

August, 2023

## From the Director's Desk

I cannot believe that summer is winding down and that many of our local school systems have started back to school already or will begin within the next three weeks. I think back to March/April when my staff was deciding what summer programs we would offer this summer to children in our county to help ensure kids kept learning over the summer to help bridge the summer learning loss gap. I could not be more proud of my team for the wonderful summer they provided for kids across Montgomery County this summer. Their hard work, commitment to Extension and their love for what they do is evident throughout this newsletter!



I had the pleasure of taking 30 youth to a week-long overnight camping experience at Millstone 4-H Camp. 4-H Camp is a wonderful opportunity for youth to gain life skills and experience learning opportunities away from home that they would not get to experience without this opportunity. We are so thankful to all of our donors who helped make this week of camp possible for these 30 children. We hope that you enjoy our photos pictured here.



We were very thankful to have two summer interns this summer to help facilitate all of our Cooperative Extension programs. A huge thank you to Sarah and Magdalena for all of your help this summer! We wish both young ladies continued success in their college career.

### Peach Festival Cooking Contest

We enjoyed facilitating the **Peach Cooking Contest** as a part of the **NC Peach Festival**. There were so many tasty desserts entered in the **youth and adult divisions**. Thank you to everyone who made this year's contest a success and to the judges who volunteered their time to assist with decision making. Mark your calendars now for the third Saturday in July in 2024 and make plans to enter next year's competition. **Congratulations to our winners!**

#### **The Youth Winners were:**

*First Place - Taylor Barber; Peach Cobbler Cheesecake*

*Second Place - Thomas Hawks; Mario's Peaches Cake*

*Third Place - Brady King; Caramelized Peach Puff Pastries*

#### **The Adult Winners were:**

*First Place - Angela Johnson; Peaches and Cream Bars*

*Second Place - Stacy King; Peach Caprese with Balsamic Cherries*

*Third Place - Jeannie Kor; Cloud Nine Peach Bars*



## Family & Consumer Sciences Updates

### Rhonda Peters, FCS Agent

### Elizabeth Thompson, Nutrition Educator

#### Cooking Live with Extension

Eating fresh fruits and vegetables is essential for maximum health benefits in our everyday lives. Although sometimes it can get a little challenging to find simple and delicious ways to enjoy these vitamin-packed foods, our FCS Agent and Nutrition Educator work hard to bring you demonstrations of nutritious recipes monthly via the Troy-Montgomery Senior Center's live Facebook. Our most recent video featured a delicious patriotic snack. To make this treat, simply spread low-fat vanilla yogurt across a low-fat rectangular shaped graham cracker. Rinse blueberries and strawberries, and then slice the strawberries. Place blueberries in the upper left corner to represent the stars of our great nation's flag. Arrange the sliced strawberries in a row beside and under the blueberries, allowing for rows of yogurt to be seen. Enjoy this at your next cookout! It will not disappoint. Join us on Wednesday, July 26 and August 23<sup>rd</sup> for our next videos.



*Program Participant Fritzie Greene, FCS Agent  
Rhonda Peters, Senior Center Staff Member Seneka  
Ingram*

#### Wheeling and Dealing

Older youth learned about the financial side of buying a vehicle in our Wheeling and Dealing class. We learned about the difference in needs and wants, the importance of budgeting, savings accounts and down payments, and how credit affects the interest rates and overall amount spent on purchasing vehicles. Youth also learned negotiating skills and what to ask

when making purchases, and had an opportunity to role-play those scenarios. We visited Montgomery Motors to look at different vehicles and explore features. Building a credit history and maintaining good credit is essential for young people and will help them maximize their purchasing power when buying their first vehicles.



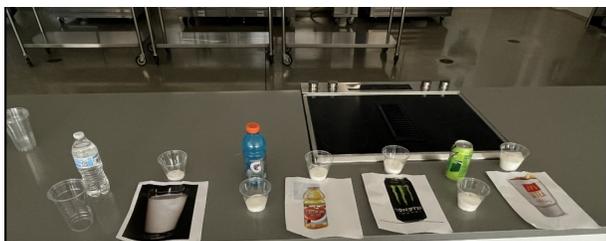
#### Eat Smart, Live Strong at the Senior Center

We are excited to have begun working with participants at the Senior Nutrition Site at Troy-Montgomery Senior Center to implement the Eat Smart, Live Strong program. The four week series includes emphasis on development of healthy habits including regular consumption of at least 3 ½ cups of fruit and veggies per day as well as participation in at least 30 minutes of daily physical activity. The program met every Monday in July, with a total enrollment of 18 seniors. Each member reported improvements in healthy behaviors and many were excited to try new recipes that were shared in class in their own homes.



## Teen Cuisine at Family Worship Ministries

In July, we wrapped up the six session Teen Cuisine program at Family Worship Ministries with kids aged 9-12. During the fourth lesson, kids learned that fat from the right foods is an important part of a healthy diet. Recognizing sources of unhealthy fats and limiting their quantity will help teens develop eating patterns to support and maintain good health. We used the Go, Slow, and Whoa method of choosing foods. We also talked about choosing healthier foods and snacks that are low in saturated fat and high in nutrients. The fifth session focused on recognizing sources of sugar and kicking the sugar habit. People are often very surprised at just how much sugar can be found in drinks. Water is ALWAYS the best choice!!!! During our last session, students made chicken quesadillas and were thrilled with how easy the recipe was to make. Overall, this program was very well received at the center and we look forward to working with more summer programs next year.



## Dollars and Sense



A budget is simply a spending plan that takes into account estimated current and future income and expenses for a specified future time period, usually a year. Having a budget keeps your spending in check and makes sure that your savings are on track

for the future. Budgeting can help you set long-term financial goals, keep you from overspending, help shut down risky spending habits, and more. Youth in our "Money Smart" program got to practice working their budget through participation in the Dollars and Sense program. Each student was

given a budget of \$200 and had to visit a variety of stations to make spending decisions that fit in their budget. They learned a lot about priorities, needs, wants and learning to be satisfied with what they could afford.

## Money S.M.A.R.T (Saving Money and Resisting Temptation)



When you're creating a monthly budget, one of the most important steps you need to take is categorizing your spending by whether it is a "need" or a "want." It is also one of the most challenging steps because what

is a need vs. a want can vary from person to person. It is also easy to miscategorize wants as needs if you are so accustomed to them that you have trouble imagining living without them. Needs are the things you can't get by without, such as a place to live and food to eat. Wants are things that are nice to have but not absolutely necessary, such as entertainment or gym memberships. Some things you buy might seem like needs but are really wants because you're choosing a version that's more than you actually need. In our "Money Smart" 4-H Summer Adventures program, youth learned about the difference in needs and wants and then practiced those skills during a spending simulation. During the simulation, they had to practice saving money, sharing money and spending based on needs (a healthy body - water, fruits and veggies) and wants. They had such a great time and were such great learners!

## Speedway to Healthy



Younger students at Family Worship Ministries participated in the Speedway to Healthy program for six weeks beginning in June and ending in July. Each session focused on how nutrition and healthy behaviors affects different



parts of our body. Students learned that we have to take care of our skin on the outside by limiting the damage caused by sun, by wearing sun block, by staying out of the sun during the most damaging time of day (11 a.m. to 3 p.m.), and by wearing protective clothing. Students participated in a relay race where they had to put on sunscreen, a shirt, sunglasses, and a hat to protect their skin from the sun! This was a lot of fun and the kiddos enjoyed it! Earlier in July, the kids learned about lungs. Students learned that the lungs bring oxygen to all parts of the body. It is important to keep lungs healthy and pink. Smoking is unhealthy because of the nicotine and tar produced. The best way to have healthy lungs is to never start smoking, to eat a variety of healthy foods, and to exercise. Students did an activity where they could see what constricted air lungs would do and healthy air lungs would do and they really enjoyed doing this! One of the kiddos' favorite lessons was about the kidneys. We discussed that the kidneys play a major role in the urinary system because it filters the waste out of the blood that turns into urine. The salt that the body does not need leaves the body in urine. Eating foods with a lot of salt is not healthy and can cause diseases like high blood pressure. Choose foods that are low in salt to reduce your chances of getting high blood pressure, which can damage your kidneys. Kids made their own urinary system which was super fun!



## Elizabeth's Healthy Recipe Corner

### Seasoned Roasted Vegetables

Summer is the perfect time to enjoy so many delicious veggies from the garden. Roasting and grilling are healthier alternatives to frying them. This recipe, brought to you by USDA MyPlate matches Italian salad dressing with delicious produce to bring flavor to a veggie dish that cooks in just half an hour in the oven. It pairs well with fish, chicken, or tofu.



#### Ingredients

- 2 zucchini (medium, washed and sliced)
- 2 yellow squash (medium, washed and sliced)
- 4 potatoes (medium, scrubbed and sliced)
- ½ onion (peeled and sliced)
- ½ bell pepper (green or red, washed, seeded and sliced)
- ¼ cup Italian salad dressing (reduced calorie, fat-free)

#### Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.
3. Stir vegetables and dressing in a large bowl.
4. Spread veggies in the center of a baking sheet that has been lined with aluminum foil.
5. Bring the edges of the foil together to make a packet.
6. Bake for 20 – 30 minutes.



Check out our current videos by visiting

[https://www.youtube.com/channel/UCOIPmzMobAJoawefJK\\_ldzA](https://www.youtube.com/channel/UCOIPmzMobAJoawefJK_ldzA)

## Agricultural Updates Tracy Blake, Livestock/Field Crops

### NC State Fungicide Protocol Soybean Research

The Soybean Fungicide Trial is in full swing! In this trial, some strips of soybeans will be sprayed with fungicide while others will be left unsprayed as a control. The strips have to be marked with flags so that we can locate them later to record data. At harvest yield will be compared between the treated and untreated strips to evaluate the benefit of using fungicide in soybean production. Fungicides are pesticides that kill or prevent the growth of fungi and their spores. They can be used to control fungi that damage plants, including rusts, mildews and blights. Stay tuned for the results of this trial!



### NC State BT/Non-BT Corn Trial Growing Well



The on-farm research trial comparing BT (insect resistant) & Non-BT Corn is growing well here in Montgomery County. The combined data collected from all of the research sites throughout the state will help NC State Researchers provide valuable data to NC Growers. Research shows that most NC Growers do not need to plant BT corn (which costs more on average) to increase yield, however there are certain regions circumstances that can benefit from this technology. Currently our trial is around 6 feet tall and beginning to tassel and silk. There is evidence of insect damage on the Non-BT varieties, but so far the development appears to be the same. Stay tuned for yield results at harvest!

## PDIC Benefits Montgomery County Residents

The new NC State Plant Disease & Insect Clinic has already been a benefit to Montgomery County Residents. We have sent samples from home gardens, livestock pasture, and residential trees. Both plant & insect samples can be sent in to be evaluated by NC State experts. A report is sent back with a diagnosis and treatment plan. Photos are free and physical samples are \$20 to process. Photos can be e-mailed to our office and physical samples can be dropped off. Call 910-576-6011 for more information.





## Save the Date



Agricultural Fair  
& Chicken Show

August 25, 4:00PM-7:00PM

Entries Due by 6:00PM on August 24th  
 For More information call 910-576-6011

Fresh & Canned Produce, Heritage Crafts,  
Art/Photography, Honey, and much more!  
Youth & Adult Divisions!



The Montgomery County Beekeepers will meet August 17th. Guest speaker will be NC Wildlife Biologist and beekeeper. His presentation will be on “Protecting Your Apiary From Black Bears and Winter Storage of Equipment.” For more Information about beekeeping, Please call Tracy Blake, Extension Agent, Livestock/Field Crops at 910-576-6011.



The Montgomery County Cattlemen will meet September 12th. Anyone interested in becoming part of the Montgomery Cattlemen's, contact Tracy Blake at 910-576-6011.

#### 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 (Keeping the Bees Buzzing) <https://cals.ncsu.edu/farms-food-and-you/>



### Miranda Thompson, 4-H Youth Development

#### Cloverbud Camp at Millstone 4-H Camp



When you drive into Millstone 4-H Camp there is a sign that reads "You will leave here a different person. We hope you leave here a better person." -LR Harrell, founder of Millstone 4-H Camp. These little cloverbud campers had the time of their life! Youth spent their time at camp participating in crafts, ropes courses, swimming, canoeing, sing-alongs, and even a grand fort battle to wrap up!



#### Coding for Juniors

Coding for Juniors was a day all about coding and careers in tech! Youth were able to work together to complete their own coding projects and even participate in their own unplugged coding. Youth ended the day with a virtual tour of an Amazon warehouse!



#### Painting at The Preppy Possum

Youth this summer have enjoyed so much and painting at The Preppy Possum was a great way to wrap up the summer. Youth spent the day painting and learning all about how to start their own business.



### Mini Lesson with The LOVE Academy

Montgomery County 4-H recently paid a visit to the LOVE Academy, where they shared their expertise in making butter and discussed the many benefits of herbs.

The LOVE Academy students had a fun and educational time learning how to make butter in a mason jar with salt and heavy whipping cream. They were also able to observe the amazing speed of basil seeds transforming once they become submerged in water. Finally, the students learned about the differences between whole milk and 2% milk which is an important lesson for healthy eating habits.



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### 4-H State Presentations 2023

Congratulations to our ladies that participated in the North Carolina 4-H State Presentations in Raleigh. All three ladies placed within their categories and truly represented Montgomery County well.



### Cultural Awareness Camp

Culture can be defined as all the ways of life including arts, beliefs, customs, habits, behaviors, and language of a group of regions. Last week youth at our office spent two days learning about their own cultures and others around the world!

On day one youth learned about themselves and one another through “If You Really Knew Me” Activities, crafts, tasting snacks from around the world! They also enjoyed hearing from Daniel Alexi, from Town Creek Indian Mound.

Day two was filled with loads of education and excitement from learning about money around the world, a lesson about Haikus and creating their own, and a Cherry Blossom craft. Our summer intern, Magdalena shared information about what she learned while in Australia while studying abroad and all about traveling internationally. The day wrapped up with a sushi lesson, where youth competed to make their own candy sushi for judges to taste!

Thanks to our summer interns, Sarah and Magdalena for putting together an amazing program for our youth!



## Staff Directory



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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](http://www.montgomery.ces.ncsu.edu). If you would like to be added to our email distribution list, please email [Kim\\_Gibson@ncsu.edu](mailto: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/>.

**Be on the lookout for more information and opportunities for your youth from Montgomery County 4-H or contact our agent, Miranda Thompson at [miranda\\_thompson@ncsu.edu](mailto:miranda_thompson@ncsu.edu).**

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

