

North Carolina Cooperative Extension Montgomery County



March, 2023

From the Director's Desk

Greetings from NC Cooperative Extension – Montgomery County Center! We hope that March finds you and your loved ones well. Our staff hopes that you enjoy this edition of our newsletter. As always, please reach out with any questions you have or to register for any of our programs.

We have begun planning our **4-H Summer Adventures Program** and are currently looking for any **volunteers** who have a **special talent, hobby or skill** that you would like to share with youth of any age group (between 5 – 18 years old). Maybe you enjoy sewing or budgeting or cake decorating and would be willing to teach little minds to like the same, then we need YOU! Give us a call to share your interests and we will plan a program around your needs.

We are also currently recruiting youth to attend **Overnight Camp at Millstone 4-H Camp**. Montgomery County youth receive a very large discount by registering to attend with our group of campers due to generous donations of business owners and community members in our county. We are so thankful for their continued support. If you are interested in sending your child to camp with us this year or in becoming a sponsor, please give Chrissy a call and let her know. Spaces are limited and fill up fast. Overnight camp dates are July 23rd – 28th.



Our Montgomery County Extension Master Gardeners are planning a plant sale at our office on **Saturday, April 29th and Saturday, May 6th from 9 AM – 1 PM** each day. There will be lots of native plants, vegetable plants and specialty plants available for purchase. You don't want to miss out on this sale!



Pictured above: **Youth Leadership Montgomery** students recently attended a County Commissioners meeting on Tuesday, February 21st to learn more about local government and how decisions are made on the county level.



4-H Happenings in Montgomery County

Miranda Thompson, 4-H Youth Development

2023 Regional 4-H Chicken Project

On February 23, 2023 Montgomery County 4-Hers picked up their chicks for the 2023 Regional Chicken Project!

Youth will spend the next few weeks raising their chickens and completing a project all before the Regional Chicken Show in April in White Lake, North Carolina. We want to say a special thank you to the Montgomery County Partnership for Children (MCPC), Mountaire Farms, Montgomery County Farm Bureau and Tractor Supply Co. for donations!



leased soon. Contact our 4-H Agent, Miranda Thompson to sign your youth up today!

NC STATE EXTENSION

2023 DINAH GORE 4-H HEALTHY FOOD CHALLENGE

WHO: Youth Ages 8-18 WHEN: May 20, 2023

WHERE: N.C. State Fairgrounds

The Dinah Gore 4-H Healthy Food Challenge is a contest that challenges a team of three to four 4-H members to create a dish that will serve three people using a predetermined ingredient, food category, and items from the locally-sourced pantry. Once the ingredient is revealed, the team will have 40 minutes to prepare the dish, clean up and prepare their presentation for the judges. The team will make a presentation to the judges covering their dish, its health benefits, and the nutrients that the dish provides to the body, about 10 minutes after the dish is ready.

CATEGORIES:

- Protein
- Grains
- Fruit & Vegetable.
- Dairy

randomly assigned day of contest

**CONTACT YOUR 4-H AGENT
FOR MORE INFORMATION!**

AGRICULTURE
got to be NC
gottobencc.com

SPACE IS LIMITED!

**YOU COULD BE THE NEXT
BEST JR. CHEF TEAM!**

Creative Hands 4-H Club February Meeting



To honor and celebrate Valentine's Day, our Creative Hands Club spent two evenings working with our 4-H'ers on self-image and positive self-talk. We must first love ourselves to show love and kindness to others. We identified some of our own positive characteristics, shared kind words to others and then created "I am...." statements

that we then spoke to ourselves using mirrors. We must all practice saying kind words to ourselves regularly and encourage our children to do the same.



2023 Dinah Gore 4-H Healthy Food Challenge

Montgomery County 4-H is excited to announce this awesome opportunity for youth that love to cook. The 2023 Dinah Gore 4-H Healthy Food Challenge will take place in May at the Got to Be NC Fair in Raleigh. We are currently looking for youth ages 8 to 18 to participate. Prior to this competition, youth will participate in 4 practice sessions to prepare. More information will be re-

Youth Leadership Montgomery 2023

Youth Leadership Montgomery held a one day event this month where they spent the day touring undiscovered places and local businesses in Montgomery County. Youth learned all about the work being done at Aberdeen Carolina & Western Railway and Uwharrie Environmental then had the chance to learn about some of the rich and unknown history in Montgomery County at Montgomery Insurance and Discover Uwharrie.

Thank you to everyone that took time out of their day to work with our youth!

Youth Leadership Montgomery will meet again in March with Montgomery Adult Leadership for Agriculture Day!



Agricultural Updates Tracy Blake, Livestock/Field Crops

Nance Family Meat Goat Leadership Institute

The demand for goat meat in the United States has been on the rise. An expansion in ethnic markets that prefer goat meat as well as the relatively short return on investment for farmers has contributed to this trend. On Saturday, February 4th, two 4-H Youth from Montgomery County (Savannah Dennis & Jillian Haywood) attended the [Nance Family Meat Goat Leadership Institute](#) in Raleigh. They were selected along with other youth from across the state to take part in a full day experience relating to all stages of meat goat production and leadership within the ag industry. We wish both our 4-H'ers the best in continuing their leadership journey.



NCDA Pesticide Exam

February 10th, 25 people took [NC Pesticide Exams](#) at the Extension Office. There were a mix of private and commercial applicators testing. Some added areas to their license to include ornamental & turf grass, forestry, and aquatics. Did you know that spraying on any type of public land or spraying land that is not your own requires a license in NC? This includes both restricted use AND general use pesticides. Private applicators only need a license to spray restricted use pesticides on their own property. Be on the lookout for more information about our continuing education classes coming up later this year.



4-H Livestock School



So proud of our Montgomery 4-H Livestock Showmen for attending their first showmanship clinic recently held in Lenoir County! Our youth learned about the care and showmanship of

goat, sheep, and swine projects. All youth plan to show in our showmanship circuit this fall. This clinic was the first time in a show pen for each of them and they all tried very hard. Thank you to state 4-H and the seasoned showmen for providing Livestock for them to practice. We already see a lot of growth in these young people!



SAVE THE DATE: Farmer's Market Opening Days

Montgomery County will have TWO farmer's markets this year. For information on how to join the markets or to get a grower's certificate, please contact Extension at 910-576-6011.

Troy Farmer's Market (Town Stage Parking Lot):
April 13, 7am-1pm
Biscoe Farmer's Market (Biscoe Park): April 17,
2pm-6pm



2023 Cattlemen Conferences: Save the Dates

Piedmont Cattlemen's Conference: March 24th (Tour local farms!)

Beef Field Day: March 18th

The Montgomery County Cattlemen will meet on **Tuesday, March 14th at 6:30PM**. The NCDA Veterinary Division will be discussing the upcoming change to antibiotic access for farmers. 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 **March 16th at 6:00PM** at MCC. Libby Mack will be speaking on "Swarm Management."

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 (Finding your Niche) <https://cals.ncsu.edu/farms-food-and-you/>

Beef Quality Assurance (BQA) Training






Beef Quality Assurance (BQA) is a national program that raises consumer confidence through offering proper management techniques and a commitment to quality within every segment of the beef industry.

| Details | Agenda |
|--|--|
| Date: Saturday, March 25, 2023 | Noon-1PM: Lunch |
| Time: 12:00 p.m.-5:00 p.m. | Sponsored by: ABS Global |
| Location: Windy Hill Farms | 1PM-2PM: Chute-side Demo |
| 2368 NC Hwy 42, Asheboro | 2PM-4PM: BQA Class |
| | 4PM-5PM: Test |
| | **Location** |
|  Register by March 17th at: https://go.ncsu.edu/marchbqa | www.windyhillfarmsllc.com |

BQA Certification fee is \$15 if you are a member of NC Cattlemen's Association, if not, the fee is \$40. Fees will be collected on-site (please bring a check)

For More Information Contact: Tracy Blake tracy_blake@ncsu.edu, 910-576-6011
or Adam Lawing adam_lawing@ncsu.edu, (336) 318-6000





Soil Health 101

Receive 2 hours of V
Pesticide Credit

Friday, March 31, 8:30AM-2:45PM
Moore County Extension Office

Horticulture and Livestock Topics

- Soil Health 101
- V Credit Pesticide Credit

Horticulture Breakout Session Topics

- Plant Disease
- Pest
 - Identification
 - Management
- Nutrition

Livestock Breakout Session Topics

- How livestock management affects soil health
- Soil fertility
 - Fertilizing warm-season grasses
 - Fertilizer options
- Summer weed management




Register online @
<https://go.ncsu.edu/soilclass>
Questions
Please call: (910) 947-3188
Email: tpshea@ncsu.edu or savanah_laur@ncsu.edu



Accommodation requests related to a disability should be made by March 24th to the above number. "North Carolina Cooperative Extension is an equal opportunity provider."

Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson,

Nutrition Educator

How Are You Spending Your Tax Refund? Every year, about this time, people start talking about tax season. Some look forward to it with a smile and hopes of a large refund check and some dread the season knowing they'll have to pay something to the government. For those who are expecting a refund, take time to think about how important it is to be smart with the money you get back. Consider starting an emergency fund – research shows that we should work toward having three to six months' worth of living expenses in savings. Until you get to that point – be aware that any amount in emergency savings is better than none. Tax refunds are a great time to think about paying down credit cards and eliminating debt – especially if you find yourself only paying the minimum due or paying just the interest and the principal never seeming to reduce. If you are struggling to get rid of credit card debt, consider using the Power Pay tool. Brought to you from Utah State Extension, this FREE tool will help organize and eliminate debt. In order for it to work, you need to commit to three steps:

1. Quit adding to the debts you want to eliminate.
2. Commit to keeping the total amount of money going toward debt payments the same until ALL the debts are repaid.
3. When one debt is paid off, add the amount you're used to paying on that one to another debt. This is called "snowballing" payments and it makes a huge difference.

Take a minute to gather all your bills, and make sure you find the interest rates with each of them. Visit powerpay.org and use the FREE tool to put in your information and learn which bills to attack first, and how quickly you can pay off debt. For technical assistance, or if you have questions, please contact Rhonda Peters at rtpeters@ncat.edu.

NC Small Ruminant Improvement Program Winter Webinar






**Reproductive
Management for
Improved Small
Ruminant Flock
Productivity**

**March 16, 2023
7:00PM-9:00PM**

Via Zoom
<https://go.ncsu.edu/mar23>





"NC Cooperative Extension is an equal opportunities provider."

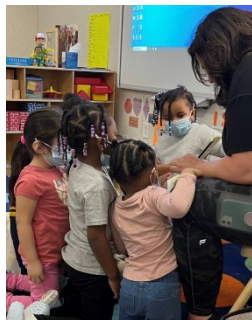


Go, Glow, Grow Nutrition Education



Elizabeth is working with first graders at Green Ridge Elementary School and Rhonda is working with pre-k classrooms and three year olds at Save the Children / Candor Head

Start. We are halfway through the six week curriculum, and students are enjoying learning about My Plate and how the food we put in our bodies is like gas in a car. Just like we wouldn't put trash in the car and expect it to work, we don't put unhealthy foods in our body and expect it to win the race. Starting kids off early with nutrition education has been shown to increase the likelihood of healthy behaviors continuing throughout the lifespan. Children have enjoyed taste testing energy bites, glitter grapes, chocolate chip and yogurt cookies, and others.



Teen Cuisine



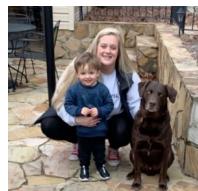
Rhonda and Miranda have been working with 8th through 12th graders at Wescare Christian Academy to help them learn nutrition education, food preparation and food safety skills. Students practiced preparing all kinds of recipes including fruit with orange yogurt dip, Chinese vegetable stir fry, ome-

lets, baked chicken nuggets and brocco poppers. Fifty-seven percent of students indicated that they intend to try the recommended servings of fruits and vegetables. 71% indicated intention toward drinking less sugary drinks. 85% intend to drink more water, and all seven indicated that they either already have or might make healthier food and snacks with their families. Eight-five percent agreed that they had learned about healthy foods, and 71% indicated they had shared healthy food ideas with their families. 6 of the 7 students said that they knew how to follow the steps in a recipe

to make a food item and the other one said they "sort of" knew.



Elizabeth's Nutrition Nuggets



Brocco Poppers

Ingredients

½ cup shredded cheddar cheese
2 eggs
½ cup dry bread crumbs
1 Tablespoon all-purpose flour
¼ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon pepper
12 ounces frozen broccoli, thawed, dried and chopped very small (about 2 ½ cups)



Directions

- Wash hands with soap and water.
- Preheat oven to 375 degrees F. Lightly grease a baking sheet.
- In a large bowl, stir together the eggs, cheese, bread crumbs, garlic powder salt, flour, and pepper.
- Add broccoli to the bowl and stir all ingredients to mix them evenly.
- Scoop a rounded Tablespoon of the mixture onto the baking sheet and form into a ball. Leave about 1-inch between each ball.
- Bake until poppers are golden brown and cheese is bubbling, about 15 minutes.
- Remove from oven and let cool for 1 to 2 minutes before removing from the pan and serving.
- Refrigerate leftovers within 2 hours.

Staff Directory



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



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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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Check out our current videos by visiting

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

