

Our Director

James Edward Magner, III
County Extension Director



Looking Ahead

ServSafe

- Sept 9 Yancey Extension Center
- Oct 28 US Forest Serv-Crossnore
- Food Preservation
- May 30 Jams & Jellies
- June 20 Pressure Canning
- July 11 Freezing Corn
- July 18 Pickling & Fermenting
- Aug 8 Tomato Canning



North Carolina Cooperative Extension
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Our Mission

North Carolina Cooperative Extension partners with communities to deliver education and technology that enrich the lives, land and economy of North Carolina. Extension professionals in 100 counties and the Cherokee Reservation provide education and technical assistance based on research from the state's land-grant universities: NC State University and NC A&T State University.

TRACTOR has been moving Kenny and Becky Wilson wonderful bib lettuce since March and the feedback has been great. You can read more about Kenny and Becky; in the Yancey Common Times Journal (April 24th edition), it is a wonderful story.

The plant sale was a tremendous success thanks to Stanley Holloway, Adam McCurry and Norma Chrisawn. The plant distribution was held in the TRACTOR facility, and many folks signed up to be notified once TRACTOR begins selling to individuals. We are working to get the accounting into place and for more products to come in to season.

Several 4-H-ers will be competing at the district 4-H Activity Day Saturday,

April 27th. Linda Semon and Sybil Chapman have a great track record of preparing our 4-Hers for this competition and moving on to the state level.

Hannah Nichols our new FCS agent has helped over 30 individuals lose over 170 pounds in the Eat Smart Move More Weigh Less Program. Several people have lost over ten pounds (the healthy way)! She also has a series of food preservation workshops planned for this summer.

Extension appreciates the investment Yancey County makes in its people and programs and the staff take pride in making sure to maximize the investment!

more on **2**

Food and Nutrition



Hannah Nichols
Area Agent,
Family & Consumer Sciences
Mitchell & Yancey Counties



Making healthy choices isn't always easy. North Carolina Cooperative Extension's educators help people sort fact from fad, providing research-based programs that promote a lifetime of good health. Programs cover a broad spectrum, from pesticide safety to indoor air quality, from childhood nutrition and physical activity to heart-healthy eating and food safety.

April has been an exciting month at Extension. We have completed the final week of the fifteen-week weight management program, *Eat Smart, Move More, Weigh Less*. In these the past fifteen weeks, both classes have had a net loss of 195 pounds. The last class, each participant reported a final weight, waist circumference, blood pressure, and completed an evaluation by answering questions about changes they have made in their behavior. Many participants reported they are now more active and consume more fruits and vegetables after completing the program. The majority of participants lost anywhere from one

inch to eleven inches off their waist circumference; therefore, decreasing their risk of chronic disease. This month I was invited to participate in the Yancey County Employee Health Fair where I conducted healthy cooking demos and provided taste tests and recipes. The county employees were eager to try the different foods and many said the recipes were something they would like to make for their families. Taste tests included smoothies made with fresh fruit and black bean quesadillas. This month I completed four trainings. The first week of April, I attended a new employee orientation where I learned about

different nutritional programs I can offer to the Yancey County community. I also attended a ServSafe course and completed the certification so I can offer this food safety course in the community. Next, I attended the School HACCP and Warehouse Food Safety course where I learned about the importance of food safety in the school system. Lastly, I attended the Acidic Foods Good Manufacturing Practices School. This was a three-day training where I learned about FDA regulations and food safety where preserving acidic foods. April was a great month at Extension!

Jo Simpson
4-H EFNEP Associate



The Youth Expanded Food and Nutrition Education Program (EFNEP) had a fun-filled month with 125 Burnsville Elementary youth graduating from the program and 136 new youth enrolling. Youth learned about the new Choose My Plate and planned healthy meals and snacks along with preparing healthy snacks such as trail mix and fruit salad. Some also tasted new fruits

and vegetables like jicama and prunes. Most of them enjoyed the new food experiences.

This is the first year I was given the opportunity to introduce my nutrition program at the Yancey County Christian school. I am seeing 16 youth there between the grades of 3-8. Many remember me from public schools. I am having a great time with them and they me.

**Stanley Holloway,
Agriculture Agent**



**Jeremy Delisle,
Area Agent, Agriculture
Mitchell/Yancey Counties**



**Adam McCurry,
NCA&T Agriculture Technician**



**T.R.A.C.T.O.R.
Grand Opening**



Potato Trial Planting



Ag Continues To Grow In North Carolina

Agriculture and agribusiness — food, fiber, and forestry — continue to grow in North Carolina, according to a new study from N.C. State University.

Whatever lofty things you might accomplish today, you will do them only because you first ate something that grew out of dirt.

- Barbara Kingsolver

Agriculture/Horticulture And Life Sciences

Stanley Holloway

Spring has finally arrived as evidenced by the increase in calls and office visits for agricultural related information and assistance. During the month the Agricultural Staff conducted Cooperative Extension's Annual Plant Sale. This year we again offered a wide variety of plant material and fruit varieties for sale to local residents. By combining orders with surrounding counties, we were able to get discounted bulk quantity prices and offer the plants material at a reduced price to our clientele. In total, 700 blueberry plants, over 13,000 strawberry plants, 400 blackberry plants, 450 black raspberry plants, 400 red raspberry plants, 1100 asparagus crowns, 40 horseradish roots, and 400 apple and pear trees were purchased by over 200 local residents. In conjunction with the annual plant sale,

Extension staff provided detailed information regarding planting and care of the plant material purchased.

TRACTOR continues to gain momentum as the number of interested farmers and potential customers continue to increase. At this time we only have hydroponic lettuce being moved through the facility; however, sales continue to increase with 2 deliveries being made per week to several Ingles and Save-Mor grocery stores and three restaurants. We, as well as our customers, are looking forward to the production season when more products will be available.

Later in the month, the ToeCane Beekeeper's monthly educational meeting was held with 21 local

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beekeepers attending. The topic of this month's meeting was on catching swarms as the season for honeybee swarming rapidly approaches. Dr. Jill Sidebottom, Christmas Tree IPM



Specialist, was also on the program to discuss a survey she is conducting relative to honeybees in proximity to Christmas tree farms.

Late in the month, Tres and I will serve as a Persons In Charge (PICs), for the West District 4-H District Activity Day being held at Haywood Community College, attending with 6 volunteer judges from the county. Tres, Jeremy, and I will also participate in a 2 day Food Hub tour to Virginia with several agents and others from WNC looking at what others are doing in regards to the local foods movement in other areas of the country. It is our hope that we can learn from others and apply that knowledge as we further develop TRACTOR.

Ten (10) field visits were conducted during the month on a variety of topics including: soil testing (1), fruit production (3), tobacco (2), general home landscape (2), and home gardening (2). In addition, over 50 office visits and numerous telephone and e-mail consultations were conducted during the month regarding a wide variety of agricultural topics.



2013 Yancey 4-H Summer Program



The 4-H summer program will originate at Bee Log and Bald Creek Elementary Schools. Thanks to Ms. Allen and Ms. Robinson for giving us this opportunity with the students for a few weeks in the summer. The students will be visiting Jill's Hair Port, History Museum, Burnsville Pool, Riverside Roller Rink and Wellspring Farms. We hope this helps the parents also knowing their children are with the very conscious staff of Yancey 4-H.



The Plant Disease and Insect Clinic



diagnoses all kinds of plant problems for farmers, growers, landscapers, homeowners, and gardeners. In consultation with expert faculty, we recommend ways to treat or prevent the problems we diagnose. Website address is :

www.cals.ncsu.edu/plantpath/extension/clinic/



**KEEP
CALM
AND
FARM
ON**



Adam McCurry

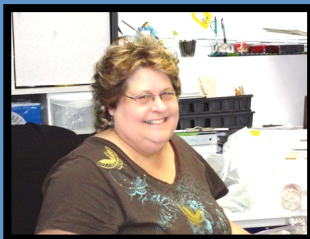
We are getting into the growing season and things are picking up. I have spent a lot of time over the past month working with growers to prepare them for the upcoming season. We now have five local strawberry growers in Yancey County that I am working with. The total acreage is about three acres. To this point things look good for these growers. April 9th I conducted a shared use equipment training and



demo for local growers. The goal was to show local growers what is available to them and how to use it. April is also when we do our annual plant sale that we finished on the 19th.

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Linda Semon
4-H Discovery Associate



Discovery

Programming this month included a unique collaboration with Nelda Phillips, Cane River Middle School science teacher. The 8th grade students have been participating in a collaborative STEM project with our local 4-H office and Jeanette's Pier in Nags Head.

While investigating solar power, students have gained and demonstrated many 21st century skills while making a solar powered boat. Students became solar power engineers while reporting via remotely with Jeanette's Pier in



Nags Head through a webcam. Student design teams engineered boats using plastic bottles, one solar panel and a motor with a fan. Students collected data using iPad's purchased through a Bright Ideas grant. I helped assist classes in the learning process. The highlight of this experience occurred when students raced the boats in a water filled pool. Students were able to observe how the design process affected the ability of



the boat to win a race. Student comments included: "I thought this experience was fun and I learned

that there are many different ways to build something and it still work." - Abby Ivy. Another student David Honeycutt stated, "I was very surprised that the energy from the sun was capable of making the motor work and it was really fun to watch the boats race." Finally, Issac Franks, group leader of the overall 8th grade winning design stated the reason their boat won was because of the placement of the solar panel. "During testing, the sun would hit our boat from the side, therefore we put our panel on the side instead of on the top like everyone else. This also affected the weight distribution and required us to plan for this in our design, but we felt it made our boat go faster." Other members of the team included Brennan Peterson,

Hayleigh Fox and Caden Fox. I look forward to seeing how many of these tech savvy students choose a career in science. Many thanks go out to the staff and administration at the school who helped make this project a success.



School Enrichment

This month I have been busy teaching Character Counts to Bald Creek Afterschool and Burnsville Afterschool. There has been about 55 youth combined each week.

I teach CareerSmarts at Cane River each week. This month we went to Mountain Air where the students had an etiquette class, learned about the jobs in the restaurant, and ate a delicious lunch. I would like to extend my thanks to the employees at Mountain Air for letting us visit.

On Thursdays I cook for Eat Smart Move More Weigh Less. There are usually a total of 30 for the both classes combined.

District Activity Day was held in Haywood County Community College this year. Several youth participated this year.



Mtn. Challenge

Another exciting month has past and all programs are in full swing. We are planning end of the year reward and incentive parties at Burnsville Elementary and Bald Creek Elementary. We are also gearing up for our new "High Risk" middle school program taking place for 8 weeks in June and July. It promises to be challenging for both its participants and its instructor, and we expect great results! On the training side of our program I have recently attended workshops on SPARKS/developmental assets, and Trauma as it relates to adolescent behavior. In early May I will get certifications in Love and Logic parenting facilitation and Project Adventure outdoor experiential learning. I thank you for all your support!



Sybil Chapman

4-H School Enrichment Coordinator



Peirce Bingham

4-H Mtn. Challenge Coordinator



Bald Creek Afterschool

During the month of April the afterschool program at Bald Creek has continued with our regular schedule. Since the weather has been great and the kids are getting ready for EOG's, most of our time has been outside. This has given the students plenty of exercise time. On Tuesdays, Sybil Chapman teaches Character Counts and on Wednesdays, Pierce Bingham teaches team building. There are six students still taking Dulcimer lessons each Tuesday. The students will begin a gardening project in May.

Bald Creek Afterschool

Susie Hedrick, Site Leader
Elizabeth McIntosh

Bee Log Afterschool

Gail England, Site Leader
Lesia Phillips



Bee Log Afterschool

Linda Semon and the Robotics Club visited the Bee Log 4-H Afterschool this month with a demonstration of the robotics the children had built and then let them participate with the robotics. Even though they missed several days of school this past month due to weather conditions they all enjoyed their time off for Spring break. Everyone is back now and preparing for the end of the year tests. We also continue with the Science Technology Club and Zumba Classes once a week and are enjoying much better weather for getting outside for playtime.



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**Yancey 4-H
Living Fresh with FCS
Yancey Small Farms
NC Cooperative Extension-Yancey County Center**

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