



# North Dakota Junior Master Gardener Program

ANNUAL REPORT 2018

NDSU

EXTENSION



# North Dakota Junior Master Gardener Program



## ANNUAL REPORT 2018



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# Introduction

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## Our Greatest Resource

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

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

- 99% do not eat the recommended amount of vegetables daily.<sup>2</sup>
- 31% are overweight or obese.
- 74% are not physically active on a daily basis.<sup>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 eating habits lead to better performance in school, which in turn may lead to better paying jobs. Healthy diets will prevent chronic diseases such as obesity, diabetes and cancer.

Gardening programs can sharpen skills in science, raise awareness of the environment, build self-esteem, and help youth learn to work together.<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 2018.



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

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

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

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

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

# At-A-Glance

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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 awarded \$22,500 to 53 projects for gardening supplies. Funds were provided by the North Dakota State Legislature. NDSU provided educational support to all projects and led 31 of them. Forty of the projects would not have been started without JMG funds.



## Partners

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



## Impacts on Youth

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



## Food Security

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



## Beauty

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



## Special Projects

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

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





# Beautification Projects



# Main Street Beautification in Cavalier

NDSU Extension – Pembina County

## Project Activities

The Pembina County Kaleidoscope Program helps youth to make lasting connections and impacts in their communities. As part of North Dakota's Main Street Initiative, a group of 10 children beautified Main Street in Cavalier. Working with local government and chamber of commerce representatives, they added large shrubs, native grasses, perennial flowers and mulch.

## Impacts on the Youth

Youth learned about plant selection, planting placement, and differences among perennial and annual flowers. They learned the value of teamwork and cooperation with city employees and government entities. The youth made a visible difference in their community and showed they are proud to live in Cavalier.

## Impacts on the Community

This project united many community partners for a common purpose. The main intersection in Cavalier is now a brighter and more attractive area for visitors and community members to enjoy. This may help to increase shopping in town, promote tourism and bring in new businesses.

## Partners

NDSU Extension - Pembina County, Pembina County Kaleidoscope Summer Program, Burgess's Nursery and Greenhouse, Miller's Garden Center, Cavalier Chamber of Commerce, and City of Cavalier.



Youth made a lasting impact in their community by beautifying the main intersection in Cavalier.

**The youth showed they are active in their community and proud to live in Cavalier.**



*This project fostered:*

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

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# Missouri Valley Bunch 4-H Projects

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

## Project Activities

The Missouri Valley Bunch 4-H Club beautified the grounds of Morton County Courthouse. Twenty-one children planted large pots of flowers at all entrances of the Courthouse and added annuals to the perennial flower beds they have worked on for the past three years. They watered and cared for the flowers all summer.

The club constructed two raised garden beds and planted sweet peppers, cucumbers, tomatoes and lettuce with folks from Edgewood Vista assisted living facility in Mandan.

## Impacts on the Youth

The children learned how to select flowers and vegetables for gardens and containers. They learned how to build raised garden beds.

The project provided an opportunity to work alongside seniors from their community. It was a great cross-generational experience.

## Impacts on the Community

Visitors and staff of the Morton County Courthouse were greeted by a colorful array of welcoming flowers. Residents of Edgewood Vista enjoyed the company of the youth, and they benefited from the vegetables grown in the gardens.

## Partners

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



**The youth beautified their community and enjoyed gardening with seniors.**



*Youth beautified the grounds of Morton County Courthouse and planted vegetables with residents of Edgewood Vista.*



**This project fostered:**

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

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# Salute to the Red, White and Blue

NDSU Extension – Ransom County

## Project Activities

This was the 125th anniversary of the North Dakota Veteran's Home so projects this year focused on red, white and blue. Sixteen children from local 4-H clubs planted the large front area around the flag poles with dozens of red, white and blue petunias. Planters were filled with colorful flowers around that area as well as the front doors, gazebo and a large patio area.

## Impacts on the Youth

The children have developed a special relationship with residents of the Veteran's Home. They planted alongside the veterans, giving them time to interact and work together. The kids were proud to beautify the grounds and honor those who served our country.

## Impacts on the Community

The project added beauty to the Veteran's Home, which held many events in its 125th anniversary this summer. The flowers bloomed in all their glory as dignitaries from around the nation visited and spoke at events.

The veterans enjoyed working with the children and expressed their appreciation for making their home a beautiful place. Many veterans spent hours outdoors enjoying the flowers every day.

## Partners

North Dakota Veteran's Home, NDSU Extension – Ransom County and its 4-H Clubs and Master Gardeners, and Sheldon Greenhouse.



**The youth were happy to honor those who served our country.**

*Youth this summer beautified the grounds of the North Dakota Veteran's Home, adding color to the events surrounding its 125th anniversary.*



*This project fostered:*

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

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# Where's Main Napoleon?

NDSU Extension – Logan County

## Project Activities

Napoleon's primary business district is an awkward turn on Highway 3 that runs through town. Eighteen children in this project beautified Main Avenue by planting flower baskets that line the street. The children toured a local greenhouse and orchard operation. They learned how to plant trees and how self-watering pots work.

## Impacts on the Youth

Youth learned the value of community service. They were proud of their efforts in beautifying their hometown. They learned how city departments cooperate to complete projects.

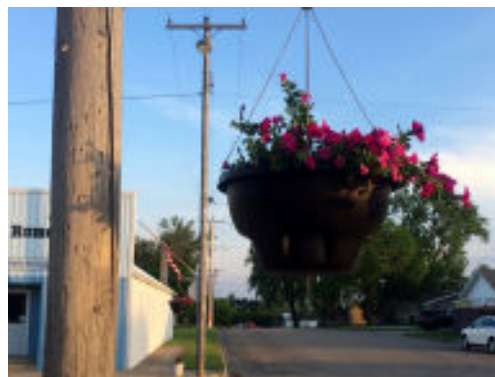
The tour showed the children a wide variety of trees, vegetables, herbs and flowers. This knowledge can be used to encourage their own plantings at home.

## Impacts on the Community

This project marks the beginning of a long-term beautification plan for Napoleon. The hanging baskets enhanced the local economy by leading visitors to restaurants, retail stores and service providers in the town's business district. The Horizons Program and private donors have agreed to fund the project next year.

## Partners

NDSU Extension – Logan County and its 4-H Clubs and Master Gardeners, Braun Greenhouse & Orchard, Horizons, City of Napoleon, Napoleon Park Board, How Does Your Garden Grow Greenhouse.



Youth toured a greenhouse and planted hanging baskets that line Main Avenue in Napoleon.

**The youth learned the value of community service. They were proud of their efforts in beautifying their hometown.**



*This project fostered:*

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

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# Community Gardens





# CHARISM Youth Garden

CHARISM (Fargo)

## Project Activities

CHARISM Garden is located at the McCormick Family Center by Community Homes apartments. Classes were held every Wednesday during summer to help kids in the neighborhood to grow their favorite plants and love the outdoors. Kids were encouraged to be active outdoors and learn how their food is grown.

## Impacts on the Youth

The children enjoyed the activities in the garden. They learned about making healthy food choices and saw how much work goes into growing healthy food. The children worked together and gained a greater understanding of their diverse backgrounds. The youth had to chance to connect with adults who provided advice in growing the garden.

## Impacts on the Community

The youth are our future and teaching children these skills now will help the community be a better place. The garden made the community stronger as it was something community members looked forward to visiting every week. It was a way for them—both youth and adults—to be social and communicate to one another. They learned about each other's cultures.

## Partners

CHARISM, Summer Hope, Sojourn Church and NDSU college students.



Children and families in the community garden grew vegetables and learned about making healthy food choices.

**Children and families from around the world grew vegetables together.**

*This project fostered:*

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

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# Eager Beaver 4-H Club Garden

Eager Beaver 4-H Club of NDSU Extension – Renville County

## Project Activities

The Eager Beaver 4-H Club established, planted, maintained and harvested a garden at the County Fairgrounds in Mohall.

## Impacts on the Youth

Ten children learned the responsibility and rewards of growing a garden and the importance of healthy eating.

## Impacts on the Community

The children's garden brought people together and generated a lot of interest within the community. The project raised the community's awareness of growing vegetables for healthier diets, generating income and serving needy families.

## Partners

NDSU Extension – Renville County and its Eager Beaver 4-H Club, Flower House Garden Center, Renville County Soil Conservation District and Marmon Enterprises.



*The Eager Beaver 4-H Club established and grew a garden at the Renville County Fairgrounds.*

**The project raised the community's awareness of growing vegetables for healthier diets, generating income and serving needy families.**



*This project fostered:*

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

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# Forman Community Orchard

City of Forman

## Project Activities

Youth of the Forman Friends 4-H Club planted six apple trees and eight honeyberry bushes in Central City Park. They were assisted by NDSU Extension and its Master Gardeners as well as the City of Forman. The group of 14 children irrigated the plants throughout the summer.



## Impacts on the Youth

The children learned how to properly plant trees and shrubs. They learned how to dig proper holes, mulch, stake, irrigate and fertilize the plants.



The youth were proud of what they accomplished for their community. The Mayor, City staff, Community Development Coordinator and others in the community praised them for their work.



As the project evolves, the youth will learn more about caring for fruit trees and the importance of fruits in a healthy diet.

## Impacts on the Community

This community orchard will provide interest, beauty and activities for those persons enjoying the park. In the future, the harvested fruits will be shared with youth and needy families in the community.

*Members of the Forman Friends 4-H Club established a community orchard with apple trees and honeyberry bushes.*

## Partners

NDSU Extension and its Forman Friends 4-H Club and Master Gardeners, City of Forman, Sheyenne Garden Center and Menards.

*This project fostered:*

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

**The youth were proud of establishing an orchard for families in their community.**

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# Hettinger Grow and Store

NDSU Extension – Hettinger County

## Project Activities

Children learned about food production and meal preparation through a series of lessons at the Community Garden in West Mott.

## Impacts on the Youth

The children learned how to grow vegetables for making pizza and other nutritious dishes. Many of the 26 children had no previous experience with gardening. They were amazed with each visit at how the seeds sprouted, flowered and produced fruit. The children enjoyed snacking on the vegetables.

The project helped the children to grow familiar foods and allowed them to see food in its most natural state. The children learned the time and effort involved to make the food they eat.

## Impacts on the Community

This project increased awareness of the Community Garden as a place where people with a variety of skills can work together to provide food for each other and their families. It provided a multi-generational outdoors activity and brought together agencies with shared common goals. Vegetables and jars of tomato sauce were shared at the library.

## Partners

NDSU Extension and its 4-H Clubs, Slope-Hettinger Conservation District, Mott Public Library, Mott/Regent School District, The Tilted Tulip, City of Mott and Mott Visionaries.



Children learned how to grow, harvest and prepare vegetables for making pizza and other nutritious dishes.

**The children learned the time and effort involved to make the food they eat.**



*This project fostered:*

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

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# Langdon Day Care Garden

NDSU Extension – Cavalier County

## Project Activities

A vegetable garden was planted by kids (ages 5–12) attending Langdon Day Care. Twelve kids learned the basics of gardening and growing fresh vegetables. They had fun outdoors. The garden supplied the kitchen of the day care with fresh vegetables.

## Impacts on the Youth

Kids got hands-on experiences in gardening activities such as planting, watering, weeding and harvesting. Along with physical activity, kids learned the nutritional aspects of fresh vegetables and the health benefits of eating them. Kids got so excited when they got to take produce from the garden to their homes.

## Impacts on the Community

Parents and grandparents were proud of their kids' involvement in gardening. Happy and healthier kids make happy families and a better community.

## Partners

NDSU Extension – Cavalier County, NDSU Langdon Research Extension Center, Langdon Day Care, Langdon Park Board.



**Happy and healthier kids make happy families and a better community.**

*The youth at Langdon Day Care had fun growing vegetables in their park garden. They were excited to bring produce from the garden to their homes.*

**This project fostered:**

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

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# McKenzie County JMG Program

NDSU Extension – McKenzie County

## Project Activities

Vegetables and flowers were grown in raised garden beds at the McKenzie County Fairgrounds. Thirty-eight children participated in activities which included preparing and planting the garden, exhibiting vegetables at the County Fair, arranging and delivering flowers to the nursing home, making herbal lotions and bath salts, conducting presentations at the farmers market, grilling fruits and vegetables, and serving a meal to parents.



**Youth developed life skills including growing healthy food and cooking.**

## Impacts on the Youth

Children developed many life skills which included growing healthy food, cooking, planning, solving problems, communicating with others, showing respect and speaking in public.



## Impacts on the Community

Children interacted with the elderly in the local nursing home. Their vegetable exhibits were displayed at the McKenzie County Fair for the community to see and enjoy. The youth provided hands-on activities at the local farmers market.

*Youth in McKenzie County learned how to grow a garden through a series of hands-on lessons. They shared flowers with the elderly and exhibited vegetables at the County Fair.*

## Partners

NDSU Extension – McKenzie County, Watford City High School, McKenzie County Natural Resources Conservation Service, McKenzie County Fair, local nursing home and farmers market.



*This project fostered:*

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

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# Plant the Seed Learning Garden

OnTRAC Learning Center (Jamestown)

## Project Activities

Eighty-five children from OnTRAC Learning Center and Jamestown High School worked with staff and volunteers to grow vegetables at Two Rivers Activity Center. They designed and constructed raised garden beds and cared for the plantings all summer. Vegetables were harvested by the kids for snacks.

## Impacts on the Youth

The children shared a sense of pride in their garden. They regularly asked when it was time to go to the garden. They valued the rewards of their hard work, beaming with excitement when they harvested the vegetables. The kids learned how to work as a team.

Several of the children never grew a garden before. They did not know they could grow their own food, and they learned the value of eating a healthy diet. These are lessons that will benefit the children for their entire lives.

## Impacts on the Community

Children shared their experiences with their parents and others in the community. It was rewarding to see friendships across generations grow among the team of children, staff and volunteers. These intergenerational friendships supported the importance of healthy lifestyles and choices.

## Partners

OnTRAC Learning Center, Jamestown High School, Boy Scouts, NDSU Extension – Stutsman County and local farmers.



The children beamed with excitement when they harvested the vegetables.

*Kids from Jamestown High School and the OnTrac Learning Center constructed raised beds and enthusiastically grew vegetables in them.*

**This project fostered:**

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

## Contact

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# Ramsey County JMG Program

NDSU Extension – Ramsey County

## Project Activities

The Ramsey County Junior Master Gardener Program taught gardening to children (ages 6–12) through a series of five 2-hour sessions. This is the ninth year the program has been provided to children in the community.

## Impacts on the Youth

Fourteen children were introduced to new vegetables. They developed skills in gardening that will help them have a healthier diet and lifestyle.

## Impacts on the Community

Over half of the garden produce was donated to HOPE Center, a local food pantry. This pantry is now open five days a week, so produce can be donated at its peak of ripeness.

The garden was located at Ramsey County Fairgrounds, a visible site in the community. This garden beautified the grounds and raised awareness of food security in the community.

## Partners

NDSU Extension – Ramsey County and its 4-H Clubs, Ramsey County Fair Board and HOPE Center.



Children in the Ramsey County JMG Program learned about plant growth and developed skills in gardening. The children donated much of the produce to the local food pantry.

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**The garden raised awareness of food security in the community.**

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*This project fostered:*

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

### Contact

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# Summer Camp Vegetable Garden

Grand Forks Air Force Base Youth Center

## Project Activities

This summer camp promoted the consumption of healthy foods. Thirty-eight children participated in gardening activities and prepared healthy snacks.

## Impacts on the Youth

This vegetable garden provided the children with recreational, educational and social activities in an outdoor environment. This activity offered children a deeper appreciation of the environment and expanded their range of experiences with nature.

Studies show that involvement in gardening can lead to increased preferences for fruits and vegetables for snacks. Experiences in gardening may promote healthy habits and life skills. Caring for the garden provided children with a sense of purpose and responsibility.

## Impacts on the Community

The visibility of this project and its hands-on activities helped to raise awareness on healthy diets throughout the base. Partnerships have been developed with the Child Development Center and Family Child Care at the base to begin similar projects at those sites.

## Partners

Grand Forks AFB Youth Center, NDSU Extension – Grand Forks County and its 4-H Clubs, 319 Civil Engineer Squadron, Youth Center Torch Club, Grand Forks AFB Child Development Center.



*Kids at the Grand Forks Air Force Base Youth Center learned how to grow a garden. This camp raised awareness of healthy diets throughout the military base.*

**Experiences in gardening may promote healthy habits and a deeper appreciation of the environment.**



*This project fostered:*

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

## Contact

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# Towner County Community Garden

NDSU Extension –Towner County

## Project Activities

Towner Community Garden was established as a learning resource for children. A group of 32 children participated in activities related to gardening, composting and pollination. Local experts and a community reading group taught lessons on insects and conservation.

## Impacts on the Youth

The children learned about creating habitat in the garden for pollinators. They learned how to make compost and utilize all the food grown in the garden. They learned where their food comes from.

The youth grew and harvested vegetables. A portion of the harvest was sent home with the children, some of whom have limited access to fresh vegetables.

## Impacts on the Community

This project provided the community with an opportunity to help those in need. Adults were encouraged to work in the garden and serve as mentors to the children. Approximately 700 pounds of produce was donated to Cando Area Food Pantry.

## Partners

NDSU Extension –Towner County and its 4-H Clubs, Towner County Soil Conservation District, Natural Resources Conservation Service, Farm Service Agency, Cando Area Food Pantry, Cando Lutheran Church, local greenhouse and hardware store, local reading group and city council.



The children learned about gardening, composting and pollination. They grew food for themselves and needy families.

The youth learned how to create habitat for pollinators and to grow food for their community.

This project fostered:

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

## Contact

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# Twin Buttes Salsa Garden

NDSU Extension – Dunn County

## Project Activities

The Twin Buttes Salsa Garden project worked with the Boys & Girls Club in creating and cultivating a themed vegetable garden. A raised garden bed was constructed to demonstrate basic gardening techniques. A group of 10 club members planted six vegetables for preparing ‘no cook’ salsa. Four lessons were conducted on plants, gardening, nutrition and food preparation.

## Impacts on the Youth

Club members learned how to grow food, equipping them with a lifelong skill. They learned how to grow plants and the importance of plants in human health. Club members gained food preparation experiences and developed confidence by following safe cooking practices. Club members worked together as a team to reach common goals through effective communication.

## Impacts on the Community

Food production and self-sufficiency are long held cultural traditions in this community. This project created an opportunity for intergenerational sharing of these traditions and knowledge. Community members had the opportunity to sample the salsa made by club members.

## Partners

NDSU Extension – Dunn County, Twin Buttes Boys & Girls Club and Spring Creek Greenhouse.



*The youth at the Boys & Girls Club learned how to plant and grow vegetables. They harvested the vegetables and prepared salsa for a community celebration.*

**Children developed skills in growing their own food, a long held cultural tradition in this community.**



*This project fostered:*

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

## Contact

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# Youth Pizza Garden

NDSU Extension – Pierce County

## Project Activities

Youth and their families grew a variety of vegetables and herbs used as toppings on a pizza in 10 wedge-shaped raised beds arranged in a circle at Prairie Village Museum.

Lessons on soils, seeds, pollinators, plant genetics, nutrition, food safety and food preservation were conducted every other week throughout spring and summer.

The 12 youth shared their gardening knowledge with family members at a pizza party at the end of summer. The families made pizzas using vegetables and herbs grown by the youth.

## Impacts on the Youth

Youth gained an increased awareness of their environment and agriculture by learning the connections between people, plants, soil and water. They learned how to grow vegetables and the importance of vegetables in a healthy diet. Youth and their families also developed an appreciation for locally grown food and what is involved in producing it.

## Impacts on the Community

The Pizza Garden is a valued attraction of the Prairie Village Museum. Involving youth along with their parents will lead to more gardening and healthier diets at home.

## Partners

NDSU Extension – Pierce County, Prairie Village Museum and Calvary Free Evangelical Church.



Youth shared their gardening knowledge with family members at a pizza party at the end of the season. They prepared pizzas made with vegetables grown in the garden.

**Youth developed an appreciation for locally grown food and what is involved in producing it.**



*This project fostered:*

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

## Contact

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# Environmental Stewardship Projects



# Chahinkapa Zoo Gardens

Chahinkapa Zoo (Wahpeton)

## Project Activities

Students participated in classes that included planting flowers and vegetables at the zoo. Flower and vegetable plants were sent home to students to encourage gardening and healthy diets at home.

The children tasted varieties of leafy greens and fed vegetables to the zoo's orangutan. The vegetables grown in the zoo garden were fed to the animals throughout the summer.

## Impacts on the Youth

The 15 students learned to work together as a team. They were proud to provide healthy food for the animals at the zoo.

The students enjoyed gardening. Students of classes from previous years have come back later and pointed to plantings they did and said proudly, "I planted that."

## Impacts on the Community

The zoo's gardens are enjoyed by over 70,000 visitors each year. The vegetable garden is located in a highly visible location, just outside of the petting zoo. When so many people see a healthy vegetable garden, many will decide to try it themselves.

## Partners

Chahinkapa Zoo, NDSU Extension – Richland County and its 4-H Clubs and Master Gardeners, Sentence to Serve Program and Breckendale Flower Farm.



Children planted perennial flowers at Chahinkapa Zoo and fed vegetables to the orangutan. The kids took pots of vegetables home to care for.

**The students worked as a team to beautify the zoo and provide healthy food for its animals.**



**This project fostered:**

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

## Contact

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# Flatlander Pollinator Pots

NDSU Extension – Walsh County

## Project Activities

Seventeen 4-H youth learned about pollination and pollinators through a series of hands-on lessons. Each youth planted a pollinator-friendly pot to take home and care for. Two large pots were planted and displayed at Hugo's Grocery Store. The youth cleaned a community pollinator garden in Grafton.

## Impacts on the Youth

The children were excited to learn more about bees, butterflies and other pollinators. They learned about the connections between pollinators and the food they eat. They learned how to use pesticides wisely.

Each youth gained experiences in planting and caring for flowers in containers. They experienced the value of community service when they cleaned the community garden.

## Impacts on the Community

Two large pollinator-friendly pots were planted and displayed at a local grocery store. The youth cleaned up a Master Gardener pollinator garden in Grafton. The visibility of these plantings will spark an interest in the conservation of pollinators in the community.

## Partners

NDSU Extension – Walsh County and its Flatlanders 4-H Club and Master Gardeners, Grafton Parks and Recreation, Hugo's Grocery Store and Helen's Greenhouse.



Youth in Walsh County learned about the value of pollinators in the environment. They each planted a pollinator-friendly flower pot to care for at home.

The youth learned about pollinators and their importance in the environment.



This project fostered:

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

## Contact

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# Growing Gardeners

NDSU Extension – Grant County

## Project Activities

A Junior Master Gardener day camp was offered. Children learned about habitat needs of wildlife and gained a greater appreciation for the environment. They worked in gardens and participated in a community service project at Carson City Park.

## Impacts on the Youth

The children experienced the responsibility of caring for living things. They enjoyed an opportunity to be physically active. The youth learned a hobby that can help to improve their physical and mental health.

## Impacts on the Community

The community benefited from the beautification of the park. Its youth gained greater respect for outdoor wildlife habitats and all living things.

## Partners

NDSU Extension – Grant County, Grant County Soil Conservation District and Carson City Park Board.



*Through a series of fun activities, children increased their awareness of the environment and provided habitat for butterflies.*

**The youth gained an appreciation for wildlife and the environment.**



**This project fostered:**

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

## Contact

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# Kids, Compost, Crops and Consumption

NDSU Extension – Emmons County

## Project Activities

The Kids, Compost, Crops and Consumption Program taught third- and fourth-grade students about the food cycle. Each of the 18 children received a 12-inch by 12-inch wooden Grow Box. They sowed spinach in their Grow Boxes and grew them at their homes. This program gave each student the opportunity to take care of their own garden and increase their consumption of vegetables.

## Impacts on the Youth

Children were able to experience hands-on gardening with the Grow Boxes. They learned how to grow, harvest and eat spinach. The development of these skills in gardening can help them throughout their lives.

## Impacts on the Community

A community benefits when its people learn how to care for the environment, consume nutritious food and enjoy a healthy lifestyle.

## Partners

Linton Public School and NDSU Extension – Emmons County.



Youth in Linton learned how to grow spinach in garden boxes.

The development of gardening skills can help them throughout their lives.



*This project fostered:*

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

### Contact

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# Plains Art Museum Defiant Gardens

Plains Art Museum (Fargo)

## Project Activities

Plains Art Museum (PAM) held youth programs to develop and maintain its “Defiant Gardens” in Fargo and Moorhead. Its Buzz Lab internship program provided a diverse group of teens the opportunity to impact their community through engaging in PAM’s Pollinator Garden, community agriculture and public art projects.

## Impacts on the Youth

Buzz Lab interns and other youth participating in the Heritage Garden programs learned gardening skills while gaining knowledge about native plants, public art, and how scientific and artistic knowledge can work together to create healthy communities.

## Impacts on the Community

The gardens beautified the community and provided refuge for insects and pollinators in downtown Fargo and Moorhead. The project raised awareness on the importance of green spaces and native plants. Connecting teens from diverse families fostered greater understanding among cultures.

## Partners

Baker’s Garden and Gift, Sheyenne Gardens, Moorhead Public Service partners, Fargo/West Fargo Indian Education, South Sudanese Lutheran Church, Community of America, Afro American Development Association, local public schools, Audubon Dakota, Fargo Project, Red River Market, NDSU and U of M, 8th Street Lofts, Longspur Prairie Fund and local artists.



*Youth gained knowledge about native plants, public art, and how science and the arts combine to create a healthy community.*

**Youth from diverse backgrounds learned the importance of green spaces and native plants in communities.**

*This project fostered:*

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

## Contact

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# Food Security Projects



# Community Share Garden

Stable Days Youth Ranch (East Grand Forks)

## Project Activities

The Community Share Garden at Stable Days Youth Ranch includes a traditional market garden, indoor microgreen station, hydroponic tower station, chicken coop and apiary. A group of 110 children spent 30 minutes of their weekly 90-minute youth-mentored sessions in gardening activities. They managed chickens for eggs and bees for honey. They harvested and pressed apples for cider.

## Impacts on the Youth

The children developed skills in communication and teamwork. They experienced the satisfaction and pride that comes with helping those in need.

The physical activity of gardening was wrapped up in fun. Encouraging a love of gardening enables kids to grow up with an idea that it is a natural thing to grow and eat fresh produce, all the while becoming healthier.

## Impacts on the Community

The ranch facilitated opportunities for kids to engage in the community through volunteering time and donating much needed fresh food to local food banks. Approximately 5,000 pounds of produce was donated.

## Partners

Stable Days Youth Ranch, NDSU and U of M Extension, Town Square Farmer's Market, UND, FAARMS interns, Boys Scouts, Girl Scouts, Wagner's Nursery, Lake Agassiz Elementary School and Tri-County Corrections.



Children at Stable Days Youth Ranch learned how to grow a garden, and care for chickens and bees. They volunteered their time and energy to produce food for needy families.

**Encouraging a love for gardening enables kids to grow up with the idea it is a natural thing to grow and eat fresh produce, all the while becoming healthier.**

*This project fostered:*

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

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# Container Gardening at Hope Center

NDSU Extension – Ramsey County

## Project Activities

Container gardening classes were conducted to introduce low-income families to gardening. Three classes were conducted at Hope Center and one class was conducted at Jen's Daycare. Thirty-six people participated (25 children and 11 adults).

Each family planted a vegetable container garden to take home and care for. Supporting literature (gardening tips, harvesting information and recipes) was provided.

## Impacts on the Youth

The children and their families learned how to grow vegetables. These skills can be used throughout their lives to improve their nutrition and supplement their food budgets. Many of these families have never grown a garden before. Children and families who grow their own food are more likely to eat fruits and vegetables and continue healthy eating habits throughout their lives.

## Impacts on the Community

Low-income families were empowered to grow their own favorite vegetables. These skills will help them to become healthier, more self-sufficient and more productive members of the community.

## Partners

NDSU Extension – Ramsey County and its Master Gardeners, Hope Center, Jen's Daycare, Devils Lake Greenhouse and Lake Region Community Shelter.



Low-income families in Devils Lake were introduced to container gardening.

**Gardening skills can help families to improve their nutrition and supplement their food budgets.**

*This project fostered:*

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

## Contact

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# Creative Kids Community Garden

Creative Kids 4-H Club of NDSU Extension – Kidder County

## Project Activities

The Creative Kids 4-H Club planned, planted and maintained a vegetable garden. They harvested 150 pounds of fresh vegetables from the garden and donated it to the Kidder County Food Pantry in Steele.

## Impacts on the Youth

Ten children developed skills in gardening. They learned how to sow seeds, irrigate and fertilize plants, control weeds, and harvest the produce.

The youth learned how to use their time and talents to serve others in their community. The project entailed a lot of hard work, but the kids felt good knowing they were helping others.

## Impacts on the Community

Many families in the community depend on the Kidder County Food Pantry in times of need. Most of the food the pantry distributes is processed food, so it was especially nice for them to receive fresh vegetables from this project.

## Partners

NDSU Extension and its Creative Kids 4-H Club, Kidder County Food Pantry, Menards, Katherine Hoff home (site of garden) and Trazynka Tilling.



Youth in the Creative Kids 4-H Club planted, maintained and harvested a garden. The produce was donated to the Kidder County Food Pantry.

The youth developed skills in gardening and used these skills to help needy families.



This project fostered:

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

## Contact

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# Hay Creek 4-H Hunger Free Garden

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

## Project Activities

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

## Impacts on the Youth

A group of 13 kids were involved in all phases of production, from planting seed to weighing the harvest. The project purposefully spread the donated vegetables to several agencies, so the children could learn what each agency does with the food.

## Impacts on the Community

The Hunger Free Initiative is the perfect project to teach youth about giving back to their community. When the project started nine years ago, the Hay Creek kids donated 315 pounds of produce to three pantries/shelters. In 2018, the Hay Creek kids donated 7,000 pounds of potatoes and other vegetables to seven pantries/shelters.

Over 450 pumpkins and gourds were donated to children in the day care program at the YMCA. They used the gourds in their sensory program and decorated the pumpkins to take home. Pumpkins were donated to kids at the Abused Adult Resource Center.

## Partners

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



The Hay Creek Kids 4-H Club grew 7,000 pounds of vegetables and distributed the produce to seven food pantries/shelters.

**This is the perfect project to teach youth about giving back to their community.**



**This project fostered:**

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

## Contact

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# S.A.C.K. Gardens

S.A.C.K. Program (Stanley)

## Project Activities

The Stanley Area Cares for Kids (S.A.C.K.) Program fills backpacks with food for children to take home on weekends and extended breaks from school.

Raised garden beds were built at Stanley Grade School to provide opportunities for students to grow vegetables. The vegetables grown in these beds were donated to S.A.C.K. The project also encouraged other families in the community to donate food to S.A.C.K.

## Impacts on the Youth

The project worked with 28 children, many of whom had never planted a seed before. The children were introduced to the basics of gardening by 4-H club members and local Master Gardeners. The youth enjoyed the taste of fresh vegetables.

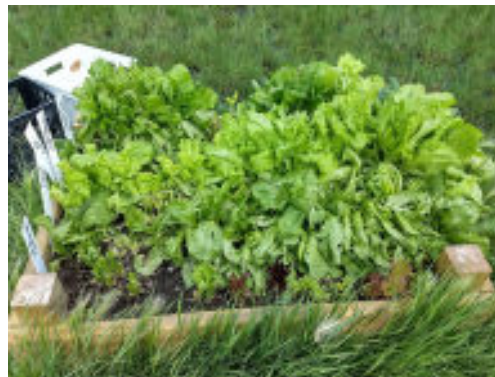
## Impacts on the Community

This project reduced hunger in the community. Families received fresh produce and were introduced to healthy lifestyle choices.

Approximately 100 pounds of potatoes, 75 pounds of sweet corn, 70 pounds of cucumbers, 60 pounds of carrots, 50 pounds of tomatoes and 35 pounds of lettuce were donated.

## Partners

Mountrail County Garden Club, NDSU Extension – Mountrail County and its Mountrail Eagles 4-H Club and Master Gardeners, Stanley Grade School and First Baptist Church.



Youth in Stanley constructed raised beds and grew vegetables that were donated to needy families.

**Children grew vegetables to fill the backpacks of needy children.**

*This project fostered:*

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

### Contact

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# Ministry Gardens



# Gethsemane Garden

Gethsemane Episcopal Cathedral (Fargo)

## Project Activities

Children and families increased their knowledge of gardening techniques through hands-on education and gardening activities. The families assisted with planting seeds and plants, weeding, watering and harvesting the eight garden boxes and planters. The families tasted fresh produce and shared the harvested vegetables with food pantries.

This project originated in 2014. A seed-planting activity and small greenhouse were added this year. Gardening messages were integrated into youth programming at the Cathedral.



Families at Gethsemane Episcopal Cathedral grew and harvested an abundance of vegetables. The food was shared among families and donated to a local food pantry.

## Impacts on the Youth

The 34 children learned how to grow a garden and prepare/preserve vegetables. Research studies show that involving children directly in gardening activities encourages the children to eat more vegetables, get more physical activity and understand the origin of their food.

**The children learned how to grow and harvest vegetables. This can lead to healthier diets, more physical activity, and a greater understanding of the origin of their food.**

## Impacts on the Community

Approximately 250 pounds of vegetables and fruits were shared with others. This included approximately 500 servings of vegetables and fruits donated to a local homeless shelter to use in preparing meals for those in transitional housing.

## Partners

NDSU Extension and its 4-H Clubs, Boy Scouts and Gethsemane Episcopal Cathedral.



*This project fostered:*

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

### Contact

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# Happy Healing Garden

Native American Christian Ministry (Fargo)

## Project Activities

Garden plots were managed at Cooper House, McKinley Park and Oak Grove Park. The children learned how planting corn, beans and squash together improved the growth of all the plants. They read stories about how Native Americans used this system for centuries.

The children put together beautiful baskets to give to elders and other loved ones in their lives. When they delivered the baskets they would say, “Have a nutritious day.” Vegetables were delivered to local food pantries.

## Impacts on the Youth

The 11 children learned planting, maintaining the plants, harvesting and sharing food. There was pride in the children’s eyes when their loved ones asked if they grew all the vegetables. The Happy Healing Garden increased self-esteem, confidence and patience.

Children learned what they put into their bodies matters. When coming to the garden, they came knowing they were going to be giving and sharing this food, so they needed to be in a good energy and a loving place. Putting your hands in the earth is a therapeutic healing activity.

## Impacts on the Community

Approximately 450 pounds of vegetables were donated to others.

## Partners

Cooper House, Oak Grove and McKinley Gardens; Churches United food shelf and a local food pantry.



Children with the Native American Christian Ministry learned the importance of growing vegetables for nourishing their bodies.

**Putting your hands in the earth is a therapeutic healing activity.**

*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

Educational programs were provided to campers and the community on food production and sustainability. Campers increased their knowledge of where their food comes from and took an active role in producing the food they ate. Over 900 pounds of fresh vegetables and fruits were grown and harvested for the camp.

## Impacts on the Youth

Over 800 children (pre-school through high school) were actively involved in the garden. They learned what is required to produce food. They experienced the pride and excitement of harvesting their produce and eating fresh and nutritious food.

The participants left camp with knowledge and helpful hints on starting their own home gardens.

## Impacts on the Community

MetiGROWshe Garden provided a location for learning, support and recreation for a variety of organizations. The project offered garden tours and hosted community education sessions in partnership with Bottineau Elementary School on topics such as vegetable gardening, composting and horticulture. Over 250 pounds of produce was donated to Bottineau Food Pantry.

## Partners

Metigoshe Ministries, Bottineau Elementary School, Dakota College at Bottineau – Entrepreneurial Center for Horticulture.



The kids left camp knowing how to grow a garden. They were excited to start gardening at home.

Over 800 children at Camp Metigoshe learned how to grow and harvest fruits and vegetables. The produce was used at the camp and donated to the needy.

**This project fostered:**

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

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# Preschool Gardens





# Fessenden Child Care Center

NDSU Extension – Wells County

## Project Activities

This project constructed a raised bed garden at the community child care center last summer. This summer, 14 children participated in a series of learning activities that taught them about plants, soils, insects and weather. They harvested vegetables and ate healthy snacks.

## Impacts on the Youth

The kids gained knowledge and skills in gardening. They learned the importance of healthy eating and tasted vegetables they had not eaten before. The children learned how to work as a team.

## Impacts on the Community

This is a community-based child care center. The community enjoyed seeing their children participate in fun and positive learning activities. The youth shared their skills and love for gardening back home to their parents.

## Partners

NDSU Extension – Wells County, Fessenden Community Child Care Center, Future Farmers of America and Wells County employees.



*Children learned about insects and gardening. They ate healthy snacks and beautified the community.*

**Children enjoyed working as a team. They learned how to grow vegetables and ate healthy snacks.**

*This project fostered:*

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

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# Growing Minds and Gardens

NDSU Center for Child Development

## Project Activities

Fifty children were educated on gardening to promote the consumption of healthy foods. The NDSU Extension “Kids in the Garden” curriculum was followed. This is an eight-week training course that includes topics such as critters, seeds, roots, stems, leaves, flowers and fruits in the garden. Each week the children worked in the garden and prepared a food for tasting. Weekly newsletters were sent home to promote gardening and food experiences with children. A harvest party was conducted in autumn when the kids used vegetables from the garden to prepare and share “Stone Soup” with their parents.



Preschool children at the NDSU Center for Child Development worked together to grow a garden and enjoy healthy vegetables.

## Impacts on the Youth

The children enjoyed investigating the garden to watch their plants and learn more about gardening. They liked eating the fresh vegetables from their garden, including types of vegetables they had never eaten before. They were proud to harvest vegetables for the “Stone Soup” they shared with their parents. The children learned how to work together. Math skills were enhanced in some of the activities.

**Young children enjoyed exploring the garden, caring for it, and harvesting the produce.**

## Impacts on the Community

The project shared 30 pounds of vegetables with NDSU faculty, staff and students. Additional vegetables were shared with parents of the kids.

## Partners

NDSU Center for Child Development, NDSU Extension and NDSU students.



*This project fostered:*

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

## Contact

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# Growing Tomorrow's Gardeners

NDSU Extension – Bowman County

## Project Activities

The youth at Tot Lot Child Care grew vegetables and flowers in their square-foot gardens. They learned about bees as pollinators and learned what plants need to grow. The 45 children made miniature gardens with dinosaurs to take home. Sunflower stalks were cut down and measured; their seeds were harvested.

## Impacts on the Youth

The children were active learners who gained knowledge through hands-on activities, play and discovery. The activities engaged all of their senses. The children touched and felt the dirt, seeds and plants. They smelled the flowers. They heard the birds and saw lots of colorful plants.

The children acquired skills in gardening. They were introduced to new vegetables and prepared summer salads. The kids learned where their food comes from.

## Impacts on the Community

The gardens are visible to neighboring businesses and passersby. They show that square-foot gardens can produce a great deal of produce in a small space. The children were able to share their experiences with their families and neighbors.

## Partners

NDSU Extension – Bowman County and its Master Gardeners, and Tot Lot Child Care Center.



Youth at a child care center in Bowman learned how plants grow and where food comes from.

The children discovered that tasty food comes from a garden.

This project fostered:

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

## Contact

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## School Gardens





# Circle of Nations School Garden

Circle of Nations School (Wahpeton)

## Project Activities

Students at Circle of Nations School learned how to plant and sustain a vegetable garden. They grew tomatoes, corn, beans, watermelons, broccoli, greens and pumpkins under the supervision of school faculty and staff.

## Impacts on the Youth

Seventy-four students learned food production skills they can share with their tribes and their families. They learned about food sovereignty and sustainable practices.

In the long term, this project will help youth to connect to the land, their families and traditions.

Students learned how to work as a team. They built meaningful relationships with each other and the school staff, which can help them excel in the classroom. The garden served as a place for students to be physically active.

## Impacts on the Community

The program created opportunities for adults in the community to mentor and bond with students and to gain an understanding of the students' native roots. Approximately 200 pounds of produce was shared. The garden beautified the school campus.

## Partners

Circle of Nations School, NDSU Extension – Richland County, Wahpeton Parks and Recreation, Twin City Farmer's Market, Pretty Bloomers Garden Club, Emery's Greenhouse and Ace Hardware.



The students at Circle of Nations School learned how to grow their own healthy food.

**This project will help youth to connect to the land, their families and traditions.**



*This project fostered:*

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

## Contact

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# Gardening and Grinning

Carrington Garden Club

## Project Activities

The third-grade classes at Carrington Elementary School learned about the wonders of nature. Each of the 42 children planted a container garden and was encouraged to exhibit their container gardens at the Foster County Fair. The children listened attentively to a discussion on the Foster County farm economy.

## Impacts on the Youth

This group of children was wide-eyed about the variety of plants in nature. They could not believe that a spider plant had “babies.” They were very enthusiastic about planting their containers and wanted to fill them with flowers and vegetables. This enthusiasm may someday lead to the kids growing their own gardens and eating a healthier diet. The children gained an appreciation for the importance of their farm economy to their community and to the world.

## Impacts on the Community

Many of the parents were farmers or worked at the pasta plant. They were proud to know how important their roles were in feeding the world and supporting the local economy. Parents became aware of the Garden Club’s activities and were invited to assist in the beautification of Carrington.

## Partners

Carrington Garden Club, Carrington Elementary School, Foster County Fair Board and NDSU Extension.



Children planted containers with interesting plants such as spider plants. They actively participated in a discussion of their local farm economy.

The children learned about the wonders of nature and the importance of agriculture in their lives.



This project fostered:

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

## Contact

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# Grand Forks Co. School Gardens

NDSU Extension – Grand Forks County

## Project Activities

Educational activities were conducted at four sites:

At Century Elementary School, students learned about gardening during summer school and in bi-weekly Junior Master Gardener classes.

Third-grade students at Agassiz Elementary School planted their garden. Junior Master Gardeners met bi-weekly in summer. The “Go Wild With Fruits and Vegetables” curriculum was taught in fall.

Summer school students at Emerado School planted and cared for their garden.

Students at Immanuel Christian Children’s Center learned through hands-on activities from sowing to harvesting.

## Impacts on the Youth

A total of 97 children learned about plants and how to grow a garden. In many cases the youth subsequently taught their families about gardening.

## Impacts on the Community

The project provided over 500 pounds of produce to local schools and families, including many low-income families. At Immanuel, the garden provided a place for the community to gather, learn about gardening and take fresh produce home.

## Partners

NDSU Extension – Grand Forks County and the four participating educational centers.



Students at four educational centers learned about gardening and shared the produce with their communities.

## Children and their families developed skills in growing healthy food.

*This project fostered:*

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

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# Hankinson Elementary Garden

Hankinson Elementary School

## Project Activities

The Hankinson Elementary Garden Project grew vegetables for student families, the elderly, and the local food pantry. A group of 130 students in grades 1–6 helped plant and care for the garden. Seventeen students cared for the garden over summer.

## Impacts on the Youth

This is a fantastic hands-on gardening experience for students. The students learn new skills each year since each grade has a different responsibility in caring for the garden. Each of the students took home about 10 pounds of potatoes and a variety of other fresh vegetables. Watermelons from the garden were used in the school lunch program.

## Impacts on the Community

The Hankinson community and elderly look forward to getting fresh produce from the garden. Some are able to help in the harvest, while others come to the site to enjoy nature. The garden is located in Memorial Park and serves as a visible reminder of how the school, American Legion and other groups work together for the common good. Over 800 pounds of produce was donated to the food pantry.

## Partners

Hankinson Public School, Hankinson American Legion Post 88, Hankinson Parks and Recreation, NDSU Extension, Hankinson American Legion Auxiliary Women, Oktoberfest, Hankinson Sons of the American Legion Members.



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

The children learn about gardening, teamwork, giving, sharing and working in a peaceful setting.



This project fostered:

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

## Contact

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# Kids and Plants

NDSU Extension – Burke County

## Project Activities

Students from grades K–6 in Bowbells and Burke Central Schools participated in vegetable seed and seedling identification, sowing, and transplanting activities.

## Impacts on the Youth

The 69 kids learned how to identify vegetable seeds, how to sow seeds, the identification of seedlings, care of seedlings, and transplanting.

Students learned the association between seeds/plants and the vegetables they consume. Making that connection and learning how to grow those vegetables will encourage more vegetable consumption and a healthier diet.

The teachers and students loved the hands-on aspects of this project. The students exhibited a high level of self-esteem from learning to identify, plant and care for their vegetable plants.

## Impacts on the Community

The communities will benefit by having healthier children who are active in outdoor gardening activities. The 18 adults who helped with the project are more likely to have their own gardens and a corresponding increase in vegetable consumption.

## Partners

Bowbells and Burke Central Schools, NDSU Extension – Burke County and the Burke County Fair Association.



*Students learned how to identify and sow vegetable seeds. They grew and transplanted bedding plants to grow at home.*

**Students learned the association between seeds and the foods they consume.**



*This project fostered:*

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

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# Kids Choice Garden

NDSU Extension – McHenry County

## Project Activities

In this Kids Choice project, 22 elementary school kids chose what they wanted to grow in the gardens at the McHenry County Extension Office. Seeds were sown in April and the process was documented online so kids could see the plants grow.

Lessons were conducted to teach the youth about plant growth and food production. The children learned about human nutrition and how different colors of foods improve their health.

Vegetables were harvested and made into fresh salsa and refrigerator pickles that the kids brought home.

## Impacts on the Youth

Skills in Science, Technology, Engineering and Mathematics (STEM) were supported through lessons on plant identification and growth. The youth learned about root systems, water uptake, photosynthesis, pollination, beneficial insects and pest management. Children gained an appreciation of where their food comes from, how to grow it, and how to eat a healthy diet.

## Impacts on the Community

The kids shared their increased knowledge and skills on food production and nutrition with their parents and the community.

## Partners

Towner and Granville Schools, NDSU Extension – McHenry County and its Master Gardeners, Towner Hardware Hank and Towner Foods.



*Through a series of fun activities, children in McHenry County learned about growing vegetables and eating a healthy diet.*

**Youth learned where their food comes from, how to grow it, and how to eat a healthy diet.**



*This project fostered:*

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

## Contact

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# Liberty Middle School Garden

Liberty Middle School (West Fargo)

## Project Activities

Liberty Middle School has developed a garden that is an extension of its science classrooms. One focus in 2018 was to examine how minerals from fruits and vegetables are incorporated into human bodies to perform different functions (for example, iron from kale can be incorporated into red blood cells to oxygenate blood).

Students grew, cooked and tasted vegetables from the garden. This reinforced the importance of balanced, healthy diets in their lives.

## Impacts on the Youth

Being physically active and eating a balanced diet are key components to creating fit adults. Gardening itself reduces stress and promotes conversations among students.

Instilling a love of gardening has the potential to impact the eating habits of their families. Because there is some aspect of gardening that anyone can do, gardening can get entire families involved in an activity and foster meaningful dinnertime conversations.

Several students have created their own home gardens because they loved it so much.

## Impacts on the Community

Healthy and physically active residents lead to stronger communities.

## Partners

Liberty Middle School and NDSU Extension – Cass County.



Students at Liberty Middle School maintain a science garden that promotes healthy diets and active lifestyles.

**Being physically active and eating a balanced diet are key components to creating fit adults.**

*This project fostered:*

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

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# Maple Valley High School Garden

Maple Valley High School, Tower City

## Project Activities

A raised bed garden was constructed in September 2018 to support educational programs at the school. This garden has been planned for years but lacked funding until now.

## Impacts on the Youth

This garden will inspire the students, many of whom have expressed interest in botany, gardening and agriculture. High school students will learn botany, Mendelian genetics and DNA extraction using this garden as a resource. Elementary students will learn about healthy food choices.

Children will have an opportunity to learn with hands-on activities. They will learn to take responsibility in caring for something that is their own.

## Impacts on the Community

The garden provides beauty to the school. Teaching students about agriculture will prepare them to understand and serve the community they live in. It may inspire students to enter a work field of botany or agriculture.

## Partners

Faculty and staff of Maple Valley High School.



*This garden was constructed at Maple Valley High School to provide hands-on learning activities in science and nutrition.*

**This project will give students a better understanding of the agricultural community they live in.**



*This project fostered:*

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

## Contact

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# Minnewaukan School Garden

NDSU Extension – Benson County

## Project Activities

A group of 64 kids from grades K–4 enjoyed gardening in the raised beds at Minnewaukan Elementary School. The children learned about growing vegetables and eating a healthy diet through hands-on activities. The children sampled a different vegetable each week.

## Impacts on the Youth

The children learned how to grow a garden and the importance of nutrition. Many of the children expressed interest in starting a garden with their family.

## Impacts on the Community

The produce was given to the school for their lunch program. Students were able to bring their gardening skills and nutrition knowledge back home to their families to create a healthier family and community.

## Partners

Minnewaukan Elementary School and NDSU Extension – Benson County.



The youth at Minnewaukan Elementary School learned how to grow a garden through a series of hands-on lessons.

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**Children brought their gardening skills and nutrition knowledge back home to their families.**

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*This project fostered:*

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

### Contact

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# MOST 21st Century School Garden

NDSU Extension – Stutsman County

## Project Activities

This year's garden theme was "Kids in the Garden," featuring beans, peas, tomatoes, peppers, carrots and leafy greens. A series of eight lessons was conducted weekly throughout the summer at Washington Elementary School. Eighty children in grades K–5 learned about gardening, nutrition and recycling.

## Impacts on the Youth

Children learned how to grow vegetables and were encouraged to grow a garden at home. They learned about agriculture and where their food comes from. By being exposed to different foods with fresh vegetables, the youth showed an interest in eating more vegetables.

## Impacts on the Community

This program gave children the ability to positively influence their families. When parents are educated about growing nutritious fruits and vegetables, their families are more likely to improve their daily intake of healthy and nutritious foods.

The food raised in the garden was used for school lunches, benefiting all the kids in the school.

## Partners

MOST Afterschool Program and NDSU Extension – Stutsman County and its Master Gardeners.



Children in Stutsman County learned how to grow nutritious vegetables through a series of fun activities during summer.

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

This project fostered:

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

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# North Shore Plaza School Gardens

North Shore Plaza School

## Project Activities

Flowers were planted in decorative pots for display at the main entrance to the school. Two crabapple trees were planted to beautify the area near the high school addition where there were no trees previously. Students also planted a raised garden bed.

## Impacts on the Youth

Twenty-five students of all ages helped to plant flowers, trees and vegetables. They were excited about the opportunity to get their hands in the dirt as some have never done so before. They made decisions about what to plant in flower pots and the raised garden bed. They learned how plants grow, where food comes from, how to grow a garden, and the life cycles of plants and insects.

## Impacts on the Community

The landscaping of the school campus added to the beauty of the community. Visitors made many comments about how attractive the flower pots were. Vegetables grown in the raised beds were shared with others in the community. Being a small community, purchases were made locally when possible.

## Partners

North Shore Plaza School and Plaza Hardware Store.



**The youth were excited to get their hands in the dirt and grow plants, some for the first time.**



*Youth at North Shore Plaza School beautified their school by planting decorative pots and constructing raised beds.*



*This project fostered:*

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

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# Salad Bowl Garden

NDSU Extension – Walsh County

## Project Activities

Students from the Century Elementary Extended School (Grafton) in conjunction with the Summer School/Migrant Summer School Program of Walsh County participated in a series of hands-on learning activities. The kids planted a variety of vegetables and herbs in the school's raised garden beds. Each of the 120 kids planted a tomato or pepper in a pot to take home. The children participated in nutrition and physical activity lessons throughout the summer.

## Impacts on the Youth

The project fostered an interest in gardening among the youth. It taught them how to grow vegetables and herbs. The children learned about the cultural diversity of food and how to make healthful food choices.

## Impacts on the Community

Many of the youth in this project are from low-income and disadvantaged families. Sparking an interest in gardening among youth can lead to healthier families and communities in the future.

The raised beds at the school were filled with vegetable and herb plants. These gardens were available to students and the public for harvesting.

## Partners

Century Elementary Extended School, the Summer School/Migrant Summer School Program of Walsh County, NDSU Extension – Walsh County and Helen's Greenhouse.



Children in Walsh County planted tomato and pepper plants in pots to take home and grow with their families.

**Sparking an interest in gardening among youth can lead to healthier families and communities.**

**This project fostered:**

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

## Contact

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# Shanley-Sullivan Garden

Shanley-Sullivan Garden Club (Fargo)

## Project Activities

Seventeen students at Shanley High and Sullivan Middle Schools met weekly to design, sow, grow and harvest a garden. They learned how to can and preserve vegetables. The children donated some of the produce to needy families. Students this year learned how to plant, prune and trellis grapes and berries.

## Impacts on the Youth

The Shanley-Sullivan Garden Club fosters a lifelong love for gardening. The development of leadership skills is an area of emphasis.

Students learned how to plan a garden and then how to grow vegetables and fruits. They enjoyed canning and eating foods they had never tried before. The students learned how to raise money by selling produce and canned foods at the school block party and football games. The youth are now learning how to make a budget and write a grant proposal to support their project.

## Impacts on the Community

Students donated 400 pounds of green beans, tomatoes and peppers to the local food bank and food pantry. Pumpkins were donated for a Spanish class project and for the Art Club to paint. Flowers along the borders of the garden added beauty to the community.

## Partners

Shanley High and Sullivan Middle Schools, Baker Garden & Gift and the Diocese of Fargo.



Students at Shanley High and Sullivan Middle Schools grew, donated and sold vegetables for their school and community.

**The club is growing a love for gardening in children that will continue for a lifetime.**

*This project fostered:*

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

## Contact

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# South Prairie FFA Garden

South Prairie Future Farmers of America (Minot)

## Project Activities

Students learned how to grow a variety of fruits and vegetables. They donated produce to a local food bank and the school's lunch program. A corn yield trial was conducted, and a pumpkin decorating contest was held. Students were provided with healthy snacks in the form of pumpkin seeds and watermelon.

## Impacts on the Youth

The project provided 145 children with a place to conduct supervised agriculture projects. This land was a resource many in-town students did not have available.

Students learned valuable skills to grow their own food. The younger kids were introduced to gardening through the pumpkin decorating contest and the project's produce in their school lunches.

## Impacts on the Community

Approximately 250 pounds of produce was donated to a local food shelter, and 100 pounds of produce was provided to the school lunch program.

Students took home their newly learned concepts of gardening and were encouraged to use them at home to grow their own healthy food.

## Partners

South Prairie School and FFA.



FFA students at South Prairie School learned how to grow vegetables, some of which were used in a pumpkin decorating contest.

**The club learned how to grow vegetables which were shared with their school and community.**



**This project fostered:**

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

## Contact

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# Stanley High School Garden

Stanley High School

## Project Activities

Students in Food Science class learned how to grow food in a new innovative way. They grew lettuce, herbs, tomatoes and cucumbers in a lighted garden tower. Everyone in the school, including other students, teachers, administrators, guests and parents were fascinated by this unique learning experience.

A garden club member came in regularly to support learning and the exploration of culinary techniques with the produce. Elementary school children came to learn about this new growing system and how they can start a school garden.

## Impacts on the Youth

Students learned they can grow their own food. They can start with something as small as growing herbs in clay pots indoors. Some students had never seen plants being grown for food before, and this opened up a new world for them. Most recently, they learned how to grow basil and make it into pesto.

## Impacts on the Community

This project strengthened connections with Stanley High School and other community resources, including NDSU Extension in Mountrail County, garden club members and farmers market vendors.

## Partners

Stanley High School, NDSU Extension – Mountrail County, local gardeners and Juice Plus.



Students at Stanley High School discovered an innovative way to grow their own food.

**Some students had never seen plants being grown for food before, and this opened up a new world for them.**

*This project fostered:*

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

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## Special Projects



# Green & Growing in Gackle

NDSU Extension – 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 gardens. The children also planted flowers in planters at school. In September, the students returned to the Care Center to harvest and enjoy vegetable snacks with the residents.

## Impacts on the Youth

Research shows that children are more likely to eat produce they have helped to grow, which nurtures healthy eating habits throughout their lives.

Gardening programs raise awareness of the environment, build self-esteem and help youth learn to work together.

Children visited the Care Center in a fun and interactive way. These children enjoyed the interaction with the residents and were interested in visiting with the residents again.

## Impacts on the Community

The opportunity to work together—children and adults, the school and the Care Center—built community equity.

The beautification of the Care Center made its residents feel more welcome in their home. The residents enjoyed caring for the plants over summer. The school grounds were also beautified.

## Partners

Gackle/Streeter School, Gackle Care Center, NDSU Extension – Logan County and Gackle Greenhouse.



Students beautified their school and Gackle Care Center. They enjoyed gardening with residents at the Center.

*This project fostered:*

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

**The youth and seniors enjoyed beautifying the Center and harvesting vegetables together.**

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# Home Garden Variety Trials

NDSU Extension Service – Department of Plant Sciences

## Project Activities

Children throughout North Dakota evaluated promising varieties in their backyards and schools. Fifty-six trials, each comparing two varieties of a type of vegetable or flower, were conducted by 290 youth in 40 counties. Examples of trials included filet bean, carrot, pickling cucumber, leaf lettuce and purple zinnia.

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

## Impacts on the Youth

A survey of parents and teachers showed 87% of youth in this project improved their diets, 85% increased their levels of physical activity and 70% developed skills in science and math by conducting these experiments.

## Impacts on the Community

The planting of superior varieties will lead to increases in yield, better tasting vegetables and reduced use of pesticides. Thousands of gardeners will learn of the results of these trials and make informed choices when selecting varieties to plant in their gardens in 2019.

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.



Children throughout North Dakota worked with their parents and teachers to evaluate vegetable and flower varieties.

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

*This project fostered:*

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

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# Luther Hall Community Garden

Luther Hall of Lutheran Social Services (Fargo)

## Project Activities

Luther Hall is a 24/7 residential treatment facility for youth ages 10–17 years old. The goal of this project was to teach residents how to grow and maintain a garden as both an educational and therapeutic experience. They learned how to sow seeds for sprouting, took care of the sprouting plants daily, transplanted their plants to the garden, and maintained the garden daily through regular watering and landscaping.

## Impacts on the Youth

Each of the residents had never learned to garden before, so this was a great experience and challenge for them. Throughout their stay at the facility, the 16 youth worked on building life skills, and this project taught them to pay attention to detail, following through on daily tasks, and an appreciation for food and how it gets from the soil to their plates.

## Impacts on the Community

Luther Hall relies heavily on food donations, and this project provided healthy food for its residents. Project members learned much from this first year of operation and it hopes to produce enough vegetables next year to donate to emergency food pantries.

The entire community benefits when its teenagers connect more with nutritious food and healthy lifestyles.

## Partners

Luther Hall of Lutheran Social Services and NDSU Extension.



*The youth at Luther Hall filled their raised garden beds with vegetables and herbs grown from seed. They grew the plants and enjoyed healthy food.*

**The youth learned how to pay attention to detail, follow through on daily tasks, and gained an appreciation for their food.**



*This project fostered:*

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

## Contact

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# Project Based Learning Gardens

Fargo Public Schools

## Project Activities

Raised garden beds were constructed by students at Davies High School. Fifth-grade students at Eagles Elementary School planted vegetables with students of the Educational Autism Academy. Students at the Academy cared for the plants during summer school. A video is available at <https://www.youtube.com/watch?v=YTL56cp0id8>.

## Impacts on the Youth

The project provided high school students an opportunity to advance their design skills and to experience ways to give to others.

The fifth-grade students learned about companion planting, square-foot gardening, and giving to others. They enjoyed the experience of assisting students who have disabilities.

Students in the Educational Autism Academy were immersed in life skills. These skills were rooted in sharing, working together, and sampling healthy snacks.

## Impacts on the Community

The importance of crossing the line of disability helps our future community build compassion and empathy and a desire to further invest in the community with time, trade and finances.

## Partners

Eagles Elementary School and its Educational Autism Academy, Davies High School and NDSU Extension – Cass County.



Students at Davies High constructed beds for students at Eagles Elementary. Autistic students sensed the joys of gardening.



*This project fostered:*

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

**Working with disabled persons helps to build compassion and empathy in our community.**

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# Salsa Garden at Anne Carlsen Center

Anne Carlsen Center (Jamestown)

## Project Activities

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

In this project, a group of 20 students learned how to grow vegetables for making salsa. Students were involved in all phases of gardening, from sowing to harvesting the vegetables.

## Impacts on the Youth

The hands-on learning activities were adapted to all learning styles as well as the physical and cognitive abilities of the students. Many of the students had never grown a garden before. This project reinforced the math and science skills taught in the classroom as well as team building, social skills development and fun.

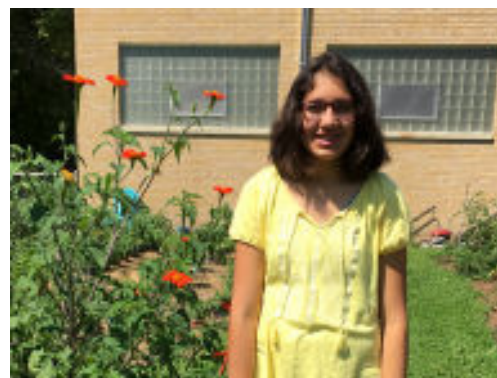
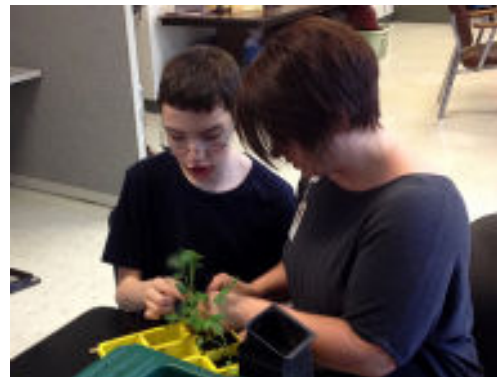
## Impacts on the Community

Local school students and other volunteers in the community had the opportunity to work side by side with students that attend Anne Carlsen Center. This positive experience will carry over in their lives and relationships outside of this project.

This project showed that cooperation and understanding among individuals can work together to create a beautiful garden.

## Partners

Anne Carlsen Center, local schools, NDSU Extension, Future Farmers of America and local businesses.



Students at Anne Carlsen Center worked with staff and volunteers to grow a garden for making salsa.

**This project showed that cooperation and understanding among individuals can work together to create a beautiful garden.**

**This project fostered:**

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

## Contact

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# Therapeutic Gardening

Dakota Boys & Girls Ranch (Bismarck)

## Project Activities

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

In 2018, 15 kids cared for three large garden plots. The youth were involved in all phases of gardening, including the selection of plants, sowing, weeding, watering, fertilizing and harvesting.

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

## Impacts on the Youth

The youth learned the values of hard work and commitment when caring for the gardens. They experienced the therapeutic and relaxing qualities of gardening.

The children were very happy to donate vegetables to needy families in Bismarck and bring some vegetables home when they visited their families.

## Impacts on the Community

Approximately 150 pounds of vegetables were donated to Healthy Helpers Soup Kitchen and Zion Lutheran Church.

## Partners

Dakota Boys & Girls Ranch, NDSU Extension, Healthy Helpers Soup Kitchen and Zion Lutheran Church.



Youth at Dakota Boys & Girls Ranch grew vegetables for the ranch and the community.

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

*This project fostered:*

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

## Contact

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# Feedback From Project Leaders

Several project leaders shared personal comments in reports. In most cases, these were expressions of gratitude. Here is a sampling of comments:

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

*Kristy Tran, CHARISM*

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

*Alex Hoffman, Maple Valley High School*

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

*Garrett Filipek, Luther Hall*

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

*Adam Miller, Dakota Boys & Girls Ranch*

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

*Debra Habedank, NDSU Ctr. for Child Devel.*



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

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

*Caryn Claflin, Anne Carlsen Center*

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

*Joan Vettel, Chahinkapa Zoo*



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

*Jane Schoonover, Gackle Care Center*

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

*Mariana Shadden, Circle of Nations School*

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

*Laura Halvorson, Metigoshe Ministries*

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

*Courtney Albertson, Stanley High School*

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

*Duaine Marxen, NDSU Ext. – Hettinger Co.*

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

*Sara Lee, North Shore Plaza School PTO*

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

*Sara Laite, NDSU Extension – Ramsey Co.*

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

*Debra Lee, NDSU Extension – Ransom Co.*

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

*Anne Biewer, Hankinson Elementary School*

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

*Sandy Thompson, Plains Art Museum*

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

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

## Contact

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





## Credits

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## More Information

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

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