

FAMILY & CONSUMER SCIENCES



Wild Game Preservation Classes

Are you interested in learning various methods for processing and preserving your wild game harvests? Do you hunt or receive game meat from others? Are you confident in your safety practices in the field and kitchen to ensure quality meat for consumption and processing? Do you understand how to operate processing equipment? Is your harvest sent off for processing elsewhere and you're now interested to learn more about in-home processing and preservation?

We continue our series of classes and workshops this fall. Topics include basic safety practices (food and equipment safety – starting in the field), prepping, cleaning, and preserving your harvests as well as common ways to process your harvest instead of sending off to be processed elsewhere.

Class Topics:

- How to properly clean, cut, and store fresh harvests (virtual, pre-recorded video + short survey)
 - Recording and survey are required to be completed before attending any processing classes (unless you attended class in 2020)
- Processing breakfast and link sausage, including smoking links
- Canning meat (pressure canning)
- Dehydrating (jerky & snack sticks)
- Freezing and vacuum sealing
- Proper cleaning and sanitizing of equipment and workstations throughout all classes

**For more information, visit: <https://go.ncsu.edu/hydewildgameclasses> or <https://hyde.ces.ncsu.edu/> -- See schedule at end of newsletter

What's happening with FCS:

- **Produce preservation**
- **Wild game preservation**
- **Nutrition education**
- **Family resource management**

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Summer Produce Preservation Classes

Freezer jam, boiling water bath, pressure canning, freezing, and pickling - we had an AMAZING summer of produce preservation classes!!

I am so grateful to have an amazing staff in our office and all their help and support this first full season of hands-on preservation classes as your FCS agent in Hyde County! Time to switch over to wild game preservation.

A huge huge thank you to all of our local farmers!! We were so happy to be able to use local produce for almost all the ingredients this summer! (Pamlico Shores Produce, Shallop Creek Trading Company, Slim Pickin's Produce, Big Pompie's Produce, Mattamuskeet Fresh Produce, and Southside Farms)

Participants in these classes earned \$20 of FREE produce vouchers, for each topic attended, to use at local produce stands. More details will be explained below - 8 of these participants opted to donate their full portion to the Blessing Box in Engelhard!



*"The 'pop' of a
canning jar lid is a
joyful noise!"*



Family Resource Management

In collaboration with Engelhard Christian Church's Youth Group, we now have a Blessing Box in Engelhard. This box is set up right on 264, in front of the Department of Social Services. Anyone can donate food to it (please - nonperishable items only)! You can also donate toiletries, like toothpaste and toothbrushes, soap, and feminine items. If there is not space in the Blessing Box, you can contact Nickie Edge (pastor@engelhardchristianchurch.com), and she can store excess items in the church building. Youth in the church are helping to maintain the box to ensure it stays stocked.

There is no requirement on who can pull from the Blessing Box. If you need a little extra food or toiletries, please stop by and take what you need. If your children are walking nearby, they are welcome to grab what is needed as well.



Throughout summer, we held conference calls with the Pleasant Grove Missionary Baptist Church's Health Ministry. Each month, calls focused on a different topic, such as increasing produce consumption, swappin fats, and rethinking sweets.

Like with the produce preservation classes, participants for each call received \$20 of free produce vouchers to use at Slim Pickin's, Big Pompie's, and Chris's Grocery. These vouchers were made available through a grant managed by the Albemarle Regional Health Services - Partnerships to Improve Community Health. This collaboration was integral in offering this Prescription Produce Program this summer! In addition to providing the actual funding for vouchers, PICH (Mary Jane Lyonnaise, Healthy Foods Coordinator) and their interns worked hard to contact participants, completing the pre-survey and maintaining contact info. Thank you!!

In all, we reached 283 contacts, giving a total of 1,132 produce vouchers, valued at \$5,660 total in free produce that could be redeemed locally. Of that total, \$160 worth was donated by recipients to be placed in Engelhard's Blessing Box for others to use.

Ms. Shakera Davis (Career Coach for Hyde County, BCCC) and her class of freshmen will learn some financial & budgeting basics with FCS Agent, CatieJo Black, later this fall. Check in with your student to see what they've learned! If you would like resources or individual help with budgeting and related information, please contact CatieJo directly for a one-on-one or small group meeting!!

Nutrition Education

Nutrition education classes are set to begin at Mattamuskeet Elementary School this fall! We will be visiting with the preschool and kindergarten classes to discuss basics of nutrition in a fun and tasty format!

Are you interested in a nutrition education class or cooking classes for your class or organization? Contact CatieJo to discuss availability and options that will work for your needs!

"Education is the most powerful weapon which you can use to change the world." -Nelson Mandela

"Eat to fill your stomach, not your heart"



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WILD GAME PRESERVATION CLASSES:

Join Hyde County's FCS Agent to learn and practice methods of preserving & processing your wild game harvests! All classes will be held in the Teaching Kitchen within the Government Center Building.

VIRTUAL: Wild Game Food Safety - From Field to Table

OCT 13: Breakfast sausage (patties)

NOV 3: Canned meat

NOV 17: Italian sausage (link + smoking)

DEC 8: Jerky

Contact: CatieJo Black, Hyde County FCS Agent
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Registration in Eventbrite required

Contact catiejo_black@ncsu.edu or 252-926-5263 for accommodations related to a disability. North Carolina Cooperative Extension is an equal opportunity provider.