

PERQUIMANS EXTENSION CENTER

## DID YOU KNOW???

July 2020



### July is National Picnic Month

Two word to remember...**Temperature and Time!** Family and friends who eat mishandled food may get what's known as the "Summer Bug," the flu-like symptoms caused by food poisoning. Many people might know **the two-hour food safety rule: Do not leave food unrefrigerated for more than two hours. BUT when the temperature is above 90 degrees Fahrenheit (F)... the rule changes to ONE HOUR or less. This means...** Put foods back in the cooler, or take them back inside to the refrigerator, as soon as you finish eating. Do not leave them out while you go for a swim or socialize. Do not leave them out all afternoon to nibble on. If picnic leftovers have been sitting out for more than an hour... throw them out. Stay safe and remember... to demonstrate proper time and temperature rules when eating with your family this summer.



### Wheat variety makes a difference...

Despite wet weather throughout the growing season and late spring freezes affecting some early maturing varieties, wheat yields throughout the county appear to have turned out quite well. One of the most important decisions growers can make to maximize potential and profitability on their farm is variety selection. To help with this decision, you can access variety trial results from local trials performed by the Northeast Ag Expo (<http://www.ncneagexpo.com/small-grains>) and NC State Official Variety Trials (<https://officialvarietytesting.ces.ncsu.edu/small-grains-2020/>). It is always recommended to choose varieties based

on multi-year results as well as multiple locations to ensure varieties have held up well across a multitude of environments. We would like to thank Billy and Clyde Elliot for being the Perquimans County wheat trial cooperators this year. Providing locally generated data would not be possible if not for these great cooperators. If you have any questions always feel free to contact Dylan Lilley ([dylan\\_lilley@ncsu.edu](mailto:dylan_lilley@ncsu.edu)) at 252-426-5428. Additional news updates can be found at <https://perquimans.ces.ncsu.edu/> and by liking [Perquimans County Cooperative Extension](#) on Facebook.



## We Do Hay Testing and Forage Sampling

The Perquimans Extension Service can help you test your hay for moisture and temperature after bailing and demonstrate a hay probe for collecting a sample for a forage analysis? Moisture testing and forage analysis can be critical in determining feeding requirements for your livestock. Too much moisture in hay can yield to molding or in the worst case scenario can create a fire. Too little protein and TDN in a forage analysis can lead to a much lower nutrition diet than required for your livestock. Interested in checking your hay? Give the Perquimans Extension Service a call today at 426-5428.



## Where to find local foods???

Partnerships to Improve Community Health (PICH) is an organization dedicated to increasing access to healthy, local foods in Northeastern North Carolina. They have put together a guidebook for where you can find local food in your community. You can find it at this <https://perquimans.ces.ncsu.edu/2020/07/pich-guidebook-to-local-foods/> For more information. contact Nettie Baugher Commercial Horticulture Area Agent Gates, Chowan, Perquimans Counties at [nettie\\_baugher@ncsu.edu](mailto:nettie_baugher@ncsu.edu) (252) 357-1400



## Youth are learning...Herb Gardening

Perquimans County 4-H put together kits that allowed our youth to create their own mason jar herb garden! A short Youtube video was sent to educate youth about what plants need to grow, as well as walk youth through each step for creating their herb garden.

These kits were free for our Perquimans County youth as an effort to stay connected with local 4-H'ers this summer. Be sure to follow the Perquimans County 4-H Facebook page so you do not miss our next kit!

HAPPY SUMMER!

-Mrs. Meredith



## We've given 300 Grow To Eat Kits...

Grow To Eat, the at-home community garden project hosted by the Chowan, Gates & Perquimans County Extension Master Gardeners is continuing this summer despite changes in the delivery as a result of Covid. Three-hundred "grow kits" were assembled by Master Gardener volunteers and distributed to clients through local food pantries. Kits included seeds, supplies, and educational material needed to grow vegetables at home.



## Social Security and Medicare...

Social Security and Medicare are connected... When someone calls our office and asked for help with navigating their wonderful world of Medicare...one of the questions I usually ask is...Do you have your Medicare card? If they say, huh? I don't understand...then I explain...it's the red, white, and blue card. Many times I ask them to contact their local Social Security Office so they can check on their Medicare card.

In March 2020, contacting ANY agency got more complicated than usual because of health concerns over the global pandemic. In-person visits were limited including all social security sites. For some, the answers can be found on the website. BUT not everyone has reliable internet...so the next best thing is to call. I still keep a phone book in my desk drawer with the special pages tabbed, Call me old-fashioned - sometimes it's hard to find numbers even on

the computers. So if you are interested...the number to our local Social Security office is ... (found in the Business Section of the phone directory under Social Security)...**866-572-2819**. For more information about Senior Health Insurance Information Program, contact me, Jewel Winslow, the Perquimans Coordinator at 252-426-5428.

[Read more N.C. Cooperative Extension news »](#)



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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