

EXTENSION HAPPENINGS

VANCE COUNTY CENTER



- 38th Annual -

SMALL FARMS WEEK

FOOD & TOILETRIES DRIVE

FEBRUARY 12TH - MARCH 22ND



Donate toiletry items, canned goods and other non-perishable food, and be a part of a statewide N. C. Cooperative Extension campaign that feeds the hungry and celebrates small farmers. Donations will be provided to ACTS (Area Christians Together in Service)

ITEMS NEEDED

BAR SOAP/BODY WASH, BRUSHES/COMB, CANNED FRUIT & VEGGIES, CANNED MEAT, CANNED BEANS & SOUP, CEREAL, DEODORANT, PEANUT BUTTER, PASTA & RICE, RAZORS & SHAVING CREAM, SHAMPOO & CONDITIONER, TOOTH BRUSHES & TOOTHPASTE, TOILET PAPER & PAPER TOWELS

DROP-OFF LOCATION:

N.C. Cooperative Extension
Vance County Center
305 Young Street, Henderson, NC 27536

FOR MORE INFORMATION: 252-438-8188

Wayne Rowland, Small Farms Technician at dwrowlan@ncat.edu.
OR Nitasha Kearney, EFNEP Educator at ndkearney@ncat.edu.



N.C. Cooperative Extension prohibits discrimination on the basis of race, color, national origin, age, sex (including pregnancy), disability, religion, sexual orientation, gender identity, N.C. Cooperative Extension prohibits discrimination on the basis of race, color, national origin, age, sex (including pregnancy), disability, religion, sexual orientation, gender identity, genetic information, political affiliation, and veteran status.

This issue:

EXPANDED FOOD & NUTRITION
EDUCATION PROGRAM

PAGE 02

SMALL FARMS HAPPENINGS

PAGE 03

AGRICULTURE UPDATES

PAGE 04

FAMILY & CONSUMER SCIENCES

PAGE 05, 06

GRASSROOTS LEADERSHIP
RURAL GROWERS CONSERVATION

PAGE 07

4-H YOUTH DEVELOPMENT

PAGE 08, 09

VANCE & WARREN COUNTYS
BEEKEEPERS

PAGE 10

FARMERS MARKET VENDOR MTG

PAGE 11

Expanded Food & Nutrition Education Program

BY NITASHA KEARNEY

The Vance County Cooperative Extension Expanded Food & Nutrition Education Program (EFNEP) associate & 4-H agent joined the students in Ms. Yarborough's Foods II class at Vance County High School. The first week in February sixty students created smoothies after learning about Smart Snacks in the Fuel for Life high school curriculum. Beginning the second week in February students created Chicken Club Salad for the Fuel with a Purpose lesson.



EFNEP is for limited resource youth and families with children. EFNEP is based on the latest research in nutrition and physical activity. EFNEP is conducted by trained nutrition educators. EFNEP addresses overweight and obesity by helping families to prepare and eat more meals at home. EFNEP can benefit your community, provide encouragement for positive behavior changes and connect families to additional community resources.

Chicken Club Salad

Ingredients:

- 1 cup pasta (uncooked whole wheat, small, such as macaroni or rotelle)
- 6 cups Romaine lettuce (well washed and torn, or spinach)
- 2 cups green peppers, fresh, chopped (or choose a combination of bell peppers, celery, cauliflower florets, cucumber, carrots*)
- 2 cups tomatoes (chopped)
- 1 1/2 cups cubed cooked skinless chicken (1/2 pound skinless, boneless chicken)
- 1/2 cup Italian dressing
- 1 egg (hard cooked, optional)
- 1/4 cup cheese (shredded, or cheese crumbles)

Directions:

1. Wash hands with soap and water.
2. Cook pasta according to package directions; drain and cool.
3. Place 1 1/2 cups of the Romaine lettuce in each of 4 large bowls or plates.
4. Combine chopped vegetables, chicken, and pasta.
5. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
6. Top each serving with a few egg slices, if desired, and 1 tablespoon of the shredded cheese.



Small Farms Week Food & Toiletries Drive

BY WAYNE ROWLAND

The North Carolina Cooperative Extension, Vance County Center will be hosting a food and toiletry drive from February 12th – March 22nd, 2024, in honor of our local farmers in conjunction with Small Farms Week. All food collected through the food drive will be donated to ACTS (Area Christians Together in Service). Anyone interested in donating to this food drive can bring items to the N.C. Cooperative Extension, Vance County Center office at 305 Young Street in Henderson. (Flyer on Page 1)

For more information, please contact Wayne Rowland, Small Farms Technician (dwrowland@ncat.edu) or Nitasha Kearney, EFNEP Educator at (ndkearney@ncat.edu) or call 252-438-8188.



Organic Vegetable Production

BY WAYNE ROWLAND

A FREE presentation on Organic Vegetable Production was held on February 19th at 6:30 p.m. at the Vance County Regional Farmers Market for beginner and experienced Gardeners and farmers

Wayne presented attendees with information on how to grow vegetables free of man made pesticides and fertilizers, the benefits of organic vegetable production, the principles of organic vegetable production, how to provide plant nutrients, and manage pests organically leading to healthier more bountiful crops.

For more information or questions about this presentation, please contact Wayne Rowland at 252-438-8188 or dwrowlan@ncat.edu.



BY PAUL MCKENZIE

Grain Production Meeting

A grain production meeting was held on Tuesday, February 20th at the Vance County Regional Farmers Market with over 50 in attendance. Keynote speakers were: Dr. Rachel Vann, Soybean Agronomic Management; Dr. LeAnn Lux, Soybean Disease Management; Austin Menker, Overview of NC Carbon Credit Markets; and local Extension Agents. NCDA&CS Pesticide Credits were available. Lunch was provided at this meeting. This event was made possible with the support of the NC Soybean Producers Association.

If you have any questions about this event, please contact Paul McKenzie at 252-438-8188 or paul_mckenzie@ncsu.edu.

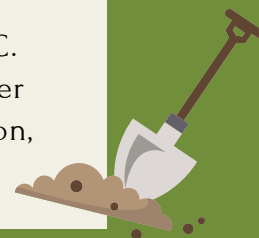


Soil Samples

Soil testing is FREE at N.C. Cooperative Extension - Vance County from April through November. All other times there is a charge of \$4 per sample, payable by cash, check or credit card at NCDA Agronomic Division at 4300 Reedy Creek Road in Raleigh.

A soil test will allow you to be a better gardener by providing specific information on how to apply the best nutrients and grow healthier plants based on your own soil.

You can pick up a Soil Sample Test Kit at N.C. Cooperative Extension - Vance County Center that is located at 305 Young Street, Henderson, NC 27536.



Extension At Home

Helping You Improve Your Life

By Dr. Wykia Macon

On Tuesday, February 13th the second Lunch & Learn workshop was held. The subject matter was “Happy Heart Habits: Steps to Better Cardio Health“. This workshop is part of the 2024 “Extension at Home“ series, brought to the public by a collaboration of N.C. Cooperative Extension Agents. A new topic will be featured each month related to Family and Consumer Sciences.

Keeping your heart healthy is something we all can work on each day. Information was shared with participants on how habits are formed and how they can change their habits to support heart health. Strategies were shared for developing healthy habits and common pitfalls along with a wrap up with a review of healthy lifestyle behaviors that support heart health to get the participants started with changing their habits.

This is a virtual workshop. These workshops are offered at no cost to participants. Everyone is welcome to join via Zoom.

The next workshop is scheduled for Tuesday, March 12th at 12:00 p.m. The topic will be “Cook with Ease: Tips, Tools & Gadgets.“ Register at <https://www.eventbrite.com/e/cook-with-ease-tips-tools-gadgets-tickets-769237529157?aff=ebsdoporgprofile>

For more information or questions, contact your local N.C. Cooperative Extension Agent.



PARENTING PROGRAM

INCREDIBLE YEARS

BY JAMON GLOVER

When our children are born, no one gives us education or certifications, they just say, “Here you go, and good luck”.

Unfortunately, good intentions and love aren’t enough to ensure your child reaches their full potential. They also need role models, praise, and positive parenting.

In many professions, you need a four-year or advanced degree to qualify for the position. To legally drive a car or to get married you must get a license, to show that you qualify. So why do we not need some form of training when we have children?

I’ve worked in the parenting space since 2013 and I constantly hear that parenting classes are for those that get in trouble with social services. Although this seems to be a reality for many, it couldn’t be further from the truth.

Parenting classes are designed to help people navigate the most trying times of parenthood. These classes should be supportive, exploratory collaborative, and fun. There should be a mutual goal of facilitators and parents working together to find solutions to common concerns like temper tantrums, hardheadedness, fighting, biting, and general disobedience.

These are a few of the biggest issues parents face, but classes should also address positive parenting principles like praise, how to strengthen social skills, and positive discipline.

Give parenting classes a chance! Let them be more than a place for people who get in trouble. How about helping them be a place where we all put our heads together to change the culture of abuse and neglect?

Where two or three are gathered together in agreement, great things happen!

Will you be part of this movement?



Grassroots Leadership Academy

Organizational Development and Planning

BY DR. WYKIA MACON

Dr. Wykia Macon, CED attended a Grassroots Leadership Academy Series (Part 2) on February 21 & 22, 2024 in Charlotte, NC on Organizational Development and Planning. The event was hosted by Cooperative Extension at N.C. A&T. It will serve as an in-service workshop series for Extension staff and stakeholder groups (e.g., community and organizational leaders, volunteers, and community residents) who are interested in receiving more intensive training in different capacity building topics that will help achieve personal/professional goals and/or facilitate decision-making to help improve our community.

TRI-COG FEEDS

RURAL GROWERS CONSERVATION

Paul McKenzie and Wayne Rowland attended a Rural Growers Conversation event hosted by TRI-COG FEEDS at the Perry Memorial Library on Tuesday evening, February 20th. They were able to hear growers in the region speak about ways they can improve their business and quality of life. It was conservation about the other grower's needs and experiences as a rural grower in this region. All attendees received a useful resource list and a free dinner where the food was sourced from local farms.

BY SHERONICA BRASWELL SHARP, MAED.

Area Specialized 4-H STEM Agent

Makey Makey Training

On February 3, 2024, I provided Makey Makey training at the 2024 NC 4-H Volunteer Leaders Conference. I was excited to work with 4-H volunteers from across the state interested in implementing STEM (Science, Technology, Engineering, & Math) into programs in their county. Makey Makey is a circuit board that allows anyone to be an inventor.

Later in the month, STEM training was provided for 4-H agents in Bertie and Martin counties. The agents were introduced to Dash & Dot robots, Sphero Bolt robots, & Makey Makey. I can't wait to see the STEM programming these agents create for their 4-H'ers. Everyone was so excited and ready to start working!



Lego SPIKE Prime

Recently Lego SPIKE Prime was provided for volunteers in Ashe County. Lego SPIKE Prime is a kit that allows participants to build and program many types of robots that serve many purposes which ties activities into real-world problems and solutions.



4-H YOUTH DEVELOPMENT PROFESSIONALS MEETING

BY MICAH SHARPE

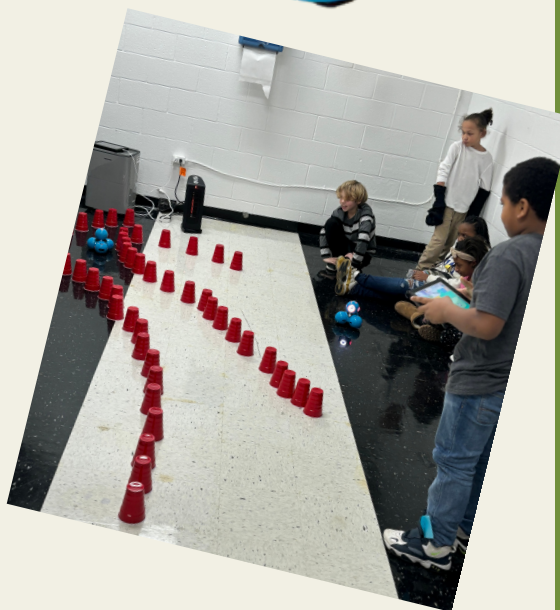
On January 24-25, Mr. Sharpe traveled to Raleigh to attend the North Carolina Association of Extension 4-H Youth Development Professionals winter meeting. This conference serves as a means for youth development professionals across the state to gather, learn, grow, and connect. While attending this meeting, Mr. Sharpe volunteered to serve on the Programs & Diversity Committee. Micah strives to make an impact by being an advocate for the youth to ensure that all are included in 4-H, regardless of their background. For more information, please contact Mr. Sharpe at mosharpe@ncsu.edu.

STEM...TEEN LEADS...DINAH GORE

This month, Mr. Sharpe, along with the youth of Vance County hosted several presentation viewings on the topics of STEM, Computer Science and Space and Aviation.

With the year off to a great start, students involved in the TEEN LEADS program meet weekly at the YMCA and engage in various STEM related activities. Mr. Sharpe, along with Nitasha Kearney (EFNEP), lead weekly visits at Vance County High School for their six-week program providing insights into food safety and healthy lifestyles for students.

During these sessions, students are taught safety practices and how to create gourmet dishes. If you are between the ages of 7-18, have a keen interest in cooking, and interested in the opportunity to travel to Texas, please join Mr. Sharpe and Ms. Kearney at the Cooperative Extension office every other Thursday (next session – February 8th) for Dinah Gore from 5:30-6:30PM.



Vance and Warren Beekeepers

BY WAYNE ROWLAND

The Vance Warren Beekeepers met on Monday, February 12, at 7:00 p.m at the Vance County Regional Farmers Market, 210 Southpark Drive, Henderson, NC 27536. In addition to their usual updates on a various projects, there are two items of note:

- They had a presentation by Richard Dunnigan of the Person County Beekeepers Association. He does a lot of cutouts during the season and addressed how to do that with minimal destruction of property, and related to that, how to minimize swarming, so their bees will not try to set up shop in their neighbors' buildings which, among other things, creates the need for cutouts.
- They also had a good report on the crisis from the Zoning Administration in Wake Forest that the Bowmans of Double B Apiary in Warrenton and Wake Forest were facing and which they presented to the Vance Warren Beekeepers in their January meeting. They updated the latest on that.

Remember, they welcome all who have an interest in beekeeping, and you do not need to actually have bees to attend!

GRANVILLE VANCE WARREN BEGINNING BEEKEEPERS ACADEMY 2024

SATURDAYS IN PERSON
Vance Co. Regional Farmers Market
210 SouthPark Dr.
Henderson, NC

AND via ZOOM

Single \$85
Family \$125

Includes classes, NCSBA Membership & Exam, 2024 GCBA &/or VWCBA membership

Jan 20
Feb 3 & 17
March 2, 16, 30
April 6
9am-1pm

Sign-up NOW @
www.granvillecountybeekeepers.org
or find us on FACEBOOK!

Learn beekeeping basics and more!

SCAN ME

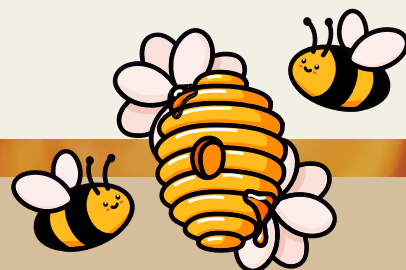
VANCE & WARREN COUNTY BEEKEEPERS ASSOCIATION

Granville County BEEKEEPERS ASSOCIATION

Granville, Vance & Warren Beekeepers Beginning Beekeepers Academy

The Granville County Beekeepers & the Vance Warren Beekeepers met at the Vance County Regional Farmers Market for a JOINT workshop with the Beginning Beekeepers Academy! This family friendly learning opportunity included something for all of the senses!

- Products of the Hive presentation
- Honey Tasting
- Hands on Beeswax - candle & ornament make & take
- Cooking with Honey Talk & Taste
- Apitherapy Q&A - Pollen, Royal Jelly, Propolis, Bee Venom
- Learn about competing in Honey Shows
- Sting Safety



VCRFM POTENTIAL VENDOR MEETING

As you know, it is time once again to begin preparations for another market season at the Vance County Regional Farmers Market. During the 2023 season our vendors brought top-quality produce and products for our community and visitors from out of town. We are looking forward to an even better season this year.

Each year an informative meeting is held at the beginning of the season for new, veteran and interested vendors to come and learn about our upcoming Farmers Market season. This also provides an opportunity for vendors to make suggestions and comments about the Farmers Market. This year the meeting will take place at the Vance County Regional Market on Tuesday, March 5th at 6PM. Each vendor interested in selling at the Market in 2024 will need to complete the 2024 application in its entirety and submit it to Pat Ayscue, market manager for review.

There will also be the opportunity for vendors to have their scales checked and verified by the NCDA&CS scale inspector. He will also come again during Market hours to check scales. ALL scales should be checked prior to the busy vegetable season.

For more information, please contact Pat Ayscue, Market Manager at payscue@vancecounty.org



ATTENTION



POTENTIAL VENDORS

COMING SOON

Join us for an upcoming event! Get your hands dirty and learn how to grow your own fresh and delicious vegetables. Whether you are a seasoned gardener or just starting out, this event is for you! Register at link below.



Planting A Spring Vegetable Garden

TOPICS TO INCLUDE:

- Site Selection
- Planning
- What Type of Garden
- What To Plant & When To Plant
- Organization of Garden
- Preparing the Soil
- Garden Care
- Containers - Raised Beds or In-Ground
- Planting - Seeds or Transplants
- Pests and Disease Management
- When To Harvest

March 18th

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

Location:

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

Register Here



<https://www.eventbrite.com/e/planting-a-spring-vegetable-garden-tickets-828564768527>

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



N.C. Cooperative Extension prohibits discrimination on the basis of race, color, national origin, age, sex (including pregnancy), disability, religion, sexual orientation, gender identity, N.C. Cooperative Extension prohibits discrimination on the basis of race, color, national origin, age, sex (including pregnancy), disability, religion, sexual orientation, gender identity, genetic information, political affiliation, and veteran status.