



## 4-H Youth Development

*Kristi Griggs*

4-H is a youth development organization devoted to helping youth become responsible, productive citizens through experiential learning opportunities in clubs, school based programs and special interest activities.

### 4-H Clubs:

- 4-H Bullets & Bows Shooting Sports Club
- Swain Co. 4-H Livestock Club
- 4-H Vegetable Garden Club

### Other Activities

- Summer Fun
- School Enrichment
- Service Projects
- Life skills (sewing, cooking, etc.)
- Health & Nutrition
- Swain County Agricultural Fair
- and more



## Agriculture - Livestock

*Kendra Fortner*

Provides assistance to prospective and current livestock producers in the areas of...

- Forages/Pasture Management
- Herd Health
- Production
- Marketing

as it relates to...

- Beef Cattle
- Sheep and Goats
- Swine
- Poultry
- Equine
- and more

by hosting...

- Farm Visits
- Field Days
- Meetings
- Educational Trainings
- Workshops

## CONTACT INFORMATION

### Swain County Cooperative Extension

**PO Box 2329  
60 Almond School Road  
Bryson City, NC 28713**

**(828) 488-3848**

**[swain.ces.ncsu.edu](http://swain.ces.ncsu.edu)**

## DRIVING DIRECTIONS

Just off of US 74 W look for a blue Southwestern Community College sign, turn right onto Almond School Road. Follow the drive along side the building and look for the NCSU Extension sign. Our office is inside immediately on the right.



# YOUR Swain County Cooperative Extension



## EXTENSION STAFF

### Robert Hawk

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### VACANT

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### Community Development Natural Resources

*Robert Hawk*

#### Community Development

- Group Facilitation
- Economic Development Support
- Customer Service & Hospitality Training

#### Natural Resources

- Free tree seedlings for Arbor Day & Veteran's Day
- Conservation Education (Leopold Education Project)
- Wildlife Nuisance Support Information

#### Conditioning

- Hiking and Ski walking (walking with nordic ski poles)
- Economize your exercise

#### Customer Services & Hospitality

- Maintain and build a positive visitor and co-worker friendly business
- Enhance professionalism and hospitality skills



### Family & Consumer Sciences

Community Rural  
Development

*Vacant*

Family and Consumer Sciences mission is to improve the well-being of families through programs that educate, influence public policy, and help families put research-based knowledge to work in their lives.

#### Family & Consumer Science Topics

- Food & Nutrition
- Food Safety & Preservation
- Parenting
- Community & Volunteer Development
- Human Development
- Aging
- Financial Management

#### FCS Programming Opportunities

- Food preservation classes
- "Cook This" series
- Food Safety Classes
- "Eat Smart, Live Healthy"
- Line Dancing
- Fitness programs (LIFT, Walkie Talkies, Zumba)
- Pre-K education programs



### Agriculture - Horticulture

*Minda Daughtry*

#### Commercial Horticulture

- Production of Christmas Trees
- Beekeeping
- Nursery production & landscape
- Vegetable Production - Conventional & Organic
- Pesticide Classes

#### Specialty Crops

- Vineyard production
- Truffles
- Shiitake mushrooms
- Medicinal herbs & woodland products
- Ginseng production

#### Home Horticulture

- Master Gardener Program
- Gardening and soils
- Controlling pests
- Saving seeds
- Season extenders & cover crops
- Farmscaping & crop rotation
- Fruit trees
- Grapes-Strawberries-Blueberries-Brambles
- Composting & Vermicomposting