



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

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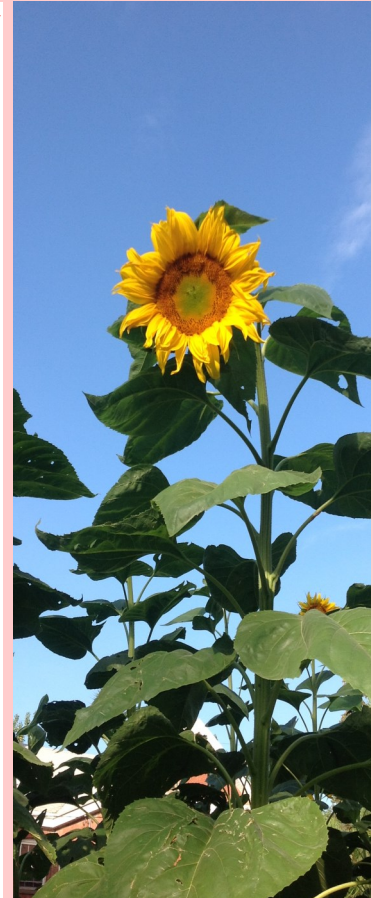
Land Grant Extension

It's been a busy and productive time in the UTTC Land Grant department. We've had a flurry of activity, including graduations, retirements, closing out and starting new internships, new summer staff, educational programs and LOTS and LOTS of gardens. This provides a summary of what we've been up to, and some highlights of upcoming programs as well.

WANDA AGNEW RETIRES



Wanda Agnew worked at UTTC for about 20 years. In her time here she worked with extension, providing nutrition education to the cafeteria, college classes, elementary schools and to families. Wanda also started the Wellness Circle, now called Healthy Community Committee, which helped implement the breastfeeding policy and the walking trail. The work Wanda did while at UTTC set the ground work for Land Grant, and her legacy will always continue.



SPECIAL POINTS OF INTEREST

- UTTC Gardens
- Nutrition Education
- Research Gardening
- Hellos and Goodbyes

DRAGON FLY GARDEN

The Dragonfly garden is growing gangbusters. Thanks to Mike Stockert for the birds-eye view. We have the perennial ornamental plants, some annual flowers and some new cover crop plots to round out the pattern.

Beyond the dragonfly garden are our former corn research plots, now converted to partial orchard, a stock garden for our culinary arts program, and starting next year individual plots for anyone who wants to grow their own garden.



Culinary Arts and Nutrition Graduate, Myles Lewis

TJES TEACHER WELLNESS DAY

Jana and Mara worked with the Wellness center to put on a Teacher Wellness day for TJES faculty and staff. Over 30 TJES employees came over and got some hands on instruction in creating healthy, balanced meals rich in fruits and vegetables.

UTTC's personal trainers also provided an outdoor yoga class on the south lawn of the Skills Center. Teachers were also able to walk the UTTC walking training before they all joined together and ate the meal they helped prepare.





Mara (left) and Jana (right) with all of the camp participant wearing their colorful aprons that they also took home.

“ I love baked apples! I can’t wait to make this at home.”

KIDS COOKING CAMP

Jana Millner and Mara Yborra, along with NDSU Extension hosted a kids cooking camp in the Extension classroom and kitchens. We invited 20 Native American youth from Bismarck/Mandan to the UTTC campus where they learned about nutrition, knife skills, food safety, and other basic cooking skills.



Randy Two Crow

Noelle George



WORKER BEES

Similar to how worker bees, our three student interns also help make our gardens look beautiful. Randy, Noel, and Theresa have been very busy helping with the optimal garden research project, the demonstrations gardens, high tunnel and other various projects on campus. The photos you see to the left show our workers picking raspberries behind the HR building on campus. The students say they are learning a lot about gardening. All of us in Land Grant are very happy to have the help!



Theresa White Lightning

BOYS AND GIRLS CLUB PARTNERSHIP



Jana Millner and Mara Yborra provided education to the Boys and Girls Club on the UTTC campus. The lesson began with a tour of the garden, where the kids got to get their hands dirty and help pick lettuce and spinach. The fresh greens were then used to make a healthy summer strawberry salad.

Lastly, the kids participated in MyPlate relay, where they learned about the different food groups. The goal of the activity was to grab a food model and place it in the correct food group, while getting some physical activity.

CAMPUS GARDENS

The high tunnel was the victim of some high winds, so we've ordered new plastic and will be upgrading it later in the year, in time for some fall planting, and school projects.

The Kid's garden was moved down the road to a new spot, adjacent to the Anne Kuyper garden, to help with maintenance and shared programming options. We have new signs up and a bunch of different informal research projects going on, for the site, including a straw bale potato patch, a 'senior' raised bed garden, some successional planting plots and a cover crop plot. We've experimented a bit, and it's a good example of 'learning in progress'. We've got the Haskap bushes (Honeyberry) as well as some brand new buffalo berry shrubs there as well (trying to survive the rabbits and gophers) Stop by and read the signs, and if you want to know more...just ask!



OPTIMAL GARDEN

You might be wondering what's going on outside the science and technology center. Well here's the details – you're watching science in action.

This is the Optimal Garden research project.

We're trying to determine what the best way to establish a garden on land

that has never been worked before. Our goal is that with this information we can encourage more people to be successful gardening, leading to more local food production and food sovereignty.

Contact Scott Grandi-Hill sgrandihill@uttc.edu for more information.



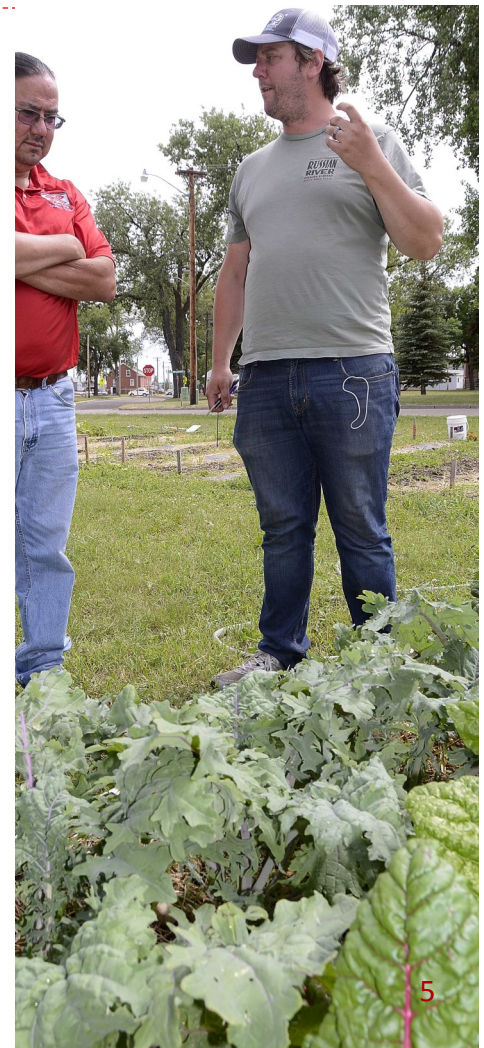
“For thousands of years people have chopped down weeds with hoes. It’s cheap, and we hope effective.” -Scott Grandi-Hill

SUMMER HELP

Scott Grandi-Hill is in a temporary position providing direction and management for the gardening, orchard and research projects in the Agroecology department. He plans to provide us with his expertise until the end of the summer.

Not only does Scott have a green thumb, he also is a phenomenal chef and has previous experience working in kitchens such as Humpback Sally's.

Scott's regular position is with the Bismarck State College Agriculture Department, where he primarily works in the lab and greenhouse.



AIR TIME

Jana Millner and Mara Yborra hosted the UTTC radio show on June 2nd. The topic was all about health and what UTTC is doing to improve the culture of wellness here on campus.

Tune into Supertalk 1270AM to hear more from UTTC.



Jana, Scott, Mara, and Shawn before they went live on the radio

WHAT'S COOKING?

Wonder what we do with our produce once we harvest it? Our first priority is to share our harvest with families and students on the UTTC campus. Sometimes we get creative and come up with recipes or ways to lengthen the shelf life of the produce by either drying or canning. Some of our favorite recipes include, sautéed beet greens, corn muffins, corn nuts, kale chips and beet chips.

For information on how to obtain some of the produce on campus or to get recipes, contact landgrant@uttc.edu.



Sautéed beet greens with peanuts

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WHATS COMING UP?

- We have two positions open now, a faculty nutrition educator, and a part time administrative assistant.
- Keep your eyes open also for the agroecology extension educator position.
- Tree Campus USA visit with US Forest Service and Partners on the new agroforestry initiative– July 11th.
- Tribal Cooks Camp July 31st–August 3rd
- ServSafe® workshop– August 8th–9th