

North Carolina Cooperative Extension Montgomery County



April, 2023

From the Director's Desk

The Montgomery County Cooperative Extension Staff is committed to 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. We hope that you will take the time to read through our newsletter and reach out to us with any questions you may have or register for one of our upcoming programs.

Extension Master Gardeners

The Montgomery County Extension Master Gardeners met on April 3rd, 2023 at 5:30 PM. The group reviewed projects currently sponsored by Master Gardener Volunteers, discussed the upcoming plant sale fundraiser and reviewed the virtual plant toolbox on the NC State Extension website.

Our Extension Master Gardeners will have a plant sale outside of the Montgomery County Cooperative Extension Office (203 W Main St., Troy, NC 27371) on April 29th from 9 AM-1 PM and May 6th from 9 AM-1 PM. Plants available will include tomatoes, peppers, herbs, houseplants, marigolds, irises, and more!

If you are interested in joining the group or learning more about the Master Gardeners and what they do, please contact Chrissy Haynes at cmhaynes@ncsu.edu or call 910-576-6011.



Summer Programming Opportunities for Youth

This year, **our staff has lots of great opportunities for youth ages 5 – 18** that will promote **summer learning**, providing high quality and trusted content in the areas of agriculture, family and consumer sciences and life skill development for your children to learn in a safe environment with trusted adults. This is the perfect formula to **prevent summer learning loss!** Join **Montgomery County 4-H** for a **FUN summer program**. You will find programs on **civic engagement, STEM, family and consumer science, plant science, personal development, animal science, environmental science, and healthy living**. Be on the lookout for the release of our summer programming flyer at the end of April with registration occurring in May.



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

LIFT Graduations

We are so excited to report that our LIFT groups were highly successful in both the Peabody and Troy-Montgomery Senior Center locations. Although the program was completed in December for Peabody, graduation was only recently held in March.



Adults should move more and sit less throughout the day. For substantial health benefits, adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity. Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week. Currently only 17% of older adults are meeting the current recommendations for physical activity. Less than 30% of older adults are meeting the current dietary guidelines for fruit and vegetable intake. Older adults with healthful diets and who meet the physical activity recommendations are more likely to age in place.

At the Senior Center in Troy, fifteen participants graduated the program, and each one made progress in at least one area of functional fitness. As a class, the biggest improvements were seen in the two minute step test (109.5% increase in the number of steps they were able to take), bicep curls (59.4% increase in the number of reps), and chair stand (56.25% improvement in the number of times they are able to sit and stand from a chair in thirty seconds. Ninety three percent of participants indicated having made progress toward eating the recommended servings from the five food groups, and 100% in-



dedicated making progress toward eating a variety of fruits and vegetables. Seventy three percent of participants indicated making progress toward being physically active for at least 30 minutes most days of the week. All participants reported having enjoyed social relationships with others, including classmates and instructors. Participants specifically mentioned success with remembering to eat better, being more consistent in their healthy behaviors, having more balance, feeling stronger, drinking more water, and being more steady on their feet. One lady, Ms. Jane Covington, is 91 years old and reported keeping a copy of the exercises on her counter at home and doing them every day at home as well as in class, making her feel stronger and more capable of staying by herself without help. Another lady mentioned that she had recently had COVID and knee surgeries, which had caused her to be very inactive. She shared that this program helped her do better. One lady attended two sessions and intended to quit because she didn't feel like she was benefitting as much as she had hoped. However, when she visited her physical therapist that same week, the provider told her that her range of motion had increased dramatically already! Ms. Alice did not end up quitting the program, and instead had perfect attendance for the series.

Go, Glow, Grow Nutrition Education

We have continued working with students at Green Ridge and Mt. Gilead Elementary Schools, as well as Save the Children / Early Head Start in Candor. We are excited to report that we were able to recruit two new centers (Family Worship Ministries and Trinity Preschool) and have enjoyed kicking off the program at these locations. Through this program, our youngsters are exposed to a variety of healthy foods through engaging educational sessions and taste testing. A newsletter is sent home with each child after session, further engaging the family as a whole. Teachers have excitedly reported stu-



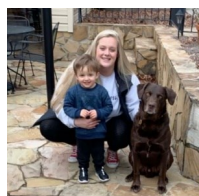
dents being more willing to try more things, and to identify healthy foods during meal times. Results from the Candor Head Start location indicate that preschoolers are learning to make the connection between eating healthy foods and beginning to live healthier lives. All teachers/staff indicated that they believe the North Carolina Foundations for Early Learning and Development standards were fully met through the Go, Glow, Grow curriculum. One hundred percent of teachers reported that their students looked forward to the lessons. After completing the program, 4 of 4 teachers stated that their students now know what foods are Go, Glow and Grow; 4 of 4 teachers indicate talking more about healthy options in their classroom, and 3 of 4 report that their students are more willing to try fruits and vegetables. One teacher shared, "My students really enjoy the class and are trying new foods." Another teacher shared, "this program helps the teachers too - we all need reminding every now and then about the importance of healthy foods."



We look forward to continuing these partnerships in the future, as well as expanding our programs to serve the community.

Money Matters

April is Financial Literacy Month, and a great time to take advantage of free advice at ftc.gov/MoneyMatters. [Federal Trade Commission data](#) show people reported losing \$8.8 billion to scams in 2022, up more than 30 percent from 2021. [Money Matters](#) has the tools we can all use to spot, avoid, and report scams, and help those we care about protect their bottom line. The financial impact of the pandemic is far-reaching. Many of us are still feeling it in many ways: in finding work, buying or renting a home, getting loans, and simply making ends meet. And, just as we're working to regain our financial footing, scammers are trying to take advantage by stealing both money and personal information.



Elizabeth's Healthy Recipe Corner

South of the Border Salad

Ingredients

- 3 cups corn (2-15.2 ounce cans, drained and rinsed)
 - 2 cans black beans (15.5 ounces each, drained and rinsed)
 - 1 can diced tomatoes with green chilies (10 ounces)
 - 1 onion (medium, chopped)
 - Dressing Ingredients:
 - 3 tablespoons olive oil (or canola oil)
 - 1/3 cup lemon or lime juice
 - 1/2 teaspoon pepper
- 1 ground cumin (optional)

Directions

1. Mix the salad ingredients in a large bowl.
2. Mix the dressing ingredients in a small bowl.
3. Pour dressing over corn mixture and mix well.
4. Cover and refrigerate for at least 2 hours.



Agricultural Updates

Tracy Blake, Livestock/Field Crops

Montgomery County Leadership Agriculture Day

Both adult & youth leadership toured farms and the agriculture industry in Montgomery County. Stops included The Sandhills Research Station, Perdue Feed Mill, Parson's Farm, LLC, Montgomery Sheep Farm, Round Mountain Farm, Mercantile Country Store and Haywood Farms Meat, and MCC Forestry, Apiary, & Sustainable Ag Programs. Participants learned the scale of agriculture in Montgomery ranges from large scale commercial to small and local and there is a need and market for all. They also saw first-hand the hard work and time that farmers put in. It truly is a labor of love and we appreciate all of our farms and industry workers sharing their passion with us.



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 Cooperative 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



Small Farms Appreciation Breakfast



We are so fortunate to work with small farms in Montgomery County! During Small Farms Week, we celebrated these farmers with an appreciation breakfast. Small farms

are 300 acres or less or make less than \$50,000 in cash receipts from agriculture annually. Thank you small farmers!

4-H Youth Livestock Club

This month, youth from the Montgomery County 4-H Livestock Club teamed up with Richmond County 4-H to assist local goat producer John McInnis. Youth learned how to tie, wash, dry, and clip goats. They had a great time and worked hard! Thank you for hosting us John McInnis Farms!





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 Montgomery County Cattlemen will not meet again until September. 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 **April 20th at 6:00PM** at MCC. Sam Coble will be speaking on "Apiary Emergencies- Using an Epi-Pen."

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 (Open Sesame Seeds)
<https://cals.ncsu.edu/farms-food-and-you/>



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

Youth Enrollment – Parents, it's time to re-enroll your child in Montgomery County 4-H for 2023, if you have not already. Visit [4HOnline](#) to access your family profile. All 4-H members and volunteers **MUST** renew their membership early in the year in order to maintain active status in this organization. Remember, your child must be enrolled before you can participate in any 4-H activities including summer adventures programs.

4-H Presentations – Now is the time to begin planning your 4-H presentation for this year. Montgomery County 4-H will share more information with families in the coming weeks, so check your emails from 4-H Online. We are looking forward to all of the wonderful presentations our youth are working on.



Montgomery County 4-H Horse Club

The NEW 4-H horse club had a great time walking around Southern Pines on a Sunday afternoon to see the "Painted Ponies" art walk. Horses are sponsored by local businesses and artists and auctioned off to fundraise for the Carolina Horse Park. They are on display in downtown Southern Pines until April 15th. Interested in joining the horse club? Contact miranda_thompson@ncsu.edu for more information.



Soil Samples are now FREE as of April 1
Stop by the office to pick up forms and
sample boxes

Montgomery County STEM

Thank you to Montgomery County Schools and their STEM teachers for allowing our 4-H Agent, Miranda Thompson the opportunity to come and speak on Tuesday of this week! We are excited to work together in the future. Montgomery County Schools and Montgomery County 4-H are excited to build their partnership to benefit youth all across the county.



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

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 <http://montgomery.ces.ncsu.edu/people/>.

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Check out our current videos by visiting

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