

Perquimans County Center

## DID YOU KNOW???

January 2021

### It's time to prune...

January and February are great months to get out in your yard and prune. But do you know why you're pruning? Get answers to your frequently asked questions in this video <https://youtu.be/WJWhvifiXgM>

#### **Katy Shook**

Area Horticulture Agent  
Chowan County Center  
N.C. Cooperative Extension  
252-482-6585  
[chowan.ces.ncsu.edu](mailto:chowan.ces.ncsu.edu)

#### **Reminder:**

**Landscapers and Green Industry Professionals - Please make sure you are on the email list to receive upcoming training and credit opportunities.** For more information, contact Area Horticulture Agent Katy Shook at [kgshook@ncsu.edu](mailto:kgshook@ncsu.edu) or (252) 482-6585.

### **.Auxin Best Management Training Opportunities Are Available “In-Person” or Zoom**

As most have heard, the recently approved federal labels for dicamba-containing products labeled for over-the-top use to dicamba-tolerant cotton and soybean still **require annual training**. Therefore, NC State Extension, in cooperation with N.C. Department of Agriculture and Consumer Services, will continue to provide training to North Carolina famers, applicators, and retailers via the Auxin Herbicides-Best Management Practices training. You will receive one hour of N,O,D,& X credits for attending this training. Find training opportunity details below:

#### **In-Person” Training Opportunities**

If you would like to attend an “In-Person” auxin training at the Perquimans Extension Office,

click <https://perquimans.ces.ncsu.edu/2020/12/2021-perquimans-winter-production-meeting-schedule/> to view the training schedule. Please contact our office at 252-426-5428 to register for your preferred date.

### **Zoom Training Opportunities**

If you would like to attend via Zoom, click [HERE https://cotton.ces.ncsu.edu/2020/11/2021-auxin-herbicides-best-management-practices/](https://cotton.ces.ncsu.edu/2020/11/2021-auxin-herbicides-best-management-practices/) the live zoom schedule. When you decide on your preferred date, Zoom registration can be accessed [HERE https://ncsu.zoom.us/meeting/register/tJEkfu2prT8rHtMnoE1rPMdl4PETayqb8szG](https://ncsu.zoom.us/meeting/register/tJEkfu2prT8rHtMnoE1rPMdl4PETayqb8szG)

If you have any questions, please contact email at [dylan\\_lilley@ncsu.edu](mailto:dylan_lilley@ncsu.edu) or by phone at 252-426-5428.

**Dylan Lilley**

Agriculture Extension Agent - Field Crops

N.C. Cooperative Extension

Perquimans County Center

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Hertford, NC 27944

Office: 252-426-5428

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### **It's time to think about vegetables...**

"There are four upcoming virtual vegetable production meetings that have been organized by your local extension agents. Please consider registering and attending!

Virtual Cabbage Production Meeting: Wednesday, January 20th from 1:00 to 2:00pm. Details and registration info can be found here: <https://go.ncsu.edu/cabbageproductionmeeting>

Virtual Watermelon Production Series: Tuesday, January 26th from 1:00 to 2:30pm and Wednesday, February 3rd from 1:00 to 2:00pm. Details and registration info for these meetings can be found here:

Jan. 26 - <https://go.ncsu.edu/vyno0dw>

Feb. 3rd - <https://go.ncsu.edu/enpir1z>

Virtual NC/VA Pumpkin Production Meeting: Thursday, February 11th from 1:00 to 2:00pm. Details and registration info can be found here: <https://go.ncsu.edu/pumpkinmeeting>

We look forward to seeing you there!" -

Nettie Baugher

Commercial Horticulture Area Agent

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### **It's horse vaccination time...**

Vaccinations are a critical component to any livestock or pet that we own. Horses are no different when we think about their health when it comes to disease prevention. The Perquimans Extension Service has partnered with a local large animal veterinarian service to provide a central location for horse owners to bring their horses to get a coggins or a vaccination. Preregister by the deadline...posted at <https://www.facebook.com/105998946141621/photos/a.112096005531915/4872826052792196/>

For more information contact:

Jared Harrell

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<http://chowan.ces.ncsu.edu/>

<http://gates.ces.ncsu.edu/>

### **Perquimans 4-H Helps Teen Cope**

#### **Perquimans 4-H Aims to Help Teens Cope with**

**stress.** COVID 19 has proven to be a stressful time for our youth. Perquimans County 4-H has been working alongside 7th grade health classes to administer Health Rocks lessons that help youth better cope with stressors in their lives. Mrs. Meredith's lessons included important topics such as recognizing stressors, symptoms of stress, and how to effectively cope with stress in a positive way. Students also learned that what we eat and how we sleep play an important role in how we feel and manage stress. At the conclusion of the lessons, students were equipped with different ways to handle their stress, specifically during the COVID 19 pandemic.

Meredith Wood

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## **Cold day + Beef & Gravy = Comfort Food**

Crock Pot Beef and Gravy is simple to prepare, smells wonderful and tastes great.

2 to 2½ lbs. boneless round steak  
1 to 2 envelopes dry onion soup mix  
1 can (10¾ oz.) condensed cream of mushroom soup  
1/2 cup water

Cut steak into 6 serving-size pieces; place in a crock pot. Combine soup mix, soup and water; pour over beef. Cover and start on high for 1 hour, then cook on low for 7-8 hours or until meat is tender. Served with brown rice or mashed potatoes, if desired. And a side spinach salad or broiled broccoli to add some green stuff.

[This may not be your healthiest main dish option for the new year...but with moderation as the key...this recipe can be modified with fresh onions instead of the soup mix to reduce the sodium and fat free cream of mushroom soup to reduce the fat. As famed French Chef Julia Childs would say at the close of her tv program as she lifted her glass towards the camera..."Bon Appetite!"](#)

**Makes 6 servings**

**Per serving: 298 calories; 10gm fat; 7gm carbohydrates;  
1011mg sodium**

Recipe from University of Kentucky Extension Slow Cooking for a Fast Pace Life Bulletin.

Submitted by  
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## **SHIIP is like the Coast Guard...**

Semper Paratus is the motto for our US Coast Guard which means "always prepared"... and if you've ever called the NC Department of Insurance Hotline located in Raleigh and had to ask questions about your Medicare or Prescription Drug insurance...then you'll understand how the phrase "always prepared" describes this wonderful complimentary free educational service. To speak with someone that is courteous, discreet and very knowledgeable about insurance and Medicare questions, contact the SHIIP office during business hours at 1-855-408-1212 (Press "1" for ...the Senior Health Insurance Information Program Hotline). When you hang up, you'll feel like saluting the phone in appreciation for the service you receive from this excellent outreach program.

[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.

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