



PERQUIMANS COUNTY CENTER

DID YOU KNOW???

MARCH 15, 2021



4-H Health Rocks Journals Available

Is your child interested in expanding their knowledge about creating healthy behaviors? We are excited to announce that we have a new 4-H Health Rocks Journal that your child can work through and learn from right in your own home. Some lessons include learning about self-confidence, managing stress, making good decisions, keeping healthy, and building healthy relationships. This is a great way for your child to learn strategies that can contribute to better overall health, especially during COVID 19. If your child or someone you know is interested in receiving one of these journals, please contact Meredith Wood at meredith_wood@ncsu.edu.



MASTER GARDENER HELPLINE

WHO: The Ask A Master Gardener Helpline - hosted by the Chowan, Gates & Perquimans County Extension Master Gardener program through the local Cooperative Extension office.

WHAT: Is open! For residents of Chowan, Gates & Perquimans Counties.

WHEN: Call or email anytime. Services are remote; a volunteer will respond within 24 hours.

WHERE: Call (252) 482-6585 or email [<kgshook@ncsu.edu>](mailto:kgshook@ncsu.edu).

WHY: Did you know? More than half of all households garden, and more than 1 in 3 grow food at home. In addition, home gardeners apply more product per acre than farmers do on agricultural fields. Whether you're an organic gardener, new gardener, vegetable gardener or lawn gardener, NC Cooperative Extension can help you transform science into everyday solutions.



CATTLE SQUEEZE CHUTE

The Coastal Carolina Cattlemen's Association recently was donated a portable cattle squeeze chute. The Association is very thankful for this donation and the opportunity to help other producers when they need a chute, they now will have access to one. This chute will be available to any producer in the area. The squeeze chute hooks up directly to a pickup truck and can be transported to your farm. The chute will be housed at the Perquimans Extension Office. For more information or to schedule a time to use the squeeze chute contact the Perquimans Extension Office at 426-5428.



Private Applicator Pesticide License Exam

If you are in need of a private applicators pesticide license in order to buy and apply restricted use pesticides, an exam will be administered on March 25th at 1 pm at the Pasquotank Extension Center. Please call the Perquimans Extension Center at 252-426-5428 to register and for important exam related details.

Online Exam Prep (March 25th, 9am-11:30am) Registration Link: <https://www.eventbrite.com/e/144282714483>

Online Exam Registration Link:
<https://www.eventbrite.com/e/private-pesticide-farmer-testing-tickets-144293406463>



March 25th - Medical Clearance and Respirator Fit Testing

The EPA has recently revoked the respirator fit test exemption for growers, and they now require that growers be fit tested for 2021. There will be a medical clearance and fit testing event at the Chowan County Extension office at 730 N Granville St, Edenton, on March 25th from 8:30 - 2:30. Growers must register ahead of time to sign up for one of several hour-long time slots. There is a limit of 12 people per time slot. Both the medical clearance and the fit testing will be \$40 per person (\$80 together). If you wish, you can go to your primary care doctor to get a medical clearance ahead of time. If you have questions or would like to register, please call Nettie Baugher at (717)253-7731.



MyPlate is here to help you

MyPlate.gov is an excellent website featuring unique ways of putting the Dietary Guidelines into action with new digital tools, featuring free, personalized resources based on your eating needs and habits.

Take the quick MyPlate Quiz to see how your eating habits stack up against the MyPlate recommendations. Based on your answers you'll receive tailored resources and a personal quiz results code to sync with the Start Simple with MyPlate app. One area of interest is the healthy recipe section. Google Myplate Kitchen to find easy and healthy meal options. As stated in the beginning...Myplate.gov is an excellent website.

Read more N.C. Cooperative Extension news »

N.C. Cooperative Extension prohibits discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State University, N.C. A&T State University, U.S. Department of Agriculture and local governments cooperating.

"Accommodation requests related to a disability should be made by 5 days before event to person listed as meeting contact for accommodations related to a disability."



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™ mhunnicut@perquimanscountync.gov](mailto:SafeUnsubscribe™_mhunnicut@perquimanscountync.gov)

[Forward this email](#) | [Update Profile](#) | [Customer Contact Data Notice](#)

Sent by teresa_story@ncsu.edu powered by



Try email marketing for free today!