

October, 2022

From the Director's Desk

Growing up as a child, my favorite season was always summer. The older I get, the more my favorite season has become fall. There is something so nostalgic about the cool, crisp days in Autumn. This time of year also brings lots of fun family events like outdoor festivals, apple picking, trips to the mountains and at the end of the month, trunk or treats and trick or treating. When I was growing up, we went door to door trick or treating followed by an inspection of our candy by our parents upon arrival home. Although Halloween can be a fun time for families to dress up and receive some sweet treats, we must remember some important safety tips to ensure everyone stays safe this Halloween.



The National Safety Council says in 2018, an estimated 6,100 pedestrian deaths and 160,000 nonfatal injuries occurred among pedestrians in motor vehicle incidents. It's fun to have a good time with your friends and family on Halloween! But, in order to keep the good times rolling, everyone needs to make sure they stay safe. Here are some tips to remember this Halloween.

1. If you're sending kids out trick-or-treating, make sure they have something bright and reflective on their costumes. That way, people driving will be able to see them after dark.
2. Make sure your child can see! Masks and large hats or wigs can block vision. If you can use makeup instead of a mask, please do so.
3. All costumes should be fire-resistant.
4. Accompany your little ones on their neighborhood trick-or-treating if they are under 13 years of age. (This can depend on the child, and where you live.)
5. Tell your kids to stay in large groups, and in as much light as possible if they're out alone after dark.
6. If possible, allow them to carry a cell phone for quick, easy communication.
7. Agree on a time that your children should be back at home.
8. If you are out driving, remember that kids tend to dart across streets, and generally aren't paying as much attention to their surroundings as we hope. Slow down, and keep your eyes open for potential hazards.
9. Make sure any Halloween makeup is non-toxic and taken off before bed.
10. Mainly, remember to stay alert, have a few rules for little ones, and have a fun, safe Halloween night!



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

LIFT in the Peabody Community at Troy Chapel

Lifelong Improvements through Fitness Together (LIFT) has kicked off in the Peabody Community through the partnership with Better Together Montgomery. Prior to the start date, we conducted pre-assessments on 17 potential participants, which will then be compared with post-assessments after the 16 session program to determine impact and success. As we hope you know by now, LIFT is NOT a weight-loss program but instead focuses on building strength, flexibility and balance. Research proves that these three things are imperative for senior adults especially, to help them age in place and be more able to complete everyday activities. For adults of any age, this program helps to achieve the recommended number of minutes spent in strength training activities. Additionally, the nutrition component of this program encourages participants to prioritize the consumption of more fruits and vegetables. The Peabody community has embraced this program with an overwhelming initial response that required us to provide both a morning and evening session. Rhonda (FCS Agent) primarily leads the morning session and Elizabeth (Nutrition Educator) primarily leads the evening session, although both ladies are more than willing to provide assistance at any time. We are excited to see how this program will impact participants. Stay tuned!!!!



Elizabeth's Nutrition Nuggets

I saw a meme on Facebook the other day that said “the weather went from 80 to 55 like it saw a state trooper”. While I found it hilarious, it’s also very true and I couldn’t be more excited to embrace the beauty of fall. Some of my favorite childhood memories include raking leaves and jumping in the HUGE leaf pile with my sister Paige. Not only is this fun, but what a great way to get some physical activity in without even realizing you’re exercising. That’s one reason I love fall – we can be outside and active in so many ways (walking, playing, picking apples, going to pumpkin patches and corn mazes) and all the while enjoy the beautiful weather and changing leaves. This month, especially, I’d like to encourage you to take the time to be outside and move your body while you appreciate the beauty of our lovely county. Another one of my favorite fall activities is roasting marshmallows by the fire (although sometimes it’s a fire pit instead of an actual camp fire). Whatever fall traditions you enjoy, look for ways to make them a bit healthier. For example, consider using dark chocolate on your S’mores or even leaving the chocolate off and adding a piece of fruit. Instead of drinking soda by the fire, consider hot apple cider.

Try this wonderful “Mini Apple Pie Bites” recipe to get you started. And if you try it, send me a picture and a review and you just might win a prize. (Email me at eathompson@ncat.edu).

MINI APPLE BITES

Ingredients:

- Cooking spray
- 1 apple cut into 16 slices
- 2 teaspoons brown sugar
- 1 ½ teaspoons cinnamon
- 2 tortillas, whole wheat, cut into 16 triangles, warmed

Yogurt Dipping Sauce

- 6 ounces light vanilla yogurt
- ¼ teaspoon cinnamon
- ½ teaspoon brown sugar



Directions:

1. Preheat the oven to 350 degrees F.
2. In a small bowl, toss apples, brown sugar, and cinnamon until coated.
3. Place one apple slice on the short end of the tortilla triangle and roll up. Place the apple on a baking sheet (sprayed with cooking spray) seam side down. Repeat with the remaining apples.
4. Spray apples / tortillas with cooking spray. Bake for about 12-15 minutes (or until brown).
5. In a small bowl, mix yogurt dipping sauce ingredients together. Use for mini apple bites.

Coming Up in FCS:

- Statewide Extension Conference (October 3 -5)
- Teen Cuisine Kicks off at Wescare Christian Academy (6th – 12th Graders) in October
- Go, Glow, Grow starts at Star Elementary with Pre-K and 1st Graders on October 17
- Go, Glow, Grow starts at Candor Elementary with Pre-K and 1st Graders on October 21
- LIFT at Troy Chapel Continues through November
- Appalachian Health Conference Occurs in Roanoke, Virginia on November 3rd and 4th
- Eat Smart, Live Strong begins in Brutonville on November 7th
- Real Money, Real World will be held at Montgomery Central High School in collaboration with Communities in Schools on Thursday, November 17th
- THANKSGIVING happens!!!! (Stay tuned for healthy recipes and food safety information)

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/> .

Agricultural Updates

Kaitlyn Lamaster, Horticulture

Tracy Blake, Livestock/Field Crops

Montgomery County Master Gardener Program

With the new installment of permanent workdays, the group has been busy taking advantage of the coming cooler weather.

At the Starworks gardens, summer plantings were removed and replaced with a seeding of crimson clover. Crimson clover is a great cover crop to hold soil over winter, prohibit weeds from coming up during the cooler months, and provide an early floral resource for pollinators.



At the Extension office, volunteers gave the front sign some much needed love and planted a smattering of perennial crops that will come back year after year. These flowers vary in height and color to add interest to the sign without detracting from its intended purpose of advertisement.

The Master Gardener program is also partnering with Starworks to have a glass pumpkin raffle. The pumpkin was a donation from Starworks to help raise funds for the group's 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 October 10th at a Montgomery County Master Gardener volunteer's residence.

Taste of Montgomery – Hold the Date

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) starting October 4th priced at \$50 per ticket.

Be sure to reserve your spot to help learn about and support our local farmers!

Visit NC Farms App

In partnership with the Montgomery County TDA, the Montgomery County Extension Office is happy to help provide some marketing outlet for local farms and businesses through the NCDA & CS's "Visit NC Farms" App.



New card racks have been distributed to 3 locations throughout the county (Eldorado Outpost, The Speckled Paw, and the Discover Uwharrie Center) to help call attention to not only the app but also to serve as a place for all information Montgomery County related! Give them a look through next time you see one!

It's Harvest Season!

Make sure to be on the lookout for farm equipment moving up and down the roads over the next few months. While it can be frustrating to be stuck behind a slow-moving combine, remember that this equipment is essential to harvesting the crops we use for food and fiber. NC State has put together an excellent video with tips for sharing the roadways with farm equipment. You can view the video on the [Homegrown Youtube Channel](#).



What is a variety trial?

Harvest has already begun in Montgomery County. Last week Extension assisted with the harvest of a local grower's commercial corn variety trial. A variety trial entails growing different varieties of a crop alongside each other in order to directly compare their performance across any number of characteristics. It can be highly controlled and scientific or very informal. Area specialist, Jenny Carleo, brought the NC State weigh wagon to assist in calculating yield for each variety harvested. We hope the results will help our grower select the best seed for his farm conditions and cultivation practices. Other growers interested in participating in a variety trial should contact our office 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.



The Montgomery County Cattlemen will meet on Tuesday, October 11th at 6:30PM. The speaker will be Josh Pratt from NRCS discussing grant programs. Anyone interested in becoming part of the Montgomery Cattlemen's, contact Tracy Blake at 910-576-6011.



The next Montgomery County Beekeepers Meeting will be held October 20th at 6:00PM in the MCC Multi-Purpose Room. Some members will also be participating in the MCC ribbon cutting for the new Green House on Wednesday, October 12th at 4:30PM.

Upcoming Workshops

Join NC Cooperative Extension in presentations including hay and feed tag analysis, hay testing demo, minerals and supplements, pasture management, and nutritional health problems.

Speakers: Dr. Paul Siciliano, Dr. Lisa Kivett, Christina Reynolds, and Extension Agents

Register by Oct. 28th:
go.ncsu.edu/equinenutrition2022

Accommodation requests related to a disability should be made by October 20th, 2022 to Ginger Cunningham, ginger.cunningham@ncsu.edu.
NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status, NC.

Register at: go.ncsu.edu/equinenutrition2022

NC STATE EXTENSION

ONLINE WEBINAR

NOVEMBER 01, 2022

Medically important antibiotics used to treat livestock will soon be leaving farm store shelves near you. Come learn about which antibiotics will be impacted by this FDA Guidance and what you can do to prepare your farm for this transition. Registration is required. Join via phone, tablet or computer.



KEYNOTE SPEAKER



Dr. Tom Van Dyke
Extension Beef Veterinarian
and Clinical Veterinarian
College of Veterinary Medicine
NC State University

THE LAST OF THE "OVER THE COUNTER" ANTIBIOTICS

7:00 - 8:30 P.M.
Live via ZOOM MEETING

REGISTER NOW!
go.ncsu.edu/otc



QUESTIONS?
✉ ddharmon@ncsu.edu

Register at: go.ncsu.edu/otc



Mark your calendars to visit the NC State Fair, Thursday October 13-23, 2022! The Montgomery County 4-H Livestock Club will be attending the Fair on Friday, October 14th to watch some of the state livestock competitions and view the agricultural booths and exhibits. The State Fair is an excellent way to get a glimpse of the diverse agricultural commodities produced in North Carolina! For more information on the State Fair, visit: <https://www.ncstatefair.org/>

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 (Be Prepared for Hurricane Season) <https://cals.ncsu.edu/farms-food-and-you/>

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



For the first time in almost three years' new agents across the state participated in 4-H SPARK. This three-day conference was held in Cary, North Carolina. Our newest agent, Miranda Thompson was able to attend along with around 15 other agents. While at this training all things 4-H was discussed! From how to manage clubs to creating school enrichment programs to benefit students. Agents will meet again virtually two more times before summer and will travel to Cary once again in January.



This November Montgomery County 4-H will be hosting Kids Voting North Carolina! This program allows youth that aren't of voting age to participate in a mock election. Youth will be able to vote just like adults throughout North Carolina. In Montgomery County, 4-H plans to start within our elementary schools. We will be working with fourth and fifth graders across the county, educating them on the electoral process and why voting is so important. Throughout the first week of November students will have the opportunity to vote in their school on mock ballots. Results will be shared with the students and their school after voting is complete. We are excited to bring this program to our county and look forward to making it an even larger event in the coming years.

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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. If you would like to be added to our email distribution list, please email Kim_Gibson@ncsu.edu



Check out our current videos by visiting

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