

March, 2024

From the Director's Desk

The Montgomery County Cooperative Extension Staff is committed to serving the citizens of Montgomery County in the areas of Agriculture (Livestock and Horticulture), Family and Consumer Sciences and 4-H Youth Development. If you are unfamiliar with any of our programs, please stop by and visit us at 203 West Main Street, Troy. We would love to share all that we have to offer with you in person. We hope that you will take the time to read through our newsletter and reach out to us with any questions you may have or register for one of our upcoming programs.

What is the NC Farms App?

The App provides a very simple, mobile and user-friendly way for visitors to find local destinations to shop, eat, learn and enjoy what makes North Carolina a great place to visit. It was developed by the N.C. Department of Agriculture and Consumer Services and the purpose of this app is to connect local residents and visitors to farmers and locally grown products from across the state. Anyone can download the free app. Download it on the App Store or Google Play Store on your phone today!



Why should I list my farm on the Visit NC Farms App?

- Showcasing your farm on the app allows you to reach a broader audience of potential customers and repeat patrons.
- You'll be listed among an expansive and ever-growing collection of agriculture-based offerings.
- With both a map and a list view, users will be able to easily find the farm closest to them or filter based on offerings.
- Your farm listing will feature a brief summary, engaging imagery, and push button shortcuts to call, visit your website, or get directions.
- User and member feedback ensures that the app stays relevant and up to date.

Your farm listing gives you access to real-time marketing opportunities through push notifications to app users.

If you are a farm in Montgomery County interested in including your business in the Visit NC Farms App,

Agricultural Updates

Owen Washam, Horticulture & Forestry

Emi Briggs, Livestock & Field Crops

Flora Friday

Early this year, Owen Washam visited regional agricultural suppliers to feature them in the February 16th edition of Flora Friday. Four suppliers and one greenhouse were listed on our website, complete with business contact information and some owner testimonials. This article encourages consumers to shop for their home and farm products locally by having the information central and accessible. To access February and past Flora Fridays, visit our website at <https://montgomery.ces.ncsu.edu/florafridays/>.



The Extension Master Gardener Volunteers met on February 5th for their monthly business meeting. At this meeting, many community garden updates were shared. The group voted to fund supply costs for revitalizing the Starworks bed as a native plant pollinator garden. Also, the volunteers have been working hard to plant seeds for their May plant sale in partnership with Montgomery Community College Sustainable Agriculture program. Save the date - this year's plant sale will be May 3 and 4 at the Extension office, 203 W Main St. in Troy.



NC STATE EXTENSION

Master Gardener | Montgomery County

New student volunteers learned horticulture theory in seven areas in February. During two hour classes and activities, students obtained research based information on wildlife, composting, plant issue diagnostics, integrated pest management, landscape design, weeds, and most recently soil and plant nutrients. Students will continue to meet weekly for class over the next few months, and participate in two Saturday field trips in March and April. The field trips offer an engaging opportunity to see and experience horticulture in an applied setting. In May upon passing their exams, students will graduate to intern status and begin their volunteer internship guided by Certified Extension Master Gardener Volunteers.



Grower Check Ins

Owen Washam has been busy checking in with growers as they prepare for their production season. He has been visiting area farms and learning about their respective horticultural crops of peaches, strawberries, vegetables, and diversified farm products. As the Horticulture and Forestry Agent his priority is to serve Montgomery County plant producers by listening to their needs and providing support to help them succeed.



Pesticide V Credit Offering

NC COOPERATIVE EXTENSION **N.C. A&T** **NC STATE**

Private Pesticide Applicator Recertification Credits

Thursday, March 28 | 9 - 11 am
Montgomery County Center
203 W Main St.
Troy, NC 27371

2 "V" Credits offered!

EPA Updates and NCDA&CS Environmental Programs,
 Whole-Farm Approach to Pest and Pollinator Management,
 Fungicides and their proper use,
 Integrated deer management

RSVP with your license number by
March 27: (910) 576-6011

Accommodation requests related to impaired ability to participate should be made by March 25 to Owen Washam by calling (910) 576-6011.

N.C. Cooperative Extension provides educational and research programs for all people, regardless of race, ethnicity, gender, age, marital status, sexual orientation, or disability. N.C. Cooperative Extension is an equal opportunity institution. N.C. Cooperative Extension is an equal opportunity institution. N.C. Cooperative Extension is an equal opportunity institution.

On March 28, from 9 -11 am, N.C. Cooperative Extension Montgomery County will offer private pesticide applicator training. 2 V credits are available, partially fulfilling the recertification requirements for applicators. If you need your 2 V credits, please RSVP with your name, license and phone number to our office at (910) 576-6011

by March 27. If you have questions about the class or your license status, you can call the number above and ask for our agriculture agents Emi Briggs or Owen Washam. More information can be found on our website at go.ncsu.edu/readext?988556

Southeast Regional Chicken Project

We are excited to have a group of Montgomery County 4-H'ers that will be participating in the 2024 Southeast Regional Chicken Project. This year, they were able to choose between three different breeds when ordering their chicks - Barred Rocks, Easter Eggers, and Rhode Island Reds. The chicken project teaches youth how to raise, care for and show their birds. Everyone picked up their birds on 2/16 and will meet again multiple times throughout the next four months to make sure youth are meeting all the requirements and their chickens are thriving. We are so excited for this group of youth and all that they will learn.



Highly Pathogenic Avian Influenza

Cases of High Pathogenic Avian Influenza have been reported in Duplin and Lenior Counties. Even if you do not live in those two counties, all poultry owners are encouraged to follow strict biosecurity measures for at least the next 30 days. Biosecurity measures include keeping your birds isolated from other people and animals in an enclosed environment. Bird owners should also keep their flock away from ponds where they might encounter migrating birds. For more information visit NCDA&CS.

Turkey Project

Our 4-H'ers have a new project coming up- the regional turkey project! All participants need to register by 3/15. They can order up to 3 pullets for this event. The 4-H'ers will raise the turkey all summer and will have the opportunity to show the bird in October. Although they will be learning the same skills as the chicken project, they will not be able to bring their bird back home with them after the show.

Leap into Sheep

Another opportunity for our Montgomery County youth is "Leap Into Sheep." This project will allow the 4-Her to have a sheep of their own to care for and show. More information for this current year and from last year is available by visiting <https://youthlivestock.ces.ncsu.edu/2022/11/leap-into-sheep-program-2022/> . This link also provides a YouTube video. Please reach out to our livestock agent Emi_Briggs@ncsu.edu or call her at the office at (910) 576-6011 if you are interested in this project or would like additional information.



Mooving Milk



In February, the Live-Stock Agent, County Extension Director and Family & Consumer Science Agent collaborated to provide the Mooving Milk program with kindergarten stu-

dents at Star Elementary School. The program includes four lessons focusing on the lifecycle of a cow, the diet of a cow and the milk making process, the process of moving milk safely from the dairy to the refrigerator in your home, and the nutritional importance of dairy in the human diet. As part of this program, we engaged kids with videos, group discussion, stories, and a dairy snack demonstration. The average student increased their knowledge on dairy products and dairy production systems by as little as 58% and as high as 87%. Since there is a large disconnect between farmers and young students, having extensive growth in knowledge about where their dairy comes from will have a greater impact on their food selection in the future.

Montgomery County Beekeepers Association



The Beekeepers Association of Montgomery County meets on the third Thursday of every month. The March meeting will be held on March 21st from 6-8 pm in the Montgomery Community College multi-purpose room, located in Building 200. If you are interested in attending future meetings or learning more about the group, please contact Emi Briggs at Emi_Briggs@ncsu.edu.

Montgomery County Cattlemen Association



The next Cattlemen's meeting will be on March 12th, 2024 at the Montgomery County Agricultural Center, located at 200 Glen Road, Troy, NC 27371. Anyone interested in becoming part of the Montgomery Cattlemen's Association, contact Emi Briggs 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/>

Hay/Forage/Soil Testing

Need your hay or forage tested for nutritional value? Soil testing? Soil Samples are \$4.00 per sample from December-April. Cooperative Extension & NCDA partner to offer this service. Test now, to save time and money later! Call 910-576-6011.

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



LIFT at Troy Montgomery Senior Center

Rhonda (FCS Agent) and Elizabeth (Nutrition Educator) wrapped up Lifelong Improvements through Fitness Together (LIFT) at the Troy Montgomery Senior Center in March. Prior to the start date, we conducted pre-assessments on potential participants, which will then be compared with post-assessments after the 16 session program to determine impact and success. We had a total of 15 participants do the assessments and everyone seemed eager and excited to start! As we hope you know by now, LIFT is NOT a weight-loss program but instead focuses on building strength, flexibility and balance. Research proves that these three things are imperative for senior adults especially, to help them age in place and be able to complete everyday activities. For adults of any age, this program helps to achieve the recommended number of minutes spent in strength training activities. Additionally, the nutrition component of this program encourages participants to prioritize the consumption of more fruits and vegetables. We are always excited to partner with this lovely group of ladies!

GO GLOW GROW



Elizabeth (Nutrition Educator) finished Go Glow Grow at Candor Elementary School with both Pre-K classes! Rhonda (FCS Agent) wrapped up Go



Glow Grow at Mount Gilead Elementary and kicked off the same program at Family Worship Ministries. Heightened childhood obesity rates

continue to be a concern across the nation and the state of North Carolina. According to the 2020 Montgomery Community Health Assessment compiled by the Montgomery County Department of Public Health, 49% of public schools in the county are either overweight, obese, or extremely obese. Encouraging healthy eating and ample physical activity during the preschool years will have long-term benefits. Through the Go, Glow, Grow curriculum, preschoolers and kindergarteners learned to make the connection between eating healthy foods and beginning to live healthy!

Organ Wise Guys

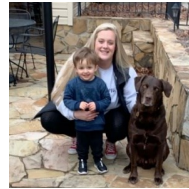


Rhonda (FCS Agent) and Elizabeth (Nutrition Educator) kicked off a new program at Troy Elementary with two of the five 2nd grade classes. Organ Wise Guys teaches young

children about the importance of making healthy choices in their lives through learning about their internal organs. The goal of OWG programming is to educate children and adults about nutrition and healthy living, and to prevent childhood obesity. We plan to do the other three classes after we finish up the two classes we are piloting the program with now!

Bingocize

Rhonda (FCS Agent) and Elizabeth (Nutrition Educator) also are piloting a BRAND NEW program at the Brutonville Community Center. It is called Bingocize and the goal of this program is to maintain or gain improved mobility and independence, learn and use health information focused on falls reduction, improved nutrition and other self-care, all while engaging in a fun, social setting. Seniors will get to enjoy a fun game of Bingo as well as exercising! We are super excited to kick this program off in the Month of March!



Elizabeth's Healthy Recipe Corner

Italian Pasta Salad

Fresh and crunchy broccoli, carrot, bell pepper, and green onion, make this easy and delicious pasta salad burst with flavor! This pasta salad would be an excellent side dish to grilled meat, fish, or tofu.

Ingredients

- 4 cups pasta, cooked
 - 2 cups broccoli (blanched, pieces)
 - 1 cup carrot (cooked, slices)
 - 1/2 cup red pepper (strips)
 - 1/4 cup green onion (sliced)
- 1/2 cup Italian salad dressing, light or reduced fat (can use 1/2 to 3/4 cup)

Directions

1. Wash hands with soap and water.
2. Mix all ingredients together in a large bowl. Refrigerate for about 30 minutes before serving.

Notes

For a more hearty salad, add strips of cooked ham, a can of cooked red beans or sprinkle with grated cheese



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



4-H Youth Development

South Central District Teen Retreat

Five Montgomery County 4-H teens, along with teens from all across the South Central District attended Teen Retreat March 8th – 9th at Millstone 4-H Camp. The district officers did an outstanding job planning a fun-filled and educational weekend that everyone enjoyed. We also completed a community service project while at camp. One of our 4-H'ers ran for district office and will serve as the 2024-2025 South Central District Vice-President! Congratulations to Marla Medina!



2024 Summer Adventures

We have begun planning our 4-H Summer Adventures Program and are currently looking for any volunteers who have a special talent, hobby or skill that you would like to share with youth of any age group (between 5 – 18 years old). Maybe you enjoy sewing or budgeting or cake decorating and would be willing to teach little minds to like the same, then we need YOU! Contact Chrissy Haynes to share your interests and we will plan a program around your needs.



We are also currently recruiting youth to attend Overnight Camp at Millstone 4-H Camp. Montgomery County youth receive a very large discount by registering to attend with our group of campers due to generous donations of business owners and community members in our county. We are so thankful for their continued support. If you are interested in sending your child to camp with us this year, please give Chrissy a call and let her know. Spaces are limited and fill up fast. Overnight camp dates are July 7th – 12th.

For more information regarding 4-H programming in Montgomery County, please contact Chrissy Haynes at (910) 576-6011 or by email at chrissy_haynes@ncsu.edu

To find out more about FCS programs in Montgomery County, visit www.montgomery.ces.ncsu.edu or visit us on Facebook. If you would like to discuss bringing programs to your community, please call Rhonda Peters or Elizabeth Thompson at (910) 576-6011 or email rtpeters@ncat.edu or eathompson@ncat.edu

Ask Extension

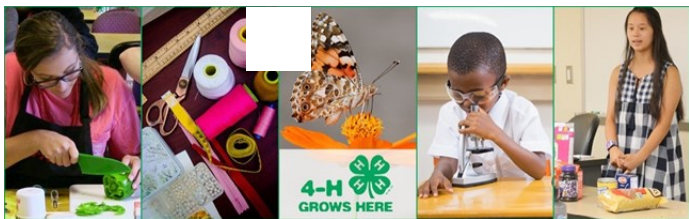
The North Carolina Cooperative Extension is a service that is meant to help serve the general community, both professionally and personally. If you have questions regarding any topic within Horticulture, Livestock, Family and Consumer Science, or Youth Development please do not hesitate to reach out! 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



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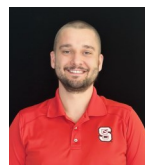
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