

PERQUIMANS COUNTY CENTER

## **DID YOU KNOW???**

FEBRUARY 2021



### **Landscaping School starts Feb. 24**

The Albemarle Area Landscape School will be held online Wednesday, February 24th from 9am to 11am. This course is for area green-industry professionals; it is not intended for homeowners. Landscape Contractor (2L) and Pesticide Recertification (2LNDX) credits are available. To register, please visit <https://www.eventbrite.com/e/2021-virtual-albemarle-area-landscape-school-tickets-139718101603>.

Questions? Contact Katy Shook at (252) 482-6585 or <[kgshook@ncsu.edu](mailto:kgshook@ncsu.edu)>.



### **The Show will go on..but look different..**

The Albemarle Area 4-H Livestock Show will be held on April 26th, 27th, and 28th 2021. The show will be spaced out into three days this year and anyone over the age of 2 years old will be required to wear a mask in the show barns. Due to the going Covid-19 pandemic the show will not be open to the general public this year. However, the auction on Wednesday April 28th will be open for buyers to come and support our youth and their livestock projects. The registration deadline to sign up for the show is March 1st. Click on the link below to register for the show. If you have any questions contact the Perquimans Extension Office at 426-5428.

<https://forms.gle/h5pqr9t6fY8PXcFS6>



### **Farmworkers will be eligible on March 10**

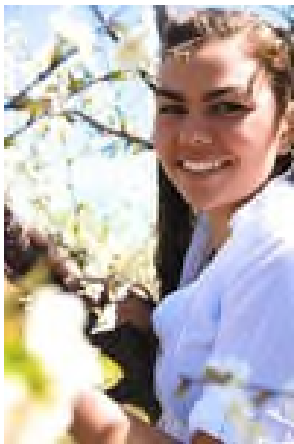
The North Carolina Department of Health and Human Services is in the process of coordinating a "Farmworker Vaccination Effort". Under the timeline outlined by Governor Cooper, vaccines will be available to farmworkers on **March 10** – unless you are 65 or older, which makes you eligible for vaccination now. At this time there is no sign up

information available but stay tuned as more information comes forth. More details can be accessed when available on the [Perquimans County Cooperative Extension Website](#) and [Perquimans Extension Facebook](#) page.



### **Youth are invited to the District Retreat...**

Attention Perquimans County 4-H'ers ages 13-18. Save the date for this year's virtual Northeast District Teen Retreat, March 22nd-27th. The week will start with a 4-H Spirit Week and end with virtual sessions via zoom. This is a great opportunity to get to know other 4-H'ers across this district, as well as attend sessions to further leadership skills. If interested in attending this year's event, please contact Meredith Wood at [meredith\\_wood@ncsu.edu](mailto:meredith_wood@ncsu.edu).



### **Vegetable Meetings are recorded...**

The 2021 vegetable meeting recordings are now available. There have been four virtual vegetable production meetings hosted by local county extension agents in January and February. The recordings are now available through the Perquimans County Extension website. You can also follow these links to find the recordings:

Cabbage Production Meeting: [go.ncsu.edu/readext?772272](http://go.ncsu.edu/readext?772272)  
Watermelon Production Series: [go.ncsu.edu/readext?772223](http://go.ncsu.edu/readext?772223)  
NC/ VA Pumpkin Production Meeting: [go.ncsu.edu/readext?774393](http://go.ncsu.edu/readext?774393)



### **Fruit Salads are Healthy...**

#### Ingredients

- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (15-ounce) can fruit cocktail in juice, drained
- 2 small bananas, sliced
- 1 (8-ounce) low-fat yogurt (try vanilla or lemon)

#### Directions

1. Drain pineapple chunks and fruit cocktail.
2. Wash, peel and slice bananas.
3. Mix fruits and yogurt together.
4. Cover and chill until ready to serve.

Nutrition information Per Serving 100 calories Total Fat 0 g  
Saturated Fat 0 g Protein 2 g Total Carbohydrate 23 g Dietary  
Fiber 2 g Sodium 15 mg

For more information about the local Expanded Foods and Nutrition Program contact:

Patty Bowers  
Extension Program Assistant-EFNEP

Chowan County Center  
730 N. Granville Street  
Edenton, NC 27932  
(252) 482-6585 Phone  
(252) 482-6590 Fax



## Gingerbread can help...

**Nutrition Nugget:** Ginger has been shown to help nausea symptoms so these muffins may be just the ticket to feeling better. These muffins taste like your favorite spiced cookie in a moist anytime snack or breakfast muffin. **Terrific Tip:** Keep a few muffins in the freezer to pop out when not feeling well and need a boost. You can always use only all-purpose flour if that's what you have.

### Ingredients

- 1 1/2 cups whole-wheat flour
- 1 cup all-purpose flour
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 cup sugar
- 1/3 cup canola oil
- 1 cup light molasses
- 2 eggs
- 1 cup boiling water
- 2 teaspoons baking soda

### Instructions

1. Preheat oven 325°F. Coat muffin pans with nonstick cooking spray or line with papers.<sup>[1]</sup>
2. In large bowl, combine both flours, ginger, cinnamon, and cloves. Set aside.<sup>[1]</sup>
3. In medium bowl, whisk together sugar and oil. Add molasses and eggs whisking until blended. In glass measuring cup combine water and baking soda. Stir to dissolve. Pour in egg mixture and whisk until blended. Add egg mixture to flour mixture, stirring just until combined.<sup>[1]</sup>
4. Spoon batter into paper lined tins, filling 1/2-3/4 full. Bake 20-25 minutes or until inserted toothpick comes out clean.

### Recipe Notes

Per Serving: Calories 161, Calories from Fat 25%, Fat 5g, Saturated Fat 0g, Cholesterol 19mg, Sodium 140mg, Carbohydrates 28g, Dietary Fiber 1g, Total Sugars 14g, Protein 2g, Diabetic Exchanges: 2 starch, 1/2 fat



## At age 65... there's lots to decide...

If 2021 is the year that marks your 65th birthday, then you'll want to talk to a trusted person with unbiased information to learn all you can about your Medicare benefits. Three complaints that are very big these days for Medicare Beneficiaries include... calls/commercials and confusing mail...how can we avoid the hassle of marketing calls coming to our phones, or fancy commercials on TV that sound too good to be true, or confusing mail sent to homes. To learn more about the important decisions that must be made prior to celebrating your 65th birthday...contact your Perquimans Senior Health Insurance Information Program Coordinator at 252-426-7697.

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Accommodation requests related to a disability should be made by [specific date] to [contact person, phone number and email]." "Contact the Extension Center at 252-426-5428 for accommodations related to a disability.

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