
From the Director's Desk

April 2021

It is hard to believe that it is already April and we are $\frac{1}{4}$ of the way through 2021. This past year has been a whirlwind of growing and learning about how to deal with the ongoing pandemic, how to transition our programs from in person to a virtual format and now how to return to a more normal, face-to-face approach again. As meeting occupancy requirements relax in the state, we are excited to be able to offer some in-person educational opportunities for our clients. We have many opportunities coming up that I hope you will consider taking advantage of in the coming months.

We are excited to be moving back toward offering more and more face to face classes but we have grown many new friends and clients from the virtual world that we certainly do not want to leave behind. Many of our new programs will allow participants to choose between an in person attendance option and a virtual option. Some of our sessions will be recorded and shared online as well.

Many of our traditional programs will be a little different than normal as we limit classroom size to meet social distancing guidelines. We are currently holding our Empowering Youth and Families Program in person with four families participating in weekly sessions over the course of ten weeks. We will be offering a wide variety of 4-H Summer Adventures classes all throughout the summer. Be on the lookout for the class listing soon. Also, our Extension Master Gardeners will be holding an in-person plant sale soon (more details contained in this newsletter). These are just a few of the things we have going on currently and we hope that we are meeting the needs of all of our customers.

As always, please let us know if you have any special program requests or if you have a question that one of our agents can answer, please call or email them and they will respond accordingly. We hope to see you soon; live or online!

Empowering Youth & Families Program Updates

Sara Little, EYFP Program Assistant

On March 30, 2021 we held our first session with the Empowering Youth and Families Program (EYFP). Due to recent changes to regulations regarding Covid-19, we were able to hold our Program in-person. We had four families to register for our program and had three to attend the first session.

Each session includes youth, caregiver, family time and independent family time, and the youth and caregivers are separated for their sessions. This week the youth discussed expectations while meeting together, discussed the changes the youth go through, and how to view their family as a team. The caregivers discussed the developmental stages of their middle school youth, appropriate responses to behavior of their middle school youth, and about positive behaviors and communications.

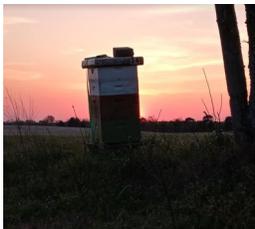
Both family sessions are where the youth and caregivers get to share what they learned during their sessions. They have family activities that they get to work on together while also implementing strategies they learned that week at EYFP. This week the family was given a card game to play and materials to create a family motto board that they will follow along to during the cohort.



Agriculture Updates

Kaitlyn Lamaster, Extension Agent, Horticulture

Montgomery County Beekeepers Association



The Montgomery County Beekeeper's Association did not meet in March. Instead, members and community members were encouraged to join the North Carolina State Beekeepers Association virtually for their spring 2021 web series.

The Beekeeper's plan to meet on April 15th at 6pm at Montgomery Community College where Mark Smith will be talking about "Treatment Free Beekeeping." There is also a chance to win a 5 frame NUC (including transportation and set up) for the winner of this month's raffle. Tickets are \$10 and funds go towards the Montgomery County Beekeeper's Scholarship, a scholarship designed to help get a new beekeeper started each year!

If interested in participating in the raffle, mail checks made out to Montgomery County Beekeepers and send to Montgomery County Cooperative Extension-Attention: Beekeepers at 203 West Main Street, Troy, NC 27371. The winner will be drawn on April 15th at the meeting!

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

Establishing a Pollinator Garden

Join the Montgomery County NC Cooperative Extension Horticulture Agent to learn about why and how to establish a pollinator garden at home. Topics covered will include how to select plants that will best benefit pollinators as well as some examples of plants that folks in the Piedmont can utilize.

This event will be virtual from 12-1PM on Thursday April 22nd, registration is required and can be found at <https://moco-establishing-a-pollinator-garden.eventbrite.com>

If you have any questions or concerns, contact Kaitlyn Lamaster at kmlamast@ncsu.edu or call the Extension Office at 910-576-6011.



ESTABLISHING A POLLINATOR GARDEN

Why and how to plant a pollinator friendly garden

APRIL 22ND
12-1 PM

VIRTUAL - REGISTRATION IS REQUIRED

Register at <https://moco-establishing-a-pollinator-garden.eventbrite.com>

Questions or concerns? Contact Kaitlyn Lamaster at kmlamast@ncsu.edu or 910-576-6011



NC STATE EXTENSION**Master Gardener | Montgomery County**

The Montgomery County Extension Master Gardeners met virtually on April the 7th, 2021 at 1:00PM. The group reviewed ideas for fundraisers throughout 2021, the new Intranet system for North Carolina Cooperative Extension Master Gardener Volunteers, and potentials for future educational and volunteer events.

The Master Gardener's will have a plant sale outside of the Montgomery County Cooperative Extension Office (203 W Main St., Troy, NC 27371) on April 24th from 9AM-1PM and May 1st 9AM-1PM. Plants available will include tomatoes, peppers, herbs, houseplants, marigolds, iris, and more!

New Volunteers have been working on their initial training to gain Master Gardener certification. They are on the last week of the course set to becoming Master Gardener interns!

The group plans to meet on Wednesday, May 5th at 1:00PM. The meeting will be hybridized to allow a small group to meet in person and others to join in virtually.

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.

Coronavirus Food Assistance Program

"USDA's Farm Service Agency is currently accepting new and modified CFAP 2 applications!"

Has your operation been directly impacted by the coronavirus pandemic? USDA is implementing updates to the Coronavirus Food Assistance Program for producers of agricultural commodities marketed in 2020 who faced market disruptions due to COVID-19. This is part of a larger initiative to improve USDA pandemic assistance to producers."



Commodities include, but are not limited to: Broilers, Eggs, and Pullets, Dairy, Floriculture and Nursery Crops, Livestock, Livestock by Contract Growers, Specialty Livestock, and Specialty Crops

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 USDA Service Centers are open for business but you are encouraged to schedule an appointment. Please visit farmers.gov/cfap2/apply for more information.

Agriculture Updates

Jamie Warner, Extension Agent, Livestock

USDA Pandemic Assistance for Producers

U.S. Secretary of Agriculture Tom Vilsack announced the USDA Pandemic Assistance for Producers initiative on March 24, 2021. The initiative will reach a broader set of producers than in previous COVID-19 aid programs. USDA is dedicating at least \$6 billion toward the new programs and will also develop rules for new programs that will put a greater emphasis on outreach to small and socially disadvantaged producers, specialty crop and organic producers, timber harvesters, and support for the food supply chain and producers of renewable energy, among others. Visit <https://www.farmers.gov/pandemic-assistance> frequently for the latest updates on this critical initiative.



Farms, Food and You Podcast

In the most recent episode, "*NC Food and Farming: A Look Back, Ahead*" Mike Walden, NC State Economist, shares his observations on food and farming in North Carolina over the last 40 years and discusses trends that might influence various sectors of agriculture in the future. This episode as well as past episodes can be accessed here: <https://cals.ncsu.edu/farms-food-and-you/>.



National Agriculture Day



National Agriculture Day is a time when producers, agricultural associations, corporations, universities, government agencies and countless others across America gather to recognize and celebrate the abundance provided by agriculture. This year National Ag Day was celebrated on Tuesday, March 23 with the national marketing slogan of "Food Brings Everyone To the Table". If you happened to miss it, don't forget. . .it's never too late to Thank A Farmer!

2021 Regional Chicken Project Update

Laying hen chicks are now almost 6 weeks old and have been in the hands of their eager youth showmen for most of that time. The broiler chicks were finally hatched and delivered on March 3rd. Showmen will continue to take care of their animals until the Regional Chicken Show which is set for April 22nd at Bladen Community College. So far, participants have attended two trainings regarding their poultry and the final mandatory training for them will be via Zoom on April 14th, where they will learn all about the show logistics and the safety requirements that will be enforced to keep them safe and socially distanced during the competition. Their supplemental portions and project record books detailing their project successes and challenges as well as what they learned are due to Extension Agents before the show.



Mud Management for Livestock Farms



This year has been unreasonably wet which has caused problems on livestock farms across the state. Because of the excessive moisture, producers have struggled to provide adequate animal welfare, healthcare/hoof care, quality hay/forages for nutrition and have had to battle soil and water conservation troubles as well. In an effort to address many of these issues, the Montgomery County Livestock Agent worked with other area Livestock Agents, NC State University Specialists, NC State Amazing Grazing, the NC Cattlemen's Association, NRCS and NC Soil and Water Conservation

to host a 2 hour educational webinar for livestock producers state-wide. There were 1.5 hours of animal waste operator credits offered to those that participated. Over 136 people signed on to listen to specialists discuss Winter Cleanup, Sacrifice Area Establishment, Heavy Use Area and Farm Road Updates, Cost share Opportunities and more. This webinar was recorded and given access to use for future Waste Management Credits.

Upcoming Events



Carolina Farm Credit Corporate Mission Grant Opportunity: Each year, Carolina Farm Credit supports organizations with grants of up to \$5,000 to help in their endeavors and to further the future of agriculture in our region of North Carolina. Applications must be submitted online by June 30th. You will be asked to attach a copy of your organizations W9 to the application prior to submission. Apply with the following link: <https://carolinafarmcredit.com/about/community-support/corporate-mission-fund>

April 15 – Beef: Back to Basics Session 1: This series includes two live Zoom sessions and will offer countless numbers of resources that beef producers find useful. Whether you currently have cattle or are interested in starting a herd, this is the series for you. It will be an excellent way to explore the Beef Industry at your own pace. <https://go.ncsu.edu/beefbasics>

April 19 – Piedmont Regional Goat and Sheep Conference, Producer Panel: First in the four part conference series, a panel of sheep and goat producers that will be sharing from their experience and different management strategies- including grazing management, feeding programs, and reproduction. <https://go.ncsu.edu/goatsheepseries21>

April 20 – Trailer Safety and DMV Regulations for Equestrians: This free webinar has Trooper Tare “T” Davis with the NC Highway Patrol discussing road safety, regulations and trailer safety for equestrians. <https://www.eventbrite.com/e/warren-county-spring-equine-series-tickets-142572210319?fbclid=IwAR0fWkUZyrYdV9ctCs4xzYqFCCH16bzVTIfRxMpMXivedE4FDnv-8MG6GUA>

April 22 – Baleage Production 101: Topics included in this FREE webinar include moisture testing, economic evaluation, nutritional analysis and grass versus cover crops. Call 704-216-8970 for more information about this event or to register.

April 26 – Piedmont Regional Goat and Sheep Conference, Small Ruminant Mineral Nutrition: In the second session of the conference series, Dr. Jeannette Moore from NC State University will discuss the science behind small ruminant mineral requirements, and how to avoid serious mistakes such as killing sheep by using cattle mineral. Dr. Moore will cover the basics of small ruminant mineral nutrition and will be happy to answer questions. <https://go.ncsu.edu/goatsheepseries21>

May 3 – Piedmont Regional Goat and Sheep Conference, Vaccination and Other Components of Small Ruminant Herd/Flock Health: Session 3 of the Sheep and Goat Conference has Dr. Kevin Anderson of the NC State Vet School providing an overview of recommended vaccines and other aspects of small ruminant herd/flock health. <https://go.ncsu.edu/goatsheepseries21>

May 10 - Piedmont Regional Goat and Sheep Conference, Genetic Selection of Small Ruminants: For the final installment in the virtual conference series, Dr. Andrew Weaver of NC State Extension and Dr. Scott Greiner of Virginia Tech will cover small ruminant selection basics including discussion of crossbreeding systems, purebred selection, utilization of performance records, and estimated breeding values. Important traits for small ruminant production in the southeast will also be discussed such as selection for parasite resistance. <https://go.ncsu.edu/goatsheepseries21>



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

Cooking With Extension



We are excited to be partnering with Troy-Montgomery Senior Center to provide live cooking demonstrations through Facebook LIVE. During our first session, we learned how to make healthy egg and cheese wedges. Viewers commented during the live presentation with questions and input, and one viewer even shared a picture of when she tried it herself at home. In April, we will be learning about how to prepare “Meals in a Mug” – including meatloaf. Make sure to follow Troy-Montgomery Senior Center on Facebook to join us!

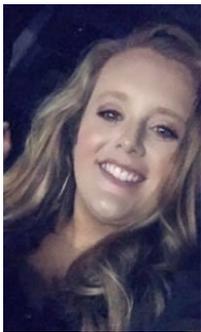
LIFTing Possibilities

Challenge yourself to become a healthier you! We will be offering a virtual LIFT program during your lunch hour beginning in May. This project is a partnership between six counties. Find out more and register at <https://go.ncsu.edu/lift2newabilities>



Teen Cuisine

Do you know a 7th – 11th grader that is interested in learning how to prepare healthy meals? We are offering a Teen Cuisine session online – in a fully virtual format for the first time ever. Participants would need to be able to come by the Extension office to pick up weekly kits with the ingredients necessary, and would need to be able to join us live on Zoom for six weekly class sessions. The schedule will be based on the convenience of interested youth. If you would like to participate, please email rtpeters@ncat.edu or eathompson@ncat.edu so we can get the ball rolling!



Elizabeth's Nutrition Nuggets

As you spring forward to a new season, it's the perfect time to carry your focus and extend your commitment to adopting and living a healthy lifestyle. The warm weather may motivate you to exercise and seek physical activity outdoors and it is the perfect opportunity to explore farmer's markets and embrace new healthy habits, especially when it comes to your diet, eating patterns, and physical activity.

Spring to change by drinking more water, getting more sleep so you are not so tired during the day, eating more fruits and vegetables, making gradual changes in your diet; you do not have to quit eating what you love but cutting back on your portions and adding those fruits

and vegetables as well will bring you to a healthier lifestyle. Also, take this time of beautiful weather to take a walk or just even being outside with family.

Here is a yummy Asian Style Cobb Salad recipe to try at home:

Asian Style Cobb Salad

Ingredients

5 c. chopped romaine lettuce (or spinach)
 1 (11 oz.) can mandarin oranges in light syrup or juice, drained
 1/3 c. cooked chicken, shredded
 1/3 c. grated carrots
 1 avocado, halved, seeded, peeled and diced
 2 hard boiled eggs, diced
 1/4 c. green onions, sliced

Sesame Vinaigrette Dressing

1/4c. Plus 2Tbsp. rice wine vinegar
 1 clove garlic
 1 Tbsp. sesame oil
 1Tbsp. sugar
 1 tsp. ground ginger
 1 tsp. soy sauce

Directions

1. Broil, bake or grill chicken.
2. Cook eggs. Place eggs in a small saucepan with cold water. Heat water just until boiling. Remove from heat and cover; let stand for 12 minutes. Drain water and eggs into a colander. Rinse eggs with cold water to stop cooking. Use immediately.
3. Prepare the dressing by whisking together all ingredients in a small bowl; set aside.
4. Assemble salad by placing greens in a large bowl; top with mandarin oranges, chicken, carrots, avocado, eggs and green onion.
 Serve immediately.

Makes four servings. Each serving has 250 calories, 14 grams (g) fat, 8 g protein, 26 g carbohydrate, 5 g fiber and 160 milligrams sodium.

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



4-H Happenings in Montgomery County

Tracy Blake, 4-H Youth Development

Montgomery County 4-H'ers have been busy in the month of March!

On March 13th, Madilynn Bowles, a 5 year 4-H'er participated in the virtual horse bowl competition as a junior rookie. The competition used zoom and a virtual quiz bowl app that turned a phone into a buzzer to answer questions. Madilynn did a great job adapting to the virtual format and learned a lot about horses while participating in this competition.



On March 29th, Twenty-four youth participated in the March, virtual meeting, of the Be You Montgomery series. This month's meeting focused on up-cycling, the creation of something of greater value from everyday household goods, and how youth can make a difference in their community by reducing, reusing, & recycling. The youth made a "mock" up-cycle project provided in a kit prior to the meeting and were challenged to create their own up-cycle designs to share at next month's meeting which will focus on presentations & public speaking. The kit project included an Easter style basket made from a Styrofoam cup, ribbon scraps, and stickers as well as flowers made from straws and coffee filters. We look forward to seeing what the youth come up with next month for their own designs.



A survey was sent out to all 2nd grade teachers in Montgomery County schools and all 16 teachers have decided to participate in the embryology 4-H school enrichment program in April. Embryology is the study of embryo development and how this relates to the overall development of living things. Next week, incubators will be placed in every 2nd grade classroom along with 10 fertilized quail eggs. Students will participate in the incubation process by turning the eggs daily and checking development inside the egg through a process called "candling" which allows students to see the developing chick by placing a light next to the egg. This program will serve over 200 youth in Montgomery County.

Registration is open for 4-H youth presentations, taking place May 3rd & 5th at County Activity Day. This is a great opportunity for youth to research a topic of interest and practice their public speaking skills in an encouraging and safe environment. Youth can register at <https://forms.gle/pKTQSoFNxf1nMioU8>



We are also actively planning face-to-face Summer Adventures Day Camps June 7- July 23. Registration will open soon.

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.

Staff Directory



Chrissy Haynes
County Extension Director
chrissy_haynes@ncsu.edu



Jamie Warner
Livestock
jamie_warner@ncsu.edu



Rhonda Peters
Family & Consumer Sciences
rtpeters@ncat.edu



Kaitlyn Lamaster
Horticulture
kmlamast@ncsu.edu



Tracy Blake
4-H Youth Development
tracy_blake@ncsu.edu



Elizabeth Thompson
Nutrition Educator
eathompson@ncat.edu



Deborah Malarz
Program Assistant
dlmalarz@ncsu.edu



Kim Gibson
Administrative Assistant
kim_gibson@ncsu.edu



Sara Little
EYFP Program Assistant
slittle6@ncsu.edu

Ask Extension

The North Carolina Cooperative Extension is a service that is meant to help serve the general community, both professionally and personally. 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.edu

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

