

## From the Director's Desk

August, 2022

I cannot believe that summer is winding down and that many of our local school systems have started back to school already or will begin within the next two weeks. I think back to March/April when my staff was deciding what summer programs we would offer this summer to children in our county to help ensure kids kept learning over the summer to help bridge the summer learning loss gap. I could not be more proud of my team for the wonderful summer they provided for kids across Montgomery County this summer. Their hard work, commitment to Extension and their love for what they do is evident throughout this newsletter!



**Lucas Farm Fresh LLC** has officially opened their **new farmers market in Jackson Springs**. Owner, **Charles Lucas Sr.**, hopes that the market will help provide healthy fresh food to the community while acting as a place where vendors can go to sell produce, flowers, honey, and more. Visit Charles and support growers in the area by visiting this new farmers market location at **239 Windblow Rd, Jackson Springs, NC**.

We enjoyed facilitating the **Peach Cooking Contest** as a part of the **NC Peach Festival**. There were so many tasty desserts entered in the **youth and adult divisions**.

Thank you to everyone who made this year's contest a success and to the judges who volunteered their time to assist with decision making.

### Congratulations to our winners!

#### The youth winners were:

*First Place - Nola Watts, Fresh Peaches & Cream Cheesecake*

*Second Place - Junior Cruz, Peach Cheesecake with Peach Filling*

*Third Place - Taylor Barber, Peach Cobbler*

#### The Adult Winners were:

*First Place - Shenita Pelham, Bourbon Peach Cobbler Cheesecake*

*Second Place - Matt Kuchinos, Purely Peach Pie Third Place - Mary Ann Hogan, Fresh*

*Peach Cake with Cream Cheese Icing*

**Mark your calendars now for the third Saturday in July in 2023 and make plans to enter next year's competition.**

As we look towards the fall, we are busy planning programs in the areas of Agriculture (both Livestock and Horticulture), Family and Consumer Sciences, Nutrition and 4-H Youth Development. If you have a topic that you want to learn more about in any of those areas, please reach out to us. Chances are if you want to learn more about an area, others do too. We are here to meet the needs of the community and we count on people like you to help us determine the needs of our community.





# 4-H Happenings in Montgomery County

## Miranda Thompson, 4-H Youth Development

### State Level Presentations

On July 16, 2022 our Montgomery County Youth presented at the state level. These ladies have been preparing over the past few months. After placing at the district level, they were invited to compete at North Carolina State University.

Congratulations to Madilynn Bowles for winning silver in the Open Class Category, Jillian Haywood for winning gold in the Poultry Category, and Lillian Greene for winning bronze in the Science and Technology Category.

A special thank you to everyone that has helped these ladies prepare along the way.

We are excited to begin preparing for next year! If your youth is interested in presenting next year or would like more information contact Miranda Thompson, 4-H Agent at 910-576-6011.

### Moo-ving Milk

Our Moo-ving Milk 4-H Camp took place over three days in July. This group included our youngest group of 4-H'ers called "Cloverbuds". During Moo-ving Milk, youth learned all about dairy cows. On day one they learned terms like calf, heifer, and udder. They also learned the lifecycle of a dairy cow and compared it to a human. Youth were able to compare their weight to the weight of a newborn calf. They did this by completing a hands-on activity where they held a ten-pound sack of potatoes and then created graphs to show how many "potato sacks" they would weigh. Next youth learned about ruminant digestion and how important nutrition is for the dairy cow to make her best, most nutritious milk. Youth played games, made crafts, and did a lot of physical activity too! We were most impressed by how our teen leaders, Tori Monroe, Eli Farlow, and Zachary Peters at each table supported and encouraged the younger 4-H'ers throughout the day. It's great to have older youth for our Cloverbuds to look up to.



On day two of Moo-ving Milk Camp; Our cloverbuds learned about milk. Youth learned that milk is transported on insulated tanker trucks. We talked about what makes a good insulator and then each group designed their own insulated "coolers" to see which group could keep an ice cube frozen the longest. They had a choice of class, paper, or Styrofoam cups and a bunch of different fillers from tin foil to felt. They made some very creative designs and they worked too! We decided we needed to do a little more research on dairy cows and milk so we took a field trip to the library where Ms. Shannon helped us find the books we needed. Youth explored the library and learned how to get a library card! Next, the youth learned about the nutritional value of milk and dairy products. They taste tested different cheeses as well as whole, 2%, and 1% milk. Youth learned that the healthiest option was 1% milk with the light blue cap! They also learned how to make homemade butter in a jar with heavy whipping cream, salt and a lot of shaking! After that, youth took another field trip to the Food King grocery store to complete a dairy scavenger hunt. They had to find cheese, yogurt, milk, butter, ice cream, and dried milk powder. We enjoyed watching their excitement as they found each item in the store. Youth ended the day with another nutrition lesson and an activity that showed how too much sugar can damage your teeth!

On our final day of 4-H Moo-ving Milk Camp, our cloverbuds traveled to Homeland Creamery in Julian, North Carolina for a tour of the farm and some tasty ice cream! Earlier in the week we read a book about Penny the Preemie, a calf born on the farm. While on our tour we got to meet Penny all grown up! Youth got to see the fields where corn is grown for the cows' food and look at a model of the digestive system. A lot of our youth remembered the terms from class and we were super proud! Everyone got to take a turn milking the simulator cow " Ms. Betty " and had a sample of ice cream! Youth reported that the field trips to the library, grocery store, and farm were their favorite part and we are so glad to offer our littlest 4-H'ers the opportunity to get out and explore.



## Agricultural Updates Kaitlyn Lamaster, Horticulture Tracy Blake, Livestock/Field Crops

### Montgomery County Master Gardener Program

The Montgomery County Master Gardener Program is growing! There are currently 16 students signed up to take the certification course this fall. This over doubles the participation of volunteers in the county that are dedicated to providing science-based information on all things gardening.

If you are interested in joining please email Kaitlyn at [kmlamast@ncsu.edu](mailto:kmlamast@ncsu.edu) or call 910-576-6011.

The next Master Gardener Meeting will be September 15<sup>th</sup> at the Montgomery County Cooperative Extension Office at 1PM.

### Basil Downy Mildew Trial

The Montgomery County Master Gardener volunteers have been taking care of two different test plots in the county to assess 6 different basil cultivars for their resistance to Basil Downy Mildew (*Peronospora belbahrii*). Five of these varieties are looking at being released while one is a staple in our kitchen. With the new release of a cultivar comes a few unknowns, the biggest being the public's perception and acceptance of the new cultivar over the older choice. Many factors can influence this acceptance including taste, aroma, and appearance.



Photo: Dee De Parker



Photo: Dee De Parker

The MoCo Master Gardener volunteers put on a basil taste test to assess these preferences in a blind study. A lot of things were discovered that day, including how wide of a range our taste buds are from person to person, how much different recipes effect flavors, and, some-

times ,new can be better!

Thank you to all that participated in the trial and gave their honest evaluation of the basil cultivars.

Stop by the Senior Center garden and STARworks garden to see the great work the Master Gardener volunteers are doing!



Photo: Dee De Parker

### Home Gardening Series

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 standalone classes or participants can join in on the entire series. Registration is required.

For any questions or concerns please contact Kaitlyn Lamaster at 910-576-6011 or [kmlamast@ncsu.edu](mailto:kmlamast@ncsu.edu)

### Home Gardening Series

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

To register for one or all of these sessions visit:  
<https://forms.gle/fyatKtzwDMVr4zL6>

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

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

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

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

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

**Pest Management (IPM)**  
September 8th, 6-8PM  
Discuss what pest levels are acceptable and what you can do about them

Questions, concerns, and all other correspondence should be directed to Kaitlyn Lamaster at [kmlamast@ncsu.edu](mailto:kmlamast@ncsu.edu) or 910-576-6011. This information is provided as a service to our members. It is not intended to be a substitute for professional advice. Please consult your local extension agent for more information. ©2020 North Carolina Cooperative Extension. All rights reserved.

## Montgomery County Food Donation

On Wednesday, July 13<sup>th</sup>, a 53-foot trailer pulled into the Montgomery County Food Distribution Center to donate 40,000 lbs. of food to be distributed throughout the county. This donation of food was received from the Church of Jesus Christ of Latter-day Saints and will be available to any household in need across the county.

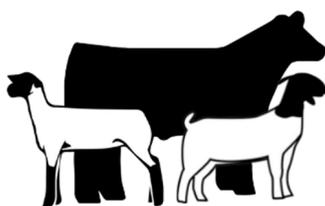
While the Food Distribution Center doesn't give out food directly, it does service an approximate 13 food banks in the county – that's where this food is destined. The food should help serve populations steadily for the next 2.5-3 months.

A huge thank you to all those involved from the church and county entities that made this happen!



## Tri-county 4-H Livestock Camp

At the State Cattlemen's Conference in February livestock agents from Montgomery, Randolph, & Moore County started talking about joining forces to do a 4-H livestock camp. Five months after that first conversation, the Tri-County 4-H livestock camp took 35 youth to six different farms over a four-day period. They learned about cattle, sheep, goats, pigs, ostriches, herding dogs, and horses. They saw rotational grazing, regenerative agriculture, composting, and solar panel grazing. They were able to handle livestock, learn to take a fecal sample, practice administering medications, identify meat cuts and taste test steak from different parts of the cow. As a result of this camp, four youth have joined the Montgomery County 4-H Livestock Club and plan to start showing livestock. We hope to make this an annual camp that will develop the youth livestock program in our county.



## 4-H Youth Livestock Show

The 2022 Montgomery County 4-H [Livestock Show](#) will take place on **Saturday, August 27<sup>th</sup>** at the Montgomery County Agricultural Center (200 Glen Rd, Troy) beginning with a heifer show at 9:00 am followed by a goat show after lunch. Higgins & Son BBQ & Love Shack Food Trucks will be on site. Spectators Welcome!





### **Upcoming Poultry Workshops**

**FREE Online Pastured Poultry Short-**

**Course:** Ongoing

**Statewide Reportable Disease Zoom:** August 17@ Noon

**Beginner Backyard Processing:** August 25 from 9:00am-2:30pm



### **Dairy Grant**

**SDBII Grant** for Expansion of Dairy Products. This Grant is available to current farmers, prospective farmers, and business owners interested in expanding the sale of dairy products.

A **workshop** from NC State Extension on Value Added Dairy will be held August 25 from 10AM-2PM, those interested in this grant opportunity are encouraged to attend.



The Montgomery County Cattlemen will have their first meeting on Tuesday, September 13<sup>th</sup> at 6:30PM. Save the date and come join us! 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.



### **Montgomery County Beekeepers Association**

George McAllister will be presenting at the August 18th Beekeepers Association meeting about some new findings he has on hive configurations.

### **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 (Muscadine So Fine)  
<https://cals.ncsu.edu/farms-food-and-you/>

## Family & Consumer Sciences Updates

### Rhonda Peters, FCS Agent

### Elizabeth Thompson, Nutrition Educator

#### Did You Drink Your Water Today?

Getting enough water everyday is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones. Water has no calories, so it can also help with managing body weight and reducing calorie intake when substituted for drinks with calories such as sweet tea or regular soda.

Water helps your body:

- Keep a normal temperature
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

Tips to drink more water:

- Carry a water bottle with you and refill it throughout the day
- Freeze some freezer safe water bottles. Take one with you for ice cold water all day long.
- Choose water over sugary drinks.
- Opt for water when eating out. You'll save money and reduce calories.
- Serve water during meals.
- Add a wedge of lime or lemon to your water. This can help improve the taste.

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#### Programs

The FCS agent County Extension Director, and the nutrition educator are starting the Eat Smart Live Strong program at Troy Chapel. We are excited for this opportunity to work with the community! Our nutrition educator has reached out to all of the principals in the elementary schools to see about programming for the 2022-2023 school year. We have worked with some amazing kids

and their teachers as well, so we are super excited about getting programs started back up in the school system! Our nutrition educator is excited to be working with the senior center for Cooking Live with Extension!



#### Elizabeth's Delicious Recipe Corner

##### Chicken Stir Fry



##### Ingredients:

- 2 tablespoons vegetable oil
- 1/2 cup carrots, peeled, sliced thinly (or 1/2 can low-sodium carrots, about 8 ounces, drained)
- 1/2 cup celery, sliced thin
- 1/4 cup onion, cut into strips
- 1 green pepper, cut into strips
- 1 tablespoon garlic, finely chopped
- 1 tablespoon ginger, finely chopped (optional)
- 1 pound chicken, cooked, skin removed, sliced into strips
- 1/2 teaspoon sugar
- 3 tablespoons soy sauce (optional)
- 3 cups white rice, cooked (or brown rice)

##### Directions:

- Heat a large pan with vegetable oil over high heat.
- Add vegetables and garlic to the hot pan. Stir until garlic is slightly brown. If using ginger, add that too.
- Add the chicken and sugar to the pan. If using soy sauce, add that too.
- Stir the food for about 1 minute in the pan.
- Serve with cooked rice.

Summer is always very busy for us, and 2022 has been no different. In July, the FCS Program hosted some pretty awesome 4-H Summer Adventures programs while continuing to plan and coordinate programming in other communities for the remainder of the year.

### Teen Team Building



How important is it really to learn teambuilding and financial skills from an early age? Let's talk about saving money in particular for a minute. If

you save \$1000 per year from age 16 to age 25, how much will you have invested? Ten-thousand dollars. If you invest this money in a savings account or in an investment account with 5% interest, and you allow it to remain invested and unspent, you will have saved \$45,409 by the age of 50. Wow, that's huge right? Well think about this – if you have a friend that starts saving the same \$1000 per year at age 41, and saves the same number of years until they are 50 years old, how much will that friend have invested? The same \$10,000, right? But here's the kicker – if they invest it in a similar 5% interest account, they will only have a total of \$13,043 at the same age (50). So YES, saving money from a young age DOES make a huge difference, and was one of our main learning objectives during Teen Team Building Day.



This particular program was one of our FCS Agent's favorite programs of the summer. It was only one day, but boy we packed a lot into

it, serving a total of 15 youth between the ages of 13 and 18! Rhonda Peters (FCS Agent), Elizabeth Thompson (Nutrition Educator) and Miranda Thompson (4-H Youth Development Agent) worked with youth to learn about communication and teambuilding skills at the office in the morning. Communication is more than just speaking. It also includes being clear and direct in what you say, listening to what is being said, and asking clarifying questions (to name just a few components). After learning about these concepts at the office, we then put it into practice by visiting the Escape Room in Greensboro.

After that, we learned about the importance of financial skills as individuals and team members. We visited Randolph Mall and did a scavenger hunt as well as an activity to plan a budgeted date. Teenagers may not have the same things in their budgets as adults.... Teens do not typically pay the mortgage or the power bill or credit card bills. However, the skill of budgeting is something that we need to learn when we are young and continue practicing as we age, so we can be better at it as adults. Today, our 4-H teens and leaders acquired some basic budgeting skills and put their skills to practice, as they had to work as a group to plan a "Budgeted Mall Date". They were given a \$50 budget for the date and had to plan what they were going to wear, what activity they were going to do, and what they were going to eat on their date. All (pretend) purchases had to be made at the mall and the activity had to be at the mall. We had some creative ideas, from board games in the middle of the mall, all the way to movies and popcorn. Some groups saved money with points earned on a chick-fil-a app while others decided to split a meal. It was so great to watch these youth think critically about these finances- and even more encouraging when two groups actually voluntarily put part of their budgeted money into savings accounts.



At the end of this program, 100% of participants demonstrated growth in knowledge and 80% stated they planned to be intentional in their communication with

others. Although 53% of participants indicated already having a savings account, 13.3% of youth indicated that they would open an account in the future, and another 33% said they might. Twenty percent of youth said they WILL make a plan to add to their savings every month and an additional 66% said they might. One youth indicated that they already had a monthly savings plan in place. Sixty percent of youth indicated that they would evaluate future purchases to determine if they were wants or needs, 20% said they might evaluate it, and 13% said they were already doing this. 53.3% of youth said they intended to do comparison-shopping in the future, while an additional 33% reported that they already do this. 46% indicated they would evaluate recreational and entertainment activities to determine if they were a good way to spend money, 33% said they might, and 20% said they were already doing that.

### Clover Cuisine

Utilizing the Go, Glow, Grow curriculum, Elizabeth, Rhonda, and Miranda worked with 26 kids (aged 5-8) to teach them about the importance of nutrition, physical activity and living healthier lifestyles from a very young age. On the first day, youth learned about the importance of eating a balanced diet. They made a "Healthy Person" out of banana, pepperoni, raisins, cheese sticks and carrots and also tried (and loved) Glitter Grapes. We added physical activity into our morning with dancing, moving our bodies and playing with the parachute.



On the second day, we learned all about Grow foods, which include milk, cheese, yogurt, meat, fish, chicken, eggs, cooked beans, nuts and peanut butter. We learned that Grow foods are actually two food

groups on My Plate - the Dairy group and the Protein group. Foods from the dairy and protein groups provide protein, vitamins and minerals. Protein builds and repairs muscles, skin, brain, blood, bones and internal organs. Many foods in the Protein Group contain the mineral iron. Iron helps build red blood cells, which brings oxygen to the brain, heart and muscles. The most important nutrient in Dairy group foods, in addition to protein, is calcium. This mineral helps build and repair bones and teeth. Dairy foods also contain Vitamin D that facilitates the absorption of calcium. It is important to eat low-fat dairy products and lean meats whenever possible. Our 4-H'ers put this into practice by making and tasting delicious yogurt parfaits.

The Grains group on My-Plate makes up the "Go" foods in our Clover Cuisine workshop. Go foods include all grains, breads, rolls, flatbreads, hot and cold cereals, pasta, and cooked grains such as rice, oats, barley and crackers. Whole grains are healthier because they contain higher amounts of vitamins, minerals and fiber than refined grains, primarily because the bran of the kernel has not been removed. Whole



grain products are made from the entire grain kernel with nothing except the husk (chaff) removed. When the bran is part of the product, such as 100% whole wheat bread or brown rice, it has more nutrients. As part of the program, our afternoon participants got to make "French Toast Fingers" – a perfect recipe for small hands!



## Staff Directory

### Empowering Youth & Families Program Beth Morton, EYFP Program Assistant

On August 4th, Beth Morton, Miranda Thompson and Alexis Barrington attended the Montgomery County Back to School Block Party. They were able to see many familiar faces and even some new faces that are new to 4-H! They handed out folders, cups, bracelets and lollipops for kids going back to school! Beth was able to get some families interested in EYFP and hopefully will have a great turnout for our cohort starting in September!



Sign up for EYFP Today!



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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/>.



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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)



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