



PERQUIMANS COUNTY CENTER

DID YOU KNOW???

September 2020



Extension has a New Family Member!!!

Dylan and Paige Lilley would like to announce the arrival of their baby girl, Annabelle Louise Lilley. Annabelle was born on September 2nd and weighed 9 lbs 14 oz. They are so excited to be a new family of three! (Dylan is the Perquimans Ag Agent and Paige is the Dare County 4-H Agent)... Congratulations Dylan and Paige!



Seeds from China...Should not be planted!

North Carolina residents who have received seed shipments that they did not order from China or other foreign sources are advised not to plant these seeds because they could be a pathway for introduction of invasive species, insects and plant diseases.

Learn More:

<https://www.ncagr.gov/paffairs/release/2020/NCresidentswarnednottoplantunsolicitedforeignseedstothem.htm>



Fall is here! (or right around the corner, at least!)

It's time to start thinking about your fall decorations (or homemade pumpkin pie!). Growers have recently started harvesting pumpkins, and there are several local places where people can pick some up. Celebrate the beginning of Fall by stopping by one of the farms listed below and picking up some local pumpkins or gourds!

Cedar Stretch Farms - 316 Cedar Stretch Rd, Hertford

Mark Chappell Farms - 1217 County Line Rd, Belvidere

Mill Fork Farm - 3602 Rocky Hock Rd, Edenton

Savage Patch Farms - 09 US Hwy 13 South, Eure

Seth Saunders Farms- Tyner (call ahead) (252) 337-4486

Wilbur R. Bunch's Produce Stand - 2833 Rocky Hock Rd, Edenton



We missed the Spring Garden Show...but look what we have planned...

Chowan, Gates, & Perquimans County Extension Master Gardeners invite you to participate in a special scholarship project. For a personal invitation from the Extension Master Gardener President and a chance to see the 2020 scholarship winner, visit this site

<https://www.youtube.com/watch?v=Bgeh0EOBy7I>

For more information about how to help, visit the Perquimans Extension Center website at go.ncsu.edu/bulbsale

Questions? Email kgshook@ncsu.edu or call (252) 482-6585



It's Fall Forage Planting Time...

Perquimans Extension receives many livestock questions asking about what to plant in North Carolina pastures for winter/fall grazing. Before planting any seed, soil samples need to be taken to know the fertilizer recommendations. In eastern North Carolina we have a great climate to plant a wide variety of forages for the fall/winter months. Oats, Wheat, Triticale, Rye/Ryegrass, Fescues, Brassicas, Winter Peas and many others work well in our area. There is an increase in producers planting mixes, (2 to 7 varieties) of forages together to help build soil health. These mixes have come about through the research done by the Amazing Grazing team at NC State University. To learn more about planting options for the fall/winter growing season, contact Perquimans Livestock Area Agent Jared Harrell at 252-426-5428.



4-Hers are involved in a variety of Statewide Youth opportunities...

This month we are featuring the Artistic Expression Contest.

Congratulations to Holly Riddick who received second place in the 2020 NC 4-H Horse Program Artistic Expression & Creative Writing Contest. Entries were judged from individuals throughout the state of North Carolina. Holly is a current member of our 4-H High Achievers Horse Club, which is led by Carla Bundy. Her submission included a photograph of a horse that she works with regularly at New Hope Stables. When asked what she loves about the photograph, Holly stated, "I love that it shows the beauty of life." Great job, Holly Riddick! (Holly is the daughter of Jason and Joni Riddick of Hertford, NC). To learn more about upcoming Youth Development and Life Skills Programming activities. Perquimans Families can contact Perquimans 4-H Agent Meredith Woods at 252-426-7697.



Pillows for Patients come in many forms...

This is called a mastectomy pillow. The U-shaped design is to be placed in the underarm area following any breast surgery such as mastectomy, lymphedema, lumpectomy or breast reconstruction. Those that have walked this journey can attest...that a small pillow is very helpful. Even months after the procedure...the soreness in the armpit region remains for a long time. The pillow adds comfort and can protect your sensitive incision area from being touched and irritated. The pillow can help with the healing process. The soft padding relieves the pressure on the arms and armpits, prevents skin-to-skin wound adhesion, and allows for drainage of the surgery while the chest and arm muscles adjust.

Use it for padding where the seatbelt crosses the front of the body on the ride home from the hospital. It can be your constant companion at home, in the hospital, and when you go to bed at night. And for those that want to call it a neck pillow...then that's o.k. too. For information about how to make a pillow or to request one for a friend, contact the Perquimans Extension Center at 252-426-7697. (Special Thanks to the Perquimans Quilters for participating in this outreach sewing program.)



There is a difference between Medicare versus Medicaid Benefits

Medicare is a government insurance program that individuals qualify for two primary reasons...either they are turning age 65 to qualify by age...OR regardless of age, if someone has been receiving disability benefits for 24 months...then they would

qualify by medical disability. Medicare Beneficiaries are issued a Medicare Card, which is often nicknamed "the red, white, and blue card." Medicare enrollment begins with the Social Security Office.

Medicaid is a separate government program that helps individuals based on income and is handled by the Social Service Department. For questions related to Medicare benefits, North Carolinians can contact the Seniors Health Insurance Information Program Hotline at 1-855-408-1212.

[Read more N.C. Cooperative Extension news »](#)

NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

Perquimans County Center, 601-A South Edenton Road St, Hertford, NC 27944

[SafeUnsubscribe™ mhunnicuttt@perquimanscountync.gov](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [jewel_winslow@ncsu.edu](#) powered by



[Try email marketing for free today!](#)