



NC Cooperative Extension - Perquimans 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.





# *Albemarle Master Gardener Spring Garden Show*

**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](http://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**

P.D. Maxillo

**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**