

NC Cooperative Extension - Perquimans County Center

## DID YOU KNOW?

June 2024

### 4-H Farm to Fork Cooking Camp

Our recent Farm to Fork Cooking Camp was a tremendous success, engaging twelve enthusiastic kids aged 10+ in a three-day culinary adventure. The camp kicked off with lessons on kitchen safety and knife skills, followed by interactive activities on foodborne illnesses and the importance of properly washing your hands. The children explored grill types, visited Snow Hill Farms to learn about cuts of meat, and made their own sausage at Layden's Country Store. They also cooked a variety of meals, including homemade pasta, "breakfast for lunch," and burgers with fries, honing their culinary skills and understanding the journey of food from farm to table.



## After School with the Dance Company of Hertford

The Perquimans County 4-H partnered with The Dance Company of Hertford to provide activities to kids in their afterschool program. Since February, we have been working together once a month. We have painted bricks for the food bank community garden, talked about financial literacy and created our own savings jars, planted lettuce and learned about plant needs, and tried our lettuce in a fun taste test to learn more about lettuce varieties and purposes. We will continue this partnership and bring new programs once school is back in session!



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## Extension Master Gardener Course

Do you love gardening? Do you want to learn more about horticulture? Do you desire to help others? Come join our Extension Master Gardener volunteer program!

Returning in Fall 2024 is the Extension Master Gardener Volunteer course for potential Master Gardener Volunteers in Chowan, Gates and Perquimans counties. This 14-week course will begin on August 26th, 2024 and will continue most Mondays, from 4-6:30 p.m. until December 16th, 2024. This course will primarily take place at the Chowan County Extension office, with several field trips and labs that may take place at other area Extension locations. For more information, visit <https://chowan.ces.ncsu.edu/2024/05/2024-extension-master-gardener-course/>



## BECOME AN EXTENSION MASTER GARDENER VOLUNTEER!

Learn more about gardening and horticulture while serving and educating your local community!  
For more information, contact Kellie Binnicker at [keluton@ncsu.edu](mailto:keluton@ncsu.edu). Training session for new volunteers will begin in September 2024!



## 2024 Perquimans County 4-H

# Summer Adventurers

### Farm to Fork Cooking Camp

June 4-6, 9 am - 1 pm

Age: 10+

Cost: \$10



Learn how food gets from the farm to your fork in this 3-day camp! We will learn kitchen basics, cuts of meat, and even take field trips to a local farm and Layden's! Lunch and snack provided.

### Tiny Tastemakers

June 12-13, 9 am - 1 pm

Ages: 5-9

Cost: \$10



Learn kitchen basics and make some healthy and delicious recipes. Lunch and snack provided.

### Wildlife Adventures

June 27, 9 am - 11 am

Ages: 5-8

Cost: \$10



Learn about local wildlife and speak with Wildlife Officer, Josh Doshen!

### Merchants Millpond

June 28, 9 am - 2 pm

Ages: 12+

Cost: \$10



Join us for a field trip to Merchants Millpond to learn about the local environment and canoe!

**\*Please bring a bagged lunch\***

### Cupcake Decorating

July 17, 12 pm - 3 pm

Ages: 8-12

Cost: \$10



Bake cupcakes from scratch and learn piping techniques to decorate them!

### Edenton Fish Hatchery

July 30, 9 am - 12 pm

Age: 8-12

Cost: \$10



Take a trip with us to explore the Edenton Fish Hatchery and fish on the pier!

### LEGO at the Library

August 1, 12 pm - 3 pm

Age: 5-8

Cost: \$10



Meet us at the Perquimans County Public Library for a day full of LEGOs! We will enjoy LEGO-themed snacks, watch a LEGO movie, and have a LEGO-building competition!

### Horsing Around

August 8, 9 am - 12 pm

Age: 8-12

Cost: \$10



Join 4-H Volunteer, Sarah Wolfgang, to learn the basics of horses through fun games and activities. This is a great introduction for kids interested in joining one of our horse clubs!



NC Cooperative Extension is an equal opportunity provider. In compliance with the Americans with Disabilities Act, NC State will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to: Tori DeWald (tori\_dewald@ncsu.edu, (252)426-5428. Requests can be served more effectively if notice is provided at least 10 days before the event.



2024 Perquimans County 4-H



# Summer Adventures

In person registration will open on Monday, April 29th at 8am at the Perquimans County Extension Office. To secure a spot, registration, payment, and 4-H Online enrollment must be completed. Enroll in 4-H Online at <https://v2.4honline.com/>

Participant Name: \_\_\_\_\_

Age (as of Jan. 1st, 2024): \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Parent/Guardian Phone Number: \_\_\_\_\_

The following individuals have permission to pick up my child after the event concludes: \_\_\_\_\_

Special Dietary Needs/ Allergies/ Restrictions:  
\_\_\_\_\_

I give Perquimans County 4-H permission to take photos of my child:

YES

NO

Please select the events you are registering for:

- Farm to Fork Cooking Camp.....\$10
- Tiny Tastemakers.....\$10
- Wildlife Adventures.....\$10
- Merchants Millpond.....\$10
- Cupcake Decorating.....\$10
- Horsing Around.....\$10
- Edenton Fish Hatchery.....\$10
- LEGO at the Library.....\$10

**Total Due:**

**Must be paid with a check or exact cash. Please make checks payable to Perquimans County 4-H**

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# Northeast Ag Expo Summer Field Day

Thursday, July 25, 2024



## Agenda:

**7:45 - 9:30 a.m.:** Registration,  
Breakfast, Trade Show & Opening  
Remarks

**9:30 - 11:30 a.m.:** Field Tours

- Indeterminate vs. Determinate Soybean Study
- Soybean Disease Management
- Corn Disease Management
- See & Spray Sprayer Demo
- Corn Agronomic Studies
- On-Farm Grain Storage

**11:30 a.m.:** Distinguished Guests  
Remarks & Catered Lunch Provided

## Location:

TBS Farms  
Billy Wade Pierce  
1178 Lake Road  
Hertford, NC 27944

## Pre-Registration:

[go.ncsu.edu/2024neagexpo](https://go.ncsu.edu/2024neagexpo)



Or

Perquimans Extension Center  
252-426-5428

**2 hours of N,O,D,X Pesticide Credits Available & CCA Credits**



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For more information or accommodations for persons with disabilities please contact the N.C. Cooperative Extension, Perquimans Extension Center at 252-426-5428 no later than ten days before the event.



## ServeSafe Class

Calling all those in the restaurant and food service industry! N.C. Cooperative Extension will be offering a ServSafe Food Safety Class in July. The class will be held at the N.C. Cooperative Extension, Perquimans County Center, and will begin promptly at 9 a.m. each day. ServSafe is a course designed by the National Restaurant Association Educational Foundation to provide food service operators, managers, and support personnel with the knowledge essential for food preparation and handling within their respective facilities to help reduce the risk of foodborne illness. The course covers handling food, from receiving and storing to preparing and serving. It gives science-based information on how to run a safe establishment.

**The 14-hour class will be scheduled as follows:**

July 23rd Instruction Day 9:00 a.m. to 5:00 p.m (one hour lunch break on own)

July 24th Instruction Day 9:00 a.m. to 5:00 p.m (one hour lunch break on own).

July 25th Exam Day 9:00 a.m. to 11:00 a.m

Click here for more information and to sign-up today!

<https://perquimans.ces.ncsu.edu/2024/05/servsafe-food-safety-managers-course-july-23rd-25th-2024/>

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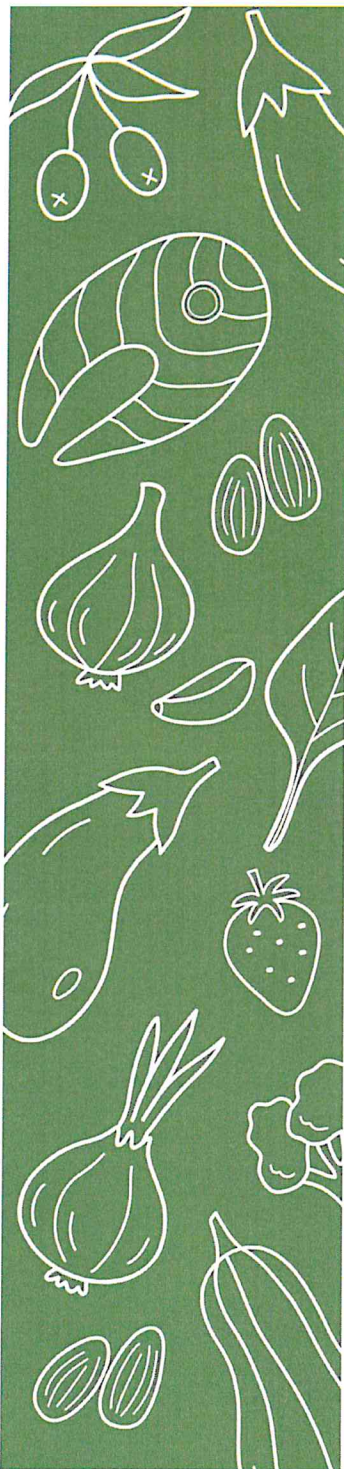
## Progressive Ag Safety Day

Safety in and around the home is a major issue that needs to be addressed. Studies show that kids are spending more time home alone, including before and after school, summer vacations, and holidays.

In response to this, the Perquimans County Cooperative Extension staff, along with community volunteers including 811, NC Wildlife Service, and the United States Coast Guard, and Albemarle EMC worked together to conduct a Progressive Safety Day event reaching approximately 140 3rd graders. Topics included were wildlife safety, digging safety, backyard safety, agriculture safety, electric safety, chemical safety, germ safety, and water safety.







*Perquimans Cooperative  
Extension Presents*

## HOMETOWN HARVEST FOOD PRESERVATION SERIES

**Hot Pepper Jelly**

**June 25th 5:30-7:30**

**Cost: \$10**

**Register by: June 20th**

**Bruchetta in a Jar**

**July 16th 5:30-7:30**

**Cost: \$10**

**Register by: July 11th**

**No Waste Watermelon**

**Pickled Watermelon & Zesty Watermelon Jelly**

**August 27th 5:30-7:30**

**Cost: \$10**

**Register by: August 22nd**

**Apple Butter**

**September 24th 5:30-7:30**

**Cost: \$10**

**Register by: September 19th**

Contact FCS Agent Sarah Sowders at [Sarah\\_sowders@ncsu.edu](mailto:Sarah_sowders@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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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.



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

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