





NC Cooperative Extension - Perguimans County Center

### DID YOU KNOW?

### April 2023



## **FCS Update**

Spring has arrived! How are you feeling? With longer days and warmer weather approaching, we typically desire to freshen our homes and clear the clutter. Not only does cleaning refresh the environment of our homes, but research shows that spring cleaning has many mental health benefits.

If you feel unable to focus, overwhelmed, agitated, or anxious due to the amount of clutter in your house, the dust on the baseboards, or the state of your refrigerator, some spring cleaning may be just what you need. Spring cleaning can help you regain a sense of control over the environment in your home, reduce your stress levels, increase your focus, improve your mood, and even reduce symptoms of anxiety and depression. If you are 50 or better, come to check out our Take Back Your Space Class at the Hertford Active Adult Center every Monday in May at 10:30 am!

## The Seventy Seventh Annual Albemarle Area 4-H Livestock Show & Sale April 25 & 26, 2023

LileeAnn Estes
Perquimans County
Producer of 2022
Grand Champion Hog

Buyer: Layden Supermarket





Mason Stallings
Pasquotank County
Producer of 2022
Grand Champion Steer

Buyer: Brown Farms & Parkway Ag

#### Program Schedule

#### Tuesday, April 25, 2023

7:00am - 9:30am 11:00am 2:00pm

4:00pm

Weighing & Entering Animals Special Awards Show Fitting and Showmanship of Goats Official Judging of Goats Showmanship of Cattle Official Judging of Breeding Heifers Official Judging of Steers

#### Wednesday, April 26, 2023

8:00am

12:00pm

6:00pm 6:45pm

Official Judging of Hogs Fitting and Showmanship of Swine Fitting and Showmanship of Lambs Official Judging of Lambs Presentation of Awards Sale of Animals: (Z to A) Lambs, Goats, Hogs, Steers Auctioneer: Alden Winslow

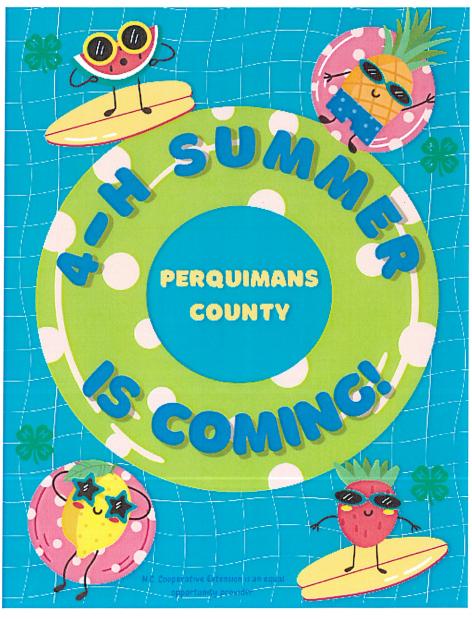
### Perquimans 4-H

Second grade students at Perquimans Central were super egg-cited this month as they were able to experience and learn about the life cycle of a chicken. Students incubated eggs in their classrooms, learned about the parts of the egg, and watched the wonder of hatching!



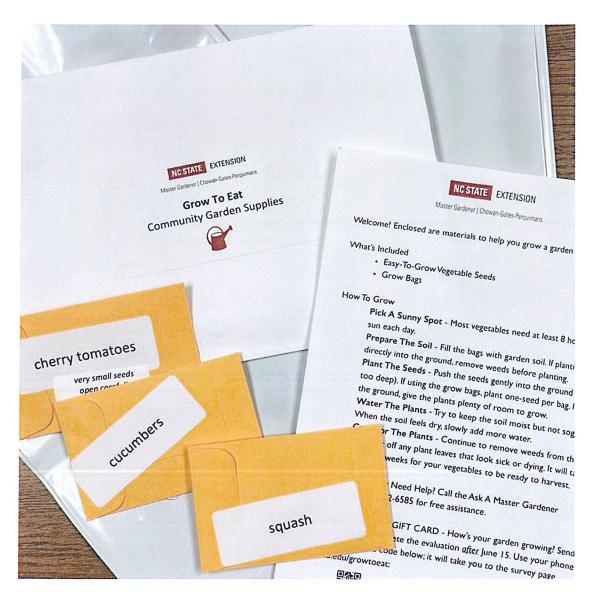






## Horticulture Happenings

Since 2016, Chowan, Gates and Perquimans County Extension Master Gardeners have delivered Grow To Eat, an out-of-the-box community garden designed to help local residents grow produce at home. Challenges, such as transportation, are common for community gardens in rural areas. To overcome those challenges, and encourage gardening at home, Extension Master Gardeners, with support from ECU Health and local food pantries, assemble Grow-To-Eat kits for area food pantry recipients. Kits include easy to grow vegetable seeds, grow bags, and instructions. Extension Master Gardeners are also available for free technical advice through the Ask A Master Gardener helpline. The project serves over 350 local residents.





Saturday, April 29, 2023 9am - 3pm **FREE Admission** 

Perquimans Recreation Center 310 Granby Street Hertford, NC

Lunch for purchase by: **Alvan from Bout Thyme Kitchen and Bakery** 

NC STATE EXTENSION

Master Gardener | Chowan-Gates-Perquimans

For more info: (252) 482-6585 go.ncsu.edu/springgardenshow



Our only fundraiser for the scholarship fund. Variety of Vendors | Crafts | Plant Sales Ask A Master Gardener | Educational Exhibits Baked Goods | Raffle | Children's Garden

# **Upcoming Dates:**

Albemarle 4-H Livestock Show and Sale - April 25th and 26th 4-H Summer Programs Sign-up OPEN (until spots are filled) Wheat Whistle Stop Tour - May 10th