



North Dakota Junior Master Gardener Program

AT-A-GLANCE 2017



NDSU EXTENSION
SERVICE

Introduction

Our Greatest Resource

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

Yes, our children in North Dakota are powerful, beautiful and precious, but they are also undernourished and inactive:

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

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

Our Response

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

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

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

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

The following is our summary of project activities in 2017.



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

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

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

² ND Report from the National Survey of Children's Health. NSCH 2011/2012. Retrieved 12/20/2015 from www.childhealthdata.org.

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

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

Summary of Projects

Project	County	Highlights
Beautification Projects		
4-H Grows Here	Divide	Constructed a large sign and raised bed garden.
Helping Hands Gardening	Dickey	Planted and cared for flowers at a community center.
Landscaping New England School	Hettinger	Planted trees on the school grounds.
Mohall Beautification Project	Renville	Planted pots of flowers, herbs and berries at the school.
Morton County Courthouse	Morton	Planted colorful flowers near entrances of the building.
ND Veterans Home Beautification	Ransom	Constructed gardens and planted flowers on the grounds.
Community Gardens		
A Garden Experience	Adams	Established a community garden for youth.
CHARISM Youth Garden	Cass	Low-income children grew vegetables to share.
Junior Master Gardener Camp	Grant	Children were introduced to many types of gardens.
Growing Tomorrow's Gardeners	Stutsman	Planted and grew flowers in colorful containers.
McKenzie County JMG	McKenzie	Planted and cared for gardens at the county fairgrounds.
Minot Air Force Base Garden	Ward	Established a vegetable garden and beautified the grounds.
Mountrail Co. Community Garden	Mountrail	Started a new community garden for families and youth.
Pembina County JMG	Pembina	Planted fruit trees and berries in a community orchard.
Pizza Garden	McHenry	Grew vegetables and herbs used for making pizza.
Ramsey County JMG	Ramsey	Learned basic and advanced techniques for gardening.
Salad Bowls at Rainbow Garden	Traill	Planted containers of lettuce and other salad vegetables.
Stable Days Share Garden	Polk	Learned how to grow a garden and set wellness goals.
Towner Co. Community Garden	Towner	Grew vegetable, butterfly and pumpkin gardens.
Your Own Garden	Logan	Learned to grow veggies and fruits in their home gardens.
Youth Grow Community Gardens	LaMoure	Learned about agriculture, gardening and healthy living.
Youth Pizza Garden	Pierce	Grew vegetables and herbs in a community garden.
Environmental Stewardship Projects		
Bee Friendly! Pollinator Pots	Ransom	Displayed bee-friendly flower pots throughout community.
Buzz Lab	Cass	Raised public awareness on the value of pollinators.
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Ministry Gardens		
Gardening with Grace	Stutsman	Developed skills in gardening and food preservation.
Gethsemane Garden	Cass	Worked as a community to grow and share vegetables.
Healing Garden	Cass	Learned how to grow and prepare healthy food.
Methodist Garden	McHenry	Created raised beds and grew vegetables to share.
MetiGROWshe Garden	Bottineau	Learned sustainable gardening practices; shared produce.
Peace Lutheran Community Garden	Stark	Started new garden to provide plots to families, groups.

Project	County	Highlights
Preschool Gardens		
Fessenden Child Care Center	Wells	Kids grew vegetables in a garden built by high school teens.
Gardening With Children	Cass	Grew vegetables and enjoyed healthy snacks.
Growing Tomorrow's Gardeners	Bowman	Learned the basics of plant growth and gardening.
Langdon Day Care Garden	Cavalier	Learned how to garden and the benefits of eating veggies.
School Gardens		
21st Century Learning Garden	Stutsman	Learned how to grow and prepare nutritious meals.
Circle of Nations School Garden	Richland	Developed skills in producing, preparing healthy foods.
Container Gardens	Burke	Grew bedding plants to grow and share with others.
Gardening and Grinning	Foster	Planted salad gardens, bulbs and interesting plants.
Grand Forks Co. School Gardens	Grand Forks	Gardening/nutrition lessons conducted at four schools.
Hankinson Elementary School	Richland	Grew vegetables with elderly to eat and share with needy.
Harvesting Fun	Burleigh	Sharpened skills in gardening and preserving foods.
Killdeer FFA/Ag. Ed. Garden	Dunn	Grew vegetables for school and local food pantry.
Liberty Middle School Garden	Cass	Learned the importance of growing and eating vegetables.
Lincoln Elementary School Garden	Golden Valley	Built raised beds; grew veggies with parents and teachers.
Minnewaukan School Garden	Benson	Learned how to grow a garden and eat a healthy diet.
Pizza Gardening	Richland	Grew vegetables in wading pools; learned health benefits.
Rolette Co. Junior Gardening Club	Rolette	Grew vegetables and flowers in raised beds and containers.
Shanley-Sullivan Garden	Cass	Grew, donated, sold veggies for school and community.
Therapeutic Gardening	Burleigh	Developed skills in growing food; worked with mentors.
Senior Care Gardens		
Dunseith Nursing Home Gardens	Rolette	Grew vegetables with elderly and hosted a pumpkin party.
Green & Growing in Gackle	Logan	Beautified care center; grew vegetables with elderly.
Maddock Memorial Home	Benson	Planted apple trees and flowers at the nursing home.
Prairie Rose Assisted Living	Emmons	Developed basic gardening skills; planted flowers at center.
SMH Multi-Generational Garden	Sheridan	Constructed raised beds and grew plants with residents.
Other Special Projects		
Garden to Table Community Service Ward		Drug Court youth learned how to grow and share veggies.
Grow It Forward	Cass	NDSU students grew bedding plants for New Americans.
Hay Creek 4-H Kids Fight Hunger	Morton	Grew and donated vegetables for the less fortunate.
Home Garden Variety Trials	Statewide	Evaluated promising vegetable, herb and flower varieties.
Ruth Meiers Community Garden	Burleigh	Homeless children grew vegetables at a family shelter.

At-A-Glance

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



North Dakota State University

NDSU awarded \$32,900 to 60 projects for gardening supplies. Funds were provided by the North Dakota State Legislature and Department of Agriculture. NDSU provided educational support to all projects and led 39 of them. Forty-four of the projects would not have been started without JMG funds.



Partners

New partnerships were forged and existing partnerships were strengthened. Over 275 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 3,600 children (2,470 young children and 1,130 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 22,000 pounds of fresh vegetables. The produce went to food banks, churches, elderly, shut-ins, New Americans and other needy families. Vegetables were provided to school cafeterias and senior care centers.



Beauty

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



Special Projects

JMG kids visited senior care centers to grow gardens and friendships. Homeless children and youth-at-risk learned how to grow a garden. Children grew bedding plants to distribute to New Americans interested in gardening. Youth conducted research to identify superior vegetable, herb and flower varieties.

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

Feedback From Project Leaders

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

“We truly feel blessed to be able to participate in the North Dakota Junior Master Gardener Program. Our program provides students with an opportunity to become involved in their community and experience a “good feeling” by helping the elderly. Thank you so much for your help in making this happen for us.”

Anne Biewer, Hankinson Elementary School

“The community of Dickinson does not have a community garden. This grant allowed us to fully jump into this project and make this a successful first year. This grant enabled a lot of amazing things to happen.”

*Pastor Ellery Dyke, Peace Lutheran Church,
Dickinson*

“This is the most meaningful project I am able to do with my students. There is no better way to foster a care and concern for our planet and our impact in it, than by having students tend to a garden. Thank you for this opportunity!”

Jennifer Shearer, Liberty Middle School

“Circle of Nations is very grateful to be able to participate in this program. Our students learn so much and see innumerable benefits from learning to grow, harvest and prepare these crops. Their tribes, reservations and our school are much better for having these experiences.”

Mariana Shadden, Circle of Nations School



These and other JMG project leaders are helping youth to enjoy healthy, active lives.

“These funds were invaluable. They gave us a project that introduced children to the wonders and beauty of nature and gardening.”

Karen Evans, Carrington Garden Club

“This is such a great project. The residents and staff members of the North Dakota Veterans Home are so appreciative of this project. It is a very rewarding project for a group of people who have done so much for their country.”

Deb Lee, NDSU Extension – Ransom County

“Thank you so much for your support. We have children involved in gardening who live in apartments and are from other states. Some of our children this year knew nothing about gardening and plants. They learned so much and came so far.”

*Marcia Hellandsaas, NDSU Extension –
McKenzie County*



“Teaching kids how to grow a garden and give back to their community are valuable life lessons. We are a small 4-H club and this grant is extremely important.”

Jeff Ellingson, Hay Creek Kids 4-H Club

“We so appreciate this opportunity and the funding that is available. This has been an amazing successful project for our zoo, third-grade students, Junior Zookeepers and our animals. It has been a positive experience seeing a diversified group of people come together to accomplish this fantastic learning program.”

Brenda Morman, Chabinkapa Zoo

“This project has real positive impacts on the community of Gackle. The funds from this program were absolutely crucial. It is so valuable for fostering intergenerational relationships and opportunities for partnering.”

Carmen Rath-Wald, NDSU Extension – Logan County

“Thank you for making our community garden project a success. It was wonderful to see the children get excited about the garden and watching them run to see what new plants grew each week. It was a community bonding experience and the children were proud to collect veggies they grew. When we come together to accomplish good things we always make a difference. The children’s happiness and education on healthy eating is one of the most important issues to tackle in the Indigenous community.”

Amanda Strauss, Native American Christian Ministry

“This continues to be an amazing learning experience for all ages. Thank you for your continued support.”

Laura Halvorson, Metigoshe Ministries

“This project has fostered a greater sense of community and working together on a common goal.”

Julie Garden-Robinson, NDSU Department of Health, Nutrition, and Exercise Sciences

“Thank you for these funds. The garden tools we purchased made a world of difference! The kids beamed with joy when they donated produce.”

Renee Clasen, Shanley-Sullivan Garden Club

“We want to thank the Junior Master Gardener Program for providing us with the funds to establish this community garden. This program brought youth and adults together. Youth who learn to grow food will always have that knowledge to build on in their futures and share with their children.”

Lynnette Vaabal, NDSU Extension – Mountrail County

“It was very exciting to have a community garden in my town. I would not have done this project without the Junior Master Gardener Program funds.”

Libby Darnell, United Methodist Church, Velva

“School gardens in conjunction with education can help youth and their families address local concerns, including food production and healthy lifestyles. Programs like this are invaluable to kids, families and communities.”

Carrie Knutson, NDSU Extension – Grand Forks County



“This Sheridan Memorial Home beautification project has been a wonderful opportunity for the small community of McClusky, as well as Sheridan County. We are very thankful for opportunities like this. Without these funds, projects like this would not be possible.”

*Nicole Wardner, NDSU Extension –
Sheridan County*

“Thank you for this opportunity to provide some beauty to our community while providing our youth with an intergenerational gardening opportunity.”

*Acacia Stuckle, NDSU Extension –
Emmons County*

“The children were able to learn a life skill of growing their own food. Our project helped parents participate in a school project with their children. It also provided an opportunity for community businesses to help support the school. This would not have been done without the JMG Program. Thank you for the opportunity.”

*Ashley Ueckert, NDSU Extension –
Golden Valley County*

“Thank you. This program provided an opportunity for youth to participate in gardening and develop life skills that aren’t otherwise provided in school curriculums of rural communities.”

Kelsey Sheldon, Wing Public School

“The community daycare has just completed its first year of operation. This was very much needed for the community. This project would not have been done without these funds. Thank you for the opportunity to reach this audience!”

*Lindsay Maddock, NDSU Extension –
Wells County*

“We are so lucky to be part of the NDSU community. Thank you for this grant! I believe we are starting children out young to be adult gardeners!”

*Debra Habedank, NDSU Center for Child
Development*

“Thank you for working with communities. The benefits reach far beyond those of garden skills including values learned, utilization of precious resources, community responsibility and healthy relationships.”

*Sister Pamela Pranke OPA,
Grace Episcopal Church*

“This is the third year we have been able to offer a Junior Master Gardener Camp. The program has seen increased participation and enthusiasm from youth and adults each year. We are truly grateful for the funding that helps keep this a low-cost activity for youth in Grant County. Without the funding, we would not be able to do this program.”

Katie Wirt, NDSU Extension – Grant County

“I appreciate the opportunity given to us by these funds. The awareness of where food comes from is very, very important for our younger generation to know.”

Roxanne Fortier, Roughriders 4-H Club

“I am thrilled to be part of the North Dakota Junior Master Gardener Program. The children were excited about bees and wanted to show their gardening skills to their loved ones. I love that we are generating excitement and interest in plants in our community!”

*Angie Waletzko, NDSU Extension –
Ransom County*

Contact

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NDSU EXTENSION SERVICE

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More Information

Please go to our website: <http://www.ag.ndsu.edu/jrmastergardener/>. Our complete annual report, which includes one-page, illustrated summaries of each project, is available at that site.

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