

North Carolina Cooperative Extension Montgomery County



November, 2023

From the Director's Desk

It's hard to believe that the Christmas Season is already upon us! This year has flown by. We are pleased to be able to provide the **2023 TREE OF HOPE Christmas Assistance Program** again this year. The TREE OF HOPE program is a community-supported collaboration between Montgomery County Schools, Communities in Schools of Montgomery County, NC Cooperative Extension – Montgomery County Center/Montgomery County 4-H and the Montgomery County Partnership for Children, along with several of our local businesses, and numerous individual donors and volunteers. This program is designed to help families that may need support in providing Christmas for their children but we cannot do it without the support of our community.

You may ask, **“How Can I Help?”**

You can help by:

- 1) Adopting a child this Holiday season by choosing a Tree of Hope card from one of the businesses in the community. We also have cards available at our office— just stop by or call and we can be sure you get one.
- 2) Donate new or gently used toys, coats or blankets and deliver them to NC Cooperative Extension – Montgomery County Center at 203 West Main St. Troy.
- 3) Donate financially (tax-deductible). You can write a check to MCPC (with Tree of Hope in the memo line) and deliver to the Montgomery County Partnership for Children or to Cooperative Extension. If you prefer to donate online, you may donate at the following link: <https://mcpcss.square.site/treeofhope>

We thank the community for all of your many years of supporting this program! We could not do it without your support!

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

HELP US HELP KIDS THIS CHRISTMAS

Christmas Toy & Coat Drive

Suggested Items Include:
Coats of all sizes (Baby - Adult Sizes Needed)
Blankets
Arts & Craft Supplies
Sports Balls (Basketball, Soccer, Baseball, Softball, Football)
Baby Dolls / Barbies / Babydoll Strollers
Superhero Toys / Fortnite / Minecraft
Educational Learning Games
Children's Board Games
LEGO's / Building Blocks
Cars & Trucks

You may also choose to make a tax-deductible contribution.
You can make checks payable to MCPC
or you may donate directly at: <https://toh2022.square.site/>
or by scanning the QR code.

DROP OFF UNWRAPPED GIFTS BY DECEMBER 2ND AT MONTGOMERY COUNTY COOPERATIVE EXTENSION OFFICE:
203 W. MAIN STREET, TROY

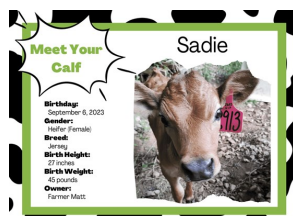
Montgomery County Cooperative Extension is an equal opportunity provider.



Miranda Thompson, 4-H Youth Development

Montgomery County 4-H is participating in the Adopt A Cow Program from Discover Dairy! This year we have adopted an actual live calf growing up on Dusty Road Jersey Farm in Statesville, North Carolina. Her name is Sadie and she was born on September 6th.

While Sadie grows we will receive monthly updates about her including photos and videos. We are excited to follow her journey on the farm and share more information about dairy farming! Be sure to follow upcoming posts all about Sadie on the Montgomery County Cooperative Extension Facebook page.



Christmas is coming and Montgomery County 4-H is excited to be selling fresh Fraser fir trees, wreaths, and bows! This year we guarantee the sizes of purchased trees, but there are limited numbers. Order early

to secure your desired size.

We will be taking orders now through November 17th. Pick up will take place on Monday, November 20th, 3:00 p.m. – 6:00 p.m. and Tuesday, November 21st, 8:00 a.m. – 5:00 p.m. at the N.C. Cooperative Extension, Montgomery County Center.

This year we are offering 6-7 foot trees for \$70. Our 7-8 foot trees will be \$80 and 8-9 foot trees for \$90. Wreaths with and without a bow will also be available. Wreaths purchased without a bow will be \$25 and with a bow will only be \$30.

To order, call the N.C. Cooperative Extension, Montgomery County Center at (910) 576-6011 or email your order to kim_gibson@ncsu.edu.

You can also mail your order to Kim Gibson 203 W. Main Street Troy, NC 27371.

Visit our webpage at montgomery.ces.ncsu.edu to obtain a copy of the order form.

I Am an Ecosystem

Fifth graders at Mount Gilead Elementary spent the end of October learning all about how their body is just like the ecosystems that they have been studying. Students were introduced to topics all about microbes and microorganisms. They learned about how our bodies break down food and produce chemical changes as well as how parts of our bodies fight off invaders that can make us sick. Our 4-H Agent, Miranda Thompson enjoyed working with this great group of students. Thank you Mount Gilead Elementary and Ms. Cook!



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

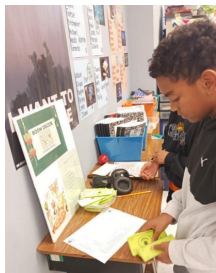
Nutrition Programming with Preschoolers Underway



One of the goals for SNAP-Ed nutrition programming is to provide the Go, Glow, Grow curriculum with all pre-K's in Montgomery County, every year. Last year, we successfully met that goal and expect nothing less for the 23-24 fiscal year. We have already begun to imple-

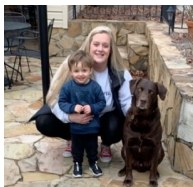
ment the program at Green Ridge Elementary, Troy Elementary and Candor Early Head Start. Plans are in place to launch the program at Star Elementary and Candor Elementary in November. Overall, the program intends to teach youngsters the importance of good nutrition and healthy habits from a very young age. Pre-K students learn about MyPlate and portion size, as well as begin to understand that the foods we eat are responsible for our body's functions. For example, our grain foods (or "go" foods) give us energy to "RUN, JUMP and PLAY ALL DAY". The program includes six weekly classroom lessons including a nutritional taste test. Bilingual newsletters are sent home with every student after every lesson, reinforcing the main points, providing ideas to extend the learning at home, and providing resources for healthy recipes.

Dollars and Sense Program Offered to Fifth Graders



Learning to prioritize spending choices, and determining the difference between needs and wants are key financial concepts that you shouldn't be an adult before you practice. In fact, the younger you learn these concepts, the more opportunity you have to practice these skills before you are on your own. For this reason, we have

partnered with Communities In Schools Montgomery County to implement the Dollars and Sense program with fifth graders. With this project, students engage in meaningful dialogue with each other and the instructor, and then go through a spending simulation. In this simulation students are given an "allowance" and assigned a certain number of pets that then become their responsibility to care for. Students visit different booths such as food, entertainment, candy shop, toy store, pet care, health and wellness, and veterinary expense. In October, we piloted the class with fifth graders at Candor Elementary School. We have plans to expand the program into Star Elementary and Mt. Gilead Elementary in November and continuing expanding it with other schools in the following months.



Elizabeth's Healthy Recipe Corner

Crustless Pumpkin Pie



Ingredients

- 3/4 cup sugar
- 1/2 cup [Master Mix](#)
- 2 tablespoons vegetable oil
- 1 can evaporated milk, nonfat (about 14 ounces)
- 2 eggs
- 1 can pumpkin (15 ounces)
- 3 1/2 teaspoons pumpkin pie spice
- 2 teaspoons vanilla extract

Directions

1. Wash hands with soap and water.
2. Preheat the oven to 350 °F and lightly grease a 9

or 10 inch pie plate.

3. Combine all ingredients in a medium mixing bowl or a blender.
 4. Beat 2 minutes with a mixer until smooth, or blend in the blender on high for one minute.
 5. Pour into the pie plate.
 6. Bake until a knife inserted in the center comes out clean, about 50 to 55 minutes.
 7. Cool slightly and keep refrigerated.
- Serve with whipped topping or ice cream.

Master Mix Recipe

Ingredients:

- 4 cups all-purpose flour
- 4 cups whole wheat flour
- 1 1/3 cup dry milk, nonfat
- 1/4 Tbsp. baking powder
- 1 tsp. salt
- 1 1/2 cups shortening

Directions:

1. In a large bowl combine all-purpose flour, whole wheat flour, dry milk, baking powder and salt and mix thoroughly.
2. Cut in shortening with pastry blender or two knives until mixture resembles coarse corn meal.
3. Store in containers in the refrigerator.

NOTE: The final product of this recipe is intended to be used as an ingredient in other recipes and not as a ready to eat product.

Agricultural Updates Owen Washam, Horticulture & Forestry

Montgomery County Beekeepers Association



Montgomery County Beekeepers met at Montgomery Community College on the evening of October 19th. Members enjoyed a covered dish meal, a special presentation by Tommy Townsend, and ended with door prizes

and 50/50. Townsend is a representative for InstantVap oxalic acid vaporizers in NC for Varroa mite treatment. The Beekeepers meet the third Thursday of the month with exception of July and December. To learn more, visit their website at <https://montgomerybeekeepers.com/>

Flora Fridays:

Flora Friday articles are uploaded to our website montgomery.ces.ncsu.edu. Check back often for bimonthly updates on plants of interest in Montgomery County. In the most recent edition on Oct. 20th, features included a native fall bloomers: an orchid, a blue gentian, and sourwood trees.



Gentiana saponaria, the soapwort gentian

NC STATE EXTENSION

Master Gardener | Montgomery County

The Extension Master Gardener Volunteer program is cooling down garden operations, and heating up business and class work! October has been a busy month for our EMGs. At the community gardens, EMG volunteers harvested produce, collected seed, and prepped beds for winter. The Gathering Garden in Mt. Gilead was shown off to the community during the annual fall festival, led by Mary Poplin and Donna Keesler. In business notes, EMG members are working on 2024 officer nominations, bylaw revision, and the pumpkin raffle. Owen Washam hosted a meeting for those interested in becoming Certified EMGs on Oct. 23. Information and applications (due Nov. 17th!) can be acquired by contacting him at owen_washam@ncsu.edu.



The Gathering Garden, a partnership between the Mt Gilead community and local EMG Volunteers.

Echinacea and Chamomile Class:

On October 12th, Randolph County Cooperative Extension hosted a workshop on growing Echinacea and Chamomile as a medicinal plant crop. Facilitated by [Cody Craddock](#) (Randolph), presenters Sam Boring (Davidson) and Melinda Roberts (Iredell) discussed considerations for growing these crops as well as growing market opportunities. The species in discussion are native, relatively low maintenance and input, and fetch a premium price with the right buyer. WNC Medicinal Herb Growers will have a buyer/grower in Mills River on November 3rd. Are you interested in growing medicinal herbs or emerging crops? You can let Owen know by taking his horticulture and needs assessment survey here:

<https://forms.gle/cNsuiR8HTb7kJZSa7>



Echinacea, the coneflower genus within the aster/sunflower family

Needs Assessment:

Owen Washam, Horticulture and Forestry Extension Agent, is enthusiastic about delivering quality programs to Montgomery County residents. He requests your response to the survey below to learn more about your needs and interests in his subject area:

<https://forms.gle/cNsuiR8HTb7kJZSa7>



Check out our current videos by visiting

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



Chrissy Haynes
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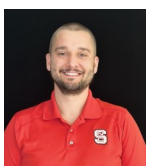
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STAY UPDATED!!!!

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 like to be added to our email distribution list, please email Kim_Gibson@ncsu.edu

Agricultural Updates - Livestock/Field Crops

Montgomery County Cattlemen Association

The Montgomery County Cattlemen will meet on Tuesday, November 14th at 6:30 PM at the Ag Center located at 200 Glen Rd. Troy, NC. Anyone interested in becoming part of the Montgomery County Cattlemen's, contact Chrissy Haynes at 910-576-6011.

Hay/Forage/Soil Testing

Need your hay or forage tested for nutritional value? Soil testing? Soil Samples are FREE through Thanksgiving. Cooperative Extension & NCDA partner to offer this service. Test now, to save time and money later! Call 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/](https://www.meatsuite.com/)

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/>.



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