



NC Cooperative Extension - Perquimans County Center

## DID YOU KNOW?

March 2024



### 4-H Northeast District Horsebowl

We had three teams compete in the 4-H Northeast District Horsebowl Competition on February 10th. We are so proud of all of their hard work and dedication over the past few months to prepare for this competition.

We had a lot of first-timers with two senior teams and one junior team (the most teams in the district!). Our two senior

teams are advancing to compete in the State Horsebowl Competition in March!

If you are interested in learning more about our horsebowl, hippology, and horse judging program, please contact Tori DeWald at (252)426-5428 or at [tori\\_dewald@ncsu.edu](mailto:tori_dewald@ncsu.edu)



## Youth Market Turkey Show

Registration for the Youth Market Turkey Show will open on Tuesday, April 9th at 9 am. This is for youth ages 5-18. Registration includes 3 poults, a t-shirt, and a 5lb bag of starter feed. This is in association with the NC State Fair.

This fills up quickly so please make sure you register as soon as possible once it opens. The registration will involve 2 steps this year. The first step will be registering and paying the registration fee (\$30) through Eventbrite. The second step will be to register via Showworks with the NCDA/NC State Fair. This will require the participant's social security number to complete the W-9 for the premium checks. We recommend downloading the W-9 and completing it beforehand.

If you are planning to register for the Youth Market Turkey Show for 2024, please contact Tori DeWald at (252)426-5428 or at [tori\\_dewald@ncsu.edu](mailto:tori_dewald@ncsu.edu) for more information about the process and important dates.

Visit this link for more information: [https://poultry4hyouth.ces.ncsu.edu/youth-market-turkey-show/?fbclid=IwAR3qKko8tNwVZRESLW3pl2Bk44nVjI9sPRc3\\_W0HPxr0JRjtxxsaSxKU27A](https://poultry4hyouth.ces.ncsu.edu/youth-market-turkey-show/?fbclid=IwAR3qKko8tNwVZRESLW3pl2Bk44nVjI9sPRc3_W0HPxr0JRjtxxsaSxKU27A)



# **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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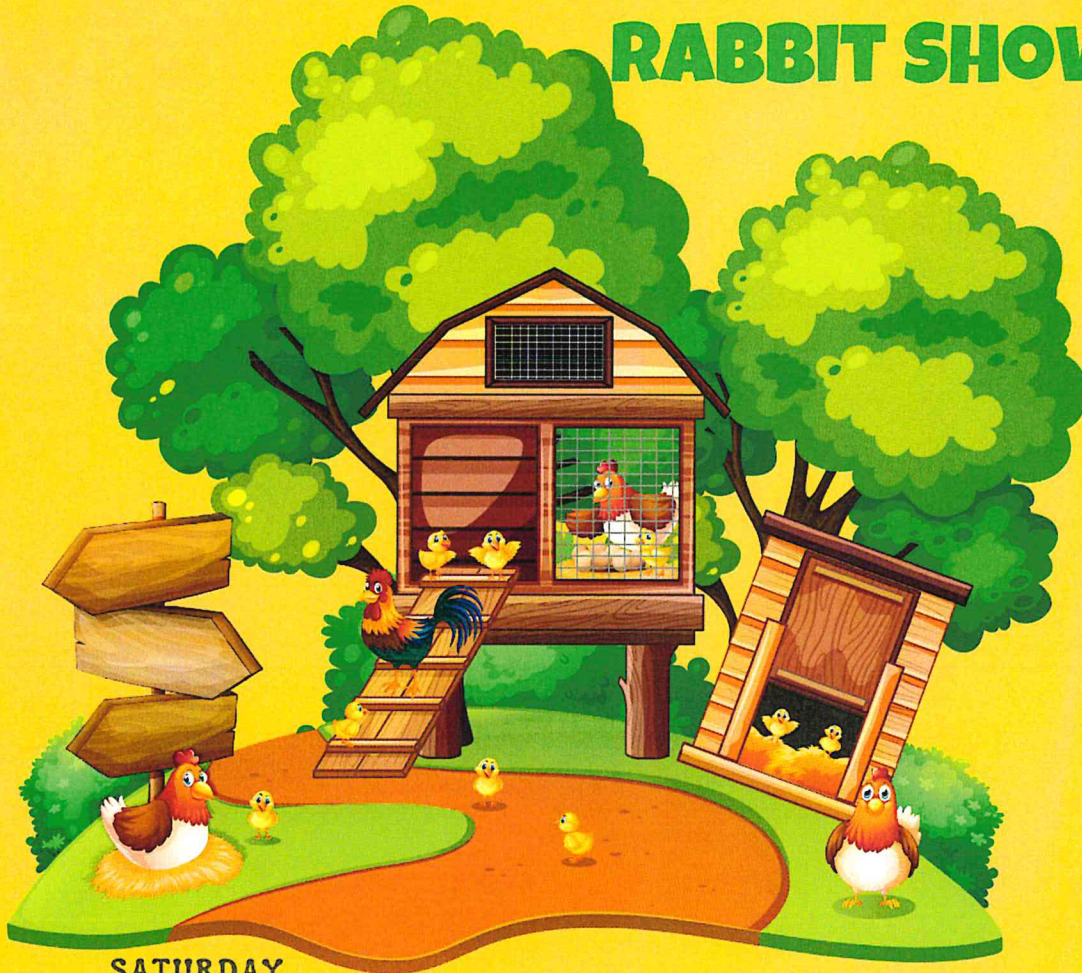
PERQUIMANS COUNTY 4-H  
2ND ANNUAL



# Chicken &



# RABBIT SHOW



SATURDAY  
14TH SEPTEMBER  
2024

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



N.C. Cooperative Extension is an equal opportunity provider. In compliance with the Americans with Disabilities Act, (N.C. Cooperative Extension or NC State) will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to: Jared Harrell at 426-5428. Requests can be served more effectively if notice is provided at least 10 days before the event.



## 31 Ways to Live Well During Living Well Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOTES:</b> <div style="border: 1px solid black; height: 80px; width: 100%;"></div>					<b>1</b> Be kinder today! Give a compliment to 3 people you may or may not know.	<b>2</b> Go outside and soak up some Vitamin D. Find a park or trail, and take a revitalizing walk.
<b>3</b> Plan your meals for this week and add one fruit to eat every day.	<b>4</b> Write down 5 things or people you are grateful for, and why.	<b>5</b> Take 5 minutes to do some flexibility exercises and repeat daily.	<b>6</b> Swap one sugar sweetened drink for water and repeat as many times as you can during this month.	<b>7</b> Set a simple goal you can achieve in a month that will improve your life.	<b>8</b> Explore ways to save money for future plans. It can be using a piggy bank, savings account, or other investment.	<b>9</b> Tonight, turn off the TV! Have a game night with your family or friends and play some board games instead.
<b>10</b> Practice being still for 5 minutes today. Close your eyes and try out some breathing exercises.	<b>11</b> Try having a meal without watching the TV, using your cell phone, or checking your computer.	<b>12</b> Be happier today! Focus on being kind rather than being right.	<b>13</b> Teach by example! Let the children plan a healthy dinner and prepare it with you.	<b>14</b> Find an interesting book and read one chapter this week.	<b>15</b> Try a new vegetable today or try a familiar vegetable in a new way.	<b>16</b> Volunteer one hour of your time to help someone else even in a simple way.
<b>17</b> Declutter your space. Donate and recycle things you don't need or use anymore.	<b>18</b> Set a realistic goal to improve your sleeping habits like going to bed 10-20 minutes earlier.	<b>19</b> Create a budget. List your income, expenses & make changes based on your priorities.	<b>20</b> Do 10 chair squats and 10 front jacks, and repeat every other day.	<b>21</b> Take a mental health break at work and go for a walk outside or in the hallways.	<b>22</b> Bring a homemade lunch to work today rather than buying fast food.	<b>23</b> Do some research to learn about a culture that is different than yours.
<b>24</b> Find time to go outside and appreciate nature today.	<b>25</b> Write 5 positive things about yourself, say them out loud, and post where you can see them every day.	<b>26</b> Have a plant-based meal today like a tomato-lentil soup or pasta with spinach and beans.	<b>27</b> Schedule any doctor's visits, exams, or check ups you have been postponing.	<b>28</b> Do 10 pushups (or modified pushups) and 10 leg lifts today, and repeat every other day.	<b>29</b> Declutter your inbox. Check emails and delete as many old ones as you can in 5-10 minutes.	<b>30</b> Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)
<b>31</b> Examine the cost of eating out vs. cooking at home. Make changes to save and eat better.	National Living Well Month celebrates the efforts of Family and Consumer Sciences (FCS) Agents to help you improve your life and strengthen families through educational programs offered by NC Cooperative Extension service in all 100 counties and the Eastern Band of Cherokee.					
To learn more about these topics, find related resources and educational programs, contact your county FCS Agent. Find them at <a href="http://go.ncsu.edu/extension-county-centers">go.ncsu.edu/extension-county-centers</a> or use the QR Code.						
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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

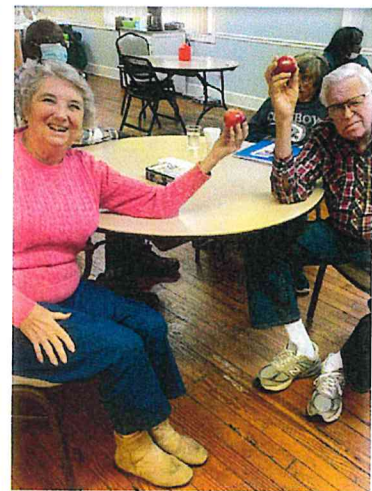
Space is Limited, and registration must be completed by March 21st

We look forward to seeing you!

Contact FCS Agent Sarah Sowders at [Sahesing@ncsu.edu](mailto:Sahesing@ncsu.edu) or [\(252\) 426-7697](tel:(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.

NC State University promotes equal opportunity and prohibits discrimination and harassment based upon one's race, color, religion (including belief and non-belief), sex, including but not limited to pregnancy, childbirth, or other related medical condition, parenting, and sexual harassment, sexual orientation, actual or perceived gender identity, age, national origin, disability, veteran status, or genetic information.



Extension FCS Agents offered more than 3,600 educational programs this past year.  
Come join us!

For more than 100 years Extension FCS Agents have used practical and holistic approaches to improve the quality of life within the home and community.

Availability of programs differs by county.

To learn more about Extension FCS and all the programs we offer, find and contact your local Extension office at [go.ncsu.edu/extension-county-centers](https://go.ncsu.edu/extension-county-centers) or scan the QR Code.



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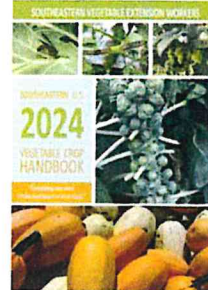


## Vegetable Grower Resources:

### 2024 Southeastern U.S. Vegetable Crop Handbook:

The **Southeastern U.S. Vegetable Crop Handbook** can be accessed with the link below. The 2023 handbook can be used as a reference but please note there are several updates and changes in the 2024 version.

[Handbook Link](#)



### MyIPM for Vegetables app:

The **MyIPM for Vegetables app** can be downloaded on Apple and Android devices. The MyIPM for vegetables app can help to serve as a resource for management decisions for conventional and organic production of vegetable crops including, cucurbits (cantaloupe, cucumber, pumpkin, squash, watermelon) and tomatoes. This app features photos and descriptions of common diseases, insects, and information on pesticides used in vegetable production.



[How-To Guide](#)

Please contact Sarah Richardson at [sarah\\_richardson@ncsu.edu](mailto:sarah_richardson@ncsu.edu) with any questions.

## Katherine G. Shook Master Gardener Scholarship

The Extension Master Gardener Volunteers of Chowan, Gates and Perquimans counties are pleased to offer the Katherine G. Shook Master Gardener Scholarship to graduating students in Chowan, Gates and Perquimans counties. This scholarship will be awarded in Spring of 2024 to help a student that is planning to study in a qualifying field. For more information and the application, please see the link below or contact Master Gardener Program Coordinator Kellie Binnicker at [keluton@ncsu.edu](mailto:keluton@ncsu.edu).



<https://chowan.ces.ncsu.edu/2023/12/extension-master-gardener-volunteers-to-offer-2024-scholarship/>



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Sent to: [jwharrel@ncsu.edu](mailto:jwharrel@ncsu.edu)

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N.C. Cooperative Extension - Perquimans County Center, Perquimans County Agriculture, , 601A S Edenton Rd St, Hertford, NC 27944, United States