



NC Cooperative Extension - Perquimans County Center

## **DID YOU KNOW?**

**February 2024**



PERQUIMANS COUNTY 4-H



# TOMMY'S PIZZA 4-H BENEFIT NIGHT



## March 6th, 2024

Join us March 6th, 2024 at Tommy's Pizza and enjoy some great food while supporting the Perquimans County 4-H program!



309 Ocean Hwy S, Hertford, NC 27944



(252)426-5428



tori\_dewald@ncsu.edu

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# Virginia Cooperative Extension

Virginia Tech • Virginia State University

## Mid-Atlantic Strawberry Programs February 26–27, 2024



*Pre-registration is required for ALL programs.*

**Monday, February 26, 2024**

**Strawberry Field Walk: 12:30 p.m. until Dark**

**Locations:** To be determined - in Virginia Beach and/or Chesapeake.

**Cost:** Free

We are hoping to include plastic bedders retrofitted with sprayers for herbicide demonstrations. Location preference is weather dependent, so please RSVP and we will communicate the details through email one week prior to the event.

**Evening Program: 5:30 p.m. until finished**

Bee Management on the farm. We will hear from Ms. Eileen Shlagel, Head Beekeeper at Shlagel Farms, Waldorf, MD and Ms. Cyndi Knudson, Area Small Farms Extension Associate - Northeast NC and principal for Honey River Farms.

**VSA Annual Membership Meeting**

**Location:** 1057 Princess Anne Rd., Virginia Beach, VA 23457

**Cost:** Free/ Dinner is included \*

**Tuesday, February 27, 2024**

**Strawberry School and Trade Show: 8:30 a.m. to 3:30 p.m.**

**Location:** Virginia Beach Advanced Technology Center, 1800 College Crescent, Virginia Beach, VA 23453

**Cost:** Free / Lunch and snack included \*

Regional strawberry experts in the industry and leading universities will provide information on most all aspects of annual plasticulture production of strawberry and production considerations. Sponsor's exhibits will be on site.

**Updates on the Produce Safety Rule:**  
VDACS

**Speakers Confirmed:**

**Dr. Lisa Wasko DeVetter**, Associate Professor, Washington State University

**Dr. Jayesh Samtani**, Assistant Professor and Small Fruit Extension Specialist  
Virginia Tech-Hampton Roads Agriculture, Research, and Extension Center

**Dr. Yuan Zeng**, Assistant Professor of Plant Pathology, Virginia Tech- Southern Piedmont  
Agriculture Research and Extension Center

**Dr. Allen Straw**, Horticulture Specialist from Southwest Virginia

*\*Pre-registration is required for ALL programs to ensure proper planning for meals.*

Please register by calling Tammy Mas (757) 385-8550 or email [tmas@vbgov.com](mailto:tmas@vbgov.com)

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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Tammy Mas, VCE Virginia Beach at 757-385-8550 during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.

## Albemarle 4-H Livestock Show and Sale

The Albemarle Area 4-H Livestock Show Registration form is now available.

- Participants must fill out the google form and 4-H Online.
  - Animals must be on the farm by March 1st
- Click below for the two links to register**

<https://go.ncsu.edu/albemarle4hshow2024>

<https://v2.4honline.com/#/user/sign-in>



# **SAVE THE DATE**

## **ALBEMARLE MASTER GARDENER SPRING GARDEN SHOW**

We hope you can join us for the 2024 Spring Garden Show presented by the Chowan, Perquimans and Gates Master Gardeners.

**SATURDAY, APRIL 27, 2024**

If you have questions, please contact Kellie Luton at [keluton@ncsu.edu](mailto:keluton@ncsu.edu)

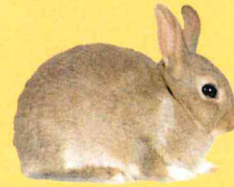
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PERQUIMANS COUNTY 4-H  
2ND ANNUAL



# Chicken &



# RABBIT SHOW

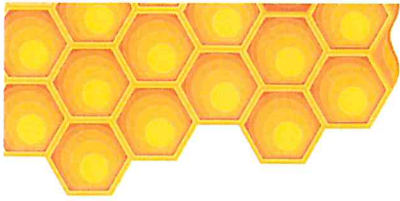


SATURDAY  
14TH SEPTEMBER  
2024

Sign Up Here to Register:  
[go.ncsu.edu/pqchickenshow2024](https://go.ncsu.edu/pqchickenshow2024)



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# BEGINNING BEE KEEPER COURSES

Classes start at 4pm  
RSVP by 1/23 to Jared Harrell  
at 426-5428

## Class Dates:

- January 30th
- February 6th
- February 20th
- February 27th



**NC** COOPERATIVE  
EXTENSION

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\*Accommodation requests related to a disability should be made by January 25th to Jared Harrell, at 426-5428.\*



PERQUIMANS COUNTY EXTENSION PRESENTS

# HOMETOWN

## *Harvest Series*

### **Homemade Sausage and Root Vegetable Stew**

Join Perquimans County's FCS Agent to learn how to operate a meat grinder and prepare link sausage! We will highlight root vegetables grown in Perquimans County and create a delicious Sausage and Root Vegetable Stew for lunch.

The class will be held on March 28th, 11:00 am-1:00 pm, 2024 in the Perquimans County Extension Office teaching kitchen.

Registration is \$20

Space is Limited, and registration must be completed by March 21st

We look forward to seeing you!

Contact FCS Agent Sarah Sowders at [Sahesing@ncsu.edu](mailto:Sahesing@ncsu.edu) or (252) 426-7697. All workshops will take place in the Perquimans Cooperative Extension Office, (601A S Edenton Rd St, Hertford, NC 27944)


Registration will not be complete until the registration fee is paid. Payments can be made by check or exact change at the extension office. Registration Fee is non-refundable unless class is canceled.

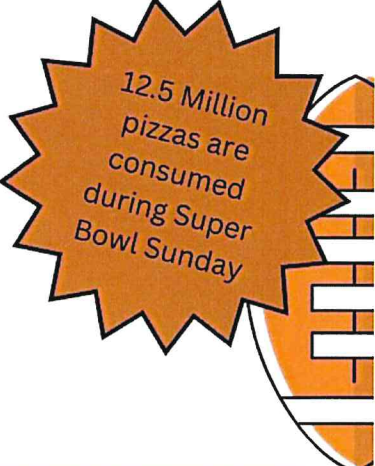
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# SUPER SUNDAY SNACK ATTACK

## How to Make Your Game Pizza Healthier

- 
1. Load up on Veggies!
  2. If you're not fond of cauliflower crust, opt for a thin crust to cut down on calories.
  3. Watch the cheese, opt for part-skim options,
  4. Choose whole wheat or veggie crusts.
  5. Choose lean proteins over high-fat protein toppings.
  6. Eat slowly so you don't overdo it!




12.5 Million pizzas are consumed during Super Bowl Sunday


### Cauliflower Crust Pizza

#### Ingredients

#### Select All

- 
- 1 head cauliflower, stalk removed
  - 1/2 cup shredded mozzarella
  - 1/4 cup grated Parmesan
  - 1/2 teaspoon dried oregano
  - 1/2 teaspoon kosher salt
  - 1/4 teaspoon garlic powder
  - 2 eggs, lightly beaten

#### Directions

- 
1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
  2. Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. (I like to put it on a towel to get all the moisture out.) Let cool.
  3. In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder, and eggs. Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.
  4. Add desired toppings and bake for an additional 10 minutes.

-Recipe Courtesy of the Food Network





# Budding Explorers: Sowing Seeds of Discovery



Join us for an action-packed day that includes hands-on seed planting, making Flowerpot Friends, and transplanting flowers!

- Who: kids ages 5-10
- Where: Perquimans County Extension Office
- When: March 8th from 9 am - 1 pm
- Cost: \$10
- Register:

<https://PerquimansBuddingExplorers24.4honline.com>

Questions? Contact Tori DeWald at  
tori\_dewald@ncsu.edu or (252)426-5428



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EXTENSION



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## EFNEP

The *Fuel For Life* curriculum is a brand new course offered by the 4-H EFNEP program. In partnership with the Perquimans County High School, students in the 9th grade will get to experience this new curriculum.



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.

