



North Dakota Junior Master Gardener Program

ANNUAL SUMMARY 2022

NDSU

EXTENSION

Introduction

Our Greatest Resource

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

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

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

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

Our Response

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

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

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

The following is our annual summary for 2022. Detailed reports of all projects are available in our annual report.



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

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

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

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

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

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

At-A-Glance

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



North Dakota State University

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



Partners

New partnerships were forged and existing partnerships were strengthened. Over 175 local businesses and organizations worked with NDSU Extension in these projects. Support came in the form of human resources, access to land and water, plants, tools, fertilizer, transportation, classroom space and food.



Impacts on Youth

Approximately 3,320 children (2,110 young children and 1,210 teens) participated in JMG activities. Project leaders reported that youth developed skills in gardening and enjoyed the physical activity. Children learned how to eat a healthy diet and gained experiences in helping others through public service.



Food Security

JMG projects assisted in the production and donation of an estimated 15,000 pounds of fresh vegetables. The produce went to food banks, churches, family shelters, elderly, sick and other needy families. Students grew and donated produce for their school lunch programs. Community gardens were established.



Beauty

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



Special Projects

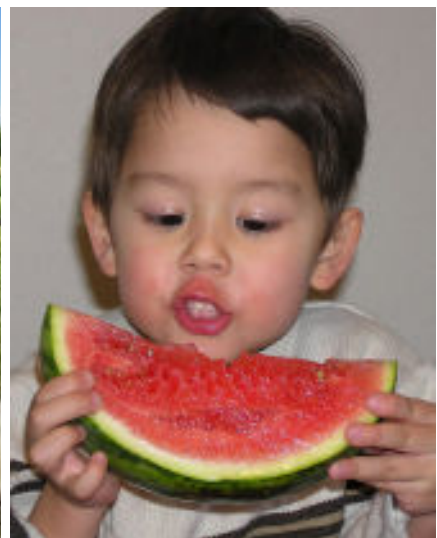
JMG kids constructed raised beds at senior care centers, parks and schools. Disabled and at-risk youth learned how to grow their own gardens. Youth conducted research to identify superior vegetable varieties. JMG activities supported pollinator gardens, sensory gardens and a summer reading program.

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

Summary of Projects

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

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



Feedback From Project Leaders

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

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

Courtney Murphy, Stanley High School

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

Ellen Febr, Montpelier Public School

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

Madeleine Smith, NDSU Ext. - Pembina Co.

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

Joan Zettel, Chabinkapa Zoo

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

Katie Henry, NDSU Ext. - Cavalier Co.



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

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

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

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

Talbott Pollert, Dakota Boys and Girls Ranch



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

Katie Ness, Devils Lake Public Schools

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

Anne Biewer, Hankinson Elementary School

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

Donalee Strand, Hatton Eielson School

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

Jeff Ellingson, Hay Creek Kids 4-H Club

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

Leslie Schrum, Cub Scouts

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

Tammy Mewes, Jamestown Parks and Rec.

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

Amy Herberholz, Dakota Sunrise 4-H Club

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

Ashley Baldwin, Auntie's House Daycare

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

Laura Fransen, Mountrail Pioneers 4-H Club

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

Claire Mohr, North Dakota Autism Center

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

Sarah Snavely, Bowman Regional Public Library

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

Vanessa Hoines, Missouri Valley Bunch 4-H Club

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

Carrie Woodruff, Northshore Homeschoolers

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

Kristen Mumm, Helping Hands 4-H Club



NDSU

EXTENSION

Credits

Written by Thomas Kalb, a member of the North Dakota Junior Master Gardener Program Leadership Team:

Thomas Kalb
Extension Horticulturist
North Dakota State University
2718 Gateway Ave., Unit 304
Bismarck, ND 58503
701.328.9722
tom.kalb@ndsu.edu

Carrie Knutson
Extension Agent
NDSU Ext. – Grand Forks Co.
151 S Fourth St., S302
Grand Forks, ND 58201
701.780.8229
carrie.knutson@ndsu.edu

Acknowledgements

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

More Information

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

February 2023

North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to: Vice Provost for Faculty and Equity, Old Main 201, 701.231.7708 or Title IX/ADA Coordinator, Old Main 102, 701.231.6409.