

August, 2024

## From the Director's Desk

I want to take the time to thank our volunteers and our donors for all that you do each and every year to support all of our programs with NC Cooperative Extension. We have many donors who give annually to help ensure that we are able to provide quality programming for our kids in our community throughout the summer months. Without your support, we would not be able to. My team has highlighted many of our programs all summer through these newsletters. I want to stop and thank those who specifically helped provide the opportunity for kids to travel to camp (whether it be day camp or overnight camping programs).



### Cloverbud Camp & Traditional Camp at Millstone 4-H Camp

When you drive into Millstone 4-H Camp there is a sign that reads "You will leave here a different person. We hope you leave here a better person." -LR Harrell, founder of Millstone 4-H Camp.

This year, 8 little Cloverbud campers and 18 traditional campers had the time of their lives attending camp! Youth spent their time at camp participating in crafts, ropes courses, swimming, canoeing, sing-alongs and a talent show.



This year, we had 54 youth (ages 5 – 14) to attend Day Camp at Millstone 4-H Camp daily during the week of August 5<sup>th</sup> – 9<sup>th</sup>. Thank you to all of the private and business donors in our community as well as the NC Community Foundation for their grant support through the Montgomery Fund for choosing to help support youth from Montgomery County to have the opportunity to attend day camp this summer and to Montgomery County Schools for providing bus transportation daily for us. We cannot thank you enough for the difference that you made in these children's lives by providing them with this opportunity. If you are interested in helping us fund programs in the future, please contact Chrissy Haynes at (910) 576-6011.



## 4-H Youth Development Anna Hamilton

### YouthVoice 2024

Jillian Haywood represented Montgomery County at the YouthVoice 2024 Event in Winston-Salem, NC. While in Winston-Salem, she attended workshops with other 4-H'ers across the state to learn about the county budgeting processes, the role of county commissioners, and to help develop personal strengths including leadership and communication skills. They closed out the weekend by meeting county officials in a joint session on community issues. Thank you to the North Carolina Association of County Commissioners for this opportunity!



### Livestock Club

During the Livestock Club meeting this past month, 4-H'ers were able to practice for the upcoming Chicken Show. They demonstrated examining the bird and the different body parts of the chicken. 4-H clubs are available to all youth regardless of sex, race, religion or national origin. Interested in joining the Livestock Club? Email Anna Hamilton, 4-H Agent at [anna\\_hamilton@ncsu.edu](mailto:anna_hamilton@ncsu.edu)



## Agricultural Updates Owen Washam, Horticulture & Forestry Emi Briggs, Livestock & Field Crops

### Flora Fridays



Two new articles were published for August. In the August 16 edition, readers explored some wildflowers blooming in the national forest. On August 29, Flora Fridays explored pollinator plants around Roy Maness Nature Preserve. To access all Flora Fridays, visit our website at

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

**NC STATE**

**EXTENSION**

Master Gardener | Montgomery County

The EMGVs met on August 5th at 5:30pm. The volunteers have had a busy month maintaining the four community gardens in the county. In Mt. Gilead, much of the produce is being harvested and donated back into the community. Similarly, the Troy Senior Center Garden provides senior visitors with fresh tomatoes. Finally, on August 13th two volunteers educated the community on pollinator gardening at the Troy Library. The group will meet next on September 9th for a harvest dinner party.



## Pesticide Applicator Recertification

On August 20, over 25 individuals joined Montgomery County Extension for pesticide applicator recertification courses. Four credits were offered. Two V credits covered state pesticide updates, as well as new regulations as they apply to Paraquat applications. Two X Credits covered generic pesticide safety. Agriculture Agents Owen and Emi taught the X credits, which focused on fungicide usage and integrated deer management. If you have questions about your license or upcoming classes, please contact our Agents at (910) 576 - 6011.



## Montgomery County Beekeeper Association

The Beekeepers met on August 15. The group heard from Agriculture Agent Owen Washam who educated the group on plants that provide quality bee forage. Over forty species were discussed, as well as locations to purchase seeds or plants. The beekeepers will meet next on September 19th at 6:00pm at Montgomery Community College.




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## NC Zoo Spray Trial



On August 27th, Agriculture Agent Owen Washam was invited to participate in an herbicide trial with the NC Zoo. The Zoo owns numerous acres of land off

NC 134 near Star which were previously owned by the Nichols family. The family has moved on, but expressed interest in promoting the growth of longleaf pines on the land. The spray trial supports this goal by studying which treatments are most effective against ornamental bittersweet, *Celastrus orbiculatus*. The results will be studied over the next three years and results published.

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## The Meat Conference 2024 in Boone, NC

At the end of July, the livestock agent, Emi Briggs had the opportunity to go to the Meat Conference in Boone, NC. There were many amazing opportunities to learn about butchery, livestock management, soil management, pasture management, and connect with local and national producers in the meat industry. There were several amazing keynote speakers including Temple Grandin, PhD. Temple Grandin discussed animal welfare, humane handling, thinking in the terms of livestock, and gave examples of successful transitions in processing and livestock handling facilities of how a small, simple change such as lighting can make a big difference.



At the conference, there were many demon-

strations of many different things. One of the demos was a lamb butchery demo and market analysis of how each cut matters to the butcher and consumer. Another demo was a quarter beef demo and how different cuts of meats could be labeled to make the most profit. One of the most intriguing things about both butchery demos is the market comparisons included in each demo.



Another interesting demo was a virtual fence demo. The virtual fence allowed cattle or small ruminants to graze areas of land that do not have existing fencing. The transition to this type of fencing, while not the most affordable option but still less expensive than permanent fencing, creates more land for grazing. The demos, educational speakers, community outreach, and connecting was fantastic and will allow for more in depth conversation to be had with local farmers to better support them and their businesses.



### V.A.D. Meeting

On August 27th, the Voluntary Agricultural District Advisory Board met to discuss the new Voluntary Agricultural District (V.A.D.) sign design. The new sign design was voted on and passed. The purchasing of an order of the new signs was voted on and passed as well. Advertisement for the V.A.D. and the placement of posters around the county to help invite and inform local farmers of the benefits of the V.A.D. was discussed. The next meeting will be announced when the board has another voting item.

**V.A.D. Poster** - Are you interested in joining the Voluntary Agricultural District? Please see the infographic below and contact [Emi Briggs@ncsu.edu](mailto:Emi_Briggs@ncsu.edu) for more information! We would love for you to enroll your farm in the V.A.D. of Montgomery County!

**VOLUNTARY AGRICULTURAL DISTRICT**

- Open to **ALL** landowners conducting agriculture including: timber, livestock, produce and row crops
- **Public recognition** of the value of farm and timber lands in Montgomery County
- Receive official sign for your land
- **Prioritized** for State Grant Funding
- Receive board **support** in case of nuisance complaint
- Access to **exclusive educational speakers & events**

**INTERESTED IN ENROLLING?**  
PLEASE CONTACT THE MONTGOMERY COUNTY COOPERATIVE EXTENSION OFFICE AT 910-576-6011 OR STOP BY AT 203 W MAIN STREET, TROY, NC 27371  
EMAIL CONTACT: [EMI\\_BRIGGS@NCSU.EDU](mailto:EMI_BRIGGS@NCSU.EDU)

NC COOPERATIVE EXTENSION

### Montgomery County Cattlemen's Association



The next Cattlemen's Association meeting will be held on September 10th, 2024 at 6:30 pm at the Ag Center at 200 Glen Road, Troy NC 27371. The meeting keynote speaker will be Bruce Akers, DVM. He will discuss Biosecurity and emergency preparedness on your farm. To join the Montgomery County Cattlemen's Association, please contact [Emi Briggs@ncsu.edu](mailto:Emi_Briggs@ncsu.edu) or call 910-576-6011. We look forward to seeing the community there!

## Upcoming classes

There are several upcoming opportunities for you to participate in. The Piedmont Research Station will be hosting a breakfast and Soybean field day. This is a great place to learn about all things soybeans. To register, go to: <https://www.eventbrite.com/e/piedmont-research-station-soybean-field-day-tickets-978341454627>

Another awesome opportunity is an Artificial Insemination Clinic on October 1st for cattle producers. Please call today to register. Space is limited.

The next important upcoming event is the Animal Waste Credits zoom for Animal Waste Operators. There will be two in person viewing events; November 7th and November 19th. Please reach out to [Emi\\_Briggs@ncsu.edu](mailto:Emi_Briggs@ncsu.edu) for more details.

## Family & Consumer Sciences Updates

**Rhonda Peters, FCS Agent**

**Elizabeth Callicutt, Nutrition Educator**

## Fall Wellness Tips

We made it through our first “false fall” and have hope that cooler, or at least bearable, weather is on the way!!!! As the days become shorter, and the weather becomes cool, people tend to migrate back inside their houses. Unfortunately, this also means that people aren’t moving as much as they did when the weather was warmer. To avoid a fall-off in your wellness routine, consider these fall tips:

- Comfort foods with a healthy twist – Instead of making a calorie rich chowder with heavy cream during these crisp days, consider choosing fiber-rich vegetables in a veggie soup.
- Make the most of in-season fruits and vegetables – while frozen and canned fruits and vegetables provide high quality nutrients, take the time to enjoy all the lovely fall produce.

- Prioritize meals shared as a family. Taking the time to eat together as a family at the kitchen table, instead of in the car or in the go has nutritional value as well as being incredibly healthy for family strengthening. Take the time to talk, laugh, and create memories.
- Every season is the right season to emphasize drinking water. Never ever let the weather become a reason you choose unhealthy drinks.

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## Coming Up In FCS....

- Go, Glow, Grow at Troy Elementary (Pre-K Classes) – September 2024
- Safe Plates Testing (for those who have completed the Safe Plates program) – September 2024
- Go, Glow, Grow at Tillery Charter – (Kindergarten and 1<sup>st</sup> grade) September 2024
- Real Money, Real World – collaboration with Moore County Youth Leadership Group – September
- Go, Glow, Grow at Star Elementary (Pre-K Classes) – October 2024
- Home Food Preservation Series – October 2024
- Mindfulness Matters Program with Daymark Group – October 2024
- Senior Fun Day – October 10, 2024



## Elizabeth's Healthy Recipe Corner

### Apple Crisp Recipe . . .

This apple crisp is a delicious dessert and a great way to enjoy fall's bounty from the orchard.



#### Ingredients

- 4 medium apples
- 1/4 cup oatmeal, quick cooking
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 tablespoon cinnamon
- 1/4 cup margarine

#### Directions

1. Wash hands with soap and water.
2. Preheat the oven to 350 °F.
3. Grease the bottom and sides of a square 9 x 9" pan.
4. Remove the cores from the apples. Slice the apples. Spread the sliced apples on the bottom of the pan.
5. Cut the margarine into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar and cinnamon.
7. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.

Bake in the oven for about 20 minutes.

To find out more about FCS programs in Montgomery County, visit [www.montgomery.ces.ncsu.edu](http://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](mailto:rtpeters@ncat.edu) or [eathompson@ncat.edu](mailto:eathompson@ncat.edu)

**For more information regarding 4-H programming in Montgomery County, please contact Anna Hamilton at (910) 576-6011 or by email at [anna\\_hamilton@ncsu.edu](mailto:anna_hamilton@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](http://www.montgomery.ces.ncsu.edu). If you would like to be added to our email distribution list, please email [Kim\\_Gibson@ncsu.edu](mailto:Kim_Gibson@ncsu.edu)

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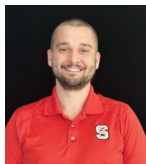
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