

# The Power of Extension

March 11, 2019

## AN INSIDE GLANCE INTO COOPERATIVE EXTENSION

North Carolina Cooperative Extension focuses on three main areas: Agriculture, Food, and Youth. Locally, that means we have three main departments: Agriculture, Family and Consumer Sciences, and 4-H Youth Development. Providing research-based and relevant educational opportunities for citizens in Robeson County is our highest priority. **The Power of Extension** Newsletter provides a snapshot of the educational programs conducted by N.C. Cooperative Extension, Robeson County Center, which impact the lives of Robeson County citizens. In this edition, you will find highlights and impacts from traditional Extension programs as well as new and updated programs and activities.

*Christy Strickland*

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County Extension Director



### Inside This Issue

#### Family and Consumer Sciences

- Healthy Eating, Physical Activity... 1 - 2
- Vegetable Choice and Pregnancy ..... 2
- Med Instead of Meds and Faithful Families, Thriving Communities..2 - 3

#### 4-H Youth Development

- Breaking the Technology Barrier ..... 3
- S.T.E.A.M. Ahead..... 3

#### Agriculture

- GAP Certification..... 4
- Beginner Beekeepers School..... 4
- Cape Fear Cattle Conference..... 5
- Surviving Tight Margins ..... 5

#### Upcoming Events ..... 6 - 7

## FAMILY AND CONSUMER SCIENCES



### Healthy Eating, Physical Activity, and Chronic Diseases Risk Reduction --

According to the Centers for Disease Control and Prevention, childhood obesity is a serious problem in the United States putting children and adolescents at risk for poor health. Obesity prevalence among children and adolescents is still too high. For children and adolescents ages 2-19: the prevalence of obesity was 18.5 percent and affected about 13.7 million children and adolescents. Obesity prevalence was 13.9 percent among 2- to 5-year-olds, 18.4 percent among 6- to 11-year-olds, and 20.6 percent among 12- to 19-year-olds. Childhood obesity is also more common among certain populations. Cooperative Extension, in partnership with Public Schools of Robeson County, Pembroke Housing Authority Afterschool Program, and Robeson County Methodist Home for Children, conducted a six-week series of classes through Expanded Food and Nutrition Education Program (EFNEP). Children are taught lessons on healthy food choices using EFNEP curriculum, which focuses on using MyPlate and promoting more physical activity, in addition

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to focusing on practicing food safety using Clean, Cook, Chill, and Separate. Participants were given healthy snacks as well as examples of things to try at home. Evaluation and Results - On the pretest, a majority of the children admitted they do not always choose healthy food options, know food safety in the kitchen, or participate in daily physical activity. Posttest revealed 55 percent improved food safety practices, 81 percent started being more open to healthier food options, and 41 percent increased their physical activity.

### Joanna Rogers, Extension Youth EFNEP Assistant

**Vegetable Choice and Pregnancy** -- According to the Centers for Disease Control and Prevention (CDC), just 1 in 10 adults meet the federal fruit or vegetable consumption recommendations. Depending on their age and sex, federal guidelines recommend that adults eat at least 1½ to 2 cups per day of fruit and 2 to 3 cups per day of vegetables. Additionally, the CDC asserts that cost, limited availability and access, and perceived lack of cooking or preparation time can be barriers to fruit and vegetable consumption. Cooperative Extension, in partnership with Robeson Health Care Corporation and Lumbee Regional Development Association, conducted a six-week series of Nutrition Education Classes through the Expanded Food and Nutrition Education Program (EFNEP) to teach limited-resource pregnant and breastfeeding adults basic nutrition. In one of the sessions, participants were taught about the importance of incorporating more fresh fruits and vegetables in their diets during pregnancy. Participants learned about shopping in season (buying locally), purchasing affordable vegetables, and discussed proper vegetable washing and preparation. Evaluation and Results - At the start of the lesson, participants were given the Beef Stir Fry and Zesty Spinach Omelet recipes from EFNEP curriculum to prepare as a group. At the close of the lesson, all of the participants were able to prepare the meals using proper vegetable washing techniques. One participant said she prepared a variant of the Stir Fry at home for their family. Another participant stated she would make more effort to wash vegetables prior to preparation.



### Ashley McRae, Extension Adult EFNEP Assistant



**Med Instead of Meds and Faithful Families, Thriving Communities** -- According to the 2017 Robeson County Community Health Needs Assessment, the top five causes of death in Robeson County included heart disease, total cancer, Alzheimer's disease, cerebrovascular disease, and diabetes. These chronic diseases in adults are also impacted by a county poverty rate of 30 percent, poor nutrition, and food insecurity. In an effort to address this need, Cooperative Extension provided three "Med Instead of Meds" series to 24 participants and one Faithful Families series to 59 participants. Med Instead of Meds is a six-week series that includes hands-on cooking and nutrition lessons centered on the Mediterranean style of eating. Faithful Families, Thriving Communities is a nine-week series that helps participants learn how to plan, shop for, and prepare healthy meals for their families. In addition to making connections between food and faith, they explore simple ways to be more physically active throughout the day and in the faith community. Evaluation and Results - Completed surveys from the Faithful Families participants revealed 100 percent increased knowledge and 93 percent changed behavior. Forty-three percent stated they were eating more fruits and vegetables, and 71 percent stated they are drinking more water. Furthermore, at least one stated she had lost six pounds since the class had started, was eating more fruit, and exercising more often. Others stated they were more conscious of portion sizes and reading food labels. In addition, several are now practicing safe food-handling techniques, such as washing their fruit before consuming and sanitizing surfaces. Med Instead of Meds participant surveys revealed 100 percent increased knowledge and 83 percent changed behavior. Several participants reported behavior changes, such as restocking their refrigerator with healthier foods as well as implementing the recipes with family and at work gatherings. Furthermore, several stated the most helpful skill they learned was using more herbs and spices and less salt and sugar. All participants stated the most enjoyable

portion of the series was the hands-on approach with cooking and recipe skills. By adopting healthy and safe eating habits, these participants will improve their families' health, save money, and lessen the financial burden on the health care system. Based on results, Cooperative Extension will continue to offer both the Med Instead of Meds and the Faithful Families, Thriving Communities Programs.

**Janice Fields, Extension Family and Consumer Sciences Agent**

### Rosemary Chili Almonds

Source: Med Instead of Meds

#### Ingredients:

1 tablespoon olive oil  
½ pound (approx. 2 cups) almonds  
1 teaspoon crushed chili flakes

3 (3-inch) sprigs fresh rosemary, leaves removed (or  
½ - 1 teaspoon dried rosemary)  
½ teaspoon salt

#### Directions:

1. Using a large skillet, heat oil over medium heat; add almonds and stir to coat.
2. Add the rosemary, crushed chili flakes, and salt; toss to coat the almonds.
3. Cook for 15 minutes, stirring constantly. Do not allow the almonds to get too brown.

## 4-H YOUTH DEVELOPMENT



**Breaking the Technology Communication Barrier** -- Many tenured 4-H club leader volunteers are challenged with technology communication. The Internet and email has evolved as one of the most important communication tools. There are still several club leaders who do not have computers or email. Their preferred means of communication is by telephone. In order to provide all 4-H volunteers access to 4-H Online, weekly updates, and attachments, the Robeson County 4-H Program offered to assist 4-H club leader volunteers with setting up email accounts and accessing their accounts online. Evaluation and Results - Based on observation and communication, 100 percent of the 4-H club leader volunteers now have email accounts as an additional form of communication. Email is an effective tool for volunteers when communicating with their club members and the 4-H staff.



**Wendy Maynor, Extension 4-H Program Associate**



**S.T.E.A.M. Ahead** -- More than 60 percent of youth in North Carolina pass or excel at their End of Course (EOC) science test in middle school. However, that number drops significantly when looking at Robeson County student scores. Only 41 percent of youth in this school district pass the same test. Offering youth in elementary and middle school the opportunity to gain fun experiential learning opportunities in science, technology, engineering, the arts, and math (S.T.E.A.M.) is essential to motivating the students and turning these scores around. The Robeson County 4-H Program offered youth ages 9-13 the opportunity to take part in a five-day-a-week, eight-hour-a-day camp that immersed the youth in STEAM activities. Youth were taken on field trips to explore new areas of science and were introduced to careers in STEAM-related fields. Evaluation and Results - Based on the data from the evaluations, almost half of the youth (44 percent) gained knowledge in the sciences around them. More than half (56 percent) gained knowledge on the engineering of trains and engines, and 67 percent said they learned how the park service was created and its importance. More than half (58 percent) said they want to learn more about science, and almost 45 percent said they would like to learn more about weather and want to use technology to make the world a better place. Due to the success of this program, we plan to implement it in the future.

**Shea Ann DeJarnette, Extension 4-H Youth Development Agent**

## Register Today for a Summer of Fun!

The Robeson County 4-H Program is happy to announce our summer programs and activities for 2019. We invite you to join us for a fun and exciting summer of learning. The summer program has activities for all youth between the ages of 5 and 19. Membership in 4-H is not required. Find more information about the following camps by visiting the 4-H Youth Development page from our county website.

Etiquette Mini Day Camp

Junior Master Gardener Day Camp

BJP Overnight Camp

Millstone Day Camp

Junior Chef Day Camp

Biotech Day Camp

Cloverbud Day Camp

## AGRICULTURE



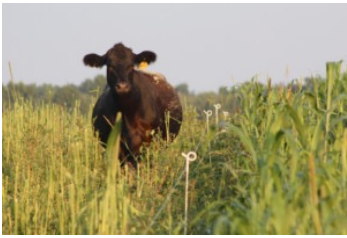
**GAP Certification** -- Robeson County is home to the University of North Carolina at Pembroke (UNCP) with a student population of around 7,000 with a growing number of those students concerned about where their food comes from, how it is grown, and if it is safe to consume. North Carolina Cooperative Extension has collaborated with the Center for Environmental Farming Systems' NC 10% Campaign and the university's instrumental personnel to open channels for local food to be included on the campus menu. To be considered for campus meals, it was determined that produce had to be from GAP-certified personnel to open channels for local food to be included on the campus menu. To be considered for campus meals, it was determined that produce had to be from GAP-certified farms (Good Agricultural Practices). Cooperative Extension offered a 2.5 day workshop to educate and assist farmers in writing a food safety plan to prepare for a GAP audit. Twelve growers attended the workshop from Charlotte to Columbus County. Only three attendants represented farms in Robeson County. Evaluation and Results - Two Robeson County farmers completed the program, became GAP certified, and now sells produce to FreshPoint, a produce distributor who buys for UNCP. One of the growers supplies 300 heads of Romaine lettuce per week to the school, even amid the current national E. coli scare, since he grows hydroponically in a greenhouse. The other GAP-certified farmer has successfully sold produce to FreshPoint this year. (The third Robeson County farmer was entertaining becoming GAP certified but passed away unexpectedly.)

**Mack Johnson, Extension Horticultural Agent**

**Beginning Beekeepers School** -- For several years, membership in the Robeson County Area Beekeepers Association did not increase due to a lack of new beekeepers and visibility. In order to address these concerns, Cooperative Extension and the Robeson County Area Beekeepers have conducted a Beginning Beekeepers School since 2015. This is the fourth consecutive year the school has been conducted after a six-year absence. Topics were taught by experienced beekeepers and provided attendees with the tools needed to be successful. Evaluation and Results - The number of persons who attended and graduated from the school and became association members was one of the methods used to evaluate the success of the school. Also, after the completion of each school, participants completed an evaluation which included a pre and posttest. Since 2015, due to aggressive marketing of the school through news articles, emails, and brochures, a total of 55 persons have attended the school. All of the participants stated they had gained the knowledge needed to be successful beekeepers. After attending the school, many have become members of the Robeson County Area Beekeepers Association and were assigned a mentor. With the increased visibility and the number of new beekeepers, the association will continue to be viable.



**Nelson Brownlee, Extension Area Farm Management Agent**

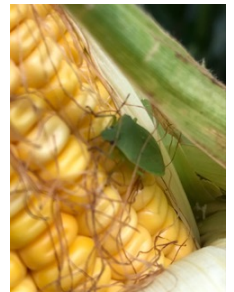


**Cape Fear Cattle Conference** -- The cattle industry is widely recognized as a profit sector in eastern North Carolina. In an effort to help area cattlemen increase the profitability of their operations, Extension livestock agents from Bladen, Columbus, Cumberland, Hoke, Robeson, and Scotland Counties, along with the N.C. Cattlemen's Association, put together a Regional Beef Cattle Conference and Industry Trade Show. There were 83 participants who attended the conference. An evaluation was given and 52 participants completed the evaluations. Evaluation

and Results - The evaluation showed that 100 percent of the participants were satisfied or very satisfied with the relevance of information to their needs, subject matter knowledge of instructors, and overall quality of the series. Of those, 98 percent learned new ideas on bermudagrass management, and 92 percent learned new ideas on bermudagrass varieties. The 52 producers collectively own 2,299 brood cows, 128 bulls, 191 stocker cattle, and 38 finishing cattle. There were 83 percent who reported that if they implemented practices on the farm, it would make their operation more profitable, with the potential to save \$4,300.

**Taylor Chavis, Extension Livestock Agent**

**Surviving Tight Margins** -- Changes in grain prices and production costs are frequently occurring. Farmers are always looking for ways to increase yield and improve profitability. In order to provide farmers and consultants with the most up-to-date information, Cooperative Extension in Robeson, Hoke, and Scotland Counties worked together to provide a Tri-County Corn and Soybean Meeting. Information regarding new varieties, production practices, and pest management issues were discussed. Evaluation and Results - Attendees completed an evaluation at the end of the meeting to determine knowledge gained and overall financial impact. Thirty-six of the farmers provided feedback that was overwhelmingly positive. As a result of the program, 64 percent of the participants planned to prioritize their inputs differently to increase yield and profitability, and 57 percent planned to improve field scouting for managing stink bugs. Farmers attending the meeting reported growing a total of 16,693 acres of corn and 32,410 acres of soybeans. Participants also reported the information gained at the meeting had an average economic benefit of \$7.26 per acre, with a total financial benefit of \$356,530. Because of the success of the meeting and its overall economic impact, production meetings will be held on an annual basis.



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**Mac Malloy, Extension Field Crops Agent**

### **Take Advantage of Free Soil Testing**

As we begin this year's planting season, it is important to consider good management practices. One of these practices is collecting soil samples. Soil testing is a service provided by the North Carolina Department of Agriculture and Consumer Services at their Agronomic Division in Raleigh.

Collect samples three to six months before planting time. Taking good samples, filling out paperwork properly, and packaging samples for delivery in a well-organized manner are important. A soil test will assess the present levels of major plant nutrients, soil pH, and micronutrients. Recommendations will include the amounts of lime and fertilizer, if necessary, to meet the requirements of the specific plant or crop being grown.

Soil sample boxes and forms can be picked up at the Extension Center. There is no fee for soil samples taken from April through November. Samples can be mailed to the lab in Raleigh or dropped off at the Extension Center where they will be delivered when Extension employees travel to Raleigh. Extension agents can also assist you in interpreting the soil test results or developing a soil treatment plan. Remember, having your soil tested before planting gives you the opportunity to increase your yields on the farm or improve your landscape around the house.

## 2019 Upcoming Events

WHEN	WHAT	WHERE	CALL TO REGISTER
March 13, 20, 27, and April 3, 10, 17 5:50 - 7:10 p.m.	Faithful Families, Thriving Communities	Mount Pleasant AME Church 921 Echo Road, Rowland	Janice Fields 671-3276
March 14 9:00 - 11:00 a.m.	Pesticide Recertification Training Private Applicator V	O. P. Owens Agriculture Center	Mac Malloy 671-3276
March 14 1:00 - 3:00 p.m.	Pesticide Recertification Training - Spray Drift Management -- Pesticide Credits Available: A, B, D, G, H, I, K, L, M, N, O, T, and X	O. P. Owens Agriculture Center	Mac Malloy 671-3276
March 18 1:00 - 4:00 p.m.	Respirator Fit Testing By appointment only	O. P. Owens Agriculture Center	Mac Malloy 671-3276
March 19 9:00 a.m. - 4:00 p.m.	Respirator Fit Testing By appointment only	O. P. Owens Agriculture Center	Mac Malloy 671-3276
March 19 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
March 20 8:30 a.m. - 2:30 p.m.	NC Ag Awareness Day -- Visit their website for the schedule - <a href="http://info.ncagr.gov/blog/2019/02/20/nc-ag-awareness-day/">http://info.ncagr.gov/blog/ 2019/02/20/nc-ag-awareness-day/</a>	Raleigh	Laurie Barnhart 919-539-5821
March 21 6:00 - 9:00 p.m.	Backyard Chicken Workshop	O. P. Owens Agriculture Center	Taylor Chavis 671-3276
March 23 1:00 - 4:00 p.m.	4-H County Activity Day	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
March 30 10:00 a.m. - 12:00 noon	Vegetable Gardening 101	O. P. Owens Agriculture Center	Mack Johnson 671-3276
April 4, 11, and 18 6:00 - 9:00 p.m.	Horse Pasture Management	O. P. Owens Agriculture Center	Taylor Chavis 671-3276
April 4 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
April 8 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
April 16 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
May 2 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
May 13 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
May 14 1:00 - 4:00 p.m.	N.C. Pesticide Applicator Exam	O. P. Owens Agriculture Center	NCDA Pesticide Div. 919-733-3556
May 21 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
June 6 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
June 10 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
June 18 9:00 a.m. - 5:00 p.m.	4-H Etiquette Mini Day Camp Ages 9 - 18, \$35, Limit 30 youth	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
June 18 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
June 21 10:00 a.m. - 3:00 p.m.	4-H District Activity Day - For 4-H members who placed at County Activity Day	Craven County Community College New Bern	Wendy Maynor 671-3276
July 4 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276

WHEN	WHAT	WHERE	CALL TO REGISTER
July 8 - 12 8:30 a.m. - 5:00 p.m.	4-H Junior Master Gardener Day Camp Ages 9 - 13, \$85, Limit 20 youth	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
July 8 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
July 15 - 19 8:30 a.m. - 5:00 p.m.	4-H Junior Chef Day Camp Ages 9 - 13, \$85, Limit 16 youth	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
July 16 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
July 28 - August 2	4-H Overnight Camp Ages 9 - 14, \$300 by April 1, \$400 by July 1	Betsy-Jeff Penn 4-H Center Reidsville	Jessie Jones 671-3276
August 1 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
August 5 - 9 8:30 a.m. - 5:00 p.m.	4-H Biotech Day Camp Ages 9 - 13, \$90, Limit 10 youth	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
August 12 - 16 8:00 a.m. - 5:00 p.m.	4-H Millstone Day Camp Ages 9 - 13, \$175, Limit 13 youth	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
August 12 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
August 19 - 23 8:30 a.m. - 3:30 p.m.	4-H Cloverbud Day Camp Ages 5 - 8 (as of 1/1/19), \$45, Limit 20 youth	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
August 20 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276

For more information about additional upcoming educational opportunities, please check out our calendar at:

<http://robeson.ces.ncsu.edu>



## ABOUT N.C. COOPERATIVE EXTENSION

N.C. Cooperative Extension is a strategic partnership of NC State Extension, The Cooperative Extension Program at N.C. A&T State University, USDA's National Institute of Food and Agriculture (USDA-NIFA), and local governments statewide. Extension professionals in all 100 counties and with the Eastern Band of Cherokee Indians connect millions of North Carolinians with research-based information and technology from NC State and N.C. A&T. Educational programs specialize in agriculture, food and nutrition, 4-H youth development, community development and the environment.