

EXTENSION HAPPENINGS

VANCE COUNTY CENTER



Bringing “Extension Happenings” To You

NC State Cooperative Extension is a strategic partnership between NC State University, NC A&T University, and 101 local governments statewide. Our mission is to deliver research-based knowledge and expertise to individuals, families, farmers, and businesses, helping them to make informed decisions to improve the lives, land and economy of our state.

To keep you informed and connected with our efforts, we are delighted to share with you our December edition featuring insightful articles from our agents and staff, covering topics in their respective fields and providing updates on the impactful work happening at the Vance County NC State Cooperative Extension.

We encourage you to discover and participate in all that we offer at Vance County Cooperative Extension. If you have areas of interest with Agriculture and Natural Resources, 4-H, Family and Consumer Sciences (FCS), Expanded Food and Nutrition Program (EFNEP), or our Parenting Program, or are curious about knowing more, please feel free to give us a call or send us an email. We hope that you will explore our website, connect with us through Facebook, give us a call or stop by for a visit.



This issue:

Vance County Farmers Market
Handcrafted Holiday Market
PAGE 02

Farm City Banquet
PAGE 03

Expanded Food & Nutrition
Education Program
PAGE 04, 05, 08, 09

Vance County 4-H
“A Plan Without Action
Is Just A Wish”
PAGE 06

Eno River Farm Visit
PAGE 07

Regional Workshop
Farm Labor Regulations Info
PAGE 10

Parenting Program
PAGE 10

Vance and Warren
Beekeepers Association
PAGE 11



Handcrafted Holiday Market

The goal of the Handcrafted Holiday market was to connect local residents to our market and the local farmers and artists, and it was indeed a huge success.

There was fresh local produce and handmade crafts along with fresh baked goods and stocking stuffers. There was also grass-fed beef, pork and chicken as well as local honey and live Christmas music while everyone shopped. It was great having people stop in and take a closer look at the market and all that it has to offer.

Thank you to all who attended and all of our amazing vendors! We look forward to seeing you next year and thank you for supporting your local farmer's market.



Farm City Banquet

BY PAUL MCKENZIE

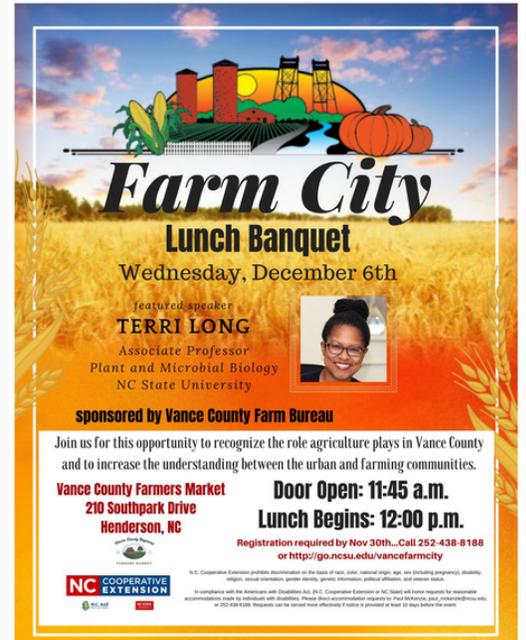
The Vance County Farm-City banquet was held on Wednesday, December 6th at the Vance County Regional Farmers Market. The banquet, organized annually by Cooperative Extension of Vance County was sponsored by the Vance County Farm Bureau. The event was attended by over 70 local farmers, business leaders and government officials.

This event gives us the opportunity to recognize the role agriculture plays in Vance County and to increase the understanding between the local farms, families and businesses and to ensure that farming remains both socially and economically sound for our future generations.

This year our keynote speaker was Terri Long, Associate Professor, Plant and Microbial Biology with NC State University.

Vance Charter and Vance High school students were invited to the Farm City luncheon as well as the 4-H Agricultural club to share the successes of each of their programs. Vance Charter students talked about their future goals and how their students are helping to further knowledge of agriculture in our community. They met with Representative Frank Sossamon NC House District 32 and thanked him for his support and efforts for local agriculture.

Door prizes of homemade snowman hats with poinsettia plants from Franklin Brothers Nursery were given out to twelve guests.



Expanded Food & Nutrition Education (EFNEP)

BY NITASHA KEARNEY

Meet Tasha Kearney from Vance & Warren Counties!! Check out what she has to say about EFNEP in her county: EFNEP is advantageous to me because I'm able to engage with both youth and adults to increase their hands-on skills with healthy food demonstrations. I began working with North Carolina Cooperative Extension in July of 2019. Through the vast curriculums, youth participants have enjoyed "Next EFNEP Star", and "Whip it up Wednesdays." We also created a MyPlate version of Chef Boyardee camp and Junior Master chef.

I partner with local teachers in the schools, after school programs, Boys & Girls clubs, summer camps, and 4-H agents to teach youth how to make healthy choices and be more active! I also partner with the local housing authority, health departments, senior centers, and community colleges to teach parents.

I am always looking for new partnerships and to build connections to serve more people in my community. Please contact me at 252-438-8188 or nkearne@ncsu.edu to learn more about EFNEP!



Expanded Food & Nutrition Education (EFNEP)

BY NITASHA KEARNEY

EFNEP engage with the Clark Street Boys & Girls club teens to create potato nachos. The participants utilized proper knife skills. Students increased food safety skills and learned how to communicate effectively.



**FAVORITE
RECIPE**



Tasha Kearney from Vance & Warren Counties shares:

So many EFNEP recipes have accumulated in my cookbook at home. One that comes to mind for the holiday season is Turkey Potato Salad.

The green pepper, onions, and celery give this salad a delicious crunch. Serve chilled on a bed of lettuce or whole grain bread.

Directions

1. Mix turkey, celery, potato, onion, and green pepper.
2. Mix salad dressing, mustard and salt. Stir lightly into turkey mixture.
3. Chill.

Ingredients

- 6 ounces turkey, cooked and diced
- 1/4 cup celery, chopped
- 1 cup potato (cooked, peeled, and diced)
- 1 tablespoon onion, chopped
- 1/4 cup green pepper, chopped (2 Tablespoons)
- 2 tablespoons salad dressing, mayonnaise-type
- 1/4 teaspoon prepared mustard
- 1/8 teaspoon salt

**MERRY
CHRISTMAS**



“A Plan Without Action Is Just A Wish”

BY DR. WYKIA MACON

4-H Agent, Micah Sharpe visited the Boys & Girls Club on December 8th and conducted a vision board project. The outcomes of this project turnaround were successful as the teens illustrated and community their personal goal for the future. Micah meets regularly with his group every Friday, so stay tuned to what’s happening next!

For questions or to find out more about what is going on in Vance County 4-H, please contact Micah Sharpe at mosharpe@ncsu.edu or by calling 252-438-8188.



Eno River Farm Visit

BY WAYNE ROWLAND



Wayne Rowland, Small Farms Technician and Tasha Kearney, EFNEP engaged in professional development along with other North Carolina Association of Program Associates and Technicians in November. They were able to visit the Eno River Farm and learn more about harvesting fruits and vegetables.



Poinsettia Greenhouse



Strawberry Field



Blackberry High Tunnel



Blueberry Bushes



The Eno River Farm is a family run farm located in Hillsborough, NC. They offer seasonal vegetables and fruits, plants and flowers, and homemade ice-cream year-round.

When in season they have both u-pick and pre picked strawberries, blackberries and blueberries.

Making Smart Drink Choices

DRINK MILK

- **INFANTS:** Offer only breast milk or iron-fortified formula before 1 year of age
- **CHILDREN 1-2 YEARS:** Up to 2 cups per day of whole milk
- **CHILDREN 2-8 YEARS:** Up to 2½ cups per day of fat-free or low-fat milk
- **CHILDREN 9 YEARS AND OLDER:** Up to 3 cups per day of fat-free or low-fat milk
- **ADULTS:** Up to 3 cups per day of fat-free or low-fat milk
- **MILK ALTERNATIVE:** Fortified soy milk is the only plant-based milk alternative considered part of the dairy group.

ENJOY MILK WITH MEALS
 • MILK ON CEREAL • MILK IN HOT BEVERAGES
 • YOGURT TO GO • LOW-FAT FROZEN YOGURT
 • YOGURT SMOOTHIES



DRINK WATER

- Drink **six to eight** (8-ounce) glasses of water each day.
- Drink more water when it is very warm or you are more physically active.
- Keep a water bottle handy in the car, at home, and at work, or at school.
- Drink water before, during, and after physical activity.
- Encourage children to drink water.
- Make water your number one choice to drink.

DRINK 100% JUICE

- **INFANTS:** No juice is recommended before 12 months.
- **CHILDREN AGES 1-8:** Limit juice to just **4 ounces per day**. Do not give at bedtime. Offer in a cup, not a bottle. To reduce sugar, dilute juice with water, making it half juice and half water.
- **CHILDREN AGES 9 AND UP:** Limit juice to **4 to 10 ounces per day**. To reduce sugar, dilute juice with water, making it half juice and half water.
- **ADULTS:** Select whole fruits – fresh, frozen, canned, or dried – rather than juice.

DRINK FEWER SUGAR-SWEETENED BEVERAGES

- Make soda, sports drinks, energy drinks, fruit drinks, and sweetened coffees and teas a sometimes drink.
- Drink smaller portions.
- Drink water instead.

Fruit Smoothies

Makes 2 servings | Serving Size: 1 cup



 **Look for Local:** Think about buying fruit in season, and freeze to save the great taste all year round.

Choose 1/2 cup of a fruit

- Bananas
- Peaches
- Strawberries
- Blueberries

Choose 1 cup of a base

- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Undiluted frozen juice concentrate, such as apple or orange
- Frozen fruit
- Ice cubes

Choose 1/2 cup of a liquid

- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice

Nutrition Information

Per Serving

110 Calories	
Total Fat	1.5 g
Saturated Fat	1 g
Protein	8 g
Total Carbohydrate	14 g
Dietary Fiber	1 g
Sodium	115 mg

 **Excellent Source of Vitamin C**

 **Excellent Source of Calcium**

Recipe analyzed according to Example 1.

Nutritional value will vary with choices made.

Example 1

- 1/2 cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

Example 2

- 1/2 cup banana
- 1 cup frozen orange juice
- 1/2 cup low-fat milk

Example 3

- 1/2 cup blueberries
- 1 cup low-fat frozen vanilla yogurt
- 1/2 cup orange juice

Directions

Put all the ingredients in a blender, and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.



Take a Walk

Walking is one of the simplest activities to do. All you need is a good pair of shoes and a safe place to walk. This week take a walk after lunch or dinner, or get off one bus stop early on your way to work. **Which day(s) this week will you take a walk?**

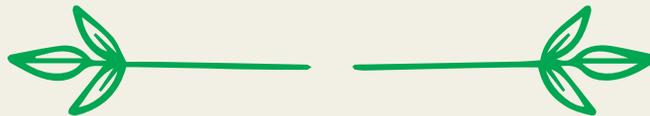
Families Eating Smart and Moving More was developed through a collaboration between NC Cooperative Extension, EFNEP and North Carolina Division of Public Health, Nutrition Services branch and Community and Clinical Connections for Health and Prevention branch. The Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute for Food and Agriculture (USDA/NIFA). USDA is an equal opportunity provider and employer.

Regional Workshop

BY PAUL MCKENZIE

Farm Labor Regulations Information

The federal government has just passed new regulations regarding farm labor that will go into effect for the 2024 growing season. Labor is one of the most significant costs of farm production and complying with changing regulations is time consuming and confusing for farmers. Thus, Cooperative Extension held a regional workshop on November 15th to help farmers better understand the changes. The workshop was held at the Granville Expo Center in collaboration with the Warren, Person and Granville Extension Centers. Approximately 50 farmers attended. They were provided with clear explanations of how to meet the new requirements.



Parenting Program - Incredible Years

BY JAMON GLOVER

This month the Incredible Years Parenting Program has been focused on Natural and Logical Consequences.

Natural consequences teach children how to make good decisions that will lead to the proper outcome. Logical consequences teach children how to make decisions that will let them avoid punishment. Natural consequences are consequences that occur in response to a behavior without parental influence. Logical consequences are directly related to children's behaviors and help them fix their mistakes.

If children can learn to maneuver through the decision-making process at an early age, they will have the opportunity to lead a fuller and richer life, filled with obstacles and setbacks.

THE VANCE AND WARREN COUNTIES BEEKEEPERS ASSOCIATION

BY WAYNE ROWLAND



Wayne Rowland is a member the Vance and Warren Counties Beekeepers Association that meet on the 2nd Monday of each month at 7:00 PM at the Vance County Regional Farmers Market. The Vance and Warren County Beekeepers held their November 13th meeting with 9 members present.

A few items were on the agenda:

Election of Officers for 2024 with John Short as president, Thomas Hanna Vice-president, John Alston Treasurer, and David Vellenga secretary.

The beekeepers voted to approve the Apiary Agreement with Cooperative Extension. Plans for the upcoming Bee School.

Plans are still in the making for a Beekeeper School this winter with the cooperation of the Granville County Beekeepers.

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

December, the month when we look back on the year and reflect on all that has happened. It's a time of celebration and counting our blessings; it's a time for dieting and eating good food and a time for unwrapping gifts with family. It's a time to reflect but also a time to look forward to next year.

Wishing each and all a warm Holiday Season and a great start to 2024!

Office Calendar

DECEMBER 15
NC AGVENTURERS GRANT FORM DUE

DECEMBER 25, 26, 27
OFFICE CLOSED/CHRISTMAS

