

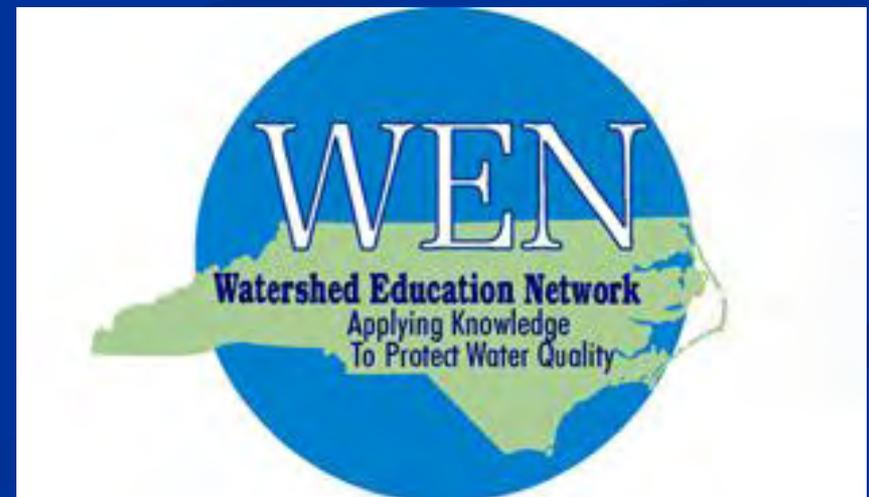
County Agent Program Integration



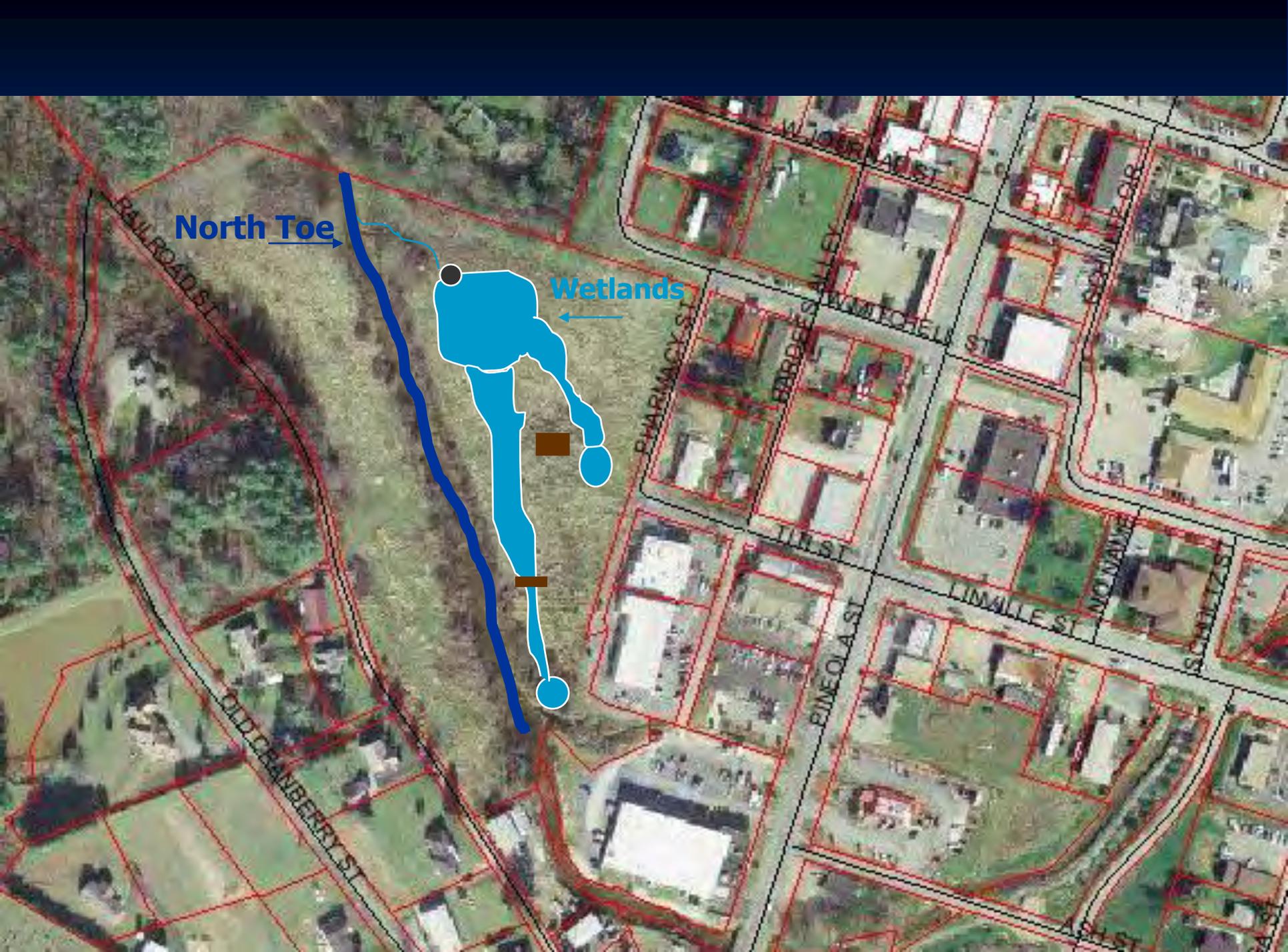


NC 4-H
Youth Development

Family & Consumer SCIENCE







North Toe

Wetlands

RAILROAD ST

OLD CHERRY ST

PHARMACY ST

HARDY'S ALLEY

PINEOLA ST

WATCHEL ST

LIL ST

LINNIE ST

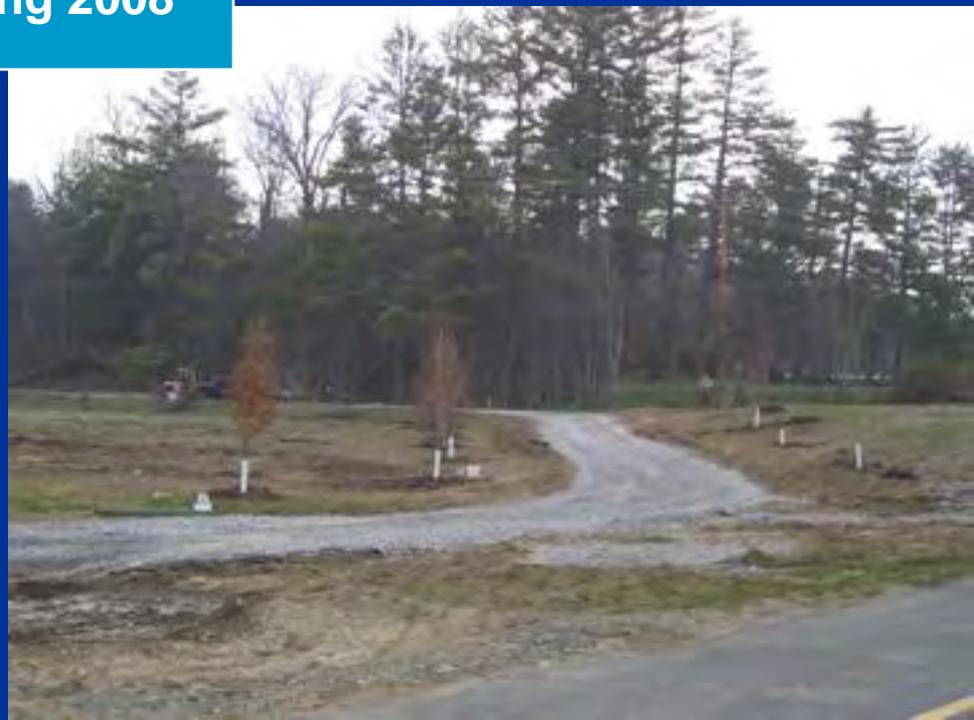
SCHULTZ CIR

SCHULTZ ST

SCHULTZ ST



Early Spring 2008





Created Wetland - Newland Floodplain





July 2008





Town & FCS Agent (Tres) working on a walk-able town brochure for loops and fishing spots.

Wetland Creation = Creative working collaborations and educational programs

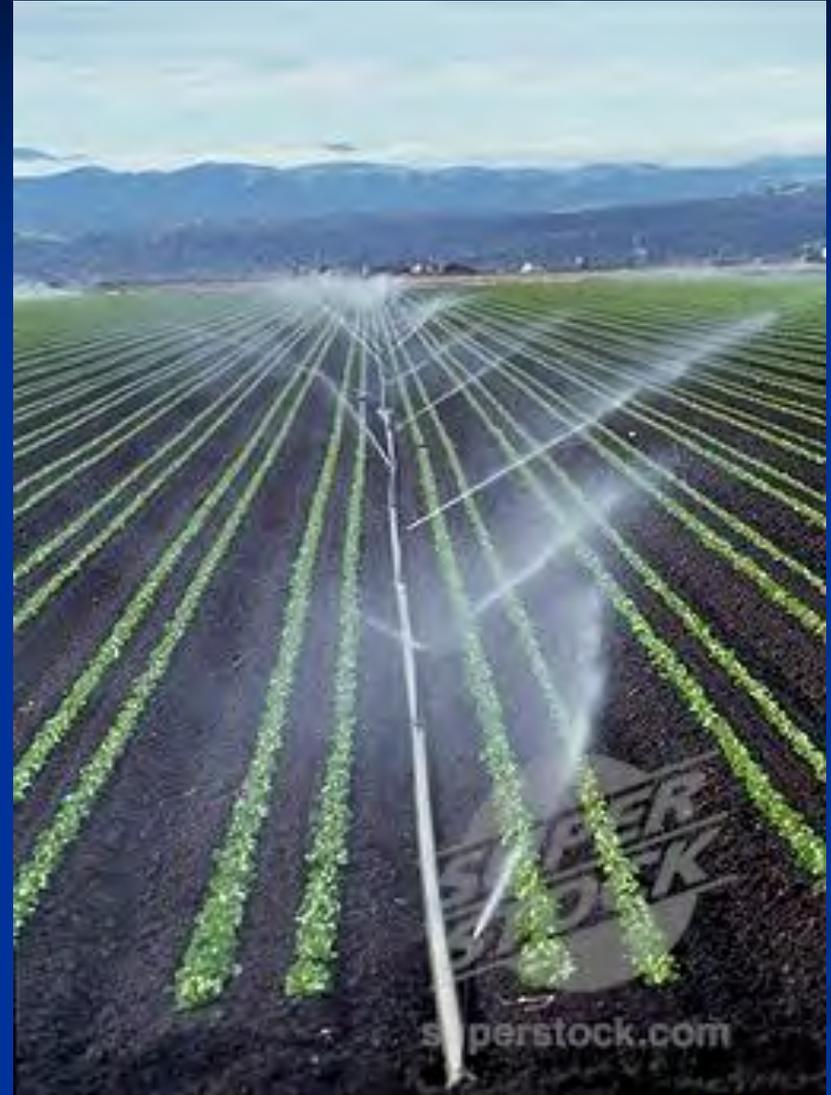
Wetland Waddle Fun Run



Shomaker Wetlands and Family Recreation Park

In collaboration with FCS Eat Smart, Move More 16 week program finale

We Can't Grow Food Without Water!!



PLANT A VICTORY GARDEN



**OUR FOOD
IS FIGHTING**

A GARDEN WILL MAKE YOUR RATIONS GO FURTHER



Urban residents also heeded the call. Buying Victory Garden seeds in New Jersey, c.1943. Newark NJ Public Library.

After WWII over 40% of Americans food came from their backyard.
Gone are the days of the 2,000 mile Caesar salad.

Building a Sustainable Food Economy in NC:

*CEFS: Center for Environmental Farming Systems
North Carolina State University, A&T State University
www.cefs.ncsu.edu/*

If each North Carolinian spent 25 cents a day on local food it would mean \$792 million for the states economy. That money circulates in the state so has a multiplier effect, rather than going to some headquarters somewhere else.

Family Consumer Science: Empower your community to make healthy lifestyle choices - what they eat and drink, taking time to exercise, improve parenting skills, improve family life, ect....

Agriculture / Natural Resources Agent: On the average, our food is flown, shipped and/or trucked 1,400 miles from production through processing to our plates, according to the Rodale Institute. That can't be healthy for the consumer or the planet!

LOCAL FOODS FOR LOCAL KIDS

PIZZA PIZZAZ WEEK

FCS agent and 4-H agent collaborations

- increase awareness of where their food come from
- identify at least two ways their food is processed
- gain knowledge of the importance of vegetables and fruits
- gain skills in preparing and eating healthy meals and snacks
- reflect on the importance of physical activity



Organics 101

Collaborative efforts between Family Consumer Science Agent, Margie Mansure, and Alternative Agriculture Agent Richard Boylan.

4 day course to teach community members the basics of backyard gardening.



Topics include:

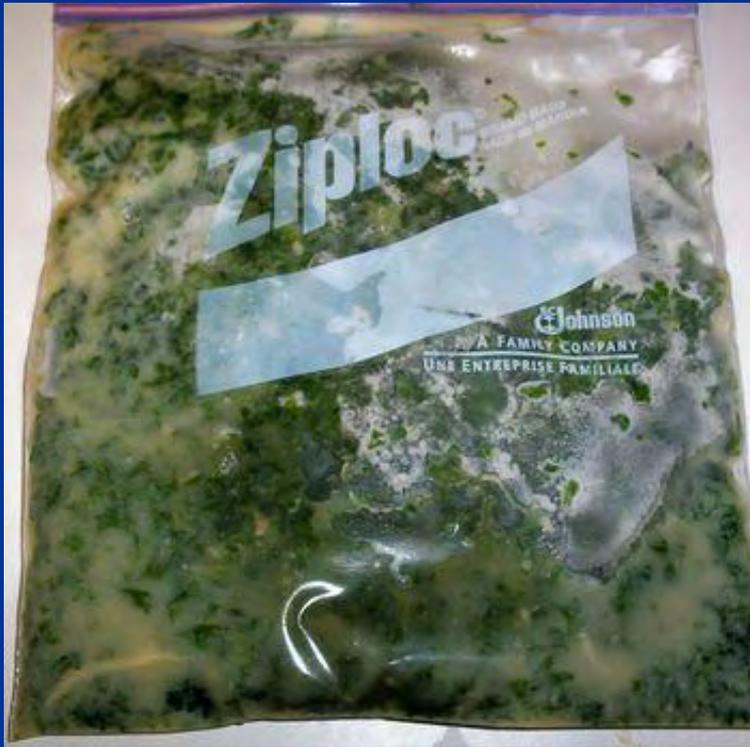
Garden Layout/ planning

Weed Management/ Farmscaping

Soil fertility/ composting

Insect management

Family Consumer Science- Inspiring families to store food that they grow!!!



Freezing



Canning

Building Local / Regional Food Systems

Community Supported Agriculture- (CSA)

Backyard Gardens

Local Farmers Markets

Farm/Garden Youth Programs

Farm Incubator programs

County/Region based food initiatives

Distribution

Connecting people with their food



**In order to have a healthy safe food system
we must have clean healthy water!**

**Groundwater recharge - bio retention, wetlands, rain gardens, grassy swales....
Capture and store our rain water.**

Backyard Conservation Workshop Series

Creating Healthy Yards for humans and wildlife

How does your yard fit into the high country ecosystem

Agents working together: Alternative Agriculture, Natural Resources, Livestock, 4-H, Christmas Tree Agent, Home Horticulture, & Family Consumer Science.



For youth
and adults

Schedule Includes:

1. Water Re-Use— Build a Rain Barrel: June 15
2. Backyard Beekeeping: June 22
3. Bring about the Wildlife: June 29 (Valle Crucis Sustainable Farm)
4. Water Conservation—Build a Rain Garden: July 6
5. Backyard Chickens: July 13
6. Composting: July 20 (Held at Valle Crucis Sustainable Farm)
7. Ecological Landscape Planning: July 27 (Sustainable Farm)
8. Detoxify your Home: August 3
9. Gifts from the Garden Potluck: August 10 (11:30am-1pm)



“Detoxify your Home”

Deodorizing spray

Wood Cleaner

All-Purpose cleaner

Basic dishwashing soap

Wood Dusting



Green Cleaning Supplies
makes the earth Happy!

Build a Rain Barrel Workshop - Water Conservation - Gardening - Drought



Building a Rain Garden with youth.



Rain barrel building workshops

What do you use a rain barrel for? Water Conservation →

Gardening – Home Horticulture →

Cooking – FCS – Choices in the kitchen → Consumerism →
buy/eat local, healthy food choices → Nutrition

Environmental Impact – Natural Resources Agent

Cisterns / Rain barrels – Livestock agent

Backyard Rain gardens

Hook your rain barrel up to over flow into a rain garden – home horticulture, 4-H project, pesticide credits, master gardeners, landscapers, student projects, non profit organizations.



Backyard Conservation Workshop Series

Workshop name, description, summaries

Who's in charge of which sessions

Times and Locations

Registration

Guest speakers / presenters

Supplies needed

Food / snacks

Kids programs

Program Cost

Transportation

Advertising/Publicity/Press Releases

Brochures

Certificates

Handouts

Evaluations

Once a week schedule during the summer months - really didn't work out as well as we had thought it would.....

Space is limited,
reserve your spot by
calling: 828-264-3061



All sessions are free
unless otherwise
stated

Low Impact Living

- ∞ Reduce your impact
- ∞ Improve your life
- ∞ Live healthier
- ∞ Save money



Partners:

ASU
SouthFace
NC Cooperative
Extension
Arise
Green Mother
Goods

For more information
on Low Impact Living
visit,
www.lowimpact.org

Low Impact Living



Reduce your impact
on the environment



Workshop series
May - October



You want to lessen your load on the earth and reduce global warming. It's hard to know where to start. This series of classes will provide you with practical ways to live simply sustainable.

Low Impact Living Series

March - Detoxify Your Home

April - Backyard Rain gardens / Stream Monitoring (2 days)

May - Build a Rain barrel / Drinking Water – conservation, wells, springs, bottled water, water testing (1 day)

June - Backyard Gardens - Organics 101 (4 days)

July - Backyard Chickens (3 days)

August - Ecological Landscaping – xeriscaping / natives / wildlife habitat (1 day)

Sept. - Weatherization / Home Energy Audits (1 day)

Nov. - Simply Sustainable Holiday Fair - (1 day)

Consumer Choices –
supporting local business
economy/farms



The poster features a green oval with the text "Simply Sustainable Holiday Fair" in white. Below the oval, the text "Ideas and Inspiration to reduce your impact this Holiday Season" is written in a green, cursive font. The date and time "Monday, November 10, 2008 3-7pm" are in a bold, black font, followed by the location "Agricultural Conference Center, 252 Poplar Grove Rd. Boone" in a smaller black font. At the bottom right, a list of activities is provided: "Support Local Businesses", "Green Gift Giving", "Live Music", "Local Seasonal Food Demonstrations". The NC Cooperative Extension logo is at the bottom left, and the background is decorated with blue snowflake graphics.

**Simply Sustainable
Holiday Fair**

*Ideas and Inspiration to reduce
your impact this Holiday Season*

Monday, November 10, 2008 3-7pm
Agricultural Conference Center, 252 Poplar Grove Rd. Boone

*Support Local Businesses
Green Gift Giving
Live Music
Local Seasonal Food
Demonstrations*

NC State University
A&T State University
**COOPERATIVE
EXTENSION**
Empowering People • Providing Solutions

Watauga LEAD

Girls in Science

L
eadership

E
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A
griculture

D
iscoveries



Nomination Form

Nominated by science teacher, careers teacher or guidance councilor.

-Narrative must include the student's history of involvement/interest in science or science related activities and how you think the student would benefit from participation in the program.

-Limited Resource Students

-\$20 Registration Fee. It costs \$275 per student and that cost was paid for by sponsors, and the High Country Women's Fund.

Cooking together



Day 1 - Health Science



Activities:

-Your Choice: It's Up to You!
Because the quality of your life depends on decisions that affect your body, mind, and inner self.
Activities: Mirror Image, Values Charade, Goal Setting Steps to Help You Eat Smart and Move More.

-Meet an Exercise Physiologist and Registered Dietitian
-Tour the Wellness Center and participate in a conditioning class
-Tour the Exercise Science Lab with college students. Learn about equipment they use in scientific research and to help athletes



- Journal making



Environmentally Conscious Students



**EACH STUDENT
RECEIVED:**

**KLEAN KANTEEN
WATER BOTTLE**



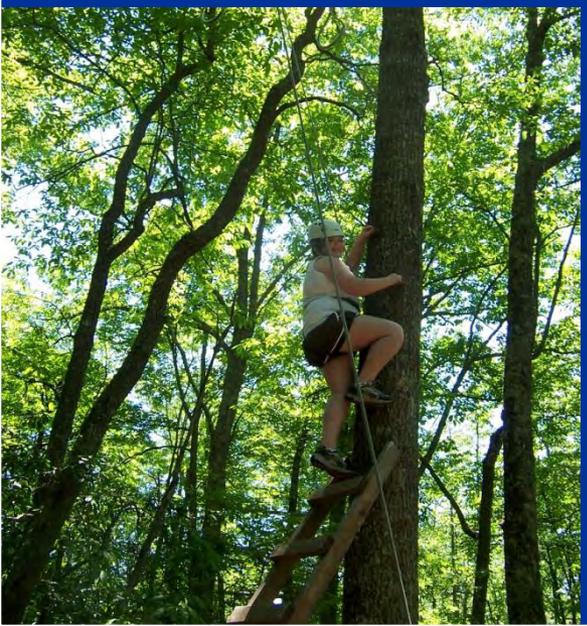
**TO GO WARE
LUNCH CONTAINER**

Every Klean Kanteen is made from 100% recyclable, high-quality, food grade stainless steel that's toxin and BPA-free. Your Klean Kanteen doesn't have to have a special lining like some other metal bottles, and it won't ever leach nasty tastes or chemicals into your drinks – no matter how many years you use it.

Day 2 - Plant Science

Activities:

- Ropes Challenge Course - Overcoming fears, trust in others, expanding their boundaries, challenging themselves, teamwork
- Waterfall lunch / Journaling
- Exploring the ecological interactions of an organic farm
- Useful Plants
- Beneficial Insect ID



DAY 3 - Animal Science

Activities:

- Eggs & Science: projects including “Egg Drop,” “Velocity of the Egg,” and “Density.”
- Animal Rights Debate
- Apple Hill Farm to interact with livestock
- Horseback Riding



Day 4 - Grandfather Mtn. Naturalist



Activities:

- Behind the scenes tour of animal habitat
- Grandfather Naturalist- ecology explorations, interconnectedness, conservation and human impact
- native plants, endangered species
- Hemlock studies



Day 4 - Water Science

Activities:

- Comparison of degraded stream and pristine stream
 - benthic bio assessment of streams
 - water chemistry
- Watersheds, stormwater, Enviroscope



Day 5 - Eco Science

Activities:

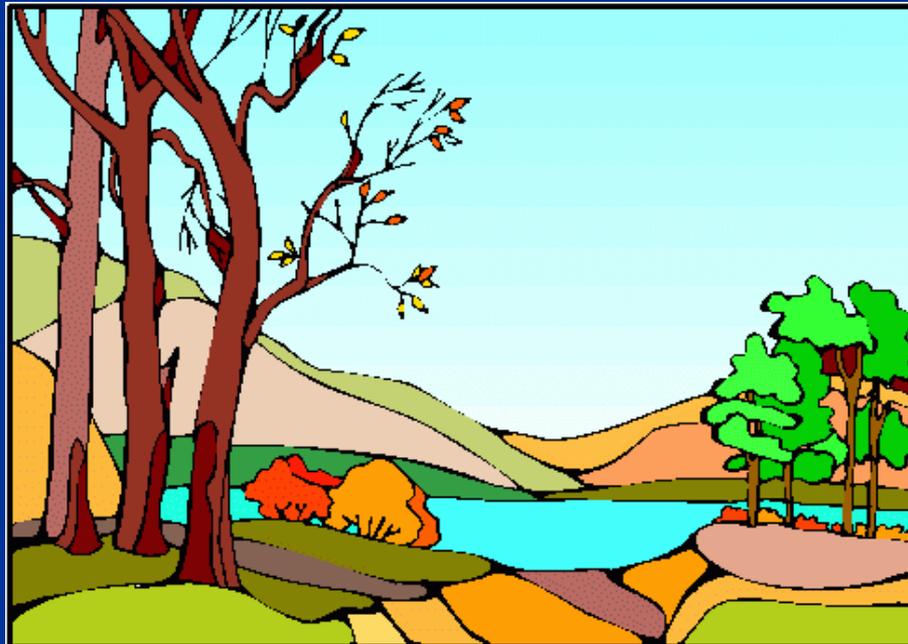
- ASU Geologist - Appalachian Geology
- Rivergirl Fishing Co. Woman owner, fish biologist, fly fishing
- Canoeing and Kayaking on the New River



Big Picture!

How can FCS, Christmas Tree, Home Hort, 4-H, Livestock, Ag., Alternative Ag., Natural Resources agents work together to have truly integrated programs?

Look at the programs with all agents on your staff and the environment/ gardening/ green living can connect us all!



Special thanks to Watauga County Director, Sue Counts and the Watauga County Staff!

