

Montgomery County Gets “Fresh”



With the support of the Montgomery Community College Foundation, the June 15 screening of the film “Fresh” marked the premiere of Sustainable Sandhills’ Community Action Team meetings in Montgomery County. FirstHealth of the Carolinas provided free popcorn during the movie from a display featuring its Healthy Kitchen program,

and the film was followed by a panel discussion where the audience enthusiastically embraced the idea of better local food access. Local growers also set up displays of honey, grass-fed beef, and produce, and the Montgomery County Cooperative Extension was on-hand to share news of its gardening and food preservation programs.

“Fresh” was a successful kick-start to an energetic wave of community support that will continue as a number of Sustainable Sandhills’ local projects and programs are scheduled to take place.



- Gay Roatch, Foundation Director at MCC, announced two new **Farmers’ Markets** serving the area:
 - Montgomery Tailgate Market, open all day on Tuesday and Fridays in the parking lot behind the Montgomery County Cooperative Extension office at 203 W. Main Street in Troy.
 - MCC Farmers’ Market, open on Wednesdays from 3:30 pm until 6:30 pm.
- Sustainable Sandhills announced the release of a **Local Food Survey** for Montgomery County, which is a simple online survey that was used with great success to assist with the creation of the Sandhills Farm To Table Cooperative. A healthy local food system benefits the community at large and supports our local farmers. [Take the survey here](#) and help improve access to local food in Montgomery County!
- MCC and the Montgomery County Cooperative Extension have partnered to provide another opportunity to learn more about local food through **four beginner gardening classes**, beginning this August.

Called “Survival Gardening,” the classes are led by instructor Tony Sedberry and include:

- Design & Construction of a Raised Bed or Backyard Garden
- Fall Planting
- Harvest Day and
- Spring Garden

Contact MCC at 910.576.6222 for course dates and times.

- Sustainable Sandhills will bring in guest chefs and help organize a Canning Social with the MC Cooperative Extension in order to draw attention to its **Food Preservation classes** starting in August. “Plan, Shop, Fix and Eat” is a one-hour class focusing on meal planning and shopping, with a special emphasis on locally sourced fresh food, and the “Ten Rules for Food Safety” will teach what measures should be taken to keep your food safe to eat. Contact [Molly Alexi](#) at the Montgomery County Cooperative Extension for details.
- Sustainable Sandhills, in partnership with the Small Business Center of Montgomery Community College, has developed a **Green Professional Seminar Series** to introduce marketing and professional development opportunities in the area of sustainability. The series is scheduled for October, and will address green construction, bio-fuels, and marketing and communications in the new green marketplace. Contact [Richard Hinson](#) or call 910.576.6222 to confirm dates, times, and to reserve your space.



The next Montgomery County Community Action Team Meeting is scheduled for **September 21, from 6:00 pm until 8:00 pm**, in Blair Auditorium on the Montgomery Community College campus. Sustainable Sandhills is partnering with FirstHealth of the Carolinas to screen the film, “[Two Angry Moms.](#)” FirstHealth will also announce the results of its Body Mass Index (BMI) testing on our school-aged children. Local school nutritionists and nurses will be on hand to discuss how we can work to improve the health of our children.

For more information, contact your Montgomery County Community Action Team Coordinator, [Kea Capel Meacham](#), via email or at 910.639.3983.