The kids loved this project. They requested to do another garden project in the future.



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 gardens. Seventy youth participated in this year's program.

The children planted a variety of plants that the children could watch grow, harvest and eat. A wildflower bed was established on the playground.

The children played educational games that focused on developing skills in gardening and farming strategies.

Impacts on the Youth

The children enjoyed being outdoors and looked forward to each lesson. The children developed gardening skills including planting and weeding the crops.

Snacks from the garden were provided to the children at least every week during summer.

Impacts on the Community

The garden space is open to everyone in the community. Many families visiting the Two Rivers Activity Center stopped by to see what was happening.

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.



The children enjoyed being outdoors and looked forward to each lesson.



Youth at the On TRAC Learning Center enjoyed learning how to grow and eat vegetables.

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 place for children and families. In this summer's program, the children enjoyed an aquaponics activity with lettuce, planted a tomato to take home, read a book on soil and water, and painted happy rocks for the garden. Sixty children participated in the program.

Impacts on the Youth

Children developed skills in gardening through activities that included planting and harvesting. The youth learned about soil, water and plants. They learned about pollinators and how they help a garden to grow. The children learned about their local food pantry and being good stewards.

Impacts on the Community

The community garden is in the center of Cando and beautifies the area. There is a relaxation bench and a book exchange in the middle of the garden for the community.

Over 500 pounds of vegetables were grown and donated to the local food pantry.

Partners

4-H Clubs of NDSU Extension – Towner County, Farm Service Agency, Cando Lutheran Church, Veterans of Foreign Wars, Towner County, City of Cando and Lil Prairie Greenhouse.



Children learned about gardening and painted happy rocks in activities conducted at the Towner County Community Garden.



This project fostered:

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

The community garden is a learning place for children and families.

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Wildrose Community Garden

Auntie's House Daycare (Wildrose)

Project Activities

Families in Wildrose came together to build the town's first community garden. Called Common Ground Community Garden, the garden serves as a place where residents can gather together and grow food.

An open lot full of weeds was transformed into the community garden. Raised beds were constructed for planting next year. Auntie's House Daycare is helping to maintain the garden.

Impacts on the Youth

Nineteen children helped in the establishment of the garden. The children visited other gardens in Wildrose and helped with harvesting. They had pure joy in their faces when they saw what a small seed could produce.

Impacts on the Community

The mayor of Wildrose has been working to improve the beauty of the town. Several neglected buildings have been removed, leaving open lots available for projects.

This community garden added beauty to the town. The garden provides everyone in Wildrose with an opportunity to grow fresh vegetables. Families can grow food while establishing friendships with others in the community.

Partners

The City of Wildrose and multiple families within the community.



Youth in Wildrose helped in the establishment of the town's first community garden.

The children had pure joy in their faces when they saw what a small seed could produce.



This project fostered:

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

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Environmental Stewardship Projects



'Bee the Change' Pollinator Garden

NDSU Extension – Pembina County

Project Activities

The project established a pollinator garden in Cavalier to provide a haven for pollinators and a place where children can learn about pollinators.

The project hosted two educational sessions for children ages 5 to 16. Ten youth learned about pollinator habitats and the importance of pollinators.

Impacts on the Youth

The children learned the value of pollinators in our food supply.

The youth enjoyed the classes and were encouraged to create their own pollinator habitats at home. They received seeds to start their gardens.

Impacts on the Community

This garden has provided important habitat for pollinators and a location for teaching children.

The central location of the garden has generated a lot of interest and support from the general public. The garden was established in an area of Cavalier that was underutilized.

The administration in the City of Cavalier has agreed to allow the planting of a milkweed patch to support a monarch monitoring project. Members of the community have donated seeds for next year.

Partners

The City of Cavalier, Pembina County Fair, Pembina County Soil Conservation District, and 4-H and its Pollinator Ambassadors.



The garden has provided important habitat for pollinators and a location for teaching children.

Youth in Pembina County learned about pollinators and their importance to our food supply.

This project fostered:

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

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A Bug Hotel for Pollinators

Girl Scouts Dakota Horizons Troop 85112

Project Activities

Members of Girl Scouts Dakota Horizons Troop 85112 learned about the importance of pollinators and how the habitat for pollinators is decreasing.

The 12 girls planted flowers in a pollinator garden at the Children's Playscape at Lake Ilo National Wildlife Refuge. They constructed a "bug hotel" in the garden to provide shelter for pollinators.

Impacts on the Youth

The youth learned the importance of pollinators in the environment. They learned that pollinators were to be protected and not feared or harmed.

The children developed skills in gardening and learned the value of teamwork.

Impacts on the Community

This pollinator garden is one part of an effort to revitalize Lake Ilo National Wildlife Refuge. It will educate more people as they come to visit the park.

Partners

Lake Ilo Park Board, Schollmeyer Farms, Dunn County and Dunn County Jobs Development Authority.



The children provided a favorable habitat for pollinators.

Girl Scouts planted flowers and constructed a bug hotel for pollinators at Lake Ilo National Wildlife Refuge.



This project fostered:

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

Contact

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Chahinkapa Zoo Gardens

Chahinkapa Zoo (Wahpeton)

Project Activities

Forty-five children participated in a series of classes. The project began with a celebration where children learned where seeds come from. They planted flowers in pots to take home.

The next event included planting the main flower bed with pansies and zinnias. Children took home pansy and daylily plants.

The class in June involved planting the vegetable garden and learning how to dry herbs. The children fed lettuce to the tortoises and goats. Each child took home some dill plants and a pot to grow lettuce.

In July, the kids picked produce from the vegetable garden. They tasted the vegetables and shared them with monkeys. The children took home aloe and spider plants.

Impacts on the Youth

The children learned to start plants from seeds, transplants and tubers. The children enjoyed tasting vegetables from the garden, and they saw how much the animals enjoyed fresh food. The children learned the value of bees, butterflies and other pollinators.

Impacts on the Community

The gardens planted by the youth are enjoyed by 70,000 visitors a year. The more wonderful the experience, the more people visit the community, and the longer they stay.

Partners

Local nurseries, landscapers and greenhouses.



Youth at the Chahinkapa Zoo planted flower gardens, fed fresh vegetables to tortoises and other animals, and took plants home to grow.

The children enjoyed growing food for the animals and making their local zoo beautiful.

This project fostered:

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

Contact

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Earth Day 2022

Project Activities

Youth at TGU Towner and Granville Schools participated in Earth Day activities. Children learned about conservation, pollinators and soil health.

Each of the 181 children made an insect “hotel” to attract pollinators, and they received a tree to grow at home.

Impacts on the Youth

The children learned the importance of trees and pollinators in the environment. The children were provided an opportunity to plant a tree at home and care for it.

Impacts on the Community

A total of 400 trees were planted in the community. The insect hotels provided habitat for pollinators in the community.

Partners

NDSU Extension – McHenry County.



Youth at TGU Towner and Granville Schools learned about conservation and made insect “hotels” to bring home for pollinators.

The children learned the importance of trees and pollinators in the environment.



This project fostered:

- Gardening skills
- Physical activity
- 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 678 youth (pre-school through senior high school) took an active role in growing fresh produce for themselves and the Bottineau Food Pantry.

Impacts on the Youth

Children attending Camp Metigoshe were actively involved in the garden and orchard. They learned hands-on what is required to grow food.

They experienced the pride and excitement of harvesting their produce and eating fresh and nutritious food. The children connected their practical experience with an understanding of nature through a curriculum focusing on soil health.

The children 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

The youth grew and donated over 100 pounds of produce to the Bottineau Food Pantry.

Partners

Metigoshe Lutheran Church and Bottineau Food Pantry.



Children at Camp Metigoshe enjoyed learning about gardening and soil health. Activities included sowing seeds, cultivating the land and harvesting berries.

The children experienced the pride and excitement of harvesting their produce.



This project fostered:

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

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Pollinator Garden Camp

NDSU Extension – Grant County

Project Activities

A two-day camp was held on gardening basics with a special focus on pollinators. Twenty-two youth learned about the life cycle of plants including lessons on soil, pollinators, pests and parts of plants.

The youth planted a pollinator garden and a Hunger Free vegetable garden at the Grant County Courthouse.

Participants planted pollinator gardens to take home, created insect hotels, made baths for bees, dissected flowers, and played games to learn about insect mouthparts and pollination.

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 the children to gain a sense of personal satisfaction for their efforts in contributing to the local community.

Impacts on the Community

Fifteen pounds of produce from the Hunger Free garden was donated to the Carson Senior Meals Site.

The pollinator garden provided a learning opportunity on the importance of pollinators. Its flowers provided beauty at the Courthouse.

Partners

Carson Senior Meals Site.



Youth in Grant County made crafts and pollinator gardens that taught the importance of pollinators.

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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Food Security Projects



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

A team of eleven kids was involved in all phases of production this year. This included sowing, weeding, irrigating, harvesting, washing and bagging the potatoes.

Impacts on the Youth

Children learned how to grow potatoes. Some had never grown a garden before or realized potatoes grew underground.

The dynamics of the club has changed over the last two years as there are more younger children on the team, and all were eager to help. The older kids took leadership roles in organizing the harvest.

Impacts on the Community

Approximately 4,500 pounds of potatoes were grown and donated to food pantries this year. Over a 13-year span, this club has grown and donated over 39,000 pounds of produce.

Food pantries were extremely grateful for this produce. Some of the donated potatoes were used for community dinners and some were given out to needy families.

Partners

Local food pantries/shelters.



The Hay Creek Kids 4-H Club grew and donated tons of potatoes to local food pantries and shelters.

This program helps our community and has made an impact on our kids.

This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Food security
- 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 third straight year, the Helping Hands 4-H Club youth and their families grew fresh garden produce for needy families in the Wahpeton area. The kids were involved in all phases of gardening from sowing to harvesting. The produce was delivered to the Wahpeton Food Pantry.

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

Food insecurity is a problem in Wahpeton and Breckenridge, especially for fresh fruits and vegetables. Rising food prices at the grocery store is very much a concern for many needy families.

A total of 250 pounds of produce was grown and shared with needy families.

Partners

NDSU Extension and its Master Gardeners, Wahpeton Food Pantry and local garden centers.



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

Rising food prices at the grocery store is very much a concern for many needy families.

This project fostered:

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

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Home Garden Projects



Backyard Gardening Contests

NDSU Extension – Logan County

Project Activities

Seventeen youth were provided with lessons and educational resources to learn how to raise fruits and vegetables in gardens.

The kids competed with each other to grow the largest fruits and vegetables. Assistance was provided by Extension, parents and other adults.

A public service component to the project was added when the youth agreed to care for the grounds at the Logan County Courthouse for one day.

Impacts on the Youth

The gardening skills developed by the kids may help them to eat a healthier diet in the future. The youth sharpened their skills in science and problem solving when they learned to identify plants, insects and diseases.

Gardening allowed them to get more physical activity and helped to build their self-esteem through a sense of accomplishment.

Impacts on the Community

The gardening skills developed by the youth will be shared with others in the community for years to come.

When youth grow their own fruits and vegetables, they are more likely to develop healthy eating habits and get more physical activity. Having a healthier population will have a positive effect on the community. The courthouse grounds were beautified.

Partners

Faulkner's Market.



This gardening competition encouraged youth to do their best.



Youth in Logan County competed with one another to grow the largest fruits and vegetables.



This project fostered:

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

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Home Garden Variety Trials

NDSU Extension – Department of Plant Sciences

Project Activities

Children throughout North Dakota evaluated promising varieties of vegetables and flowers in their backyards. A team of 325 children in 36 counties selected among 80 different trials. Each trial consisted of a comparison of two varieties of a crop. Examples of crops included green bean, burpless cucumber, large pumpkin, watermelon and orange 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 95% of youth in this project improved their diets, 90% increased their levels of physical activity and 76% developed skills in science and math by conducting these experiments.

Impacts on the Community

The use of superior varieties will lead to higher yields, healthier diets and reductions in the use of pesticides. Thousands of gardeners will learn of the results of these trials and make informed choices when selecting varieties to plant in 2023.

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

Partners

Prairie Road Organic Seed Company and 130 families in North Dakota.



Youth in North Dakota evaluated promising varieties of vegetables for production and taste qualities.

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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Library Projects



Grow Little Gardeners

Bowman Regional Public Library

Project Activities

The Bowman Regional Public Library offered a series of gardening lessons for children. Thirty-one children learned how to grow lettuce. These children were given their own lettuce gardens to grow at home.

A seed library was established to support beginner gardeners in the community. Gardening tool kits were made available for check out.

Impacts on the Youth

The children learned basic skills that may lead to a love of gardening.

The youth were excited to grow their own lettuce gardens. They reported back with stories of how their gardens were growing at home. The children were excited to eat salads from the lettuce they grew.

Impacts on the Community

The children encouraged their own families to start gardens at home. Many of the families had never grown a garden before.

The seed library and tools were used by several families in the community to start home gardens.

The library plans to expand its Outdoor Learning Commons to allow for more gardening space for youth and adults. These plans will include raised-bed gardens, container gardens, pollinator gardens and rain barrels.

Partners

Buried Treasure Garden Center and Ace Hardware.



Youth learned how to grow lettuce and then made garden boxes to grow lettuce at home.

The children encouraged their own families to start gardens at home.



This project fostered:

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

Contact

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Kids in the Garden at the Library

NDSU Extension – Emmons County

Project Activities

Weekly gardening lessons were provided to 53 children at Harry L. Petrie Library in Linton. Topics included types of gardens, critters in the garden, seeds, roots, stems, flowers and fruits in the garden.

A hands-on project was included in each lesson. These projects included making grass people, painting pots, making smoothies and making handprint sunflowers.

Impacts on the Youth

The children learned how plants grow from start to finish. They gained a greater appreciation of where their food comes from.

Impacts on the Community

The knowledge gained by the youth on gardening may lead to a healthier community and a better environment.

Partners

Harry L. Petrie Library and Linton Public School.



The children learned how plants grow from start to finish.



Youth in Emmons County learned about gardening through a weekly series of fun lessons.



This project fostered:

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

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Library Community Planters

Morton Mandan Public Library

Project Activities

A group of four teenagers used several of the library's planters to grow a variety of vegetables and herbs.

The teen volunteers helped to prepare the planters and then planted the vegetables and herbs. The teens helped to water the planters during the summer. The harvested produce was donated.

Impacts on the Youth

The project was a great way for the library to connect with teens while its indoor facilities were closed due to construction. The youth assisted in the outdoor renovation of the library.

Impacts on the Community

There was a big response from patrons who stopped by to admire the gardens. They were impressed with the gardens and happy the project was led by teens. This project was a beautiful way to engage the library's patrons when they couldn't actually come inside the building.

Partners

NDSU Extension.



The patrons of the library were impressed with the gardens and happy the project was led by teens.



Teen volunteers planted and cared for salsa gardens in planters at the Morton Mandan Public Library.



This project fostered:

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

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Preschool Garden Projects



Building Blocks Learning Center

NDSU Extension – Bottineau County

Project Activities

Gardening classes were presented to 20 pre-school kids at Building Blocks Learning Center (BBLC). The “On the Move to Gardening Fun” curriculum was used. This included lessons on garden types, wildlife, seeds, roots, stems, leaves, flowers and fruits. Each lesson included hands-on activities, a taste test and a sensory activity.

Flowers, herbs and vegetables were grown in raised-bed gardens. The kids grew and harvested many of the plants for the lessons. Some of the harvest was taken home by the kids.

Impacts on the Youth

Children learned about nutrition and had the opportunity to explore different fruits, vegetables and herbs and try them in different forms.

The kids gained gardening skills through hands-on experiences in planting, caring for and harvesting a garden.

Impacts on the Community

Children brought newsletters to their parents that encouraged recipe sampling and gardening. A survey at the end of the program showed that newsletters were read by nearly all parents, and the parents increased their knowledge of nutrition.

The project beautified the grounds of BBLC.

Partners

Building Blocks Learning Center.



Children tasted lots of different fruits, vegetables and herbs.

Youth from the Building Blocks Learning Center tasted fruits and vegetables, harvested from their garden, and took vegetables home.



This project fostered:

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

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Future Gardeners of Oakes

Tiny Tornadoes Daycare and Preschool

Project Activities

Children at Tiny Tornadoes Daycare and Preschool learned how to grow vegetables and flowers. The 20 kids read books about plants and gardening. The children watered the plants, watched them grow and harvested them. They learned about worms and examined them with magnifying glasses.

The children decorated vases and harvested flowers from their garden to put in the vases. The flower arrangements were delivered to the elderly at the Good Samaritan Society.

Impacts on the Youth

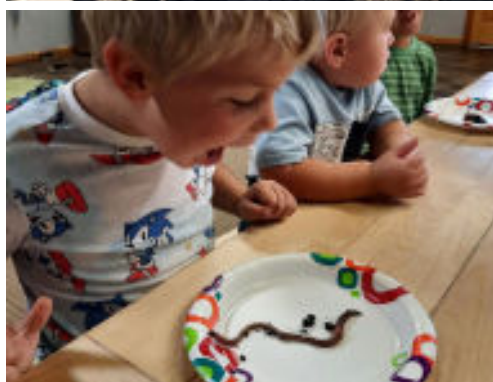
Children were provided hands-on opportunities to plant, water and harvest from their garden. They enjoyed snacking on their own produce, which promoted healthy eating habits. The youth enjoyed the outdoors and connecting with nature. The project provided the kids with a community service activity.

Impacts on the Community

The project brought cheer to the elderly at Good Samaritan Society. The children beautified the Tiny Tornadoes' outdoor area in downtown Oakes.

Partners

James River Soil Conservation District, Good Samaritan Society and B&B Gardens.



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

The youth learned how to grow vegetables and flowers. They learned about worms. The children made flower arrangements to share with the elderly.



This project fostered:

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

Contact

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Head Start Raised Garden Beds

NDSU Extension – Benson County/Spirit Lake Nation

Project Activities

Two raised garden beds were installed at the Cankdeska Cikana Community College Head Start location. A group of 12 children ages 2 to 5 learned how to plant and harvest tomatoes, carrots and potatoes. The “Grow It, Try It, Like It” gardening and nutrition curriculum was used in lessons conducted in June, August and September.

Impacts on the Youth

This project introduced vegetables to preschool-age children. They learned to plant seeds and seedlings, how to water and how to harvest. They touched and tasted vegetables and learned that good food can be grown in the earth. They had fun and increased their physical activity while gardening.

The introduction of young children to gardening increases the likelihood they will eat a wider variety of vegetables and may spark a passion for growing and eating healthier foods.

Impacts on the Community

The children took some of the harvest home to their families. A valuable lesson of giving their produce to an Elder in need was an especially poignant moment in the garden. Approximately 100 pounds of produce was shared in the community.

Partners

Cankdeska Cikana Community College (CCCC) Head Start, Ace Hardware, Wal-Mart, NDSU Extension and the CCCC Land Grant Department Greenhouse.



The introduction of young children to gardening may spark a passion for growing and eating healthier foods.

Youth from the Cankdeska Cikana Community College Head Start grew and enjoyed eating vegetables.

This project fostered:

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

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Langdon Day Care Center Garden

NDSU Extension – Cavalier County

Project Activities

A garden was planted at the Langdon Research Extension Center and managed by youth from the Langdon Day Care Center. Thirteen children met weekly from May through August. The youth were involved from planting to harvesting. Produce was shared with all children in the day care center.

Besides growing the vegetables, the youth learned the importance of eating vegetables as part of a healthy diet.

Impacts on the Youth

The youth gained gardening skills in this program. These are lifelong skills that may have an impact on their happiness and health in the future.

Sharing the produce helped the youth learn to provide service and become productive citizens.

Impacts on the Community

This is the sixth year of this program. There has been positive feedback from the day care center, the families involved, and other community members on this program.

Gardening is a skill that can be shared with all ages and throughout life. This program helped youth to establish these skills and share them with their families and others. This may improve the health and well-being of the entire community.

Partners

Langdon Day Care Center, Langdon Research Extension Center, Langdon Hardware and Rental, and the Cavalier County Transit System.



Youth from the Langdon Day Care Center met weekly to grow a beautiful garden with vegetables for eating and flowers for pollinators.

The youth learned the importance of eating vegetables as part of a healthy diet.



This project fostered:

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

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Little Bearcats' Garden

NDSU Extension – Morton County

Project Activities

A garden was established at the Bearcat Den Daycare in Hebron. Gardening lessons were provided once a week for eight weeks in summer.

The “Gardening Fun” curriculum from NDSU Extension was used. Youth learned all the parts of a plant. They were able to see the whole process of growing vegetables from sowing to eating. The children watered the garden and pulled out weeds.

Impacts on the Youth

Through a series of hands-on activities, eight children saw how plants grew, enjoyed more physical activity and developed healthy eating habits.

The produce from the garden was used in the snacks and lunches at the daycare.

Impacts on the Community

This garden was a focal point at the daycare. It provided nutritious food for the youth at the daycare.

This project may inspire young families to grow their own gardens at home.

Partners

Bearcat Den Daycare.



Youth at Bearcat Den Daycare enjoyed fun activities that taught them about plants and how plants grow.

This project may inspire young families to grow their own gardens at home.



This project fostered:

- Gardening skills
- Physical activity
- Healthy diets
- Beautification
- 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 49 preschoolers at the NDSU Center for Child Development. Topics included seeds, roots, stems, flowers, fruits and wildlife in gardens.

The children planted, watered, weeded and harvested a vegetable garden. They prepared and tasted salsa, zucchini bread, cantaloupe, green beans, edamame, broccoli and tomatoes.

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. These hands-on experiences may encourage the children to continue eating a wide variety of vegetables at home.

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

Twenty pounds of produce was shared with parents.

Partners

NDSU Extension, Walmart, Scheels and Baker Garden & Gift.



Children at the NDSU Center for Child Development Community Child Care Center learned how to grow and enjoy eating vegetables.

The children enjoyed growing and eating lots of colorful vegetables.



This project fostered:

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

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School Garden Projects



21st Century Learning Garden

NDSU Extension – Stutsman County

Project Activities

Gardening lessons were provided to 52 students in grades K–5 at the 21st Century Community Learning Center at Washington School.

The youth learned about gardening, plant parts and functions, MyPlate and nutrition. Along with hands-on gardening activities, they were able to taste a variety of fruits and vegetables.

Impacts on the Youth

The project provided several learning opportunities for kids. The students learned the basics of producing food. They learned how to work together in all phases of gardening from sowing to harvesting.

The first veggies to come out of the garden were the radishes. The youth were willing to try them because they grew them. When the peas came in, the veggies never did make it into the school—the students were so eager to eat them right at the garden.

Impacts on the Community

Some vegetables were shared with the school lunch program. Other vegetables were sent home with the children for their families to enjoy.

Parents reported their children wanted to start a garden at home next year.

Partners

The 21st Century Community Learning Center, Stutsman County Master Gardeners and Jamestown Volunteer Center.



The students were eager to eat the vegetables from the garden.

Children at the 21st Century Community Learning Center learned how to grow vegetables and eat a healthy diet.

This project fostered:

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

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Camp Ed Gardening Ed-venture!

Bismarck Parks and Recreation

Project Activities

Students at Dorothy Moses Elementary School helped to plant and maintain a garden in their school's courtyard. Each grade level had their own area to care for. Each of the 150 students was given a DIY garden journal to document their activities.

A local farmer helped teach about seeds, vegetable plants and caring for your plants. The 1st and 2nd graders also received classroom instruction from NDSU Extension.

Impacts on the Youth

The children learned where their food comes from. They learned how fun and easy it is to grow food. A majority of these kids have never been exposed to gardening in any form.

The opportunity for them to care for the soil, plant a seed, nurture their plant and then eat the result was amazing. Children learned about the importance and rewards of teamwork.

Impacts on the Community

The project beautified the school's grounds. The knowledge gained by the kids in the project was shared with their families and used in their home gardens.

Partners

Moses Elementary School, NDSU Extension – Burleigh County and a local farmer.



The youth learned how fun and easy it is to grow food.



Students at Dorothy Moses Elementary School helped to care for a garden in their school's courtyard and learned about plants.

This project fostered:

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

Contact

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Edgeley-Kulm FFA Garden

Edgeley-Kulm FFA

Project Activities

Students in the Horticulture class started seeds in the greenhouse. The gardens were later prepared and most of the land was planted before school ended for summer.

Students in grades 7–12 took shifts in summer to control weeds, trellis plants and harvest produce. The produce was shared with the nursing home, local families and the school's hot lunch program.

Impacts on the Youth

One hundred and twenty-four children gained gardening skills. They learned different ways to trellis, mulch and irrigate plants.

The students made new friends and gained teamwork skills in the summer. They learned where their food comes from and the work required to care for a garden. Students were able to see their hard work and dedication pay off. Students learned how to socialize with community members while they were giving away the produce.

Impacts on the Community

Over 100 pounds of produce was shared with the community. Members of the community attended tours to learn of new gardening techniques and to strengthen their connections with their local school.

Partners

Edgeley Public School, Southeast Region Career and Technology Center, Harmsen's Greenhouse, Miller's Fresh Foods and NDSU Extension.



Youth in Edgeley-Kulm FFA grew vegetables, provided garden tours and donated produce to local families.

Students were able to see their hard work and dedication pay off.

This project fostered:

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

Contact

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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.

A total of 125 students from the elementary school and 30 students from the junior high school helped in growing the garden. Twenty of the students helped to care for the garden during summer. The harvest was shared with elderly families in the area.

This year a North Dakota Agriculture Garden was added, displaying 16 crops grown in North Dakota. Potted flowers were added to beautify the area.

Impacts on the Youth

The students loved planting and working in the dirt. The children had fun harvesting the vegetables and taking some of the produce home to their families.

Students enjoyed visiting the homes of elderly families to share the harvest with them.

Impacts on the Community

Two thousand pounds of produce was shared with over 25 elderly households, families of the students and staff of the school, and many other families in the community.

Partners

American Legion Auxiliary, NDSU Extension – Richland County, Hankinson American Legion Post 88, and Sons of American Legion.



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

It was so fun to see the students get down and work in the dirt.

This project fostered:

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

Contact

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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 a series of classes that taught them about seeds and plants.

The children learned how to identify the seeds and seedlings of common vegetables and crops. They learned how to start plants from seed and how to transplant the plants. A total of 125 children participated in the project.

Impacts on the Youth

Students learned the association between seeds, plants and the vegetables they consume. Making those connections and learning how to grow vegetables may lead to healthier diets.

The youth who have participated in this program in multiple years have retained a high level of enthusiasm for gardening and/or farming.

Impacts on the Community

Several of the youth exhibited their hanging containers with flowers or vegetable plants at the Burke County Fair. These exhibits showed the entire community that anyone can grow flowers and vegetables whether they have a backyard garden or not.

Many of the youth helped their parents, grandparents and neighbors to help grow and harvest vegetables.

Partners

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



Youth in Burke County learned how to identify seeds and seedlings of common crops. They later learned how to transplant plants and grow them in containers.

Learning about seeds and how to grow a garden can lead to a healthier diet.



This project fostered:

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

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Minnie H Kinder Gardeners

Devils Lake Public Schools

Project Activities

Thirty children attending summer school at Minnie H Kindergarten Center were provided lessons on how plants grow. Once the lessons were completed, the children planted flowers in front of the school.

Each child was also given the opportunity to care for their own flower while in summer school.

Impacts on the Youth

The students learned how plants grew. They had a hands-on experience in planting flowers and beautifying their school. The youth were proud of what they accomplished.

Impacts on the Community

The school was beautified for the summer and fall. Many persons in the community expressed their appreciation on how beautiful the school was.

Plans are being made to establish a small garden at the school next year.

Partners

Paula's Plants and Walmart.



Youth at Minnie H Kindergarten Center planted flowers to beautify their school.

The youth had a hands-on experience in planting flowers and beautifying their school.



This project fostered:

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

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Montpelier School Garden

Montpelier Public School

Project Activities

This project created a garden emphasizing native forbs and grasses at Montpelier Public School. The garden was planted and maintained by students and volunteers from the community.

This garden is used to educate children about plants native to North Dakota and animals that utilize them. Students in grades K–12 visited the garden as a part of their science curriculum.

Impacts on the Youth

The garden helped to teach students about the importance of native plants in our environment. It also helped teach students about the responsibility of maintaining a garden.

This project provided students with an opportunity to work in a garden, which many had not done before.

Impacts on the Community

The garden gave the community a project to build together and enjoy. It provided a place to educate local community members about local grasses and forbs. It will benefit our local ecosystems by providing habitat for pollinators in our community.

Partners

Montpelier PTO.



Students at Montpelier Public School planted a native prairie garden to support their science classes.

The garden helped to teach students about the importance of native plants in our environment.

This project fostered:

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

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Seed to Flower to Seed

Master Gardeners of NDSU Extension – Stutsman County

Project Activities

A series of four weekly gardening classes were conducted in five elementary schools.

A total of 60 students learned about plant growth cycles. The youth examined, dissected, illustrated, labeled and planted seeds and bulbs. They monitored seed germination and plant growth. All activities were documented by the students in their journals.

Impacts on the Youth

The children learned how seeds become flowers, which in turn produce seeds. Skills in reading, writing, math, science and critical thinking were enhanced. The hands-on activities and group work positively impacted social skills and teamwork. The children's natural curiosity provided them with opportunities to figure things out on their own.

Impacts on the Community

The children shared what they learned in the lessons with their family, friends and community members.

Partners

Pingree-Buchanan, Kensal, Medina, Gackle-Streeter and Montpelier public schools; Stutsman County Seed Library and Tractor Supply Company.



Youth in five schools of rural Stutsman County were introduced into gardening. They learned about seeds and how seeds become flowers that produce seeds.

The children were curious and completely engaged in the activities.

This project fostered:

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

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Stanley High School Garden

Stanley High School

Project Activities

Students sowed vegetable and herb seeds in a pop-up greenhouse located in a classroom. The youth then grew the seedlings and transplanted them into raised beds located near the school.

The students learned how to grow and harvest cilantro, tomatoes, peppers, jalapeños, cucumbers, onions, carrots, potatoes, pumpkins, winter squash and zucchini.

The crops were harvested and used for cooking labs in Family and Consumer Science classes.

Impacts on the Youth

Two-hundred students developed skills in growing and cooking vegetables.

This hands-on project had a positive impact on the students and may lead them to caring for their own gardens in the future.

Impacts on the Community

Families who grow their own food may enjoy healthier diets and make positive impacts in their community.

The harvested vegetables were used to educate children in the Family and Consumer Science classes for two weeks.

Partners

NDSU Extension – Mountrail County and Tractor Supply Company.



Youth at Stanley High School learned how to grow, harvest and cook vegetables.

Families who grow their own food may enjoy healthier diets.

This project fostered:

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

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Wahpeton FFA Raised Garden Beds

Wahpeton FFA

Project Activities

The Wahpeton FFA Chapter maintains a raised-bed garden space at the Wahpeton High School. This project gives high school students hands-on experiences during summer.

Ag education students are required to maintain a Supervised Agricultural Experience. The garden provides a great space for students to fulfill these requirements.

The gardens are used by science classes during the school year. All of the produce is donated.

Impacts on the Youth

A total of 175 students developed the skills needed to grow their own food.

They learned responsibility by having to care for the gardens. The students were responsible for watering, weeding and harvesting the garden. They learned how to coordinate teams of helpers and volunteers to get the job done.

The students gained an opportunity to serve their community by growing food for the local food pantry.

Impacts on the Community

The students donated 200 pounds of produce to the community food pantry.

The raised beds beautified the grounds of the school.

Partners

Wahpeton FFA alumni and the local food pantry.



Wahpeton FFA youth students planted and maintained gardens. They developed gardening skills and donated the produce.

The students developed the skills needed to grow their own food.

This project fostered:

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

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Senior Citizen Projects



Gardening with Girl Scouts

Girl Scouts Troop 31027 (Valley City)

Project Activities

The Girl Scouts hosted a garden party with residents of Bridgeview Estates, an assisted living facility.

The Girl Scout troop worked through the “4-H Container Gardening” guide to determine which plants will be selected for the project.

During the party, each Girl Scout and resident worked together to plant a container garden the resident could care for over the summer.

Impacts on the Youth

This was a service project for seven Girl Scouts. The project provided the children with an opportunity to improve their gardening skills while connecting with residents at Bridgeview Estates.

Impacts on the Community

The residents of Bridgeview Estates had a good time when visiting with the girls. The residents appreciated the container gardens and enjoyed gardening all summer. The grounds of Bridgeview Estates were beautified.

Partners

Bridgeview Estates and Smith Lumber.



The girls improved their gardening skills while connecting with the residents at the center.



Youth from Girl Scout Troop 31027 hosted a garden party with residents of Bridgeview Estates, an assisted living center.



This project fostered:

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

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On-the-Go Mini Gardens

Max Pax 4-H Club of NDSU Extension – McLean County

Project Activities

Youth of the Max Pax 4-H Club constructed mini gardens for themselves and the elderly in the Max community. The mini gardens included plants they started growing at home, additional plants, pots and decorations. Twenty-two youth participated in the project.

Impacts on the Youth

The children learned the basics of sowing seeds, planting seedlings in pots and caring for plants. They enjoyed designing their own gardens.

The youth were happy to construct mini gardens for the elderly in their community.

Impacts on the Community

The elderly in the community enjoyed visiting with the youth, and they appreciated the gardens they received.

Partners

Future Farmers of America and local businesses.



Youth of the Max Pax 4-H Club designed and made mini gardens for themselves and the elderly in the Max community.

The youth were happy to construct mini gardens for the elderly in their community.



This project fostered:

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

Contact

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Pollination Experimentation

Cub Scouts (Dickinson)

Project Activities

A group of 15 Cub Scouts assembled raised planters to donate to nursing homes. The youth planted an assortment of flowers to attract bees, hummingbirds and butterflies.

The planters were placed outside the windows of nursing homes for the residents to enjoy and watch.

Impacts on the Youth

The children learned about pollinators and the value of pollinators in the production of food. The youth gained skills in building planter boxes and growing flowers in them.

This project provided the youth with an opportunity to learn kindness and serve others in their community. This project will make the children better citizens as they become adults.

Impacts on the Community

The nursing home residents were provided a piece of nature to enjoy. The children were invited to come back to the nursing home next year to replant the boxes with new flowers.

Partners

The 4-H Clubs and Pollinator Ambassadors of NDSU Extension – Stark County, Dickinson Parks and Recreation, and Runnings Farm and Fleet.



Cub Scouts in Dickinson built raised planters, filled them with flowers, and donated them to a local nursing home.

This project will make the children better citizens as they become adults.

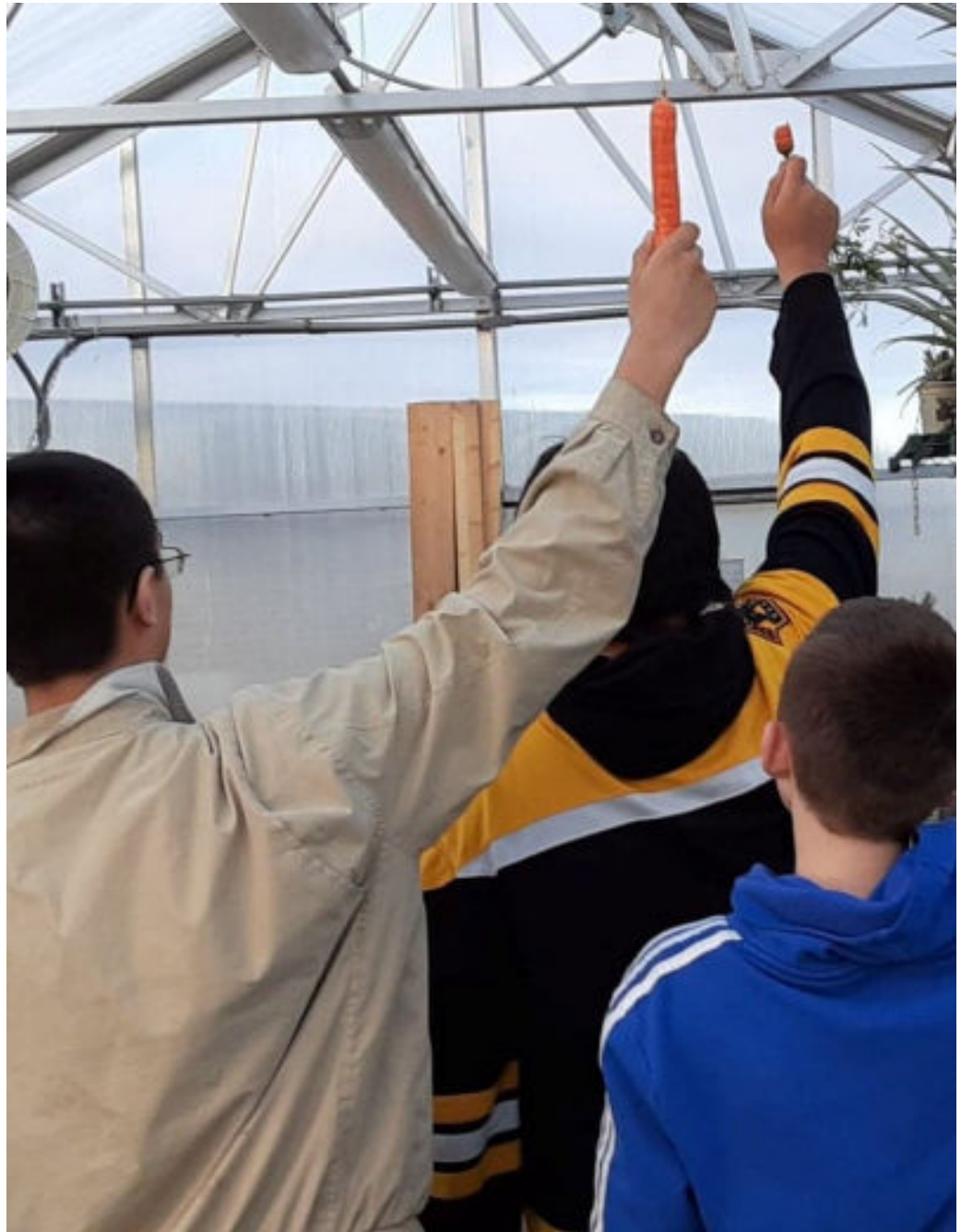


This project fostered:

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

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Special Needs Projects



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

Over a 12-week span, the teenagers grew a garden from start to finish. This included preparing the ground, planting, weeding, watering and harvesting the produce.

Impacts on the Youth

This was the first gardening experience for most of the youth. They learned where food comes from and ate healthier.

The project served as a therapeutic outlet for youth who have serious addiction issues and problems managing stress. In the hands-on activities, the youth learned the values of nurturing, working and accomplishing goals.

The youth developed relationships with positive role models including teachers and other gardeners.

Impacts on the Community

Everyone benefits when youth find ways to be positive and caring individuals in the community.

The produce harvested from the garden was shared.

Partners

NDSU Extension – Ward County.



Youth from the North Central Juvenile Drug Court learned how to grow and harvest vegetables.

The youth developed positive relationships and learned where food comes from.



This project fostered:

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

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Growing for All

Annie's House Adaptive Recreation Program (Bottineau)

Project Activities

Annie's House is located at Bottineau Winter Park in the Turtle Mountains. This state-of-the-art facility and the surrounding area provide an array of life-changing opportunities for individuals with disabilities.

Thirty-nine children helped to plant flowers, herbs and vegetables. The children were given opportunities to eat, smell and touch different plants. The overall goal was to introduce children to new plants in a multi-sensory way and encourage the children to be open to learning and try new things.

Impacts on the Youth

Many of the children were introduced to plants they had never seen before. This included Swiss chard, licorice mint, rosemary and oregano. It was fun for the kids to smell and taste them.

Children enjoyed the physical activity of working in the garden. They developed skills in gardening and learned about making healthy food choices.

Impacts on the Community

The skills developed by the youth in this program may be used in serving their communities. The success of this program shows that all of us can develop skills and be successful in our lives.

Partners

NDSU Extension – Bottineau County and its 4-H Clubs, Anne Carlsen Center and Bottineau Winter Park.



Children at Annie's House were introduced to gardening. They enjoyed the physical activity as well as smelling and tasting the produce.

The success of this program shows that all of us can develop skills and be successful in our lives.

This project fostered:

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

Contact

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North Dakota Autism Center Garden

North Dakota Autism Center (West Fargo)

Project Activities

A garden was constructed at the North Dakota Autism Center (NDAC) to foster healthy lifestyles and increase the accessibility to healthy foods for children with autism and other intellectual disabilities.

Approximately 30 youth participated in activities such as watering and weeding the garden. The produce was shared among the Center's clients and employees.

Impacts on the Youth

The children were involved from the very beginning. They participated in hands-on activities where they learned how food was grown and the importance of good nutrition. By regularly caring for the garden, the youth were able to learn and practice responsibility, an important life skill.

The children had opportunities to try new and healthy foods, which encourages a positive relationship with nutrition for the future.

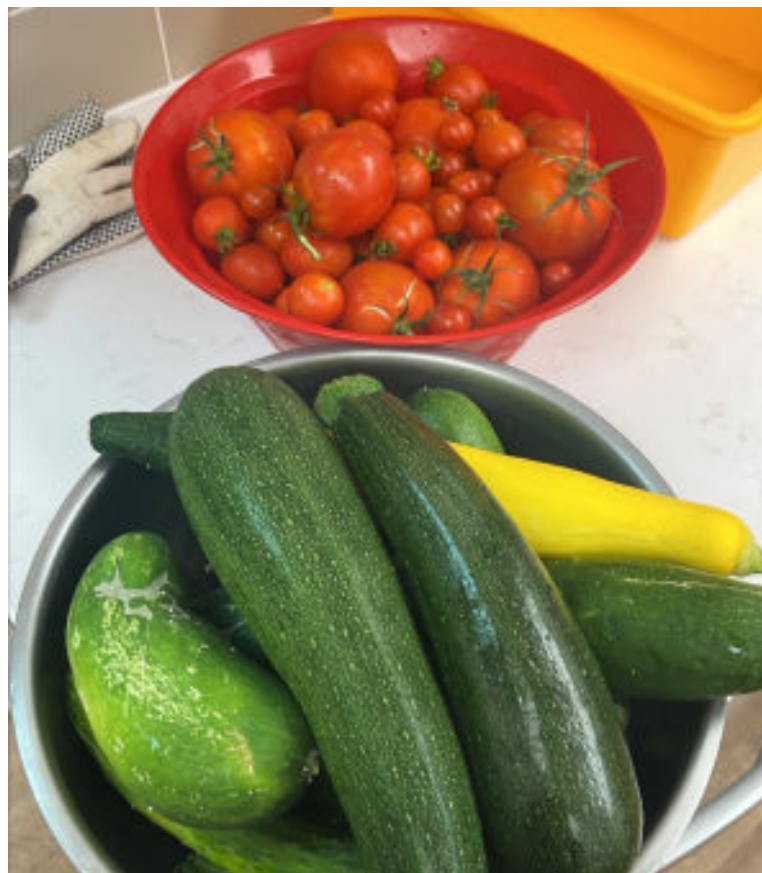
Impacts on the Community

The garden provided families with a new opportunity for engagement with their disabled children.

Interns, volunteers and employees at NDAC were able to gain the benefits of having fresh produce available. The project provided the NDAC community with an opportunity to share their knowledge and resources to support the garden program.

Partners

Families of NDAC children.



Youth at the North Dakota Autism Center learned how food was grown and the importance of good nutrition.

The garden provided families with a new opportunity for engagement with their disabled children.



This project fostered:

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

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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. The ranch teaches practical life skills while simultaneously providing therapy to channel the energies of the youth.

In 2022, 24 youth cared for plants in a greenhouse and several garden plots. The youth were involved in all phases of gardening from sowing to harvesting. Classes were conducted on food safety and preparation.



Youth at Dakota Boys & Girls Ranch gained skills in gardening while instilling qualities of self-confidence, accomplishment and pride.

Impacts on the Youth

The youth developed life skills in growing food while enjoying the therapeutic benefits of gardening. The gardens provided a safe and calm space for the children to flourish while instilling qualities of self-confidence, accomplishment and pride.

The project offered opportunities for youth to connect among themselves, the community and loved ones.

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

Impacts on the Community

The children were excited to bring their gardening skills back into their homes and communities.

A portion of the produce was provided to parishioners for a free-will donation. Surplus vegetables were donated to a local soup kitchen. Over 600 pounds of produced was shared.

Partners

NDSU Extension – Burleigh County, Zion Lutheran Church, Menards and Plant Perfect.

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:

“Thank you so much for this opportunity. It made a huge impact on my students.”

Courtney Murphy, Stanley High School

“This was a great project for our school and community, and I cannot wait to see how it grows in the coming years. It would not have been possible without this grant.”

Ellen Febr, Montpelier Public School

“We are extremely grateful for these funds because the project has generated much enthusiasm in the community as well as providing much needed pollinator habitat.”

Madeleine Smith, NDSU Ext. - Pembina Co.

“Our visitors and community really enjoy the gardens that have been started through this grant, and they will be enjoyed for many years to come.”

Joan Zettel, Chabinkapa Zoo

“Thank you for this great opportunity! Several parents commented on how much their child learned through this process. ... It was not just beneficial for the children involved, but the knowledge spread like rays throughout the community. We hope to do this again next year!”

Katie Henry, NDSU Ext. - Cavalier Co.



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

“Once again, gardening fun was had by the Head Start children. A bountiful harvest was sampled and the kids did manage to take home a bit of produce to their families. A valuable lesson of giving their produce to an Elder in need was an especially poignant moment in the garden.”

Gabriele Nelson, NDSU Ext. - Benson Co./ Spirit Lake

“We are so grateful to have received this support in bringing the world of gardening and healing to the children and families we serve at Dakota Boys and Girls Ranch. The Junior Master Gardener Program has truly been valuable to us in making our project meaningful and efficient. Thank you!”

Talbott Pollert, Dakota Boys and Girls Ranch



“I have received many compliments on how beautiful the flower bed and pots look in front of the school. Thank you so much for this opportunity!”

Katie Ness, Devils Lake Public Schools

“I am so very proud of our students, they learn to work with others, they try new veggies and they have fun in the dirt. What a wonderful elementary memory! ... We are looking forward to next year! Thank you!”

Anne Biewer, Hankinson Elementary School

“I would do this type of project over and over again after working with these wonderful young people and seeing the look of pride on their faces as they learned and achieved their goals! I really believe that as a result of what they learned in the classroom as well as the authentic hands-on learning in actually planting and planning a garden, many future gardeners were created. ... Several parents stopped me to tell me that their child wanted to plan/plant a flower garden at home as a result of this project!”

Donalee Strand, Hatton Eielson School

“Thanks again for the ongoing support for our project. We know it helps our community.”

Jeff Ellingson, Hay Creek Kids 4-H Club

“This was a great way to provide a community service project for our kids. They have been invited back next spring to replant the boxes with new flowers.”

Leslie Schrum, Cub Scouts

“We are thankful for the many benefits this gives our community.”

Tammy Mewes, Jamestown Parks and Rec.

“Our kids look forward to this project every year because it helps the city of Regent. The elderly people of the community enjoy seeing these kids out and about making the community look nice.”

Amy Herberholz, Dakota Sunrise 4-H Club

“We are so appreciative of the grant you have provided us. We were able to push to get this project started this year and we cannot wait to grow!”

Ashley Baldwin, Auntie's House Daycare

“The kids loved the garden project and they requested that we do it again for their 4-H community service project.”

Laura Fransen, Mountrail Pioneers 4-H Club

“This garden was a wonderful asset to our program in the summer.”

Claire Mohr, North Dakota Autism Center

“Some of the very best outcomes were the children who encouraged their families to get involved with growing their own food.”

Sarah Snavely, Bowman Regional Public Library

“The 4-H members look forward to this project every year!”

Vanessa Hoines, Missouri Valley Bunch 4-H Club

“Thank you so much for making this project possible. Much was learned and accomplished through this grant.”

Carrie Woodruff, Northshore Homeschoolers

“Thank you for sponsoring a program that not only benefited youth in our 4-H club but also families within our community!”

Kristen Mumm, Helping Hands 4-H Club



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Acknowledgements

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

More Information

Please contact a member of the Leadership Team or go to our website: <http://www.ndsu.edu/agriculture/extension/programs/junior-master-gardener/>.

February 2023

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