



North Dakota Junior Master Gardener Program

AT-A-GLANCE 2016



NDSU EXTENSION
SERVICE

Introduction

Our Greatest Resource

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

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

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

These rates are among the highest in the nation.^{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 diets lead to better performance in school, which in turn will lead to better paying jobs. Healthy diets will prevent chronic diseases such as obesity, diabetes and cancer.

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

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

The following is a summary of our report of project activities in 2016.



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

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

At-A-Glance

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



North Dakota State University

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



Partners

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



Impacts on Youth

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



Food Security

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



Beauty

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



Special Projects

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

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

Feedback From Project Leaders

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

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

- Doug Kuruc, Lucky Leaf 4-H Club

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

- Vanessa Hoines, NDSU Ext. - Morton Co.

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

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

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

- Mary Kester, Peace Lutheran Church

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

- Nicole Wardner, NDSU Ext. - Sheridan County



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

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

- Margaret Azure, Cankdeska Cikana Comm. College

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

- Karen Armstrong, NDSU Ext. - Rolette County

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

- Deb Lee, NDSU Ext. - Emmons Co.

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

- Joel Lemer, NDSU Ext. - Foster Co.



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

- *Caroline Homan, NDSU Ext. - LaMoure County*

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

- *Natasha Deplazes, The Children’s Museum*

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

- *Angie Waletzko, NDSU Ext. - Ransom County*

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

- *Cynthia Varriano, Bennett School*

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

- *Jennifer Shearer, Liberty Middle School*

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

- *Duaine Marsen, NDSU Ext. - Hettinger Co.*

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

- *Andrea Jang, CHARISM*

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

- *Desi Severance, Wyndmere FEA*

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

- *Brenda Langerud, NDSU Ext. - Ramsey County*

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

- *Megan Vig, NDSU Ext. - Griggs County*

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

- *Amanda Huettl, Max FEA*

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

- *Amanda Hayen, NDSU Ext. - Logan County*

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

- *Sister Pamela Pranke, Grace Episcopal Church*

More Info

Go to
[www.ag.ndsu.edu/
jrmastergardener/](http://www.ag.ndsu.edu/jrmastergardener/)



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

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February 2017 (Online edition)

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