

Yancey Cooperative Extension Narratives

Our Director

James Edward Magner, III
County Extension Director



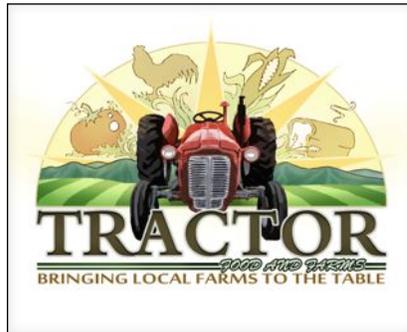

Looking Ahead

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.

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!

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.

Family & Consumer SCIENCES

Summer time and warm weather brings much excitement to Yancey County Extension. Food preservation classes are going full force. Last month we taught participants how to process jelly and this month we offered a class to learn how to use a pressure canner safely to process foods and reduce

foodborne illnesses. We are also working with the summer program, "Gear Up". This program is a summer camp for middle school students designed to spark interest in attending college. I will be working with Jana Bartleson, RD, to cook lunch with the campers and provide nutritional lessons each week.

Fresh green beans at a local produce market. It is nice to enjoy the taste and also get the nutrients from fresh produce.



Jo Simpson
4-H EFNEP Associate



4-H EFNEP has been working diligently trying to complete student enrollments and ERS submissions along with planning a cooking camp scheduled for the week of June 24-28 at the First Baptist Church on the square. I am looking forward to working with the children at camp. Healthy meals and snacks will be planned each day along with hiking and other fun physical

activities. Our goal is by weeks' end each camper will be able to: plan a healthy meal, help cook a meal, read a recipe, learn kitchen and food safety as well as proper kitchen etiquette.

MyPlate
4-H EFNEP
Summer
Cooking
Program



**Stanley Holloway,
Agriculture Agent**



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



Potato Trial Planting



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



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



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

The start of summer has been quite busy with a lot of exciting things going on. The TRACTOR aggregation and marketing facility continues to gain interest from both growers and buyers as this year's production season develops. Early in the month, we held our second facilities training for producers wishing to move product through the facility with 9 producers attending. We continue to increase our offerings through the facility as growers begin harvesting this year's crops. During the month of June, three types of lettuce from two different growers, broccoli, and strawberries were sold through TRACTOR to various markets

including Ingles and several area restaurants. Later in the month, 4 pesticide recertification classes are scheduled to provide continuing education credits for both Private and Commercial Pesticide Applicators. The ToeCane Beekeepers annual "A Day in the Beeyard" field day is scheduled to be held at Joe and Loree Capps Apiary in the Pensacola Community. In addition to the above, ten (10) field visits were conducted during the month on a variety of topics including: tobacco (1), general home landscape (3), commercial vegetable production (2), and home gardening (4). In addition, over 60 office visits and numerous telephone and e-mail consultations were

conducted during the month regarding a wide variety of agricultural topics.

Jeremy Delisle

May has full of activity working with growers to get crops off to a good start. Plenty of rainfall has made this a challenging year to get things in the ground on time, but growers have taken every opportunity to get things done. Many crops are now off and running with surplus moisture in the ground to push them along. With the moisture often comes disease pressure, and we are starting to see various fungal and bacterial issues pop up as a result. Farm visits to grower fields are increasing in order to keep close tabs on progression towards harvest, as well as address any production challenges early on to minimize impacts of crop yields. June will be spent primarily in the field working closely with growers in order to assure they have all of the information they need to pull off a successful harvest during peak production months. Looking forward to a great season with a bountiful harvest!

Adam McCurry

The growing season is up and going. Most growers are planting this month. A lot of my time has been spent helping the growers decide 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 crops land. The issues of the flood, or too much moisture in the ground, require a lot of time with the growers. There are guidelines for these situations that many growers are unaware of. Work is also continuing on with the TRACTOR project.

Jeremy Delisle visited Jim Benfield, a new grower with TRACTOR. Jim is growing cabbage and pumpkins.



Debra Erickson is another grower Jeremy visited during the month.

Too much moisture has caused numerous problems.



Thankful for abundance of water but can also be the culprit of many problems to the farmers



**KEEP
CALM
AND
FARM
ON**



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/

Call 682-6186 for more information about our Master Gardener Program.



(continued)

Linda Semon
4-H Discovery Associate



Sybil Chapman
4-H School Enrichment Coordinator



Peirce Bingham
4-H Mtn. Challenge Coordinator



Discovery

Over 300 youth enrolled in the 4-H Discovery program received learning experiences during the second half of the school year in the following subjects; plant science, engineering, photography, citizenship, public speaking, record keeping, volunteerism, robotics, technology, energy and water quality. With the help of caring 4-H Volunteers, participants in 4-H gain critical thinking, problem solving, leadership, teamwork and communication skills that help them become productive and active citizens. With a focus on science, technology, engineering and math skills from learning activities that challenge students to experiment with energy sources such as solar, wind, bio-fuels and electric power, the 4-H Discovery program is helping prepare them to compete in the highly competitive global workforce. "Building Bridges" was an exciting science activity conducted at the Cane River Middle School Magic Program that challenged students to design bridges to span over an imaginary river and helped them learn about load bearing capabilities by seeing how many cups of pennies the structures could hold before collapsing. Hands-on learning is fun and lots of laughs were had by all when some of the solutions fell into the river!



Zach Styles
observing the results of his
"Building Bridges" science project.



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 program has been very busy with end of year events with the school and planning of the Mtn. Challenge summer program. We are expecting a fun time with our team building exercise we learned while attending the workshops and training this spring.



Bald Creek Afterschool

The month of May meant 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.

Bald Creek Afterschool

Susie Hedrick, Site Leader
Elizabeth McIntosh

Bee Log Afterschool

Gail England, Site Leader
Lesia Phillips



Bee Log Afterschool

Bee Log 4-H Afterschool ended the school year with a successful finish. The children worked on 4-H project books this year and we are proud to announce that Alexander Graham's project book took a Gold Award at the State Level and that Nathaniel Phillips' project book took the Silver Award at the State Level and Rebecca Dixon's project book took a Blue Ribbon at the District Level. All of the children that participated with the project books took home participant ribbons. We said a tearful goodbye to our 5th graders who are all moving on to Middle School next year and we wish them all the luck in the future. We have been fortunate to sign up 7 volunteers that will



be helping us with various projects in the coming school year. We wish everyone a safe and happy summer and are looking forward to our next school 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

