



Yadkin County Center

Fall Edition

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Introduction:

Hi everyone! My name is Ashley Beard and I am the new Family and Consumer Science Agent at Yadkin County Cooperative Extension. I started in this position back in the beginning of June and I have enjoyed every second. This newsletter will be utilized to spread new programs as well as include healthy recipes, information and advice.

A little bit about me, I am a Virginia native, born and raised in a small town of Courtland, VA. I obtained my undergraduate degree in Human Nutrition, Foods and Exercise from Virginia Tech. I was first introduced to this career field during my internship with Virginia Cooperative Extension where my role was to do cooking demonstrations and nutrition lessons in the farmers markets around Roanoke, VA.

My passion is to be able to inspire individuals to make healthy lifestyle choices. These choices can be as simple as incorporating a new local food into their meals, learning a new cooking skill, or how to keep a healthy home.



I believe that health education should be readily available to anyone who has that desire to learn and grow.

In this position I want to bring programs that the people in Yadkin County want and need. By bringing new and interesting programs, I hope to expand the reach to all ages and bridge the gap of health and nutrition knowledge.

I want to thank those who I have already met that have given me so much encouragement! This has been an amazing transition moving to a new state and starting a new career. I can tell that Yadkin County is a very special place!



What has happened so far?

The past couple of months have been all about reaching new contacts and making connections. I have met with a lot of organizations for potential partnerships in the near future (?). I am currently doing a once a month program at the New Horizon Adult Day Services where we focus on the basics of what it means to be healthy and I look forward to seeing their smiling faces every time! I got to experience my first 4-H Summer Fun and see how much planning and prepping the 4-H Agent, Madaline Jones, does. We are already brainstorming for some fun cooking programs to be included for next year's Summer Fun that we believe the kids will love!

The Horticulture Agent, Hannah Lepsch, and I had three program dates in the Farmers Market that we called "Agents in the Market." Our goal with these programs are to bring awareness to the local foods that are available and to increase community support for local farmers.

On the August 20th date, I was conducting pressure canner gauge tests as well as bringing awareness as to why you need your gauge tested every year. As a side note I can test your gauge at any point and all you need to do is call up our County Office at 336-849-7908 to set up a time to bring your gauge lid in.

On the September 17th date, we had an amazing turnout at our "Kale University." At our table location Hannah Lepsch was providing handouts on how to grow your own winter greens as well as handing out free kale seedlings. On the other end, I was presenting how to use the greens you can grow by giving out samples of a healthy kale smoothie. As a way of drawing folks to us I brought in a blender bike that participants could get on and blend up a smoothie! We hope to do more programs in the Farmers Market next season!



I am also starting to be featured in the Yadkin Valley Magazine and in the Sep-Oct edition you will see a piece all about pumpkins!

I have started a partnership with the Yadkin County Public Library where I hosted my first cooking class focused on the process of meal planning and meal prepping.

We have another program in the works for **December 3rd** where we will focus on healthy holiday baking substitutions. Registration will be done through the library. Lastly, I will be set up at the **Yadkin YMCA on October 15th from 5-6:30 pm** demonstrating a healthy Halloween treat that could replace handing out candy.

What to expect for future programs

My main goal for this position is to bring programs that the residents in the County want and need. I am using resources such as the Health Needs Assessment conducted by the Health Department to see what programs could align with the top focus areas. I also want to keep the basics of what FCS was founded on with offering home food preservation classes starting next canning season.

I am looking forwards to offering programs centered around cooking skills that prove it is never to early or late to learn! I am taking suggestions for programs that you would like to see offered and you can call or email those if you would like!

I would like to **thank you** again for the support you have graciously shown to me! I could not do this job without the help from so many!

Sincerely,

Ashley Beard
The eager new FCS agent