

North Carolina Cooperative Extension Montgomery County



From the Director's Desk

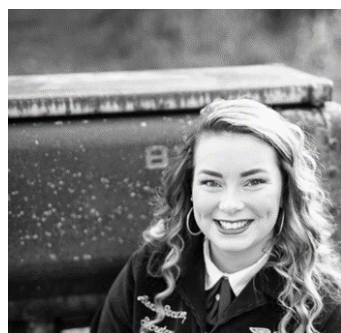
June, 2022

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!



Summer is upon us and we have been busy registering kids for our 4-H Summer Adventures programs that will run from June 20th – August 5th this year. Our classes all filled up quickly this year and all currently have waitlists available for families still looking

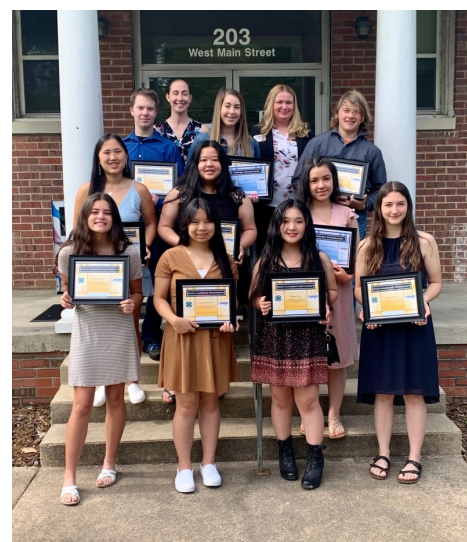
for programs to involve their children in this summer. Our staff held a 4-H Open House Night on Thursday, June 9th where over 250 people attended to learn more about our programs, complete paperwork, play games and enjoy dinner.



We have one college intern working with us this summer and we are thrilled to welcome her to our staff. Alexis Barrington is an Agribusiness major at Mount Olive College and is a native of Montgomery County. Alexis began her 10 week internship with us on May 16th and will be with us through August 5th. Please join us in welcoming Alexis to our team!

Youth Leadership Montgomery, a high school leadership program sponsored by Montgomery County 4-H & Cooperative Extension visited the NC Legislature on May 26th where they met with Senator Steve Jarvis and Representative Ben Moss to learn about current legislation and how decisions are made on the state level. Students toured NC State University and enjoyed lunch at the State Farmer's Market.

The Youth Leadership Montgomery Graduation was held on Friday, May 3rd. 13 youth graduated from this year's program. Youth Leadership Montgomery is open to students who live in Montgomery County and are in grades 9th – 12th. If your child is interested in participating in next year's class, students can obtain an application from their school's guidance office or from our office.



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator



Go, Glow, Grow

We have officially finished Go, Glow, Grow with all Pre-K students in the Montgomery County School system as well as kindergarten students at Mt. Gilead Elementary and Green Ridge Elementary. Heightened childhood obesity rates continue to be a concern across the nation and state of North Carolina. The situation is no different in rural Montgomery County. In fact, according to the 2020 Montgomery Community Health Assessment compiled by the Montgomery County Department of Public Health, 49% of public school students in the county are either overweight, obese, or extremely obese. High school and middle school rates are typically higher than elementary school rates. Mt. Gilead Elementary school has a 40% overweight and obese rate, and Star Elementary has a 38% overweight and obese rate. Research tells us that the early years are especially important for establishing habits that will last a lifetime. Encouraging healthy



eating and ample physical activity during the pre-school years will have long-term benefits. Through the Go, Glow, Grow curriculum, preschoolers and kindergarteners learned to make the connection between eating healthy foods and beginning to live healthier lives. All teachers/staff indicated that they believe the North Carolina Foundations for Early Learning and Development standards were fully met through the program. Furthermore, all teachers reported that their students looked forward to the lessons. Teachers stated that their students now know what foods are Go, Glow and Grow, they indicated talking more about healthy options in their classroom, and reported that their students are more willing to try fruits and vegetables. One teacher reported the following success, "Students now talk to us about what kinds of foods they are eating on their breakfast and lunch trays." Another teacher was amazed when a student tried a healthy snack stating, "that's the pickiest eater in this room - for him to try it AND LIKE IT is truly a miracle!"



Teen Cooking Club Graduated!!!!

We were thrilled to graduate 18 young people from our Teen Cuisine program, which was implemented monthly from October



through May. These youth worked hard every month to learn basic food preparation skills as well nutrition information in order to help them develop healthy habits that will last a lifetime. At the conclusion of the program, youth prepared baked chicken spaghetti for a total of fifty people (including themselves). If you think that's an easy feat, we invite you to volunteer with us during our next session! The feedback from this program was overwhelmingly positive, with parents and youth alike indicating satisfaction with the educational activities, seeing improved health behaviors, and feeling more comfortable in the kitchen. We hope to repeat this program in the fall of 2022.



Learning about Money

Once again, the FCS agent was thrilled to partner with teachers at Star Elementary School to help first grade students learn more about financial literacy. Students learned about the importance of saving money, making wise



spending choices and setting long and short term savings goals. At the conclusion of the program, students were able to pull it all together by budgeting money they had earned by being good learners at the "4-H store". They had to practice putting money into savings, sharing some with a friend, and making wise spending decisions by choosing wants and needs. This fun program is always a delight to implement.

Elizabeth's Delicious Cantaloupe Cooler

Ingredients:

- 1 cantaloupe (ripe)
- 2 ½ cups of cold orange juice
- 2 Tbsp of granulated sugar
- Crushed Ice

Directions:

- Cut melon in half. Remove the seeds and cut into cubes.
- Blend the melon with the orange juice.
- Pour the puree into a pitcher and add sugar and ice.



Agricultural Updates

Kaitlyn Lamaster, Horticulture

Tracy Blake, Livestock/Field Crops



State Veterinarian Mike Martin announced June 1 that the suspension of North Carolina poultry shows and public sales will be lifted. All exhibitions, farm tours, shows, sales, flea markets, auction markets, swaps and meets pertaining to poultry and feathered fowl in

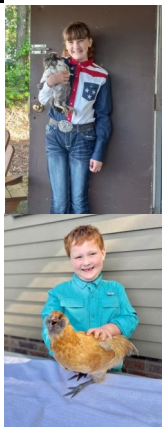
North Carolina can resume. On Thursday, May 12, the last High Path Avian Influenza control area was terminated, since there have been no additional positive cases of HPAI in North Carolina since April 11.

"Poultry owners are still encouraged to follow strict biosecurity measures and monitor their flocks for signs of illness," said State Veterinarian Mike Martin. "This HPAI outbreak has affected 35 states and remaining on alert should be a priority. I would like to thank our poultry producers and those in the state that were impacted by the suspension for their cooperation as we worked to keep the poultry industry in North Carolina healthy. With warmer temperatures we hope the threat of HPAI is minimized for now."

4-H Regional Chicken Show

Due to Avian Flu restrictions, the 4-H South Central Regional Chicken Show took place virtually.

Congratulations to our 2022 4-H Chicken Showmen! Brady King received a participation ribbon and medal as a non-competitive Cloverbud. Madilynn Bowles placed 3rd overall in the project record books, and 7th overall for her showmanship in the intermediate division. Great job 4-H Youth!



Moo-ving Milk 4-H Curriculum

Mr. Manness's Kindergarten Classroom at Greenridge Elementary School adopted a cow this year. To round



out their experience, livestock Agent, Tracy Blake & Summer Intern, Alexis Barrington had the opportunity to visit Mr. Manness's class to present the first lesson of the 4-H Moo-ving Milk Curriculum. The program will be available

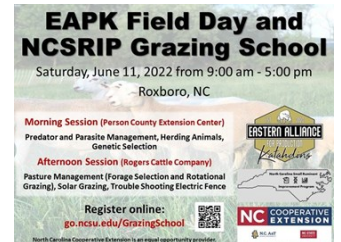
as part of our summer program this year and we hope to bring it to Kindergarten classes around the county next school year!

Small Ruminant Improvement Team Event

Making sure that the nutritional needs of your flock are met while reducing input cost as much as possible can be tricky. Come learn from the experts! Sheep producers are invited to learn about rotational grazing and management practices to improve flock health & efficiency.

Registration Link:

<https://www.eventbrite.com/.../eastern-alliance-for...>



Montgomery County Beekeepers



The May Montgomery County Beekeepers Meeting had a great turn out for speaker, Libby Mack on "How to Stop Buying Bees."

The next meeting will be

held on June 16th at 6PM at MCC. Speaker Nancy Rupert, retired NC apiary inspector will be presenting on how to treat pests & disease in your hives. For more information, follow Montgomery County Beekeepers on [Facebook](#) or visit their [NEW website!](#)

Montgomery County Cattlemen's

The Montgomery County Cattlemen will not meet again until September. Anyone interested in becoming part of the Montgomery Cattlemen's should contact Tracy Blake at 910-576-6011.



Need your hay or forage tested for nutritional value? Cooperative Extension & NCDA partner to offer this service. Call 910-576-6011.



Mark your calendar for the NC State 4-H Horse Show July 7-10 at the JB Hunt Horse Complex, Raleigh, NC

Montgomery County Master Gardener Program



The Montgomery County Master Gardener Program is looking to expand its membership! Unfortunately, the interest meeting that was meant to be held on June 2nd had to be moved to Thursday, June 23rd at 6PM.

The meeting will be held at the Montgomery County Cooperative Extension Office and light refreshments will be provided. The Horticulture Agent, Kaitlyn Lamaster, will be going over all the necessary requirements to become a certified volunteer, the Montgomery County Program as an overview, and what it takes to stay certified over the years. If you would like to attend please email Kaitlyn at kmlamast@ncsu.edu or call 910-576-6011. If you are interested but unable to make it, please let Kaitlyn know.

The next Master Gardener Meeting will be June 13th at the Montgomery County Cooperative Extension Office at 11AM..

It's a Bird.. It's a Plane... It's a.. Drone?

NC A & T University traveled to Montgomery



County to work with a land-owner using some state-of-the-art technology in agriculture: drones. Mark Blevins, Assistant Administrator for Agricultural and

Natural Resources at NC A&T, and Gregory Goins, Professor of Environmental Biology at NC A&T, came to view the property of a land-owner in order to assess the possibility of working on a new project that would look at chicken bedding production. While it is still in the planning phases, the duo hopes to contribute to the industry by finding a crop that has lower inputs but higher yields, resulting in less fertilizers, cultivation, pesticides, and overall labor.



While the overall point of the drones was to survey the land and see it from a different perspective, it



was also fun for the land-owners to see old structures they hadn't viewed in a while. Mark was even generous enough to allow the family members to try flying the drones which was initially a learning curve but resulted

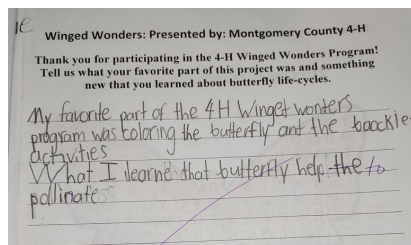
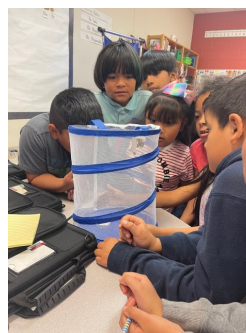
in laughs, smiles, and a few dead batteries.

4-H Happenings in Montgomery County Chrissy Haynes, 4-H Youth Development



4-H Winged Wonders Project Comes to a Close:

Due to Avian Flu, the 4-H Embryology Project that places incubators & quail in every 2nd grade classroom in the county, was not able to proceed this year. As an alternative, we offered the 4-H Winged Wonders Butterfly Program. Teachers from Candor, Mt. Gilead, Greenridge, & Star Elementary, as well as Tillery Charter, Wescare Christian Academy, & Family Worship Ministries, received free kits from Carolina Biological through an NC State University Grant, as well as curriculum provided by Montgomery County 4-H to teach the life-cycles standard in 2nd grade classrooms. Youth were able to learn about life-cycles as well as the butterfly's role in pollination of our fruits & vegetables. The Painted Lady butterflies that were hatched are native pollinators to North Carolina, found in all 100 counties. You may see photos of them being released across the county!



Empowering Youth & Families Program

Beth Morton, EYFP Program Assistant

Our EYFP Program Assistant Beth Morton has been in the recruitment process for a Fall Cohort of EYFP. She has a meeting with fellow EYFP Program Assistants twice a month to exchange ideas and get advice for future cohorts. On Memorial Day Weekend Beth attended the Biscoe Pool Opening Day Pool Party. She had a booth for our program and had quite a few families interested! Beth also had the help of Bethany Haywood, Jillian Haywood, and Charlie Kearns, who have all previously participated in the EYFP Program. It would not have been as successful without their help! After cleaning up their booth, they joined in on the fun activities at Biscoe Pool!



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/>.

Links of Interest:

- The Visit NC Farms App (Download Today!): <https://www.visitncfarmstoday.com/>
- Livestock Newsletter: <https://montgomery.ces.ncsu.edu/livestock-newsletter/>
- NC Horse Blog: <http://nchorse.blogspot.com/>
- Farms Food & You Podcast (Keep those Bee Hotels Buzzing): <https://cals.ncsu.edu/farms-food-and-you/>

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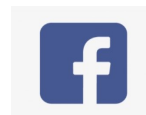
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