

October, 2023

From the Director's Desk

Growing up as a child, my favorite season was always summer. The older I get, the more my favorite season has become fall. There is something so nostalgic about the cool, crisp days in Autumn. This time of year also brings lots of fun family events like outdoor festivals, apple picking, trips to the mountains and at the end of the month, trunk or treats and trick or treating. When I was growing up, we went door to door trick or treating followed by an inspection of our candy by our parents upon arrival home. Although Halloween can be a fun time for families to dress up and receive some sweet treats, we must remember some important safety tips to ensure everyone stays safe this Halloween.



The National Safety Council says in 2018, an estimated 6,100 pedestrian deaths and 160,000 nonfatal injuries occurred among pedestrians in motor vehicle incidents. It's fun to have a good time with your friends and family on Halloween! But, in order to keep the good times rolling, everyone needs to make sure they stay safe. Here are some tips to remember this Halloween.

1. If you're sending kids out trick-or-treating, make sure they have something bright and reflective on their costumes. That way, people driving will be able to see them after dark.
2. Make sure your child can see! Masks and large hats or wigs can block vision. If you can use makeup instead of a mask, please do so.
3. All costumes should be fire-resistant.
4. Accompany your little ones on their neighborhood trick-or-treating if they are under 13 years of age. (This can depend on the child, and where you live.)
5. Tell your kids to stay in large groups, and in as much light as possible if they're out alone after dark.
6. If possible, allow them to carry a cell phone for quick, easy communication.
7. Agree on a time that your children should be back at home.
8. If you are out driving, remember that kids tend to dart across streets, and generally aren't paying as much attention to their surroundings as we hope. Slow down, and keep your eyes open for potential hazards.
9. Make sure any Halloween makeup is non-toxic and taken off before bed.
10. Mainly, remember to stay alert, have a few rules for little ones, and have a fun, safe Halloween night!
11. Lastly, check your child's candy to ensure the wrappers are firmly intact around all candy and throw away any candy you are unsure of.





Miranda Thompson, 4-H Youth Development



Montgomery County 4-H is excited to once again be holding their annual Youth Leadership Montgomery Program. This program will take place this year from October to May. This program invites high school students from Montgomery County to learn more about Montgomery County and gain leadership skills to utilize in their futures.

Applications for this program have to be submitted by September 29th and our first meeting will take place in early October.

We cannot wait to see what these amazing future leaders do this year!



Do your kids love to play video games? We know that so many kids love video games, as do many adults!

Montgomery County 4-H hosted their very first interest meeting for a new Esports Club and we are impressed with the turn out. This club will meet bi-weekly in the coming months to begin learning all about Esports and the amazing opportunities that youth can get involved in. Esports offers the ability for youth to learn all about teamwork, communication, strategy, and good sportsmanship.

If you have a child aged 8 to 18 that might be interested in this club contact our 4-H Agent, Miranda Thompson at miranda_thompson@ncsu.edu.

Family & Consumer Sciences Updates Rhonda Peters, FCS Agent Elizabeth Thompson, Nutrition Educator

Preserving the Harvest



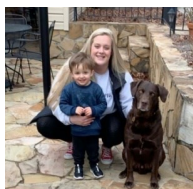
Although summer may officially be over, some of you may still have a little bit of harvest left from your gardens. Although you may feel like you have eaten one too many tomato sandwiches lately, you'll miss them come winter. Now is the perfect time to preserve those last fruits and veggies through hot water bath or pressure canning. Remember, to preserve it safely, you need to follow evidence-based preservation methods, using the right processing method and correct jars. Fall is the perfect time to try your hand at a new preservation recipe – try apple butter or salsa. If you don't even know where to start, gather some friends, and let us host a canning workshop for you. If you have any questions about home preservation, please contact Rhonda at rteters@ncat.edu.

Budgeting During the Holidays

As cool weather settles in, many people start thinking about Christmas shopping – and some special people have even already completed theirs. It's great to get a head start on Christmas spending – spreading it out over several months can definitely help to make those expenses more manageable. Make it a personal goal this season to rely as little as possible on credit cards while making those festive purchases. Credit cards often come with high interest rates. So even if you buy something on a really good sale – by the time you add in the interest on a credit card, you could come out spending as much or more as the original price before it was on sale. To stay on track, try setting a budget for each person you are buying for – and stick to that budget. Some people find it



easier by using the envelope method. Write each person's name you are buying for on a separate envelope. After determining your budget, put that amount of cash in each envelope. Once you've spent what's in that envelope – stop spending! You can also designate envelopes for other holiday expenses, such as clothing, pictures, traditions, decorations, etc. The biggest key is to set a realistic and affordable budget and STICK to it. Inflation has hit many of us hard. Remember that it's okay to spend less money and create more memories. Trying to differentiate between needs and wants is a skill that takes time to develop. Remember, just because we “want” to bless our friends and families with wonderful presents, we NEED to pay our power bills and house payments. Don't let the fun of the season set you up to struggle next year with more debt. For more information about financial management, contact Rhonda at (910) 576-6011.



Elizabeth's Healthy Recipe Corner

Roasted Pumpkin Seed Snack Mix

A quick and tasty snack mix that can be tossed together and enjoyed instantly while you are on the go- no cooking required.

Ingredients

- 2 cups crispy rice or wheat cereal squares
- 1/2 cup roasted whole pumpkin seeds
- 1/3 cup slivered almonds
- 1/2 cup dried cranberries
- 1/2 cup raisins



Directions

Wash hands with soap and water.

Mix all ingredients together and serve.

Find more delicious and healthy recipes by visiting www.myplate.gov

Agricultural Updates Owen Washam, Horticulture & Forestry

Montgomery County Beekeepers Association



The Montgomery County Beekeeper's Association met on September 21st. They will plan to meet again on Thursday October 19th, 2023 at 6 pm. The Association regularly meets on the third Thursday of the month at the MCC Multicultural Room, Building 200, 6 pm. For more information, please contact Owen Washam at owen_washam@ncsu.edu.

NC STATE EXTENSION

Master Gardener | Montgomery County

Extension Master Gardeners

The Montgomery County Extension Master Gardeners (EMGs) met on September 11, 2023. The group convened after a two month break to discuss the past May plant sale. Notably a motion granting voting rights to Certified, Intern, Emeritus and Trainee EMGs was approved, aligning Montgomery County with State bylaws. The EMGs will meet for their regular monthly meeting on October 2 at the N.C. Cooperative Extension Building (203 W Main. St., Troy). Workdays are scheduled for October 16 and 21, location to be determined at the monthly meeting. The new Horticulture and Forestry Extension Agent, Owen Washam serves as instructor and advisor to the Montgomery County EMG volunteer group. He is planning an EMG class for interested individuals. If you would like to join please contact Owen at owen_washam@ncsu.edu.

Montgomery County: Fresh and Local

Many growers in our area are harvesting or slowing down this season's production. The below markets will be open through the end of October. During cool fall weather, leafy crops like collards, lettuce and kale shine. Squash, pumpkins and beans also become available. Finally, grape harvest winds up in October. Find these and more, and pay your local farmers a visit at:

Troy Farmers Market, Thursdays at the Amphitheater : 7:30 am - 1 pm
 Biscoe Farmers Market, Mondays at Biscoe Park : 2 pm - 6 pm
 Love Joy Vineyards, Weekends at 3821 Love Joy Rd, Troy.

Flora Fridays

Want to learn more about muscadine grapes? Wondering what that flower is in your yard or woods? Interested in harvesting mushrooms and botanicals from your woods? Flora Friday is for you. Flora Friday highlights Montgomery County



plants, crops, and mushrooms of interest when they are "in season", as well as growers who farm them. Check out the September 22 edition of Flora Friday at montgomery.ces.ncsu.edu where we featured Joe Thompson at Love Joy Vineyards. Interested in a feature? Contact Owen at owen_washam@ncsu.edu.

NC STATE EXTENSION

Master Gardener | Montgomery County

Starworks Glass

PUMPKIN RAFFLE

Thank you, Starworks!



1 TICKET \$1
6 TICKETS \$5

DRAWING OCTOBER 30

SEE A MONTGOMERY COUNTY MASTER GARDENER TO PURCHASE TICKETS

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 Montgomery County Cattlemen will meet October 10th. Anyone interested in becoming part of the Montgomery Cattlemen's, contact Chrissy Haynes at 910-576-6011.



Check out our current videos by visiting

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



Chrissy Haynes
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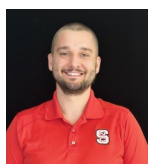
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Owen Washam
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Miranda Thompson
4-H Youth Development
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We need your help to provide Christmas to families in need this year! Drop off any new or gently used gifts/clothing to our office (located at 203 W. Main St, Troy) by December 1st. You can also drop off cash donations or use the link here to make a tax-deductible donation.

<https://mcpcss.square.site/treeofhope>



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/>.



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

