



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

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Land Grant Extension

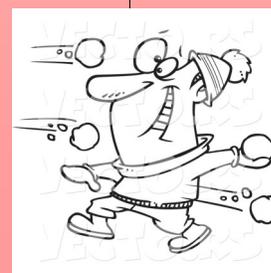
It's been a busy and productive time in the UTTC Land Grant department. From August through December we've had many events and have started new staff. Here are some of our recent activities, highlights of upcoming programs and the new faces on the Land Grants Department.

- ◆ Food giveaways and food preparation events throughout the growing season and fall, such as fresh produce, polenta and a bunch of squash recipes.
- ◆ Quantity Foods meals hosted by the Culinary Arts class throughout the semester consisted of different foods from different cultures.
- ◆ Winter Market consisting of local arts, crafts, fresh produce, canned goods, and baked goods
- ◆ The Culinary Arts class provided demos regularly on their lessons of the day; and special meal events.
- ◆ Free classes for budgeting, meal planning, and food handler's certificates.
- ◆ ServSafe training
- ◆ Healthy Campus week- ASSIST Training, Color Run, demonstrations and fitness classes
- ◆ Canning Workshops- Juneberry jelly and fresh salsa
- ◆ Booth at the Summit and Pow wow
- ◆ Garden tours



HOLIDAY MEAL TIPS

- Plan time for exercising
- Eat a healthy snack between meals to avoid splurging.
- Take the office off food—go out, do activities together.



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Go Ahead...Play with your Food.

Shawn Burke, Land Grant Director



So, a year ago I showed up in Bismarck to start my position with United Tribes Technical College. I had the morning orientation at HR, followed by a wonderful welcoming event from my colleagues at the Land Grant Department. Then it snowed for two days and shut down the school.

The pattern repeated itself a week later, and I began to contemplate the notion of 'snow weeks', as opposed to snow days. I also grew highly skeptical of the assertion of my colleagues that vegetables were actually grown on campus. I envisioned a field of frozen Birds Eye broccoli spears peeking through the ice...

But lo and behold the snow melted, the ground thawed and we planted the heck out of everything this past spring and summer. We had production success and failure, ranging from the sadness of a misshapen carrot that couldn't grow through our overly mulched garden to the almost annoyingly successful crop of cherry tomatoes that took over everything. We planted, harvested, taught and learned through a growing through a short but frenzied growing season.

We've experienced many changes in a year in Land Grant. We dropped one office and classroom but built another office, and added a classroom and two more offices. We greatly expanded the culinary classroom, and added indoor storage and workspace in the Skills Center Bay.

We said goodbyes and hellos. My predecessor Pat Aune retired, as did Wanda Agnew, Nutrition Faculty. Linda Hugelen took another position and Extension Nutrition Educator Jana Millner took a position with the University of Mary earlier this Fall. Our new staff are highlighted later in this newsletter.

It's been an amazing year for Land Grant. We've highlighted our programs with regional and national audiences, including the Indigenous Farming Conference, the 100th anniversary of the National Food and Nutrition Conference and Expo, two national conversations with USDA on the EFNEP nutrition program, our annual FALCON conference, the National Healthy Campus Initiative conference, and many others. Mara Yborra wins the Skycap award for flying to Washington DC four times in the past year...all supported with funds from grants/external partners.

And now? We're charging forward in the new year; and building our program in food systems and food sovereignty. You'll see some more changes in Land Grant—the Aquaponics lab complete with fish and veggies will be set up soon, along with indoor production of herbs and microgreens. We're starting some classroom enrichment with TJES and will add some static educational displays for home gardeners in the next few months. Our overall approach to integrated food production and food service is well underway, with new partners and new initiatives—you'll see an ever increasing amount of Land Grant local food making its way into the culinary program, the Extension program and our UTTC cafeteria. We're partnering with UTTC Wellness on a Health and Wellness program through AIHEC, and we have grant applications out or pending on farm to school initiatives, agriculture research, nutrition education and food systems research. Stay tuned!

WELCOME TO LAND GRANT!

Nutrition & Foodservice Faculty

Elizabeth Beckers

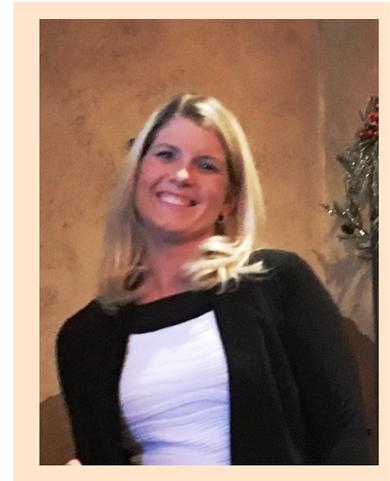
Education

- Bachelor's Degree from NDSU
- Masters from Valley City State University

Experience

- Started my career teaching Family and Consumer Sciences in Solen High School
- Moved onto Valley City Jr. /Sr. High School.
- The last 4 years at Bismarck High School

I am excited about teaching in the Nutrition and Food Service department at UTTC. I like working in this program area where I get to teach life skills and have the opportunity to get to know my students. I see them just about every day and the other staff in the Land Grant Department and campus are great! I can't wait to see happens next!



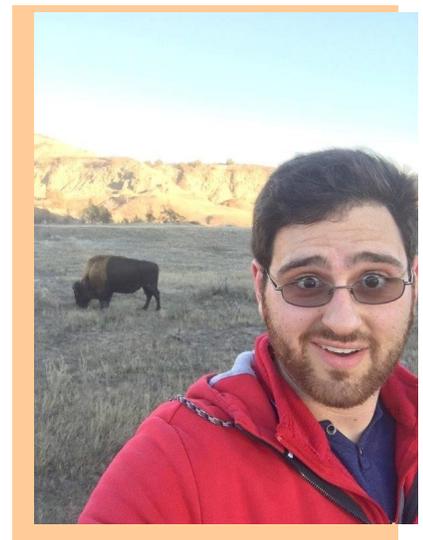
Beth pictured at the Bistro for the Culinary Arts awards banquet.

LAND GRANTS VISTA WORKER

Max Rebhun is an Americorps VISTA volunteer from New York. You may have seen him around campus jumping into trash bins or reaching into trash cans in the cafeteria, as he has been gathering information for our new composting and recycling programs. Max has a BA in Environmental Studies from Purchase College, with a concentration in ecology. Prior to joining us, he worked on an oyster farm in New York and Interned at the Audubon Nature Center in Greenwich, CT.

Hobbies

- Enjoys preparing meals
- Singing and acting in community theatre
- Going on hikes.



Max at the Theodore Roosevelt National Park seeing his first "tatanka"

AGROECOLOGIST/INSTRUCTOR



Brian in his green house.

Education

- Over fifteen years of sustainable agriculture experience
- Several years secondary science teaching experience
- Master's degree in secondary science education
- Bachelor's degree in environmental education.

Hobbies

- Playing upright bass
- Singing in local bands from time to time
- Embracing the campus wellness program.

Brian is looking forward to contributing his part to growing food, farmers and food sovereignty for our UTTC community!

Brian McGinness is excited to join the UTTC team. Brian and his family operate a certified organic vegetable farm south of Mandan. that has been feeding our local community since 2010. He is also knowledgeable in community engagement and education.

ADMINISTRATIVE ASSISTANT

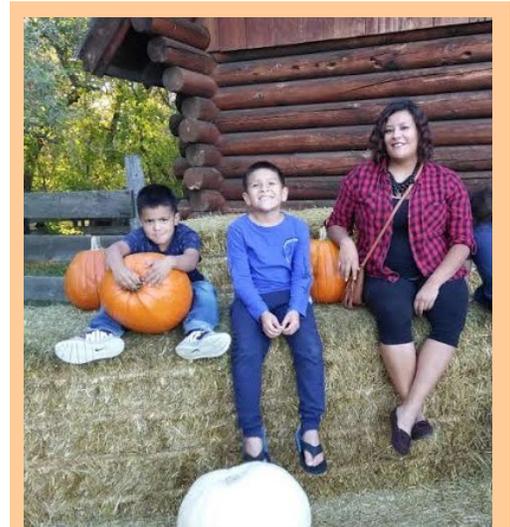
- Alice Wadsworth started in early October, she continues to absorb new information and concepts. Alice has experience as Food and Beverage Supervisor for a few years at the Spirit Lake Casino & Resort, and additional experience in the banking industry. After working in an accounting setting for a few years, she decided to finish her Bachelor's degree in here at UTTC.

Education

- Associates in Business Administration/Accounting
- In May, she will be receiving her Bachelor's of Science in Business Administration from UTTC.

Hobbies

- Softball
- Enjoys arts and crafts with her children
- Loves attending country and rock concerts.



This is Alice with her children at Papa's Pumpkin Patch this past October.

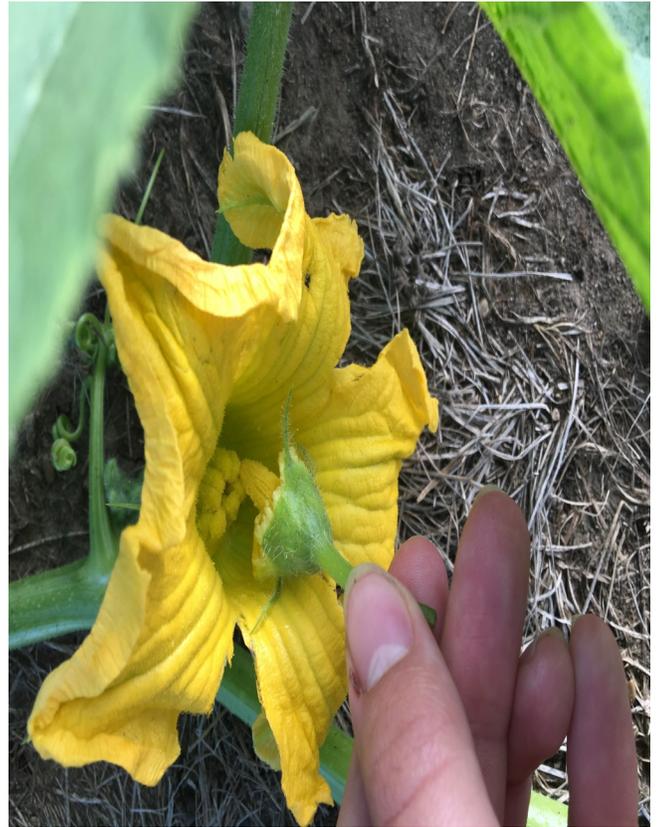
SQUASH

We did many things with squash this season. The Optimal Gardening project resulted in over 2500 pounds of squash. We included a hand pollination component to contribute to seed saving, and reduce expenses for next years research. The picture shows the pollination process.

We grew acorn, butternut, numerous kabocha, pumpkins and several summer squashes.

Squash went to:

- Several giveaways to staff, students and faculty (want some?)
- Food demonstrations
- Donation to campus clubs



The Healthy Campus week had a variety of options for students, staff and their families.

Activities during the week included:

- Fitness classes
- Walks
- A color run
- Dietary and nutrition counseling
- Guest speakers
- Grocery store trips

HEALTHY CAMPUS WEEK



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Mara and Jana during Healthy Campus Week

We would like to thank the UTTC community for your participation in all of our events past and present. We hope you have a great holiday season and look forward to working with all you in the near future!

Happy
Holidays!

WHATS COMING UP?

Urban Harvest at Winter Market – December 16th

ServSafe Workshop- February 6th – 7th

Alaska Seafood Event at the Cafeteria- February 14th

Wellness Fair- February 22nd

Winter Market- February 10th

National School Breakfast Event- March 7th

Fruit and Veggie Week- March 19th – 23rd

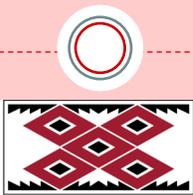
Winter Market- March 24th

And more—keep watching Facebook and the UTTC App.

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www.uttc.edu/landgrant

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