



NC Cooperative Extension - Perquimans County Center

## **DID YOU KNOW?**

**July 2025**

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# Soulful Spoonfuls

## July 18<sup>th</sup>

A Kids' Cooking Class at First Missionary  
Baptist Church of Hertford

Where community and cooking come together!  
Join The Open Door Food Pantry and the  
Perquimans Cooperative Extension for a joyful  
hands-on cooking experience just for kids!

FREE

In Soulful Spoonfuls, children will:

- 👩‍🍳 Learn basic kitchen skills
- 🍲 Cook healthy and tasty recipes
- 👨‍🍳 Explore food as a way to care for ourselves and others
- 👉 Build confidence, community, and creativity

Where: 211 Hyde Park St, Hertford, NC 27944

When: July 18<sup>th</sup>

Time: 1:00-3:00

Sign-up Here:

<https://forms.gle/6cMdfmoUpDqINE8P9>

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

The Open Door  
**FOOD PANTRY**  
OF PERQUIMANS COUNTY

**NC** COOPERATIVE  
EXTENSION



# Cooking with Community

FREE!

Join us for a cooking demonstration where we turn everyday ingredients into healthy, affordable, and delicious meals. This demo offers simple tips, budget-friendly recipes, and a welcoming space to learn and connect with others in your community.

Simple, smart cooking for every table.

July 9<sup>th</sup> 10:00–12:00 & July 23<sup>rd</sup> 10:00–12:00  
August 14<sup>th</sup> 4:00–6:00 & August 27<sup>th</sup> 10:00–12:00

WHERE: CONFERENCE ROOM AT THE OPEN DOOR FOOD PANTRY

Presented by the Perquimans Cooperative Extension, Food Bank of the Albemarle, and The Open Door Food Pantry of Perquimans County

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**NC COOPERATIVE  
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Food Bank  
of the Albemarle



**The Open Door  
FOOD PANTRY**  
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# Savor the Season

## HOME PRESERVATION SERIES

**Join the Fun & Learn the Art of Food Preservation!**

**Looking to keep your favorite fruits and veggies fresh year-round? Want to learn the secrets of canning, extracts, and food prep like a pro? Come join us for Food Preservation Classes at the Perquimans County Extension Office!**

 **Hands-on learning with an expert instructor**

 **Discover the best techniques for preserving flavor & nutrition**

 **Take home delicious, homemade goodies**

 **Meet fellow food lovers and have a blast!**

**Spaces are limited, so sign up today! For more details or to register, contact us at (252)-426-5428 or at [Sarah\\_Sowders@ncsu.edu](mailto:Sarah_Sowders@ncsu.edu).**

**Let's get preserving!**  



### UPCOMING EVENTS

5:30-7:30PM

MAY

27

No Waste Strawberries  
(Extracts and Sauces)

JUNE

26

Blueberry Lavendar Jam

JULY

24

Pineapple Mango Salsa

AUGUST

26

Signature Vinegars

SEPTEMBER

23

Saucy Sloppy Joe Starter

All classes are \$10 each or join us for all five classes for \$45

### ADDITIONAL INFORMATION

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

# VISIT NC FARMS APP

The NC Farms APP is a mobile app to help locals and travelers find local, in-season products and activities.

You can customize your search options based on product, location, and more!

Want to join the APP?

You must meet these qualifications:

Are you a local farmer?

Do you sell over 50% of NC products?



Contact Sarah Richardson at  
[sarah\\_richardson@ncsu.edu](mailto:sarah_richardson@ncsu.edu) for  
more information



# Stay Informed This Rainy Season

Read Up on Disease Fact Sheets

With rainy weather in the forecast, now is a great time to read up on Disease Fact Sheets from the NC State Vegetable Pathology Lab. Information is based on specific crop families to provide you with the most accurate and relevant information possible.

Check out the link below!

<https://veggiepathology.wordpress.ncsu.edu/for-growers/disease-fact-sheets/>





## BECOME AN EXTENSION MASTER GARDENER VOLUNTEER!

Learn more about gardening and horticulture while serving  
and educating your local community!

For more information, visit [go.ncsu.edu/2025cgpemgv](https://go.ncsu.edu/2025cgpemgv)

Training session for new volunteers will begin in  
August 2025!





# Northeast Ag Expo Summer Field Day

Thursday, July 31, 2025

8:00 a.m. to 1:00 p.m.

**Agenda:**

**8:00-9:30 a.m.:**

Registration, Breakfast, Trade Show &  
Opening Remarks

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

Field Tours

**11:30 a.m.:**

Distinguished Guests Remarks  
&  
Catered Lunch Provided

**Location:**

James Brothers, Inc.  
1375 Salem Church Road  
Elizabeth City, NC 27909

**Pre-Registration:**

[go.ncsu.edu/2025neagexpo](https://go.ncsu.edu/2025neagexpo)



Or

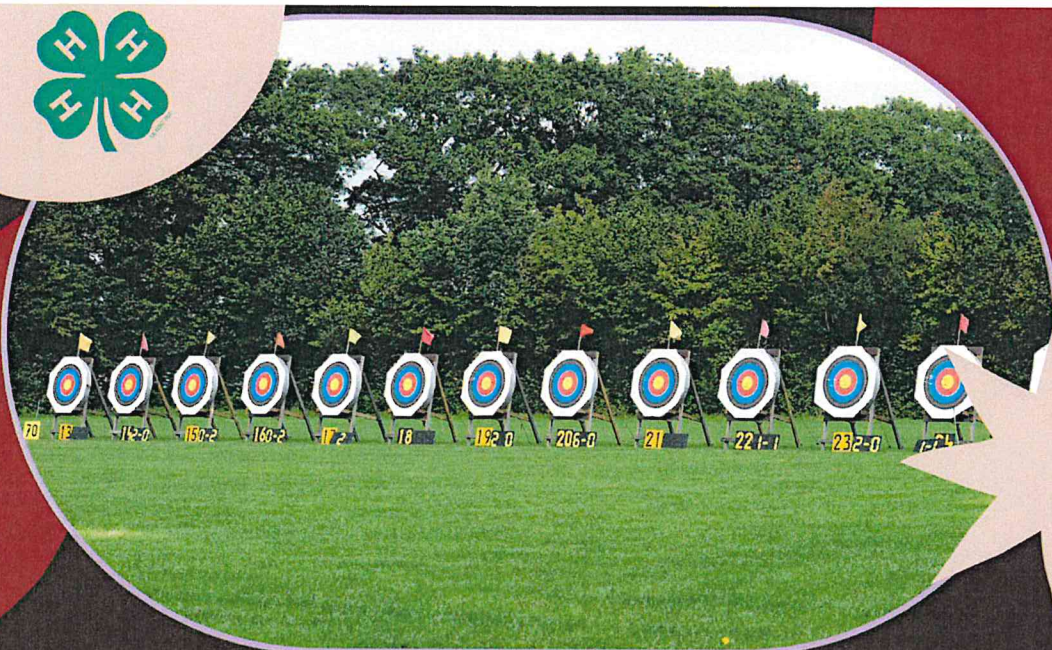
Pasquotank Extension Center at  
252-338-3954 by  
Friday, July 25th



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For more information or accommodations for persons with disabilities please contact the N.C. Cooperative Extension, Pasquotank Extension Center at 252-338-3954 no later than ten days before the event.

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# JOIN US FOR 4-H SHOOTING SPORTS VOLUNTEER INTEREST MEETING

August 11<sup>th</sup> at 6pm

Perquimans Extension Office  
601 South Edenton Road Street  
Hertford, NC 27944

RSVP by: August 7<sup>th</sup> at 426-5428



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In compliance with the Americans with Disabilities Act N.C. Cooperative Extension will honor requests for  
reasonable accommodations made by individuals with disabilities. For requests contact Perquimans  
Extension Office at 252-426-548.

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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.



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