

PERQUIMANS COUNTY CENTER

**DID YOU KNOW???**

April 2019

**Planting Season Has Arrived!**

Another year and another difficult start to getting corn in the ground for Northeast NC. Relentless rain has again delayed farmers from getting in the fields to plant. With a break from the weather, farmers and ag businesses will be moving in the next few weeks at a rampant pace. When deciding to plant, what is considered to be optimal timing to plant corn? NCSU Extension Specialist Ron Heiniger says to plan for 40 to 50 growing degree units (GDU's) to be accumulated the 4 days after planting. What does this mean and how do you calculate GDU's? The formula is  $(\text{Daily Maximum temperature } ^\circ\text{F} + \text{Daily Minimum temperature } ^\circ\text{F}) \div 2 - 50 = \text{Growing Degree Units}$ . There is an upper base limit of 86°F and a lower limit of 50°F for corn. If the daily high is higher than 86°F, then 86°F is used for the daily max. If the daily minimum temp is less than 50°F, then 50°F is used. When planning to plant, check the upcoming weather, do the GDU's calculations and if no big rainfalls occur following planting, excellent emergence should be achieved. For more information or questions, contact Dylan Lilley at 252-426-5428.



## **Nutrition Classes offer alternatives...**

For the past seven months, Perquimans and Chowan residents have enjoyed monthly nutrition classes at the local Extension Centers and have learned that healthy eating does not mean sacrificing flavor. The best way to demonstrate this theory is by tasting a variety of recipes that are nutritious and yet delicious. The latest class featured the "sweet" lesson and highlighted recipes from the Med Instead of Meds Curriculum. Sue Mitchell, Extension Master Food Volunteer, assisted Jewel Winslow in preparing the samples and demonstrated kitchen techniques that make a recipe simple and easy for the working family. To learn more about future cooking classes, contact Teresa Story at the 252-426-7697.



## **Second Graders Study 4-H Embryology**

Perquimans County 4-H Embryology Program helps 2nd grade students understand the life cycle of a chicken. Each classroom had to incubate and take care of their eggs for twenty-one days, which taught the importance of responsibility and commitment. The second grade students learned what is happening during incubation, as well as care for the chicks once they are hatched. 4-H Agent Meredith Wood, also teaches students about the parts of the egg and different breeds of chickens. This project helps students to understand the importance of this food source and the significant role poultry farmers have in our communities.



## **4-Hers Learn by Doing...**

On Sunday April 7th the Extension Service held a heifer showmanship clinic for the upcoming spring show. This is the first heifer show for the Albemarle Area 4-H Livestock Show and Sale. At the clinic exhibitors gathered to learn about showing and presenting their heifer to the judge, how to use a show stick and the appropriate halters to use. Exhibitors also learned what the judge would be looking for in the market class. Each participant was able to practice in the ring with their animal and then given pointers by the Extension agent on areas to improve.

The clinic was a great success with 17 out of 20 exhibitors attending. To see these 4-Her's in action, attend the Livestock Show on April 24-25 at the Albemarle Livestock Barn on Pro Gro Lane in Elizabeth City. Admission is free. For more information about the show, contact the Extension Center at 426-5428.



## **EFNEP is at Hertford Grammar**

EFNEP is a federal expanded food and nutrition education program taught by NC Extension Associate Patty Bowers in Chowan and Perquimans County. Patty recently started working with 3rd-5th graders at Hertford Grammar School along with Mr. Woodley, the physical education teacher, to educate students how to eat healthy and be physically active every day. Participants get hands-on experience in food prep and proper hygiene. Students enjoy tasting a variety of vegetables as part of the fun classroom activities.



## **A Walk in the Woods is Good...**

A note from Nettie Baugher, Commercial Horticulture Agent, regarding the March 27th Forestry Tour...

"Our forestry tour was a great success! We had about 15 participants from local counties that were able to see several different stands of trees at three different locations. A wide range of topics were covered, and all attendees had very positive feedback. Thank you to all who participated!"



## **Turning 65 is a milestone... Please join us for our next MEDICARE 101 Class - May 13, 2019 (2 p.m. at the Perquimans Extension Center)**

Individuals that are nearing their Happy 65th Birthday...usually get a lot of "junk" in the mail. Even scholars get frustrated! If you can relate to this troubling assortment of paper and would like to learn more about the do's and don'ts of navigating the confusing world of Medicare Benefits, then you are invited (and encouraged) to

attend (and bring a friend to listen in) to this one hour presentation from the North Carolina Department of Insurance SHIIP Regional Manager Lisa Barker. **SHIIP stands for Seniors Health Insurance Information Program and is a non-biased educational outreach program to answer questions and teach individuals how to make good decisions regarding their health care options.** The class is sponsored by the local Extension Center and is free but registration is requested. Let us know you want to come by calling the Perquimans Extension Center at 252-426-7697.



## **Master Gardeners: Teach and Outreach**

All month long, the Chowan-Gates-Perquimans Extension Master Gardeners are volunteering at local Food Pantries to distribute gardening supplies that encourage clients to grow produce at home. The project, Grow To Eat, is supported with grant funds and community resources.

Save the Date: On May 4th is the annual Albemarle Master Gardener Spring Garden Show! From 9am to 3pm at the Perquimans County Recreation Center in Hertford, visitors can browse plant sales, a variety of vendors, educational exhibits and speakers, raffles and bake sales, children's activities, and more. The show is FREE and all proceeds support an area scholarship for youth.

# Albemarle Master Gardener

*9th Annual*

## Spring Garden Show

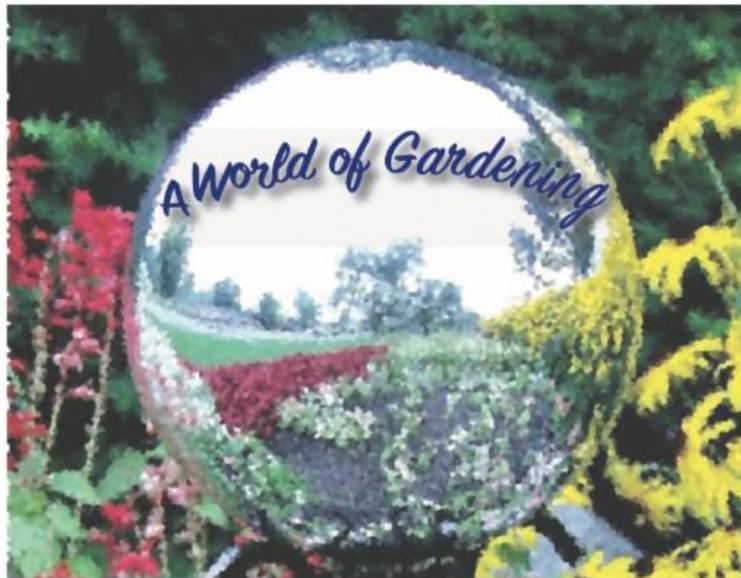
Perquimans County Recreation Center • 310 Granby Street, Hertford, NC

**Saturday, May 4, 2019 • 9am – 3pm**

*Free Admission*

- Variety of Vendors
- 50/50 Drawing • Crafts • Ask a Master Gardener
- Plant Sales • Baked Goods
- Children's Garden • Educational Speakers

Lunch for purchase by: **Brew2Rescue Café**



Hosted by

**NC STATE** EXTENSION

Master Gardener | Chowan-Gates-Perquimans

*Our only Fundraiser for the scholarship fund.*

For more info: [kgshook@ncsu.edu](mailto:kgshook@ncsu.edu) • (252) 482-6585  
[perquimans.ces.ncsu.edu/springgardenshow](http://perquimans.ces.ncsu.edu/springgardenshow)

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