



NC Cooperative Extension Iredell County Center's May 2020 Edition of the

Iredell-Informed Newsletter



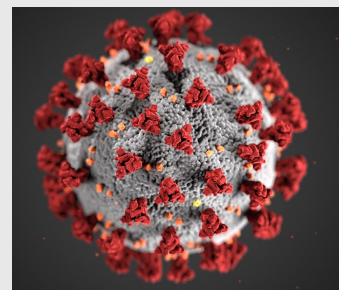
Check out strawberry-related information, activities, and ideas throughout this newsletter!

COVID-19 Update

We hope this newsletter finds you and your family in good health.

Statewide, NC Cooperative Extension is using its resources to inform the citizens of NC with the most accurate information about the COVID-19 Virus, and equip them to stay healthy and safe during this time. Please continue to monitor our

[COVID-19 Resource Page](#), and the associated links. If you have any questions, please reach out.



Know Your Ws!



[Wear a cloth face covering.](#)



[Wait 6 feet apart. Avoid close contact.](#)



[Wash your hands often or use hand sanitizer.](#)

Click on the image above to find about more about "Your W's" and why they will help prevent the spread of germs and keep our community safe.

Crops and Livestock



Pasture Renovation is an ongoing Process--NCSU Beef Cattle Extension Specialist, **Dr. Matt Poore**, wrote an article on the subject. It can be found in the [Hay & Forage Grower Magazine and its website](#).



NCDA is now accepting routine soil samples. If you plan to mail your samples in, please remember there is not a guaranteed "turn around time" for routine soil samples.

For more information visit their [website](#).

Small Ruminant Webinar Series

The Northeast District will be taking up where the 2020 Piedmont Regional Goat & Sheep Series leaves off in providing you information on even more topics. We are moving our scheduled in-person conference to a webinar series as well! The series will take place on Tuesday evenings starting at 6:30 p.m. You can choose to register for one or multiple sessions. This entire webinar series is FREE as well!

Webinar Schedule (Tuesdays at 6:30PM)

May 19: Shearing Your Sheep

May 26: FAMACHA & Parasite Controls

June 2: Breeding Protocols and Breeding Stock Selection

Register online : <https://go.ncsu.edu/smallruminantseries2020>

(Pre-registration requires at least 1 hour prior to each webinar!)



Link to Field Crops Videos and Webinar Recordings:

[Pre-plant Fertility in Soybeans](#)

[Cereal Leaf Beetle in Wheat](#)

[Planting Soybeans Into a Cereal Rye Cover Crop](#)

[Value of Foliar Feeding NC Soybeans](#)

[Early Planted Soybean Webinar Recording](#)

[Making Soybean Replanting Decisions](#)

Livestock Agent, Laura Elmore
is sending out a monthly
newsletter,

"Iredell Livestock News".

If interested in receiving it, you
can sign up by filling out this
[form](#).

Want more Extension

information in video form??

Check out [NC State Extension's
Youtube Channel](#) and Subscribe
today!



IREDELL COUNTY CENTER

Livestock News: May 2020



Dairy

Dairy Youth Activities

VIRTUAL DAIRY JUDGING CONTEST

Round one: JUNE 9th

Teams will place 4 classes with *no* reasons.

Round two: JUNE 11th

The top 10 teams from Round 1 will place 2 classes and give reasons.

Contest is given by 4-H and FFA online this year. *Open to youth seniors only.*

If interested in participating you can
[register here](#).

For more information, please contact
[Nancy Keith](#)

Dairy Webinar

The third installment of the
“[Protecting Your Profits Guest
Speaker Series](#)” is scheduled for
Wednesday, May 27, 2020, at 12pm.
Matt Lange, a business consultant
with Compeer Financial, will join the
webinar and share benchmarking
tools to help dairy farms successfully
manage their finances. This is a FREE
and Virtual Event. To sign up and for
information, check out the article
about the event on [our website](#).

VIRTUAL DAIRY SHOW

Entries due JUNE 15th.

Judging and results ready JUNE 21st.

More Information and [Registration](#) is available, and for questions please contact [Aaron Tompkins](#).

VIRTUAL DAIRY BOWL QUIZ

JUNE 30TH; The youth will need access to smart phones and computer/ laptops. *Youth seniors will only be eligible for this.*

[Registration is available](#). For more information, email [Nancy Keith](#).



 **CENTER FOR Dairy EXCELLENCE**
&
NC STATE
EXTENSION

**Protecting Your Profits:
2020 Guest Speaker Series**
January 22 March 25 May 27

January 22:
Guest: Mike Price (Calford)
Katie Rumpke
Whiting and Associates
[http://www.whitingandassociates.com](#)

March 25:
Guest: Mike Price (Calford)
Katie Rumpke
Whiting and Associates
[http://www.whitingandassociates.com](#)

May 27:
Guest: Mike Price (Calford)
Katie Rumpke
Whiting and Associates
[http://www.whitingandassociates.com](#)

The Pennsylvania Center for Dairy Excellence offers a "Protecting Your Profits" call on the last Wednesday of every month. In cooperation with NC State University Extension, the Center will offer a special series of guest speaker webinars. Registration is not required, and these webinars are open to anyone! Participants may access the webinars via unique webinars (see left menu bar) or via phone (see below).

To Join Via Phone: Dial: 1-800-366-0378
Conference ID: 727-395-0808, Passcode: 0808

Sponsored by:  SOUTHERN
EXTENSION
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Strawberries & Cream Mini-Pint Jars

Mini mason jars are perfect for single-serve pies. The filling can be made up to two days in advance, making these easy for summer entertaining. When ready to serve, top with fresh strawberries and melted chocolate. YUM!

Check out this recipe and more on [The Dairy Alliance's website!](#)



FREE face coverings available for agricultural workers

The Iredell County Center has received a *limited* supply of non-medical, cloth face coverings, through FEMA, for agricultural workers. These masks are a t-shirt type material, good for 15

washes, packed 5 masks per package intended to satisfy CDC recommendations to wear cloth masks in places where social distancing is difficult to maintain. If you would like any of the masks, please contact [Nancy Keith](#) or call 704-873-0507.



Family and Consumer Science

MED instead of MEDS Class Series starting this month!

Eating the Med Way has been proven to protect against chronic illness. In some cases, eating the Med Way may even result in decreasing medication taken for high blood pressure, high cholesterol or diabetes.



The **Med Instead of Meds Class Series** will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med Tips, life hacks, and recipes that will help you eat the Med Way every day. For more information and registration check out the Eventbrite link:

<https://go.ncsu.edu/medformedsamay2020classseries>



Strawberry Quinoa Salad

Recommended by:

FCS Agent [Andrea Sherrill](#)

Serves: 4

Salad Ingredients:

½ cup dry quinoa, rinsed well

2 cups baby spinach leaves

⅓ cup sliced strawberries

2 tablespoons sliced almonds,

North Carolina Harvest of the Month

STEPS TO HEALTH

The North Carolina Harvest of
the Month featured fruit is



Healthy Tips and Ideas using NC Strawberries

[Strawberry Steps to Health Info
\(English\)](#)

[Strawberry Steps to Health Info
\(Spanish\)](#)

toasted

1 handful of fresh basil leaves, sliced
finely

Ingredients for Dressing:

2 tablespoons balsamic vinegar

1 teaspoon Dijon mustard

2 tablespoons olive oil

Salt and fresh ground pepper to
taste

Directions:

Place quinoa in medium saucepan
along with 1¾ cups water. Bring to
boil, then cover and reduce heat to
simmer for 15 minutes or until
cooked. Remove lid and cook until all
water is evaporated. Remove from
heat. Make the dressing by
combining all ingredients in a bowl
or jar. Place the quinoa, spinach,
strawberries, toasted almonds, and
basil in bowl and combine. Add and
toss in dressing just prior to serving.

YUM!

Food Safety for Bulk Purchases

[Pork](#)

[Beef](#)

[Poultry](#)

More information on food safety, check out NCSU's

[COVID-19 Food and Safety Resource Page](#)

Horticulture

The Time is Right for Fresh Strawberries!

By [Matt Lenhardt](#), NC Cooperative Extension Service Iredell County

The long wait is over, it's finally strawberry season in Iredell

County! Iredell County has several strawberry growers, so with a lot of indoor activities cancelled this spring, why not visit a local strawberry grower and pick some up? The weather has cooperated this year so it appears to have been a bumper crop in North Carolina. This is great news for all the hard working farmers that put so much into producing the beautiful and sweet berries.

Strawberries are an annual crop in North Carolina that get planted when

temperatures start getting a little cooler in the late summer/early fall, and get harvested typically mid-April to early June, depending on the weather. According to the North Carolina History Project, “In 2009, North Carolina farmers harvested 1,500 acres – or 19.5 million pounds – of strawberries and produced nearly \$20.5 million dollars in value for the state. These numbers put North Carolina as the third largest producer of the heart-shaped fruit.” Buying local also directly supports family farms and the local economy as a whole, so the next time you feel like some strawberries and ice cream for dessert, think local Iredell strawberry farms!



Support Local Farms

Eat Local Iredell

If you are interested in supporting local farmers, farmer's markets, and restaurants that use local produce, check out our [Eat Local Iredell](#) Guide.



NC Farm App...Coming Soon!

We are excited to announce a NEW opportunity, that is in the works, to connect the Iredell County Community with its local farms! Stay tuned for more information. If you do have questions, please reach out to [Laura Elmore](#).

4-H Youth Development



Iredell County 4-H Summer

Currently, NC is in "Phase One" of the State's Recovery Plan. So there are still some unknowns about what our Summer Program will look like...but please know that we are working to create fun, educational activities that youth can participate in this summer....so please check back. We will keep you posted!! If you have any questions, please reach out to [Kelly Pierce](#).

Statewide 4-H Summer

There are a ton of virtual summer activities in the works for North Carolina 4-H! Keep your ears open for updates, topics, and registration information. Contact [Taylor Jenkins](#) for more information.



Strawberry DNA

Did you know that all animals and plants, including strawberries, contain DNA?!

DNA is the blueprint that tells living things how to grow and look. DNA is extremely small and we usually can't see it with our bare eyes. However, you can extract the DNA from a strawberry using simple household items.

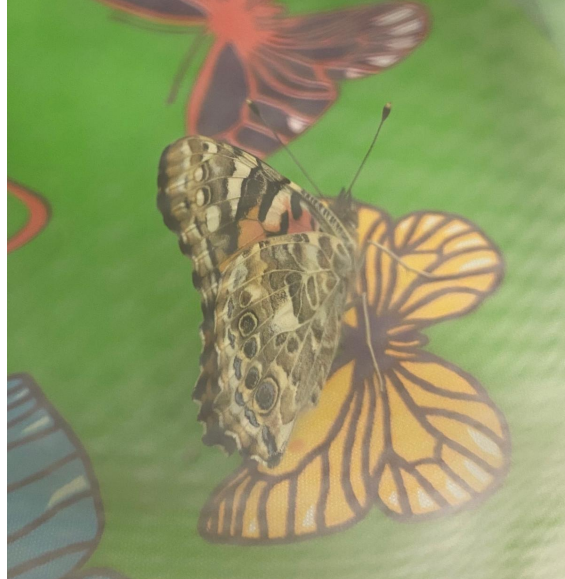
Follow the instructions at go.ncsu.edu/StrawberryDNA to recreate this experiment!



Hatching Butterflies--Online!

For the last few weeks we have been talking about the life cycle of butterflies. We have watched all four stages of the butterfly.

Please check our [Iredell County 4-H Facebook page](#) for more fun activities that are taking place in the office.



Citizenship Focus

Citizenship Focus will be offered online this year, **June 15-17 from 1:00-4:00 PM each day**. Citizenship Focus is focused on advocacy, telling your story, local and state government, and action planning. Each youth will receive a t-shirt and certificate, if they attend all sessions, and complete their final project. Contact [Taylor Jenkins](#) for registration information.

Class of 2020

If you know an Iredell County 4-H'er who is graduating from high school this year, fill out the [Senior Spotlight form](#) for us to create a social media blast congratulating them on their accomplishments!

Iredell County 4-H has its own newsletter, called "The Clover Connection"- if interested in receiving that newsletter you can [sign up here!](#)

**Need to get in touch with Iredell Extension Staff?
--Just click on the person below--**

Agents/Associates

Nancy Keith, County Extension Director: Dairy

Andrea Sherrill: Family&Consumer Science

Jenny Carleo: Area Specialized Agent, Small Grains

Laura Elmore: Livestock and Crops

Matt Lenhardt: Horticulture

Taylor Jenkins: 4-H Youth Development

Kelly Pierce: 4-H Program Associate

Support Staff

Beth Cloninger

Stephanie Watts



Interested in viewing previous editions of "Iredell-Informed?"

Check out our Newsletter Archive page.

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North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two Universities welcome all person without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.