

North Carolina Cooperative Extension Montgomery County



June, 2024

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, farm grant program assistance, 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 10th – August 9th this year. Our classes filled up quickly this year and most of our classes currently have waitlists available for families still looking for programs to involve their children in this summer.

4-H Presentations

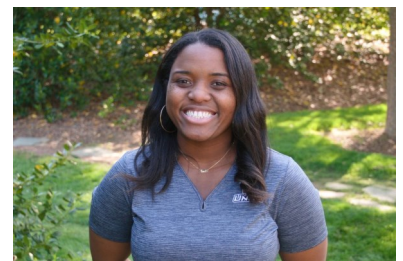
4-H presentations are given by any youth ages 5 – 19. Presentations must be between 5 – 12 minutes long and can be on any topic of the youth's choosing and are usually given in front of a panel of judges. Topics can range from outdoor cooking, sewing, livestock, space, electricity and so on. This program helps to promote self-confidence, skills in research methods, and the ability to speak in front of a group. After the county level, youth are eligible to move on to district and state level competitions. We have 7 youth moving on to district competition to compete on June 18th in Scotland County and 2 youth who will participate in district talent competition. Be on the lookout for pictures in the next newsletter.

College Interns

We are super lucky to have 3 college interns working with us this summer and we are thrilled to welcome them to our staff. We will highlight one each month over the summer. This month, help us welcome Kasani Ingram to our team!

Kasani grew up in Biscoe and is a Montgomery County native. She graduated from East Montgomery High School in 2020. Kasani has a Bachelor of Arts in Communication Studies and is currently working on her Masters of Public Affairs from the University of North Carolina at Greensboro. Kasani's favorite part of her internship so far has been going on trips like to the NC Zoo with 4-H youth this summer.

Kasani began her 10 week internship with us on May 15th and will be with us through July 26th. Please join us in welcoming Kasani to our team!



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

Babysitter's Backpack



We are thrilled to announce the graduation of twelve babysitters from our Babysitter's Backpack program. During the past

five weeks, participants have learned about the stages of child development, age-appropriate activities and expectations, the importance of following a child's routine, how to keep a child safe while caring for them, how to use positive discipline, and the importance of literacy and modeling healthy behaviors.

Positive discipline focuses on the positive things of a child's behavior, while ignoring the negative behavior. As part of the Babysitter's Backpack program, our participants learned a variety of positive discipline techniques that they can use when misbehaviors occur during babysitting jobs. These include praise & reflection, redo's, redirecting, ignoring, creating a game, the count-down, and enforcing consequences. We broke into groups, and practiced acting out several misbehaviors and appropriate ways to deal with them to help our babysitters be prepared when they care for others.



Children of all ages get very bored with having the same toys and activities every single day. Babysitters often bring a change to the every day routine and kids are excited to spend time with them. During our final

session of the Babysitter's Backpack program, our participants were privileged to be able to visit the Montgomery County Partnership for Children (MCPC), where they were welcomed and provided with additional resources and tools to help support them on their babysitting journeys. Youth took a tour of the resource li-

brary while they were there and were encouraged to utilize this awesome resource when they babysit. We are so thankful for the time and support provided by Debbi and Myrna!



All Second Graders at Troy Elementary Have Now Completed the OrganWise Guys Program!!!

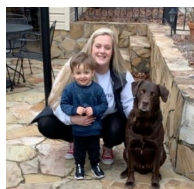


As with all of our nutrition programs, we hope that the lessons we teach throughout the program will stick with the children, even when they are not in school. As the school year ends and summer starts, we really hope that all of the nutrition education that our second graders at Troy Elementary School learned as part of the Organ Wise Guys program will benefit them in the months to come. The goal of Organ Wise Guys programming is to educate children about nutrition and healthy living, and to prevent childhood obesity. The key messages rely on the theme of empowerment, encouraging children to understand the importance of their health at a young age. The main "rules" of the Organ Wise Guys Club are to eat a low fat and high fiber diet, drink lots of water, and get plenty of exercise. We started this program early in the spring by piloting it with two classroom teachers at Troy Elementary, and then expanded it to reach the following three by the end of the school year. We hope to expand this program into other elementary schools across the county in 2024-2025.

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

Bingocize

It is with great honor and privilege that we celebrate the hard work and effort of our Bingocize program participants at Brutonville Community Center. Although we were missing several of our regulars, we concluded this 10-week program (20 sessions total) with laughter and appreciation. This group is SUCH a fun group to work with! As a final reminder, it is SO important to eat a variety of foods from all the food groups and make physical activity a priority in your life. You are never too young or too old to make healthier decisions!



Elizabeth's Healthy Recipe Corner

Strawberry Banana Cheesecake Whip

Servings 8



Ingredients:

- 1 – 3.4 oz. pkg no-calorie Cheesecake Pudding Mix
- 2.5 cups nonfat, plain yogurt
- 1 – 8 oz. no fat or reduced fat whipped topping
- 2 lbs. strawberries, washed and sliced
- 3 medium bananas, sliced
- 2 tbsp. lemon juice

Instructions:

1. Wash hands and clean the prep area.
2. In a large mixing bowl, beat the pudding mix and yogurt until well combined.
3. Fold in the whipped topping until combined.
4. Cover and chill in the refrigerator for at least 30 minutes.
5. In a large bowl, combine the strawberries, bananas and lemon juice. You can substitute blueberries if that's your preference.
6. Right before you are ready to serve, gently fold in the fruit. Be careful not to smash it!

Agricultural Updates

Owen Washam, Horticulture & Forestry
Emi Briggs, Livestock & Field Crops

Montgomery County Beekeeper Association



On May 16th, The Montgomery County Beekeepers Association had their monthly meeting. Phil Utmor spoke on integrated Pest Management (IPM) of the honeybees. A few of the topics he discussed were detection of pests and the IPM triangle of management tactics. Phil thoroughly covered cultural, mechanically/physically, biological and chemical pest management strategies. The NCDA Apiary inspector, Shirley Harris, gave an update on the yellow-legged hornet as well. The yellow legged hornet is an invasive species and uses the honeybees as food for their larva. For more information of the yellow legged hornet please review the NCDA press release located here: <https://www.ncagr.gov/news/press-releases/2024/05/09/yellow-legged-hornet-new-invasive-pest-watch-after-its-been-found-sc>

The Montgomery County Beekeepers Association meets the third Thursday of every month. The next meeting will be held June 20th from 6-8 pm at Montgomery Community College multi-purpose room.

Early Career Conference

Our Livestock Agent, Emi Briggs, had the opportunity to attend the Early Career Conference held by NC State University Extension onboarding team. Day one of the conference was a deep dive into NC Cooperative Extension history, goals, and assessment of county needs. Day two focused on computer software and applications in the morning, followed by tours in the afternoon. The tours consisted of the soil lab at NCDA, the animal science department at NC State University, and the NC State Plant disease clinic. The tours allowed for a better understanding of these facilities and how to best implement them in the field to support your county's needs. Day 3 consisted of an open discussion to freely communicate with other extension personnel to help you develop your skill set as an agent to support your county. The conference allowed for a better understanding of how to support your community and provide them the research based information to make their operations successful.

BQA Certification Training

On May 28th, a small group of 6 participants had the chance to gain their Beef Quality Assurance (BQA) Certification and to get hands-on cattle working experience at Blue Q Ranch. The hands-on experience included tail bleeding for pregnancy checking of cattle, haltering, low-stress cattle handling through the chute, safety consideration of working cattle, and discussion of facility design and set up.

Beef Quality Assurance (BQA) is a national program that raises consumer confidence through offering proper management techniques and a commitment to quality within every part of the beef industry.

Congratulations to the newly certificated individuals.

Montgomery County Cattlemen's

Association Update



NC Cattlemen's association will continue meeting again this September, on the second Tuesday, September 9th from 6-8 pm. The announcement of the speaker is coming soon.

If interested in joining the cattlemen's association, please contact Emi_Briggs@ncsu.edu or call 910-576-6011.

New Hay Probe/Forage Testing



We have a new moisture meter and temperature probe in the office for forage use.

During hay season, there are many factors that can affect your hay quality, one being the moisture content in your hay before baling. A high moisture content in your bales can lead to mold growth, fermentation, and spontaneous combustion. Mold growth and fermentation can lead to the reduction of the nutritional value or the production of mycotoxins resulting in a negative outcome. If you have concerns about your hay, give us a call. We would love to help and make sure your hay is safe and the quality you are looking for.

Not only do we have a hay probe, but we also provide assistance with forage testing. If you want to know the nutritional value of your hay for better marketing of your crops, please give us a call. We can complete a forage sample and provide adequate research based resources to help you best understand your results.

For more information please call 910-576-6011 or email Emi_Briggs@ncsu.edu

Moisture contact in hay article:

https://content.ces.ncsu.edu/forage-conservation-techniques-hay-production?fbclid=IwZXh0bgNhZW0CMTEAAAR3asTDC9AMSbgzypqfM9vQRDaOzT1k4610f6kY19_27F2hqbqg4-6V2Wbk_aem_Ach3vVJeCNxEJqJi8fhTZX6RmH0VfHyMCQDrhyRrhZJqU4RBhOmtJ7ThrnB1mFum568gPFT5oMbijFywlt4zzEH

Forage production:

https://content.ces.ncsu.edu/forages-for-north-carolina-general-guidelines-and-concepts?fbclid=IwZXh0bgNhZW0CMTAAAR0KEpt316lKk1n9EN_IsEoNlyA0CZdyGkqsMvcZmP6DuVPcbDa0nXMhJoI_aem_AcgHItJDHoVJFPAm_WTz10eCXS5h6hcAqdiXHkxY9nw-OBhQGNRu-fyYciDR2BiYlTLu7hfVda_O_nqMblEEMe2z

NC STATE EXTENSION

Master Gardener | Montgomery County

The EMGVs had a busy May!

Early in the month, they moved plants from Montgomery Community College to the Extension Office in preparation for their annual sale. The sale occurred on May 3-4, and was a great success. Most all of the plants sold, and others went to one of four community gardens managed by the volunteers. The



EMGVs will hold their next

business meeting at the Extension office on June 3 starting at 5:30.

Also in May, eight new volunteers graduated to Intern status. As students, they participated in 40 hours of classroom training and 2 field trips between January and May. Students then took a 90 question exam to assess their knowledge, on which they had to score a 70% to graduate to Intern. Interns will now continue the journey and will become Certified EMGVs upon completing 40 hours of applied volunteer work. Congratulations to all the dedicated hard working Interns, and thank you to the Certified EMGVs for their support!



Finally, on May 7 Certified EMGV Bethany Haywood taught Kindergarteners at Tillery Charter Academy. Students learned about plant propagation by planting string of hearts, *Ceropegia woodii*. Students each had the opportunity to plant a pot of plants for Mother's Day.

Mt. Gilead Moon Tree

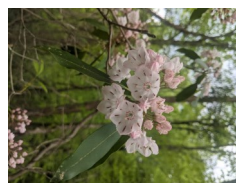
After carefully reviewing over 1300 applications, NASA has chosen the Mt. Gilead community garden to receive a Moon Tree! Just 50 recipients nationwide received these special tree seedlings that flew around the Moon on the Artemis I mission in 2022. The community garden is managed by Certified Extension Master Gardener Volunteers Mary Poplin and Donna Kessler. There will be a special planting ceremony at 203 W Allentown St. in Mt. Gilead, Monday, June 3 at 11 AM.



Flora Fridays

Two new articles were published for May. In the May 10 edition, readers "took a walk" in Uwharrie National Forest. Woodland botanicals were the topic of this edition. A number of these species are typically found in western NC but exist in Montgomery County because of its unique ancient mountain landscape. On May 24, Flora Fridays provided information on mushrooms. Some simple techniques were presented to help with their identification, though experts should always be consulted for confirmation. Call Owen, our Horticulture and Forestry Agent, if you are interested in plant or mushroom identification services. To access all Flora Fridays, visit our website at

<https://montgomery.ces.ncsu.edu/florafridays/>.



Kalmia latifolia, mountain laurel

Staff Directory

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

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



Check out our current videos by visiting

https://www.youtube.com/channel/UCOlPmzMobAJoaawefJK_1dzA



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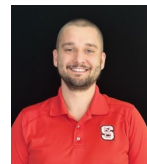
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