

North Carolina Cooperative Extension Montgomery County Extension News



February 2021

From the Director's Desk

The Montgomery County Cooperative Extension Staff is committed to serving the citizens of Montgomery County in the areas of Agriculture (Livestock and Horticulture), Family and Consumer Sciences and 4-H Youth Development. If you are unfamiliar with any of our programs, please stop by and visit us at 203 West Main Street, Troy. We would love to share all that we have to offer with you in person. We hope that you will take the time to read through our newsletter and reach out to us with any questions you may have or register for one of our upcoming programs.

Empowering Youth and Families Program

One of the great programs that we are now recruiting new families for is our Empowering Youth and Families Program. This program is offered to families with middle school age children in the home. The program is a ten week program designed to help increase and strengthen communication between family members. The program also provides education regarding opioids and the impact they have on our community. We plan to begin programming later on this month.

We have hired a new EYFP Program Assistant who would love to speak further with you about registering your family. Please call Sara Little for more information about Empowering Youth & Families Program and to register for our next program.

Collegiate Internship Available

We are also hiring a collegiate summer intern to help out with our summer programs in our office! If you are a college student and you are looking for a summer job, please give me a call at 910-576-6011. Applications are due by February 19th so don't wait to apply. I would love to speak with you about this wonderful opportunity to learn more about Cooperative Extension and this internship opportunity.

Canned Food Drive to celebrate Small Farms Week

To celebrate our Small Farmers in Montgomery County, NC Cooperative Extension – Montgomery County Center is hosting a non-perishable food drive to be donated to families in need in our county. Please help us by picking up some extra canned goods or non-perishable items to donate to our food drive. Please help us fill this table.



NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, genetic information, national origin, political beliefs, race, religion, sexual identity (including pregnancy) and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.



4-H Happenings in Montgomery County

Tracy Blake, 4-H Youth Development

The Be You Montgomery virtual program kicked off with 20 families logging on January 22nd. We had fun interacting virtually and making our pillow project together. We are also looking forward to distributing valentines made during the meeting to local veterans this month. Registration will open this week for the February Be You Montgomery meeting. We will be discussing the connection between brushing your teeth and heart health as well as making a heart healthy recipe with our nutrition educator, Elizabeth and FCS agent, Rhonda. Youth 5-18 can register at <https://forms.gle/8Sdw4FGBnbnJvqwK9>.



Be You

Be You Montgomery

February Meeting

Monday February 22 @ 6PM

**Learn how to be Heart Healthy;
it starts with brushing your teeth!
Make a Heart Healthy Recipe!
Cooking Kits provided!**

**Open to All
Ages 5-18**

NC COOPERATIVE
EXTENSION

Tracy Blake, 4-H Agent
tracy_blake@ncsu.edu
910-576-6011

SPRING 2021

NATURE ADVENTURES

WITH NC'S 4-H CAMPS

A virtual learning program for educators and families

SCHEDULE

LIVE events at 1 pm ET

February 22 - Giants of the Coast
Hosted by The Eastern 4-H Center

March 5 - Stories in the Stars Astronomy

March 18 - Run, Duck, Hide Predator/Prey Relationships
Hosted by Betsy-Jeff Penn 4-H Center

April 1 - Winged Wonders
Hosted by Millstone 4-H Camp

April 13 - Taking Flight Birds of Prey
Hosted by The Eastern 4-H Center

April 20 - Let's Go on a Night Hike!
Hosted by Betsy-Jeff Penn 4-H Center

Camp planning is underway! We are looking forward to taking youth to camp Millstone this summer. The current plan is for 4-H'ers to attend in person with COVID modifications. With all of the agents and camping staff receiving extensive safety training, we are confident we can safely get our youth outdoors at camp this summer. Youth interested in attending camp should contact the office.



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



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

Save Your Sweetheart

Each February, NHLBI and *The Heart Truth*® celebrate [American Heart Month](#) by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. Research shows that we're more successful at meeting personal health goals when we join forces with others. When we take care of [#OurHearts](#) as part of our self-care, we set an example for those around us to do the same. Inspire and motivate yourself and those you love to **make heart health a regular part of your self-care routine.**

Try HEALTHY

Valentine's Day is a great way to show your love to the ones you love the most. Too often when people think of Valentine's Day, they think chocolates and sweet treats. But Valentine's Day does not always have to lead us to these bad habits. Make a healthier plan for Valentine's Day- whether it is for the classroom, a treat for your child's lunchbox, or even something to serve after-school. Try including fruits and/or vegetables in a fun way so they will be more likely to eat them. Valentine's Day is different this year because of COVID. Valentine's is an easy holiday for doing something fun at home. You can make heart shapes out of anything – sandwiches with whole wheat bread or even low-fat cookies. Spending time in the kitchen with the people you love is a great way to celebrate the holiday. Other ideas include sending a sweet message on a piece of fruit or vegetable, making some healthy muffins, creating a cute fruit cup decorated for Valentine's Day, or even doing a healthy twist on a Valentine's Day banana split- because who doesn't love a banana split? Instead of using the sugary ice cream, use Greek yogurt. So this Valentine's Day instead of the chocolates and sweet treats, try some of the examples listed above to make this Valentine's Day a healthier one!

Whole Wheat Cranberry Applesauce Muffins

Prep Time: 15 minutes
Cook Time: 11 minutes
Additional Time: 2 minutes
Total Time: 28 minutes

Ingredients

2 cups soft white whole wheat flour	2 Tablespoons coconut oil
1/4 tsp baking soda	1 cup sucanat
1 tsp baking powder	2 eggs
1 tsp kosher salt	1/3 cup 2% milk
1 cup cranberry applesauce	1 tsp apple cider vinegar



Directions

Preheat the oven to 400 degrees.

Use a whisk or fork to mix flour, baking soda, baking powder and salt in a bowl.

In another bowl (or a stand mixer), mix cranberry applesauce, coconut oil, and sucanat. Add eggs and mix well.

In a small bowl or glass, mix the milk and vinegar. Let sit for one minute then stir into the applesauce mixture.

On a low speed, mix in the dry ingredients.

Pour batter into mini muffin pans (either silicone or paper lined) and bake 11-13 minutes until toothpick inserted into muffin comes out clean.

LIFT LIVE is BACK!!!!

Did you know that only 13% of older adults are meeting the current recommendations for physical activity and less than 30% are meeting the current dietary guidelines for fruits and vegetables? Older adults with healthful diets and who meet the physical activity recommendations are more likely to age in place. In order to help meet these needs, beginning March 2, North Carolina Cooperative Extension and the Troy-Montgomery Senior Center will collaborate to offer the Lifelong Improvements through Fitness Together (LIFT) program for currently inactive older adults. LIFT LIVE is an eight-week, group-based strength-training program that promotes balance and flexibility with the goal of improving functional fitness and independent living in older adults. The program will be held on Tuesdays and Thursdays from 9 am -10 am from March 2nd – April 22nd. This program is NOT a weight loss program but is designed to help adults gain the strength they need for everyday living.

“We cover eight basic exercises in class that will help everyday living become easier – getting in and out of the car, walking up and down stairs, getting in and out of the shower, and out of chairs- as well as dealing with groceries”, says Rhonda Peters, Family and Consumer Science Agent with North Carolina Cooperative Extension and LIFT facilitator.

Due to COVID-19 restrictions, the class is unable to meet in person. LIFT LIVE will be held online, using the Zoom platform. There is no fee for participation, but participants will need a set of hand weights, a chair that does not move and a computer or tablet where they can download and access the Zoom software. Resources for understanding how to use Zoom will be provided prior to the program start for all those who register.

This program is FREE, but registration is required. Please register at www.go.ncsu.edu/lift2021. Class is limited to the first twenty-five people who register and a minimum of eight participants are required or the class will be canceled. If you have any questions, please email Rhonda Peters at rtpeters@ncat.edu or call Theresa Thomas by calling (910) 572-4464.



Help Us Help You- We would like to provide the best programming to you in 2021. In order to serve you better, we need to know exactly what kind of educational services you want, and how you would like to participate. Please take this [short survey](#) to help us continue to provide outstanding programs in Montgomery County. Also, if you are interested in serving on our Youth and Families Advisory Committee, please contact Rhonda at rtpeters@ncat.edu





Donate canned goods and other non-perishable food by Feb. 15 & be part of a statewide Cooperative Extension campaign that feeds the hungry and celebrates small farmers.

Take food items to your Cooperative Extension Center located at
203 West Main Street
Troy, North Carolina 27371

Everything collected feeds local food-insecure residents.

COORDINATED BY YOUR COUNTY COOPERATIVE EXTENSION IN CONJUNCTION WITH

Small Farms Week

35 Years: Resilience. Strength. Diversity.

March 21–27, 2021

Coming Up in FCS

- **Food Drive** Continues until March 1st. Drop off your non-perishable items to our office at 203 West Main Street in Troy, NC 27371 at your convenience on Mondays through Fridays from 8 am until 5 pm. If you would prefer a non-contact drop-off, feel free to leave it by the doorway and call us from your car to pick it up after your departure. Our number is (910) 576-6011. All donations go to feed hungry people right here in Montgomery County in honor and celebration of all small farmers!
- LIFT Live starts in March! See the article to the right for more information.
- We are currently recruiting participants for our Powerful Families, Powerful Communities program. This program emphasizes opioid prevention and builds positive family relationships. For more information, call the office and ask for Sara Little.
- Youth and Families Advisory Committee will meet virtually on February 24th beginning at 3:30. If you would like to participate, please email rtpeters@ncat.edu

To find out more about FCS programs in Montgomery County, visit www.montgomery.ces.ncsu.edu or visit us on Facebook. If you would like to discuss bringing programs to your community, please call Rhonda Peters or Elizabeth Thompson at (910) 576-6011 or email rtpeters@ncat.edu or eathompson@ncat.edu

Agriculture Updates

Kaitlyn Lamaster, Extension Agent, Horticulture

Montgomery County Beekeepers Association

The Montgomery County Beekeeper's Association did not meet in January. They will meet again virtually on February 18th, 2021 at 6PM. There is an Eventbrite link to register for the event. Participants will then be sent a Zoom link. Ms. Shirley Harris will go over "Falling in Love with a Bug", a video from Moore County beekeeper Hugh Madison. Registration for the event can be found at: <https://www.eventbrite.com/e/falling-in-love-with-a-bug-february-beekeepers-meeting-tickets-139660192395>.



Beekeeper's will also discuss mailing in membership dues (\$5.00), as well as an optional but encouraged donation (\$5.00+) to the beekeeper's scholarship fund.

If you are interested in attending future meetings or learning more about the group, please contact Kaitlyn Lamaster at kaitlyn_lamaster@ncsu.edu.

Plant Pathogens 101

A Plant Pathogens 101 workshop has been formulated between the Montgomery County Horticulture agent, the Moore County Horticulture agent, and the Richmond County Commercial Horticulture agent. The date has been set for March 5th at 12PM. Agents are working to get the workshop approved for pesticide certification credits. The workshop will help commercial growers and homeowners understand the plant pathogens that could be infecting their plants. It will serve in aiding attendees in determining what type of pathogen they are dealing with as well as the steps needed to obtain a positive identification. For more information, follow the Montgomery County North Carolina Cooperative Extension Office on Facebook or call the office at 910-576-6011.



NC STATE EXTENSION

Master Gardener | Montgomery County

Master Gardener's

The Montgomery County Extension Master Gardeners met virtually on February 3rd, 2021 at 5:30PM. The group reviewed ideas for fundraisers throughout 2021, the new Intranet system for North Carolina Cooperative Extension Gardener Volunteers, and potentials for future educational events.

New Volunteers have started their initial training to gain Master Gardener certification. They will be meeting weekly to go over learned materials and participate in activities to further expand their understanding of the natural world.

The Master Gardeners are also planning to have a seed swap amongst members in late February. Due to concerns for personal safety, the event will not be open to the public.

The next Master Gardener Meeting will be at 1:00 pm on March 3rd, 2021. The Montgomery Horticulture Extension Agent will go over "Pruning Schedules."

If you are interested in joining the group or learning more about the Master Gardeners and what they do, please contact Kaitlyn Lamaster at kaitlyn_lamaster@ncsu.edu or call 910-576-6011 ext. 26.

Agriculture Updates

Jamie Warner, Extension Agent, Livestock

Additional Assistance Through Coronavirus Food Assistance Program (CFAP): The U.S. Department of Agriculture (USDA) will provide additional assistance through the Coronavirus Food Assistance Program (CFAP), expanding eligibility for some agricultural producers and commodities as well as updating payments to accurately compensate some producers who already applied for the program. Producers who are now eligible and those who need to modify existing applications can contact their local FSA office between from now until Feb. 26, 2021.



Montgomery County is serviced by the Area FSA office located in Lee County. For help from this FSA office contact Marlo Dunn, County Executive Director at 919-775-3407 Ext. 2 or marlo.dunn@usda.gov. All



Farms, Food and You Podcast: The most recent episode, "*Extraordinary Farmer, Extraordinary Eggs*" is an in depth look at the Egg Industry with fourth generation family farmer Trey Braswell. This episode as well as past episodes can be accessed here: <https://cals.ncsu.edu/farms-food-and-you/>

Farmers To Families Food Boxes to Continue through April: In the current fifth round of purchases, USDA will purchase up to \$1.5 billion worth of food for delivery through the end of April. The additional funding for the program was included in the COVID-19 relief package as part of the Consolidated Appropriations Act passed December 21, 2020. USDA will again purchase combination boxes to ensure all involved recipient organizations have access to fresh produce, dairy products, fluid milk and meat products, and seafood products will also be included in this round.



NC Horse Blog: Livestock Cooperative Extension Agents from across the state have been busy updating the State Horse Blog with topics to keep owners and horse enthusiasts “in the know”! New articles are being added weekly. <http://nchorse.blogspot.com/> Articles focused on Management, Nutrition, Health Care, Reproduction, Forages and more are all there for your reading and educational enjoyment.

2021 Regional Chicken Project: Recruitment for the *2021 Regional Chicken Project* closed on January 12th and Montgomery County had 4 participants register. Showmen will receive their laying hen chicks on Friday, February 26th and their broiler chicks in March. This year, the youth will be showing Rhode Island Reds and Austra White Egg Layers in addition to the broilers. The Regional Show will be in April and is tentatively being planned as a face-to-face event, as we are optimistic that we will be able to gather socially distanced and safely at the FFA Camp Outdoor Pavilion by that time.

Upcoming Virtual Events in February

8th – 10th – Orange County Agriculture Summit: The first day of this virtual conference will include sessions that examine the impacts of COVID-19 on various aspects of agriculture, including farm and food workers, food supply chains, and the impacts on restaurants and grocers. The second day will feature a COVID-19 update from Orange County Health Director Quintana Stewart and Dr. Kizzmekia S. Corbett, an Orange County native who helped develop one of the vaccines. Sessions that day will focus on farm safety beyond COVID-19 and managing stress during the pandemic. The final day will focus on growing specialty vegetables, including how to identify niche markets, and marketing and bookkeeping strategies to maximize profits. Registration is required. More information can be found on the following page: https://www.eventbrite.com/e/orange-countys-23rd-agricultural-summit-registration-137980195479?fbclid=IwAR046BiYSe1MxWIRCFT4jKCXRXu29o0Mr7tp-NVNvBd7l3M5Nqbn_ddjxE

11th - 2021 NC Agritunity Conference and Tradeshow: This agricultural conference was designed to meet the economic and environmental needs of small farmers and beginning gardeners, as well as generate a positive impact by building connections between farmers, educators, and agriculture-related businesses. NC Agritunity is a collaborative effort between N.C. Cooperative Extension agents in Iredell, Alexander, Catawba, Rowan, Wilkes, and Yadkin counties. Register via Eventbrite: https://www.eventbrite.com/e/nc-agritunity-virtual-small-farms-conference-tickets-131384686133?fbclid=IwAR0FKUcvqyNnWFHVqbEZCOgX0R-LjwPzk_HwIu1cyyvDe2ZtNvHHIqeWIXsc

11th – NC ForestHer Enjoying Your Woods Webinar: In this particular webinar, presenters will cover the basics of modern trail design that maximizes user enjoyment and minimizes maintenance requirements and provide some practical tips to minimize the negative visual effects of cutting and removing trees from your woodlot. Registration is required. Please use the following link to register: https://ncsu.zoom.us/webinar/register/WN_apCDKEpTRgOqBxSmiRk5MA

16th – NC Forage and Grassland Council Winter Conference Producer Panel: Pasture Care and Maintenance as well as a panel discussion with NC Farmers. Registration is required and a link will be emailed after your registration is received: https://docs.google.com/forms/d/e/1FAIpQLSfNjWGr8t48FXlpmRDxkEWHpvt-q_5ZUFntomtlZqVKoLrDGw/viewform?fbclid=IwAR0e01guuOboA9EYy5UTCszRpYCXl2cIL7ErHrzmtpkevFyN-wQHJ6Ubqyk

Butchery Basics for Home Consumers: Watch Butcher Ross Flynn of [Left Bank Butchery](#), and NC Choices’ Lee Menius, as they walk you through a “*Butchery Basics for Home Consumers*” demonstration. This two-hour training is geared toward home consumers or novice meat cutters with little to no meat cutting experience interested in breaking down a carcass in their home kitchen. Topics include proper safety and handling of carcasses, home set-up and tools needed, followed by a step-by-step breakdown of a pig carcass into its most basic cuts for consumers to safely store and eat. https://cefs.ncsu.edu/resources/butchery-basics-for-home-consumers/?fbclid=IwAR26JMcnr1A-bs8eS5Tm5mCgfrk1Uto-Vl59G8ZATKFAEI9ldGJCXS_D_E

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Ask Extension

The North Carolina Cooperative Extension is a service that is meant to help serve the general community, both professional and personal. If you have questions regarding any topic within Horticulture, Livestock, Family and Consumer Science, or Youth Development please do not hesitate to reach out! The office can be called at 910-576-6011 and your question will be directed to the agent that best fits your category. Emails can also be sent directly to agents that you feel would best know the answer. It is a good idea to include pictures if you have a specific situation at hand. The list of agents can be found at <https://montgomery.ces.ncsu.edu/people/>.

STAY UPDATED!!!!



If you haven't "liked" us or "followed" us on Facebook, take the time to do it today! Our facebook and webpages are updated regularly with news articles, posts, and pictures of current and future programs as well as news you can use. Find us at <https://www.facebook.com/North-Carolina-Cooperative-Extension-Montgomery-County-117219574995061/> and on our website www.montgomery.ces.ncsu.edu. If you would like to be added to our email distribution list, please email Kim_Gibson@ncsu

Check out our current videos by visiting
https://www.youtube.com/channel/UCOIPmzMobAJJoawefJK_ldzA

