

# *North Carolina Cooperative Extension Montgomery County*



July, 2024

## **From the Director's Desk**

It is hard to believe that we are in the middle of summer programming currently. Our staff are hard at work offering lots of youth, adult and family programs to the community this summer. We had a huge turnout of youth registering for our 4-H Summer Adventures Program this summer. Lots of new opportunities to reach new kids through our 4-H program. We hope that you will enjoy reviewing this newsletter as we have provided the highlights for you to see.

If you have any suggestions of programs you would like offered by any of our Extension staff, please reach out and let us know. Please also be sure to follow us on Facebook and check our website for upcoming programs offered in the community.

### **NC Peach Festival Cooking Contest**

As in the past, we are helping the Town of Candor in the facilitation of this year's NC Peach Festival Cooking Contest. There is a youth and an adult division of the competition. Dishes can be dropped off at 8:00 AM at the Candor Town Hall and must be picked up immediately following the parade along with the prizes awarded.

If you have any questions regarding the contest, please call Chrissy Haynes, County Extension Director at 910-576-6011 or email at [cmhaynes@ncsu.edu](mailto:cmhaynes@ncsu.edu)

### **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 Anna Grace Aikman to our team!

Anna Grace grew up in Albemarle and is a Stanly County native. She graduated from West Stanly High School in 2023. Anna Grace is working towards a major in Interpersonal Communications and a double minor in Spanish and Animal Science. Anna Grace's favorite part of her internship so far has been getting to know and build relationships with all of the Montgomery County 4-H kids.

Anna Grace began her 10 week internship with us on May 15<sup>th</sup> and will be with us through July 26<sup>th</sup>. Please join us in welcoming Anna to our team!



## Agricultural Updates

### Owen Washam, Horticulture & Forestry

### Emi Briggs, Livestock & Field Crops

#### NC Zoo Trip

Montgomery County 4-H had 11 youth join both Ag Agents, Emi and Owen, and the 3 summer interns, Emily, Ana Grace and Kasani, on an exciting trip to the North Carolina Zoo. The youth learned about horticulture, animal agriculture, how the current NC Zoo residences are used in other countries, their diets, and management practices of the zoo to ensure the animals are healthy. The youth spent the day walking, learning, and completing a Zootrekker activity book to help further their understanding of conservation.

#### Mooving Milk - The Love Academy and The Center in Biscoe

Montgomery County 4-H was invited on two different occasions to participate in their community summer programs. Emi, the livestock agent spent time with these youth programs to educate on where milk comes from, different types of dairy products, the importance of pasteurization and the safety measures taken by the producers of milk to ensure your milk is safe for consumption. The youth got to complete a mock milking activity, they had a puzzle activity to put together of the process of moving milk from farm to store, and complete the program with some local homemade ice cream.

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#### Farm to Fork

Montgomery County 4-H had an excellent farm to fork two day summer camp, the livestock agent, Emi, scheduled livestock related tours. The youth participants visited Mr. Matt Henley's regenerative grass fed beef production location. The youth got to participate in shifting the cattle onto a new grazing area. The youth learned about soil health and soil management and how soil impacts the forage quality and the quality of forage directly relates to the farmers' beef. After the farm tour, the youth visited the Troy Farmers Market. Several local growers including Christy's Country Produce and Haywood Family Farms spoke to the youth on their operations, products, and where they market their product. After the farmers market, we came back to the office for the youth to learn from the state apiary inspector, Shirley Harris. Shirley Harris presented on "All about the Honeybees" and why they are so important. The youth got to see a demonstration hive and taste some honey. The youth all seemed to really enjoy seeing the hive.

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#### Heat Stress in Animals and How to Prevent and Recognize It

It is summer time, that means it can be very warm, hot, or even very hot. Heat stress is a big deal. If you have outside animals, or livestock, some considerations to make in their home are availability of shade, access to plenty of fresh, cool water, and air movement in their space. For example, the use of fans, if possible, is a great addition for air movement. Another very important consideration for your livestock and other animals is activity level. Avoid strenuous activity or activities that could stress your animal even more.

Signs of heat stress: elevated breathing rate, restless and increased time standing are some of the early stages of heat stress for livestock, open mouth breathing, and drooling.

**\*If you ever have concerns your animal or livestock is experiencing heat stress, CALL YOUR VETERINARIAN ASAP as this is an emergency situation!!\***

### Flora Fridays



Two new articles were published for June. In the June 14 edition, readers explored some roadside flora. These species are common along NC 24/27 as it passes through Uwharrie National Forest as well as along Montgomery County country roads. On June 28, Flora Fridays explored garden insects. Not all

insects are pests, and this article impressed that proper identification is key to determining if pest control is needed. To access all Flora Fridays, visit our website at

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

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## NC STATE EXTENSION

Master Gardener | Montgomery County

The Extension Master Gardener volunteers of Montgomery County have had a busy month maintaining the community gardens. At Starworks, the team there are installing numerous native pollinator plants. At Troy Senior Center, the vegetables and herbs are coming along well with regular watering. Food crops are also doing well at the Mt. Gilead Gathering Garden, where the Moon Tree was planted earlier this month. The Extension Office is blooming continuously, with black-eyed susans and hydrangeas showing off during June.



### Three Sisters Planting

On June 20 and 25, Ag Agents Emi and Owen took groups of 4-H'ers to Town Creek Indian Mound. While at Town Creek, participants toured the area learning about how people of the Mississippian culture hunted, gathered, and fished for food. We also learned how they managed animals and crops for their sustenance. In the afternoon the kids enjoyed learning about how corn, beans, and squash work together as a system. Participants then had the opportunity to plant their own Three Sisters garden. We have already heard that some of the plants have sprouted less than a week after their planting! Finally we enjoyed some traditionally prepared popcorn, a movie about Indigenous agriculture practices, and made some dream catchers to take home with their plants.




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### 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/>.



## Family & Consumer Sciences Updates

### Rhonda Peters, FCS Agent

### Elizabeth Thompson, Nutrition Educator

#### Summer Adventures Are Here!!!!

As always, the Family and Consumer Sciences program staff are thrilled to partner with the 4-H Youth Development program to plan and implement the Summer Adventures series.

#### “Money Fun” for Cloverbuds and Kids



If you have kids, it might surprise you to know that children as young as five years old can be ready to learn about saving and spending.

According to the Consumer Financial Protection Bureau, from early childhood to young adulthood, parents and adults can build the foundation to enable children to manage their finances as adults. As part of the program, both of our age groups had the unique privilege of touring the State Employees' Credit Union in Troy, NC.

Saving money at a bank or credit union has many more benefits than saving money at home. However, the earlier youth start practicing saving money, the more likely they are to carry savings habits into their futures. As part of our Money Fun youth literacy program, our 4-H'ers painted piggy banks to take home and start saving!



Many people now rely on debit cards and credit cards for the purchases and point of sale transactions. However, paper and coin currency still exists and we all still need to be familiar with how to use them. As part of our Money Fun financial literacy class, our littles learned about the different types of coins, sorted them, and played a fun game where they practiced their coin skills.



#### Teen Financial Literacy



On Wednesday, June 13, we were excited to have ten youth participate in our Teen Financial Literacy program. Representatives from the State Employees' Credit

Union in Troy delivered an informative presentation with our kids, which we are extremely appreciative for. We spent the remainder of the morning learning and practicing important financial concepts - such as budgeting. A budget is simply a plan for how to spend money. We determined that our priority for the rest of the day was to eat lunch and enjoy a fun activity. The group calculated the budget, weighed options, and together voted and came up with a plan to meet their identified priorities- ultimately choosing to buy pizza (with a coupon), grocery shop for drink and sides, and then go to a trampoline park for the fun activity.

Comparison shopping is the art of finding the lowest possible price for the things you want and need to buy by comparing different brands, stores, or retailers. When considering groceries specifically, this often includes seeing what's on special, using store ads and manufacturer coupons. Our teens in the Financial Literacy class practiced these skills at Food King in Troy yesterday. The group was divided up in smaller groups and tasked with the finding the best deal on different items.



## Farm to Fork Collaborative Programming



One of our favorite summer programs is the collaborative Farm to Fork program. In the morning, youth visited various farms – shared in the agricultural section of this report. In the after-

noons, they returned to the office to prepare foods featured on the farms they visited and learn more about overall nutrition. On the first day, we learned about the importance of handwashing and safe cooking practices. We prepared a Peach Dumpplings recipe, that got rave reviews from all participants. We also prepared a yogurt bark recipe, using honey as a sweetening agent. It was super hot outside, so the frozen recipe sure put a smile on everyone's face. On the second day, we practiced knife skills by assembling a fresh pico de gallo dish, and also prepared beef and sausage quesadillas. We also talked about MyPlate and how our food choices should reflect a healthy eating pattern. Participants drew MyPlate and categorized foods to help them gain a better understanding of healthy meal planning.



## MyPlate at Tillery Charter

On Friday, June 21, our FCS Agent and Nutrition Educator traveled to Tillery Charter Academy to emphasize that summer should be a



time for us to focus on our health and even though children are out of school, they should not be parked in front of TVs or on computers or electronic devices. These wonderful kiddos participated in some indoor physical activity as a part to show them that you do not have to be outside to stay moving!



Eating fresh fruits and vegetables from local gardens and farmers markets and being active is super important! We all know how

hot it is outside, for us to stay hydrated we should be drinking lots and lots of water. We are super excited because this “one shot” program opened the door for us to plan programs for the fall during the school year.

## Coming Up in July .....

- Meals and Motion Workshop for 10-18 year olds
- Organ Wise Guys Program for 5 – 9 year olds
- Teen Team Building Workshop for 13 -18 year olds
- Family Canning Night (Jams or Jellies)
- Family Canning Night (Salsa or Relish)
- Safe Plates series at Blake's Restaurant (food safety certification course for food managers)
- Nutrition Programming with the Love Academy in Biscoe
- North Carolina Extension Association of Family and Consumer Sciences Association Meeting in Blowing Rock





## 4-H Youth Development

### 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, live-stock, 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 had 8 youth move on to district competition on June 18<sup>th</sup> in Scotland County and 2 youth who participated in district talent competition. See below for a list of our outstanding talent from Montgomery County. Montgomery County 4-H will have 4 youth advancing to state level presentations. We are so proud of the hard work our 4-H'ers put into their presentations this year!

### 2024 South Central District 4-H Presentations

Teely Harris – Entomology 14-18 District Gold

Heidi Young – Small & Companion Animals 11-13 District Silver

Nevaeh Privett – Arts & Communication 14-18 District Silver

Hayleigh Haywood – Livestock & Dairy Production 14-18 District Bronze

Madilynn Bowles – Open Class 11-13 District Gold

Jillian Haywood – Horticultural Science 14-18 District Bronze

Isabella Haywood – Cloverbud Participant

David Young – Cloverbud Participant

Madilynn Bowles – District Blue Ribbon Talent

Nevaeh Privett - District Blue Ribbon Talent

## Staff Directory



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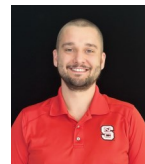
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