

## From the Director's Desk

November, 2022

It's hard to believe that the Christmas Season is already upon us! This year has flew by. We are pleased to be able to provide the **2022 TREE OF HOPE Christmas Assistance Program** again this year. The TREE OF HOPE program is a community-supported collaboration between Montgomery County Schools, Communities in Schools of Montgomery County, NC Cooperative Extension – Montgomery County Center/Montgomery County 4-H and the Montgomery County Partnership for Children, along with several of our local businesses, and numerous individual donors and volunteers. This program is designed to help families that may need support in providing Christmas for their children but we cannot do it without the support of our community.

You may ask, “How Can I Help?”

**You can help by:**

1. Adopting a child this Holiday season by choosing a Tree of Hope card from one of the businesses in the community. We also have cards available at our office.
2. Donate new or gently used toys, coats or blankets and deliver them to NC Cooperative Extension – Montgomery County Center at 203 West Main St. Troy.
3. Donate financially (tax-deductible). You can write a check to MCPC (with Tree of Hope in the memo line) and deliver to the Montgomery County Partnership for Children or to Cooperative Extension. If you prefer to donate online, you may donate at the following link: <https://toh2022.square.site/>

We thank the community for all of your many years of supporting this program! We could not do it without your support!

**NC COOPERATIVE EXTENSION**  
N.C. A&T STATE UNIVERSITY  
NC STATE UNIVERSITY

**H 4 H H**

HELP US HELP KIDS  
THIS CHRISTMAS

## Christmas Toy & Coat Drive

**Suggested Items Include:**  
Coats of all sizes (Baby - Adult Sizes Needed)  
Blankets  
Arts & Craft Supplies  
Sports Balls (Basketball, Soccer, Baseball, Softball, Football)  
Baby Dolls / Barbies / Babydoll Strollers  
Superhero Toys / FortNite / Minecraft  
Educational Learning Games  
Children's Board Games  
LEGO's / Building Blocks  
Cars & Trucks

**You may also choose to make a tax-deductible contribution.**  
**You can make checks payable to MCPC**  
**or you may donate directly at: <https://toh2022.square.site/>**  
**or by scanning the QR code.**



**DROP OFF UNWRAPPED GIFTS BY DECEMBER 2ND AT MONTGOMERY COUNTY COOPERATIVE EXTENSION OFFICE:  
203 W. MAIN STREET, TROY**

Montgomery County Cooperative Extension is an equal opportunity provider.

## Agricultural Updates

### Kaitlyn Lamaster, Horticulture

### Tracy Blake, Livestock/Field Crops

#### Montgomery County Grower Recognized in National Contest



Congratulations to local Montgomery County Grower, Josh Maynard, of Star for placing 2nd for the state of North Carolina in the [National Wheat Yield Contest!](#)

Josh is a marine veteran who now grows wheat, corn, & soybeans and operates chicken houses on his family farm. He also participated in Extension on-farm research this year, conducting a corn variety trial. Josh is always looking for ways to use innovative research-based practices on his farm. Be on the lookout for more exciting things coming out of Maynard Family Farms in the 2023 growing season!



#### North Carolina Launches the NC Farm & Ranch Stress Assistance Network

Do You or Someone you Know work and/or live on a farm or ranch?

Need help locating a counselor? Have no insurance? Unable to afford deductibles and/or co-pays?

The Farm & Ranch Stress Assistance Network -NC (FRSAN-NC) can help.

<https://ncfarmstress.org/media.php>

#### Nickels for Know-How Referendum

Attention Montgomery County Farmers! If you are a user or producer of fertilizer and/or feed, you have the opportunity to vote on the Nickels for



Know-How referendum **Thursday, November 17, from 9AM-5PM at the Extension Office, 203 W. Main St. Troy.** The referendum, held by law every 6 years, allows users

and producers of feed and/or fertilizer to decide if they wish to continue the self-assessment program. This program has been in place since 1948. A 2/3 favorable vote will mean that growers are willing to continue to assess themselves to support agricultural research and education. The assessment is fifteen cents per hundred pounds on feed and fertilizer produced in North Carolina.

For more information on this referendum and the importance of your vote, visit: <https://montgomery.ces.ncsu.edu/.../farmers-vote.../>

#### Continuing Education Credits for Animal Waste Management



Two statewide zoom classes worth 3 hours of credit each, will be offered on **November 16<sup>th</sup> at 9:00AM** and **December 1<sup>st</sup> at 1:00PM**. Most applicators need 6 credits per year. Registration for the [November](#) & [December](#) classes.

Zooms can be done online. For more information about animal waste credits or to find an in-person class, contact our office at 910-576-6011.

#### Statewide Training for Small Ruminant Producers

Many Montgomery County Farmers have started raising small ruminants (goats & sheep) due to the greater potential for profit on smaller acreage. Niche meats like lamb & goat are becoming more popular in the US Market. Currently, North Carolina is only producing 1/3 of its demand for lamb within the state. With huge room for growth, we expect to see more small ruminant farms expanding. Livestock Agent Tracy Blake has joined the Small Ruminant Improvement Team to better serve Montgomery County farmers. For more information and registration for the winter webinar series, visit the [Extension Website](#).



### 4-H Livestock Club



The 4-H livestock club spent their October meeting at the NC State Fair learning about livestock showmanship opportunities! Youth also visited agricultural exhibits and educational displays. Nearly half of the 22 youth who attended had never been to the state fair. We have 10 youth interested in showing livestock from our club next year. This was a great opportunity for our livestock youth to learn and get excited about 4-H opportunities. Interested in joining the 4-H livestock club? Our next meeting is Monday, November 21 at 6:00PM at the Ag Center, 200 Glenn Rd, Troy. Contact club leader Micaela Rush or the Extension Office for more information.



The Montgomery County Cattlemen will meet on Tuesday, November 8<sup>th</sup> at 6:30PM. The speaker will be Lee Menius from NC Choices discussing direct to consumer meat options.

Anyone interested in becoming part of the Montgomery Cattlemen's, contact Tracy Blake at 910-576-6011.

Need your hay or forage tested for nutritional value? Soil testing? Soil Samples are FREE through Thanksgiving. Cooperative Extension & NCDA partner to offer this service. Test now, to save time and money later! Call 910-576-6011.



The next Montgomery County Beekeepers Meeting will be held November 17<sup>th</sup> at 6:00PM in the MCC Multi-Purpose Room. Congratulations to C.T. Thompson, recipient of the 2022 Janno Lewis Beekeeper Scholarship. Club Treasurer Anne Partna presented the awards to C.T. and her club mentor, Tony Harris, during the October meeting.

### Links of Interest:

The Visit NC Farms App (Download Today!): <https://www.visitncfarmstoday.com/>

Meatsuite a direct-to-consumer meat app! <https://www.meatsuite.com/>

Livestock Newsletter:

<https://montgomery.ces.ncsu.edu/livestock-newsletter/>

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

Farms Food & You Podcast (The NC State Fair) <https://cals.ncsu.edu/farms-food-and-you/>

### Montgomery County Master Gardener Program

The group has been incredibly busy over the month of October! From tours to workdays, the weeks have been full.

At the StarWorks gardens, new native plants were planted thanks to the help of Uwharrie Mountain Native Plant Farm. The group planted 28 new plants in the pollinator garden out front which included 5 new species that were not previously in the garden.



The group also visited the North Carolina Plant Disease and Insect Clinic, the NC State Phytotron, and toured the JC Raulston Arboretum. They were able to learn more about how to properly ID pests and diseases, or find the right people to ID them, and how to take good samples of plant problems. They were able to see some of the research being done at NC State and JC Raulston, as well as learn about some of the history of JC Raulston and their love and involvement in releasing new redbud cultivars.



The group also toured James Creek Cider House, a cidery in Cameron that grows a multitude of crops. From blueberries to muscadine, peaches and apples, and even persimmons, the group learned about different management techniques and what each crop was destined for. They even received a behind-the-scenes tour of the cider mak-

ing process where they heard about the blending and storing process for fruit juice, including an up-close look at the fruit presses.



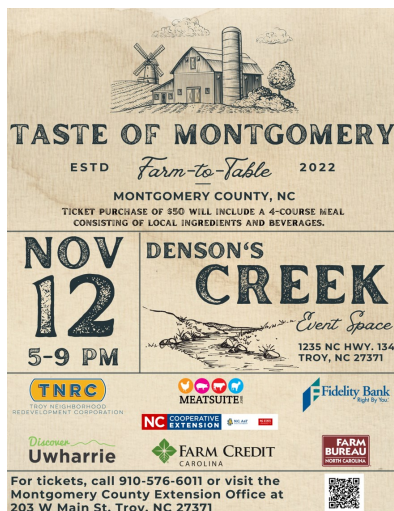
The Master Gardener program is also partnering with StarWorks to have a glass snowman raffle. The snowman was a donation from StarWorks to help raise funds for the groups projects, internal scholarship opportunities, and demonstration activities. We would like to extend our gratitude to StarWorks Center for Creative Enterprise for their continued support! If you are interested in purchasing tickets please contact a Master Gardener volunteer for tickets or contact Kaitlyn Lamaster at 910-576-6011.



The next Master Gardener Meeting will be November 7<sup>th</sup> at the Montgomery County Extension Office.

### Taste of Montgomery

Montgomery County Cooperative Extension is spearheading a small committee to organize a farm-to-table event to highlight local, direct-sale agricultural producers within Montgomery County. This event, Taste of Montgomery, is to be held on November 12th starting at 5PM at the Denson's Creek Event Space (1235 NC-134, Troy, NC 27371).



With this event, the importance of local agriculture and the necessity to support our local farmers will be emphasized. We will offer a 4-course meal comprised of some under-utilized ingredients (brisket, beets, ground lamb, etc.) to inspire participants about ways they could prepare meals at home with these often-overlooked

commodities. Each course will also be paired with a spotlight on the farm and farmers that contributed to it.

Tickets can be purchased at the Montgomery County Cooperative Extension Office (203 W Main St., Troy, NC 27371) priced at \$50 per ticket. Be sure to reserve your spot to help learn about and support our local farmers!

### Family & Consumer Sciences Updates Rhonda Peters, FCS Agent Elizabeth Thompson, Nutrition Educator

#### Congratulations to our Newlyweds!!!!



We are thrilled to announce that our Nutrition Educator (Elizabeth Thompson) married the love of her life (Wesley Callicutt) on Saturday, October 8<sup>th</sup>. We wish them well on their married journey and look for lots of love and joy to come. Congratulations Elizabeth and Wesley!!!!

#### LIFT Concludes in Peabody

Our Nutrition Educator (Elizabeth Callicutt) and FCS Agent (Rhonda Peters) implemented the LIFT program in the Peabody Community during October and November. Originally starting with a morning and evening session, we eventually combined the two classes into one evening meeting. Final assessments will be completed in November and we look forward to sharing more impacts and outcomes after that evaluation.

#### Try Healthy Programs Taking Off at Star and Candor Elementary



The Go, Glow, Grow program works with our littlest littles to teach them about the five nutritional food groups into three categories, hence "Go, Glow, and Grow". It teaches children that foods help fuel our bodies to give us lots of energy, shiny hair and sparkly eyes, and strong bones and muscles. Each of the six lessons focuses on nutrition education and allows participants to sample a healthy snack. The importance of handwashing and physical activity is

also emphasized. Mrs. Callicutt kicked off this exciting curriculum with Pre-K and first grade in both schools in October and will conclude the series in November. So far, children have been excited to try new things. One student said, "I'm so excited to go home and tell mommy and daddy to make some glitter grapes!" Moments like these make our hearts so happy!



### Teen Cuisine at Wescare Christian Academy



Our FCS Agent (Rhonda Peters) and our 4-H Youth Development Agent (Miranda Thompson) have partnered to implement Teen Cuisine with 6<sup>th</sup> and 7<sup>th</sup> graders at Wescare Christian Academy. This program focuses on helping teens and pre-teens learn core nutritional concepts to help them make better decisions so they

can lead healthier lives. In addition, they are able to put their nutritional knowledge to the test as they learn basic kitchen and cooking skills in order to be able to prepare nutritious foods independently instead of choosing to eat convenience foods, which are often, less healthy. So far, youth have tried their hands at making a fall vegetable casserole, fresh salsa, spinach and egg wedges and black bean brownies. They have learned how to use the nutrition facts labels on food items to choose healthier items, have learned about the importance of breakfast, and have set personal health goals to achieve in the coming weeks. The program will conclude in November and we look forward to sharing more outcomes and impacts in next month's report.



search of nutritious sweet potato recipes yields tons of results, but I want to share one of my favorites with you. It actually is really good!

### SWEET POTATO CHEESECAKE

Ingredients:

- 1 cup gingersnaps (finely crumbed, or graham crackers)
- 3 tablespoons butter (unsalted, melted)
- 8 ounces cream cheese (light, softened)
- 1 cup sweet potatoes (mashed, peeled and cooked)
- 1/3 cup sugar
- 1 ½ teaspoons pumpkin spice
- 1 teaspoon orange peel (finely shredded)
- 1 teaspoon vanilla
- 5 egg whites
- 1 cup milk (evaporated, reduced fat 2%)

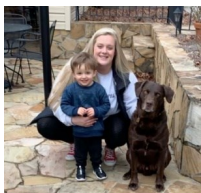
Directions:

#### Crust

1. Combine crumbs and butter. Press mixture into bottom and 1 inch up sides of an 8 inch spring form pan. Set aside.

#### Filling

1. In a large mixing bowl, beat cream cheese, sweet potatoes, egg white, sugar, pumpkin pie spice, orange peel and the vanilla until combined. **DO NOT OVER BEAT.**
2. Stir in milk. Carefully pour into prepared pan.
3. Bake at 350 degrees for 60-70 minutes until center appears set.
4. Cool on wire rack for 45 minutes. Cover and chill thoroughly.
5. Remove sides of pan.
6. Garnish with dessert topping and orange peel.



### Elizabeth's Nutrition Nuggets

Did you know that North Carolina produces more sweet potatoes than any other state in the nation? Even more interesting, Montgomery County is one of the leading sweet potato producers in North Carolina. How cool is that??? A simple google





# 4-H Happenings in Montgomery County

## Miranda Thompson, 4-H Youth Development

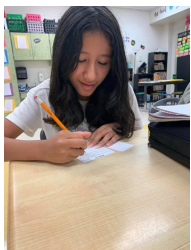
### Mooving Milk

In October, Star Elementary School participated in Mooving Milk! This curriculum teaches youth all about how cows grow, make milk, and all the things that we do to get milk to consumers. Kindergarten students were able to learn all about where their tasty milk comes from, how it is processed, and some of the tasty treats that are made from milk. Students enjoyed making and tasting homemade butter in a jar on the last day! Thank you kindergarten teachers for allowing our 4-H Agent, Miranda Thompson and Agriculture Agent, Tracy Blake the time in your classrooms!



### Kids Voting North Carolina

Fourth grade students at Green Ridge Elementary School participated in their first lesson for Kids Voting North Carolina. This program educates voters under 18 all about making informed voting decisions, the process of voting, and why we vote. Students enjoyed voting for fun topics that related to school, recess, bullying, vegetables, and even if kids should never eat candy again! Students learned why it is important to know what they are voting for and why we vote. In November students will participate in mock voting at their school!



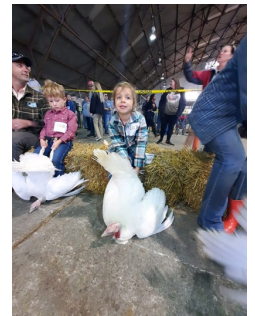
### 2022 Youth Market Turkey Show

This year six of our Montgomery County 4-H Livestock Members traveled to the North Carolina State Fairgrounds for the 2022 Youth Market Turkey Show.

We want to say congratulations to Brady, Emma, Josiah, Madilynn, Joel, and Eli for all placing within the top 10 of their classes! These showmen worked hard and are excited to participate again next year!

A special congratulations to Emma for 1st place in the sign competition for her age division!

This project runs from June to November every year and is open to any youth! If you think your youth might be interested for next year, contact your 4-H Agent, Miranda Thompson!



## More Pictures from the NC State Fair



### 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/> .

## Staff Directory



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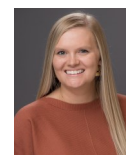
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### STAY UPDATED!!!!

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)



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