

North Carolina Cooperative Extension Montgomery County



June, 2023

From the Director's Desk

Montgomery County Cooperative Extension has been busy this past month helping the residents of Montgomery County in many ways. We have received an abundance of phone calls, emails and visits to our office requesting assistance with home gardening needs, animal agriculture questions, agricultural small business ventures, forestry, financial management, nutrition focused needs, home canning questions, etc. We have never been more proud to be here to serve you and your family! Our Extension Agents and staff are available whenever you need us!



Summer is upon us and we have been busy registering kids for our 4-H Summer Adventures programs that will run from

June 12th – August 4th this year. Our classes filled up quickly this year and all currently have waitlists available for families still looking for programs to involve their children in this summer. Our staff held a 4-H Open House Night on Friday, June 9th where over 150 people attended to learn more about our programs, complete paperwork, play games and enjoy dinner.



We have a college intern working with us this summer and we are thrilled to welcome her to our staff. Sarah Alexi is a Family and Consumer Sciences major at East Carolina University and is a native of Montgomery County, having grown up as an active member of the Montgomery County 4-H program. Sarah began her 10-week internship with us on May 17th and will be with us through August 4th. Please join us in welcoming Sarah to our team!

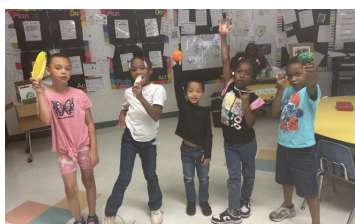
Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

Go, Glow, Grow Nutrition Education

Our Try Healthy program continues to grow throughout the county. Teachers always compliment the program, say their students are excited about the lessons, and enjoy watching them try new snacks. The Go, Glow, Grow program is intended for children ages 3 years old through second grade. In May, Elizabeth finished up with the kindergarten students in Mrs. Blake and Mrs. Harman's classrooms. One student, who had refused to try any new foods finally tried our famous Black Bean Brownies – and liked it (until he found out there were beans in it). In May, Rhonda began working with Kountry Kids Learning Center Preschool in Star, and will finish with that group in early June. The program teaches the foundations of early nutrition – eating a variety of foods from all the groups on My Plate, being physically active and the importance of good handwashing. Watching these children learn and grow is exciting and we know they will have a healthy future ahead of them.



National Senior Health and Fitness Day

National Senior Health & Fitness Day is an annual health and wellness event for older adults. We were pleased to participate with the **Troy Montgomery Senior Center** to improve participants' knowledge of nutrition and physical activity as they age.

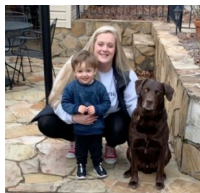


According to the USDA, healthy eating is important at every age. We should all eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink,

choose options that are full of nutrients and limited in added sugars, saturated fats, and sodium. During our Health & Fitness event, Try Healthy staff were able to disseminate nutrition information, encourage seniors to be more active by riding the Blender Bike, and allowed the opportunity for them to sample a delicious Purple Sunshine Smoothie.

4-H Summer Adventures

Our Family and Consumer Sciences and Nutrition Education program is excited to partner once again with Montgomery 4-H to offer programming as part of Summer Adventures. Look for much success in the areas of nutrition education, food safety, financial literacy and life skills in the coming months!!!



Elizabeth's Healthy Recipe Corner

Purple Sunshine Smoothie

Ingredients (makes three servings)

- 1 cup Welch's Light Grape Juice
- 1 cup baby spinach
- 1 cup frozen raspberries
- 1 cup frozen blueberries
- ¼ cup nonfat Vanilla Greek yogurt
- ½ cup ice cubes

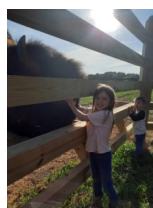
Directions

1. Place grape juice, spinach, raspberries, blueberries, yogurt and ice in blender. Blend until smooth and pour into glasses.



4-H Livestock Club

The 4-H Livestock club visited the South Fork Ranch in Norwood, NC last month to meet their newest editions!



The farm recently changed hands and now has a herd of buffalo as well as a herd of Watusi Cattle. Youth learned that buffalo were once native to North Carolina prior to being over hunted. In

addition to livestock, the nearly 1800 acre farm has a 100 acre conservation easement to preserve wildlife habitat. Youth finished their visit by bottle feeding the two week old nearly 100lb Watusi calf! We appreciate local farms supporting our 4-H youth.



Agricultural Updates Tracy Blake, Livestock/Field Crops

Planting Day for the BT/Non-BT Field Corn Trial

Montgomery County is participating in a research trial comparing BT (insect resistant) & Non-BT corn. The combined data collected from all of the research sites across the state 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 or circumstances that can benefit from this technology.

New 4-H Horse Club

Did you know that horses fall under the livestock umbrella in Extension? We offer technical support to local horse owners as



needed. Savannah Heath, our Montgomery County Economic Development Coordinator is one of those local horse owners! After utilizing Extension for hay testing and volunteering with other Extension activities, Savannah has decided to take the leap and become our newest 4-H club leader! We are excited to have another club in the county that gets kids outside and connected to agriculture. For more information on 4-H please contact 4-H agent Miranda Thompson at 910-576-6011 or miranda_thompson@ncsu.edu



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 **June 15th at 6:00PM** at MCC. Nancy Rupert will be speaking on "Pest of Honeybees and Their Control."

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 grower's 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

Youth Leadership Montgomery

Youth leadership and civic engagement is one of the many things that 4-H encourages youth to be a part of. Our 2023 Youth Leadership Montgomery Cohort wrapped up their year with a visit to the NC Legislature in Raleigh, North Carolina yesterday.



Youth were able to meet with Senator David Craven, Representative Wayne Sasser, and Montgomery County Sheriff Pete Herron while on our tour.

Our group was also welcomed and given a special tour by two former 4-H State Officers who are now working as interns in Raleigh!



This contest is open to any 4-H Member 5 to 18. If you would like to become a member contact our office!

<https://www.kidsvotingdurham.org/2023-kvnc4h-sticker-contest>



We are excited to kick off our 2023 Summer Adventures. This summer we will host twenty different events for youth from ages five to eighteen. Many classes are filled and do have waiting lists. To take a look at some of our offerings check out our webpage at montgomery.ces.ncsu.edu.

Kids Voting NC is holding its first-ever 'I Voted' sticker contest!

Youth 5-18 can showcase their civic spirit and 4-H flair by submitting a design for an 'I Voted' sticker that will be given to thousands of youth across North Carolina as they vote in Kids Voting elections!

For more information and to submit your art follow the link below.



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.



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/>.



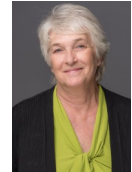
Check out our current videos by visiting

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

Staff Directory



Chrissy Haynes
County Extension Director
chrissy_haynes@ncsu.edu



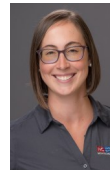
Kim Gibson
Administrative Assistant
kim_gibson@ncsu.edu



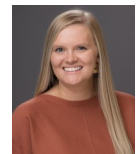
Rhonda Peters
Family & Consumer Sciences
rtpeters@ncat.edu



Elizabeth Thompson
Nutrition Educator
eathompson@ncat.edu



Tracy Blake
Livestock & Field Crops
tracy_blake@ncsu.edu



Miranda Thompson
4-H Youth Development
mkthomp5@ncsu.edu

