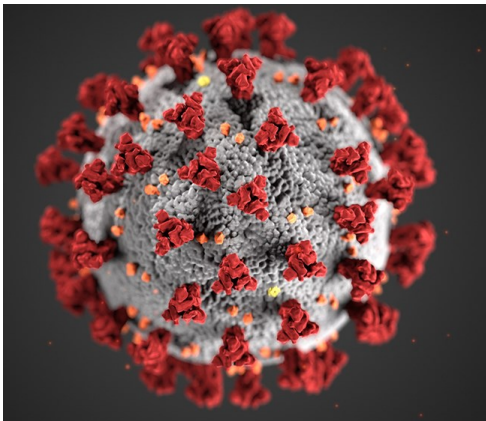




## "Iredell: Informed Newsletter" August 2020 Edition

### COVID-19 Update

**Your Extension Office is  
still here to help you!**



COVID-19 is still present in our community, but so are we!! Reach out and let us know if you need help. We are still helping to assist county residents who have seasonal questions about gardening and lawn care, food safety, canning summer produce, farm relief programs, virtual youth programs, and much more...so reach out and connect!

We can be reached Monday-Friday from 8am to 5pm at 704-873-0507 or reach out directly to county agents, via our [staff listing](#).

**Reminder: Wear a Mask**

Please remember that all county offices are still operating under a mask mandate. So be sure to have a mask handy before visiting county office buildings, and if you forget, county offices have some to give out, as needed.



## County and State Fairs Cancelled



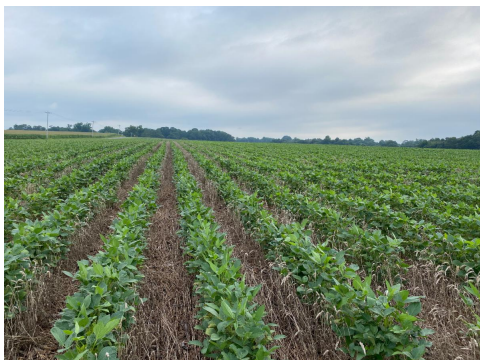
Back in July it was announced that the Iredell County Agricultural Fair would be cancelled for this year. Recently, the NC Agricultural Commissioner Steve Troxler did the same, in announcing the cancellation of the NC State Fair. Both cancellations were in response to the COVID-19 pandemic.

## Crops and Livestock



### Coronavirus Food Assistance Program (CFAP)

Attention Farmers: If you have not yet applied, the Coronavirus Food Assistance Program (CFAP) deadline is fast approaching! All applications are due **August 28** and must be submitted through the [Farm Service Agency](#).



Soybean fields are growing strong across Iredell County.



Shout out to our own [Area Specialized Agent, Jenny Carleo](#)! She was featured in many Extension/Ag news



[Crop Agent Laura Elmore](#) and local grower, Trent Cloaninger, are collaborating on a local Soybean Field Trial, right here in Iredell. [Check out the full article and video!](#)

outlets recently for her collaborations across the state, highlighting local ag efforts through informative videos.

[Read one of those articles from Morning Ag Clips.](#) We are so glad she is part of our Extension Staff!



Sugarcane aphids can damage our sorghum crop and our profits. If you would like to learn more about treatment and prevention-- [check out the full article and video.](#)



Be sure to keep a check on [NCSU Extension Field Crops Virtual Events Library](#)-- New videos added regularly.

## Dairy

### 4,000 gallons of milk given out during morning giveaway!!

Borden Milk, The Dairy Alliance, NC Cooperative Extension, and Horizon Church came together to give away thousands of gallons of milk to residents for free! Check out [Statesville Record and Landmarks' coverage.](#)



### Grant Opportunity for NC Farmers

NC AgVentures is an Extension program that provides grants to North Carolina independent family farms for new and innovative agricultural project ideas which



will increase farm profits. This is a great opportunity for any producer who is thinking of diversifying, improving, or expanding their operation. Accepting online applications October 2020.

For more information about this opportunity, visit [NCSU's NC AgVentures website](#).

## NC Farm App

Get connected to Iredell County's Local Farmers! Download the App today. If you would like your farm to be included on the "Visit NC Farms App" contact [Laura Elmore](#) or [Beth Cloninger](#) for more information.



## Family-Consumer Science

### Stress Eating? Learn to combat it!

#### 10 Food For Reduce Stress



**Green Tea**  
It has anti-oxidants  
Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



**Banana**  
Potassium & minerals  
Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



**Spinach, Broccoli**  
Magnesium & minerals  
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sectetu radip isicin gelit seddoe



**Salmon**  
Choline & Vitamin B  
Lorem ipsum dolor sit a metcon  
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**Blue berries**  
It has anti-oxidants  
Lorem ipsum dolor sit a metcon  
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**Almonds & nuts**  
Magnesium & Vitamins  
Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



**Chocolate**  
It has Magnesium  
Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



**Orange**  
Anti-oxidants & Vit C  
Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



**Milk & yogurt**  
Calcium & proteins  
Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe



**Avocados**  
Proteins & Vitamins  
Lorem ipsum dolor sit a metcon  
sectetu radip isicin gelit seddoe

Been stressed lately?



I have as I am sure most of us can attest to over these last few months! When dealing with stress some people cry, some people completely shut down, and some people work harder than they normally do. While these are pretty common side effects of stress, one coping method that has become a very popular topic is stress eating. This is the desire to eat foods that we somehow think will make us feel “better.” The biggest problem with this is the typical foods one tends to gravitate towards: namely, chips, cookies, and candy. We somehow think and hope that the food will make our stress magically disappear. I don’t know about you, but when I choose these types of foods I may temporarily feel some relief but ultimately feel even worse afterwards. --Andrea Sherrill, FCS Agent

Even though stress eating is becoming a common way to handle stress, that does not mean that people need to binge eat junk food. Through this infographic you can see 10 foods that have been proven to help to lower stress levels. For more information on healthy eating practices, reach out to [Andrea Sherrill](#), Family and Consumer Science Agent.

# Stressed? Need to talk?

Call 24/7

**Fear and anxiety about COVID-19 can be overwhelming for adults, youth and children. Everyone has different stress responses that may include:**

- Feeling alone
- Irritable or feeling out of sorts
- Head, stomach or body aches
- Changes in sleep or eating patterns
- Difficulty concentrating, forgetful
- Fear for your own health
- Worried about the health of your family or friends
- Increased use of alcohol, tobacco or other drugs
- Feeling stuck, no time for self-care
- Looking for ideas to stay calm and healthy

**HOPE  4 NC HELPLINE  
1-855-587-3463**

*Find hope.  
Find help.*





## Have you completed your 2020 Census?

If you have not completed the 2020 Census for your household, it is not too late, and you can complete it right [here](#)!! Recently, the collection of Census data has been extended until September 30th.

## Horticulture

### Unsolicited seeds arriving in the mail

The N.C. Department of Agriculture and Consumer Services released a statement on Monday, July 27, 2020, concerning unsolicited foreign seeds that have been arriving in mailboxes across the state. NC residents are warned NOT to plant the seeds because they could be a pathway for introduction of invasive species, insects, and plant diseases. [Please see NCDA&CS press release for contact information.](#)



Numerous people in Iredell have received these packages, so be on the look out! Follow the instructing on the press release, if you receive seeds.

### Ode to the Mighty Leland

**By: Joanne Schwind, Iredell Extension Master Gardener Volunteer**

If you are reading this missive, I will assume you have loved a tree or two. Maybe even many of them. I must confess, I have been known to have hugged one or two on occasion. Currently, loves of my life are five Leyland Cypress *Cupressus* × *leylandii*, trees who beat all the odds and are maturing in my backyard. I love them! They provide beautiful, excellent shade, housing for the birds and the feeling of a small but mighty oasis right outside my backdoor.

These evergreen beauties grow in a pyramidal shape that flares at the base and tapers as the tree gains height. Part of their enduring nature and desirability is that they can grow 3 to 4 feet per year when young. A mature tree can be 60 to 70 feet tall and 14 to 18 feet wide! If you want an almost instant privacy boarder or wind



shield the Leyland Cypress could be the answer to your prayers. But first, a recommendation that is often overlooked in the landscape - they need space and lots of it! According to NC State Extension Service, Leyland Cypress should be planted a minimum of 10 to 15 feet apart, which is a lot of real estate, especially in a zero-lot line residential community. So, since it seems that no one shared that tidbit of information with the builders of my house all those years ago. I have five failing Leylands that I pray over, trim and yes, even hug from time to time. All this togetherness for them has caused too much shading that leads to not enough air flow and root rot. Usher in: needle blight (a fungal pathogen which cause needles on the branches to brown and drop, per the North Carolina Extension Gardner Handbook) and canker (a fungus not treatable with fungicides that causes sunken lesions on stems and branches, with surrounding bark that can show a dark brown or purplish discoloration). And, if all these conditions are not enough to make you cringe and create great angst, try controlling bag worms.

To say my trees are at the end stage of life is accurate and painful. But I have vowed to love them to the end, pay the expected and ghastly cost of removal, and honor them with some suggestions from North Carolina Cooperative Extension and consider planting another tree in their memory - properly composted, spaced, trimmed and fertilized, of course!

All Photos Courtesy of Joanne Schwind



Blight



Infected Leyland Cypress



## Demonstration/ Educational Garden

Come check out the Iredell County Center's Extension Demonstration/Educational Garden and learn more about the Iredell Extension Master Gardener Volunteer Program in this [new video](#)!

If you are interested in visiting the Demonstration/Educational Garden in person, it located

## Local Farmer Spotlight



**Farm Name and Operator:**  
Olin Turf Farm, Todd Williams  
**What is the history of your**

behind the [Iredell County Ag Building](#), and is open to the public for self-tours. However, on Mondays and Thursdays from 9-11am, you may find Iredell Extension Master Gardener Volunteers in the garden, available to answer some of your gardening questions. This will continue through to the beginning of fall. So come on out to the garden!



**operation?**

Olin Turf farm is a family owned business established in 1998.

**What crops do you grow?**

We sell fine quality tall fescue turf grass

**What do you enjoy most about farming?**

Getting to know our customers.

**How do you sell your product/produce?**

We sell turf grass to businesses and homeowners.

The farm is located at Waggy Tail Ln. Olin NC 28660 - opens at 7:30 am.

**Contact Information:**

Customers can reach Todd Williams at 704-876-1091

## 4-H Youth Development



### NC 4-H State Presentation Finals Results

#### HANNAH LOFTIN - GOLD

Livestock & Dairy Production, 14-18

"How to Clip a Dairy Heifer So She Is Ready for Those Colored Shavings"

#### GRANT HALL - GOLD

Forestry & Wildlife, 11-13

"Turkey Calls"



### 4-H State Presentation Winners

Congratulations to Hannah Loftin and Grant Hall for their Gold medal presentations in the NC 4-H State Presentation Finals!

Hannah competed in the 14-18 Livestock & Dairy Production category and presented on "Clipping A Dairy Heifer So She Is Ready for Those Colored Shavings."

Grant Hall presented on "Turkey Calls" in the 11-13 Forestry & Wildlife category.

### Hannah Loftin Inducted into 4-H Honor Club

Hannah Loftin, 16, daughter of Neal and Tonya Loftin of Troutman, was inducted into the 4-H Honor Club, one of the highest honors a 4-H'er can achieve. New Honor Club members were tapped during a candlelight ceremony Monday night, July 20.

Membership in the Honor Club is based on service to the 4-H program, leadership, moral standards, 4-H activities and project achievement. Less than one-half of 1 percent of North Carolina 4-H'ers are selected for membership each year. Members must be at least 16 years old and have a minimum of three years 4-H experience.

Loftin is a member of the Troubleshooters 4-H Club. She has been active in the 4-H program for 10 years.





# VIRTUAL LEARNING TIPS



## Virtual School Tips for Parents & Students

Back-to-school season is right around the corner and it's going to look a little different this year. As of right now, Iredell-Statesville Schools will be operating under Plan B, a combination of in-person and virtual learning, and Mooresville Graded Schools will open under Plan C, all remote learning. We understand that this is going to be a big adjustment for parents and students alike. Here are some tips to help your child learn at home:

- 1) **Create a learning station.** A quiet, clutter-free area is the best way to help your child focus. This can be an area as simple as the kitchen table—put away the salt and pepper shakers when it's time to do school work, then put away the school materials when it's time to eat.
- 2) **Make a schedule... and stick to it!** People, especially kids, are creatures of habit. Without a set time to do school work, it probably won't get done. Block a time that works for your child's schedule. Are they most alert and productive in the morning? Make that school time. Make sure to allow time for brain breaks.
- 3) **Reduce distractions.** If your child is doing schoolwork in the same room as their Xbox or phone, they are probably facing some distractions from their work. Be sure their learning station is distraction-free and work to minimize other distractions. Consider turning off the WiFi after downloading an assignment to reduce the urge to go to other sites on the internet. Put the dog in another room if it is taking attention away from school.
- 4) **Don't let them treat virtual learning as a vacation.** Being home all the time can make it feel like they are on extended summer break. Create rhythms and routines that are similar to the ones your family would have if your children were going back to school in-person. Stick to those bedtimes, homework times, and playtimes. Children, especially

young children, thrive on routine—create it!

5) **Remember the importance of having fun!** Make sure your children have time to play outside, do things they enjoy, and connect with friends. Consider playing a game as a family or taking an after-supper walk. There are many simple and easy ways to stimulate your child's mind and create opportunities for mental development that is so important in this time of adjustment... and lots of those involve playing and having fun!

## **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  
the "Iredell-Informed" Newsletter?  
[Check out the Newsletter Archive webpage.](#)**

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