

NC Cooperative Extension Iredell County Center's

June 2020

"Iredell-Informed" Newsletter



June is Dairy Month

Check out information, activities, and ideas throughout this newsletter that highlight the importance of Dairy to our local community and beyond!

COVID-19 Update

Statewide, NC Cooperative Extension is using its resources to inform the citizens of NC with the most accurate information about the COVID-19 Virus, please continue to monitor our [COVID-19 Resource Page](#), and the

associated links . If you have any questions, please reach out.

Our office continues to be opened and staffed, in alignment with the Governor's Phase 2 plan, and have started some small in-person programing for adults. As well as, continued many of our virtual programs for both youth and adults.

We are still encouraging community members to call, especailly if you need to meet with an agent. Appointments with agents should be made ahead of time, if at all possible. We have designated meeting space available for such appointments.

Know Your Ws!



[Wear a cloth face covering.](#)



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



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



Reminder: face masks still available

The Iredell County Center still has cloth face coverings for agricultural workers. These masks are a t-shirt type material, good for 15 washes. The masks are intended to satisfy CDC recommendations to wear cloth masks in places where social distancing is difficult to maintain. If you are in need of masks, please contact [Nancy Keith](#) or call 704-873-0507.

Meet our Summer Intern

I am Zoe Lutz and I am the intern for Iredell County's Extension Office for the summer. I am an upcoming senior at NC State



University studying Animal Science with minors in Nutrition and Agriculture Business Management. I am very excited about working alongside the Iredell Extension Agents and hope to learn more about what they do and how to serve their community.

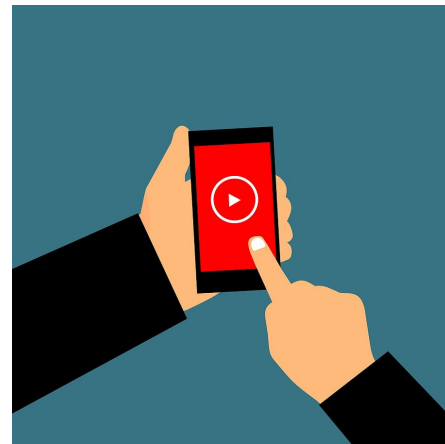
Crops and Livestock



Coronavirus Food Assistance Program:

Farmers may now submit applications for relief payments due to market losses for Crops, Livestock, Wool, and Dairy.

For more information, visit farmers.gov/cfap and call the **Farm Service Agency at (704) 872-5061** to make an appointment.



Check out these helpful Videos and Articles:

Behind planting full-season soybeans? Take a look at this article about [Maturity Group Selections](#).

Don't forget to check out this new video on [Timing Wheat Harvest for Top Quality](#), and take a look at the videos from the [North Carolina Small Grains Whistle Stop Tours](#)

Remember to keep an eye out for more great videos on [NC State Extension's Youtube Channel](#).

Dairy

Celebrate “June is Dairy Month”

By: Nancy Keith, County Extension Director and Dairy Agent

June is National Dairy Month – a time when we thank dairy farmers for the hard work they do. We also take this time to celebrate the fact that we are able to enjoy the wholesome, nutritious milk they produce.

Currently there are 23 dairy farms in Iredell County and 10,500 milking cows. **Iredell County ranks number one for milk production in the state of North Carolina.** In 2019, Iredell County dairy farmers produced approximately **236,000,000 pounds or 27,312,138 gallons of milk.** According to the USDA, National Agricultural Statistics Service “Agricultural Prices 2020”, the farmer’s share of a gallon of milk which retails for \$3.49 is \$1.63. Farmers receive only 14.6 cents of every food dollar that consumers spend on food both home and away from home. According to the USDA, more than 80 cents of every food dollar is for marketing, processing, distributing and retailing.

Dairy farming is a family tradition, one that has been a business and way of life for many generations. **One hundred percent of local dairy farms are family owned and operated.** Dairy farmers follow strict guidelines from Food and Drug Administration and process all dairy foods in a safe environment.

It is very obvious from these statistics that dairy farmers work hard for their returns and it has been more difficult financially over the past five years than it has ever been, Dairy farming is a 24 hour a day, 7 days a week, 365 days a year occupation working to produce the most wholesome product we enjoy. Dairy farmers have to be nutritionists, veterinarians, mechanics, agronomists and businessmen to accomplish the tasks required day to day on the dairy farm.

Milk offers more nutrients per penny (25 cents per 8 ounce glass) than any other beverage option in the supermarket. Milk provides nine essential nutrients in an 8 ounce glass; Phosphorus, Vitamin B12, Potassium, Riboflavin, Vitamin A, Vitamin D, Calcium, Protein and Niacin. Cow’s milk offers a superior nutrient package over alternative beverages such as soy, almond, rice or coconut. Fat-free cow’s milk contains 15 fewer calories per glass, 70 percent more potassium and almost twice as much protein as many calcium-fortified soy beverages.

Please be sure to get your three servings of dairy products a day and raise a glass to salute a thank dairy farmers for all they do each and every day so that we can enjoy those delicious dairy products.



NC Farms App

Get connected to Iredell County's Local Farmers!
Download the App today!
(click on the image for more info)

If you would like your farm to be included on the Visit NC Farms App contact [Laura Elmore](#) or [Beth Cloninger](#) for more information.

Waste Analysis Waiver Expiring

Waiver for the requirement Animal Operations to do waste analysis expires on Monday, June 1. This waiver was issued to address concerns surrounding the collection and transport of waste samples and the lack of capacity to perform waste analysis due to COVID-19.

Memo on the stay order regarding Animal General Permit conditions!

On May 8, 2020, a North Carolina Administrative Law Judge issued an order that stays the enforcement of the following three requirements in the General Permits for Swine, Cattle, and Wet Waste Poultry operations:
1.PLAT analysis:

What this means is:
Any waste application performed June 1 or after is subject to the requirement to have a valid waste sample within 60 days as required by law (G.S. 143-215.10C). This does **NOT** mean everyone needs to get a sample in June 1 (don't want to overload the labs on the first day). Waste applications made during the waiver period would need to follow the guidance of the waiver to document the proper waste PAN values.

Condition I.9 (AWG100000 – Swine)

Condition I.8 (AWG200000 – Cattle)

Condition I.8 (AWG300000 – Wet Poultry)

The stay does not affect any requirement to conduct the Standard Soil Fertility analysis at least every three years, including the assessment of the P-index.

1.Groundwater monitoring requirement for facilities with lagoons or waste structures in the 100-year floodplain:

Condition III.11 (AWG100000 – Swine)

(AWG200000 – Cattle) (AWG300000–Wet Poultry)

Conditions III.12, III.13 and III.14 describe how groundwater monitoring will be carried out. These conditions are stayed for facilities that were required to conduct monitoring under Condition III.11.

1.Annual reporting requirements:

Condition III.18 (AWG100000 – Swine)

(AWG200000 – Cattle) (AWG300000–Wet Poultry)

The Administrative Law Judge's stay order will remain in effect while the litigation is ongoing. The Division will communicate to you any further developments regarding the enforce-ability of these conditions. The stay does not apply to any other provisions of the 2019 General Permits.

Family and Consumer Science



Looking for ways to

If you plan on doing some summer Canning, make sure you get your canner lid tested.

Schedule an appointment with [Andrea Sherrill](#) (704)878-3157, to make sure that your canner lid is ready to go for

give back while you may be at home and have a little more time?

1. Donate to Nonprofits
2. Donate or Volunteer with Food Banks and Pantries—to help them stock up or volunteer at a food bank that needs help packing and sorting food using safe practices.
3. Deliver Meals and Groceries to Seniors in need—help out someone you know or contact Meals on Wheels.
4. Help a School—check with area schools to see if they need volunteers to distribute food (or other items) to children and families in need.
5. Give blood.
6. Stay in Touch—check on your neighbors, friends, and family— especially those who are older or may be alone. A phone call, text, or a conversation through the door could brighten their day.
7. Serve in Your Community—NC ECA has a face covering project. If you would like to make some for you, your family and others in the community, check out the [CDC's guide](#). Often it is said, “the little bit I could do wouldn’t make a difference” or “there is so much that needs to be done, I don’t know where to begin”—find an area where you can contribute—even if it is just a small amount.

Everyone doing a little can equal a lot. You will make a difference not just in someone else’s life, but in yours too.

For more information about volunteer opportunities associated with Extension, contact [Andrea Sherrill](#), FCS Agent for Iredell County

the season.



Easy Yogurt Veggie Dip

Makes: 3 cups

Prep Time: 5 minutes

Nutrition Highlights: The spinach in this dip contains A, C and K, plus potassium and fiber, and the lowfat yogurt helps cut calories.

Ingredients:

2 cups low-fat plain yogurt (plain Greek yogurt can be used to increase protein)
10 ounces frozen chopped spinach, thawed and drained
1/3 cup onion, minced
1/2 cup Parmesan cheese
1/2 cup red or green pepper, diced
1 envelope (about 1 ounce) vegetable soup mix
assorted raw vegetables for dipping

Directions:

1. In a medium bowl, combine all of the ingredients except

raw veggies.

2. Cover and refrigerate until ready to serve.

Serve as a dip.

Tips & Notes

In most dips and dressings, plain yogurt can be substituted for sour cream or mayonnaise. This results in added nutrition and less fat, calories and cholesterol. If you need to make this recipe gluten free, check the ingredients in the vegetable soup mix



Count On Me! Campaign

The Count On Me NC program is focused on providing the necessary knowledge and information needed to manage COVID-19 within businesses as restrictions are relaxed. As part of the voluntary program there are free, online courses that provide a consistent approach based on state and national guidelines. The program is also partnered with a marketing campaign and customer expectations, with the intent to create shared responsibility for preventing the spread of COVID-19.

If you are a consumer, check out the Guest Pledge and steps you can take to help keep others safe while dining out, shopping, and visiting hospitality and tourism attractions. If you are looking

Have you filled out the 2020 Census?

There is still time to fill out this important form. The results are used to determine how much funding local communities receive for key public services and how many seats each state gets in Congress. State and local officials also use census counts to draw boundaries for congressional, state legislative, and school districts.

Check out the [2020 Census PSA Video](#) for more information and to fill out the census form on-line, visit the [US Census Website](#).

United States
Census
2020

for businesses in your area who have been trained with the program, check out this interactive map.

Read more
at: <https://countonmenc.org/>

Horticulture

Should Be a Great Year for Blueberries in Iredell County!

By Matt Lenhardt, NC Cooperative Extension Service Iredell County

The long wait is over, it's finally blueberry season in Iredell County! Iredell County has several blueberry you-pick growers, so why not support local agriculture and visit a local grower and pick some up? Several of these growers can also be found at our local farmers markets. Blueberries are a perennial bush that thrive in low soil pH (4.8 is optimal for Rabbiteye blueberries which generally do the best in our area). They also need well drained soils, but have shallow roots so can dry out if not irrigated in dry weather. In the Coastal Plain and Piedmont 'Climax', 'Premier', 'Tifblue', 'Powderblue', and 'Centurion' grow well and are popular varieties with growers. Overall the weather has been good for blueberries, and farmers anticipate to have a good crop in North Carolina this year. This is great news for all the hard working growers that put so much into producing the beautiful and sweet berries.

Blueberries in the Piedmont start getting harvested typically early June, depending on the weather. Buying local directly supports farms and the local economy as a whole, so the next time you feel like some fresh blueberries for a smoothie, a salad, or blueberry pie, think local Iredell blueberries!

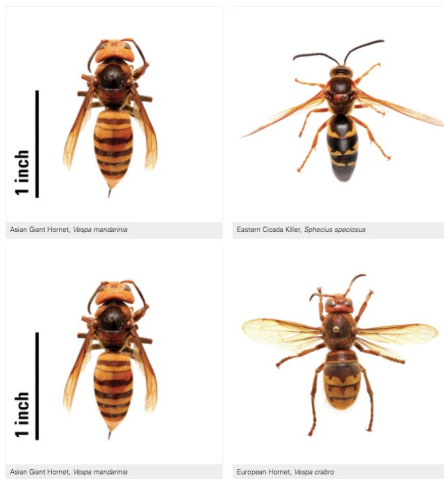


Blueberry-Buttermilk Muffins

The buttermilk and greek yogurt make these muffins super moist and the extra fiber from the flax meal helps fill you up. They're so delicious, kids won't know they are eating something healthy. They'll be gone before they have time to cool!

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

Asian Murder Hornet: Side-By-Side Comparison



NC State Extension's Entomology department has an [article](#) on the Asian Murder Hornet, with great side-by-side comparisons. Check it out!

4-H Youth Development

Summer Fun



We will be hosting our 1st ever virtual Super Summer Fun. Our plan is to offer activities for youth to follow along with once per week. We will send all activities through email and they will be posted on the Iredell County 4-H Facebook page. We will publish an announcement of the activity we will do and the materials needed to follow along, then we will post a video of the activity for youth to follow. If you are interested in joining our email list please contact [Kelly Pierce](#). Our first classes will consist of Cooking, Dairy, Livestock, and Horticulture.

Want to get out on a dairy farm, but stuck at home?

Check out this [Virtual Dairy Farm Tour](#) through American Dairy Association!



STEM Experiment:

Color Changing Milk

All you need is Whole Milk,
Food Coloring, Dish Soap,
and Q-tips/Cotton Swabs!

Click on the photo about for
full directions on this Milky
Experiment!



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 out Newsletter Archive page.



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