

Perquimans Extension Center

DID YOU KNOW???

July 2019



It's Time to Scout for Stink Bugs

Stink bugs often invade cotton fields in early to mid-July and may reach damaging levels from this time through late August. Weeks 3 through 5 of blooming, constitute the period of highest boll vulnerability to stink bug injury and yield loss. Scouting consists of checking quarter sized bolls for internal injury caused by stink bugs. Thresholds for the 3-5 week of bloom consists of 10% damage.

Soybeans are not quite as far along at this point in comparison to last year, but it will soon be time to start monitoring for corn earworm and stinkbugs. Pod and seed development (Growth stages R3-R7) are the main stages to scout for insects to maintain yields. Our thresholds for stinkbugs in soybeans are 5 in 15 sweeps and 2-3 in 15 sweeps for seed beans. A calculator for determining thresholds for corn earworm can be found at: [Click here](#)

Contact Dylan Lilley, Perquimans Ag Agent at 252-426-5428 if you have any questions.



4-H teaches Farm to Fork Life Lessons

Perquimans Extension just concluded a Farm to Fork Event for twelve 4-H youth. Farm to Fork was created with the goal to showcase Perquimans County Agriculture. The day included three site visits. The first was a Parkway Ag Tour to gain insight on grain production and fertilizer. The second stop was Food Lion grocery Store to meet with the manager and conduct a scavenger hunt to find food products that contained wheat, corn, or soybeans. The last stop was a local cattle farm to show the youth how cattle are raised and what grain and feeds the cattle eat. The menu for lunch features foods from local farms. After six hours of touring and taste testing, youth gained a greater appreciation for our area farmers and all the work that goes into feeding families from Farm to Fork.



Watermelons Season is here!

Melons are in! Growers in the area are busy harvesting cantaloupes and watermelons. Cantaloupe season is mid-June through July, and most watermelons come ripe in July. Support farmers in your community and buy local! For more information about fruit and vegetable markets in our area, contact Nettie Baugher, Area Commercial Horticulture Agent, at 252-357-1400.



Lillie Wins State Camper of the Week

Six Perquimans County 4-H'ers attended State 4-H Camp during the week of June 23rd – June 28th at the 4-H Eastern Center in Columbia, NC. 4-H State Camp was full of activities – archery, swimming, canoeing, hiking nature trails, crabbing, rock wall climbing, team building, talent shows, games, and making new friends. In addition, they learned real life skills, developed self-esteem, and gained a sense of independence and community. A huge congratulations to Lillie Stallings for being named the Female Camper of the Week! Individuals interested in next summer's camp program should contact Meredith Wood, Perquimans County 4-H Agent for more information. Registration begins in January... mark your 2020 calendar.



4-Hers Learn Baking Skills

Ten Perquimans County 4-H'ers attended this year's summer fun program, Baking with 4-H. The youth in attendance ranged from five to eight years old. They learned about basic kitchen safety and how to prepare simple dishes that they can create at home including apple pie, homemade hot pockets, and baked broccoli. Each participant was given a take home coloring book with safe food facts. Chef Meredith Wood presented each youth with dough and allowed them to be creative when designing their pastries. On of the most unique designs goes to Intern Caleb Richardson for serving the All American Apple Pie - "4-H Style."



EFNEP visits the Perquimans Library

NC State's Cooperative Extension's 4-H Expanded Food and Nutrition Education Program will be working with County Librarian Michele Lawrence at the Perquimans County Library - July 22nd and 23rd - to teach nutrition lessons to area youth. In EFNEP summer workshops, Extension EFNEP Associate Patty Bowers visits local communities to teach hands on nutrition classes to area youth. Exposing youth to a variety of healthy foods leads increases the chances of students making healthier food choices as they get older. The ultimate goal of the EFNEP program is to reduce childhood obesity and to prevent chronic diseases. In these photos, youth are preparing a healthy snack.



Medicare is confusing!!!

Even people with multiple law degrees will tell you, Medicare is difficult to understand. The decisions that individuals age 65 and older are faced with as they age into the prime of life are not easy. To learn more about Medicare and what is considered critical valid documents that need your immediate attention, attend the July 22 Workshop at the Senior Center, where Lisa Barker, Regional Manager for the North Carolina Department of Insurance will give non-biased research-based information. Lisa partners with NC Cooperative Extension, Area Agency on Aging and local Senior Centers to make sure all Medicare Beneficiaries get educated before making critical health insurance decisions. To register, call the Perquimans Senior Center at 252-426-5404.

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