



NC Cooperative Extension - Perquimans County Center

DID YOU KNOW?

November 2021

The Holidays!

**Eat Smart, Move More...
Maintain, don't gain!**

HOLIDAY Challenge

This holiday season, the only thing that should be “stuffed” is the turkey. Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds. You are invited to join the 15th annual *Eat Smart, Move More, Maintain, don't gain! Holiday Challenge*. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides you with strategies and resources to help *maintain* your weight throughout the holiday season.

Last year, more than **44,670** people from around the world participated. Now it's time for the 2021 Holiday Challenge!

**The 2021 Holiday Challenge:
November 15th – December 31st**

A Spotlight from the NC State Fair!



Hannah Cooper had a year like any other at the fair. Her dedication and hard work throughout the showing season paid off in a big way. Hannah started off the fair by winning Champion Junior Showman, then won Reserve Supreme Breeding Gilt and topped the show season off by winning Grand Champion North Carolina State Fair Junior Market Barrow. In Hannah's words, "Winning the North Carolina State Fair junior market barrow show was a dream come true for me. I have been showing at the N.C. State Fair for 4 years now and I can't wait for it to come around each and every year. What also made this fair so special was winning Junior Showmanship for the 2nd straight. I would like to say thank you to all that helps me and the ones who make this fair possible". Congratulations Hannah!

Farm Day Adventures at Perquimans Central School!



This month the Perquimans Extension Center had the privilege of having Farm Day Adventures for the 2nd Graders at Perquimans Central School. The students learned about the importance of agriculture in Perquimans County. Agents taught students about pumpkins, cotton plants, cotton products, corn, soybeans and ended farm days by each

student receiving a pumpkin to take home. Thank you to AJ Smith & Sons Farms for donating the pumpkins!

Crape Myrtle Bark Scare



Local residents are likely to notice the presence of Crape Myrtle Bark Scale on crape myrtle trees. The small insects (pictured) attach to the bark of trees and, as they feed, excrete a sticky “honeydew” residue. Residents may first notice the problem because of the black “sooty mold” that grows on the honeydew and covers the branches and leaves of infected trees. To find out more about controlling CMBS, visit <https://go.ncsu.edu/cmbscontrol> or contact Katy Shook at 252-482-6585.

4-H EFNEP Teaches Nutrition!



Patty Bowers, Perquimans 4-H EFNEP Associate partnered with Faith Child Development Center. They had 15 afterschool aged youth that made tortilla wraps, popcorn, pudding cups, fruit cups and ate apples and yogurt. They were taught the Camp Cook and Play curriculum. These lessons have a variety of recipes that allows the students to take home and prepare meals. They played food bingo and Simon Says. They had a great time and learned so much! To schedule a 4-H EFNEP Nutrition Class Contact Patty at 252-482-6585.

Grain Marketing Forecast & Crop Budgeting Meeting

GRAIN MARKETING & CROP BUDGETING WEBINAR



CAMDEN • CURRITUCK • CHOWAN • GATES
PASQUOTANK • PERQUIMANS

EVENT INFORMATION

Join us for an updated grain market outlook for the upcoming growing season.

Learn more about crop budgets and how to use the new [Crop Comparison Tool](#) to aid in crop mix decision making.

SPEAKERS

Dr. Nick Piggott
NCSU ARE

&
Derek Washburn
NCSU ARE

REGISTRATION

Click the link below to register:
go.ncsu.edu/crop.markets



DECEMBER 2, 2021

8:30 AM - 10:00 AM

QUESTIONS:

Contact the Camden, Chowan, Currituck, Gates, Pasquotank, or Perquimans Extension Centers

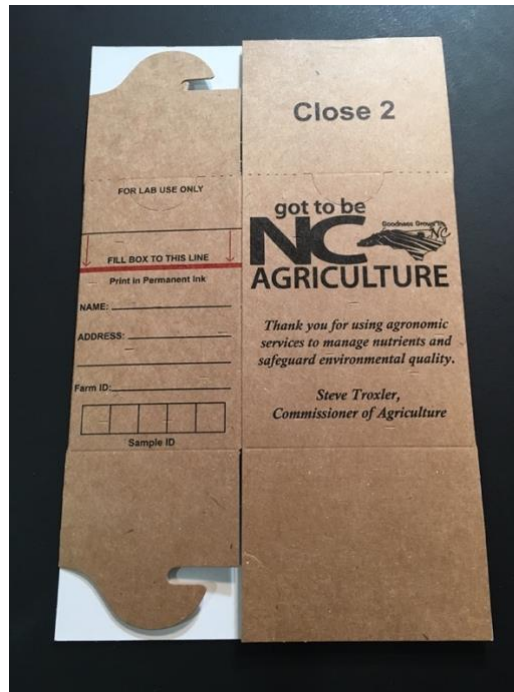
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The Camden, Chowan, Currituck, Gates, Pasquotank, and Perquimans Extension Centers will be offering a meeting on December 2, 2021 via Zoom focusing on the grain market outlook and how to utilize budgets offered by the NC State Agriculture and Resource Economics Department. With rising input costs, the new [Crop Comparison Tool](#) will be highlighted to aid in decision making for growers when determining crop rotation acreage for the upcoming growing season. Contact your local Extension Center to view the meeting in person or for Zoom registration questions.

When: December 2, 2021 – 8:30 AM – 10:00 AM

Registration: go.ncsu.edu/crop.markets

Free Soil Samples until November 30th!



The peak-season soil testing fee of \$4 is set to take effect on December 1st! Collecting soil samples only takes a few minutes and has many benefits. It can save money in the upkeep of your lawn, garden, and landscape. Analysis of nutrients in your soil, and determining what enrichments may be necessary, can result in healthier plants and as a result will protect water quality by preventing unnecessary fertilizer applications. Soil Sample Kits are available weekdays at the Perquimans County Extension Center from 8:00 AM to 5:00 PM. Bring your sample to our office for free shipment to the NCDA Soil Lab.

For more information on Soil Testing: [Soil Testing](#)

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