

Extension's

# Better Living Series

Gaston County

April - June 2024

WORKSHOP	DATE	TIME	LOCATION	FEE	REGISTER BY
Med Instead of Meds (6 sessions, in-person)	Wed., 4/3 - 5/15	10-11am	Kiser Senior Ctr.	n/a	Contact Shannon Ramsey by 3.27.24: sramsey@bessemercity.com or 704.729.6465
Change Your Protein (Med Instead of Meds, in-person)	Thurs., 4/4	2-3pm	Gastonia Main Branch Library	n/a	Contact Andrew Pierce by 3.28.24: andrew.pierce@gastongov.com or 704.868.2164, dial 1
Webinar: Eating Smart with Local Spring Produce	Mon., 4/8	3-4pm	Online	n/a	Online by 4.5.24: Eventbrite.com
Intro to Home Canning (in-person)	Wed. 4/10	6-8pm	Lucile Tatum Ctr.	\$10	Contact Linda Minges by 4.3.24: linda_minges@ncsu.edu or 704.922.2127
Hands-On Canning: Jams & Jellies (In-person)	Tues., 4/30	2-4pm	Lucile Tatum Ctr.	\$10	Contact Linda Minges by 4.23.24: linda_minges@ncsu.edu or 704.922.2127
Webinar: Intro to Home Canning	Mon. 5/6	3-4:30pm	Online	n/a	Online by 5.3.24: Eventbrite.com
Webinar: Basics of Freezing Foods	Tues., 5/7	10-11am	Online	n/a	Online by 5.3.24: Eventbrite.com
Swap Your Fats (in-person)	Thurs., 5/9	2-3pm	Gastonia Main Branch Library	n/a	Contact Andrew Pierce by 5.2.24: andrew.pierce@gastongov.com or 704.868.2164, dial 1
Webinar: Eating Smart with Local Spring Produce	Mon., 5/13	3-4pm	Online	n/a	Online by 5.10.24: Eventbrite.com
Hands-On Canning: Jams & Jellies (in-person)	Wed., 5/15	6-8pm	Lucile Tatum Ctr.	\$10	Contact Linda Minges by 5.8.24: linda_minges@ncsu.edu or 704.922.2127
Webinar: Med Instead of Meds (6 sessions)	Thurs., 5/16 - 6/20	3-4pm	Online	n/a	Online by 5.10.24: Eventbrite.com
Webinar: Eating Smart with Fresh Herbs	Mon., 5/20	3-4pm	Online	n/a	Online by 5.17.24: Eventbrite.com
Webinar: Basics of Dehydrating Foods	Tues., 5/21	10-11am	Online	n/a	Online by 5.17.24: Eventbrite.com
Webinar: Intro to Pickling	Wed., 6/5	10-11am	Online	n/a	Online by 5.31.24: Eventbrite.com
Webinar: Eating Smart with Local Summer Produce	Tues., 6/11	10-11am	Online	n/a	Online by 6.7.24: Eventbrite.com
Webinar: Eating Smart with Fresh Herbs	Mon., 6/17	3-4pm	Online	n/a	Online by 6.14.24: Eventbrite.com
Hands-On Canning: Pickling (in-person)	Wed., 6/19	6-8pm	Lucile Tatum Ctr.	\$10	Contact Linda Minges by 6.12.24: linda_minges@ncsu.edu or 704.922.2127
Webinar: Canning Tomatoes	Wed. 6/26	10-11am	Online	n/a	Online by 6.21.24: Eventbrite.com

# WORKSHOP & MEETING DETAILS

## Med Instead of Meds

*Interested in eating the Mediterranean Way, but not sure where to start? If so, this program is for! The 6-session workshop will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.*

*Instructor: Linda J. Minges*



## Eat Smart with Local Spring Produce

*Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for spring? If so, this workshop is for you! We'll provide you with a fresh taste of spring-flavored recipes that are sure to help you eat smart and stay warm all season long. Featured NC fruits and vegetables include: asparagus, beets, broccoli, bok choy, leafy greens, and strawberries. Workshop includes*

*recipes, preparation, and storage tips. Instructor: Linda J. Minges*

## Intro to Home Canning

Learn how to safely preserve foods with water-bath canning and pressure canning. Guidelines on a variety of foods provided: jams, jellies, pickles, fruits, and vegetables. Also includes discussion of commonly used canning equipment.

*Instructor: Linda J. Minges*

## Hands-On Canning:

### Jams & Jellies

Participants will be guided through the steps of safe water bath canning for processing jams and jellies. Also includes discussion of commonly used equipment and problems.

*Instructor: Linda J. Minges*

## Basics of Freezing Foods

Learn steps of food preparation to safely freeze foods and ensure best food quality.

*Instructor: Linda J. Minges*

## Intro to Water-bath Canning

Learn how to safely preserve foods with water-bath canning. Guidelines on a variety of foods provided: jams, jellies, pickles, and fruits. Also includes discussion of commonly used canning equipment.

*Instructor: Linda J. Minges*

## Eat Smart with Fresh Herbs

Summertime is perfect for enjoying the taste of fresh herbs. Come learn how to add great flavor to foods, while using less added salt and sugar. Recipes, storage tips, and much more to be provided.

*Instructor: Linda J. Minges*

## Basics of Dehydrating Foods

Learn the basics of dehydrating a variety of foods (fruits, vegetables, herbs, and jerky). Includes best food safety practices and

equipment overview.

*Instructor: Linda J. Minges*



## Hands-On Canning: Pickling

Participants will be guided through the steps of quick process pickles, commonly used equipment, and processing guidelines.

*Instructor: Linda J. Minges*

## Eat Smart with Local Summer Produce

Learn how to make tasty, delicious, and EASY meals using the bounty of summer fruits and vegetables. Featured NC fruits and vegetables include: berries - blackberries, blueberries, and raspberries, corn eggplant, okra, peaches, summer squash. Includes recipes, preparation, and storage tips.

*Instructor: Linda J. Minges*

## Intro Canning Tomatoes

Participants will be guided through the steps of canning tomatoes, commonly used equipment, and processing guidelines. Includes discussion of FAQs.

*Instructor: Linda J. Minges*

**DON'T SEE A WORKSHOP  
THAT YOU'RE LOOKING  
TO FIND?**

**We are always working to  
better meet the needs of  
Gaston County residents.**

**Let us know about your ideas  
for future workshops and  
classes. You're input matters!**

# WORKSHOP & MEETING DETAILS

## Extension Master Food Volunteer Program

*Have a passion for food, nutrition, and wellness? Enjoy helping others?*

If yes, then learn more about Gaston County's new Extension Master Food Volunteer Program (EMFVP)!



### Benefits to You

- Gain cooking and knife skills
- Receive nutrition and food safety training
- Participate in day trips to area food processing plants and research facilities
- Make connections to our local food system
- Be a part of NC Cooperative Extension's food, nutrition, and wellness workshops in Gaston County

Contact Linda Minges at 704.922.2127 for more information.

## WORKSHOP LOCATIONS

### Kiser Senior Center

123 W. Pennsylvania Ave.  
Bessemer City, NC  
704.629.5111

### Gastonia Main Branch Library

1555 E. Garrison Blvd.  
Gastonia, NC  
704.868.2164, dial 1

### Lucile Tatum Center

959 Osceola St.  
Gastonia, NC  
704.866.3607

**Being a part of NC Cooperative Extension activities is a great way to be connected with others and prevent isolation. From learning new skills, getting ideas from others on problem-solving, and meeting new individuals you're sure to find ways to help you live better throughout 2024!**



## Registration Deadline

- Registration including payment of registration fees is required by registration deadline.
- No refunds are provided except when a class is cancelled or full.
- Most workshops are five business days prior to each workshop.
- Class location, time, and fees vary with each workshop.
- For accommodations for persons with disabilities, contact 704.922.2127 no later than five business days before the event.
- Most Zoom sessions are recorded and shared with participants - watch when its convenient for you.
- Visit our website for details about other Extension

**Learn more about Extension and upcoming events online:  
[gaston.ces.ncsu.edu](http://gaston.ces.ncsu.edu)**

**Follow us on Facebook:  
[@GastonExtension](https://www.facebook.com/GastonExtension)**

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## Contact Our Staff

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#### MAILING ADDRESS

NC Cooperative Extension  
PO Box 1578  
Gastonia, NC 28053

#### PHYSICAL ADDRESS

Citizens Resource Center  
1303 Dallas-Cherryville Hwy.  
Dallas, NC 28034

#### OFFICE HOURS

Monday - Friday | 8am - 5pm

#### FOR MORE INFORMATION

Phone: 704.922.2111  
gaston.ces.ncsu.edu

#### FOLLOW US ON FACEBOOK

- @GastonExtension

## Available Services

In addition to workshops, Extension provides a variety of services and information such as:

### Agriculture

- Commercial Horticulture
- Farm Start-ups, Production, & Marketing
- Farmers Market Grower Permits
- Livestock Production & Pasture
- Local Natural Resource Issues
- NC Farm School
- Pesticide and Waste Management Training

### Community & Family

- Gaston Community Garden Network
- Triple P – Positive Parenting Program
- Volunteer Management

### Homes & Gardens

- Beekeepers & Pollination
- Lawns & Gardening Advice
- Nuisance Wildlife
- Pest ID
- Soil Testing Kits

### Nutrition & Wellness

- Food Safety Information
- Health & Wellness Information
- Home Canning & Food Preservation Resources
- Pressure Canner Testing

### Youth

- 4-H Clubs
- 4-H Summer Youth Programs
- Healthy Harvest School Gardening
- School Enrichment Programs
- School Nutrition Programs

NC State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, national origin, religion, political beliefs, family and marital status, sex, age, veteran status, sexual identity, genetic information or disability. NC State University, N.C. A&T State University, U.S. Department of Agriculture, and local governments cooperating.