



PERQUIMANS COUNTY CENTER

DID YOU KNOW???

JUNE 2019



Cooking Classes Teach Life Skills

Perquimans Extension wants families to be sanitary, cook smart and eat healthy. On Thursday, June 12, ten youth demonstrated these core values by experimenting in Extension's Food Lab. They learned that the most important tool in the kitchen is a good knife and the most important rule is to continually wash your hands throughout the cooking process. If you are interested in learning more about Extension's Future Cooking Workshops, contact Jewel Winslow, Perquimans County Extension Director and Family and Consumer Science Agent at 252-426-7697. Note: You don't have to be a youth to sign up for these valuable classes.



Variety Selection is Important

One of the most important decisions farmers have to make every growing season is selecting varieties that will perform the best on their farm. With the help of local farmers, the Northeast Ag Expo team made up of NC Extension Agents in the 6 Northeast counties, implement on farm test trials to generate local variety data for corn, soybeans, and wheat. The results from these tests can be found at nceagexpo.com. The Perquimans County wheat variety trial was harvested last Thursday, June the 13th and is pictured here. Thank you to Thomas Roach for his cooperation!

Learn More at: nceagexpo.com



Volunteers of the Year are Recognized...

Nancy Dougherty and Micki Levine were recently recognized as the 2018 Extension Master Gardener Volunteers of the Year in Chowan, Gates, and Perquimans Counties. Active since 2009 and 2013 (respectively), both women are active leads in the program, serving as program committee officers, spring garden show chairs, and project leaders. Interested in learning more about the Master Gardener program? Contact Area Horticulture Agent Katy Shook at kqshook@ncsu.edu - classes start soon.



4-H'er's Practice Public Speaking

Seven Perquimans County 4-H'ers are gearing up for the Northeast District Activity Day being held June 22nd on the campus of N.C. State. Youth choose a topic of interest to present on during the competition, whether it being through a PowerPoint, poster, or speech method. Gold, silver, and bronze awards are given in each age category. Those awarded a gold medal are chosen to advance to the state level competition in July. We look forward to watching our local 4-H'ers succeed at this annual event.



Sun Safety is Not Just About Sunscreen...

On June 6, Perquimans Extension taught third graders of Hertford Grammar School the four precautions people should take to avoid being harmed by the sun's UV rays. These four take-home messages included: apply at least 30 SPF sunscreen every two hours (more if sweating or swimming) , wear proper clothing and headgear to protect your scalp, face, ears, neck, shoulders and arms; limit exposure to the sun whenever possible, and avoid the peak hours of the day when sun's rays are the most harmful (10 AM to 4 PM). Each student created a UV bracelet - made of beads that change color when exposed to the sun's harmful ultra violet rays.



Wet Weather Brings Threat of Disease

Rain is a great thing, but too much can offer a prime opportunity for disease to become an issue in a crop. Many diseases thrive in wet weather. If you are a commercial grower, it is important to remember that it is best to get your fungicide applications on before a large rain event. Storms can move pathogens, so be sure to scout your field regularly!

If you are a commercial fruit, vegetable, or ornamental grower, and you think you may have a disease or other issue in your crop, please call Nettie Baugher at (252) 357-1400.



EFNEP Students Learn By Doing

Youth at Hertford Grammar School graduated from 4-H EFNEP program following a series of classes this May. Patty Bowers, Perquimans EFNEP Educator, partnered with Mr Woodley, the PE teacher, to expose students to this unique food and nutrition curriculum. EFNEP uses hands-on cooking strategies that teach food preparation and food safety skills. Congratulations to Hertford Grammar School graduates! (EFNEP stands for Expanded Food and Nutrition Education Program.)



Extension Teaches Ag Safety

Perquimans County Extension conducted its annual Progressive Ag Safety Day Training for all 3rd graders at Hertford Grammar School. The mission of the Progressive Agriculture Safety Day is to provide education, training and resources to make farm, ranch and rural life safer and healthier for children and their communities. Youth learned about tractor safety, sun safety, wildlife safety, internet safety, water safety, electrical safety, and home alone safety. The Perquimans County Extension Staff, Perquimans Sheriff's Department, Perquimans County Water Rescue, Albemarle Electric, and the State Park Ranger Service participated in this year's event.

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