

## North Carolina Cooperative Extension Montgomery County



May, 2022

### From the Director's Desk

The month of May is my favorite month in the year. I enjoy the warmer temperatures and the longer days it brings. I enjoy watching baby birds be born and new flowers as they emerge during this month. The saying, "April showers bring May flowers" rings true during this month for me. You do not have to look far to see new life in plants and animals. Similarly, I always feel the urge to focus in on positive growth both personally and professionally. It is a time for rejuvenation and planning in our office. Our staff always plans educational and meaningful programs during the summer months for our youth of Montgomery County. In addition, staff continue to work with adults in their program areas. I hope you enjoy this month's newsletter as we work to continue work towards our mission to deliver research-based agricultural, food, and youth programs that create economic, societal, and intellectual prosperity for all North Carolinians.

### Montgomery County 4-H 2022 Summer Adventures Registration NOW OPEN!

#### Registration Deadline: Friday, May 27, 2022

\*No Payment is Due at Time of Registration, Payment is Due by Thursday, June 9\*

4-H Summer Adventures is a program sponsored by Montgomery County 4-H, through N.C. Cooperative Extension, that encourages youth to continue learning and growing during summer break. Workshops have been designed with diverse interests in mind. We hope to have something for everyone!

Activities are open to ALL Youth 5-18, however each class in the catalogue below is geared toward specific age groups. Please check the age group for the class you are interested in prior to registering. You do not have to be a member of 4-H to participate, but we hope you will consider joining a 4-H club and taking advantage of all that 4-H has to offer.

**Registration Link:** <https://forms.gle/RgmfkApoolDCosZB7>



### Empowering Youth and Families Program looking for families for participation

The Montgomery County Empowering Youth and Families Program is starting back up and we are looking for more families! We currently have a few potential families, but are always looking for more! Beth Morton has been working on recruiting families and participated in a Thankful Thursday event in Mt. Gilead on April 14th. We are very excited to get our program sessions started and look forward to meeting more youth and families in our community! If you and your middle school youth are interested in a program to empower your family and community, please contact Beth Morton for more information at [lemorton@ncsu.edu](mailto:lemorton@ncsu.edu) or (910) 220-1457.

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.

## Family & Consumer Sciences Updates

### Rhonda Peters, FCS Agent

### Elizabeth Thompson, Nutrition Educator



#### Go, Glow, Grow

Our FCS Agent and Nutrition Educator have been working hard to implement Go, Glow, Grow with all the Pre-K students in Montgomery County Schools. By the end of May, we will have finished all Pre-K students in the public school system. Additionally, Elizabeth is working with kindergarten classes at

Mt. Gilead Elementary and will start at Green Ridge shortly.

#### Canning Season is On the Way

As canning season approaches, please remember that it is important to have your pressure canners checked for accuracy every year. Testing is available FREE of charge at our office. To schedule your appointment, ask for Rhonda when you call the office.



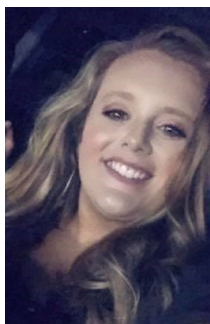
#### Helping Debtors Become Savers

Power Pay will give you the tools to develop a personalized, self-directed debt elimination plan. Discover how quickly you can become debt free, and how much you can save in interest costs by following your debt reduction plan. Utah State University Extension is pleased



to provide this debt management tool without any cost to consumers worldwide. Visit [www.powerpay.org](http://www.powerpay.org) to access the tool and remember that your local Family & Consumer

Science Agent (Rhonda Peters) is always available to help you navigate the site or provide further assistance in understanding your results.



#### Elizabeth's Nutrition Nuggets

Memorial Day is coming up soon and with that, it marks the start of BBQ and cookout season. If holidays tend to trip you up, here are three tips for making it, without feeling like you need to undo the damage. Go ahead and prepare to have healthy options for your guests, build in plenty of appetizers and side

dishes made from water-rich vegetables, and if you're a guest, bring a platter to share. Great options include vinegar-based slaw, vegetable kabobs to toss on the grill, chilled tomato cucumber vinaigrette salad, and raw vegetables with hummus for dipping, like tomatoes, cucumbers, broccoli, sliced red peppers, and baby carrots. Add in some physical activity to the cookout- go for a walk with the family or get a baseball or softball game started up. You can even turn on some music and dance! Reaching for water is important for staying hydrated. One study found that adults who downed two cups of water before meals shed 40% more weight while following a low calorie plan over a 12-week period. In a different study, the same group of scientists found that subjects who drank two cups of water before meals naturally consumed 75-90 fewer calories. For an extra edge, add a generous squeeze of lemon. A quarter cup of fresh squeezed juice provides about 50% of the vitamin C you need daily.

#### Summer Salad



##### Ingredients:

- 3 cups English cucumbers, chopped (about 1 ½ cucumbers)
- 1 ½ cups grape tomatoes, halved
- ½ onion, sliced thin
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh parsley, chopped

##### For the Dressing:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper

##### Directions:

- Combine the cucumber, tomatoes, onions, dill and parsley in a large bowl.
- Combine the dressing ingredients in a small mason jar and shake to combine (or combine in a small bowl and whisk together).
- Pour dressing over salad and toss to coat. Cover and let sit in fridge until ready to eat. Enjoy!

## Agricultural Updates

### Kaitlyn Lamaster, Horticulture

### Tracy Blake, Livestock/Field Crops

The Highly Pathogenic Avian Flu (HPAI) has been confirmed in 9 commercial flocks in North Carolina. The counties currently affected are Johnston & Wayne, and the last confirmed positive was reported April 12. Out of an abundance of caution, the NCDA&CS along with the State Veterinarian, suspended all poultry sales, shows, tours, & events in North Carolina for 30 days. Montgomery County Youth participating in the 4-H Chicken Project will hold their show virtually on May 10th. Updates can be found on the [NCAGR website](http://www.ncagr.com).



Another project affected by the Avian Flu was the 4-H Embryology Project, conducted in all Montgomery County Schools' 2<sup>nd</sup> grade classrooms. Since the project was postponed, the Poultry Department & Entomology Department at NC State teamed up to offer an alternative project, funded by a grant.



The goal of Embryology is to teach youth lifecycle stages in a hands on way. It was determined that raising butterflies teaches youth the same concepts and thus, 4-H Winged Wonders Butterfly Kits

went out to 21 participating classrooms last week. Over the next month, youth will interact with the larvae, chrysalis, and adult butterfly stages and get the hands on learning approach 4-H strives to offer.



A special thanks to Tractor Supply of Biscoe for sponsoring our Backyard Flocks Zoom Series. Over 4 weeks, 22 participants learned how to care for their backyard

flocks. Jennifer Hare, President of the Montgomery County Master Gardner's, was the winner of the bag of feed donated by Tractor Supply of Biscoe. Congratulations Jennifer!

Livestock/Field Crops Agent Tracy Blake and Area Crop Specialist Jenny Carleo had the pleasure of assisting local farmer Josh Maynard plant a seed corn variety trial on April 13, in the Okeewemee area of Star.



Varieties from Agrigold, Dekalb, Pioneer, & Sygenta were planted. The goal of a variety trial is to determine which seed will yield the most crop based on the field conditions and management of a specific farm. Each variety contains different treatments and genetics. The results will help Josh determine what to plant as he moves forward with his growing farm.

### Mark your Calendars, May 20<sup>th</sup> is World Bee Day!

The Montgomery County Beekeepers met last month and hosted Speaker Virginia Curry of the Xerces Society. The Xerces Society is a non-profit with the mission of protecting native pollinators through the creation of Bee Campuses & Bee Cities. Did you



know that there are 3600 native bee species in the US & over 500 species in North Carolina? Pollinators, like bees, are being destroyed in record numbers due to habitat destruction, pesticides, & climate change. Montgomery County Commu-

nity College is in the process of becoming a Bee Campus, with a mission of reducing pesticide use on campus, planting more native plant varieties to serve as habitat for native pollinators, & reducing waste to protect the environment. The Montgomery County Bee Keepers will Sponsor their application fee. For more information about the Xerces society and bee campuses, visit: <https://www.xerces.org/>



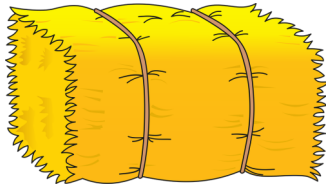
### Got To Be NC Festival May 20-22

Join your friends and family for a 3-day Festival focused on North Carolina Agriculture! Gate Admission and Parking are FREE! Visit the [Got TO Be NC Website](http://www.gottobefestival.com) for more information.





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.



### Upcoming Horse Events [Spring Horse Series](#) May 24

### 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 (The (Turf)Grass is always Greener on the Other Side): <https://cals.ncsu.edu/farms-food-and-you/>

## Montgomery County Master Gardener Program

With a slight delay the Montgomery County Master Gardener Program has finalized their by-laws and 2022 elected officers. We would like to give a warm welcome and congratulations to our newest officers as follows:

President: Jennifer Hare,  
Vice President: Shirley Harris, Treasurer: Dee De Parker, and Secretary: Donna Keesler

On April 28<sup>th</sup>, the Save Our World club from the



Montgomery County Early College came out to help volunteers at the STARWorks Pollinator Garden in observation of Earth Day. The group pulled up various weedy species including (but not limited to): chickweed, false dandelions, vetch, and wild geranium. Getting these weeds cleared out away from our desired species is incredibly important since the weeds will be pulling nutrients, water, and root space away from our desired species. The group did such a wonderful job and the Montgomery County Master Gardener Volunteers greatly appreciate their efforts!



The Master Gardener Volunteers also had their first day of

the plant sale on April 30<sup>th</sup> which was a huge success! The tables were filled with shoppers within 2 minutes of the opening time. The money that is raised from this sale goes into an account that helps the Montgomery County Master Gardener Program fund different types of projects like providing plants for the different managed gardens, purchasing necessary tools or supplies, advertisement and education efforts, and finding innovative ways to expand the groups reach and ability. Thank you so much to everyone that supported the first day, there will be more plants on the second days sale on May 7<sup>th</sup>.



### Montgomery County Master Gardener Interest Meeting

Thursday, June 2nd at 6PM  
Montgomery County Cooperative Extension Office  
(203 W. Main St., Troy, NC 27371)

Learn more about the Montgomery County Master Gardener Program and how to become a certified Master Gardener Volunteer  
\*\* Light refreshments will be provided \*\*

Please RSVP to Kaitlyn Lamaster at [kmlamast@ncsu.edu](mailto:kmlamast@ncsu.edu) or call 910-576-6011

(Accommodation requests related to disability should be made by May 30th)



In addition to all the projects, the Master Gardener Program is looking to expand its membership! There will be an interest meeting held at the Montgomery County Extension Office on June 2<sup>nd</sup> at 6PM. RSVP is not required though highly encouraged as light refreshments will be provided.

The next Master Gardener Meeting will be June 6<sup>th</sup> at the Montgomery County Cooperative Extension Office at 1PM. If you are interested in joining the Master Gardener Program, contact Kaitlyn Lamaster at 910-576-6011 or email [kmlamast@ncsu.edu](mailto:kmlamast@ncsu.edu)

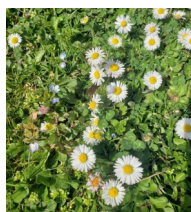
## Horticulture on Hiatus

Not much went on horticulturally in April, but for good reason! Our Extension Horticulture Agent took an extended trip to Germany to visit family.

With the trip came the excitement of horticultural curiosity. Many differences were noted such as the prevalence of a garden in nearly every yard, decreased lawn sizes, limited mowing to encourage blooms, and a plethora of open-air markets in seemingly every small town. Due to decreased lawn sizes in more populated areas, folks seemed to focus on landscaping plants at home and then had the option to



rent out a garden plot. Contrary to our community garden model here in the US, the German model has a member rent out a large area of space (think of a medium to large sized backyard) where they can then plant their vegetable gardens, put up greenhouses, or simply have as a space to enjoy a pool, trampoline, or patio set in the country. Another big difference is the use of pollarding on trees. This is when trees are continually cut in the same spot causing bulbous formations as scar tissue builds. Another noted difference was the prevalence of produce dispensing vending machines. While these didn't appear to be a staple in EVERY village they were common enough to be of note. They held things such as pre-made salads, cartons of eggs, packages of greens or other vegetables, and fresh juices.



Despite all these differences there were quite a few similarities as well! There were well-known US plant species strewn about (some European species that made it to America as well as some native American species), a love of tulips, and many enjoyable evenings spent with friends and family in the garden.



### 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

## Staff Directory



Chrissy Haynes  
County Extension Director  
[chrissy\\_haynes@ncsu.edu](mailto:chrissy_haynes@ncsu.edu)



Kim Gibson  
Administrative Assistant  
[kim\\_gibson@ncsu.edu](mailto:kim_gibson@ncsu.edu)



Rhonda Peters  
Family & Consumer Sciences  
[rtpeters@ncat.edu](mailto:rtpeters@ncat.edu)



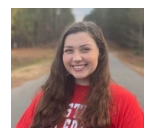
Elizabeth Thompson  
Nutrition Educator  
[eathompson@ncat.edu](mailto:eathompson@ncat.edu)



Kaitlyn Lamaster  
Horticulture  
[kmlamast@ncsu.edu](mailto:kmlamast@ncsu.edu)



Tracy Blake  
Livestock  
[tracy\\_blake@ncsu.edu](mailto:tracy_blake@ncsu.edu)



Beth Morton  
EYFP Program Assistant  
[lemorton@ncsu.edu](mailto:lemorton@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/>.



Check out our current videos by visiting

[https://www.youtube.com/channel/UCOIPmzMobAJoawefJK\\_ldzA](https://www.youtube.com/channel/UCOIPmzMobAJoawefJK_ldzA)

