

From the Director's Desk

July, 2022

It is hard to believe that we are in the middle of summer programming currently. Our staff are hard at work offering lots of youth, adult and family programs to the community this summer. We had a huge turn-out of youth registering for our 4-H Summer Adventures Program this summer. Lots of new opportunities to reach new kids through our 4-H program. We hope that you will enjoy reviewing this newsletter as we have provided the highlights for you to see.

If you have any suggestions of programs you would like offered by any of our Extension staff, please reach out and let us know. Please also be sure to follow us on Facebook and check our website for upcoming programs offered in the community.

Meet our New Agent

Welcome to Miranda Thompson, our new 4-H Youth Development Extension Agent who joined our team June 13, 2022. Miranda is a graduate of Chowan University with a degree in Elementary Education.

After graduation, Miranda started teaching at Candor Elementary School in Montgomery County, North Carolina. During her six years of teaching, she spent time working with fourth and fifth grade students in Montgomery County and Asheboro City Schools.

Miranda has one daughter, and enjoys spending her free time with her family and friends. She enjoys working with youth of all ages, traveling, and watching sports!



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator



Eat Smart, Live Strong at Wesleyan Homes

It feels like we say it every month, but wow, this past month sure was busy! We were so pleased to work with Wesleyan Homes to offer the Eat Smart, Live Strong to senior residents. This program aims to increase fruit and vegetable consumption as well as physical activity. Residents enjoyed several fun activities, including taste tests of smoothies and a delicious Egg and Spinach Wedges pie. They also played fun games to help reiterate how to overcome challenges to healthy eating. All participants expressed satisfaction with the program and are looking forward to participating in future programs.

Air Fryer Classes Continuing in Brutonville and Peabody Communities

We have been privileged to continue our partnership with Better Together Montgomery to offer Air Fryer classes to the Brutonville and Peabody communities. The Community Connectors in each of these areas worked really hard to recruit participants to attend, where they learned how to use an air fryer and the different functions and settings on the machine. They also get a live recipe demonstration, where they see how easy and quick it is to prepare a basic chicken nugget meal, breaded with crushed corn flakes. By most measures, air fryers are healthier than frying in oil. It cuts calories by 70-80%, and has a lot less fat. This cooking method MIGHT also cut down on some oth-

er harmful effects of oil frying. The reaction that happens when you fry potatoes or other starchy foods makes the chemical acrylamide, which research links to greater chances of getting cancer. North Carolina Cooperative Extension Montgomery County has led the educational components of these workshops and have been excited to share this information with these communities. Our County Extension Director (Chrissy Haynes) serves on the Better Together Montgomery committee, and partners with our FCS Agent (Rhonda Peters) to deliver this workshop. In June, our summer intern (Alexis Barrington) was also able to assist in the program delivery. To date, all participants have been excited about the program, are willing to try new recipes at home, and were surprised at how good the food prepared in the air fryer actually is. We are optimistic that these classes will help us build relationships in these communities and give us more opportunity to bring additional research-based programs to the neighborhood.



Montgomery County Pregnancy Fair

For more than a decade, the Montgomery County Department of Public Health, Partnership for Children and North Carolina Cooperative Extension have partnered to host a county-wide fair designed to link expecting and newly delivered mothers and families with community resources. The overall goal is to help support healthy pregnancies and promote healthy living for parents, newborns and siblings in the earliest stages of life. Although we missed a year due to COVID-19, we were thrilled to bring this tradition back to the county in June. We registered 16 pregnant or newly delivered mothers. Of those, 13 reported being very happy with the event, and 3 reported being happy. Participants reported learning about the rights of breastfeeding mothers at the hospital, car seat safety, nutrition, and resources to

support a growing family. In the future, they would like to see additional information about mothers mental health.



Farm to Fork

Our Family and Consumer Sciences Agent (Rhonda) and our Nutrition Educator (Elizabeth) worked with our Agricultural Agents (Kaitlyn



Lamaster and Tracy Blake) to implement a Farm to Fork workshop as part of 4-H Summer Adventures. The FCS program was responsible to plan and implement the “fork” portion of the program. During our first day of our Farm to Fork camp, we visited Haywood Farms and Round Mountain farm. We learned a lot about beef and egg production.



When we came back from our farm tour, we learned how to use those ingredients to build a healthy diet, full of proteins. Protein is an important part of a healthy diet. Proteins are made up of chemical building blocks called amino acids. Your body uses amino acids to build and repair muscles and bones and to make enzymes and hormones. They can also be used as an energy source. Proteins also help make antibodies that fight off infections and illnesses and helps keep cells healthy and create new ones.

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. MyPlate advises that at least half of our plates (breakfast, lunch and dinner) should be filled with fruits and veggies.

On Day 2 of our Farm to Fork camp, youth par-

ticipants visited Johnson's Peaches and the Sandhills Research Station. When we returned to the office, we made some delicious recipes with the peaches we gathered, including canned peach jam and peach cobbler.



Home canning is an important, safe method of food preservation if practiced properly. To safely home can foods and prevent food-borne illness, research-based canning methods must be followed. Botulism is the most com-

monly associated food-borne illness with home canned foods. The hardest part about canning is not eating it when you are done, and actually saving it until later in the season when fresh produce isn't as easily available!

On Day 3 of our Farm to Fork camp, youth and leaders visited the bee apiary at MCC and learned so very much about bees and honey production. Raw honey and white sugar are both sweeteners and are both calorie dense



foods. But honey is a better choice than white sugar for many reasons. Honey is a lot sweeter than white sugar, so you can use less of it. Raw honey does not cause spikes in blood sugar like white sugar does. White sugar contains sugars and nothing else. But raw honey contains additional nutrients, including amino acids, enzymes, vitamins and minerals. These phytochemicals have anti-microbial, anti-fungal, and anti-oxidant properties which can contribute to a stronger immune system and better health and wellness.

When we returned from our farm tour on this final day of camp, we learned how to prepare delicious recipes using honey as the sweetener. As always, frozen yogurt bark was a hit with this crowd. In addition to honey, this dish also provides fruits and veggies (strawberries and cranberries) as well as dairy (yogurt). The youth

also prepared delicious protein balls made with local honey.

Additionally, we visited Christy's Country Produce on our last day of Farm to Fork camp where we helped Christy pick a whole lot of veggies to go to the market the next day. We were able to get tomatoes from her farm, and returned to the office where we used them to make a delicious and fresh salsa recipe. Salsa is a great source of Vitamin C, can stabilize blood sugar, is hydrating, may protect against cancer and can help you burn fat. Packed with lots of fruits and veggies, it also helps you reach your recommended servings on My Plate!



Life Sports- 4-H Summer Adventures

As we have done in past years, we partnered with the Troy-Montgomery Senior to offer a Life Sports workshop for youth ages 5-18 to learn about how they can make the most of their leisure time and be active throughout their life spans. With awesome support from volunteers with the Town of Troy, participants were divided into age groups and had opportunities to learn and participate in cornhole, shuffleboard, bocce ball, line dancing and even sensitivity training to learn how to better understand the aging population. After the amazing morning (coordinated by Theresa Thomas, Senior Center Director) we traveled to the Troy Pool to eat lunch and swim. Playing with our friends is a valuable way to spend our time at any age, and adding physical activity into it helps us maintain a healthy lifestyle. The younger we adopt healthy behaviors, the more likely we are to continue them throughout our lives.

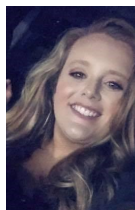


BBQ Boot Camp – 4-H Summer Adventures

And right before the Fourth of July holiday, we once again held our BBQ Boot Camp workshop, only this year, we expanded it to three days of instruction instead of just two. During this program, we learn every aspect of grilling, from where our meat starts (on a farm) all the way through to safe handling, storage, preparation and consumption. This year we practiced grilling on charcoal grills outside as well as on electric grills inside. We were privileged to have Biscoe Town Manager Brandon Holland join us on the first day to teach us the basics of lighting a charcoal grill and cooking food. Our first day, we made caramelized pineapples as well as corn on the cob. Due to rain, we grilled hamburgers on electric grills inside on the second day, and finished the camp off grilling chicken on the grills outside on the last day.



Youth learned about the importance of measuring the internal cooking temperature of meat, as well as the importance of washing their hands any time they prepare food, but especially when preparing it for others. This is always a fun camp, and not just for the delicious food we get to enjoy – although no one really complains about that! After the program, we have had reports from at least three participants who have shared their at-home grilling experiences, or emphasizing the importance of temping food with their families.



Elizabeth's Delicious Recipe Corner

If you live in the south, you no doubt look forward to one of my favorite parts of summer – all the watermelon!!!! There are so many reasons to enjoy this delicious fruit – it helps keep you hydrated, it's packed with nutrients and beneficial plant compounds, it may have anti-cancer effects, may improve heart health, may reduce inflammation, and may even help relieve muscle soreness. But even with all those benefits, and even knowing how important it is that half of our plates be filled

with fruits and vegetables, and even knowing how utterly delicious watermelon is, sometimes.....sometimes....we just get bored with watermelon. Right? Please tell me I'm not alone in this. This month, I'd like to give you a fresh idea for how to enjoy your watermelon with a simple twist. If you try it at home, please let us know!

Watermelon Cucumber Salad

Ingredients:

- 8 cups cubed, seedless watermelon
- 2 English cucumbers, halved lengthwise and sliced
- 6 green onions, chopped
- ¼ cup fresh mint
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- ½ teaspoon salt
- ½ teaspoon pepper



Directions:

- In a large bowl, combine watermelon, cucumbers, green onion, and mint.
- In a small bowl, whisk the remaining ingredients.
- Pour over the salad and toss to coat.
- Serve immediately, or refrigerate (covered), up to 2 hours before serving.

Agricultural Updates

Kaitlyn Lamaster, Horticulture

Tracy Blake, Livestock/Field Crops

Montgomery County Master Gardener Program

The Montgomery County Master Gardener Program is looking to expand its membership!

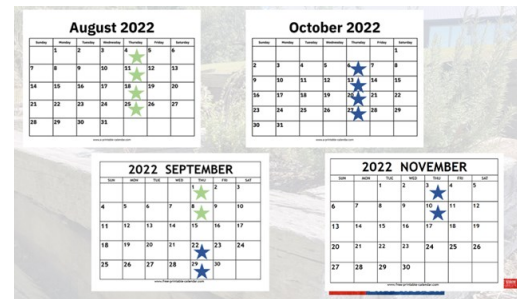
There was an interest meeting for the fall Master Gardener Training with a good turn out. The group went over how to gain Master Gardener certification which includes a rigorous 40 hours of education and 40 hours of volunteer work. After this is achieved and certification is obtained the education requirements drop down to 10 hours and volunteer hours to 20 hours for yearly certification.

The class sessions will be held on Thursday eve-

nings starting on August 4th. The first 6 sessions will be open to the public and will be from 6-8PM (indicated in green). After that, the next 8 sessions will run from 5:30-8PM (indicated in blue).

If you are interested in joining please email Kaitlyn at kmlamast@ncsu.edu or call 910-576-6011.

The next Master Gardener Meeting will be August 1st at the Montgomery County Cooperative Extension Office at 11AM.



Basil Downy Mildew Trial

The Montgomery County Master Gardener Volunteers have been hard at work taking care of two different test plots in the county. These plots hold one of our favorite herbs: basil. However, basil is prone to getting the water mold pathogen *Peronospora belbahrii*, or basil downy mildew, which can take over the plant and render the leaves inedible. When left unchecked, basil downy mildew has the possibility of weakening the plant and lead to an eventual death.



Que the Master Gardener Volunteers! Volunteers are working to assess 6 different cultivars of basil, 5 that are considered resistant to basil downy mildew and one that is considered susceptible. The susceptible variety of basil, 'Genovese', is one of our most common varieties grown so finding a replacement is important for homeowners to decrease the prevalence of



This project is part of a statewide program to assess the different basil cultivars and find a suitable replacement for ‘Genovese’.



Stop by the Senior Center garden and STAR-works garden to check out the great work the Master Gardener Volunteers are doing!

As part of the Montgomery County Master Gardener program, the Montgomery and Davidson County Horticulture agents will be putting on a 6-week virtual gardening series centered around the home garden. If virtual programming isn't your preferred choice, classes can be taken as a standalone class or participants can join in on the entire series. Registration is required.

kmlamast@ncsu.edu



The spotted lanternfly (SLF) has had its first documented occurrence in North Carolina. on 6/29/22, the NCDA & CS announced the first case in Kernersville, NC (Forsyth County). This case has been surveyed to radius, indicating that the s area prior to reporting.

The spotted lanternfly is an invasive insect pest from Asia, damaging to ornamental and agricultural plants as well as acting as a nuisance pest to humans. While one of the biggest concerns is the pest's prevalence in grapevines, the SLF is known to feed on over 100 species of plants, including apples, cherries, peaches, dogwood, oak, maple, and more. Scouting should be employed in these species as well as near residential areas.

The NCDA & CS is asking that any sighting of the problem pest be reported directly to them through their database: <https://www.ncagr.gov/plantindustry/Plant/entomology/SLF.htm>
This resource also contains more information on identifying the SLF as well as look-alike species.

NCDA & CS press release: <https://www.ncagr.gov/.../release/2022/6-22SLFForsythCo.htm>
Extension article: <https://forestry.ces.ncsu.edu/.../spotted-lanternfly.../>

Youth met and learned all about different parts of the forest. For the forestry portion, participants learned how to identify 12 different tree species native to



North Carolina, how to use a compass and count their pace, why scientific names are important, and plants to watch out for in the woods (like poison ivy and brambles!). For the wildlife portion,

All sessions will be offered virtually. Sessions will also be available for live viewing at the Montgomery County Cooperative Extension Office (203 W Main St. Troy, NC 27371) unless otherwise noted

<https://forms.gle/fyatKtzwtDMVr4zL6>



August 4th, 6-8PM
From summer to winter, learn
about vegetable production in the
garden
*This program will only be virtual

August 11th, 6-8PM
Learn about the care of different
fruit producing shrubs, trees, and
vines

August 18th, 6-8PM
The proper fertilization and care of
a lawn is crucial for establishment
and weed control

August 25th, 6-8PM
One of the most important components of a healthy garden is proper site selection

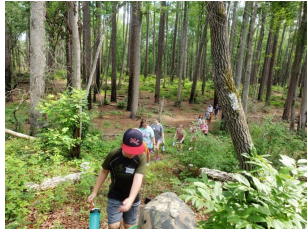
September 1st, 6-8PM
Learn all about what to plant and how to care for woody plants in the landscape

September 8th, 6-8PM
Discuss what pest levels are acceptable and what you can do about them



Questions, concerns, and accommodation requests related to a disability should be made by August 1st to Kaitlyn Lamaster, 910-576-6011

participants learned about 13 different animal species and how to identify them, what wildlife eat and what might limit their resources, and how to tell more about an animal by only their teeth!



Mixing these two categories together, youth learned about different habitats on Three Rivers Land Trust property by seeing a closed canopy forest, a clear cut, and an open canopy forest. After going through the benefits of each habitat it was determined that each one is important for the health of our forests and animals!

THANK YOU to the agencies that helped make this program a success: US Forest Service – Uwharrie, NC Forest Service, NC Wildlife Resources Commission, and Three Rivers Land Trust.



Poult Pickup Day!

It's 4-H Turkey season! Thankfully there have been no new cases of High Path Avian Flu in NC since April and our seven youth showmen were able to pick up their poults. Youth will raise their birds until October when they will pick their largest bird to take to the NC State Fair Youth Market Turkey Show. All of our showmen are members of the Montgomery County 4-H Livestock Club which meets every 3rd Monday of the month at the Ag Center in Troy. This year's showmen from left to right are Eli, Joel, & Josiah (not pictured) Farlow, Madilynn Bowles, Brady King, Christopher Hogan & Emma Blake.



Farm to Fork, 4-H Summer Adventure

Participants in the Farm to Fork Summer Adventure visited a total of 5 different producers across the county. While visiting these farms youth were able to see first-hand how their food is grown and where it comes from. They were able to try their luck at grading eggs, holding chickens, petting pigs, picking peppers, tomatoes, and potatoes, and even holding honey bees! They rode a tram and saw some of the science that goes into our food which includes monitoring for diseases and assessing new, tastier cultivars of produce.

THANK YOU to those that helped make this program a success: Round Mountain Farm, Haywood Farms, Christy's Country Produce, Montgomery Community College (beekeeping program), and the Sandhills Research Station.



Local Farmer Enters National Wheat Yield Contest.

Montgomery County farmer, Josh Maynard, has entered the National Wheat Yield Contest. County Livestock/Field Crops Agent Tracy Blake, Area Crop Specialist Jenny Carleo, and Regional Agronomist Brad Thompson had the pleasure of certifying Josh's contest entry. Special thanks to Triangle Chemical for sponsoring the entry. Good luck Maynard Family Farms!

Area farmers with crop related questions or interest in entering state/national yield contests are encouraged to contact our office.





African Swine Flu Threat Approaches US Shores

African Swine Fever has not been identified in the US pork industry, but is present in Hispaniola (Dominican Republic/Haiti). It has also

been identified in 39 other countries in Africa, Europe, and Asia. Tourism and illegal import of agricultural products from infected countries pose the greatest risk. The USDA has launched a Protect Our Pigs Campaign to help reduce the risk to 76 million pigs in the US pork Industry. For more information visit [USDA](https://www.usda.gov/protect-our-pigs).



The Montgomery County Cattlemen will not meet again until September. There will be a board meeting in July. 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.



Links of Interest:

The Visit NC Farms App (Download Today!):

<https://www.visitncfarmstoday.com/>

Livestock Newsletter: [https://](https://montgomery.ces.ncsu.edu/livestock-newsletter/)

montgomery.ces.ncsu.edu/livestock-newsletter/

NC Horse Blog: <http://nchorse.blogspot.com/>

Farms Food & You Podcast (Plants in Space)

<https://cals.ncsu.edu/farms-food-and-you/>

4-H Happenings in Montgomery County Miranda Thompson, 4-H Youth Development

South Central District Activity Day 2022

On Saturday June 18 4-H'ers participated in District Activity Day. On this day, youth presented on a topic of their choosing. Our county was represented well and we are happy to announce that three of our county participants will be moving on to compete at the state level.

Madilynn Bowles - Gold in Open Category

Jillian Haywood - Gold in Poultry Category

Lily Green - Silver in Science & Technology Category

These ladies will be presenting again on July 16 at North Carolina State University! Congratulations to this wonderful group for all of their hard work to prepare. We wish them the best of luck.



Youth interested in participating in next year's presentations activities should contact our office at 910-576-6011.

Take Me Out to the Ballgame



A group of youth and volunteers were able to attend a Friday night baseball game to cheer on the Greensboro Grasshoppers on June 24! This night was filled with fun, tons of laughs, baseball concession stand foods, and fireworks!

This event was a great way for our youth to make new friends and strengthen their relationships with old friends!



Kids Fishing Day

On June 25, a group of eleven of our 4-H youth and four adults attended the Kids Fishing Day that was hosted by the Fish and Wildlife, the Forest Service and National Wild Turkey Federation.

On this day, youth learned about water and fishing safety before leaving the office in the morning and took part in a casting competition to see who could get closest to the bucket. After fishing at the event many youth won prizes from the raffle and one won a lifetime fishing and hunting license!

We hope to continue events like these to encourage the love and appreciation for the outdoors in our youth!



4-H Summer Adventure Wrap Up Celebration

We have had so much fun this summer with our 4-H Youth! While we are sad that summer is coming to an end, it is time to celebrate! Our summer wrap up party will take place on Friday, July 29th from 6:00pm to 9:00pm at the Town of Troy Pool! Come out and celebrate a wonderful summer with us!

Montgomery County Cloverbud Camp 2022



Our Montgomery County Cloverbud's were excited to attend 4-H Camp this year! This group of youth were able to spend three days and two nights at Millstone 4-

H camp. While at camp our youth were able to participate in The Giant Swing, arts and crafts, canoeing, water games, a talent show, and fun in the pool!



Empowering Youth & Families Program

Beth Morton, EYFP Program Assistant

A Montgomery County EYFP cohort is coming soon! Beth Morton and her facilitators will be setting up dates for a Fall EYFP Cohort very soon and are looking forward to having youth and their families join. Before our cohort starts, Beth has been helping with 4-H Summer adventures and getting to know many of our youth. Beth is building relationships with youth and helping them learn more about 4-H as well. If you are interested in joining the Fall 2022 EYFP cohort please contact Beth Morton!



Beth Morton

EYFP Program Assistant | Serving Montgomery County
<https://opioidpreventionnc.org/>



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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

You Tube

Check out our current videos by visiting

https://www.youtube.com/channel/UCOIPmzMobAJoawefJK_ldzA

