Meet Our Staff …

Molly Alexi  
County Extension Director

Jamie Warner  
Livestock

Chrissy Haynes  
4-H & Youth Development

Brad Thompson  
Horticulture

Jennifer Morgan  
Nutrition Educator

Sequoia Hill  
Nutrition Educator

Kim Gibson  
Administrative Assistant

Debbie Malarz  
Program Assistant & Farmer’s Market Manager

We hope you enjoy our new NC Cooperative Extension, Montgomery County Center’s online newsletter! Please feel free to forward the newsletter to co-workers, friends and family. Please also let them know to give us a call if they wanted to be added to our newsletter email list. If they don’t have email, we will be glad to mail a printed copy.
As always, if you have ideas for our newsletter or programs you would like to see offered, please let us know by contacting NC Cooperative Extension at 910-576-6011 or emailing Molly_Alexi@ncsu.edu.

COUNTY EXTENSION NEWS
from Molly

Meet our new staff member, Sequoia Hill ...

My name is Sequoia Hill and I am very excited to be joining the NC Cooperative Extension team. I am passionate about nutrition education and trying to reach those who need it most. Originally from Charlotte, NC I attended the University of North Carolina at Greensboro where I earned my Bachelors in Human Nutrition with a concentration in Dietetics. I enjoyed my college experience as it taught me a lot about myself and how I interact with other people. I am definitely a team player but I can also appreciate the benefits of individual projects. I enjoy hanging out with my friends and catching a movie or two. After studying abroad in Northern Ireland for a semester, I have developed a love for adventure, traveling, and good food!

It's Back .....  
The Speedway to Healthy Event will be May 16th and 17th at the Ag Center and We need your Help!

This program is a GREAT opportunity for our children to learn about living a healthy lifestyle, but it is going to take GREAT volunteers to make this day happen. We are in need to 60 total.

Please, Sign Up Now ... It's really simple ...

Just 3 small steps:
1. Click this link to go to our invitation page on SignUp.com: Please Click HERE to sign up

2. Enter your email address: (You will NOT need to register an account on SignUp.com)

3. Sign up! Choose your spots - SignUp.com will send you an automated confirmation and reminders. Easy!

   Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact me and I can sign you up manually.

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HORTICULTURE NEWS
from Brad

March has been a busy month. The warmth of February confused many plants into thinking Spring was here and then the coldest temperatures since January arrived and threw all of us, plants included, for a loop. The peaches in the county were mostly in full bloom when the cold arrived which caused a significant loss to the peach crop. There are still some varieties of peaches available, but not as many as the growers of county were hoping for. The thing to remember is, the peach growers are not out of the woods yet, as they really need to get through mid-April before they breathe a sigh of relief. Most of the peach crop losses have occurred in April and not in March. So, the growers still have their fingers crossed that the weather will cooperate.

The Dirty Hands, Healthy Heart curriculum wrapped up in early March. Now the curriculum has shifted to Candor and Greenridge elementary schools. The 6 week curriculum will again focus on seed germination, monocot and dicot plants, photosynthesis, soil, and soil properties.
The children have already planted their raised beds at each school and had a blast.

They planted sweet corn, sugar snap peas, and radishes.

Montgomery Grown
Don't forget to view our entire series for this summer

Visit Complete Series Site

4-H NEWS
from Chrissy

4-H Happenings in Montgomery County

Greetings from Montgomery County 4-H!

We have been extremely busy since our last update. Our 4-H Clubs are busy in the community using their Head, Heart, Hands and Health to "make the best better" in Montgomery County!
Montgomery County 4-H Clubs and the Staff of Montgomery County Cooperative Extension were on site at the new Tractor Supply Grand Opening on Saturday, March 11th. Our 4-H Clubs raised over $1,000 total to support their club programs in the community! A HUGE Thanks to Tractor Supply for inviting us!

Montgomery County 4-H teens, along with 4-H teens from Stanly County attended the South Central District Teen Retreat March 17th - 19th at Betsy Jeff Penn 4-H Camp. Sarah Alexi, Montgomery County 4-H Council President and South Central District Vice-President and the other district officers did an outstanding job planning a fun-filled and educational weekend that everyone enjoyed. We also completed a community service project while at camp.
Our Youth Leadership Montgomery Class of 2016-2017 completed a Tour of Undiscovered Places on March 9th.

We enjoyed a tour of Montgomery Community College, Uwharrie Environmental, Star Passive Park, the Roy Maness Preserve and Uwharrie Soap (where we tried our hands at making soap).

We have 25 students in this year’s class of Youth Leadership. On March 31st we will complete our Business and Industry Day in the county and on April 3rd we will attend the Legislative Brunch and students will spend the afternoon shadowing someone in their career field.

4-H CLUBS

The Creative Hands 4-H Club is open to all youth ages 5-18. Club meetings are held at the 4-H office in Troy on the first Monday of each month at 5:00 PM. The next meeting is scheduled for April 3rd.

The Rockin' Clovers 4-H Club - Club meetings are held on the 4th Thursday of each month at 6:00 PM. This club is open to all youth ages 5-18. The next meeting is scheduled for April 27th at the Agricultural Center on Glen Rd. in Troy.

Clover Lifestyles 4-H Club - Club meetings are held at the 4-H Office in Troy on the second Thursday of every month. This club is open to youth ages 12+ who have an interest in living a healthy lifestyle. The next meeting is scheduled for April 13th at the 4-H Office at 6:30 PM.

Shooting Stars 4-H Club - Club meetings are held at the Star Community Building on the first Thursday of each month at 6:00 PM. This club is open to all youth ages 5-18. The next meeting is scheduled for April 6th.

Livestock 4-H Club - Club meetings are held at the 4-H office on the first Friday of each month at 6:00 PM. This club is open to all youth ages 5-18 interested in learning about Livestock. The next meeting is scheduled for April 7th.

County Council will meet at the 4-H Office on April 11th from 5:30 - 7:00 PM. Each club should send members to attend County Council meetings. Our County Council Officers have planned a fun-filled night where we will learn more about using our "Heads" in 4-H. We hope to see you there!

4-H Presentations will be held on April 20th - 21st. Please call the 4-H Office at 910-576-6011 to schedule your presentation time or email Chrissy Haynes, 4-H Youth Development Extension Agent at chrissy_haynes@ncsu.edu

For those of you not familiar with County Activity Day (Presentations), it is an event where
youth are able to do a demonstration/presentation on a topic of their choice in front of a panel. Topics can range from outdoor cooking, sewing, livestock, space, electricity and so on. This program helps to promote self confidence, skills in research methods, and the ability to speak in front of a group. After the county level, youth will be eligible to move on to district level.

Contact the 4-H office for more information and to sign up for a category for County Activity Day.

For more information regarding Montgomery County 4-H Programs or to register your child (ages 5 - 18) in 4-H, please contact Chrissy Haynes, 4-H Youth Development Extension Agent at (910) 576-6011.

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**MONTGOMERY COUNTY 4-H SUMMER FUN**

Registration for Active 4-H youth will be held on June 1st from 9 am - 5 pm. Registration opens to the public on June 2nd and continues until all classes are full.

*Flyer Coming Soon*
LIVESTOCK NEWS  
from Jamie

Montgomery County Cattlemen’s Association Meeting - Tuesday, April 11th at 6:30pm. The meeting will be held at the Ag Center, 200 Glen Road in Troy. The speaker for the evening will be Mr. Phillip Beaman of Montgomery Farm Bureau. Phillip will be discussing insurance policies available for farm families.

Montgomery County Cooperative Extension will be hosting a Pesticide Disposal Day on Wednesday, April 19th from 10:00 am - 2:00 pm at the Ag Center on Glen Road. For more information about this event, check out the following link.
https://montgomery.ces.ncsu.edu/2017/03/pesticide-disposal-day-15/

New articles have been posted to the State Horse Blog. http://nchorse.blogspot.com/

The Montgomery County 4-H Livestock Club Beef Raffle is in full swing. Please support our young showmen and win the chance to stock your freezer with some locally sourced beef. https://montgomery.ces.ncsu.edu/2017/03/4-h-livestock-club-beef-raffle/

2017 Leadership Montgomery Class Enjoys Beautiful Day for Agriculture
This year's Leadership Montgomery class enjoyed Agriculture Day on Thursday, March 2, 2017. The day began with a tour of the Sandhills Research Station. Station Manager, Jeremy Martin gave a brief history of the station and the research that is conducted there. The Sandhills Research Station has been and continues to be instrumental in the development of several crop varieties most commonly used in North Carolina Agriculture. Following the Research Station, the group traveled to Candor and met Edward Greene of Perdue Farms for tours of the Hatchery and Feed Mill. A locally sourced lunch was prepared for the group by the Staff of Cooperative Extension and generously sponsored by Montgomery Farm Bureau. Mr. Todd King, the President of Farm Bureau gave a brief report on the state of Agriculture in Montgomery County and spoke about what Farm Bureau does in our county as well as on the State and National levels.

After lunch, the crowd gathered at White Oak Farm, owned and operated by the Dunn Family of Biscoe. Here, they walked around the century-old, family farm while Gary Dunn spoke to the group about the business of farming, season extension and heirloom varieties of crops. White Oak Farm markets their produce at various Farmers Markets in the region and through their own CSA basket program. From there, the class boarded the bus bound for C-Cross Cattle Company where some of the nation's most recognized Gelbvieh cattle are raised. Owners Duane and Wendy Strider greeted the group and provided a discussion on the Beef Cattle industry and the local beef market. The Leadership Montgomery participants were each given some C-Cross hamburger to try and were given the opportunity to purchase beef and chicken products directly from the farm.

After a long day of learning about Montgomery County Agriculture, the group headed home. A great time was had by all that participated.

March Montgomery County Cattlemen's Association Recap

The Montgomery County Cattlemen’s Association met on Tuesday night, March 14th at 6:30pm at the Ag Center on Glen Road in Troy. After Pastor Dale Wright gave the invocation, they enjoyed a delicious ribeye steak dinner. President, Archie Smith called the meeting to order. There were 57 people in attendance. Dean Bowers and J.P. Pickler of Quality Equipment in Albemarle were the guest speakers for the evening. They briefly discussed their dealership's history, the kinds of hay and farming equipment that they had to offer and even brought a new round baler to display for those that were interested. After a brief question and answer session, the meeting was adjourned.
NC State Steps to Health programs are continuing to educate and inspire Montgomery County residents to eat smart and move more.

Stay tuned for more county-wide health and wellness and policy initiatives from Steps to Health this Spring and Summer.

FARMER'S MARKET
from Debbie

OPENING DAY
AT THE
MARKET

Thursday
April 13th

N. Main Street, Troy

NEW HOURS ARE 3PM to 6PM

If you would like to be part of our Farmer’s Market family please contact Debbie Malarz at 910-576-6011 or 704-707-6003 or send an e-mail to dlmalarz@ncsu.edu.
Contact: Debbie Malarz
203 W Main St, Troy, NC 27371
910-576-6011