



# North Dakota Junior Master Gardener Program

ANNUAL REPORT 2016



NDSU EXTENSION  
SERVICE

# North Dakota Junior Master Gardener Program



## ANNUAL REPORT 2016



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# Introduction

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## Our Greatest Resource

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

Our children in North Dakota are certainly precious but they are also undernourished and inactive:

- 92% do not eat enough vegetables for a healthy diet.
- 36% are overweight or obese.
- 78% do not get enough physical activity.

These rates are among the highest in the nation.<sup>2,3</sup> Poor diets and unhealthy lifestyles limit the potential of our children. Let's lend them a hand—and a garden trowel.

## Our Response

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

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

Gardening programs have been shown to sharpen skills in science, raise awareness of the environment, and help youth learn to work together.<sup>4</sup>

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

The following is our report of project activities in 2016.



*North Dakota State University provides support to projects that contribute to healthy diets and strong communities.*

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

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

<sup>2</sup> ND Report from the National Survey of Children's Health, NSCH 2011/2012. Retrieved 12/20/2015 from [www.childhealthdata.org](http://www.childhealthdata.org).

<sup>3</sup> Centers for Disease Control. 2012. ND State Nutrition, Physical Activity and Obesity Profile.

<sup>4</sup> Univ. of Colorado at Denver and Health Sciences Center. 2009. Benefits of Gardening for Children.

# Summary of Projects

Project	County	Highlights
<b>Beautification Projects</b>		
Finley FFA Gardens Project	Steele	Built and planted a large flower planter for a park.
Killdeer Lions Park	Dunn	Planted flowers and cleaned up a community park.
Landscaping New England School	Hettinger	Established a bed of perennial flowers on the campus.
Morton County Courthouse	Morton	Planted colorful flowers near entrances of the building.
ND Veterans Home Beautification	Ransom	Planted shrubs and flowers at the front entrance.
Richland School Beautification	Richland	Constructed and planted beds of flowers.
<b>Community Gardens</b>		
CHARISM Youth Garden	Cass	Low-income children grew vegetables to share.
Garden to Table: Salsa	McHenry	Learned how to grow vegetables and cook salsa.
Halloween Pumpkin Project	Richland	Harvested pumpkins to support local health programs.
Litchville Clover 4-H Garden	Barnes	Constructed raised beds and grew nutritious vegetables.
McKenzie County JMG	McKenzie	Grew veggies and flowers and shared them with the needy.
Ramsey County JMG Program	Ramsey	Developed gardening skills and beautified the fairgrounds.
Ransom County Growing Gardeners	Ransom	Learned how to grow seedlings for their home gardens.
Sensory Garden	Cass	Built a sensory garden for thousands of visitors.
Square Foot Gardening for Kids	Traill	Learned intensive vegetable gardening techniques.
Wyndmere Community Garden	Richland	Established an orchard in a community garden.
Your Own Garden	Logan	Learned to grow veggies and fruits in their home gardens.
<b>Environmental Stewardship Projects</b>		
Buzz Lab for Pollinator Gardens	Cass	Raised public awareness on the value of pollinators.
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Dickey County Orchard Groves	Dickey	Established orchards for fruit production and pollinators.
Edgeley School Pollinator Garden	LaMoure	Constructed raised beds to grow food, attract pollinators.
Pembina County Pollinators	Pembina	Planted flowers at museum to promote pollinators.
Unique Container Gardening	Adams	Reused discarded cans to create colorful pots of flowers.
<b>Food Security Projects</b>		
Carrington Community Garden	Foster	Teens grew veggies for the needy and their school.
Hay Creek 4-H Kids Fight Hunger	Morton	Grew potatoes and squash for the less fortunate.
Ross Bethlehem Roughrider Garden	Mountrail	Built raised beds and grew vegetables for the needy.
Towner County Community Garden	Towner	Learned gardening; grew veggies and shared with needy.
<b>Ministry Gardens</b>		
Carpio Lutheran Church Garden	Ward	Constructed raised beds; grew veggies for the community.
Gardening with Grace	Stutsman	Fostered a love for gardening; shared produce.
Metigrowshe Garden	Bottineau	Learned sustainable gardening practices; shared produce.
The Giving Garden	Ward	Grew and donated vegetables for shut-ins and the elderly.

<b>Project</b>	<b>County</b>	<b>Highlights</b>
<b>Preschool Gardens</b>		
Growing Gardeners 2.0	Grant	Learned of plant growth, gardening and healthy snacks.
GROWing the Imagination	Griggs	Converted a forgotten garden into a flower-filled fairyland.
Growing Tomorrow's Gardeners	Bowman	Learned gardening and nutrition via hands-on activities.
Wojupi Oiyokpi Happy Planting Time	Benson	Built gardens on reservation to promote healthy living.
<b>Research</b>		
Home Garden Variety Trials	Statewide	Tested promising vegetable and flower varieties.
<b>School Gardens</b>		
21st Century Learning Garden	Stutsman	Grew potato soup garden to show kids how to eat healthy.
Bennett School Garden	Cass	Fourth graders learned how to grow and enjoy veggies.
Circle of Nations Garden	Richland	Learned of food sovereignty and gained gardening skills.
Container Gardens	Burke/Divide	Grew transplants for home; led to many exhibits at fair.
Grand Forks County Gardens	Grand Forks	Gardening/nutrition lessons conducted at four schools.
Harvesting Fun	Burleigh	Established new school gardens and programs in rural area.
Learning Through Gardening	Cavalier	Children worked together to learn gardening, grow veggies.
Liberty Middle School Garden	Cass	Teens developed skills in environmental sciences.
Lisbon Elementary School Garden	Ransom	Built raised beds; grew veggies for school and community.
Max FFA Community Garden	McLean	Grew vegetables for school and less fortunate families.
Minnewaukan School Garden	Benson	Grew vegetables in raised beds and planted apple trees.
Missouri River Education Gardens	Burleigh	Youth in eight schools learned the basics of gardening.
Mount Pleasant School Garden	Rolette	Kids sharpened gardening skills; shared produce.
Northern Cass FFA Garden	Cass	Teens prepared and planted a community vegetable garden.
Ojibwa Indian School Garden	Rolette	Established an apple orchard at school.
Pizza Garden	Walsh	Container gardens sparked interest in eating vegetables.
Small Space Hydroponics	Rolette	Learned aeroponics and hydroponics for growing veggies.
Turtle Mountain School Garden	Rolette	Built raised beds for gardening and environmental studies.
<b>Senior Care Gardens</b>		
Dunseith Nursing Home Gardens	Rolette	Grew vegetables with elderly and hosted a pumpkin party.
Ellendale Community Garden	Dickey	Youth grew fruits and vegetables with care center residents.
Green & Growing in Gackle	Logan	Beautified care center; grew and shared veggies with elderly.
Intergenerational Gardening	Sargent	Constructed flower and vegetable gardens at care center.
Prairie Rose Assisted Living Center	Emmons	Planted flowers at center; introduced kids to public service.
Sheridan Memorial Home Garden	Sheridan	Constructed raised beds and grew vegetables with residents.
Youth Grow Community Garden	LaMoure	Built and cared for flower planters at care center.
<b>Special Needs Gardens</b>		
Growing & Giving Smiles	Burleigh	At-risk teens grew and donated flower arrangements.
Growing Independence	Bottineau	Disabled teens learned how to plant a garden.
Youth-At-Risk: Garden to Table	Ward	Drug Court youth learned how to grow and share veggies.

# At-A-Glance

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



## North Dakota State University

NDSU distributed \$30,000 to 64 projects. Awards ranged from \$150 to \$2,150 and were used for gardening supplies. NDSU provided educational support to all projects and led 44 of them. Forty-seven of the projects would not have been started without JMG funds; other projects were strengthened with these funds.



## Partners

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



## Impacts on Youth

Approximately 3,710 children (2,540 young children and 1,170 teens) participated in JMG activities. Project leaders reported that youth developed skills in gardening and enjoyed the physical activity. They learned how to eat a healthy diet and gained experiences in helping others through public service.



## Food Security

JMG projects assisted in the production and donation of an estimated 32,000 pounds of fresh vegetables. The produce went to food banks, churches, elderly, shut-ins, New Americans and other needy families. Vegetables were provided to school cafeterias and senior care centers.



## Beauty

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



## Special Projects

JMG kids visited senior care centers to grow gardens and friendships. Children sold produce to support a community food backpack program and cancer patients. Our youth conducted research to identify superior vegetable and flower varieties. Disabled children and youth-at-risk learned how to grow a garden.

**For more information, go to [www.ag.ndsu.edu/jrmastergardener/](http://www.ag.ndsu.edu/jrmastergardener/)**





# Beautification Projects



# Finley FFA Gardens Project

Finley-Sharon Future Farmers of America

## Project Activities

Students of the Foundations of Agriculture built a large planter for the community's mini golf course/park. NDSU Extension Service and its 4-H members helped to fill the planter with soil media and then plant flowers. FFA members maintained the planter throughout the summer. Flowers were planted in other planters at the park too.

## Impacts on the Youth

This was the largest construction project ever for our students. They also learned which plants would grow best in the partially shaded area. The students learned how to re-use objects that would be thought of as waste (old chemical totes donated by farmers). The 15 students took pride in what they built and planted.

## Impacts on the Community

The project added more color and appeal to the park. The park board for the city requested us to build more of these planters due to their appearance and ease of maintenance. Other planters in the park have aged and will be removed because they are falling apart.

## Partners

Finley-Sharon FFA, NDSU Extension Service - Steele County and its 4-H Clubs, Steele County Road Department and local farmers.



**This was our largest construction project ever and it was a huge success!**



*FFA and 4-H youth in Finley constructed a large planter to beautify a park. The park board was pleased and requested more planters.*



*This project fostered:*

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

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# Killdeer Lions Park

NDSU Extension Service - Dunn County

## Project Activities

The fourth-grade class of Killdeer Public School visited a local greenhouse to learn about annual and perennial flowers. Each of the 12 students selected a type of flower and planted it at our local Lions Park. Several of the students took some vegetable plants home to grow in their family gardens.

## Impacts on the Youth

Children learned about selecting and planting flowers. They experienced the work and skills needed to design flower beds and prepare the soil. The youth were given an opportunity to serve their community.

Several of the kids grew vegetable plants received through this project at their homes. Growing food is a skill that can help them live a healthy life.

## Impacts on the Community

We beautified the park by planting flowers and cleaning up the area. We formed a strong partnership with the Lions Club and look forward to working with them on more community projects in the future.

## Partners

NDSU Extension Service - Dunn County, Killdeer Public School, Lions Club and Spring Creek Greenhouse.



The fourth-grade students at Killdeer Public School learned about flowers and then beautified Lions Park.

**This was a great hands-on learning experience that teaches life skills.**



*This project fostered:*

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

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# Landscaping New England School

NDSU Extension Service - Hettinger County

## Project Activities

The New England Public School was remodeled in 2013. Since then, youth at the school have been engaged in projects to beautify their campus. In 2016, a perennial garden was added to the front boulevard of the school.

## Impacts on the Youth

This is a long-term project of 4-H youth interested in horticulture. They are involved in designing the campus grounds, planting new landscape materials and caring for the plants.

This year's work required careful planning and extensive soil work. The ten 4-Hers did an admirable job designing and maintaining the garden. It really has been the talk of the town.

## Impacts on the Community

Quality schools are major contributors to the growth of a community. Landscaping is needed to finish this school building project. What better way to do this than through a learning situation? Communities take great pride when their youth get involved.

The New England Superintendent stated "This is a great source of beauty for both the school and the community. We happily invite the 4-H to keep doing what they are doing and we look forward to next year's endeavor."

## Partners

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



**The youth are proud to support their school and beautify their community.**

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



**This project fostered:**

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

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# Morton County Courthouse

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

## Project Activities

The Missouri Valley Bunch 4-H Club helped beautify the outside of the Morton County Courthouse. The 22 children planted large pots of flowers that were placed at all entrances of the building and planted perennials in the flower bed established last year.

## Impacts on the Youth

4-H members learned how to select plants, learned the difference between annuals and perennials, what supplies you need to plant, and what to plant in a pot versus a flower bed. The children learned how to plant and care for flowers throughout the summer. Parents stated this activity helped their youth develop gardening skills and greater confidence in themselves.

## Impacts on the Community

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

## Partners

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



4-H youth planted colorful flowers near entrances of the Morton County Courthouse.

**This is a great opportunity for youth to be involved in their community and learn life skills.**



*This project fostered:*

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

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# ND Veterans Home Beautification

NDSU Extension Service - Ransom County

## Project Activities

Colorful plantings were added to the front of the North Dakota Veterans Home. 4-H youth planted replacement bushes and dozens of annual flowers around the front circle of the building. Two large containers of flowers were planted by the front door. We hope to continue beautifying the grounds in future years.

## Impacts on the Youth

Many of the 12 kids had never planted before. They learned to identify the flowers we were planting, how to plant them, and then how to care for them afterwards. They were proud to beautify the grounds for a very special group of people.

## Impacts on the Community

The staff and the veterans were so absolutely grateful and excited about this project. The commandant commented that many of the residents were out there every day to see what was blooming and how the flowers were doing.

This project formed a great bond between the Veterans Home and the 4-H kids. It added excitement and anticipation to the summer for our local veterans.

## Partners

NDSU Extension Service - Ransom County and its 4-H Clubs, North Dakota Veterans Home staff and residents, local nurseries and our local hardware store.



The 4-H youth in Ransom County planted shrubs and flowers on the grounds of the North Dakota Veterans Home.

The children were proud to beautify the grounds for a very special group of people.

This project fostered:

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

### Contact

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# Richland School Beautification

Lucky Leaf 4-H Club of NDSU Extension Service - Richland County

## Project Activities

Our local 4-H club designed a flower bed under a new sign at the high school. In early April, the club met to learn about managing soils and sowing seeds. The garden beds were constructed and the plants were transplanted into the bed in May.

The school was pleased with the success of our project and asked if we would build a flower bed around the flag pole, which we did.

## Impacts on the Youth

The forty 4-H kids were involved in the entire process. They learned how to construct garden beds using landscape blocks. They designed the beds using appropriate soils and plant materials. They learned how to select plants for garden beds, sow seeds and set out plants.

## Impacts on the Community

The community benefited from this project as it added a beautiful addition to the city of Colfax. The high school and football field are on the main highway that runs through town and the gardens are seen by everyone driving through Colfax.

The school has invited us to add annuals in future years to accentuate the beauty of the beds.

## Partners

Lucky Leaf 4-H Club of NDSU Extension Service - Richland County, and Richland Public School.



Members of the Lucky Leaf 4-H Club constructed beds of flowers at Richland High School. The kids sowed seeds, constructed the beds and set in the plants.

The school was pleased and asked the children to build another flower bed on campus.

This project fostered:

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

## Contact

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# Community Gardens





# CHARISM Youth Garden

CHARISM (Fargo)

## Project Activities

CHARISM has established a garden in McCormick Park of the Jefferson neighborhood. A group of 43 youth worked with CHARISM staff and community volunteers to plant, tend and harvest the garden throughout the season. Children shared the harvest with their families. Each of the children came from a low-income home without green space.

## Impacts on the Youth

This project nurtured the mental and physical growth of each child. We connected youth with their environment and expanded their knowledge. They learned how to grow vegetables and eat healthy snacks. The youth became engaged in their community and gave back to it. The children learned life skills such as working together with one's peers.

## Impacts on the Community

The garden added value and beauty to the park and neighborhood. It provided a safe and positive activity for youth to engage in on a weekly basis throughout the summer.

## Partners

CHARISM, Growing Together Garden Ministry, Community Homes, Fargo Park District, Sojourn Church, Bethel Church, NDSU Extension Service - Cass County, NDSU Plant Science Department and Sheyenne Gardens.



**It was so encouraging to see the different cultures and backgrounds come together for the common cause of gardening.**

*Kids in a low-income neighborhood of Fargo came together every week to cultivate both a garden and new friendships.*



*This project fostered:*

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

## Contact

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# Garden to the Table: Salsa

NDSU Extension Service - McHenry County

## Project Activities

Eight youth learned how to grow a salsa garden through a series of 10 weekly classes. They also learned about pollinators, good and bad bugs, soil types, nutrition, food safety and how to make good food choices. A local bee-keeper gave a presentation and shared foods that required pollinators.

The kids were active in the kitchen when we brought a chef's challenge to the class. Each child was 'dared' to try one new vegetable this summer.

## Impacts on the Youth

These children have not had the chance to care for a garden of their own, and they took ownership of this garden. There were also comments that came as we prepared some meals and eventually the salsa, "I had no idea that it would be this much work!"

They learned life skills that they hadn't had the chance to learn at home such as shopping for food, cutting vegetables and actively cooking.

## Impacts on the Community

This Junior Master Gardening Program provided an activity for youth in the summer.

## Partners

NDSU Extension Service - McHenry County, McHenry County Government and a local apiary.



Children learned how to produce salsa through a series of classroom exercises, gardening activities and cooking lessons.

**This was their first opportunity to grow their own garden and actively cook in a kitchen.**



*This project fostered:*

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

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# Halloween Pumpkin Project

NDSU Extension Service - Richland County

## Project Activities

The Kuruc Family Farm grew an acre of pumpkins to support the Pumpkin Patch fundraiser of the Bagg Farm. Members of the Lucky Leaf 4-H Club learned how to grow and use pumpkins at the Kuruc farm. They picked the pumpkins and took some home.

## Impacts on the Youth

The Lucky Leaf 4-H Club learned about growing and harvesting pumpkins. The 27 youth learned about pumpkin products, and they each got to try one. The youth enjoyed the opportunity to serve their community through this project.

## Impacts on the Community

Some of the money was donated to support a backpack program that provides meals to low-income families. The other money went to Cares For Cancer, which supports people who need assistance in paying their medical expenses.

Hundreds of local children were able to choose a free pumpkin for Halloween.

## Partners

Lucky Leaf 4-H Club of NDSU Extension Service - Richland County 4-H, Kuruc Family Farm, Bagg Farm volunteers, community food backpack program and Cares for Cancer.



Children of the Lucky Leaf 4-H Club harvested pumpkins that were sold to support health and nutrition programs for low-income families.

**These children touched the lives of hundreds of needy people in their community.**



**This project fostered:**

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

## Contact

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# Litchville Clover 4-H Garden

NDSU Extension Service - Barnes County

## Project Activities

The Litchville Clover 4-H Club expanded its garden by adding a group of raised beds. Club members met to construct the beds and then selected plants for their gardens. They met regularly to weed, water and harvest the garden. The harvested produce was enjoyed by the children and shared with seniors at our senior center. Some children presented flower arrangements and vegetables at the Barnes County Achievement Days.

## Impacts on the Youth

Ten children learned how to construct raised beds and grow a garden. Many of these kids do not have a garden at home.

The youth learned how to work together and were proud of their community garden. They benefited from the exercise and enjoyed sharing produce with the needy. They enjoyed eating what they grew and learned the importance of a healthy diet. The project supported their participation in our achievement days.

## Impacts on the Community

Vegetables were donated to the senior citizens in the community.

## Partners

Litchville Clover 4-H Club of NDSU Extension Service - Barnes County and Uncle Dean's Tavern.

Photo courtesy of Homestead and Gardens, [www.homesteadandgardens.com](http://www.homesteadandgardens.com).



*Youth in Litchville expanded their club garden. They grew vegetables and learned about eating a healthy diet. The vegetables were shared with seniors in the community.*

**Our children found it is more fun to eat vegetables if you grow it yourself.**



*This project fostered:*

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

## Contact

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# McKenzie County JMG

NDSU Extension Service - McKenzie County

## Project Activities

Our 34 kids designed garden plots and then grew vegetables and flowers in them. The children picked their flowers and delivered arrangements to our local nursing home. They shared vegetables with needy families.

The youth planned a menu for a supper meal for their families. The kids helped prepare food for the meal and served it restaurant-style for families.

## Impacts on the Youth

The children were taught how to organize a garden. They learned how to transplant and care for plants. The youth were introduced to new vegetables and herbs, and they learned how to conduct variety trials.

The children learned how to set a table and work together to provide a meal for others. They experienced the joy of sharing their flowers with others.

## Impacts on the Community

Young children in our community were provided with activities at our new, enhanced Farmer's Market. Residents of the Good Shepherd Home enjoyed visiting with our children.

## Partners

NDSU Extension Service - McKenzie County and its Master Gardeners, Watford Market, McKenzie County Natural Resources/Conservation Office, Watford City High School, Good Shepherd Home, NDSU Williston Research Extension Center and McKenzie County Fair Board.



Children in McKenzie County grew veggies and flowers. They shared the harvest with needy families and senior citizens.

**Our youth developed skills in teamwork, leadership and citizenship.**

*This project fostered:*

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

### Contact

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# Ramsey County JMG

NDSU Extension Service - Ramsey County

## Project Activities

Thirteen youth learned about gardening through a five-week series of classes. The classes focused on developing gardening skills, understanding plant growth and using vegetables to make healthy meals.

## Impacts on the Youth

Our youth showed greater interest in gardening as the classes went on. They developed skills needed for successfully preparing recipes using fresh vegetables. The children were delighted to taste the produce they grew. They were proud to share some of the harvest with our local food pantry.

## Impacts on the Community

Our garden beautified our local fairgrounds. Approximately 25 pounds of green beans were donated to our local food pantry.

## Partners

NDSU Extension Service - Ramsey County and its 4-H Clubs, Ramsey County Fair Board and our local food pantry.



Children in Ramsey County learned about gardening through a series of fun activities including the planting of fairy gardens.

**The children were delighted to taste the produce they grew and were proud to share it.**



*This project fostered:*

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

### Contact

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# Ransom County Growing Gardeners

NDSU Extension Service - Ransom County

## Project Activities

One-hundred and fifteen youth and their families planted seeds and learned how to grow seedlings for their home gardens. These students from Lisbon Elementary School planted tomato, pumpkin and flower (cosmo or zinnia) seeds. The children learned the parts of a seedling and how to care for their seedlings.

## Impacts on the Youth

These gardening opportunities empowered our kids to take ownership and pride in their handiwork. Children learned how to take responsibility in their seedlings by watering them and making sure they got enough sun. They monitored the weather and frost dates to determine the best time to plant their garden. This activity gave the youth a project to share with their families.

## Impacts on the Community

Potentially 100 small gardens went up across Ransom County with flowers and vegetables that grew and provided beauty over the summer. Dinner tables were filled with fresh vegetables with increased nutritional value. Additional produce harvested from these gardens competed in the Ransom County Fair and were shared with needy families.

## Partners

NDSU Extension Service - Ransom County, Lisbon Elementary School, Lisbon True Value and Tessman Company.



**This was a wonderful opportunity for youth to experience the satisfaction of starting seeds for their home gardens.**

*Youth in Ransom County grew seedlings for their home gardens. This activity gave the youth a project to share with their families.*



*This project fostered:*

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

## Contact

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# Sensory Garden

The Children's Museum at Yunker Farm (Fargo)

## Project Activities

Boy Scouts and volunteers designed and built an interactive Sensory Garden at The Children's Museum. There is dill in the smell section, lamb's ear in the touch section and a musical instrument and plants that attract birds in the hearing section. This garden is open 24/7 and is free of charge. The museum has over 40,000 visitors per year with 60% of them being children.

## Impacts on the Youth

Five Boy Scouts built this garden as their Eagle Scout projects. They learned how to communicate with community leaders, gather donations and coordinate volunteers. They learned about gardening and leading people.

Forty-eight youth in total helped to establish this garden. They prepared the soil, laid brick, set in the plants and cared for the plants over summer.

## Impacts on the Community

This site will serve as an inspiration for gardeners. The simplicity of a teepee structure covered in plants will encourage families to build forts in their own yards and spend more time playing together outside. When they learn how easy it is to grow a salsa garden, perhaps they will plant one too.

## Partners

The Children's Museum, Modern Woodman Youth Service Club, Boy Scouts, Botanic Garden Society, Faith United Methodist, Fargo Parks, NDSU, Growing Together Community Gardens, S&S Landscaping, and others.



A group of Boy Scouts and volunteers built a sensory garden. Thousands of visitors enjoyed the garden.

**These young leaders have built a garden that will inspire thousands of families.**



*This project fostered:*

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

## Contact

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# Square Foot Gardening for Kids

Master Gardeners of NDSU Extension Service - Traill County

## Project Activities

Thirteen children learned how to grow vegetables in raised bed gardens. Gardens were constructed at Spring Haven Greenhouse in Hatton. Through a series of three classes, the youth mixed the potting soil, selected vegetables for the gardens and then planted the seeds/plants. They learned the nutritional value of the vegetables they planted. In the fall, sample produce was taken into the classroom.

## Impacts on the Youth

The kids got hands-on experiences and enjoyed working as a team. Although several of the kids had grown a garden at home, none had used square foot gardening techniques. This intensive gardening technique lays out its plantings in one-foot blocks.

## Impacts on the Community

Spring Haven Greenhouse is a hub for gardeners in our community. Many gardeners stopped by to watch our planting grow during the summer. Several customers expressed interest in this gardening technique. Intensive gardening techniques can lead to higher yields, healthier diets and greater savings on food expenses.

## Partners

NDSU Extension Service - Traill County and its Master Gardeners, Spring Haven Greenhouse and Hatton Eielson Elementary School.



Youth in Traill County worked as a team to establish vegetable gardens using intensive, square foot techniques.

The children had never planted a garden like this before.



**This project fostered:**

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

## Contact

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# Wyndmere Community Garden

Wyndmere Future Farmers of America

## Project Activities

Our FFA chapter added fruit trees to complement our vegetable plot. This addition will provide a greater variety of produce for our community.

## Impacts on the Youth

Thirty students learned how to prepare a budget and select types of fruit trees suitable for the area. They developed new skills in planting fruit trees.

In our vegetable garden, the youth learned about seed starting, row spacing and cultural practices such as fertilizing, weeding, watering and harvesting.

## Impacts on the Community

All members of the community were encouraged to pick produce and help with the weeding of the garden. Anything that was not picked by community members was donated to the senior center in town or the school cafeteria.

## Partners

Wyndmere FFA, Wyndmere City Council and Wyndmere City Maintenance.



The youth of Wyndmere FFA added fruit trees to their vegetable plot. Their produce is shared with the community.

**We cannot wait to see the fruits of our labor in our new community orchard.**



*This project fostered:*

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

### Contact

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# Your Own Garden

NDSU Extension Service - Logan County

## Project Activities

Our summer was full of fun activities. Instructors helped each youth plant a fruit tree in their own backyard. Our 13 kids constructed self-watering pepper planters out of totes and produced heavy yields of large peppers.

We visited the city park to discuss trees and visited a local orchard to see its unique fruit and vegetable plantings. We conducted hands-on activities on plant propagation, no-till gardens and insects. At our final meeting, we harvested and tasted different beans and corn.

## Impacts on the Youth

Children learned how to plant and care for young trees. They learned how to identify trees and grow vegetables. They all enjoyed picking corn and beans and eating them fresh off a grill. They learned a lot about fall planting options for radishes and spinach.

Parents stated their children were excited to have their own plants and they ate more vegetables.

## Impacts on the Community

Fresh produce was shared with our food pantry.

## Partners

NDSU Extension Service - Logan County, Jamestown Parks and Recreation Department, Country Gardens Floral, Soil Conservation District and Braun Orchard.



Youth in Logan County constructed self-watering pepper planters out of totes, studied insects and enjoyed eating corn.

**We all enjoyed the produce that came from everyone's hard work!**



*This project fostered:*

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

### Contact

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# Environmental Stewardship Projects



# Buzz Lab for Pollinator Gardens

Plains Art Museum (Fargo)

## Project Activities

Buzz Lab is an internship program at Plains Art Museum that merges art, writing and science to help teenagers envision career paths. A diverse group of 23 teens participated in the program. The interns maintained the Pollinator Garden at the museum. They toured community projects that impact pollinators. The interns organized a public “Bee Rally,” met with city leaders and culture makers, and worked with media to discuss their activities.

## Impacts on the Youth

Our students gained knowledge on pollinators and developed skills in gardening. They explored activism as a way to impact their community and environment. The process engaged participants in collaborative problem solving and cultivated leadership skills. The program brought together teens from New American families and native-born teens, fostering greater cultural understanding.

## Impacts on the Community

The Pollinator Garden supports the dwindling numbers of pollinators, who are critical to our food supply. Through community programs and engagement, the interns challenged our community leaders to become Bee Friendly City Communities.

## Partners

Plains Art Museum, U. of Minnesota, Baker’s Garden and Gift, South Sudanese Lutheran Church, and numerous leaders of local businesses, government services and mass media.



*Interns at Plains Art Museum grew a garden and developed skills in activism that support the importance of pollinators.*

**The teens were empowered to think how they can make an impact in their communities.**



*This project fostered:*

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

## Contact

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# Chahinkapa Zoo Gardens

Chahinkapa Zoo (Wahpeton)

## Project Activities

Third graders from Richland and Wilkin Counties attended a lesson on the life cycles of plants and animals. The 250 children sowed seeds of plants that either fed their favorite zoo animals or beautified the zoo. Junior Zookeepers maintained the garden over summer.



## Impacts on the Youth

Chahinkapa Zoo is a favorite place for the children of our community. Many of the children visited during summer and were amazed at the growth of their plants. They had great pride in knowing they helped to support their zoo. Some children asked to harvest vegetables or water the plants at the zoo.



**They had great pride in knowing they helped to support their zoo.**

## Impacts on the Community

Many zoo visitors were curious about the garden. They would ask “Does Tal, the orangutan, really eat onions?” “Who is going to eat the zucchini?”

We are a non-profit zoo and the vegetables grown in these gardens reduce our expenses on food for animals.

We received complements from visitors on the beauty of our gardens. Some families were inspired and started their own gardens at home. The success of our garden has generated more support from our community.



*Children grew plants that beautified the zoo or fed animals such as this tortoise.*

## Partners

Chahinkapa Zoo staff and Junior Zookeepers, Richland-Wilkin Master Gardeners, Emery Greenhouse, Select Seeds, Breckdale Farms, Breckenridge Girl Scouts, and retired teachers.

**This project fostered:**

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

## Contact

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# Dickey County Orchard Groves

NDSU Extension Service - Dickey County

## Project Activities

Dickey County 4-H planted an orchard grove in both Ellendale and Oakes. The sites are in visible locations where people drive, walk and bike nearby.

We added a flower garden in Ellendale to add beauty to the area and provide habitat for pollinators. We hosted a tour of the grove and many residents saw how the site was attracting pollinators.

## Impacts on the Youth

Fourteen youth learned about the importance of pollinators. The children learned how to plant fruit trees and shrubs. They assisted in preparing the land for our sites and sowed seeds of flowers. They mulched trees and kept the plantings free of weeds.

## Impacts on the Community

This project was a great addition to the community. The groves have become tranquil learning areas for students and the rest of community.

The groves will serve as places where the community can learn about growing fruits and promoting pollinators. We have the support of the community with donations of benches and pollinator plants, and there is interest in expanding the gardens.

## Partners

NDSU Extension Service in Dickey County including its 4-H Clubs and Master Gardeners, James River Soil Conservation, City of Ellendale, Thorpe Excavating and Harvest Garden.



Master Gardeners and 4-H youth established orchard groves in Dickey County. The sites highlight fruit production and the promotion of pollinators.

The groves have become tranquil learning areas for our community.



**This project fostered:**

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

## Contact

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# Edgeley School Pollinator Garden

Edgeley Public School

## Project Activities

Twenty-five youth from our school and local FFA chapter constructed a series of raised beds. Seeds were selected and sown to attract pollinators to the orchard and garden on our school campus.

## Impacts on the Youth

The children learned the importance of insects and other pollinators in our daily lives. They learned how to construct raised bed gardens and how to grow plants.

## Impacts on the Community

The food from our garden was used in the school lunch program and donated throughout the community. We look forward to sharing more produce with our community as our pollinator gardens and other plantings on campus mature.

## Partners

Edgeley Public School and Edgeley-Kulm FFA.



**We learned the importance of pollinators in our daily lives.**

*Children at Edgeley Public School constructed raised beds and grew plants that attracted pollinators to their orchard and garden.*



**This project fostered:**

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

## Contact

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# Pembina County Pollinators

NDSU Extension Service - Pembina County

## Project Activities

Students learned about pollinators through a series of five weekly classes. Topics included an introduction to bees, annual and perennial flowers, sowing seeds, designing container gardens and planting a pollinator garden.

## Impacts on the Youth

The students learned about the importance of pollinators and what they can do to help. These 11 students took pride in their work because they knew they were making a difference.

We saw them transfer their knowledge to their families. A butterfly appeared within 10 minutes of planting our pollinator pots. The students pulled out their phones and sent pictures to their parents and friends. Another student helped their grandmother design her garden using bee-friendly flowers.

## Impacts on the Community

The museum (which is very agriculture and homestead focused) allowed us to plant their flower beds, theme garden and pollinator pots, and enhance the new orchard. People stopped by during our classes, asked us what we were doing, and told us how beautiful it looked. Community members volunteered to remove weeds and purchased additional flowers for our project.

## Partners

NDSU Extension, Historical Society, Museum, Courthouse and Kaleidoscope Program of Pembina County; Miller's Garden Center; Shopko Home-town; and Burgess's Greenhouse.



*Students learned about the importance of pollinators and then planted flowers at the museum to attract them.*

**Their gardens highlighted the importance of pollinators in the community.**



**This project fostered:**

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

### Contact

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# Unique Container Gardening

NDSU Extension Service - Adams County

## Project Activities

Youth decorated containers collected from our local senior center and café. We had various colors and patterns of duct tape for them to decorate with. The 48 children loved using their imaginations.

The kids learned the importance of soil, sun, water and drainage when growing plants in containers. Holes were drilled at the bottom of containers and the children filled their pots with soil and flower plants. Some chose sun-loving petunias while others chose shade-tolerant impatiens. They took their flowers home to grow them.

## Impacts on the Youth

Youth learned the basics of growing flowers in containers. The children discovered they could reuse objects around the home to use as containers. They were proud of their containers and enjoyed bringing them home.

## Impacts on the Community

We hope this project will inspire youth to conduct beautification projects like planting trees and flowers in their communities in the future.

New partnerships were made between NDSU Extension Service and child care services. These organizations are devoted to empowering youth.


## Partners

NDSU Extension Service - Adams County; Children's Way, Lil Hawks and Tater Tots child care centers; Hettinger Senior Center and C&N Café.



Children learned they could reuse discarded cans and created colorful containers for growing flowers.

**The children discovered they could reuse discarded materials to beautify their world.**



*This project fostered:*

- Gardening skills
- Beautification
- Community partnerships

## Contact

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# Food Security Projects





# Carrington Community Garden

NDSU Extension Service - Foster County

## Project Activities

Fourteen teenagers grew vegetables at the Carrington Community Garden. Produce was donated to the Carrington Senior Citizen Center and the Carrington Daily Bread Food Shelter.

The garden is a 9,000 square foot plot located at Carrington High School. Activities at the garden promoted healthy eating habits and contributed vegetables to the Carrington Public Schools Hot Lunch Program.

## Impacts on the Youth

The teenagers learned resourcefulness, leadership and generosity that will make them valuable members of their communities. They learned about growing vegetables and the benefits of fresh vegetables to their diets. The produce donated to the school provided students with additional options of nutritious food at lunch.

## Impacts on the Community

The youth donated over \$2,100 of fresh garden produce to the citizens of Carrington and Foster County. This enhanced the availability of fresh vegetables to less fortunate persons and school children.

## Partners

NDSU Extension Service - Foster County and its 4-H clubs, Carrington FFA Chapter, Carrington Public Schools, Carrington Senior Citizen Center and Carrington Daily Bread Food Pantry.



*Students at Carrington High School grew and donated over \$2,100 of fresh vegetables to needy persons and their school lunch program.*

**The teenagers learned leadership, service and generosity that will make them valuable members of their communities.**



**This project fostered:**

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

## Contact

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# Hay Creek 4-H Kids Fight Hunger

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

## Project Activities

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

The children grew and donated 2,500 pounds of potatoes and winter squash to The Ruth Meiers House, Ronald McDonald House, Trinity Free Lutheran (community banquet), Salvation Army and The Abused Adult Resource Center.

## Impacts on the Youth

Sixteen children developed lifelong qualities and skills including the responsibility of caring for a garden and giving to our community.

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

## Impacts on the Community

The Hunger Free Initiative is the perfect project to teach children to give back to their community. This 4-H club provides meals to hundreds of needy families every year.

## Partners

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



The Hay Creek Kids 4-H Club have grown and donated over 12,500 pounds of vegetables over the past six years.

**Our children learned everything from how a seed grows to the importance of giving to the community—all within one project.**



*This project fostered:*

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

## Contact

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# Ross Bethlehem Roughrider Garden

NDSU Extension Service - Mountrail County

## Project Activities

We built two raised bed gardens and started seeds in a greenhouse. The beds were planted during a 4-H meeting. Nine 4-H families agreed to take turns in caring for the plantings.

As the summer progressed, we were able to share produce with the Ross community. Deliveries were made to the Stanley Community Food Pantry every Monday.

## Impacts on the Youth

The 34 youth learned how to grow vegetables from sowing to harvest. They learned the importance of teamwork, as families took turns in caring for the crops. Children enjoyed eating fresh vegetables and sharing the produce with needy families. They met new friends who came to participate in the gardening activities.

## Impacts on the Community

Our electronic sign invited the community to help themselves to the produce. Many took advantage of this opportunity. As we would be working in the gardens, folks would stop by and offer to help us in the garden. Our local food pantry benefited from the donated produce.

## Partners

NDSU Extension - Mountrail County including its Roughrider 4-H Club and Master Gardeners, Ross Bethlehem Lutheran Church, Lowes Garden Center, Farmers Union Lumberyard, Stanley Community Food Pantry and local volunteers.



*A team of youth and volunteers built raised bed gardens, grew vegetables and shared them with the Ross community.*

**We learned the joy of sharing our produce with others.**

*This project fostered:*

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

### Contact

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# Towner County Community Garden

NDSU Extension Service - Towner County

## Project Activities

Our community garden was set up as a learning tool for children. We had multiple activities throughout the summer, including making rain barrels and compost tumblers. We created stepping stones in the garden and a soil tunnel for kids to explore.

The children learned how to grow a vegetable garden. Our produce was donated to the Cando Area Food Pantry.

## Impacts on the Youth

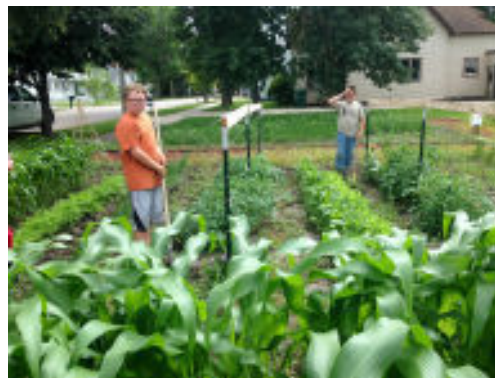
Our team of 15 children learned where their food comes from. They experienced what it takes to grow vegetables in the garden. The children learned the value of giving food to the food pantry.

## Impacts on the Community

Everyone was excited to see the community come together and have multiple entities in Towner County working on the same project.

## Partners

NDSU Extension Service - Towner County and its 4-H Clubs, Cando Lutheran Church, Farm Service Agency, Soil Conservation District, Natural Resources Conservation Services and Cando Area Food Pantry.



**Everyone was excited to see the community come together to grow food for the needy.**

*A team of students in Towner County grew vegetables for needy families in their communities.*



*This project fostered:*

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

## Contact

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# Ministry Gardens



# Carpio Lutheran Church Garden

Carpio Lutheran Church (Carpio)

## Project Activities

Raised beds were constructed by the vo-ag students at Berthold High School. NDSU Master Gardeners assisted the students at the high school in sowing seeds and caring for the gardens throughout the summer. Produce was shared with the Minot Food Pantry.

## Impacts on the Youth

Children learned how to grow vegetables. They sowed seeds, irrigated plants, pulled out weeds and harvested the produce. They learned that if you take care of a garden, it will produce wonderful food to enjoy.

The team of 70 youth enjoyed a positive experience working together and serving their community.

## Impacts on the Community

The project provided fresh, free produce for everyone. Everyone, young and old, worked together to construct the beds, grow the vegetables, and enjoy the harvest. The food pantry enjoyed receiving the fresh produce.

## Partners

Carpio Lutheran Sunday School, NDSU Extension Service - Ward County and its 4-H Clubs, the vo-ag and horticulture classes of Berthold High School, NDSU Master Gardener Program, and numerous church members actively participated in the project. Donations were received from 42 companies and community service organizations, and several individuals.



Youth worked to construct raised beds and grow food for themselves and their community.

**Children learned that if you take care of a garden, it will produce wonderful food to enjoy.**



*This project fostered:*

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

## Contact

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# Gardening with Grace

Grace Episcopal Church (Jamestown)

## Project Activities

Our project was initiated last year with the help of the Junior Master Gardener Program. This spring our children planted the gardens with vegetables, herbs and flowers. They planted flowers around the church. The children shared their produce with the needy in the community. Each week there was a nutrition and food preparation project.

## Impacts on the Youth

The 15 children loved their garden and took pride in their accomplishments. They learned to accept responsibility by caring for the garden and sharing food with others. They used critical thinking when solving challenges in the garden. Children prepared food using produce. They learned the science of gardening by using a soil testing kit and sprouting seeds.

Some children never gardened before and learned new skills. One little girl corrected her father who was helping her water the garden. “Dad, you are doing it wrong. I’ll show you the right way.”

The garden brought children together who would otherwise not be together. The children became concerned about pollinators and the environment.

## Impacts on the Community

We shared produce with the Salvation Army, persons who do not have a garden, and for a community dinner.

## Partners

Grace Episcopal Church and NDSU Extension Service - Stutsman County.



**The children loved their garden and took pride in their accomplishments.**

*The youth at Grace Episcopal Church shared their joy and the bounty of the garden with their community.*



*This project fostered:*

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

## Contact

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# Metigrowshe Garden

Metigoshe Ministries (Bottineau)

## Project Activities

Metigrowshe Garden is located at Camp Metigoshe on Pelican Lake. Our youth campers completed a gardening curriculum and grew over 1,000 pounds of fresh food for the camp.

We provided educational outreach to campers and the wider community on themes of food production, food sustainability and nutrition. The gardens provided fresh produce for local festivals and our local food pantry.

## Impacts on the Youth

Approximately 744 children learned hands-on what is required to grow food by digging in the soil and conducting routine garden chores. They experienced the pride and excitement of harvesting their produce and eating fresh and nutritious food.

## Impacts on the Community

The garden provided a location for learning, support and recreation for a variety of organizations in the community. We offered tours and hosted educational sessions with schools, church groups and a women's service group.

We hosted a harvest festival for local church groups and youth groups. Three hundred pounds of produce was donated to a local pantry.

## Partners

Metigoshe Ministries, Bottineau Central School, Dakota College at Bottineau, ECH Bottineau Food Pantry, Honeyberry Nursery and the Professional Employer Organization.



**Our youth campers gained knowledge and were excited to start their own home gardens!**

*Over 740 youth learned how to grow food. They enjoyed eating fresh vegetables and berries, and shared their harvest with a local food pantry.*



**This project fostered:**

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

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# The Giving Garden

Peace Lutheran Church (Burlington)

## Project Activities

Families adopted rows of veggies to grow over the summer. Much of the produce was donated to shut-ins, our Senior Citizen Center, elderly in the community, our community food pantry and our congregation.

In addition, corn was donated to support our Flood Recovery Celebration. Onions, peppers and tomatoes were processed for salsa and shipped to college students. Potatoes were donated for our Harvest Celebration.

## Impacts on the Youth

Thirty-seven children were involved in the planting, weeding and harvesting. They especially enjoyed taking the produce to the needy of our community. Many of these kids picked weeds and harvested produce for the first time.

## Impacts on the Community

This project has become a huge outreach to our elderly. The elderly who grew up as gardeners were especially thankful to receive the fresh produce. The joy on their faces was worth all our sweat on those hot days of weeding.

Family involvement and outreach in our community was huge. Extra produce was donated to Grace Fellowship Church in Burlington.

## Partners

Peace Lutheran Church members including its youth baseball players and adult groups, Green Thumb Nursery and North Hill Ace Hardware.



Youth and their families at Peace Lutheran Church grew a bountiful garden. The produce was enjoyed by youth and donated to the needy in the community.

**The elderly were so thankful that others were thinking of them. The taste of the fresh produce was wonderful.**

**This project fostered:**

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

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# Preschool Gardens





# Growing Gardeners 2.0

NDSU Extension Service - Grant County

## Project Activities

Our project had two components. The first was a continuation of our Growing Gardeners summer educational program at the Courthouse. Children in this JMG Camp participated in hands-on activities that taught them about local crops, gardening and food preservation. The second component focused on the establishment of square foot gardens at two day care centers.

The 23 kids in our project planted gardens, read gardening books, planted containers, created a fairy garden, made salsa, toured an arboretum and delivered potted plants to community members. There were numerous hands-on activities involving soil, water, plant growth and insects.

## Impacts on the Youth

Children at our JMG Camp learned where their food comes from and how they can grow and make healthy snacks. They learned about the environment and how science is a part of gardening.

Children at the day care centers learned about different plant parts, My Plate nutrition principles, plant needs and how to plant a garden.

## Impacts on the Community

Produce was donated to the local food pantry. Children shared potted plants with members in the community.

## Partners

NDSU Extension Service - Grant County. Grant County Soil Conservation District, Kidz Clubhouse and Ten Little Toes Day Care.



Youth learned about plant growth through a wide range of fun activities. They used this learning to grow veggies for healthy snacks.

**Children learned how to grow veggies and make healthy snacks.**

*This project fostered:*

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

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# GROWing the Imagination

NDSU Extension Service - Griggs County

## Project Activities

Children visited a local nursery and selected their favorite flowers. The flowers were planted and vegetable seeds were sown at the day care center. The children added fairy rocks, hand painted by themselves.

The kids were encouraged to think of their garden as a home for little creatures. To their surprise they discovered fairy and dwarf figurines that would visit different locations of the garden throughout the summer.

Before a killing frost, the children picked their favorite blossoms. The beautiful colors were preserved by pounding the pigments onto cloth.

## Impacts on the Youth

The 25 children learned how to plant and care for vegetation. They were allowed to be creative in the garden and experience the space as if they were small creatures such as fairies. Children enjoyed selecting their own flowers. The children made memories of gardening and constructed crafts from the garden to share with their loved ones.

## Impacts on the Community

This project added beauty to a corner of the day care center for the community to appreciate. We converted a forgotten garden bed into a fairyland filled with colorful flowers.

## Partners

NDSU Extension Service - Griggs County and WeeCare Day Care Center.



Youth learned about flowers and then created a fairyland full of beautiful, blooming plants.

**Our children converted a forgotten garden bed into a fairyland filled with colorful flowers.**



*This project fostered:*

- Gardening skills
- Physical activity
- Beautification
- Community partnerships

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# Growing Tomorrow's Gardeners

NDSU Extension Service - Bowman County

## Project Activities

Our project started last year with the construction of raised bed gardens at Tot-Lot Child Care Center. Our lessons this year enabled youth to plant, grow and consume their own food.

The project also provided hands-on gardening education lessons at the Youth Activity Day in Bowman. Youth learned what plants need to live. They planted their own fairy gardens.

## Impacts on the Youth

The project made an impact on the children and how they view the produce they eat. They took great satisfaction in knowing they grew their own food. They loved showing their garden to others.

The participants at Youth Activity Day learned how to care for their own container gardens. In all, 49 children participated in project activities.

## Impacts on the Community

The project increased awareness of square foot gardening in the community. The garden at the child care center borders the hospital parking lot so it is very visible. The garden beautifies the area and educates the public on growing food locally. Our project was highlighted at a regional conference of 400 rural women.

## Partners

NDSU Extension Service - Bowman County including its Master Gardeners and 4-H Clubs, Tot-Lot Child Care Center and Rural Women in America Conference.



**Our gardens showed our community we can grow food locally.**

*This project taught children how to grow food at their preschool and then provided lessons at a Youth Activity Day.*



*This project fostered:*

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

## Contact

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# Wojupi Oiyokpi Happy Planting Time

Cankdeska Cikana Community College (Fort Totten)

## Project Activities

Gardens were tilled at four Head Start centers and the Sacred Children's Place Child Care Center on the Spirit Lake Reservation. Seeds were sown at Cankdeska Cikana Community College (CCCC) and grown into transplants. The transplants, gardening tools and seeds were used by the leaders at each center to grow a garden. Adults and children worked together all summer in growing and harvesting the produce.

## Impacts on the Youth

The 34 children experienced growing vegetables, many for the first time. They enjoyed tasting the produce they grew. The development of gardening skills and a love for growing food can help these children live healthy and productive lives.

## Impacts on the Community

The Spirit Lake tribe is very supportive of the idea of getting youth involved in gardening and learning where their food comes from. The children's parents have requested the program to continue next year.

Our college will continue to support these efforts and we feel a strong partnership among the centers, CCCC and NDSU Extension has been formed.

## Partners

CCCC, Spirit Lake Tribe, Head Start, Sacred Children's Place Child Care Center and NDSU Extension Service - Benson County.

Photo courtesy of Andrew Shieh, [www.flickr.com/photos/shandrew/3885341857/](http://www.flickr.com/photos/shandrew/3885341857/).



Children at five preschool centers on the Spirit Lake Reservation enjoyed growing vegetables.

**The development of gardening skills and a love for growing food can help these children live healthy and productive lives.**



*This project fostered:*

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

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# Research Projects



# Home Garden Variety Trials

NDSU Extension Service - Department of Plant Sciences

## Project Activities

Children throughout ND evaluated promising vegetable and flower varieties in their backyards and schools. A series of 50 trials, each comparing two varieties of a type of vegetable or flower, were conducted by 345 youth in 34 counties. Examples of trials included bean, carrot, corn, cucumber, gladiolus, lettuce, pea and pumpkin.

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



*Children throughout our state worked with their parents and teachers to evaluate promising vegetable and flower varieties. This is one of the largest networks of garden researchers in the USA.*

## Impacts on the Youth

A survey of parents and teachers showed 79% of youth in this project improved their diets, 78% developed skills in science and 71% increased their levels of physical activity by conducting these experiments.

## Impacts on the Community

The youth did a valuable service to other gardeners in North Dakota by identifying superior varieties. The planting of superior varieties will lead to increases in yield, better tasting vegetables, reduced use of pesticides and enhanced food security.

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

## Partners

NDSU Extension Service and numerous schools and youth organizations across North Dakota.

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**The kids did a valuable service to all gardeners in North Dakota by identifying superior varieties.**

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*This project fostered:*

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

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# School Gardens



# 21st Century Learning Garden

NDSU Extension Service - Stutsman County

## Project Activities

This year the garden theme was a potato soup garden. The 110 kids grew vegetables needed to make potato soup. Each week we taught lessons about nutrition and gardening. At the end of the summer, the kids served potato soup to their families at family night.

## Impacts on the Youth

Students learned where their food comes from and how to eat healthy. A survey of students was conducted before and after the program. We asked “How often do you eat a vegetable when you eat lunch at school:

PRE-PROGRAM: 8% never, 36% once or twice a week, 56% almost everyday.

POST-PROGRAM: 8% never, 16% once or twice a week, 76% almost everyday.

After the program, 97% of students identified potato as a crop grown in ND, up from 31% before the program.

Parents reported their children were excited to grow a garden. Their children offered to cook meals more often and look at more recipes.

## Impacts on the Community

The vegetables were donated to the school for their lunch program. This provided affordable, fresh vegetables to the school for its students.

## Partners

NDSU Extension Service - Stutsman County and 21st Century MOST (Meaningful Out of School Time) Afterschool Program.



The kids grew vegetables needed to make potato soup. Later they prepared and served potato soup to their families at a school program.

**The children began eating more vegetables at school.**

**This project fostered:**

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

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# Bennett School Garden

Bennett Elementary School (Fargo)

## Project Activities

Two fourth-grade classrooms partnered with NDSU Plant Science students to sow and grow vegetables at the school garden. Families took turns caring for and harvesting the garden during the summer.

## Impacts on the Youth

Our 75 students became more knowledgeable in growing healthy food.

## Impacts on the Community

Many families had so much fun during their week they volunteered for additional weeks. This aspect of the project made a huge difference in the quality of our garden. It was truly a community garden. Many hands make less work!

Because the garden was cared for by so many, it was never vandalized. Many people remarked how beautiful and bountiful it appeared. They knew that if they needed some fresh lettuce for a dinner salad, it was available for the picking.

## Partners

Bennett Elementary School and its PTA, NDSU Plant Science Department faculty and students, and individual volunteers.



Children at Bennett School worked with NDSU students and volunteers to grow a garden. They harvested the vegetables and enjoyed delicious meals together.

**Our school families took turns caring for the garden during the summer. It was truly a community garden.**

*This project fostered:*

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

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# Circle of Nations Garden

Circle of Nations Wahpeton Indian School

## Project Activities

Our project educated children on eating healthy food. The fourth-, fifth- and sixth-grade students learned how to start and maintain vegetable gardens within their communities. The students harvested the vegetables and helped kitchen staff to prepare foods using the harvest.

## Impacts on the Youth

Forty-five students learned that gardening is a traditional Native American way to promote a healthy life, environment and community. They learned of food sovereignty and gained skills they can take back to their tribes and families.

The project created connections among adults and students that contributed to greater achievements in the classroom.

## Impacts on the Community

The project supported sustainable food systems and the local economy. Members of the community were able to share in the harvest and taste the food made with the vegetables.

The garden served as a place where members of the community could volunteer at the school. In the end, the garden was a beautiful symbol of mutual hard work and responsibility.

## Partners

NDSU Extension Service - Cass County, Wahpeton Parks and Recreation, Native Youth Community Project and North Dakota Soil Conservation Service.



The students at Circle of Nations School used sustainable practices to grow a productive garden.

**Youth learned of food sovereignty. They gained skills they can take back to their tribes and families.**

*This project fostered:*

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

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# Container Gardens

NDSU Extension Service - Burke and Divide Counties

## Project Activities

One hundred and seven students learned how to identify vegetable seeds and seedlings. They grew trays of seedlings and transplanted them into hanging baskets and small containers for transplanting into home gardens. Many students harvested produce from their hanging baskets and several exhibited their plants at the county fair. Excess plants were donated to a community garden project in Bowbells.

## Impacts on the Youth

The children learned the connection between seeds and vegetables. Many of them had never seen vegetable seeds before. The children gained self-esteem from successfully planting and growing vegetables. Many harvested vegetables for themselves and their families.

## Impacts on the Community

This project inspired many students and teachers to start gardens at home. Many of these families were from southern states and they were amazed at the variety of vegetables that could be grown here. Employees of the USDA Service Center became excited about the project and helped to establish a community garden.

## Partners

NDSU Extension Service - Burke and Divide Counties and their Go-Getters and Leaf Clovers 4-H Clubs; Bowbells School, Burke Central School, Burke County Fair, Burke County Ag Improvement Association, Farm Services Agency-Burke County, CHS SunPrairie-Bowbells and the City of Bowbells.



*Students in Burke and Divide Counties learned how to identify seeds and grow vegetable transplants.*

**This project inspired many students and teachers to start gardens at home.**



*This project fostered:*

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

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# Grand Forks County Gardens

NDSU Extension Service - Grand Forks County

## Project Activities

We reached out to 70 children this summer at four elementary schools.

At Century and Lake Agassiz Schools, gardening classes were conducted throughout the summer. Students at Century included English Language Learners. In fall, third-grade teachers used the gardens as outdoor classrooms and used the produce in school lunch programs.

Summer school students at Emerado cared for the garden and shared the produce with their community. Students at Immanuel School participated in nutrition and gardening lessons. They cared for and harvested their garden through the summer.



Families learned about gardening and nutrition through a series of hands-on activities at four sites.

## Impacts on the Youth

Children learned about plants, how to take care of a garden and how to harvest produce. In many cases they were able to teach their parents about gardening. Children were excited for gardening days. They were typically open to trying new vegetables, even straight from the garden.

## Impacts on the Community

The gardens provided fresh produce to their communities. People would walk by and comment on the importance of these lessons and the beauty of gardens.

## Partners

NDSU Extension Service - Grand Forks County, Grand Forks Public Schools, Emerado Public School and Immanuel Christian Children Center.

**Students were most excited about being outside, digging in the dirt and playing with bugs—and no one was going to get upset with them (in fact it was encouraged)!**



*This project fostered:*

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

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# Harvesting Fun

NDSU Extension Service - Burleigh County

## Project Activities

An eight-week program was conducted for rural youth in Wilton and Wing. Gardens were established at both schools.

The youth were excited to attend the classes and learn about gardening. The 23 children learned about square foot gardening and composting. They explored soil properties such as pH, texture and the effects of tillage. They learned about uses of herbs and made herbal butter. The program wrapped up with an end-of-the-summer picnic at each school.

## Impacts on the Youth

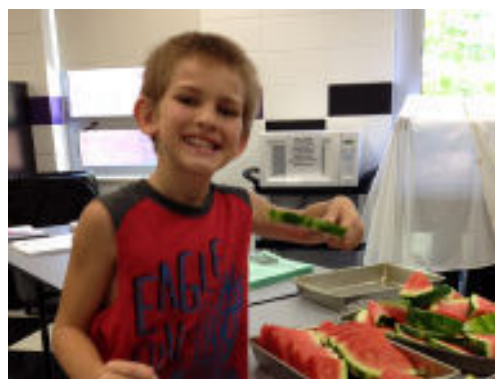
Youth learned life skills that pertained to gardening, physical activity, and healthy living and eating. They eagerly shared what they learned to their parents. Youth were able to increase their daily consumption of vegetables by having fresh produce to take home and share with their families.

## Impacts on the Community

The gardens added beauty and became focal points for each school. All community families were welcomed at the picnics at the end of the summer. In Wing, the school garden was featured on the Garden Walk during Wing Community Days.

## Partners

NDSU Extension Service - Burleigh County, Wing Public School, Wilton Public School, City of Wing.



*The youth in Wing and Wilton were excited to grow and eat vegetables. They explored soil properties and ate healthy snacks.*

**The students were excited to be in the garden.**



*This project fostered:*

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

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# Learning Through Gardening

NDSU Extension Service - Cavalier County

## Project Activities

Twelve youth at Langdon Day Care Center grew a vegetable garden. The youth (kindergarten to third grade) were involved in all activities from sowing to harvest. The project group met every 10 days to work in the garden and discuss topics including weeds, insects and diseases. The harvested vegetables were given to kids during their snack times or were used in meal preparation.

## Impacts on the Youth

The children gained a practical sense of how food is grown and where it comes from. The process of growing it themselves made several kids inclined to try vegetables which they would not otherwise.

The children learned the value of teamwork. They enjoyed taking part in every step of production and sharing the produce with their friends.

The kids spent quality time outdoors learning, having fun and participating in a physical activity.

## Impacts on the Community

The parents and community were proud of the children learning about gardening and having fun at the same time.

## Partners

NDSU Extension Service - Cavalier County and its Master Gardeners, NDSU Langdon Research Extension Center and Langdon Day Care Center.



Youth at Langdon Day Care Center worked together as a team to grow vegetables.

**Our kids gained a practical sense of how food is grown and where it comes from.**



*This project fostered:*

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

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# Liberty Middle School Gardens

Liberty Middle School (West Fargo)

## Project Activities

Liberty Middle School has developed a site that is utilized as part of its Earth and Life Science classroom. The site consists of a vegetable garden, butterfly garden and native prairie. Students conducted experiments related to soil science and hydrology besides caring for the gardens.

## Impacts on the Youth

This garden lets our students experience the satisfaction of growing and caring for something. They may enjoy the taste of vegetables they had never eaten before. Special Ed students that are not in the mainstream classroom are able to join our classes. By creating a tangible connection to the curriculum, we hope to instill a love of science among all our students.

The garden has become a place where our 85 teens may open up to one another and share their anxiety about moving on to high school and other important decisions. It makes them realize how similar they are, and creates a stronger team bond throughout the school year.

## Impacts on the Community

The collaborative nature of the garden requires students to practice and demonstrate good social, leadership and critical thinking skills. These skills are key to making them successful members of their community.

## Partners:

Liberty Middle School and Sheyenne Gardens.



Flowers, vegetables and teenagers are growing in the gardens at Liberty Middle School.

The gardens help our teens develop skills in science as well as socializing, leadership and critical thinking.



*This project fostered:*

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

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# Lisbon Elementary School Garden

Lisbon Public Schools

## Project Activities

High school horticulture class students constructed raised garden beds and sowed vegetable seeds in the greenhouse. A group of local Girl Scouts tended the garden through the summer. They harvested vegetables and took them to the food pantry. In fall, students enjoyed fresh vegetables at their school's salad bar including a tasty salsa that was made from garden vegetables.

## Impacts on the Youth

The high school students enjoyed sowing seeds and discussing gardening topics with our Master Gardener. The Girl Scouts were diligent in their care for the gardens.

The garden provided an opportunity for 34 children to be physically active and learn how to grow vegetables. They learned the power of teamwork in serving their community.

## Impacts on the Community

Positive feedback was given on how successful this project was and how it created a great partnership and sense of community. Low-income families were provided fresh vegetables. The garden's location was in plain view for all to see and enjoy; it added beauty to our city. This project will continue in the future!

## Partners

Lisbon Public Schools, NDSU Extension Service - Ransom County, Lisbon Girl Scouts, Ransom County Food Pantry, Lisbon Kiwanis Club and Doosan Bobcat Company.



High school students constructed garden beds and sowed seeds. Girl Scouts then took over and cared for the garden.

The students learned the power of teamwork when serving your community.



*This project fostered:*

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

## Contact

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# Max FFA Community Garden

Max Future Farmers of America

## Project Activities

The Max FFA started a community garden last year at Our Savior Lutheran Church. Our major goal is to encourage our community to eat healthy foods.

Using agriculture education classes, volunteers and FFA members, we grew vegetables for the school lunch program and to donate to local food pantries. Several members of the community maintained their own garden plots. Needy residents were encouraged to harvest from the school garden.

## Impacts on the Youth

Ninety-four students learned how to grow and harvest a variety of vegetables. The students enjoyed fresh produce in their school lunches and took bags of produce home. Bus drivers mentioned the kids ate the vegetables on the way home.

The students served their communities by donating vegetables to local food pantries. The kids loved being helpful to their community.

## Impacts on the Community

Our garden is open to the community. Some families raised their own crops while others were invited to harvest as needed. Our students harvested food for our local school and food pantries. We provided vegetables for a local day care center.

## Partners

Max FFA, Max Public School, Max Food Pantry, Our Savior Lutheran Church and Scheresky Ag Services.



**Our students enjoyed growing, eating and sharing the fresh produce.**

*Max FFA students grew vegetables that were donated to their school lunch program and local food pantries.*



*This project fostered:*

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

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# Minnewaukan School Garden

NDSU Extension Service - Benson County

## Project Activities

Summer school students in Grades 2–7 participated in Junior Master Gardener lessons at Minnewaukan Public School. This involved planting, growing and harvesting food from the school’s six raised garden beds. The school used the produce in their lunch program. Second-grade students planted two apple trees near school.

## Impacts on the Youth

Forty-nine students learned how to grow vegetables in garden beds as well as in containers. They learned the nutritional value of the foods they grew. The kids discovered that gardening is a great way to get exercise, eat right and have fun!

## Impacts on the Community

The gardening skills they developed were brought back to their communities and homes. The produce from the garden went directly to the Minnewaukan Public School and was incorporated in their lunch program.

## Partners

NDSU Extension Service - Benson County, Minnewaukan Public School and 21st Century Afterschool Program.



**Kids discovered that gardening is a great way to get exercise, eat right and have fun!**

*The children at Minnewaukan Public School learned how to grow healthy food. The second graders planted apple trees.*



*This project fostered:*

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

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# Missouri River Schools Gardens

NDSU Extension - Burleigh County

## Project Activities

In partnership with the Missouri River Education Consortium, 274 students in eight schools learned the basics of gardening. Many of these children were from low-income households and had never grown a garden before.

A series of lessons with hands-on activities were conducted at each school throughout the summer. The students built compost bins, evaluated soil texture, studied the ways insects communicate, designed gardens, grew vegetables and learned of healthy foods.

## Impacts on the Youth

Surveys conducted at the end of the program showed children increased their knowledge of gardening. The youth were able to name the parts of a plant, describe the needs of a plant, design and plant a garden, and describe different types of soils. Site coordinators were pleased with the program's content and methods of instruction.

## Impacts on the Community

Youth donated fresh produce to local food banks.

## Partners

NDSU Extension Service - Burleigh County, Bismarck Public School System, YMCA, Missouri River Educational Consortium and Bismarck Parks and Recreation Activity Center.



Students in eight schools of Burleigh County learned about healthy foods, soil qualities and growing vegetables.

**The students were busy all summer learning about growing and eating healthy foods.**



*This project fostered:*

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

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# Mount Pleasant School Garden

NDSU Extension Service - Rolette County

## Project Activities

Spinach, onions and lettuce were grown at the school. Students attending special services classes were invited to harvest garden produce and share it with their families.

## Impacts on the Youth

The project served as a means to further the education of youth interested in gardening. Four students sharpened gardening skills they had first learned last year.

## Impacts on the Community

Limited resource families gained access to spinach, onions and lettuce. The garden added beauty to the school grounds.

## Partners

NDSU Extension Service - Rolette County and Mount Pleasant School (including FFA and summer school programs).



Youth at Mount Pleasant School grew a garden for the second straight year. The produce was shared with families.<sup>1</sup>

## The students sharpened their gardening skills.

<sup>1</sup>This photo is from the Mount Pleasant JMG garden project in 2015.



This project fostered:

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

## Contact

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# Northern Cass FFA Garden

Northern Cass Future Farmers of America

## Project Activities

Eighth grade students in the Exploring Agriculture class did all the necessary prep work and planting for the community garden. The school then hired a former agriculture student to tend the garden this summer.

## Impacts on the Youth

The students realized how important food production was. They were excited to grow vegetables for families and students. The 40 teens learned a great deal about the hard work that it takes to produce a garden.

## Impacts on the Community

All the people we worked with were great advocates for agriculture and education. A portion of the produce was donated to the community.

## Partners

Northern Cass FFA, Northern Cass School, NDSU Extension - Cass County and an anonymous landowner.



Youth at Northern Cass School prepared and planted a vegetable garden for their community.<sup>1</sup>

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**Students realized the importance of food production and the hard work it requires.**

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<sup>1</sup>The coordinator of this project left in summer and activities picked up later in fall. This photo is from the Northern Cass FFA JMG garden project in 2015.



*This project fostered:*

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

## Contact

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# Ojibwa Indian School Garden

NDSU Extension Service - Rolette County

## Project Activities

This project promotes strong families and an active lifestyle. This year the project began a school orchard. Five students learned of apple varieties and planted ten bare-root trees on the school grounds. The trees are growing nicely. Encouraged by this project, the school invested in the orchard and is committed to its success.

## Impacts on the Youth

These fruit trees on the school grounds will inspire children to grow fruit in the future. For now, they see the beauty and seasonal changes in the trees. As the trees mature, the children will learn what is needed for the trees to grow and produce fruit. They will also learn how to use apples to make jams, jellies, desserts, dried apples and applesauce.

## Impacts on the Community

The orchard adds value and beauty to the school grounds. The orchard can be used for learning opportunities for families in the community.

## Partners

NDSU Extension Service - Rolette County, Ojibwa Indian School, Turtle Mountain Community College and Anishinaba Cultural Learning Center.



*Youth at Ojibwa Indian School established an apple orchard. As the trees grow, the youth will learn how to produce apples and use them in making healthy and delicious dishes.*

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**Our project promotes strong families and an active lifestyle. The new orchard will inspire children to grow fruit in the future.**

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*This project fostered:*

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

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# Pizza Garden

NDSU Extension Service - Walsh County

## Project Activities

Students from the Century Elementary Extended School (Grafton) in conjunction with the Summer School/Migrant Summer School Program participated in a series of hands-on learning activities.

The youth grew nutritious vegetables and herbs in the school garden and in containers they took home. These plants included popular pizza ingredients such as tomato, pepper and basil. Children learned how to harvest and prepare the vegetables for healthy meals.

## Impacts on the Youth

One hundred thirty-two children learned the cultural origins of their food, container gardening, growing vegetables, composting and the nutritional value of vegetables and fruits.

## Impacts on the Community

The project is very visible and the community loves to see children learn to grow healthy food. Everyone that approaches the raised garden beds wants to know more about them.

The youth shared their knowledge with their family and some got more involved in gardening. We tried to open their minds and it definitely showed.

## Partners

NDSU Extension Service - Walsh County, Helen's Greenhouse and Grafton Elementary Summer School/Migrant Summer School Program.



Children learned how to grow vegetables and prepare healthy snacks.

The pizza pots created interest in growing and eating vegetables at home.



*This project fostered:*

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

## Contact

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# Small Space Hydroponics

St. John Public School

## Project Activities

We provided 80 students (kindergarten to twelfth grade) with an opportunity to experience and learn about hydroponics (growing plants in water) and aeroponics (growing plants in air or mist).

Students took part in growing the plants, learning about plants' needs and how they grow. The older students shared their expertise in plant care with younger students.

## Impacts on the Youth

Most of the elementary students had never heard about hydroponics or aeroponics. This program gave them a fun, hands-on opportunity to do this.

Older students learned about plant nutrient and light requirements. Students also learned about human nutrition and healthy eating.

## Impacts on the Community

Most of our students are Native American and the incidence of diabetes is very high in this population. The NDSU Extension staff did a terrific job of teaching about healthy food choices. Many students shared this information with their families.

## Partners

St. John Public School and NDSU Extension Service - Rolette County.



Students at St. John Public School learned how to grow vegetables using hydroponic and aeroponic technologies.

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**Students learned of new technologies to grow vegetables and the value of vegetables for healthy living.**

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# Turtle Mountain School Garden

Turtle Mountain Elementary School (Belcourt)

## Project Activities

Turtle Mountain High School students constructed raised garden beds for their elementary school. Summer school students planted and watered the garden. A garden tour and lesson was shared with 247 students in September. Plants were labeled and the garden was used by teachers as a living classroom.

## Impacts on the Youth

Youth have a better sense of where their food comes from. Students identified the needs of plants and humans. Educational lessons encouraged students to appreciate plant life and consider their role as stewards of nature. The 24 students who planted the garden were proud of their contributions to the garden. We hope this project gets students to think about plant-related careers.

## Impacts on the Community

The project promotes gardening to community members. Families were impressed with how the plants were growing in the raised beds. Several families commented they will establish a garden next year. Families can stretch their food dollars and be physically active as they garden together.

The garden added beauty to the school. Community members see the Extension Service as a resource for gardening and canning information.

## Partners

NDSU Extension Service - Rolette County and Turtle Mountain Elementary and High Schools.



Students at Turtle Mountain High School constructed garden beds for elementary school students. Children are learning to appreciate plant life and their roles as stewards of nature.

**Students are learning where their food comes from. Lessons encouraged students to appreciate their roles as stewards of nature.**

*This project fostered:*

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

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# Senior Care Gardens



# Dunseith Nursing Home Gardens

NDSU Extension Service - Rolette County

## Project Activities

Youth from the Brite Sprights 4 Ever 4-H Club worked with the Dunseith Nursing Home staff to grow a garden. The produce was shared with residents.

The club hosted a pumpkin decorating party in October. The children decorated pumpkins with nursing home residents and prepared fresh salsa using garden tomatoes for the event.

## Impacts on the Youth

Fourteen youth learned how to sow seeds, grow transplants and harvest produce. Youth were proud of the colorful planters, garden and Halloween decorations they created. This was a confidence builder for all. The youth gained friendships and an experience in community service.

## Impacts on the Community

The project was a great way to connect elders, youth and nursing home staff members. The project added beauty to the Dunseith Nursing Home grounds. Staff members learned how to garden from the project and residents.

The garden's produce provided residents with fresh vegetables. Extra squash was sold at the Nursing Home Auxiliary group's fall bake sale. The funds generated were used for resident activity supplies, resident outings and beautification of the facility.

## Partners

NDSU Extension Service - Rolette County and its 4-H clubs, Dunseith Nursing Home Auxiliary and Dunseith Elementary School.



*The youth worked with staff and nursing home residents to grow vegetables and host a pumpkin decorating party.*

**Youth loved sharing the vegetables with residents. This was a confidence builder for all.**



*This project fostered:*

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

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# Ellendale Community Garden

NDSU Extension Service - Dickey County

## Project Activities

Dickey County 4-H worked with the residents from Prince of Peace Care Center to grow vegetables and fruits for their kitchen. The staff and residents selected the crops to be grown. Residents enjoyed working with the youth in the garden. Our garden was designed to allow residents to easily walk between rows. Residents in wheelchairs could harvest vegetables from the sidewalk.

## Impacts on the Youth

Eight children learned how to plant, manage and harvest a variety of vegetables and fruits. They enjoyed the fun and benefits of growing food. The youth learned how to design gardens for senior citizens. They enjoyed visiting and working with the elders.

## Impacts on the Community

The residents of Prince of Peace benefited from the exercise they received by planting, weeding and harvesting the garden. The residents also benefited from the healthy meals created from the garden produce.

The residents had a great time being outside in the garden. Their visits with youth made them feel younger. They were happy to teach the children about gardening.

## Partners

NDSU Extension Service - Dickey County and its 4-H Clubs, and Prince of Peace Care Center.



Youth and residents of Prince of Peace Care Center shared their gardening experiences while growing vegetables and fruits.

**The residents felt younger. They were happy to teach the children about gardening.**



*This project fostered:*

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

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# Green & Growing in Gackle

NDSU Extension Service - Logan County

## Project Activities

Students in K-6 at the Gackle/Streeter School assisted residents and staff at the Gackle Care Center in planting their vegetable and flower beds. They planted flowers near the windows of residents. In September, the students returned to the Care Center to view the harvest and enjoy vegetable snacks with the residents. The youth also planted flowers in planters at their school.

## Impacts on the Youth

Sixty-one children experienced hands-on learning about food from garden to table. This included sowing, irrigating and fertilizing the plants.

The children benefited from the interaction with the residents at the Care Center and will be more likely to revisit the Care Center at another time. The children felt proud of their contribution toward beautifying the Care Center and their school.

## Impacts on the Community

The opportunity for children and adults at the school and Care Center to work together builds community equity. It was heartwarming to see the residents give our kids hugs and big smiles when we visited. The grounds at the Care Center and school are more attractive.

## Partners

NDSU Extension Service - Logan County, Gackle/Streeter School, Gackle Care Center, Gackle Greenhouse, Weigel Trustworthy Hardware and local residents who donated produce to the Harvest Table.



Youth beautified the grounds at their school and Gackle Care Center. They grew veggies and shared the harvest with residents.

It was heartwarming to see the residents give our kids hugs and big smiles.

*This project fostered:*

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

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# Intergenerational Gardening

NDSU Extension Service - Sargent County

## Project Activities

Master Gardeners partnered with local 4-H youth to plant, weed and harvest vegetables and flowers in six raised bed gardens at the Four Seasons Health Care and Villas in Forman. NDSU Extension staff taught the youth about growing a garden. Nursing home residents enjoyed the beautiful flower garden and the harvested veggies.

## Impacts on the Youth

The ten youth participated in hands-on planting of flowers and vegetables. There were fun activities to help the kids learn about soil, water and composting. The youth were encouraged to share the information with their parents and to create their own gardens at home. They also learned how home-grown vegetables can contribute to healthier diets. They were happy to spread some joy to the nursing home residents.

## Impacts on the Community

Nursing home and assisted living residents enjoyed the beauty of the gardens. They benefited by eating the harvested vegetables and improving their diets. Other visitors to the nursing home were impressed with the work the youth and Master Gardeners had done.

## Partners

NDSU Extension Service - Sargent County including its 4-H Clubs and Master Gardeners, Four Season Health Care and Villas, and Hardware Hank.



Youth worked with Extension Master Gardeners and staff to construct gardens full of flowers and delicious vegetables.

The youth were happy to spread some joy to nursing home residents.



*This project fostered:*

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

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# Prairie Rose Assisted Living Center

Cloverkids 4-H Club of NDSU Extension Service - Emmons County

## Project Activities

Our Cloverkids 4-H Club beautified the Prairie Rose Assisted Living Center in Linton. The 4-H'ers pulled out dead shrubs and planted flowers around the facility.

Residents enjoyed watching the children plant flowers. They were all smiles and appreciated the children's work.

## Impacts on the Youth

The 15 children learned basic planting skills and how to use garden tools. After planting, many of the children said they were going to plant flowers at their homes, too.

The children learned the importance of giving back to their community and interacting with the elderly. They had a great sense of pride each time they passed by the facility throughout the summer, watching their flowers grow and bloom.

## Impacts on the Community

This project was a great opportunity for the community to see some of the wonderful activities 4-H does in our community.

The project increased the beauty of this facility. The entire community enjoyed the beauty of the Center, which is located on our main street.

## Partners

NDSU Extension Service - Emmons County and its Cloverkids 4-H Club, and Prairie Rose Assisted Living Center.



The 4-H Cloverbuds Club got out their trowels and planted flowers around the Prairie Rose Assisted Living Center.

**Our children learned the importance of giving back to their community and interacting with the elderly.**

*This project fostered:*

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

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# Sheridan Memorial Home Garden

NDSU Extension Service - Sheridan County

## Project Activities

NDSU Extension staff went to Sheridan Memorial Home (SMH) to help residents start plants from seed. The McClusky FFA chapter cut the boards needed for the boxes. The McClusky High School kids built two garden beds on their community service day. Next the Northern Lights 4-H club helped the residents of the SMH plant their vegetable transplants. Residents were able to eat the fruits of their labor throughout the growing season. 4-H youth regularly stopped by to help residents maintain the garden.

## Impacts on the Youth

Forty children learned gardening, plant identification and healthy food tips. The youth were able to connect with residents of the town they normally don't interact with. They heard stories from the residents about gardening and farming in the past. The project instilled community service into our youth population.

## Impacts on the Community

The project helped get our elderly population out and active. The home now has a nice area for residents to enjoy the outdoors and be rewarded with a bountiful harvest.

## Partners

Sheridan Memorial Home, NDSU Extension Service - Sheridan County and its Northern Lights 4-H Club, McClusky FFA chapter, McClusky High School and Bentz's Hardware Supply.



The youth connected with residents of the town they normally don't interact with.

Youth from 4-H, FFA and McClusky High School constructed gardens for residents of Sheridan Memorial Home.

*This project fostered:*

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

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# Youth Grow Community Garden

NDSU Extension Service - LaMoure County

## Project Activities

Weekly 90-minute lessons addressed a variety of topics in growing and preparing healthy snacks. The youth built and cared for flower planters at St. Rose Care Center. They made cards out of flowers and delivered them to residents at the Center. The youth grew and donated produce to St. Rose Care Center and community members.

## Impacts on the Youth

The 21 youth exercised generosity through multiple community service projects and had several opportunities to engage with the elderly. They developed confidence and speaking skills through opportunities to publicly share what they learned with others. They learned about preparing the produce they grew in healthy ways. They conducted research through the North Dakota Home Garden Variety Trials.

## Impacts on the Community

Our senior living and recreation facilities benefited from receiving fresh produce. We enhanced their gardens by adding new planters to encourage gardening among the elderly. The elderly enjoyed our visits and interacting with young people.

## Partners

NDSU Extension Service - LaMoure County, LaMoure Church of the Nazarene, Red River Valley Railroad, Harmsen's Greenhouse, Soil Conservation, LaMoure Public School, St. Rose Care Center, Rosewood Court Assisted Living, Happy Senior's Center, FFA and individual volunteers.



*Kids participated in gardening classes and service projects, including making cards out of flowers and sharing them with seniors.*

**These projects impact our children's understanding of agriculture and citizenship. It is inspiring!**



*This project fostered:*

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

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# Special Needs Gardens



# Growing & Giving Smiles

NDSU Extension Service - Burleigh County

## Project Activities

A group of at-risk teenagers grew a garden this year at the Missouri Valley Complex Community Gardens. The youth learned about plant requirements, soil types, soil erosion and floral arranging. They laid out the garden and managed it through the harvest.

## Impacts on the Youth

The ten teenagers took ownership and pride in keeping the garden beautiful and free of weeds.

They arranged the flowers they grew into beautiful bouquets.

The youth learned life skills in gardening they can use in their adulthood. They gained a sense of civic involvement by giving back to the community.

## Impacts on the Community

Residents in nursing homes, assisted living care and hospitals who might be sick, lonely or just need their day brightened received a floral arrangement. They were surprised and impressed that at-risk youth grew the flowers and arranged them.

Local food banks received fresh produce to give to families in need.

## Partners

NDSU Extension Service - Burleigh County, South Central District Juvenile Court and Hirsch Floral.



*A group of at-risk teens grew and arranged flowers to give to the sick and elderly. The recipients were impressed by the skills and thoughtfulness of the youth.*

**The youth learned life skills in gardening and gained a sense of civic involvement.**



**This project fostered:**

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

**Contact**

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# Growing Independence

Independence, Inc. (Bottineau)

## Project Activities

Independence, Inc. is a resource center that provides services to maximize the independence of individuals with disabilities.

Independence staff partnered with the Bottineau High School Special Education Summer Program to grow vegetables in a community garden in Bottineau. Students managed the garden, harvested produce and created meals. At the end of summer, students used their produce to prepare a meal for a group of special education students that meets socially after school.

## Impacts on the Youth

Through these hands-on activities, the youth developed lifelong skills in growing their own food and preparing meals with the produce. The five children learned principles of vegetable production, nutrition and self-sufficiency.

The project provided students with an opportunity to socialize with other students and establish new friendships.

## Impacts on the Community

Students joined with other members of the community to work together and maintain the garden. The larger social group of special education students in Bottineau was provided fresh produce at a meeting where they were learned of this inspirational project.

## Partners

Independence, Inc., Bottineau High School - Special Education Department and the Bottineau Social Group (Peace Garden Consortium).



*Disabled children grew vegetables in raised beds and shared their produce with a group of special education students in Bottineau.*

**The youth grew vegetables and shared a healthy meal with friends.**



*This project fostered:*

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

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# Youth-at-Risk: Garden to Table

NDSU Extension Service - Ward County

## Project Activities

Youth from the North Central Juvenile Drug Court worked with positive role models to grow a garden at Rainbow Gardens in Minot. The five teenagers weeded, watered and harvested the vegetables. Some of the produce was donated to local area food pantries.

## Impacts on the Youth

The garden showed the importance of nurturing, accomplishment and pride. Youth experienced the joy of starting a project and seeing it through to the end. Through hands-on-learning, youth learned where food comes from and how to eat a healthier diet.

Youth built healthy relationships with positive role models. The positive role models encouraged our youth to continue down the same path and find ways to be caring individuals in our community.

## Impacts on the Community

Through this project, youth interacted with diverse people and thus shared an experience that fosters multicultural understanding.

Much of the produce was donated to local area food pantries.

## Partners

NDSU Extension Service - Ward County and the North Central Juvenile Drug Court.



*Teenagers from the North Central Juvenile Drug Court learned how to grow a garden. They built strong relationships with positive role models and shared the harvested produce with the community.*

**Our youth built healthy relationships with positive role models. They interacted with diverse people and shared an experience that fosters multicultural understanding.**



*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 are expressions of gratitude. The following is a sampling of comments:

“Thank you for your help in allowing us to teach and get so many children involved in a project that touches hundreds of people.”

- Doug Kuruc, Lucky Leaf 4-H Club

“Thank you. This was a great opportunity for the youth to be involved in their community and learn life skills. Parents shared how this project has helped their children grow in skills and confidence.”

- Vanessa Hoines, NDSU Ext. - Morton Co.

“Programs like this are invaluable to the kids, families and communities. This project would not have been done without JMG funds.”

- Carrie Knutson, NDSU Ext. - Grand Forks Co.

“Our elderly are so thankful that people in the community are thinking of them and for the wonderful taste of home grown produce. Because of this grant, lives have been changed and knowledge has been obtained. Thank you for allowing us to make a difference in the Burlington community!”

- Mary Kester, Peace Lutheran Church

“This project allowed a small wish to become an even bigger dream for the residents of the Sheridan Memorial Home. It instilled community service into our youth population. Without the funds from the JMG Program, none of this would have happened.”

- Nicole Wardner, NDSU Ext. - Sheridan County



*Our amazing group of project leaders are helping youth to enjoy healthy, active lives.*

“This is a great grant program. In the future, I believe the early childhood programs [on the Spirit Lake Reservation] want gardens in each district. This is a great start for future gardeners.”

- Margaret Azure, Cankdeska Cikana Comm. College

“The support for this project is greatly appreciated. It is allowing for youth to connect to their culture and learn how to grow their own food.”

- Karen Armstrong, NDSU Ext. - Rolette County

“Thank you for securing these funds for a very rewarding project. It added excitement and anticipation to the summer for our local veterans.”

- Deb Lee, NDSU Ext. - Emmons Co.

“The Carrington Senior Citizen Center and the Carrington Daily Bread Food Pantry have expressed their sincere thanks for the fresh garden produce that was donated to them.”

- Joel Lemer, NDSU Ext. - Foster Co.



“We are incredibly grateful for this grant because it inspires us to find new ways to engage in our community. It significantly impacts our childrens’ understanding of agriculture, citizenship and personal growth. Each year our program gets stronger and the enthusiasm from the community is very rewarding.”

- Caroline Homan, NDSU Ext. - LaMoure County

“Thank you for coming alongside us to turn this dream into a reality. This Sensory Garden will be enjoyed by thousands of children for years to come. What a great investment.”

- Natasha Deplazes, The Children’s Museum

“Thank you for enabling us to share the skills and mindset needed to shape our young people into future gardeners! Their smiles said it all!”

- Angie Waletzko, NDSU Ext. - Ransom County

“Thank you so much for helping our garden to be successful! These tools will be used for many years with many children.”

- Cynthia Varriano, Bennett School

“I cannot express how grateful I am to be able to share my gardening passion with my students and see how important it becomes to many of them too!”

- Jennifer Shearer, Liberty Middle School

“The Junior Master Gardener Program was the only way this project would have been able to proceed and with the great success it has had. The learning opportunities for the 4-H youth has made its mark.”

- Duaine Marxen, NDSU Ext. - Hettinger Co.

“Thank you for providing this opportunity to the at-risk youth in Fargo!”

- Andrea Jang, CHARISM

“Thank you for the opportunity for this grant. It really helped raise the potential of the community garden within our town and we cannot wait to see the fruits of labor in a few short years with the fruit trees.”

- Desi Severance, Wyndmere FEA

“Thank you for continuing to make these grants available! One of this year’s participants is the youngest child in a family that enrolled all the older siblings in the class. His comment: ‘I FINALLY get to come to this gardening class!’”

- Brenda Langerud, NDSU Ext. - Ramsey County

“Without JMG funding, it would not have been possible to bring this learning experience to the children.”

- Megan Vig, NDSU Ext. - Griggs County

“I love this grant! It surprises me every year how much elementary students to 70-year-old people enjoy that garden. My seniors get excited to go out and harvest the garden. The cooks enjoy the fresh food on the lunch line and they say that the kids know the difference. The kids love to donate the food and feel helpful to their community.”

- Amanda Huettl, Max FEA

“We are very grateful for the grant received. Adults who attended said that they probably enjoyed and learned as much as the kids!”

- Amanda Hayen, NDSU Ext. - Logan County

“This grant enabled us to begin and continue a youth garden project that otherwise would not have happened. This group is so very enthusiastic. They love gardening, watching it grow and eating what they grow. Thank you for helping us initiate this project.”

- Sister Pamela Pranke, Grace Episcopal Church

## Contact

For more information on the North Dakota Junior Master Gardener Program, go to [www.ag.ndsu.edu/jrmastergardener/](http://www.ag.ndsu.edu/jrmastergardener/)



# NDSU EXTENSION SERVICE

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Photos were provided by project leaders; exceptions are noted on the relevant project page. Icons and icon elements are from [www.flaticon.com](http://www.flaticon.com).

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