

Yancey Cooperative Extension Narratives

May 2013

Our Director

James Edward Magner, III
County Extension Director



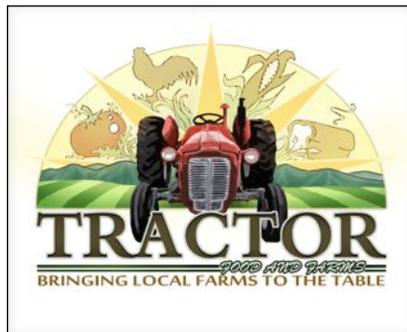
Looking Ahead

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
Yancey County Center
10 Orchard Dr.
Burnsville, NC 28714
828-682-6186
www.yancey.ces.ncsu.edu



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.

Jo Simpson, our Expanded Food and Nutrition Program Associate won the North Carolina Endowment Award for state. Mrs. Simpson teaches every kindergartener through fifth grader nutrition and every year her program evaluations indicate the students are using what they learn to make healthier choices.

I am also thrilled to share that our Yancey 4-Hers brought home three gold medals, one silver medal, and three bronze medals at the 4-H District Activity Day with a variety of presentations. 177 students participated across the west region! Thanks to Linda Semon and Sybil

Chapman for their leadership and work with this program!

TRACTOR now has 62 growers signed up who represent 304 acres in production! New growers are appearing at weekly. Feedback continues to be good from the stores and they want more products, which is a good thing. The wet spring has slowed production somewhat. TACTOR website, and brochure development are nearing completion. Direct sales will begin when TRACTOR has a few more varieties of product.

North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Food and Nutrition



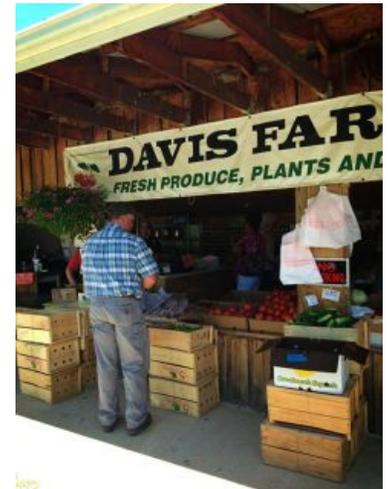
Hannah Nichols
Area Agent,
Family & Consumer Sciences
Mitchell & Yancey Counties



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.

May has been an exciting month at Yancey County Cooperative Extension. As summer time quickly approaches, the local farmer's market and produce stands have opened and are filled with fresh fruits and vegetables. We have a series of food preservation classes that will take place through out the summer. The first session was on jams and jellies. We used local strawberries, grown in Burnsville, to demonstrate how to use a water bath canner to preserve strawberry jam. Bald Creek

Elementary School had a special awards day at Cain River Park for students. At this awards day, we went out and set up food demonstrations where the children were able to taste various fruits and vegetables.



Jo Simpson
4-H EFNEP Associate



The 4-H Expanded Food and Nutrition Education Program (EFNEP) ended the school year with a bang having 236 graduates this month from Burnsville and Bald Creek Elementary, Yancey Christian School, Genesis Academy and Mt Heritage Pre School. Reading nutritional books as well as playing fun nutritional activities is the way EFNEP teaches healthy eating to pre-K-5th grade students. The students had fun making snacks such as: natural sodas, hummus and vegetable sandwiches,

spinach salad, and fruit parfaits.

While attending 2013 Nutrition Assistants' Multi-State Conference, I met Connie Evers, author of Nutrition for Kids, and Barbara Storper, creator and Executive Director of FoodPlay Productions. They both led good creative workshops. Yancey EFNEP received the Endowment Award, which came with \$200.00 to be used toward my programming. I am happy to say we will be having a free cooking camp scheduled this summer.

**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**



Plastic Laying Machine



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

Jeremy Delisle

Hope your Thursday is going well. Below is my narrative. Have a good week and I'll see you when I get back(hopefully with fish!

May has been an eventful month in the Agricultural field. We have done well to get any field work accomplished at all around the crazy weather we have seen. Some farmers fared better than others where the flood waters are concerned. It is always amazing to see one of our local farmers pick himself back up after a devastating event and do it all over again.

Requests from farmers for farm visits has increased in May. Many producers have managed to get some

things set in the fields around the weather, including potatoes and many of our greens crops. Tobacco planting will be happening any time now as well.

My potato trial is going well and I was able to get some fertilizer down just before the last band of heavy rainstorms. This year we have cut our varieties down to four, including Nadine, Adirondack Red, Adirondack Blue, and Red Maria. We are taking a closer look at fertility rates and how they affect size, quality and yields. Another highlight in May was working with 2nd and 3rd grade classes at Gouge Elementary on a garden project where students grew transplants, cared for them, marched in a parade through

Bakersville to the 4H/Alive Garden, and set the transplants to be grown out and used in educational cooking demonstrations. Approximately 100 kids participated!

TRACTOR has also been a major focus this month. We have been selling good quantities of bibb lettuce and maintaining our relationships with existing buyers. We are anticipating large harvests of crops like cabbage and broccoli in the coming weeks as well. July and August will be very busy months with the majority of our crops coming in then. We are pushing forward with our food safety plan and hope to obtain GAP certification in July. Protocols and procedures are continually being revised and refined. Our tour of other Food Hubs in Virginia was very helpful. It actually reaffirmed that we are moving in the right direction with TRACTOR. June should begin to show many of the benefits of our hard work through the winter and spring. We are all anxiously awaiting the harvests from our farmers fields. Thank you as always for your support of the work we are doing.



Adam McCurry

The growing season is up and going. Most growers are planting this month or next. A lot of my time has been spent working them on what to grow. We have had two flooding events in the county this month that have affected our local growers. These floods caused considerable damage to crops and crop land. I spent a lot of time working with growers on dealing with the aftermath of the floods. There are guidelines for these situations that many growers are unaware of. Work is also continuing on the TRACTOR project.



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/



Linda Semon
4-H Discovery Associate



Discovery

4-H Discovery had a successful year at the 4-H West District Activity Day and they should be congratulated for their efforts. This competitive and educational event highlights public speaking skill and offers an opportunity to share information with community members. 4-Her's attending were: Derek Heidenfelder who presented information on trains in 4-H Cloverbuds, 7-8 year old category, Rebecca Heidenfelder did a tap dance routine in 4-H Entertains, and competed in the new Cecil and Leonard Talent Showcase, Shane Greene played guitar and sang in 4-H Entertains, Hope Robinson received a Gold medal in Citizenship and Community Service for 14-18 year olds, Lynn Hilbert placed Silver in Foods & Nutrition 11-13, Jeremy Heidenfelder participated in Forestry & Wildlife 9-10, Christian Hilbert received Bronze in Forestry & Wildlife 11-13, Rebecca Heidenfelder received Gold in Forestry & Wildlife 11-13 and Brianna Hilbert received Gold in Fruit & Vegetable use 9-10.

Adult 4-H Volunteer, Daniel Semon conducted six hours of 4-H Ambassador Gold Level classes.

Hope Robinson, 4-H FIRST member, applied for a scholarship to Citizenship Washington Focus, which provides youth a chance to learn about our United States Government in more depth. Hope was chosen to attend this all expense paid, weeklong event, in Washington, DC in July. NC A&T State University sponsors this trip.

Adult 4-H Volunteer Allyson Heidenfelder will be taking five 4-H members to a week long 4-H Robotics Camp sponsored by NC A&T State University. This camp will take place in July at the the Betsy Jeff Pen 4-H Education Center in Reidsville, NC.

School Enrichment

This month I have been coordinating Teachers and Volunteers for First Aid Training for fifth grades. I went out to Bald Creek, Burnsville and Micaville with the volunteers to teach First Aid to a total of 116 youth.

On May 22nd, I went with Mountain Challenge youth from Bald Creek to the skating rink for the afternoon.

On May 23rd, I cooked breakfast for the Advisory Council. At 8:00 I left to go to Swannanoa for an all-day training about how to recognize and report child abuse.

On May 28th I went to 5 elementary schools to pick up science kits from the teachers.

Mtn. Challenge

The month of May means end of grade testing and looking forward to summer vacation. The students at Bald Creek have studied very hard and worked a lot on homework. They enjoyed a trip to the Riverside Roller rink with Peirce Bingham, cooking with Jo Simpson, and making a 4-H video with Linda Semon. The K-2 students have also been studying about birds. Thank You to everyone who helped make our program successful this year.



Sybil Chapman
4-H School Enrichment Coordinator



Peirce Bingham
4-H Mtn. Challenge Coordinator



...To Make the Best Better.

Bald Creek Afterschool

The month of May means end of grade testing and looking forward to summer vacation. The students at Bald Creek have studied very hard and worked a lot on homework. They enjoyed a trip to the roller rink with Peirce Bingham, cooking with Jo Simpson, and making a 4-H video with Linda Semon. The K-2 students have also been studying about birds. Thank You to everyone who helped make our program successful this year.

Bee Log Afterschool

This past month we have been gearing toward the EOG's by working with the children with the practice sheets that the teachers have given them to study. Now all of the testing is behind them. Linda Semon came out and talked with the children about patriotism and helped them make cards that will be sent overseas to the troops. A big thank you goes out to Robin Wilson who has helped us through this year with tutoring. Her help has been greatly appreciated and has been very effective with the children. Thank you goes out to Stanley Holloway for bringing the beehive out and teaching the children about bees this year. It was one of the highlights of the year for the children. And a big thank you goes out to Jo Simpson for doing the nutrition classes with the children this year. We are moving

Bald Creek Afterschool

Susie Hedrick, Site Leader
Elizabeth McIntosh

Bee Log Afterschool

Gail England, Site Leader
Lesia Phillips



toward the end of the school year and want to thank all of those who have helped make our program a success this year

Find us on Facebook

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

Yancey County Center
North Carolina Cooperative
Extension
10 Orchard Dr.
Burnsville, NC 28714
Phone (828) 682-6186
Fax (828) 682-7680
www.yancey.ncsu.ces.edu

