

DID YOU KNOW?

November 2024

Safe Plates During the Holidays

Keep you and your loved ones safe this holiday season!

PREPARATIONS



Preparing for Thanksgiving

Preparing dishes ahead of time?

- After cooking, cool food quickly by putting it in separate shallow containers and stirring frequently
- Foods immediately refrigerated in the dish used for cooking won't cool fast enough because the dish will stay hot
- Tightly wrap cooled foods to prevent contamination

safe plates



Preparing for Thanksgiving

Avoid leaving food sitting at room temperature

- Plan for foods to finish cooking at the same time.
- Plan for which dishes need to be cooked with the oven vs. stove and which foods can be made and stored in the fridge.
- Hold hot food at 135°F or above until ready to serve. Slow cookers or warming pans can keep food hot.
- Hold cold food at 41°F or below until ready to serve.

safe plates

TURKEY TALK

FROZEN TURKEY

- TURKEY CAN BE SAFELY KEPT IN THE FREEZER FOREVER, BUT FOR BEST QUALITY IT IS RECOMMENDED TO PREPARE IT WITHIN ONE YEAR.
- KEEP TURKEY IN THE FREEZER (0 DEGREES) UNTIL IT IS READY TO THAW AND BE COOKED.
- THAWING IN THE REFRIGERATOR WILL TAKE 24 HOURS FOR EVERY 5 POUNDS.

WASHING? KNOW THE RISKS!

- WASHING RAW POULTRY WON'T KILL BACTERIA—ONLY COOKING TO THE PROPER TEMPERATURE (165 DEGREES) CAN DO THAT. PATHOGENS LIKE SALMONELLA AND CAMPYLOBACTER CAN BE SPREAD UP TO 3 FEET FROM THE SINK.
- TO PREVENT THE SPREAD OF BACTERIA, CLEAN AND SANITIZE UTENSILS AND SURFACES AND WASH HANDS AFTER PREPPING RAW POULTRY.

Turkey Talk: Thawing

Thaw quickly with these methods:

Cool Water: Cover in sink or container with cool water, changing every 30 minutes. Allow 30 minutes per pound.

Microwave: Remove wrapping. Rotate several times. Cook turkey immediately after thawing. Allow 6 minutes per pound.

Cook: Use method if the turkey is partially thawed. Allow at least 50% longer time to cook through.



safe plates

January ServSafe Training

Calling all those in the restaurant and food service industry! N.C. Cooperative Extension will be offering a ServSafe Food Safety Class in January. The class will be held at Camp Cale located at 377 Camp Cale Rd, Hertford, NC 27944 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:

January 27th, 2025 Instruction Day 9:00 a.m. to 4:00 p.m (one hour lunch break on own)

January 28th, 2025 Instruction Day 9:00 a.m. to 4:00 p.m (one hour lunch break on own)

January 29th, 2025 Exam Day 9:00 a.m. to 11:00 a.m.

Test Registration cost is \$125 (which includes the 7th edition book and exam sheet.)

**Registration fees are non-refundable but are transferable to another person

**If you need a retest, please contact Sarah Sowders via email sarah_sowders@ncsu.edu or at (252) 426-5428

Please follow this link for more information and registration:

<https://forms.gle/X89Nt56jKiUzrcUu8>



Kids Voting NC Program Wrap-Up

We're excited to announce that **12 kids from Perquimans County** participated in this year's Kids Voting NC program, giving young people the chance to experience the voting process and learn about civic engagement firsthand. Thank you to everyone who took part!

The statewide results will be available soon. To view the results, including those for Perquimans County, visit [Kids Voting Durham](#). We also welcome feedback from our young voters—kids can share their thoughts on the program by completing a quick survey here: [Kids Voting Feedback](#).

Thank you for helping to inspire the next generation of informed voters!

2024 Pumpkin Decorating Contest Winners!

Our annual Perquimans County 4-H Pumpkin Decorating Contest was a huge success, with 80 community members casting their votes at the library! We are thrilled to announce this year's winners:

- Cloverbud Winner: Spinny
- Junior Winner: Halloween S'mores

Congratulations to our talented young artists! Please see the pictures of the winning pumpkins below! Thank you to everyone who participated!





Wishing Our 4-H'ers Luck at the Eastern National Horse Championships!

We are so proud of our talented 4-H'ers who recently competed in the Quarter Horse Congress in Ohio. Eva Taylor and Paige Bundy earned first place in team presentations with an outstanding presentation on equine embryo transfer. Charli Williams was part of the North Carolina horse judging team, which placed 4th overall. Special thanks to Sarah Wolfgang, our dedicated 4-H Volunteer, for coaching the NC horse judging team. All four of them will be representing us again this weekend as they head to Kentucky to compete in the Eastern National 4-H Horse Roundup. Let's wish them the best of luck!





2024 Perquimans Farm Day Adventures

2nd Graders from Perquimans Central School participated in Farm Day Adventures where they learned about soil health, cotton production and products, farm animals, corn and soybean production, and farm to table.









2024 Northeast Ag Expo Corn Variety Trial Data

2024 Northeast Ag Expo Corn Variety Trials											
		Average Across the 4 Locations		Camden		Chowan		Gates		Pasquotank	
Variety	Relative Maturity	Yield	Rank	Yield	Rank	Yield	Rank	Yield	Rank	Yield	Rank
Pioneer P1289YHR	112	171.0	1	205.0	6	150.8	1	97.5	4	230.8	3
Pioneer P17677YHR	117	168.3	2	215.2	2	117.9	7	105.6	2	234.6	2
Axis 65K70	115	161.2	3	201.2	7	136.0	2	95.8	5	211.7	10
Revere 1839	118	156.8	4	208.3	4	95.5	12	79.9	11	243.6	1
Integra 6493VT2P	114	156.0	5	195.1	13	126.5	5	93.7	6	208.6	11
Dyna-Gro D58TC94	118	155.2	6	206.9	5	128.0	4	71.8	15	214.0	8
Dekalb DKL68-35	118	154.1	7	198.0	10	113.2	8	82.8	10	222.1	6
Axis 69A79	119	151.8	8	195.8	12	92.6	13	106.1	1	212.6	9
Syngenta NK1838-3111	118	148.2	9	197.3	11	135.7	3	73.9	14	186.1	16
Dyna-Gro D56TC44	116	146.8	10	198.7	9	95.7	11	68.7	16	224.1	5
Augusta 1365DWED	115	146.7	11	194.5	14	122.5	6	78.6	12	191.0	14
Dekalb DKL66-06	116	146.0	12	183.8	17	97.7	9	88.1	7	214.3	7
Revere 1627	116	143.5	13	199.9	8	62.4	15	87.1	9	224.6	4
Ag Venture AV3514AML	114	139.1	14	215.3	1	96.2	10	74.9	13	170.1	17
Integra 6915TRE	119	133.1	15	184.9	16	48.5	18	102.9	3	196.0	12
Ag Venture AV9916AM	116	130.6	16	213.2	3	58.4	16	58.3	18	192.5	13
Augusta 1465VT2D	115	128.8	17	175.2	18	83.1	14	67.0	17	190.1	15
Syngenta NK 1480DVL	114	124.0	18	188.3	15	57.8	17	87.4	8	162.5	18
Average Yield within Locations		147.8		198.7		101.0		84.5		207.2	

Varieties are listed in descending order according to average yield across the four locations (i.e. 1 (highest yielding) to 18 (lowest yielding)). Within locations, the varieties are ranked in descending order according to yield from highest (1) to lowest yielding variety (18). The top three yielding varieties within locations and across locations have their ranking marked as follows: 1 (blue), 2 (red), and 3 (yellow).

2024 Northeast Ag Expo Corn Variety Trials Production Information						
County	Planting Date	Harvest Date	Soil Type	Row Spacing (Inches)	Previous Crop	Seeding Rate
Camden	5/2/2024	10/4/24	Roper muck	30	Soybean	31,000
Chowan	4/24/2024	10/4/2024	Augusta fine sandy loam	20	Soybean	32,000
Gates	4/19/2024	9/10/2024	Goldsboro fine sandy loam	20	Soybean	32,000
Pasquotank	4/12/2024	9/10/2024	Dragston fine sandy loam	20	Soybean	35,000

2024 Area Potato Meeting

Join us for the 2024 Area Potato Meeting held on November 22nd at 10:30 a.m. at the Pasquotank County Center located at 1209 McPherson St Elizabeth City, NC 27909.

Speakers will include Dr. Anders Huseeth, who will provide an update on insect management (Wireworms and Colorado Potato Beetle). Mark Clough will provide potato variety updates. Lunch will be provided by this year's sponsor, Getsco.



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

[Unsubscribe](#)