

NC Cooperative Extension - Perquimans County Center

DID YOU KNOW?

March 2025



Perquimans County Extension Seed Library

Grow. Share. Cultivate.

Looking to start a garden? Want to help build a stronger, greener community?
Our Seed Library is here to help!

LOCATED IN THE PERQUIMANS COUNTY LIBRARY

514 S Church St, Hertford, NC 27944

What is a Seed Library?

A collection of seeds available for free to the community! Borrow seeds, grow your plants, and if possible, return harvested seeds to keep the cycle going.

How It Works:

1. Borrow Seeds – Choose from a variety of vegetable, herb, and flower seeds.
2. Grow Your Garden – Plant, nurture, and enjoy your homegrown produce.
3. Harvest & Return – If you can, save seeds from your plants and return them to the library.

FOR MORE INFORMATION

For more information, visit Perquimans
County Library or contact Sarah
Sowers at (252)426-5428.



MARCH IS NUTRITION MONTH

Make Healthier Food Choices

Eating healthy doesn't have to be complicated! Use these simple tips to make better food choices

Fruits

- Try new options like mango, pineapple, or kiwi in your cereal or salad.
- Frozen, fresh, or canned—they're all SNAP-eligible!
- Choose canned fruits packed in water or natural juice to avoid added sugar.

Vegetables

- Mix up your meals with a variety of colorful veggies.
- Grill, steam, or sauté with herbs for extra flavor.
- Frozen and canned veggies work too—just skip added salt, butter, or sauces.

Meats & Proteins

- Choose lean meats like chicken breast or white fish.
- Avoid processed meats like bacon, salami, or sausages.
- Try beans, lentils, or chickpeas as protein-packed alternatives.

Reduce Sodium

- Check Nutrition Facts labels for low sodium options.
- Cook with garlic, citrus juice, and salt-free seasonings.

Enjoy Comfort Foods the Healthy Way

- Eat smaller portions and make healthier swaps!
- Example: Swap whole milk & butter in mac & cheese for low-fat milk and cheese + add veggies like spinach or tomatoes.

 Healthy eating + exercise = a better lifestyle for you and your family!

**NC COOPERATIVE
EXTENSION**



Need food assistance? Contact More In My Basket at 1-855-240-1451 or visit morefood.org. Or Sarah Sowders at (252)-426-5428

N.C. Cooperative Extension is an equal opportunity provider.

NORTHEASTERN NC CRAFT WORKSHOP

UNLEASH YOUR CREATIVITY!

Two Day Classes:

- Basic Stained Glass
- Decoy Carving and Painting

One Day Classes: Friday

- Beadweaving–Silky Stacker Bracelet
- Aluminum Jewelry
- Decorative Eggs
- Glass Etching
- Sewing–Gadget Girl Tool Kit
- Painting in Acrylic (Gazebo)
- Painting in Alcohol Ink Silk Scarf and More

One Day Classes: Saturday

- Beadweaving–Peyote Bracelet
- Basketry
- Yo–Yo Quilting Square
- Glass Etching
- Sewing–Gadget Girl Tool Kit
- Painting in Acrylic (Paint your Pet)
- Painting in Watercolor



Registration deadline: March 15, 2025

Classes will be filled on a first come–first served basis.
Registration fees are nonrefundable, but are transferable.

For More Information:

Facebook: <https://www.facebook.com/NENCCRAFTWORKSHOP/>

Email: nccraftworkshop@yahoo.com or Call: 252–562–5441

TO REGISTER CLICK HERE

Sponsored By:

Northeastern North Carolina Craft Workshop Committee and
North Carolina Cooperative Extension

WORKSHOP DETAILS

FRIDAY, MAY 2ND AND SATURDAY, MAY 3RD, 2025 9:30AM–4:00PM

VERNON JAMES RESEARCH & EXTENSION CENTER PLYMOUTH, NC



**REGISTRATION FEE: \$15.00 PER DAY
(CLASSES MAY HAVE ADDITIONAL KIT FEES)**

N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER.



SAVE THE DATE

**Chowan-Gates-Perquimans
Extension Master Gardener Volunteers**



Spring Garden Show

SATURDAY

APRIL

26

2025

PERQUIMANS COUNTY
REC CENTER



WE HOPE YOU CAN JOIN US AT THE 2025
SPRING GARDEN SHOW!

QUESTIONS? CONTACT KELLIE BINNICKER
AT KELUTON@NCSU.EDU


Save the Date: 4-H Achievement Night!

Join us for 4-H Achievement Night on Wednesday, April 16th, at 6 PM at the Perquimans County Extension Office! This special evening celebrates the hard work and accomplishments of our 4-H members, volunteers, and supporters. We'll recognize achievements in projects, leadership, and community service while reflecting on an incredible year of growth and learning. Stay tuned for more details—we can't wait to celebrate with you!


Livestock Science Camp

youth 15-17 who want an immersive, week-long animal science experience on campus. This camp is a great opportunity for youth with and without livestock experience to gain new hands-on skills, prepare for skill-a-thon competitions, build their network, and experience life as an NC State student.

Applications and more information are available at:
<https://cals.ncsu.edu/animal-science/extension/livestock-science-camp/>



LIVESTOCK SCIENCE CAMP



Who: 36 youth ages 15-17 years of age with a desire to learn more about Science of Livestock (Beef Cattle, Dairy Cattle, Goats, Horses, Poultry, Sheep, Swine)





What: Hands-on learning on Nutrition, Genetics, Health, Physiology, Reproduction, Engineering, Food Safety, Careers...

When: Applications January-March 2025, Camp June 15-20, 2025

Where: Educational Farms, Teaching Laboratories, Local Animal Farms and Businesses, NC State Dining Hall, NC State Dormitory

Why: A former camper stated "This was actually one of the best experiences I have had. Coming from "big city" I was a 1-1000 kid who had experienced a lifestyle of agriculture. From leadership to hands on learning, it doesn't get any better: Dr. Pickworth set the bar so high I don't believe any camp will top that. What other camp gives you hands on experience everyday 100% of the time? You have really boosted my ag experience and you're the reason that I will be 100% majoring in AG!"

How: <https://cals.ncsu.edu/animal-science/extension/livestock-science-camp/>
<https://reporter.ncsu.edu/link/YouthApplication?youthProgramID=CALS-LSC%202025>



NC State University Department of Animal Science
Coordinator: Dr. Carrie Pickworth
cpickwo@ncsu.edu 919-513-0262

Join Us for 4-H Camp 2025!

4-H Camp 2025 will be held June 15-20 at the Eastern 4-H Center in Columbia, NC! Campers will enjoy exciting activities like kayaking, archery, rock climbing, and more. The total cost is \$200 per camper, with a payment plan available. Spots are limited, so don't wait! For more details, contact Tori DeWald at tori_dewald@ncsu.edu or (252) 426-5428. We can't wait for another amazing summer at 4-H camp!



The poster features a green background with a smiling sun in the top left and a paper airplane in the top right. The text '4-H SUMMER CAMP' is prominently displayed in large, bold letters. Below it, 'Eastern 4-H Center' is written in a smaller font. Two callout boxes provide details: 'June 2025' and 'Deposit due Feb: \$50'. Three photographs show campers engaged in various activities: kayaking, climbing a wooden structure, and posing for a photo. At the bottom, a white banner contains the text 'Reserve Your Spot Today!' followed by the phone number '252-426-5428' and the email address 'tori_dewald@ncsu.edu'.

4-H
SUMMER CAMP
Eastern 4-H Center

June 2025

Deposit due Feb:
\$50

Reserve Your Spot Today!
252-426-5428 | tori_dewald@ncsu.edu

North Carolina Youth Institute

Do you know a student interested in global food security, agriculture, or sustainability? The North Carolina Youth Institute (NCYI) at NC State University offers a chance for students to research and present solutions to real-world challenges.

Participants will:

- Write a 3-5 page paper on a global issue related to food and agriculture (due March 10)
- Present their findings to peers and industry experts
- Attend a poster session & networking event with university researchers
- Become a Borlaug Scholar with opportunities for internships & fellowships
- Be considered for the Global Youth Institute

Event Dates: April 10-11, 2025

Location: NC State University

Cost: Free to participate

Students can work with a teacher, mentor, or parent for guidance. Find more information about this opportunity and how to register here:

<https://growforit.ces.ncsu.edu/growforit-programs/nc-youth-institute/>



YOU'VE BEEN NOMINATED!

You've been nominated to participate in a premier leadership & research opportunity that empowers high school students to explore, analyze and solve the world's most pressing problems related to global food security, agriculture and sustainability issues.



April 10-11

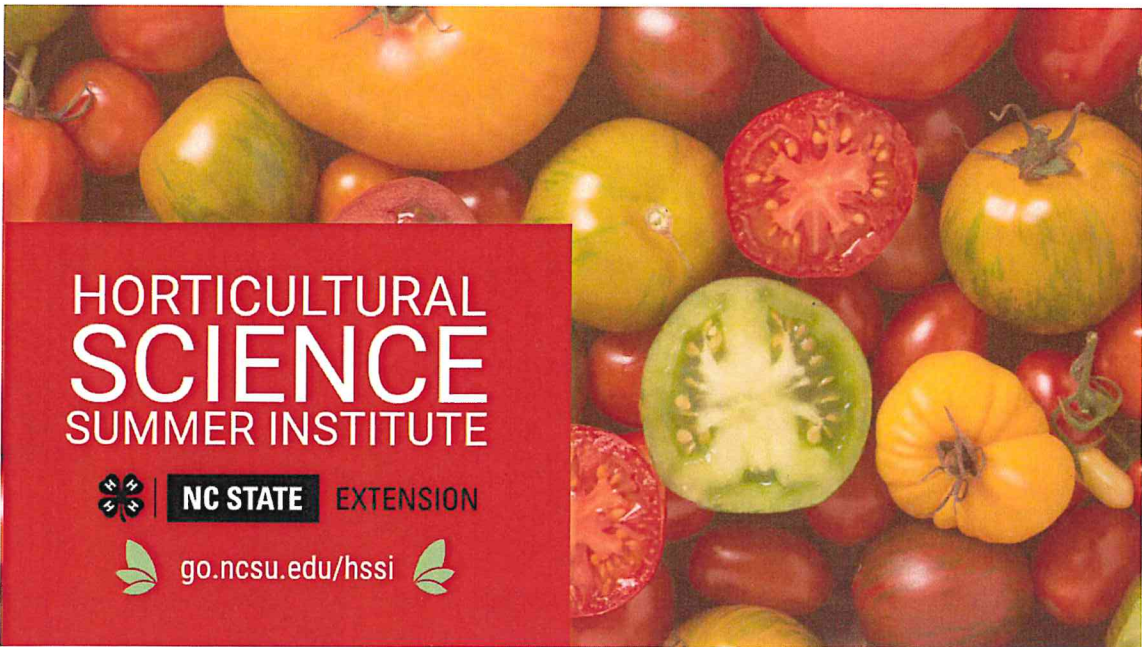
**N.C. Plant Sciences Initiative
Raleigh, NC**



Horticultural Science Summer Institute

Calling all high school students interested in science and the environment! The High School Summer Science Institute, hosted by NC State Extension, is a hands-on, immersive experience where students explore natural resources, agriculture, and sustainability. This free, residential program will be held at NC State University from June 16-20, 2024, offering an exciting opportunity to engage in real-world science with experts. Applications are open now—don't miss out on this incredible experience! Learn more and apply at

<https://growforit.ces.ncsu.edu/growforit-programs/hssi/>



HORTICULTURAL SCIENCE SUMMER INSTITUTE

NC STATE EXTENSION

go.ncsu.edu/hssi

Embryology Chicks Available – Get Ready for the 2025 Show!

we're hoping for lots of healthy chicks! These chicks can be raised and shown in our 2025 4-H Chicken Show. If you're interested in taking some home, please fill out the form below. Stay tuned for more details on next year's show!

Sign up here: <https://forms.gle/rozq4ABPTAiTTb917>



NC STATE EXTENSION

Master Gardener | Chowan-Gates-Perquimans

2025
Katherine G. Shook
Master Gardener Scholarship

given by

Extension Master Gardener Volunteers of Chowan,
Gates and Perquimans Counties

**Open to eligible graduating seniors and enrolled
college students in Chowan, Gates and Perquimans
counties.**

For the application and more information, please visit

<https://go.ncsu.edu/2025kgsscholarship>



NC Cooperative Extension is an equal opportunity provider.



NC COOPERATIVE
EXTENSION



NC STATE
UNIVERSITY

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.