

# North Carolina Cooperative Extension Montgomery County Extension News



September 2020

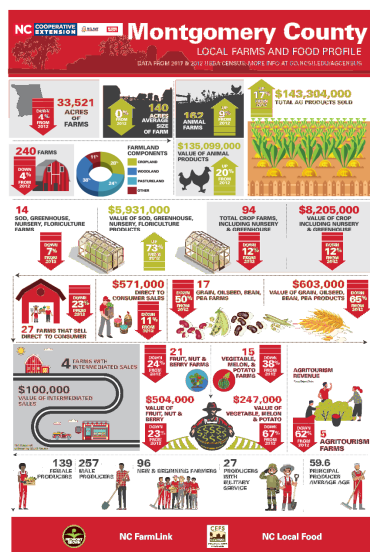
## From the Director's Desk

### Agriculture in Montgomery County, NC: Did You Know?

Agriculture matters in North Carolina. North Carolina's agricultural industry, including food, fiber, and forestry, contributes \$91.9 billion to the state's economy, accounting for more than 17 percent of the state's income, and employs 17 percent of the workforce. In Montgomery County, in 2017, the total amount of agricultural products sold was \$143,304,000 (up 17% from 2012). Not all farms look the same though, North Carolina is one of the most diversified agricultural states in the nation. The state's 46,418 farmers grow over 80 different commodities, utilizing 8.4 million of the state's 31 million acres to provide consumers with a dependable and affordable supply of food and fiber. Farmers use the income generated from their products to cover costs associated with land, equipment, labor, and other costs of running a business. The state ranks eighth nationally in Total Market Value of Agricultural Products Sold and the net income per farm in the state is over \$86,645.

To provide a snapshot of the importance of agriculture on the county level, the NC Cooperative Extension Local Foods Program Team, NC State FarmLink, and the Center for Environmental Farming Systems (CEFS) created an infographic for each county based on a comparison of 2012 and 2017 USDA Agriculture Census data.

See the Montgomery County infographic below and read more at: <https://localfood.ces.ncsu.edu/2020/08/resource-highlight-updated-local-farms-and-food-profiles/>



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## 4-H Happenings in Montgomery County

Chrissy Haynes, CED and 4-H Youth Development

### 4-H Hay Bale Decorating Fun for the Entire Family

We are excited to announce a fun opportunity for our 4-H'ers and their families during our fall season. Each year during the NC State Fair, there is a hay bale decorating contest. Since the fair is not going to be happening this year due to the pandemic, we are excited to announce the 4-H Hay Bale Decorating Fun for our 4-H families to participate in on the county levels all across the state.



This is a fun opportunity for families to spend some time together and have some fun decorating hay bales. There is a family category and an individual category. Families and/or individuals can decorate their hay bales to be displayed anywhere in the community (Cooperative Extension, local church, business or their own home).

Guidelines for participation will be emailed to all registered 4-H families. More information can also be found at: <https://nc4h.ces.ncsu.edu/2020/08/4-h-hay-bale-decorating-fun/>

Registration will be due November 18th to Mrs. Chrissy so you have plenty of time to get those creative juices flowing.

### 4-H Talent Showcase



Are you 8 years of age or up and want to enter the NC 4-H Talent Showcase? If so, check out the following link for more information and a list of rules: <https://nc4h.ces.ncsu.edu/2020/08/4-h-showcase-of-talent/>

Participants must have their act pre-approved by Mrs. Chrissy, so give her a call at (910) 576-6011 or email her at [chrissy\\_haynes@ncsu.edu](mailto:chrissy_haynes@ncsu.edu) to let her know what talent act you plan to submit.



For more information regarding Montgomery County 4-H Programs or to register your child (ages 5 – 18) in 4-H, please contact Chrissy Haynes, 4-H Youth Development Extension Agent at (910) 576-6011.

## Agriculture Updates

Kaitlyn Lamaster, Agricultural Extension Agent - Horticulture

### Montgomery County Beekeepers Association



After a break in July, the Montgomery County Beekeeper's Association met virtually on Thursday, August 20<sup>th</sup>. Honeybees are entering a nectar dearth period, where few floral resources are available to provide ample nutrition for colony overwintering. For this reason, the Montgomery County Horticulture Extension Agent presented on providing floral resources for bees during the late summer months. Consideration was taken to ensure that native plants were at the forefront of plants recommended. The association plans to meet again on September 17<sup>th</sup> where Mark Smith from Stanly County will speak on "Resource Hives."



**NC STATE** EXTENSION

Master Gardener | Montgomery County

The Montgomery County Extension Master Gardeners will meet on Wednesday September 9th. The Montgomery County Horticulture Extension is scheduled to present on high tunnels. Members also discussed the implementation of a plant sale at the Montgomery County Farmer's Market located in Troy. This sale is set to begin the third week of September. For more information on the sale or for people interested in joining Master Gardeners, please contact Kaitlyn Lamaster at [Kaitlyn\\_lamaster@ncsu.edu](mailto:Kaitlyn_lamaster@ncsu.edu)



## Growing Together



<b>Fall Garden:</b> Receive 3 different crops (spinach, cilantro, and cabbage) and information, tips, and tricks on how to grow them in your home garden <b>September 10 @ 6pm</b>	<b>How and What to Plant</b> <b>September 10 @ 6pm</b> <b>How to Care for Your Plants</b> <b>September 24 @ 6pm</b>
<b>Backyard Chickens:</b> Gain information on what kind of chicken is right for you and how to establish your own back yard flock	<b>Starting with Backyard Poultry</b> <b>September 17 @ 6pm</b> <b>Chickens 101</b> <b>October 8 @ 6pm</b>
<b>Healthy Families:</b> Discuss the importance of eating the freshest foods possible and learn how to prepare meals from food that you can grow at home	<b>Fresh Meals from the Garden</b> <b>October 1 @ 6pm</b> <b>Making and Storing Kimchi</b> <b>October 15 @ 6pm</b>

To register visit <https://www.eventbrite.com/e/growing-together-montgomery-program-tickets-118645863973>  
 For any questions or concerns call 910-576-6011 or email [kaitlyn\\_lamaster@ncsu.edu](mailto:kaitlyn_lamaster@ncsu.edu)



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## Growing Together Montgomery

Growing Together Montgomery is a program where families can receive information and guidance on producing their own fresh foods right at home! Participants will receive three different crops (spinach, cilantro, and Chinese cabbage) that they can grow throughout the fall season. The Montgomery County Horticulture Extension Agent will help participants care for the crops from planting to harvest. Other sessions are scheduled to help homeowners interested in backyard poultry get informed BEFORE buying their first bird. From the right chicken to choose, to setting up their coop, to nutrition and care, these sessions are aimed at beginners in backyard birds. Lastly, there are sessions that will help families know what to do with their fresh produce. These will be geared towards the crops that families received during the first session.

If you're interested in joining, more information can be found at: <https://montgomery.ces.ncsu.edu/2020/09/growing-together-montgomery/>

To register, please visit: <https://www.eventbrite.com/e/growing-together-montgomery-program-tickets-118645863973>

For any other questions or concerns, please call 910-576-6011 or email [kaitlyn\\_lamaster@ncsu.edu](mailto:kaitlyn_lamaster@ncsu.edu)



## Agriculture Updates

Jamie Warner, Agricultural Extension Agent - Livestock



### USDA's Coronavirus Food Assistance Program

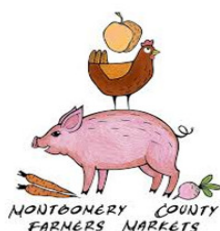
**(CFAP):** The deadline to apply for the USDA's Coronavirus Food Assistance Program (CFAP), which provides direct payments to offset impacts from the coronavirus pandemic has been extended. The new deadline is **FRIDAY, SEPTEMBER 11**. The application is available online ([farmers.gov/cfap](https://farmers.gov/cfap)), and USDA's Farm Service Agency (FSA) staff members are available via phone to help producers complete applications.

**Producers of all eligible commodities will apply through their local FSA office.** Montgomery County is serviced by the Area FSA of-

fice located in Lee County. For help from this FSA office contact Marlo Dunn, Acting County Executive Director at 919-775-3407 Ext. 2 or [marlo.dunn@usda.gov](mailto:marlo.dunn@usda.gov). Due to coronavirus concerns, centers are available by phone appointment only.

**The SonnySide Of The Farm:** USDA's Secretary of Agriculture, Dr. Sonny Perdue focused his most recent podcast on the department's Meals 2 You Partnership, a program designed to help feed rural school children. The podcast episode talks to Denton McLane, Chairman of McLane Global and Grace Norman, Chief of Staff at the Baylor University Collaborative on Hunger and Poverty. They explain the partnership that sprang up in March between Baylor, McLane Global, PepsiCo, and USDA to help feed kids in rural America who were impacted by school closures due to the Coronavirus. When schools closed, USDA issued waivers to ensure kids were still able to pick up their breakfast and lunches from school. However, there are many kids who live in rural America where it takes a long time and many miles to pick up their meals. Together the partnership has worked to deliver over 25.5 million meals to kids across America to ensure the millions of kids USDA feeds during the school year continue to have the nutritious food they depend on. This episode can be listened to on YouTube by visiting the following link: <https://www.youtube.com/watch?v=Nuu3Zpbhnc&feature=youtu.be>.

**Livestock Showmanship Circuit Update:** This year's 4-H Farm Credit Showmanship Circuit moved to an online platform in July and had over 70 showmen register to compete. Participants were given their first video prompt on August 1<sup>st</sup> and were given two weeks to shoot their videos. Videos were submitted on August 15<sup>th</sup> to their County Ag Agents and judges watched and evaluated the videos before placing them based on showmen knowledge of prompt topic, animal handling and overall showmanship qualities. For prompt one, the showmen were tasked with introducing themselves, their animal and give reasons why they chose that particular animal to show. They ended their videos by leading the animal around, setting the animals up and maintaining eye contact with the "judges" (through the camera). The second prompt was released to showmen on August 22<sup>nd</sup> and will be submitted on August 29<sup>th</sup>. There will be 3 more prompts issued for a total of five. Participants are encouraged to complete all five but are only required to complete three. Videos of the week for each species (cattle, goat and sheep) can be viewed on the Circuit Webpage (<https://randolph.ces.ncsu.edu/videos-of-the-week/>).



**Montgomery County Farmer's Market:** The market is still going strong in its new location at the Troy Amphitheater (225 Smitherman St, Troy). Vendors are available every Thursday from 8:30am – 12:30pm with a variety of goodies for patrons. Due to Coronavirus, masks are encouraged at the market!! Pre-orders may be filled by vendors and picked up at the market. Vendor information is located on the [Market's Facebook Page](#) (Montgomery County Farmers' Markets) or by contacting Debbie Malarz, Market Manager at 910-576-6011, [dlmalarz@ncsu.edu](mailto:dlmalarz@ncsu.edu)

**EGG-cellent Egg Contest:** As a continuation of the Southeast Regional Chicken Project, program coordinators have created a new contest for 4-H members who have a flock of chickens that are currently laying eggs. The EGG-cellent Egg Contest will accept registrations until September 25th. The contest will assess the ability of participants to raise chickens that produce high-quality eggs. Contestants will be able to submit up to two sets of one dozen eggs, which will be judged for uniform appearance and consistent interior quality. Judges will use the same testing measures applied in commercial poultry production. To evaluate participants knowledge and creativity, supplemental projects for each age group will also be submitted and judged.



## Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

### Montgomery County FCS Partners across the County, District, State, and Other States? SUCCESSFUL COLLABORATION THAT YIELDS IMPACT



More efficiency?	Check!
More success?	Check!
Improved Communication?	Check!
More Innovation?	Check!
Bigger Impact?	Check!

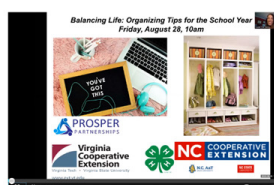
In order to provide programming that results in meaningful impact to Montgomery County participants, collaboration has to be key, especially in these challenging times. Through August, our Family and Consumer Sciences

Agent really focused on enhancing professional development and networks. Read on to learn about some of the successful collaborations that have already occurred, and some pretty cool things coming up soon! As always, if you have ideas or want to get involved with the FCS program, please contact [rtpeters@ncat.edu](mailto:rtpeters@ncat.edu).

**Faithful Families Thriving Communities** (Faithful Families) works directly in communities of faith across the country to promote health for individuals, families, and local communities. The practice-tested program is open to all faith and religious traditions and engages faith communities in health education, environmental changes to support health, and community-wide health initiatives. Program facilitators and Lay Leaders are trained to co-deliver Faithful Families' Eating Smart and Moving More Lessons, which includes nine sessions on healthy eating and physical activity strategies, including nutrition, meal preparation and cooking, food safety, and increasing daily physical activity. Through group discussions, recipe taste tests, and activities, individuals and families are encouraged to set goals to lead healthier lives. The curriculum also prompts discussions about changes that can be made in their organization and local community.



Due to COVID 19, implementation of this program has been extremely challenging statewide. In order to address this issue, the program developers at NC State University have worked to tweak program materials in order to be able to offer the program virtually. As part of this transition, 9 FCS/EFNEP agents across the state were asked to record the different modules in the program. These will then be shared with agents statewide for implementation. Our FCS Agent here in Montgomery County was honored to be asked to record the module on Fruits and Veggies. If your faith community is interested in participating in this program, please email [rtpeters@ncat.edu](mailto:rtpeters@ncat.edu).



Balancing Life: Organizing Tips for the School Year

As part of an outreach to help families navigate the unprecedented times of COVID-19, Virginia Cooperative Extension launched a **Balancing Life** series in the spring, in partnership with North Carolina Cooperative Extension. In August, our local Family and Consumer Science Agent was asked to serve as a guest speaker for this collaboration across state lines. One hundred and forty eight people were live on the call, with an additional two hundred receiving the direct link to the recorded session. The recording can be accessed at this link: [https://video.vt.edu/media/Balancing+LifeA+Organizing+Tips+for+the+School+Year/1\\_s4zru609](https://video.vt.edu/media/Balancing+LifeA+Organizing+Tips+for+the+School+Year/1_s4zru609). Previous recordings of the Balancing Life series can be found under the Online Training Recordings on YouTube at <https://bit.ly/3dcSAnl>.

## Upcoming Programs

Our **LIFT Program** will be coming back this fall bigger and better than ever! We have partnered with agents in three other counties to be able to offer a highly impactful program full of education, physical activity and fellowship. Although the original LIFT program was designed for older adults, this series will be offered for any adult aged 18 and over, from all fitness areas. The group will meet virtually, at dates and time to be determined by potential participants. Please take our survey to indicate your scheduling preference.



We will be launching the **Med Instead of Meds** series through Zoom on **Wednesdays (October 1st – November 11th), from 12 noon-1:30**. This



awesome program will be a collaboration with agents across the South Central District of

North Carolina. This means even more people to share ideas with and to glean motivation and encouragement from. Check our website for registration information.

**Teen Cuisine** is coming back... virtually that is! This is the first time that we've ever tried this format, but since we are still following COVID guidelines, we are not able to conduct in-person programming with youth. So, we will be moving Teen Cuisine to the Zoom platform. Each participant will get a weekly kit with all the ingredients needed for the week's menu. Sessions will include nutrition education as well as a "cook along" where the FCS Agent will demonstrate the recipe, as well as cooking techniques and participants will follow along in their own homes. Dates have not been determined yet, as we are still trying to determine interest and potential participation. If you are interested in this programming, please email [rtpeters@ncat.edu](mailto:rtpeters@ncat.edu).



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 at (910) 576-6011 or email [rtpeters@ncat.edu](mailto:rtpeters@ncat.edu).

## STAY UPDATED!!!!



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