

North Dakota Junior Master Gardener Program



SUMMARY 2015

Our greatest resource

The children of North Dakota are more powerful than our oil, more beautiful than our prairie, 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.

Gardening programs can help. Kids 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 North Dakota Junior Master Gardener Program provides hands-on activities that lead to healthy kids and strong communities.

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.

More Info

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



Summary of Projects

Project	County	Highlights
Beautification Projects		
4-H Native Beautification Project	Grand Forks	Planted native shrubs and flowers on the Air Force Base.
Artful Gardening	Stutsman	Beautified downtown with a fairy garden and flower pots.
Courthouse Beautification	Morton	Planted colorful flowers near entrances of the courthouse.
Killdeer Cowboy Garden	Dunn	Beautified a school campus; supported environmental ed.
Kindred Sandburrs Flower Garden	Cass	Landscaped around the community's new swimming pool.
Landscaping New England School	Hettinger	Designed and planted trees on expanding school campus.
Longfellow Beautification Project	Cass	Created and planted shrubs and flower beds at school.
Morton County Beautification	Morton	Planted flower beds at fairgrounds and sports complex.
Nelson County Junior Gardeners	Nelson	Planted flower pots for downtown Lakota businesses.
Pembina County JMG Program	Pembina	Beautified the library and museum in Cavalier.
Ramsey County Archery Renovation	Ramsey	Planted trees and shrubs to beautify a new archery range.
St. Aloysius Cemetery	Ransom	Established 120 trees in a local cemetery.
Steele County Beautification	Steele	Created and cared for numerous community flower beds.
Wells County Fairgrounds	Wells	Renovated landscaping around Static Bldg of fairgrounds.
Community Gardens		
Ashley Community Garden	McIntosh	Demonstrated innovative gardens; assisted elderly.
CHARISM Youth Garden	Cass	Grew vegetables and flowers for their community.
FFA Pumpkin Patch	Williams	Sold pumpkins to support breast cancer research.
Girl Scouts Garden	Williams	Designed and grew a successful vegetable garden.
Growing Gardeners	Grant	Learned about and grew produce; beautified courthouse.
McKenzie County JMG Program	McKenzie	Grew, sold and harvested produce; shared with needy.
MREC/BisMarket JMG Program	Burleigh	Developed skills in gardening, nutrition and cooking.
Oakes Community Garden	Sargent	Constructed raised beds to grow vegetables for needy.
Ramsey County JMG Program	Ramsey	Conducted vegetable experiments; promoted healthy diets..
Ward County JMG Garden	Ward	Learned how to grow and prepare vegetables for eating.
Youth Grow Community Gardens	LaMoure	Grew, sold and shared produce with needy; visited elderly.
Environmental Stewardship Projects		
Buzz Lab 2015	Cass	Raised public awareness on the value of pollinators.
Chahinkapa Zoo Gardens	Richland	Grew vegetables for zoo animals; beautified zoo grounds.
Compost Tumblers	Em./Fos./Stu.	Learned about compost and how to make it.
Windowsill Gardening	Adams	Learned how to grow salad greens in pots on windowsills.
Food Security Projects		
Cando Youth Community Garden	Towner	Learned about gardening and nutrition; donated produce.
Carrington Community Garden	Foster	Grew vegetables for the less fortunate and their school.
Gardening with Growing Together	Cass	Helped to grow vegetables for new American families.

Project	County	Highlights
More Food Security Projects		
Hay Creek 4-H Kids Fight Hunger	Morton	Grew pumpkins and other vegetables for the less fortunate.
Legacy Hunger Garden	Burleigh	Established a garden focused on feeding the needy.
Troop 203 Gardening for Charity	Cass	Grew a garden plot and donated produce to food bank.
Ministry Gardens		
Faith/Journey Garden	Cass	Introduced kids to gardening; shared produce.
Gardening with Grace	Stutsman	Fostered a love for gardening; shared produce.
Gethsemane Garden	Cass	Learned where food comes from; shared produce.
Metigrowshe Gardens	Bottineau	Learned sustainable gardening practices; shared produce.
Peace Lutheran Mentoring Garden	Ward	Grew and donated vegetables for shut-ins and the elderly.
Preschool Gardens		
Accessible Food Planters	Trail	Built elevated gardens to promote healthy eating.
GROWing Together	Burleigh	Learned gardening and nutrition via hands-on activities.
Growing Tomorrow's Gardeners	Bowman	Grew square-foot gardens and beautified local preschools.
Research Projects		
Glads for Kids	Statewide	Identified superior gladiolus through backyard experiments.
Potato Pirates	Statewide	Evaluated promising potato varieties for gardeners.
Sunny Kids	Statewide	Evaluated dwarf sunflower varieties in gardens and pots.
Vegetable Variety Trials	Statewide	Tested promising vegetable varieties for yield and flavor.
School Gardens		
21st Century Learning Garden	Stutsman	Pizza gardens taught kids where their food comes from.
Bennett School Garden	Cass	Fourth graders learned how to grow and enjoy veggies.
Circle of Nations Garden	Richland	Sustainable garden practices complemented their heritage.
Grand Forks County Gardens	Grand Forks	Hands-on activities supported nutrition and strong families.
Grow ... Give ... Learn ... Flourish	Ward	Dakota Boys and Girls Ranch youth grew veggies, flowers.
Liberty Middle School Garden	Cass	Engaged youth in hands-on gardening activities.
Minnewaukan School Garden	Benson	Youth learned gardening skills and where food comes from.
Mount Pleasant School Garden	Rolette	Kids introduced to gardening; shared veggies with school.
Northern Cass FFA Garden	Cass	Students learned new techniques in growing vegetables.
Ojibwa Indian School Garden	Rolette	Garden promoted strong families, active lives, healthy diets.
Seeds to Seedlings	Burke/Divide	Grew transplants; led to numerous exhibits at county fair.
Walsh Co. Jr. Master Gardeners	Walsh	Sparked interest in growing vegetables, eating a healthy diet.
Special Needs Gardens		
Dunseith Nursing Home Gardens	Rolette	Youth shared gardening experiences with staff and elderly.
Ellendale Community Garden	Dickey	Established garden; enjoyed visiting elderly at care center.
Growing Self Determination	Bottineau	Disabled teens learned how to plant a garden.
Mentoring Through Gardening	Burl./Morton	Big Brothers Big Sisters pairs grew container gardens.
Prairie Rose Assisted Living	Emmons	Planted flowers at center; introduced kids to public service.
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 65 projects. Awards ranged from \$100 to \$1000 and were used for gardening supplies. NDSU provided educational support to all projects and led 43 of them. Forty-four 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 320 local businesses and organizations supported our projects. Support came in the form of human resources, access to land and water, garden plants, tools, fertilizer, compost, lumber, transportation, classroom space and food.



Impacts on youth

Approximately 5,200 children (3,650 young children and 1,550 teens) participated in JMG activities. Project leaders reported 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 30,000 pounds of fresh vegetables. The produce went to food banks, churches, elderly, shut-ins, new Americans and other needy families. Additional vegetables were provided to school cafeterias and senior care centers.



Beauty

We beautified schools, parks, museums, courthouses, churches, fairgrounds and city streets. We enhanced the landscapes of a library, zoo, cemetery, swimming pool, archery range and military base.



Special projects

JMG kids visited senior care centers to grow gardens and friendships. Children sold produce to support breast cancer research. Our youth conducted research to identify superior vegetable and flower varieties. Disabled children and youth-at-risk were taught how to grow a garden. JMG kids helped grow veggies for zoo animals.

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.