

February Program Highlights



EFNEP

Submitted by: Nitasha Kearney

Students at Mariam Boyd Elementary school create Yogurt Berry parfaits after completing the Power Food Groups lesson from the Show Me Nutrition curriculum. Warren County participants Jamara and Jaquae Oliver tackle Taco Salads in preparation for the Dinah Gore competition in May at the Got to Be NC challenge at the North Carolina State fairgrounds! The Expanded Food & Nutrition Education program is dedicated to providing a series of interactive sessions based upon needs assessment. This food experience includes food resource management skills, food safety and security. These hands-on activities engage participants not only in better eating habits but also fun simple exercises!

Horticulture

Submitted by: Paul McKenzie

The Master Gardener Volunteers recently had a workday at the Senior Center to start getting the garden bed ready for planting. Five volunteers participated, and worked to till and amend the raised beds. We will be meeting with Senior Center participants later this month to discuss plans for the garden beds and encourage participation. Each participant will be assigned a section, and will receive plants, seeds and other needed materials, plus instruction and support.

Upcoming Events

March 21
Farmers Market Vendor Meetup

March 24-30
Small Farms Week

March 25
Small Farms Week Kickoff (Wayne County)

March 27
Small Farms Week luncheon

April 27
Farmers Market Opening Day

4-H W.A.Y.

Submitted by: Alexis Henderson & Noah Henderson

During the month of February, the 4- W.A.Y. program welcomed Alexis P. Henderson as the Program Coordinator. Alexis is a native of Warren County who has big plans to advocate for the youth in the Warren County community. As she is adjusting to her role Program Coordinator, she has been very intentional with networking, creating new community ideas and researching ways to introduce 4 W.A.Y. to surrounding schools, families and communities. Our team has plans to collaborate with the community through initiatives such as Teen Court, community service, life skill workshops and mentoring. There will also be opportunities for local businesses to offer volunteer hours.

So far, we have received one referral in February and completed the intake interview. We are currently assisting our mentees with completing community service hours through any resources we may have – even if that means a quiet space to catch up on academics. We are looking forward to introducing a variety of new projects that will positively impact the youth in Warren County.



Small Farms

Submitted by: Reggie Stevenson

In February, the Small Farms unit attended the Let's Talk Equity in Conservation for Underserved Farmers, Ranchers, and Landowners for Vance and Warren Counties event at the Vance County Farmers Market. Small Farms unit also traveled to Halifax, NC to attend the Multi-County Agricultural Outreach meeting to learn about helping farmers and landowners understand practices and teach them about local agencies such as, the Farm Service Agency, Soil and Water, Cooperative Extension, Nature for Justice, and more. Additionally, the Small Farms technician attended meetings with local farmers and Working Landscapes of Warrenton, NC to discuss the application for a 2024 USDA Rural Business Development Grant for bean pickers and storage facilities. At the end of the month, the Small Farms unit travelled to Durham for the Rafi Farmers of Color Network's workshop on how to grow in a high tunnel.



Farmers Market

Submitted by: Tamara Small

In February a lot of planning and developing for the 2024 market season is underway. Two important dates have been announced, the Vendor Meet-Up meeting and Opening Day. The Vendor Meet-Up will be held on March 21st at 5:30pm at the Warren County Cooperative Extension and Opening Day will be April 27th at the Warren County Health Department. The Vendor Meet-Up is open to new and returning vendors and will give plenty of insight on what to expect this market season. Vendor applications and guidelines will be given out at the meeting. Opening Day will have live musical performances, games, raffles, and free health screenings provided by licensed medical professionals.

The market manager is making the most of these off-market months by acquiring various trainings to help her assist the market vendors and operate the market more efficiently. The highlight of the month for her was joining the North Carolinas Farmers Market Network (NCFMN) and meeting with Farmers Market managers from across the north central region of N.C. It was a delight to meet and connect with them! This organization offers much needed resources and support for Farmers Market managers. In the future, the farmers market manager looks forward to offering more workshops and trainings at the Warren County Cooperative Extension for the farmer market vendors, and incorporating more engaging, fun, learning programs and events at the market.

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