

North Carolina Cooperative Extension Montgomery County



From the Director's Desk

January, 2023

Happy New Year! Welcome to the New Year! Many people set goals for the new year, and many of those include things like weight loss, saving more money, decluttering, starting their own gardens, shopping local, etc. Guess what? If you were among the thousands that made similar goals, then we have good news for you! North Carolina Cooperative Extension is here to help! Our Staff are excited about the New Year and about 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.



Our County Extension Director recently received a grant from the NCDOT through their **Bicycle Helmet Initiative program** to provide 100 helmets to children in our county. At this year's Candor Tree Lighting, **36 kids received a helmet free of charge** with the bicycles that were won during the event. Each year, more than 3,000 pedestrians and 850 bicyclists are hit by vehicles in NC. On average, **about 160 pedestrians and 20 bicyclists are killed each year in NC**. Properly-fitted helmets can reduce the risk of head injuries by at least 45%. Less than half of children under age 14, wear a bike helmet. Cooperative Extension looks forward to holding more events like this one in the near future to help properly fit more children for helmets in our community.

Montgomery County Tree of Hope Christmas Assistance Program is co-sponsored by NC Cooperative Extension and Montgomery County 4-H along with Montgomery County Schools, Communities in Schools and the Montgomery County Partnership for Children. This year, 446 children from Montgomery County were identified to benefit from the program and distribution of gifts occurred on December 9th. See a few photos below from this year's program. We would like to extend a huge **THANK YOU** to everyone who donated money or gifts this Holiday season to the cause. Because of you, we can make a difference in our county one child at a time.





4-H Happenings in Montgomery County

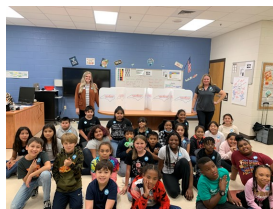
Miranda Thompson, 4-H Youth Development

Kids Voting Montgomery County 2022



In November, fourth and fifth graders from Greenridge and Candor Elementary participated in Kids Voting NC! Our Creative Hands 4-H Club also was able to take part in this awesome program on the evening before election day. 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.



Research shows that kids who are given the opportunity to practice voting as kids are at least 50% more likely to vote as adults!

Kids Voting in Montgomery County is excited to continue this program next year with more

youth. This program is sponsored by North Carolina 4-H and Kids Voting Durham. Thank you to our schools and youth that participated this year.



Youth Leadership Montgomery 2022- 2023 Cohort Begins!

Youth Leadership Montgomery began in November! After orientation, later in the week youth took a trip to Greensboro to see if they could work together to



BREAKOUT of themed escape rooms.

During orientation youth were able to partici-

pate in a Real Colors assessment. This assessment helps to identify your "color" based on your personality, values, and how you respond to situations. Each group was made up of youth from all different, colors of personality. This was a great time for all to reflect on how they interact in a group and work together.

We are so excited for this cohort and all that is to come this year in Youth Leadership Montgomery!



Egg-Cellent Egg Contest 2022

In September of 2022, Montgomery County 4-Hers that have egg laying hens registered to participate in the 2022 Egg-Cellent Egg Contest. This contest is open to youth across the state of North Carolina. From September to November youth participants were required to take part in online training provided by NC State and NC Cooperative Extension as well as complete online modules. To wrap up this contest, youth submitted up to two dozen of their eggs for judging at NC State University in November. We couldn't be more proud of how well our youth did this year.



Congratulations to our Egg-Cellent Egg Participants from Montgomery County!

Junior Division for our area in Brown Large Eggs

Emsely Sharpe: 2nd and 1st Place

Intermediate Division for our area in Brown Large Eggs

Joel Farlow: 3rd Place

Christopher Hogan: 2nd Place

Madilynn Bowles: 1st Place

Intermediate Division for our area in Colored Eggs:

Christopher Hogan: 1st Place

Intermediate Division for our Area in White Eggs:

Madilynn Bowles: 1st Place

Senior Division for our area in Brown Large Eggs:

Elijah Farlow: 1st Place

Thank you to all our 4-Her's that participated!

Agricultural Updates

Tracy Blake, Livestock/Field Crops

Pesticide Applicator Exam



Montgomery County will host a pesticide applicator certification exam on **Friday, February 10, 2023 12:30-4:30PM** at the Extension Office, 203 W. Main St.

Troy. This exam is for new applicators seeking a license or those who have let their license expire and need to re-certify. This **NOT** a continuing education class. Study for this exam will need to take place prior to attending the exam. The cost for certification is \$10.00. Candidate must bring to the exam a No. 2 pencil, calculator and valid photo ID. Contact our office at 910-576-6011 for information about study materials or to sign up for the exam.

American Forage and Grassland Annual Conference

January 8-11, 2023-Winston Salem, NC

AFGC is an international organization made up of 22 affiliate councils in the United States with over 2,500 members. Their primary objective is to promote the profitable production and sustainable utilization of quality forage and grasslands and they are dedicated to advancing the use of forage as a prime feed resource.

To register visit: <https://www.afgc.org/annual-conference/>



Southern Farm Show



February 1-3, 2023 at the State Fair Grounds, Raleigh, NC

The Southern Farm Show is the largest annual agricultural exposition in the Carolinas and Virginia. Filling the NC State Fairgrounds, the show hosts over 400 exhibitors, agricultural meetings, workshops and training, and everything farmers need to prepare for the coming growing season. <https://southernshows.com/sfs>

Agritourism Conference

February 20-21, 2023 in Charlotte, NC

The NC-Agritourism Networking Association hosts the NC Agritourism Conference annually, that brings farmers together, not only from across the state, but from across the country as well. Not only will the conference have interactive farm tours that visit Agritourism Farms and other points of interest, but they will also host a large educational conference and trade show that appeal to not only beginners in the Agritourism world but the experienced and seasoned farmers as well.



The conference brings vendors and exhibitors that are specific to the industry and that Agritourism farmers want to talk, communicate and network with. <https://nc-ana.org/product/n-c-agritourism-2023-farm-tour-conference>

2023 Cattlemen Conferences Save the Dates

Cape Fear Regional Cattlemen's Conference:

Tuesday, January 17 from 4-8PM

<https://robeson.ces.ncsu.edu/2022/12/2023-cape-fear-regional-cattle-conference/>

NC State Cattlemen's Conference:

Friday, February 24-Saturday, February 25

<https://www.nccattle.com/news-events/annual-conference>

Piedmont Cattlemen's Conference:

Friday, March 24 (Tour local farms!)

Registration information available soon.



NC Small Ruminant Improvement Program Winter Webinar

QR Code

Taking the Next Step: Small Ruminant Post-Weaning Management

January 19, 2023
7:00PM-9:00PM

Via Zoom
<https://go.ncsu.edu/jan23>

NC COOPERATIVE EXTENSION

NC CAST

North Carolina Small Ruminant Improvement Program

NC Cooperative Extension is an equal opportunities provider.



The Montgomery County Cattlemen will meet on Tuesday, January 10th at 6:30PM. This will be the first meeting held by the newly elected President, Kristian Lynthacum. Anyone interested in becoming part of the Montgomery Cattlemen's, contact Tracy Blake at 910-576-6011.



Need your hay, feed, or forage tested for nutritional value? Soil testing? NC 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 January 19 at 6:00PM at MCC. The speaker this month will be Frank Kissel of the Montgomery County Beekeepers Association who will be speaking on "Preparing your Honey to Enter Local or Statewide Competitions."

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 (Tis the Season for Poinsettias)

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

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

LIFT Assessments at Troy Senior Center

Rhonda (FCS Agent) and Elizabeth (Nutrition Educator) kicked off Lifelong Improvements through Fitness Together (LIFT) at the Troy Senior Center. Prior to the start date, we are to conduct pre-assessments on potential participants, which will then be compared with post-assessments after the 16 session program to determine impact and success. We had a total of 15 participants do the assessments and everyone seemed eager and excited

to start! 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 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. We are excited to see how this program will impact participants. Stay tuned!

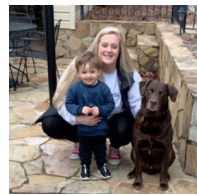


Go Glow Grow



Elizabeth (Nutrition Educator) finished Go Glow Grow at Star and Candor Elementary Schools with all Pre-K classes as well as all 1st grade classes! Elizabeth is currently working with all Pre-K classes at Green Ridge and Troy Elementary schools now and plans to promote the Go,

Glow, Grow curriculum with all 1st grade classes at both of these schools as well. Heightened childhood obesity rates continue to be a concern across the nation and the state of North Carolina. According to the 2020 Montgomery Community Health Assessment compiled by the Montgomery County Department of Public Health, 49% of public schools in the county are either overweight, obese, or extremely obese. Encouraging healthy eating and ample physical activity during the preschool years will have long-term benefits. Through the Go, Glow, Grow curriculum, preschoolers and kindergarteners learned to make the connection between eating healthy foods and beginning to live healthy!



Elizabeth's Nutrition Nuggets

Chilly winter weather affects more than just your wardrobe and heating bill. Your body also experiences changes in energy levels, metabolism and even food preferences. Do you react to bitter cold by skipping the gym and convincing yourself you deserve a calorie splurge to warm up and offset your discomfort? You're not alone. But the cold truth is, no weather warrants unhealthy eating habits. Just as you shouldn't overdo ice cream during the dog days of summer, you shouldn't live on a steady diet of hot chocolate and warm cookies during winter (no matter how tempting it sounds). Dr. Albers says what you eat can not only impact your mood and sleep, but also your immune system. "One of the best things you can do to help your immune system and boost your mood is by adding foods that are high in vitamin C. These are foods like citrus fruits, oranges, mangoes, lemons, kiwis, but they are also found in broccoli, bell peppers and strawberries," she advises. This winter try adding in some of these foods to any meal or snack to keep that immune system up! Try these yummy Bell Pepper Tempeh Fajitas:

Bell Pepper Tempeh Fajitas

Ingredients:

- 1/3 cup and 1 tablespoon olive oil, divided
- 3 tablespoons fresh squeezed lime juice
- 2 tablespoons low-sodium soy sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/8 teaspoon cayenne
- 2 garlic cloves, grated
- 2 8-ounce packages soy tempeh
- 1 medium red onion, cut into 1/4-in. slices
- 1 large red bell pepper, cut into 1/4-inch slices
- salt and black pepper, to taste
- 8 6-inch corn tortillas

Directions:

Cut the tempeh into 1/4 inch by 2 inch strips. Place 1/3 cup of the olive oil with the lime juice and soy sauce in an 8-inch dish. Season

with the cumin, oregano, cayenne pepper and garlic. Combine 1/3 cup oil, juice, soy sauce, cumin, oregano, cayenne and garlic in an 8-inch dish. Add tempeh, tossing to coat thoroughly. Cover and refrigerate for 2-12 hours, stirring occasionally.

Heat a large cast-iron grill pan over medium-high heat. Brush pan with oil. Add half of tempeh to pan. Cook for 5 minutes, flip and cook 5 minutes more. Place in a warm bowl and repeat with the remaining tempeh.

Place the onion and bell pepper with remaining 1 tablespoon oil. Season with salt and black pepper to taste. Add the bell pepper and onion to pan used to cook the tempeh. Cook for 3-5 minutes, stirring occasionally, or until the bell pepper and onion is tender and fragrant.

Heat the tortillas directly over the flame of a gas stove or in a dry nonstick pan. Place 2 tortillas on each plate. Top evenly with tempeh and bell pepper mixture and enjoy.



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

Staff Directory



Chrissy Haynes
County Extension Director
chrissy_haynes@ncsu.edu



Kim Gibson
Administrative Assistant
kim_gibson@ncsu.edu



Rhonda Peters
Family & Consumer Sciences
rtpeters@ncat.edu



Elizabeth Thompson
Nutrition Educator
eathompson@ncat.edu



Tracy Blake
Livestock & Field Crops
tracy_blake@ncsu.edu



Miranda Thompson
4-H Youth Development
mkthomp5@ncsu.edu



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

