

July, 2023

From the Director's Desk

It is hard to believe that we are in the middle of summer programming currently. Our staff are hard at work offering lots of youth, adult and family programs to the community this summer. We had a huge turnout of youth registering for our 4-H Summer Adventures Program this summer. Lots of new opportunities to reach new kids through our 4-H program. We hope that you will enjoy reviewing this newsletter as we have provided the highlights for you to see.

If you have any suggestions of programs you would like offered by any of our Extension staff, please reach out and let us know. Please also be sure to follow us on Facebook and check our website for upcoming programs offered in the community.

College Interns Join Our Team this Summer

We have two college interns working with us this summer and we are thrilled to welcome them to our staff. Sarah Alexi is a student at East Carolina University and Magdalena Miguel is a student at Wake Forest University. Both young ladies are natives of Montgomery County. Sarah began her 10 week internship with us on May 17th and Magdalena started her 8 week internship with us on June 19th. We are so happy to have both young ladies this summer.



NC Peach Festival Cooking Contest

As in the past, we are helping the Town of Candor in the facilitation of this year's NC Peach Festival Cooking Contest. There is a youth and an adult division of the competition. Dishes can be dropped off between 8:00 AM - 8:15 AM at the Candor Town Hall and must be picked up immediately following the parade along with the prizes awarded.

If you have any questions regarding the contest, please call Chrissy Haynes, County Extension Director at 910-576-6011 or email at cmhaynes@ncsu.edu

We look forward to tasting all of the amazing peach entries in this year's contest!

Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

June is for Graduates!

We'd like to congratulate all of the high school and college graduates from all our educational institutions across Montgomery County. And at



the same, we'd like to recognize the newest graduates from Go, Glow, Grow. We finished the pro-

gram at Kountry Kids Preschool in Star and Mt. Gilead Elementary School in June. The kids all seemed to enjoy the program, and teachers reported that students looked forward to the lessons. Other successes included participants being more willing to try fruits, vegetables and whole grains and teachers talking about healthy foods and physical activity more often in their classrooms. We also held a Go, Glow, Grow program as part of 4-H Summer Adventures, and were thrilled to have twelve total participants. As a part of this curriculum, bilingual parent newsletters are sent home after every session with ideas on how to extend the learning outside of the classroom and ideas for healthy recipes. Youth received program completion certificates and/or other tokens of appreciation for their hard work learning and growing strong.

Financial Management Training for Extension Agents Across the State

One of our FCS Agent's favorite programs to implement is the Real Money, Real World program which we currently do with seniors at Montgomery Central, and all students at the Early College. The program has been so successful here in Montgomery County that our FCS Agent was asked to serve on the instructional team to train FCS and 4-H Agents across the state on effective program

implementation. More than twenty Extension professionals gathered in Greensboro for this training, and RMRW kits are now housed strategically across the state. It is the goal of Cooperative Extension at North Carolina A&T State University to expand the reach of the Real Money, Real World program in order to provide participants with education and resources to make good financial decisions.



Nutrition Programming at Family Worship Ministries



Although students may be looking forward to a break from learning during summer, we are excited to help them explore new concepts and dig deeper in hands-on experiences. We are happy to partner with Family

Worship Ministries to provide six weeks of programming for their school-aged summer kids. Our Nutrition Educator and Family and Consumer Science Agent are partnering to implement Speedway to Healthy and Teen Cuisine with this group. Our younger students are exploring how the foods we consume affect every part of our body and our older students are learning about the importance of safe food preparation and how homemade foods are often healthier than highly processed, high calorie foods. We look forward to a wonderful summer learning and growing together.



Family Canning Nights



Home canning is an excellent way to preserve garden produce and share it with family and friends. But it can be risky—even deadly—if not done correctly and safely. Home-canned vegetables are the most com-

mon cause of botulism outbreaks in the United States.

Botulism is a rare but serious illness caused by a toxin that attacks the body's nerves. It can cause difficulty breathing, muscle paralysis, and even death. The toxin is made most often by *Clostridium botulinum* bacteria. Improperly canned, preserved, or fermented foods can provide the right conditions for the bacteria to make the toxin. You cannot see, smell, or taste the toxin, but taking even a small taste of food containing it can be deadly.

The best way to prevent foodborne botulism is by carefully following instructions for safe home canning. Use proper canning techniques and use the right equipment for the right kind of food you are canning.

In June, a total of twelve families participated in Family Canning Nights as part of our 4-H Summer Adventures program. We preserved all kinds of veggies from local farms when we prepared Salsa during the first workshop, and made apple butter during the second. Children, youth, and parents worked together to practice the hot water bath canning process. If you have questions about food preservation, or are interested in participating in upcoming classes, please email rtpeters@ncat.edu or call (910) 576-6011.



Pressure Canning Test Days

Water bathing and pressure canning are two common ways to preserve foods by canning. These



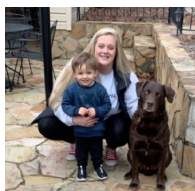
Pressure Canning Test Days

Walk-Ins Welcome on These Days:
Thursday, June 22 (8am - 5 pm)
Monday, July 3rd (8am - 5 pm)
Thursday, July 13 (8am - 5 pm)

Other times available by appointment only.
Call (910) 576-6011 or email
rtpeters@ncat.edu to schedule.

NC COOPERATIVE EXTENSION
"North Carolina Cooperative Extension is an equal opportunity provider."

techniques use heat processing to preserve foods, and which technique you use depends on the acidity of the food. If you are canning a high acid food, you will use the water bath canning method. If you are canning a low acid food, you will use the pressure canning method. Acidity may be natural, as in most fruits, or added, as in pickled food. While low-acid canned foods contain too little acid to prevent the growth of *C. botulinum*, high-acid foods contain enough acid to block its growth or destroy them more rapidly when heated. If you pressure can using a dial gauge, it needs to be checked annually to ensure accuracy. You can have your gauge tested for FREE here at the Montgomery County Extension office. We have set aside three days where walk-in will be welcome without appointments. Appointments can be made outside of these dates by calling 576-6011.



Elizabeth's Healthy Recipe Corner

This month's recipe uses bell peppers that are delicious right out of the garden. If you don't have your own, consider supporting your local farmers at markets in Troy or Biscoe.

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 (or beans or tofu – or try a combination)
- ¾ cups shredded cheddar cheese

Directions

- Wash hands with soap and water.
- Preheat oven to 350 degrees.
- 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.
- In a medium bowl, combine salsa, seasonings and meat, beans or tofu. Spoon the mixture evenly over pepper pieces. Top with cheese.
- Bake for fifteen minutes, or until peppers are heated through and cheese is melted.
- Serve warm.



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.

Field Crops Drone Training

Extension field crops agents from across the state were offered the opportunity to learn how to pilot drones for field scouting and surveying. Drone technology is an emerging field in agriculture. There are larger drones designed to spray crops with pesticide but they are not currently a major player in pesticide application due to lack of regulatory approval from the FAA and EPA. There are currently no risk models in existence for an unmanned aircraft delivering chemical applications to a field without a line of site operator. The hope is that this new technology can be advanced to approval at some stage. Applying pesticide by Drone could prevent exposure to agricultural workers and reduce the need to drive tractors over already compacted ground. In the meantime, drones can be a valuable tool for farmers to get information from above. It will be interesting to see how far this technology progresses in the next 5 to 10 years.

Agricultural Updates

Tracy Blake, Livestock/Field Crops

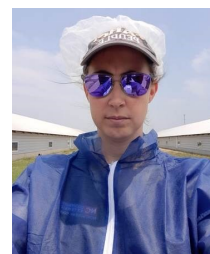
The 2nd Annual Tri-County 4-H Livestock Camp

The livestock and 4-H agents from Montgomery, Moore, & Randolph Counties teamed up again this year to take 36 youth to five different farms across the span of four days this summer. Youth worked cattle, milked goats at a goat dairy, saw ostrich & bison farming, and practiced important management skills like giving injections, taking soil & hay samples, and identifying diseases. At the end of the camp, youth learned about meat cuts and grilled their own hamburger lunch to round out their livestock production education. We were excited to offer this camp for a second year and are already looking forward to year three!



Data Collection for PFAS in Montgomery County

In an effort to stay at the forefront of developing research, Montgomery County Poultry Farmers agreed to participate in an NC State research study on PFAS in agriculture. PFAS or the forever chemical, can be found in many products that repel water or have non-stick surfaces. Research is being done on the presence of this chemical in various industries, including agriculture. Litter samples were taken from houses across the county to establish the presence, if any, of PFAS. It is important to note that there have not been any health concerns regarding PFAS in agriculture! This research is simply getting ahead of a possible concern. For more information about PFAS see this [NC State Publication](#).



New Extension Diagnostic Tool



We have a new tool at our Extension Office in Troy! We recently acquired a dissecting microscope through grant funding at NC State! A dissecting scope is used to view three-dimensional objects that won't fit on a flat microscope slide. The magnification is up to 100x the normal image! We can use this tool for

plant and insect identification, disease identification, and more!



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 Montgomery County Beekeepers will not meet in July. For more Information about beekeeping, Please call Tracy Blake, Extension Agent, Livestock/Field Crops at 910-576-6011.



Save the Date

Agricultural Fair & 4-H Livestock Show August 25-26



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

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

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/>

Agricultural Services

Don't forget that the Extension office offers a variety of services to farmers, growers, and homeowners! Services include soil sampling, plant tissue & hay sampling, manure testing and fecal egg counts, issuing grower's certificates & site visits. This year we have issued 8 growers certificates to local farms and backyard producers to sell at farmer's markets. We have come out to diagnose problems with ponds, trees, weed control, and other technical issues at both farms and homes across the county. To schedule an appointment or ask a question call 910-576-6011.

**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

**Summer is in full swing at Montgomery County 4-H!
Check out some of the awesome things our youth are doing!**

ESports Camp at UNCG

Esports is an up and coming career path for many youth adults in our world. Whether you are studying graphic design or even business management, you could have a career in Esports! Youth from Montgomery County 4-H were able to spend the day at the University of North Carolina at Greensboro and learn all about the programs that are offered, career opportunities in Esports, and even Esports tournaments that are hosted and broadcasted. We are excited for future partnerships with UNCG and the opportunity for our youth to explore this field of technology.



Go, Glow, Grow Camp

Youth loved learning about all things Soil, Plants and Pollinators in our Ready, Set, Grow 4-H Summer Adventures Class! Youth learned what it takes to plant and care for a garden, where their food comes from, about different soils, about pollinators and their importance in the world and many other plant topics. They made grow cards out of construction paper and seeds to take home, potted a succulent and ate

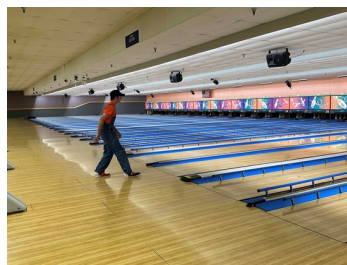


edible soil profiles. We had a blast learning about plants!



Life Sports Camp

Staying active throughout your lifetime is vital for your health! Our youth spent time learning all about staying active through physical activities that can be enjoyed throughout their life. We had to adjust programming to indoor activities due to the heavy rain we had this week but that didn't stop us from having a great time both days!





District Activity Day 2023



Public speaking is a skill that 4-H values. Being able to plan for a speech and then present in front of a group of people can be a fear for many, but not for our youth! Four youth from Montgomery County 4-H presented at District Activity Day 2023 in Rowan County! These young ladies have spent countless hours preparing and will be participating at the state level in July!

Staff Directory



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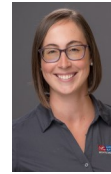
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STAY UPDATED!!!!

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. If you would

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