

North Carolina Cooperative Extension Montgomery County



May, 2023

From the Director's Desk

The month of May is my favorite month of the year. I enjoy the warmer temperatures and the longer days it brings. I enjoy watching baby birds be born and new flowers as they emerge during this month. The saying, "April showers bring May flowers" rings true during this month for me. You do not have to look far to see new life in plants and animals. Similarly, I always feel the urge to focus in on positive growth both personally and professionally. It is a time for rejuvenation and planning in our office. Our staff always plans educational and meaningful programs during the summer months for our youth of Montgomery County. In addition, staff continue to work with adults in their program areas. I hope you enjoy this month's newsletter as we work to continue work towards our mission to deliver research-based agricultural, food, and youth programs that create economic, societal, and intellectual prosperity for all North Carolinians.

Gardening Program at Brutonville Community Center Afterschool Program



Our County Extension Director visited with the youth at Brutonville Community Center Afterschool Program on April 26th to teach what plants need to survive, how seeds germinate and discussed plants that grow on

vines, above ground and underground. They read a book about growing a garden and planted their own basil plants from seed to take home.

The following week, students planted tomatoes into large tires they had painted and youth will tend to over the summer months.

Extension Master Gardeners

The Montgomery County Extension Master Gardeners Volunteers held their plant sale on April 29th which was a huge success! The building was full at times with



shoppers. The money that is raised from this sale goes into an account that helps the Montgomery County Extension Master Gardener Program fund different types of projects like providing plants for the different managed gardens, purchasing necessary tools or supplies, advertisement and education efforts, and finding innovative ways to expand the groups reach and ability. Thank you so much to everyone that supported the plant sale.

Montgomery County 4-H 2023 Summer Adventures Registration NOW OPEN! Registration Deadline: Friday, May 12, 2023

4-H Summer Adventures is a program sponsored by Montgomery County 4-H, through N.C. Cooperative Extension, that encourages youth to continue learning and growing during summer break. Workshops have been designed with diverse interests in mind. We hope to have something for everyone!

Activities are open to ALL Youth ages 5-18, however each class in the catalogue is geared toward specific age groups. Please check the age group for the class you are interested in prior to registering. You do not have to be a member of 4-H to participate, but we hope you will consider joining a 4-H club and taking advantage of all that 4-H has to offer.



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

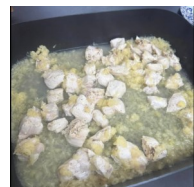
Cooking Live Program with Troy-Montgomery Senior Center

Each month, the FCS Agent and Nutrition Educator partners with the Troy-Montgomery Senior Center to offer the Cooking Live program. Each episode is aired via Facebook Live and can be found on the Troy-Montgomery Senior Center page. In addition to online viewers, nutrition site participants that are present at the center also take part in our program. Every month, we feature a nutritious



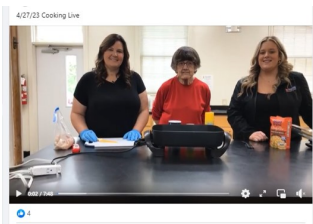
recipe and demonstrate the skills needed to prepare each dish. In April, we prepared Pineapple Chicken, with the assistance of a Nutrition Site participant, Sylvia Sugar, featured in the middle of the picture. To prepare this delicious and healthy recipe, simply spray a

frying pan with cooking spray and heat it to medium-low. Add chicken of your choice, either in a whole piece, or cut into chunks. Sprinkle $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper over the chicken. Allow to brown in the pan. Once it begins to brown, add pineapple – you can use fresh pineapple slices or a 20 ounce can of crushed or chunked pineapple. Cover with a lid and continue cooking until internal cooking temperature reaches 165 degrees, as measured with a meat thermometer. Serve over a bed of whole wheat brown rice. If you try this easy and delicious recipe at home, please share a picture with us by emailing eathompson@ncat.edu or adding it to



the comments of the live video. In order for us to evaluate the usefulness of this program, we need consumer feedback. Please add your comments on our Facebook posts (where the videos are shown) or

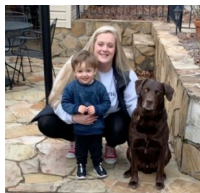
email them to Rhonda.Peters@ncat.edu.



Go, Glow, Grow Nutrition Education

Elizabeth is working with first graders at Mt. Gilead Elementary School and Rhonda and Elizabeth are working with pre-k classrooms and three year olds at Family Worship Ministries and Trinity Preschool. 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. Trinity Preschool and Family Worship Ministries Daycare are two centers that have come on board in 2023. We are excited to reach these new audiences.





Elizabeth's Healthy Recipe Corner

Bell Pepper Nachos

Ingredients

- 4 bell peppers
- 1 cup salsa
- 2 teaspoons seasoning (try a mixture-chili powder, garlic powder, ground cumin, pepper)
- 2 cups cooked chicken, shredded or chopped (or beans or tofu -- or try a combination)
- 3/4 cup cheddar cheese, shredded

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 °F.
3. Wash bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
4. In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces. Top with cheese.

Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.



Agricultural Updates Tracy Blake, Livestock/Field Crops

Montgomery County to participate in NC State Field Crops Research

Two farms in Montgomery County will be participating in field crops research trials. One trial will compare biogenetically enhanced corn to untreated corn. Another project will look at a foliar fungicide protocol developed by soybean researchers at the university. We are grateful that two local farmers have agreed to participate as sites for these trials. On-farm research allows university experts to collect data from different soil types across the state and gather vital feedback from growers.



Niche Meat Conference

The niche meat conference was an excellent opportunity to learn marketing strategies to bring back to the farmers in Montgomery County. NC State generously paid a scholarship for local agents to attend this training. Montgomery County has many local meat producers that sell direct to consumers including beef, pork, chicken, and lamb.



4-H Livestock Club

Youth from the Montgomery County 4-H Livestock Club teamed up with Richmond County 4-H to assist local goat producer John McInnis. John has been involved with show goat production for years and received an award as an Ambassador of Agriculture in 2021. 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!



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.



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 **May 18th at 6:00PM** at MCC. NCDA&CS Apiary Inspector, Shirley Harris will give a presentation on "Proper Labeling of Bottled Honey."

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 (Farming with AI)
<https://cals.ncsu.edu/farms-food-and-you/>

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



4-H Happenings in Montgomery County

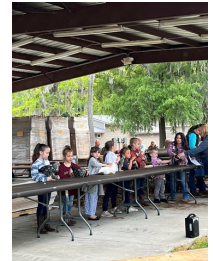
Miranda Thompson, 4-H Youth Development



Spring for Montgomery County 4-H means embryology for all second graders! This year we have fourteen classes across the county participating in this wonderful program. Classes will be learning all about the growth and development of quail over the twenty three days that is required for them to hatch.

This month we are hosting a six class series for youth to improve their skills in public speaking. 4-H offers youth the opportunity to complete presentations at the county, district, and state level where they can compete. Youth are able to choose any topic of interest and then develop their own presentation. These sessions will provide youth the opportunity to learn more about public speaking, what it takes to compete, and even get them started with the planning process.

Our regional chicken project wrapped up on April 25 in Bladen County. Youth traveled to Elizabethtown, North Carolina to participate in the chicken show. Our Montgomery County youth represented us well by placing in the top ten of all categories, and even one of our youth placing third overall. During this project youth raised their birds from February to April. They were required to complete a project record book and then show on April 25. These youth are able to keep their chickens and continue to raise them. We are excited for these youth and hope they will participate in the fall in our Egg-Cellent Egg Contest.



Summer is only a few weeks away!!

Montgomery County 4-H is happy to announce our list of Summer Adventures 2023 classes! Please take a look through all our classes to begin planning your youth's summer!

[Montgomery County Summer Adventures 2023](#)

Registration opened on May 1 at 8:00am and closes May 12 at 5:00pm

[Montgomery County Summer Adventures Registration](#)

Only youth that are completely registered into 4-H Online will be placed in classes.

Please contact our 4-H Agent, Miranda Thompson at miranda_thompson@ncsu.edu with any questions!!



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

Staff Directory



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YouTube

Check out our current videos by visiting

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

