



NC Cooperative Extension - Perquimans County Center

DID YOU KNOW?

November 2022



Meet our new FCS Agent!

My name is Sarah Sowders and I am from Pasquotank County where I live with my husband Chris, sons Edward and Liam, and our lovable Golden Retriever Piper. I have an undergrad degree in Sustainable Agriculture and Marketing, and I am currently working on my masters in Park, Recreation, Sport, and Tourism Management and Geospatial Information Systems. I am excited for this new role and for the opportunity to serve this community

Perquimans County 4-H

4-H agent Asheton Smith enjoyed Farm Day Adventure at Perquimans Central School. Students learned about cottonseed which is found in Apple



Jacks cereal, sprinkles, candy, and more! Learning to read food labels for ingredients and health benefits is an important life skill. Students also learned how to read clothing labels to discover the amount of cotton used in their clothes. Connections to local agriculture and understanding where materials come from is a key goal of Extension.



LIVESTOCK INTEREST MEETING

November 17, 2022
6:00pm

Perquimans County Extension Building

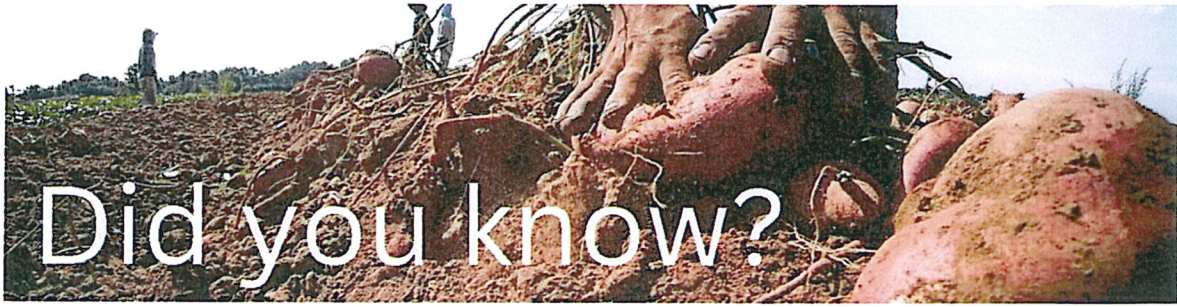


**Want to
know more?**

If you are interested in knowing more about the livestock show, new to showing, or have questions this is for you!



"Accommodation requests related to a disability should be made by 11/10/22 to Jared Harrell or Asheton Smith. Contact asheton_smith@ncsu.edu or 426-5428 for accommodations related to a disability."



Sweetpotatoes are #1 in NC!

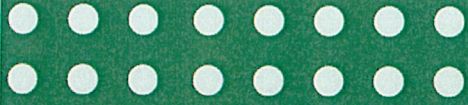
One of the most popular holiday foods that can be included in various recipes is our state vegetable, sweetpotatoes. Did you know that North Carolina is the #1 sweetpotato-producing state in the United States. North Carolina has held the top spot for production since 1971. Sweetpotatoes thrive in the humid climate found in many parts of North Carolina. One of the main pests to be concerned about when growing sweetpotatoes is the root-knot nematode. North Carolina State University has developed the sweetpotato variety "Covington" that is resistant to nematodes and widely grown in North Carolina.

Sweetpotatoes are grown from slips or sprouts that are created by taking cuttings of the plant. Slips are often planted around May or June. They grow underground and take about 90-120 days until harvest. The rows of sweetpotatoes are flipped on top of the soil in October, and then harvested by workers in the field who sort them by grade. Harvesting is done by hand instead of a machine due to their delicate skin that can easily be cut or damaged. Sweetpotatoes are then cured and stored to ensure they will stay fresh as long as possible.

If you are looking for vitamin-rich food to boost your vision, immune system, and bones try a sweetpotato. Containing over 100% of the daily amount of Vitamin A recommended, sweetpotatoes are full of fiber and potassium-rich aiding in reducing high blood pressure. Sweetpotatoes can be enjoyed in many forms and help keep you healthy by supporting North Carolina agriculture!

-Sarah Richardson

Watch the life cycle of a sweetpotato video [here!](#)



JOIN US FOR A GOAT AND SHEEP INFORMATIONAL MEETING

PRESENTED BY: CYNDI KNUDSON
AREA SPECIALIZED SMALL FARMS
N.C. A&T STATE UNIVERSITY

November 15th at 6:00pm
Location: Perquimans County
Extension Office

To register contact the
Perquimans Extension Office at
426-5428



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Accommodation requests related to a disability should be made by November 14th to the Perquimans Extension Office for accommodations related to a disability.



NORTHEAST DISTRICT LOCAL MEATS CONFERENCE

DECEMBER 6, 2022

9AM-1:30PM

EAST CAROLINA LIVESTOCK ARENA
1175 KINGSBORO RD, ROCKY MOUNT

*Interested in building or expanding
your local meat marketing business?
Join us for this informative day of
learning!*

Topics Include:

NCDA Meat Handlers Licensing
Rules & Regulations
Carcass Evaluation
Planning, Marketing & Pricing
Labeling Claims & Laws
Local Producers Q&A Panel

*Pre-registration requested at
go.ncsu.edu/nelocalmeatsconference.
Lunch is included in this free program!*

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EXTENSION**

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In compliance with the Americans with Disabilities Act, N.C. Cooperative Extension will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to: beth_burchell@ncsu.edu or (252) 583-5161 at least 10 days before event.



Upcoming Dates:

Nickels for Know How Voting November 17th

Greenery Sale Pick Up November 23rd

Coastal Carolina Cattlemen's Meeting December 5th

New 4-H Club Interest Meeting December 8th

Jolly Good Time 4-H Event December 22nd