

# North Carolina Cooperative Extension Montgomery County



## From the Director's Desk

April, 2022

The Montgomery County Cooperative Extension Staff is committed to serving the citizens of Montgomery County in the areas of Agriculture (Livestock and Horticulture), Family and Consumer Sciences and 4-H Youth Development. If you are unfamiliar with any of our programs, please stop by and visit us at 203 West Main Street, Troy. We would love to share all that we have to offer with you in person. We hope that you will take the time to read through our newsletter and reach out to us with any questions you may have or register for one of our upcoming programs.

### Summer Programming Opportunities for Youth

This year, **our staff has lots of great opportunities for youth ages 5 – 18** that will promote **summer learning**, providing high quality and trusted content in the areas of agriculture, family and consumer sciences and life skill development for your children to learn in a safe environment with trusted adults. This is the perfect formula to **prevent summer learning loss!** Join **Montgomery County 4-H** for a **FUN summer program**. You will find programs on **civic engagement, STEM, family and consumer science, plant science, personal development, animal science, environmental science, and healthy living**. Be on the lookout for the release of our summer programming flyer at the end of April with registration occurring in May.



### Empowering Youth and Families Program

One of the great programs that we are now recruiting new families for is our Empowering Youth and Families Program. This program is offered to families with middle school age children in the home. The program is a ten-week program designed to help increase and strengthen communication between family members. The program also provides education regarding opioids and the impact they have on our community. We plan to begin programming within the next month. We have hired a new EYFP Program Assistant who would love to speak further with you about registering your family. Please call (910) 576-6011 to learn more about our next program.

**Beth Morton** is our new **Empowering Youth and Families Program Assistant** and is the newest member of the Montgomery County Cooperative Extension staff! Beth is 19: she was born and raised in Troy and has lived in Montgomery County her whole life. She was also an active Montgomery County 4-H'er throughout her youth. Beth is very eager to work and loves to learn! She always greets people with a smile, is very welcoming, and has a big heart. Beth is very excited to begin working with the EYFP program and cannot wait to get families involved. We are very excited to have Beth on our team!



## Family & Consumer Sciences Updates

### Rhonda Peters, FCS Agent

### Elizabeth Thompson, Nutrition Educator

#### Air Fryer Education Series

In collaboration with Better Together Montgomery, our County Extension Director and Family & Consumer Science Agent conducted three air fryer education classes in the Brutonville and Peabody communities. These classes were designed to provide community members with resources and information to prepare foods in a more healthy manner to support overall nutrition and well-being. As part of this class, participants were given hands-on instruction about the different components and functionality of an air fryer as well as a demonstration of how to prepare healthier chicken nuggets. Food safety was also discussed. As a result of this class, 88% of respondents indicated having improved their knowledge and understanding of how to prepare food in a healthy manner. 68% indicated being “very likely” to look for and use nutritious recipes and shop for local foods. Classes are planned again for June.



#### Eat Smart, Live Strong

Research shows that the elderly population has an increased risk of chronic conditions. Higher consumption of fruits and vegetables has been shown to decrease the risk of heart disease and stroke, cancer, lower blood pressure and have a positive effect on blood sugars. Eating a variety of different fruits and vegetables will provide your body with a mix of nutrients needed for improved health and wellness. A senior adult leader from Dover Baptist Church contacted the FCS Agent in Montgomery County to request a program to improve the health of senior citizens in her church. The FCS Agent offered

the Eat Smart, Live Strong program at Dover Baptist Church. Eat Smart, Live Strong is designed to improve fruit and vegetable consumption and physical activity among able-bodied 60-74 year olds. The intervention focuses on 2 key messages of the 2010 Dietary Guidelines for Americans and utilizes a variety of behavior-focused strategies to promote these behaviors: eat at least 3 1/2 cups of fruit and vegetable per day and participate in at least 30 minutes of physical activity most days of the week. Five participants enrolled in the program, and four participants attended at least three out of the four weekly sessions. Three out of the four participants who completed final evaluations indicated being very satisfied with all areas of the program including the relevance of information to needs, presentation quality of instruction, subject matter knowledge of instructor, training facilities and the overall quality of the training program. The one other participant indicated being satisfied with all components. Participants indicated drinking more water, eating more fruits and vegetables, and being more aware of portion sizes as the most important changes they personally made during this program.



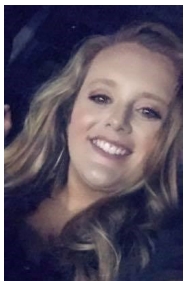
#### Go, Glow, Grow

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. We served Star, Troy and Green Ridge in February and March and are currently working with Mt. Gilead Elementary and Candor Elementary. The Go, Glow, Grow program is designed to meet the specific needs and abilities of preschoolers. It provides opportunities for young children to actively learn about healthy eating and exercise. 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 preschool years will have long-term benefits. In a survey with seven teachers who's classes have completed the program, 100% indicated that their students looked forward to the lessons. 85% indicated that their students knew what foods are Go, Glow, and Grow and 42% indicate that their students are more willing to try fruits and vegetables. One teacher reported, "kids are telling me which foods are Go, Glow and Grow when we are eating now." Another teacher shared, "I was excited to watch one of my kids try broccoli when we were in the cafeteria. Before this program, that kid wouldn't even try it at all."



### Elizabeth's Nutrition Nuggets



Easter is on the way, and with that typically comes lots of candy in those fun Easter Baskets. I know I always enjoy watching my son open his basket and hunt for Easter Eggs. I'm not saying that you shouldn't ever enjoy candy – holidays are perfect "once in a while" opportunities to indulge. BUT, for the most part, we should be eating as many fruits and vegetables as we possibly can. Here is a fun, delicious and SIMPLE snack that kids and adults of all ages are sure to enjoy. We do it often as part of our Go, Glow, Grow programming and smiles are always plentiful when we do. Give it a try and let us know what you think.

#### Glitter Grapes

##### Ingredients:

- Grapes (amount of your choice)
- Water
- Sugar free Jello

##### Directions:

- Remove stems from grapes
- Rinse under cool water
- Put grapes in a plastic Ziploc type bag
- Add a tablespoon (or so) of your favorite Jello powder (we like strawberry and cherry)
- Seal the bag and shake it up (a perfect opportunity to move your whole body while you're shaking and add physical activity into your day)
- Open and enjoy!!!!
- You can also freeze this fabulous treat.



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

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

- Friday, April 1<sup>st</sup> – Teen Cooking Club – North Carolina Cooperative Extension Building
- Mondays in April – Go, Glow, Grow at Mt. Gilead Elementary School
- Tuesdays in April – Go, Glow, Grow at Candor Elementary School
- Wednesday, April 27<sup>th</sup> – Cooking with Extension – Live on the Troy-Montgomery Senior Center Facebook page
- Thursdays in May – Eat Smart, Live Strong at Wesleyan Homes
- Friday, May 6<sup>th</sup> – FINAL Teen Cooking Club Meeting
- Tuesday, June 14<sup>th</sup> – Montgomery County Pregnancy Fair – Page Street Elementary School
- June- Air Fryer classes in Brutonville and Peabody
- June – 4-H Summer Adventures begins!!!!!!



## Agricultural Updates

### Kaitlyn Lamaster, Horticulture

### Tracy Blake, Livestock



North Carolina Department of Agriculture & Consumer Services has canceled all poultry shows and public sales in North Carolina for at least the next 30 days due to the threat of the highly pathogenic avian flu (HPAI). The suspension includes all exhibitions, farm tours, shows, sales, flea markets, auction markets, swaps and meets pertaining to poultry and feathered fowl. North Carolina joins several other states, including Georgia, that have also cancelled or altered poultry events due to the flu. Poultry owners are being urged to practice biosecurity, including keeping flocks indoors without access to outside and [reporting](#) sick birds. So far, there are cases confirmed in three commercial turkey houses in Johnston County as well as two turkey houses & two broiler houses in Wayne County.



Join Livestock Agent, Tracy Blake, for a 1-hour virtual lunch and learn series on Backyard Flocks. Sponsored by [Tractor Supply of Biscoe](#), one lucky participant will win a bag of chick feed! Series runs through April 21, session recordings available. For more information visit the [Backyard Flocks Page](#) on our website.

### Pasture Management & Soil Sampling Workshop

Livestock/Field Crops Agents from Montgomery, Moore, & Lee County teamed up with Johnny Rogers, the NC State [Amazing Grazing Program](#) Coordinator & Brad Thompson,

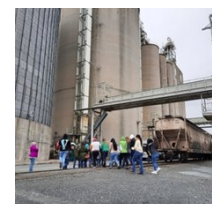
NCDA Regional Agronomist, to provide a pasture management & soil sampling workshop at the Moore County Center on March 4, 2022. Participants learned chemical & non-chemical interventions for managing pastures and received 2 hours of pesticide applicator continuing education credits. The community should be reminded that as of April 1, soil sampling is now **FREE** until October. Stop by the office to pick up sample equipment.



### Leadership Montgomery

On March 10, 2022 Cooperative Extension in partnership with Leadership Montgomery & Youth Leadership Montgomery conducted an Agriculture Day. Program attendees, which included a few county commissioners, took a tour of the agriculture industry in Montgomery County to learn about the economic and community impact agriculture has on our residents.

Stops included the [Sandhills Research Station](#), [Perdue Feed Mill](#), [Montgomery Sheep Farm](#), & [Shelter Mountain Farm](#). Lunch was generously sponsored by [Carolina Farm Credit](#). We hope our participants got a better understanding of the scope and diversity of agriculture production in Montgomery County. We traveled from one end of the county to the other and saw agriculture done in very different ways at each stop. However, all operations contribute to agriculture's ultimate goal, feeding families.





The Montgomery County Agriculture Agents teamed up to present a mini-series; [Better Business Practices for Farmers & Growers](#) on April 17 & 24, to explore online marketing opportunities and community resources available to help navigate the legalities of farming. The workshop was presented as a hybrid of online and in-person learning opportunity. Recordings are available and were shared with over 500 farmers across the state through an NCDA email blast. We were excited to work with some new Montgomery County Farmers that will be getting started over the next year as well as some established Montgomery farmers looking to improve their business. Community partners on this event included Mr. Andrew Branan, JD from NC State's [Farm Law](#) division, the MCC [Small Business Center](#), [NRCS](#), [Ag-Wrap](#), [Soil & Water](#), [Farm Bureau](#), & [Carolina Farm Credit](#).

### Montgomery County Beekeepers



The swarm season is starting. If you see a cluster of bees hanging on a limb (or other object), you need a beekeeper, NOT an exterminator. Please call Cooperative Extension so that we can put you in contact with a [Montgomery County Beekeeper](#). The primary swarm season is between March and May. When honey bees are swarming, they are not nearly as defensive as

they are around their hive because they are not protecting brood (developing young bees) or honey stores. They are more concerned with scouting for a new home and staying in protective clusters around the queen. If disturbed or agitated, they will defend the cluster; therefore, it is advisable for people to keep their distance from a swarm of bees to avoid being stung. When in doubt call a beekeeper!



The Montgomery County Cattlemen will not meet again until September. Anyone interested in becoming certified in Artificial Insemination (AI) can attend a [workshop](#) being offered at the Piedmont Research Station in Salisbury, NC April 29-30.



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

### Upcoming Horse Events

[Parasite Management Webinar](#) April 21  
[Spring Horse Series](#) April 25 & 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/>

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



**Youth Enrollment** – Parents, it's time to re-enroll your child in Montgomery County 4-H for 2022, if you have not already. Visit [4HOnline](#) to access your family profile. All 4-H members and volunteers MUST renew their membership early in the year in order to maintain active status in this organization. Remember, your child must be enrolled before you can participate in any 4-H activities including summer adventures programs.

**4-H Presentations** - County, District and State level 4-H presentations will all be held in person this year. Montgomery County 4-H will share more information with families in the coming weeks, so check your emails from 4-H Online. We are looking forward to all of the wonderful presentations our youth are working on.



**School Enrichment Programming** - A survey was sent out to all 2nd grade teachers in Montgomery County Schools, private and charter schools and all 22 teachers have decided to participate in the butterfly 4-H school enrichment program in April - May. Second grade students in North Carolina learn about the study of embryonic development and how this relates to the overall development of living things. This program will serve over 300 youth in Montgomery County.

For more information regarding Montgomery County 4-H Programs or to register your child (ages 5 – 18) in 4-H, please contact Chrissy Haynes at (910) 576-6011.

### 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](mailto: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)



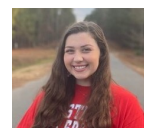
Elizabeth Thompson  
Nutrition Educator  
[eathompson@ncat.edu](mailto:eathompson@ncat.edu)



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)

