

# *North Carolina Cooperative Extension Montgomery County*



September, 2021

## **From the Director's Desk**

With the current rise of Covid-19 cases due to the new variant strains, the Montgomery County Cooperative Extension Office is doing what we can to help stop the spread. Thanks to help from NC Department of Health and Human Services and North Carolina State University, Cooperative Extension is able to offer supplies to business owners in the community to provide their employees and clientele with the resources needed to limit transmission of the Covid-19 virus.

Supplies are provided free to all farms, small businesses, and education centers on an as-needed basis while supplies last. Business owners can request supplies like disposable and reusable face masks, hand sanitizer, face shields, and disinfectant cleaner from the following online form: <https://forms.gle/tEViYr8wg2ro62Cq9>. If you or a business owner you know is in need of supplies, please let them know about the current resources we are offering free of charge.

### **Employee Spotlight Corner – Kaitlyn Lamaster**

Hello! My name is Kaitlyn Lamaster and I am the Montgomery County Horticulture Extension Agent. An Illinois native, I joined the Cooperative Extension Office here in Montgomery County in June of 2020 and moved to Montgomery County just a couple of weeks prior. When I took the position in Montgomery County, I had recently graduated from Southern Illinois University in Carbondale with a master's degree in Plant and Soil Systems with an emphasis in Vegetable Research. My master's thesis was evaluating cultural control and its effects on seedless watermelon yield and quality. I had also received an undergraduate degree from the same university in Horticultural Sciences which emphasized in Production.

I like all things and everything plants! I spent 5 years working on farms and managing a greenhouse before my move. I currently have nearly 200 houseplants inside with even more outdoors.



I value the role I play as an educator and appreciate every day that I am able to share knowledge and expertise with the community regarding my true passions in life. I am thrilled to be working with a volunteer organization, the Montgomery County Master Gardeners, to work on various projects around the county and further Extension's spread of research-based information into the community. While my biggest comfort zones reside in commercial vegetable production and greenhouse management, my position has pushed me into territories I had never thought to explore, namely turf and forage management.

I look forward to continuing to bring new classes, perspectives, and ideas to the area while meeting the great people that live in this county! I feel very fortunate to be where I am and have quickly grown a place for Montgomery County in my heart. If you ever have questions or simply want to talk plants, please feel free to reach out.

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

### 4-H Tour of Montgomery Sheep Farm



On August 10, Montgomery County 4-H'ers attended their last Summer Adventures workshop of the summer at Montgomery County Sheep Farm in Biscoe, NC. Youth learned about sheep production & sustainable agricultural practices from off-grid farmer Joel Olsen. Montgomery County Sheep Farm provides meat products, lamb sales, farm to table meals, and much more. For more information, visit their web-site: <https://www.montgomerysheepfarm.com/>



### Dr. Kim Ingold State 4-H Photography Contest



Eight Montgomery County 4-H'ers submitted their photographs to the state 4-H photography contest. The category choices were "My Best Friend," "Nature's Beauty," and "4-H in Action." We have some talented young photographers in our county! Best of luck to all participants!

### 4-H Forestry & Wildlife Field Day

On August 21, ten Montgomery County 4-H'ers attended the Forestry & Wildlife Field Day at Jordan Lake Educational Center in Chapel Hill, NC. Youth took a nature hike, learned orienteering skills with a compass, measured tree height and width with a biltmore stick, learned about invasive tree insects, and practiced identifying native plants and wildlife. Instructors were professors, graduate, and undergraduate students from NC State University. It was a long hot day, but the youth learned a lot and had some fun being outdoors and unplugging for a day!



SAVE THE DATES!

## EGG-cellent Egg Contest

For 4-H members with a flock of chickens that are currently laying eggs. Participants may submit up to 2 sets of one dozen eggs, which will be judged for uniformity and interior quality.

**September 10:** Registration Deadline  
**September 14:** Initial Program Training Zoom  
**October 8:** EggCellent In-Depth Egg Training Zoom  
**November 4:** Egg Submission Deadline  
**November 14:** Winners Announced

ALL DATES ARE SUBJECT TO CHANGE

**FOR MORE INFORMATION, CONTACT YOUR COUNTY OFFICE:**

Baldwin: Steve Taylor, 910-862-4591	Columbus: Phyllis Creech Greene, 910-862-4591
Bladen: Becky Spenshorn, 910-862-7831	Craven: Katie Carter, 252-875-5600
Brunswick: Margie King, 910-252-2400	Cumberland: Liz Joseph, 910-391-6860
Chatham: Margie King, 910-252-2400	Hoke: Liz Joseph, 910-875-2162
Johnston: Katie Carter, 252-875-5600	Jones: Sam Bennett, 252-448-7621
Montgomery: Tracy Hoke, 910-875-4001	New Hanover: Sam Bennett, 910-798-7660
Onslow: Katie Carter, 252-875-5600	Pamlico: Katie Carter, 252-875-5600
Robeson: Audrey Estess, 910-897-6335	Rockingham: Taylor Chavis, 910-871-3276
Wake: Elizabeth Harris, 910-897-7760	

NC COOPERATIVE EXTENSION

NC Cooperative Extension prohibits discrimination and harassment based on race, sex, ethnicity, age, marital status, gender identity, sexual orientation, or disability. We are committed to providing equal and excellent information and services to all. NC Cooperative Extension is a part of the University of North Carolina system and is an equal opportunity institution.

### Deadline Approaching for 4-H Egg-Cellent Egg Registration

Registration for the Egg-Cellent Egg Contest closes on September 10th. Youth will submit up to two dozen eggs for quality testing and complete a project record book to learn about egg development poultry, and much more! Youth with a current flock of laying hens can register at <http://forms.gle/MFqNmbiDG5ei4LYNA>

## Upcoming 4-H Club Meetings

We are excited to start club meetings again this fall! Clubs are open to all youth 5-18. Come join us! Contact Tracy Blake at [tracy\\_blake@ncsu.edu](mailto:tracy_blake@ncsu.edu) for more information.

**Creative Hands:** Tuesdays, September 7 & October 5 @ 5pm @The Extension Office (203 West Main St., Troy NC)

**Shooting Stars:** Thursday, October 7 @ 6pm @ Star Community Building

**Livestock Club:** Monday, October 18 @ 6pm @ The Ag Center (200 Glenn Road, Troy, NC)

**\*New\* Teen Cooking Club:** TBA, Please let us know if you're interested.



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](mailto:tracy_blake@ncsu.edu)

## Agriculture Updates

**Kaitlyn Lamaster, Extension Agent, Horticulture**

### Montgomery County Beekeepers Association

The Montgomery County Beekeeper's Association met August 19<sup>th</sup> at 6PM at Montgomery Community College in the large meeting room.

Lisa Sooy presented to the group on preparing and planting land for honeybee forage crops, going into analyzing the soil that is available and how to adjust it if necessary.

The next meeting is scheduled for the same location on September 16<sup>th</sup> at 6pm. The Montgomery County Horticulture Extension Agent is set to talk about using refractometers to measure sugar content.

If you are interested in attending future meetings or learning more about the group, please contact Kaitlyn Lamaster at [kaitlyn\\_lamaster@ncsu.edu](mailto:kaitlyn_lamaster@ncsu.edu).



### Montgomery County Master Gardener's

The Montgomery County Extension Master Gardener group met September 1<sup>st</sup> and made a group decision to change meetings times to the first Monday of every month at 1pm to make the meetings more accommodating for other's schedules.

A volunteer day is being held at the STARworks pollinator garden on Saturday September 4<sup>th</sup> starting at 7 am to pull weeds from the garden beds and assess the plant situation.

The group also plans to visit Seagrove Orchids on September 13<sup>th</sup> to tour the greenhouses and speak with the owner and learn more about her collection.

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](mailto:kaitlyn_lamaster@ncsu.edu) or call 910-576-6011 ext. 26. Like or follow the Montgomery County Master Gardener Facebook page to stay up to date on their projects around the county!



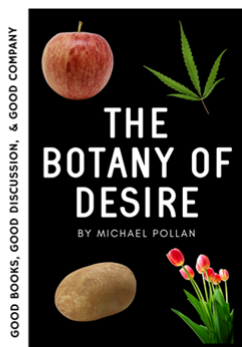


NC STATE EXTENSION  
Master Gardener | Montgomery County



ILLINOIS EXTENSION  
Master Gardener | Montgomery County

MASTER GARDENER &  
MASTER NATURALIST  
**BOOK CLUB**



1st & 3rd Wednesdays,  
Starting September 1  
9AM-10AM (CST) or 10AM-11AM (EST)  
ZOOM Meetings

#### READING SCHEDULE

SEPT 1: INTRODUCTION & CH 1 (P.XI-58)  
SEPT 15: CH 2 (P.59-110)  
OCT 6: CH 3 (P.111-180)  
OCT 20: CH 4 & EPILOGUE (P.181-246)

RSVP to Kim Rohling  
at [kimrohli@illinois.edu](mailto:kimrohli@illinois.edu)  
by August 31.

## The Botany of Desire Master Gardener Book Club

The Montgomery County Horticulture Agent has paired up with a friend from their home state of Illinois to offer an inter-state virtual book club!

The club is evaluating *The Botany of Desire: A Plants Eye View of the World on the first and third Wednesdays of the month in September and October*. In this book, author Michael Pollan investigates four human desires that are reflected in the way that we have domesticated plants (sweetness: the apple, beauty: the tulip, intoxication: marijuana, and control: the potato).

The club has already had its first meeting with much success and discussion happening on both state's sides with excitement in place for the next chapter analysis: the tulip.

If you are interested in joining the club you may contact Kim Rohling at [kimrohli@illinois.edu](mailto:kimrohli@illinois.edu) or Kaitlyn Lamaster at [kmlamast@ncsu.edu](mailto:kmlamast@ncsu.edu)

## Brutonville Community Garden

The Brutonville Community came together to put garden beds outside of the community center on Brutonville Church St. in Candor.

The group built 5 total beds to be utilized this coming fall, however more work is set to be done before they are ready such as filling with soil and acquiring plants.



## Empowering Youth & Families Program Updates

Sara Little, EYFP Program Assistant

During the first week of August, our EYFP families participated in the back-to-school block party held at Montgomery Central High School. At our booth we had a spin wheel for the participants to spin where they were given a question that was opioid related. Once the participants were asked their questions and gave an answer, our families would spend some extra time talking to them about what our EYFP program is about. Information from participants were taken from those willing to be contacted for recruitment for our fall cohort.

With school starting back, we are getting ready for our Fall EYFP Cohort. We have a couple of families registered so far, and are working to get a few more to sign up. Our plans are to begin the end of this month, so any help to pass the word or share our EYFP posts on Facebook would be greatly appreciated. As of right now, we still are able to hold in-person meetings, which we plan on doing for this cohort.

As part of the recruiting for our upcoming cohort, some of our agents and I attended the open house for middle school. We split up to make sure we could get both schools covered since they had open house on the same night. We were able to take some flyers to pass out as we spoke to parents and families about what EYFP is and we even had a family present at West Middle School which had participated in EYFP a few years ago. We felt that having a family present that had gone through the program would help families see the impact that EYFP can make.

For more information regarding Montgomery County Empowering Youth & Families Program

please contact Sara Little, EYFP Program Assistant at (910) 576-6011 or by emailing [slittle6@ncsu.edu](mailto:slittle6@ncsu.edu)



## Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent  
Elizabeth Thompson, Nutrition Educator

### Healthy Summer Contests

This summer we partnered with the Montgomery County Department of Health to implement two healthy summer contests to emphasize the importance of nutrition and physical activity in achieving health and wellness. During our Recipe Round-up, community members submitted healthy recipes based on a weekly theme. Elizabeth and Rhonda did live food demonstrations via Facebook featuring one of the submissions from the week. Youth from Pre-K through fifth grade were encouraged to draw and color pictures of their favorite summer activities. All in all, we received more than 80 coloring submissions and more than fifty healthy recipes. We are in the process of combining all of the entries into a digital recipe book that will be available for the community within the next couple of weeks. Congratulations to the following coloring contest winners (as determined by committee vote):

4 year old group: Emma Blake (Family Worship Ministries)  
5 year old group: Adeline Cranford (Wescare)  
6 year old group: Rafael (Kountry Kids)  
7 year old group: Charlotte (Family Worship Ministries)  
8 year old group: Brooklyn Lewis (Kountry Kids)  
9 year old group: Donovan (Green Ridge / Kountry Kids)  
10 and up group: Meghan Peters



*Some of the pictures submitted as part of our Summer Healthy Activities Coloring Contest*

### Cooking with Extension.

We continue to work with the Troy-Montgomery Senior Center to do live cooking demonstrations via Facebook. Last month, we demonstrated a very simple recipe "Monster Cookie Oatmeal Peanut Butter Balls with M&Ms". We were excited that in addition to people watching online, a small group of seniors were able to participate in-person while we were live. This group became our "taste testers" who whole heartedly endorsed the very simple recipe. This was by far one of the easiest and most delicious recipes to try.

Our next session is scheduled for Wednesday, September 8<sup>th</sup> beginning at 10:30. You can join live by going to the Troy-Montgomery Senior Center page on Facebook or watching the recording on the North Carolina Cooperative Extension Montgomery County Facebook page after that time.





**LIFT**  
Lifelong Improvements Through Fitness Together

LIFT is an in-person, group-based strength training program that lasts 8 weeks. Participants meet 2x/week for 1 hour sessions. The classes help improve your strength and mobility, learn healthy food options, and meet important people from a community that supports health.

Mondays and Wednesdays  
11 am - 12 noon  
September 13 - November 3, 2021

Brutonville Community Center  
112 Brutonville School Drive, Candor NC 27229

Participation is FREE, but a commitment to participate for the entire series is expected.

An orientation/assessment is required before you participate in the first class. Please contact Rhonda Peters at (910) 576-6011 to schedule your 20 minute orientation session.

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## LIFT Coming to Brutonville Community Center

We are super excited to collaborate with Mrs. Navonne Moore and the Brutonville Community Center to bring LIFT to that community. Earlier this week, we promoted the program during a scheduled Bingo session, and began recruiting participants. As part of program implementation, we will be conducting pre-assessments with every participant. LIFT is NOT a weight loss program but has been proven to increase balance, strength and flexibility. The pre-assessment data will be compared with post assessment data to determine progress in these areas and shared with participants at the conclusion of the eight-week program. Registration is free, but assessments must be completed before participation begins, and a commitment to participate for the entire eight weeks is expected. The program will be held on Mondays and Wednesdays from 11 am until noon at the Brutonville Community Center, located at 112 Brutonville School Drive in Candor.

## Elizabeth's Nutrition Nuggets

### Believe it or Not, Fall is Coming!!!!

The sun is setting sooner, the nights are getting cooler and fuzzy socks are starting to sound like a great idea. Fall is my absolute favorite season! This is the perfect time to celebrate the seasonal gems of autumn. Sweet potatoes are a source of fiber and vitamin A. Sweet potatoes also are an excellent source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal. Spaghetti squash is a fun, kid-friendly vegetable that is a lower-calorie and gluten-free alternative to grain-based pasta. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Toss with pesto or marinara sauce for a quick veggie side dish. Fall is the time to get to know these tart berries and their wealth of nutritional benefits. Fresh cranberries can be eaten raw but often are cooked. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go. Check out this recipe for a fall muffin, and email me to let me know what you think – [eathompson@ncat.edu](mailto:eathompson@ncat.edu).

### Healthy Pumpkin Chocolate Chip Muffins

Prep Time: 10 minutes

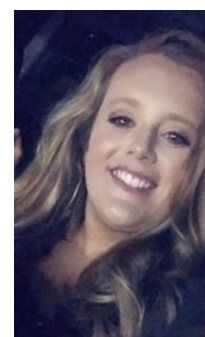
Cook Time: 15 minutes

#### Ingredients:

- 1 cup plain greek yogurt
- 1 cup canned pumpkin puree
- 2 eggs
- 1 1/4 cups whole wheat flour
- 1/2 cup rolled oats
- 1/3 cup brown sugar
- 1 teaspoon pumpkin pie spice
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup mini chocolate chips

#### Directions:

1. In a medium sized bowl, Whisk together the greek yogurt, pumpkin, eggs, brown sugar, and vanilla extract
2. In a separate bowl, whisk whole wheat flour, rolled oats, pumpkin pie spice, salt, baking soda, and baking powder
3. Add wet ingredients to the dry ingredients, mixing with a rubber spatula until just combined (do not over mix)



4. Fold in the mini chocolate chips
5. Line 12 muffin cups with parchment paper muffin liners (these will not stick like regular muffin liners) If you use regular muffin liners, spray them with cooking spray to avoid sticking.
6. Distribute filling evenly (these will be large muffins)
7. Sprinkle on additional mini chocolate chips over the tops of muffins.
8. Bake at 400 degrees for 15-17 minutes, or until a toothpick inserted comes out clean

## Don't Miss these Awesome Events Coming Up in FCS

*(see our website or Facebook page for more information about any of these opportunities)*

September 8 @ 10:30 am – Cooking with Extension – live Facebook Feed

September 9 – LIFT Pre-Program Assessments at Brutonville

September 13 – LIFT Kickoff at Brutonville

September 25 – Passport to Health virtual health fair through N.C. A&T University

September – Kicking off the Fall 2021 EYFP Cohort

September / October – Teen Cooking Club will begin – contact Rhonda to register

October 1 – Family Game Night

October 20 @ 10:30 – Cooking with Extension – live Facebook Feed

To find out more about FCS programs in Montgomery County, visit [www.montgomery.ces.ncsu.edu](http://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](mailto:rtpeters@ncat.edu) or [eathompson@ncat.edu](mailto:eathompson@ncat.edu)



## Staff Directory



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Kim Gibson  
Administrative Assistant  
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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](http://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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