

NC Cooperative Extension - Perquimans County Center

DID YOU KNOW?

September 2021



Back Together!!

Extension Master Gardeners are together again. After meeting virtually for over 12 months, the NC State Extension Master Gardeners from Chowan, Gates & Perquimans Counties are meeting together again. Meetings are held in-person and outdoors. "Face to face is important for our program," says coordinator Katy Shook. "We are creatively seeking solutions on how to meet the needs of volunteers and clients." For more information about the Master Gardener program, contact Katy Shook at (252) 482-6585. *Pictured - Tristan Morris, NC Department of Agriculture Regional Agronomist, presents The Basics of Soil Sampling to Extension Master Gardeners.*



Fall Forage Information

This time of year the Perquimans Extension office receives many questions regarding planting pastures. The following is a description of some of the forages planted in North Carolina for winter/fall grazing. Before planting any seed always make sure you take a soil sample to know the fertilizer recommendations. In eastern North Carolina we are blessed to have a great climate to plant a wide variety of forages for the fall/winter months. In our area we can plant Oats, Wheat, Triticale, Rye and Ryegrass, Fescues, Brassicas, Winter Peas and many others. The seeding rate on triticale is between 100 to 150 pounds per acre. Over the years we have seen an increase of producers planting ryegrass which is seeded at 35-40 pounds per acre. Ryegrass grows quickly once it is planted and is a great source for producers to turn to during fall and spring months. There has also been an increase in producers planting mixes, (2 to 7 varieties) of forages together to help build soil health and used as grazing. These mixes have come about through the research done by the Amazing Grazing team at NC State University to promote a different way of thinking about pastures. We all want as much forage per acre to feed our livestock but we also must think about the soil health as well. These mixes have several varieties of seeds that have different root systems to expand the pores of the soil to create less runoff and more nutrients that can enter into the soil. Most of these mixes need to be planted at a minimum of 40 pounds per acre. Fescue also works well in our area and can be planted from September through November depending on weather conditions. Any fescue needs to be seeded at 35 to 40 pounds per acre. Fescue is suited more for a clay based soil and not a sandy based soil. It is also recommended to mix clover in with your fescue to promote an added nitrogen source to the soil. If you are going to be interseeding a clover the seeding rate would be 4 to 5 pounds per acre. Turnips and radishes are a great source to use for cover crops in our area. Not only do they work well to sustain the soil through the winter months but they also expand the root systems below the surface to increase nutrient intake into the soil. The seeding rate on these is around 14 pounds per acre. With so many varieties to plant for our area make sure you talk to your local extension agent to see what would best suit your farm and the goals you have for each forage season. You can reach Jared Harrell at the Perquimans Extension Office at 252-426-5428 for more questions.

NC Cooperative Extension Offers Virtual Safe Plates Session

Chowan, Perquimans, and Pasquotank County Cooperative Extension is offering a Virtual Safe Plates Session.

NC STATE EXTENSION



**An online
training
program for
food protection
manager
certification**

What is Safe Plates for Food Managers?

NC Cooperative Extension offers Safe Plates for Food Managers for all those who work in the food service industry. The course helps food establishments meet the North Carolina requirement of having at least one supervisor certified as a food protection manager, per the FDA Food Code 2017.

What information is covered?

Safe Plates includes instruction on personal hygiene and employee health; purchasing and storage; eliminating cross-contamination; handling allergens; pest control and facility design; cleaning and sanitizing and correct temperatures for storing, preparing and holding foods.

Who should participate?

This course is designed for food employees who are seeking food protection manager certification. Certification is based on passing the CFP-ANSI accredited exam from Prometric. This certification is valid throughout the United States for five years and includes a certificate to be displayed in the workplace.

How is the online course different?

The virtual Safe Plates for Food Managers course format allows participants to go through content at their own pace with instructors available for questions and exam review. Participants in the virtual program receive 365-day access to the interactive course content and instructors throughout North Carolina.

Register Today

Virtual Course Cost:
\$125 including exam
\$90 without exam

Virtual Registration:
go.ncsu.edu/spfm-online

Paid registration will give you immediate access to the online course.

Class: Oct 4-Nov 1, 2021
Test: Nov 8 -time TBA

For Questions contact Mary
Morris 252-482-6585/
mary_morris@ncsu.edu or
Ellen Owens 252-338-3954/
ellen_owens@ncsu.edu

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When?

Class: Oct 4 - Nov 1, 2021
Test: Nov 8 – time TBA

Virtual Registration:
go.ncsu.edu/spfm-online

For questions, contact Mary Morris at 252-482-6585 or by email at mary_morris@ncsu.edu.

Diagnose Problem Areas



As harvesting begins, soil sampling will ensue to begin determining fertility needs for next year's crop. One thing that we can do while waiting on your crop to dry down for harvest is to identify problem areas within our fields. These areas could include spots that may need leveling for better drainage, weeds that escaped, potential hardpans by observing root development, or areas that have not grown well throughout the season. Nematode sampling can be a solution if you have spots throughout a field that are not growing well, especially sandy areas. Soybean cyst nematodes are one of the top yield reducers and the pest's presence can be difficult to identify as above ground symptoms often do not appear or can be easily confused with other problems. Late September can be an excellent time to take nematode samples, especially in soybeans while the crop is still actively growing due to the pest having multiple life cycles. Determining if nematodes are present at their highest levels can allow you to develop a management plan for next growing season. To view results from the Northeast Ag Expo nematode study in 2020, for additional nematode information, and for sampling information, click the link below. Also for additional questions, contact Dylan Lilley, Field Crops Extension Agent at 252-426-5428 or by email at dylan_lilley@ncsu.edu. (Image: [Crop Protection Network](#))

[2020 Northeast Ag Expo Nematode Study Results](#)

4-H EFNEP Teaches Nutrition Education



4-H EFNEP partnered with Perquimans County high school to teach nutrition education classes to the ninth graders. There were 77 youth which were divided into 3 groups. Kristie Thach is one of the physical education teachers and the contact person for these lessons. The students made fruit cups, popcorn, tortilla wraps, and trail mix. They learned hand washing techniques, kitchen safety, physical activities, and drinking water for their health. They will receive water bottles in their cinch bags along with other kitchen and physical activity items. They will also take home their teen cuisine booklets that are packed full of recipes to try at home. You can reach Patty Bowers at 252-482-6585 for additional questions.

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