

PERQUIMANS COUNTY CENTER

DID YOU KNOW???

FEBRUARY 2020



Cooking Classes help with getting fit...

Perquimans Extension will host a Get FIT Cooking Class on Thursday, February 20 at 6 p.m. in the Extension Kitchen. This class will feature recipes and tips when preparing fruits and vegetables. Participants will get involved with food prep and will sample heart healthy recipes. There is no cost for this class...but registration is required by contacting Amanda Betts at **252-338-4467**. For directions to the Extension Office contact **252-426-7697**.



Yield Winners deserve applause...

Congratulations to the Perquimans County commodity 2019 yield winners! As the growing season approaches, we wish everyone the best and hope to assist in any way to help make 2020 a successful one.

Listed below are the winners of the crops that were measured:

Peanuts: Winslow Brothers Farms - 6,133 lb average

Sorghum: Laurence Chappell - 153 bu/ac - 1st place NC dryland-tillage division, Variety: Pioneer P84P80

Soybeans: Gene & Matt Perry - 71 bu/ac - Variety: Pioneer P44A72

Wheat: Eure Seed Farm 115 bu/ac - 2nd place in NC - Variety: USG 3118



Pictured: Adam Winslow

Matt Perry with Soybean Extension Specialist Dr. Rachel Vann

For more information on production practices from North Carolina state yield winners, follow the links below for corn, soybeans, and wheat:

<https://corn.ces.ncsu.edu/north-carolina-corn-yields-contest/>

<https://soybeans.ces.ncsu.edu/north-carolina-soybean-contest/>

<http://ncwheat.com/research/>



Pasture Spraying time is coming...

With the warm weather we have had this year spring and summer weeds will be germinating a bit earlier than normal. In order to control these weeds we need to spray our pastures before these weeds germinate. Weedy pastures are something every horse, cow and hay producer faces but there are a few products that we can spray while our pastures are dormant. The latest one that has been approved for our State is Prowl H2O. If you have bermuda grass, spray this soon before the bermuda starts to grow to not stunt and injure the bermudagrass plant. For fescue pastures time is not as critical on the fescue plant for injury. It is more critical that spraying occurs before the weeds germinate. Prowl H2O can control a lot of weeds but for fescue pastures the main concern is foxtails and for the first time pasture owners will be able to control this noxious weed. If you have any questions on which herbicides to spray contact the Perquimans Extension Office at 426-5428.



4-Hers win in Horse Bowl Contest...

Congratulations to several of our High Achievers Horse Club members on their exceptional work at the Northeast District 4-H Horse Bowl Competition in Pasquotank County. The Horse Bowl Contest is an educational experience for youth that want to broaden their knowledge in the subject of horse and other related subject matter. Youth study and show their understanding of the topics through a competitive and friendly environment. We are proud to announce that our mixed horse bowl team is advancing to the state level! A job well done for all involved. To learn more about how you can become a part of our horse club, please contact Meredith Wood at the Extension Office at 426-5428.



Forest Landowners Meet in March...

Please join us **Thursday, March 5th from 4:00pm to 5:30pm** for our annual Forest Landowner Meeting in Gatesville, NC. Dinner will be served following the meeting.

We will be gathering in the meeting room of Merchant's Millpond State Park at 176 Millpond Road Gatesville, NC. Topics will include

information on the Beaver Management Assistance Program, small woodlot management options, and timber markets.

Please register by March

2nd at: <https://forestlandownermeeting.eventbrite.com> or by calling (252)357-1400.



Master Gardeners - are educators...

Master Gardener volunteers support the mission of North Carolina Cooperative Extension by educating residents about safe, effective and sustainable gardening practices that grow healthy people, gardens, landscapes, and communities. Their vision is a healthier world through environmental stewardship. Check out 2019 accomplishments of the NC State Extension Master Gardener program in the annual report at <http://go.ncsu.edu/2019-emg-report>



VOLUNTEERS teach not sell...

SHIIP volunteers are not licensed insurance agents, and they do not sell, endorse, or oppose any product, plan, or company. If you have questions about your specific plan, we encourage you to contact your insurance agent or the insurance company. But if you want a non-biased educational look at what Medicare and Health Insurance decisions we all need to consider...then talking to a trained SHIIP volunteer...is a wonderful start to understanding this complicated topic. To speak to a SHIIP

Volunteer in Perquimans County, contact the Extension Center at 252-426-7697.

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