

North Carolina Cooperative Extension Montgomery County



June, 2021

From the Director's Desk

Montgomery County Cooperative Extension has been busy this past month helping the residents of Montgomery County in many ways. We have received an abundance of phone calls, emails and visits to our office requesting assistance with home gardening needs, animal agriculture questions, agricultural small business ventures, forestry, financial management, nutrition focused needs, home canning questions, etc. We have never been more proud to be here to serve you and your family! Our Extension Agents and staff are available whenever you need us!

With summer upon us, we have geared up and begun our 4-H summer programs that will run from June 7th – July 30th this year. Our classes are filling up quickly but there is some availability for families still looking for programs to involve their children in this summer. Give us a call and we will be glad to help.

We have two college interns working with us this summer and we are thrilled to welcome them to our staff. Cindy Vargas is our Golden Leaf Scholar and is a rising senior at Meredith College in Raleigh majoring in English as a Second Language. Sarah Alexi is our NC State University intern who is a rising Junior at East Carolina University majoring in Elementary Education. Please join us in welcoming Cindy and Sarah to our team!



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.

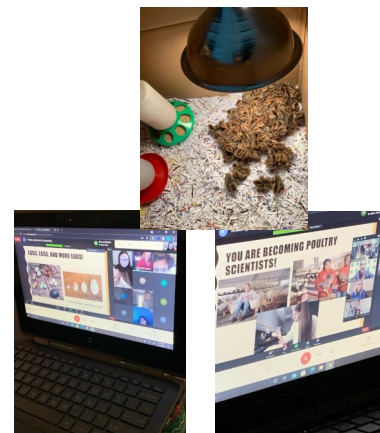


4-H Happenings in Montgomery County

Tracy Blake, 4-H Youth Development

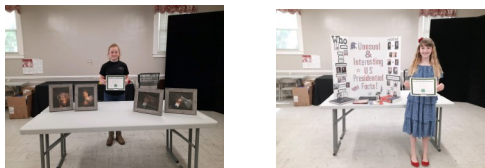
Embryology School Enrichment Program

The 4-H 2nd grade embryology school enrichment program wrapped up on May 14th. Utilizing technology to its full extent, teachers from around the county logged into a zoom meeting provided and presented by our office a meeting through Google Classroom, allowing students from around the county to participate in a virtual presentation to learn about quail. It was awesome to hear their excitement and how much they learned. Students asked critical and thoughtful questions at the end of the presentation. Though it would have been wonderful to do the presentations in person, we are thankful that students were able to make the best of this difficult school year and engage in this learning opportunity.



County 4-H Presentations

Four youth prepared and presented presentations at the county level last month. MaKayla Richardson presented on Mules, Madilynn Bowles presented on Unique & Interesting Presidential Facts and Lilly and Emma Haynes presented on Battery Life. Both youth presentations were nearly 12 minutes long and showed depth of knowledge and research. Recordings were made and submitted to the district level competition. Best of luck to these outstanding 4-H youth!



Be You Montgomery

The final Be You Montgomery meeting before summer took place on May 24, 2021. We collaborated as an entire office to offer a virtual workshop on summer safety. Topics included sun & water safety, outdoor plant & insect safety, safety when home alone, summer food safety, and poisonous vs. non-poisonous NC snakes. Youth participated in interactive games and crafts. Materials were distributed as kits for parents to pick up in our office. We hope our "Be You" youth will have a fun and safe summer!



Summer Adventures

We are excited to offer a full summer of in person workshops for youth 5-18 this summer! Seventy-one youth are already registered, but many of the workshops still have space available! We hope to serve as many youth as possible this summer, and encourage parents to reach out if they haven't already registered. We are excited to offer several teen workshops, Credit Crash Course, Adulting 101, and Babysitter's Backpack, FREE of cost. Our other workshops ranging from plant and animal classes to cake decorating and canning will be offered at no more than \$10 per workshop. We do not want cost to be a barrier to youth participation in summer activities. Payment plans and scholarship money are available. To register, fill out the form at <https://forms.gle/5KC9blzPPK2GQj6J8>.



Millstone Overnight Camp

We are excited to be camping in person at Millstone 4-H camp next month! Montgomery County has 24 spaces reserved. Cost of camp is \$500 per youth, but thanks to our generous donors and sponsors throughout the county we are able to offer camp to local youth at no more than \$75. Overnight camp allows youth to learn vital life skills and participate in activities they will remember for a lifetime. We are so thankful to get youth back to camp this year.

Empowering Youth & Families Program Updates

Sara Little, EYFP Program Assistant

On June 1, 2021 we held our eighth session of our Empowering Youth and Families Program. This leaves us with just two more sessions until the end of our program. The content that our families have been learning about during this last half of EYFP is opioid misuse and prevention. They have learned about the brain and which part controls the different functions of our daily lives, what addiction is, what opioids are and the effects they can have on the body. They also discussed examples of positive personality traits, and determined resilient factors in the families lives that are demonstrated during challenging times.

On June 11-13, 2021 the families will have the opportunity to attend Confluence in-person. Confluence is a time of celebration for the families completing the program but they will also learn how to community action plan. This year Confluence will be held at Clyde Austin 4-H Camp in Greenville, Tennessee.



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 or by emailing tracy_blake@ncsu.edu

Agriculture Updates

Kaitlyn Lamaster, Extension Agent, Horticulture

Montgomery County Beekeepers Association

The Montgomery County Beekeeper's Association met May 20th at MCC in the large meeting room. Shirley Harris discussed ways to prevent and manage swarms after Lisa Sooy shared a photo slide of flowers that were in bloom or were about to bloom.

The next Montgomery County Beekeeper's meeting will be June 17th at 6pm in MCC's large meeting room, where Calvin Terry will discuss honey extraction.

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

Montgomery County Master Gardener's

The Montgomery County Extension Master Gardeners will meet virtually June 9th at 1PM. Starting at 1:30PM, the Montgomery County Extension Horticulture Agent will go over how to use the Master Gardener Plant Tool-box.

The Master Gardeners have been volunteering at the STARworks Center for Creative Enterprise Pollinator Garden. Tasks have included weeding, watering, and planting transplants to help get the garden ready for the influx of summer pollinator species! Additional volunteer help is always welcome. Contact information to join the group can be found below.

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.





Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

LIFT Program Going Strong



We have completed the first four weeks of the LIFT program at Dover Baptist Church. Working with a group of 8-12 ladies, we are learning the importance of strength training as part of our regular physical activity. In addition, we were thrilled to be able to do a nutritious food demonstration where we prepared Egg and Spinach Wedges. For the complete recipe, please visit: <https://www.eatgathergo.org/recipe/egg-and-spinach-wedges/>.



We plan to continue this in-person event through the month of June. At the same time, FCS in Montgomery County has been partnering with agents in five other counties to provide the LIFT program virtually during a lunch and learn. That class is also scheduled to conclude in June.

Senior Health & Fun Day

We were very excited to partner with the Troy-Montgomery Senior Center to provide nutrition education to seniors on Wednesday, May 26th. Seniors were able to use the blender bike to learn how to add fruits and veggies to their day with simple smoothies. For ideas on a variety of smoothie recipes, please visit <https://food.unl.edu/my-favorite-smoothie-one-easy-recipe-many-variations>



Med Instead of Meds

Eating the Mediterranean way is delicious and satisfying! Eating like those who live in the Mediterranean region has been shown to promote health and decrease the risk of many chronic diseases.

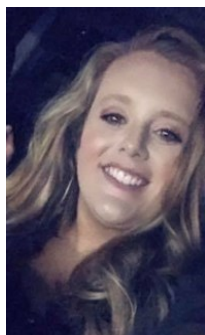
Additionally, eating the Med Way decreases the risk of some forms of cancer, is more effective than a low-fat diet for weight loss in overweight and obese individuals, protects against cognitive decline by protecting the small blood vessels in the brain, may increase eye health including decreasing the risk of macular degeneration, decreases the risk of

type 2 diabetes, can help manage blood pressure, and can reduce the risk of cardiovascular disease by as much as 30-60%.

Learning to prepare and eat the Mediterranean way is easier than you might think. Consider joining us for a FREE six-week program beginning at the end of June. The series will be offered every Monday, virtually -using the Zoom platform, starting at 1 p.m. The program will include class discussion, recipe demonstrations, and other support as needed. It will be offered as a collaboration through partnering Family & Consumer Sciences Agents throughout the South Central District of North Carolina. If you cannot attend at 1 p.m., please register anyway so you can receive the class recordings to view at your convenience.

Visit www.montgomery.ces.ncsu.edu for registration information, or email rpeters@ncat.edu to indicate your interest.

Elizabeth's Nutrition Nuggets



Dive into Summer

Summertime is finally here and we have some awesome tips for you and your family to stay cool and hydrated. It is very important to stay hydrated so that our bodies aren't drained and we don't get dehydrated.

Lots of great fresh produce is in season now and our local farmers market is open on Thursday's from 7:30AM-1PM. The farmers have a lot of great fruits, vegetables and meats for everyone, along with some other cool things too.

If you are planning a cookout or BBQ with the family, try substituting ice cream or any dessert with a yummy fruit parfait. Here is a really great recipe to try instead of having that ice cream or dessert.

INGREDIENTS

- 1 32 oz container of whole milk plain yogurt, organic recommended
- 3 Tbs. honey
- 1 lb. of fresh or frozen berries
- 1 1/2 – 2 cups of granola

INSTRUCTIONS

Add honey to the container of yogurt. Stir well.
In a mason jar, layer yogurt and berries. Top with granola.

While trying to stay healthy, one of the key factors is to be physically active. While you are having those family cookouts/BBQs try to get a game of volleyball, kickball, baseball started up to get the whole family moving and having fun all at the same time. If you have a pool, try having races in the pool to get your whole body moving while also cooling down!



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 rpeters@ncat.edu or eathompson@ncat.edu

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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

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