

VOL. 1 ISSUE 1 · SEPTEMBER 2023 NEWSLETTER

VANCE COUNTY CENTER



BY DR. WYKIA MACON
COOPERATIVE EXTENSION DIRECTOR/FCS

We are excited to present our brand new monthly newsletter to you! Vance County Cooperative Extension has earned a reputation of being a powerful force in collaboration and innovation within the community. Our goal is to provide research-based information and improve the lives of our community through non-formal education. Our wonderful team works diligently to advance agriculture, educate parents, improve human health and well-being, and contribute to the development of youth as well as our community at-large.

Each month, we will share with you some of our recent programs and events, upcoming activities and registration information if you are interested in participating, general information/tips from our program areas, and recognition of community volunteers or vendors who help make us even better.

We encourage you to discover and participate in all that we offer at Vance County Cooperative Extension. We hope that you will explore our website, connect with us through Facebook, give us a call or stop by for a visit.

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Innovation Station Bus

BY SHERONICA SHARP

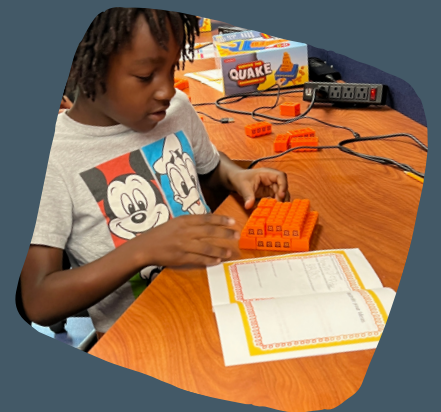
On August 2nd, I had the privilege to work with 4-H'ers in Wake County on the Innovation Station bus. The 4-H'ers, ages 7-10, learned about the Engineering Design Process, which is a process used to solve problems. They used the EDP to design and build structures that would withstand an earthquake. The durability of the structures was tested by using a shaker to simulate an earthquake. A great time was had by all planning and learning.

The Innovation Station is a STEM bus that travels from place to place to teach kids about Science, Technology, Engineering, and Math. They have classes ranging from building LEGO model cars with engines to 3-D printing a model house.

Visit N.C. A&T State University's Innovation Station to learn more.



Innovation Station, the mobile makerspace of Cooperative Extension at North Carolina A&T, brings technological resources and STEM education to schools and community-based organizations. Through making, tinkering and engineering, youth learn 21st-century skills and the value of “design thinking.”





Fall Vegetable Garden

BY WAYNE ROWLAND

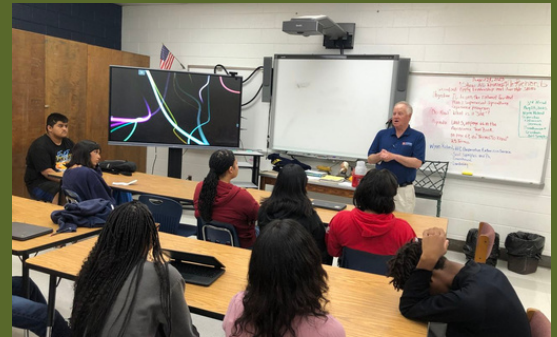
What do you like to eat? What are the best vegetables can you grow in the fall and how much time do you have to get it done? Where will you be putting your garden? What type of garden are you planting in? What are the conditions of where this garden will be? Did you have something planted there earlier? Have you done everything you need to make sure you maximize production in your fall vegetable garden?

The Small Farms Program conducted a Fall Vegetable Garden Informational meeting on Monday, August 21st at the Vance County Regional Farmers Market. Attendees were able to find out answers to all these questions and so much more.



CAREERS & SKILLS FOR A NEW GENERATION

BY WAYNE ROWLAND



On August 24, Wayne Rowland presented to Vance County High School Agricultural class about the importance of skills and a career in Agriculture. Rowland gave his own history in agriculture and how NC Cooperative Extension is benefiting citizens in North Carolina.

Agriculture careers are essential for everyone. Farmers and producers provide food and horticulture products for the world,” Rowland says. “It’s sad but the small ‘backyard’ farmers are a dying breed. As that generation has aged, and not as many of their children have followed in their footsteps.

It is very essential that we encourage our young adults and children to continue the multiple agriculture professions to help us all eat, drink and be merry in our community.



Fall Vegetable Garden Informational Meeting

TOPICS TO INCLUDE:

- Site Selection
- Planning
- What Type of Garden
- What To Plant & When To Plant In The Fall
- Organization of Garden
- Preparing the Soil
- Fall Vegetable Nutrient Requirements
- Containers - Raised Beds or In-Ground
- Frost Protection Techniques
- Pests and Disease Management
- When To Harvest

August 21st

6:30 P.M. - 7:30 P.M

Location:

**VANCE COUNTY
REGIONAL FARMERS MARKET
210 SOUTHPARK DRIVE
HENDERSON, NC 27536**



Register at this link or scan the qr code provided:
<https://FallVegetableGardeningMeeting.eventbrite.com>

For more information, please contact Wayne Rowland,
Agriculture & Natural Resources Technician at
dwrowlan@ncat.edu or 252-438-8188



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Master Gardener Volunteers

BY PAUL MCKENZIE

The Master GardenerSM Volunteers are participating in a research project with NC State regarding habitat conservation for beneficial insects (e.g. pollinators). They are submitting stem samples from perennial flowers collected at the Farmers Market demonstration pollinator garden. The samples are then sent to an entomology lab to see if insects have used the stems for nesting habitat. They are also continuing their outreach efforts by staffing an information table at the farmers market to promote sound garden management.



NC STATE EXTENSION

Master Gardener | Vance-Warren

Extension Master GardenerSM Volunteers are trained to help connect North Carolinians with the vast reservoir of horticultural expertise and research developed at North Carolina A&T University and North Carolina State University.

Volunteer Of The Month

Cindy Jordan has been a Master Gardener Volunteer since 2019 and has contributed over 450 hours of service. She has been an active participant in managing the demonstration gardens at the Farmers Market, and has also participated in 4-H outreach activities.



Expanded Food & Nutrition Education (EFNEP)

BY NITASHA KEARNEY

The Vance County Cooperative Extension Expanded Food & Nutrition Education Program was highlighted in August for the successful impacts accomplished through students who continuously participate in the classes. Kadin and Timothy Bowden were interviewed after preparing Chicken Quesadillas for the students in Creating Success afterschool program.

Community partners from 21st century Boys & Girls club have invited Vance County Cooperative Extension to teach classes at three of the local elementary schools in Vance County. EFNEP has begun classes at Pinkston Street Elementary school. Soon EFNEP will start Food Frenzy Fridays at Turning Point CDC in the upcoming month.



EFNEP Volunteer Of The Month

BY NITASHA KEARNEY



My volunteer of the month for August is Chalis Henderson, Executive Director of Turning Point Community Development Corporation. She is the Co-Pastor at Oasis of Hope Ministries. Mrs. Henderson has provided paid interns for the EFNEP program this summer. Chalis Henderson is a board member of the F.O.C.U.S. committee. F.O.C.U.S. stands for Feeding our Communities, United in Service! Through the partnership between Vance County Cooperative Extension and Turning Point, CDC; EFNEP has conducted numerous classes such as: Camp, Cook, Play; Holiday meal ideas, Power Lunches, Steps to a Healthy Teen, and Tasty Tuesdays.



The Incredible Years Program

BY JAMON GLOVER



The Incredible Years Program participated in the Community Day event at Oasis of Hope Ministries and Turning Point CDC on August 5th. We had the opportunity to talk with parents and engage some very excited children during playful activities. The event was a good community outing to see what vendor resources were available to the community. We were able to collaborate more with faithful partners and build relationships with new partners.

On August 26th, we teamed up with Vance County Parks and Recreations for their annual PULL Event. The community back to school event in downtown Henderson. The turnout was small, due to the heat, but we had a great time meeting new parents and engaging their children.

We used both events as recruiting tools to let the community know we are a part of the County Extensions office. 15 parents registered for our newest parenting series, that started on Sept. 7th.

If you are or you know of any parent with children between the ages of 2-5yrs, let us be of service. (252) 438-8188 ask for Jamon Glover or June Smith



Vance County 4-H



4-H

BY DR. WYKIA MACON

Vance County 4-H loves to partner and grow in the community. We appreciate the hard working youth and staff at our local Boys and Girls Club and we are excited for the youth in the community to learn more about growing and preparing their foods to live a healthy life. These youth used their minds to think through the design of their garden beds and their hands to make their dreams come to life! Thank you to all the volunteers who came out to help us that day and NCSU's Farm to School Program for your financial support and guidance. We are excited to learn through gardening and use the foods to make healthy treats.



KERR-TAR BEEKEEPERS

BY WAYNE ROWLAND

Wayne Rowland is a member the Kerr-Tar Beekeepers that meet on the 2nd Monday of each month at 7:00 PM at the Vance County Regional Farmers Market.

They are considering changing their name to The Vance and Warren Counties Beekeepers Association. While they have found the Kerr-Tar name is familiar to people in this region, outside of this area, people are of course not as familiar. The name change may help them to get more “clicks” for people looking for their club on the internet.

Sites are being considered for a club apiary to be named in honor of Don Faulkner. You might ask, “What is a club apiary”? An apiary is a location where beehives of honey bees are kept. Apiaries come in many sizes and can be rural or urban depending on the honey production operation. Furthermore, an apiary may refer to a hobbyist's hives or those used for commercial or educational usage

The Kerr-Tarr Beekeepers are also exploring ways to become a 501(c)3 organization, like most churches and other non-profits. This means people donating money or items to the club can get an income tax deduction. This should encourage individuals and businesses to donate.

Whether you have a hive or just interested in bees, please feel free to stop in and join them at their next meeting.



Upcoming Events

Seasonal Extension
Methods for Vegetables
SEPT. 25TH @ 6:30 PM
Vance County
Regional Farmers Market

Kerr-Tar Beekeepers
OCT. 9TH @ 7:00 PM
Vance County
Regional Farmers Market