

In This Issue

- Extension Grows North Carolina**
- 4-H'ers Showcasing Public Speaking Skills**
- Wet Distiller's Grain**
- Agriculture Award at Farm to City Week Breakfast**
- Keep An Eye Out for Spotted Lanternfly**
- Community Voices**
- Fall Is In the Air**
- Farmers Market Updates**
- Empowering Youth and Families Programs**
- Upcoming Events**

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4-H Youth Development
 - Matthew Stevens**
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Horticulture
 - Regina Moseley**
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Nash County Farmers Market

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Extension Grows North Carolina

NC Cooperative Extension improves the lives, economies and communities of all Nash County residents through programs and partnerships focused on agriculture, food and nutrition, and 4-H youth development and community and rural development.

Building a Stronger Agricultural Future

Agricultural Land is a valuable asset to the citizens of Nash County. Nash County has 213 land parcels totaling 9,371 acres in the Voluntary Agricultural District Program. The Voluntary Agricultural District Program enhances the identity of the agricultural community by encouraging the voluntary preservation and protection of farmland from non-farm development.



Extension manages the voluntary agriculture advisory board and provides support to

keep agriculture awareness in the forefront. Signs posted around the county indicate farms enrolled in the Voluntary Agricultural District Program, where activity related to agriculture, horticulture or forestry may occur.

Promoting Public Health Through Food and Nutrition

Nash County ranks 76 out of 100 in the county health rankings. The top-ranking health disparities in Nash County are Type-2 Diabetes, and heart disease.

Nash County Cooperative Extension FCS partnered with the YMCA to host the Med

Instead of Med program. Food tastings were held at each class and gave participants a chance to try some easy and healthy recipes.

A participant reported she lost 30 lbs since attending the 6-week class session. Her Dr. was very proud of progress and praised her for making a lifestyle change that has helped her reduce her chance of being diabetic. Extension provided her the tools to make the changes she needed.

Growing the Leaders of Tomorrow

Extension's 4-H program equips more than 5,600 youth in Nash County each year with the confidence and knowledge to make a difference in the world. Through 4-H club membership and life skill development workshops and camps, 4-H encourages young people to reach their full potential as they learn by doing.

National research studies have shown that participation in 4-H programs promotes positive self-esteem, personal responsibility and engagement with and responsibility toward community. In fact, 4-H'ers are:

- 5x more likely to graduate from college
- 4x more likely to actively contribute to their communities
- 3x more likely to be physically active
- 2x more likely to pursue a career in science, engineering or computers





4-H'ers Showcasing Public Speaking Skills

4-H members made great impressions at the NC 4-H State Presentations, NC 4-H AIRE Contest, NC 4-H Congress and NC Association of County Commissioners Annual Meeting.

Sandy P Hall
4-H Youth Development

NC 4-H Congress is the annual state convention for 4-H teens to come together to attend leadership development workshops, participate in a 4-H Hands to Service Project and create life long friendships. Participants begin 4-H Congress with State Presentations in which five Nash County 4-H'ers participated and did very well. Gold Winners were Page Strickland and Taylor Hall. Our Silver Winner was Ally Causey, the bronze medal went to Taryn Reams and

participatory went to Cole Edwards. While at 4-H Congress, Taylor Hall was inducted into the NC 4-H Honor Club, received the NC 4-H State Volunteer Award and participated in the NC 4-H Application Resume Interview Essay program where she won a spot to attend NC 4-H Congress that will take place in Atlanta, GA in November.



NC 4-H Congress Participants: Anna Brooks Murray, Taylor Hall, Trey Ormond and Dusty Hall

Wet Distiller's Grain

Wet Distiller's Grain (WDGS) can be a highly valuable and cheap source of protein and energy. However, its high moisture content - 60-80% - creates limitations in transporting, storing, and feeding of WDGS.

High moisture means the majority of weight being transported is water. As a rule of thumb, it's not economical to transport WDGS more than 30-35 miles. In addition, the high moisture of WDGS gives it a 3-7 day shelf life depending on outside temperatures. A potential method to extend WDGS's shelf life is to create a mix by adding 20-30% forages, or dry, bulky feeds. This mix can be packed and stored in a bunker, silo, or piled and covered in plastic. Like silage, it's important to keep air from reaching the feed to prevent spoilage.



WDGS should never be offered to livestock free choice. Due to the high-fat content, mature cattle can be fed a maximum of 8-10 pounds per head per day, while feeder calves can only be fed 3-4 pounds. Sulfur intake is also a concern. Sulfur intake for cattle should not exceed 0.4% on a dry matter intake, and, on average, WDGS contains 0.7-0.8%. Excessive sulfur intake can result in "brainers". Symptoms include blindness, uncoordinated movements, head pressing, muscle spasms, and death.

If you have any questions, or would like more information about feeding WDGS please contact Kelsey.



Kelsey Lichtenwalner
Livestock and Pesticide Coordinator

Kelsey Lichtenwalner
NC Cooperative Extension Ag Agent
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Olivia Daughtridge attended the NC Association of County Commissioners Annual Meeting as the Nash County 4-H representative. She enjoyed breakfast with County Commissioners and shared her interests and promoted 4-H. Olivia is pictured here with Nash County Commissioners, County Manager, Assistant County Manager and Clerk to the Board.



Sandy Hall
NC Cooperative County Extension Director and 4-H Agent
Sandy_Hall@ncsu.edu

Agriculture Award at Farm to City Week Breakfast

Farm to City Week Breakfast will be held on November 26, 2019 at the Nash County Farmers Market.

This year, the Nash County Extension team chose to incorporate an Agriculture Award as part of the Farm to City breakfast announcements. The Agriculture Award will consist of three major categories: Farmer, Business and Industry, and Next Generation in Agriculture.



Maryanna Waters
Field Crops and
Voluntary Agricultural District

- **Farmer:** A farmer who has worked to satisfy the agricultural needs of the people of the county, and to improve agricultural standards in our area.
- **Business and Industry:** Any citizen who has promoted Agricultural Business and Industry and supported the growth of the local agriculture economy.
- **Next Generation in Agriculture:** Anyone under 30 years of age who is demonstrating a commitment to a career in agriculture.



All Nash County residents are eligible to be nominated for these awards. If you are interested in nominating an individual please go to <https://nash.ces.ncsu.edu/2019/09/agriculture-award/> for more information.

Maryanna Waters
NC Cooperative Extension Ag Agent
Maryanna_Bennett@ncsu.edu

Keep An Eye Out for Spotted Lanternfly

While not known to be present in North Carolina yet, a new invasive insect pest known as Spotted Lanternfly has appeared in the mid-Atlantic U.S. over the past few years.

This planthopper native to China is a destructive feeder and prolific breeder. Spotted Lanternfly lays eggs on trees, particularly the undesirable Tree-of-Heaven, however it also has a tendency to lay eggs on outdoor furniture, equipment, and vehicles. Because of this characteristic, there is high risk that this insect can be



Matthew Stevens
Horticulture and
Master Gardeners



unknowingly transported by visitors to locations where Spotted Lanternfly has already established, such as Pennsylvania, Delaware, New Jersey, and Northern Virginia. If you visit any of these areas this fall, you should take a few extra minutes to inspect the outside of your vehicle before heading home. Even if you aren't traveling, keep an eye out around home for Spotted Lanternfly and alert your extension office if you suspect that you've seen it.

Matt Stevens
NC Cooperative Extension Ag Agent
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Community Voices Be a Voice for Your Community!

Community Voices is a leadership development program designed to develop skilled groups of community citizens who can work together, to problem solve, and work as partners with resource organizations to develop programs that will meet the needs and concerns of their communities and county.



Traci Dixon
Community and
Rural Development

Whitakers Community Voices training program will be hosted by the Whitakers Revitalize and Preserve (W.R.A.P.) community group. This 5-week training will be held on Saturdays at Jerusalem Missionary Baptist Church located at 426 Cutchin Road in Whitakers:

- October 12th, 19th, 26th
- November 2nd
- November 16th

Participants can expect to develop:

- A shared vision of what they want to achieve as a group to make a difference in their community.
- Ways they can work together effectively.
- A systematic problem-solving method to help address community issues and needs, along with resources to help them reach their shared vision.
- An organizational structure to continue working on the group vision at the local and county level.

For more information on how you can register for the upcoming Community Voices scheduled in Whitakers, please contact Traci Dixon, Community and Rural Development Agent at (252) 459-9810.

Traci Dixon
NC Cooperative Extension Agent
Traci_Dixon@ncsu.edu



Fall Is In the Air

The temperature and the color of the leaves aren't the only things changing. Take a look around your favorite grocery store or farmers market and you will see a change in produce. You will start seeing fall and winter squash. Don't pass up trying them because you don't know how to prepare them. These vegetables have wonderful health benefits. Acorn squash is a good source of Dietary Fiber, Vitamin A, Vitamin B6, Folate, and Magnesium. They are a very

Regina Moseley
Family and Consumer Sciences



good source of Vitamin C, Thiamin, Potassium, and Manganese. Enjoy this easy recipe:

Roasted Acorn Squash

- 1 Acorn Squash
- 1 tablespoon olive oil
- 1 tsp. black pepper,
- 1 tsp. garlic powder
- 2 tbsp. parmesan cheese

Preheat oven to 350°F. Line a baking sheet with parchment paper

Place acorn squash on a cutting board. Using a sharp knife, slice acorn squash in half. Remove seeds using a spoon.

Lay the half acorn squash cut-side-down and slice in ¼ inch slices parallel to the stem.

Place squash in a gallon size zip lock bag and add olive oil and spices of your choice. Close bag and shake to coat squash.

Lay the acorn slices on the prepared baking sheet in a single layer and sprinkle with parmesan cheese.

Roast 40 -50 minutes until squash is fork tender. Serve warm or at room temperature.

Regina Moseley
NC Cooperative Extension Area Agent
Regina_Moseley@ncsu.edu



Farmers Market Updates

Wow! What a great season at the Market! We started off with a bang on Opening Day. Summer at the Market was jam packed with fresh local produce, handcrafted artistries, live music, delicious food and family-fun activities. A record number of vendors and customers have attended the Market this year.

Now with autumn here the Market's focus has changed to fall produce and flowers. We're getting ready for the People's Choice BBQ Competition and the Holiday Artisan Market.

The Market will close for the season on November 9th and reopen in the Spring.

Maurine Brown
Market Manager



Empowering Youth and Families Program

Nash County is excited to announce that the 2nd Cohort of Empowering Youth and Families Program has begun. The first cohort was held in the spring and three Nash County families graduated. The program consists of a 10 week series comprised of 4 core elements that provide relationship and communication education for families. It provides research-based information about the impact and statistics related to opioid misuse to help youth and families make informed healthy decisions.

The program will provide families the opportunity to practice new skills and behaviors that focus on strengthening parent and youth communication skills and assist in building a strong foundation.



Adrienne Williams
Empowering Youth and Families Program

Upcoming Events See complete event details at Nash.CES.NCSU.edu



People's Choice BBQ Competition
Calling all teams!
Sat Nov 9th
Nash County Farmers Market



Holiday Wreath Sale
Order Today!

Holiday Artisan Market
Calling all vendors!
Saturdays
Nov 30th - Dec 21st
Nash County Farmers Market



Festival of Tables
Calling all decorating divas.
Fri, Dec 7th
An intimate evening with friends!



Wreath Making Classes
Dec 8th and 9th
Make your own holiday wreath!



Arlington Cemetery Bus Trip
Sat, Dec 14th
Be part of "Wreaths Across America"

New York City Bus Trip
Trip to the Big Apple and leave the driving to us!
Sat, Dec 14th



Last but not least To stay informed sign up for the weekly updates by simply sending your email to Barbara_Monk@ncsu.edu and be sure to check out our website. We're just a click away at . . . Nash.CES.NCSU.edu.