



# "Iredell Informed" Newsletter

You do not have to look far to know and *feel* that it is SUMMER TIME!  
We wanted to highlight the importance of Summer Safety throughout this newsletter. So take note and stay safe!



## COVID-19 Update

[Continue to check our COVID-19 Resource Page](#)

**Slow the spread. Wear a  
cloth face covering.**

Growing evidence shows that cloth face coverings or masks, when worn consistently, can decrease the spread



**WEAR**  
a cloth covering  
over your nose  
and mouth.

of COVID-19, especially among people who are not yet showing symptoms of the virus. Wearing a cloth face covering in public settings is a simple but powerful action to slow the spread of this virus. Under [Executive Order 147](#), North Carolinians must wear cloth coverings over their nose and mouth when in public places where physical distancing is not possible.

## Reminder: Face Masks Still Available

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 recommendation, and NC Executive Order, 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.



## News Release on Iredell County's Mask Proclamation

Read the press release in its entirety on the [County's Website](#):

**"Beginning at midnight on July 5,2020....**

**All visitors to County-operated facilities, unless otherwise excluded or an exception applies, must wear a face covering indoors and outdoors, if a six-foot distance cannot be maintained. The County will provide at no charge, one mask for personal use by visitors and members of the public seeking services who do not have a mask. No one will be denied services where unable to wear a face covering as a result of one or more of the exceptions; County employees will take measures to make reasonable accommodations in such instances." "....face coverings will be required by employees of Iredell County who are interacting with the public indoors, and outdoors if unable to maintain a distancing of six-feet. "**

## 2020 Iredell County Agricultural Fair- Cancelled

With the full support of commissioners, Kiwanis, the County Manager's office and the Iredell County Extension Office, the **decision was made to cancel the 2020 Iredell County Agricultural Fair.**



The deciding reason for cancelling the fair is the ongoing COVID-19 situation and the restrictions that have been imposed to keep citizens and patrons safe. The committee took into consideration the current data and latest opinions from state and local government officials including medical experts and health agencies.

We understand that the fair is a great showcase for Iredell County Agriculture, as well as a successful means for the local Kiwanis Club to support a variety of local non-profits. However, the health and safety of our community is most important. Together, let us look forward towards the 2021 Iredell County Agricultural Fair.

## 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](http://farmers.gov/cfap) and call the Farm Service Agency at (704) 872-5061 to make an appointment.



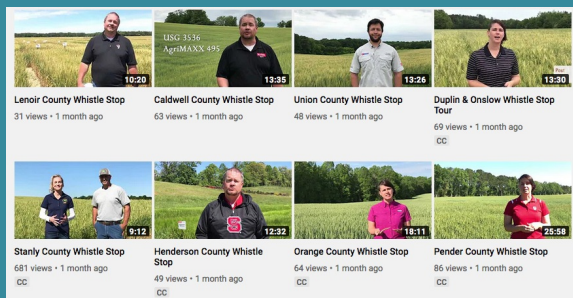
**Webinar RECORDING:  
Mid-Season Soybean  
Management now  
available.**

### What Stage Are My Soybeans In? R1-R3

Check out this new video from Area Specialized Agent, Jenny Carleo.

**Found on the NC Extension:  
Soybean Website**

## North Carolina Small Grains Whistle Stop Tours



Crop Agents from across the state are adding their local videos to the Small Grains Extension Youtube Channel. So far Lenoir, Caldwell, Union, Duplin, Onslow, Stanly, Henderson, Orange,

Pender, and Surry all have videos up and ready! Make sure to check them all out.

## Dairy



### Horizontal Silo Safety

The University of Pennsylvania has a thorough article

addressing safety hazards and precautions for horizontal silos, particularly bunker silos. Be sure to check it out and stay safe this summer!



### Tips for Harvesting and Storing High Quality Corn Silage

Corn silage forms the backbone of many winter and year-round feeding programs for dairy cows and heifers. With today's dairy economic situation of tight to non-existent profit margins, corn silage is an excellent source of energy that can reduce the costs of providing energy (starches) in the dairy cow's diet while also serving as a digestible fiber source. Paying attention to a few details while harvesting and storing corn silage can help ensure that a high quality feed is preserved.

**[Read the rest of this article HERE](#)**



### Checking in with our Summer Intern Zoe:

Zoe has been actively working on all kinds of projects alongside our agent, including: working on crop test plots, creating videos for 4-H's Virtual Super Summer, visiting local dairy farms, helping to highlight local food initiatives, and much more!

**Be sure to check out her skills on a combine! Click on this [youtube link](#) to watch her in**

### The Iredell County 4-H Senior Team placed 1st in the 2020 NC Dairy Judging Contest

The team was composed of Laurel Gray, Hannah Loftin, Macy



**action:**

[https://www.youtube.com/watch?v=lb7ZQ\\_A3aFk](https://www.youtube.com/watch?v=lb7ZQ_A3aFk)



Chapman, and Alleigh Johnson. Laurel Gray placed 4th individually and Hannah Loftin, 6th. Iredell County was also represented by senior 4-H'ers Cheyenne Childers and Abby Mullins, competing as individuals. In the junior 4-H division, Cooper Grebe brought home 3rd place individually and Blake Kincaid was 8th. Youth competing in the dairy judging contest place classes of dairy cattle and defend their placings with oral reasons. For more information on dairy youth events, contact **Nancy Keith**, Extension Director in Iredell County.

## Family and Consumer Science

### Upcoming Food Safety Manager Training

This class covers contamination, hygiene, time and temperature control, food-borne illness, allergens, and cleaning and sanitizing.

The registration fee of \$125 covers the 7th edition textbook, test answer sheet, and handouts.

Visit the **Eventbrite Page** for registration and more information



**This is a two-day training:  
August 3 & 17.  
Exam given on the 17th.**

Using Recipes with **Food Safety Instructions** included improves **Food Safety Success**.

If consumers use recipes that contain food safety instructions written into the text, they are more likely to adhere to safe food handling practices in their home kitchens. Here's a recipe for you to test this proven theory:



## GRILLED BASIL CHICKEN

### INGREDIENTS

#### SERVES 4

¾ cup balsamic vinegar

¼ cup tightly packed fresh basil leaves, gently rub produce under cold running water.

2 tbsp olive oil

1 garlic clove, minced

½ tsp salt

4 plum tomatoes, scrubbed with clean vegetable brush under running water.

4 boneless skinless chicken breast halves (4 ounces each)

### DIRECTIONS

Wash hands with soap and water.

After washing basil and tomatoes, blot them dry with clean paper towel.

Using a clean cutting board, cut tomatoes into quarters.

For marinade, place first six ingredients in a blender. Cover and process until well blended.

Place chicken breasts in a shallow dish; do not rinse raw poultry. Cover with marinade. Cover dish. Refrigerate about 1 hour, turning occasionally. Wash dish after touching raw poultry.

Wash hands with soap and water after handling uncooked chicken.

Place chicken on an oiled grill rack over medium heat. Do not reuse marinades used on raw foods. Grill chicken 4-6 minutes per side. Cook until internal temperature reaches 165 °F as measured with a food thermometer.

## Temperature Check--- for your food!

**Foodsafety.gov**  
Your Gateway to Federal Food Safety Information

**Safe Minimum Cooking Temperatures Charts**

Food	Type	Internal Temperature (°F)
Ground meat and meat mixtures	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops <b>Rest time: 3 minutes</b>	145
Poultry	All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165
Pork and ham	Fresh pork, including fresh ham <b>Rest time: 3 minutes</b>	145
	Precooked ham (to reheat) <b>Note:</b> Reheat cooked hams packaged in USDA-inspected plants to 140°F	165
Eggs and egg dishes	Eggs	Cook until yolk and white are firm
	Egg dishes (such as frittata, quiche)	160
Leftovers and casseroles	Leftovers and casseroles	165
Seafood	Fish with fins	145 or cook until flesh is opaque and separates easily with a fork
	Shrimp, lobster, crab, and scallops	Cook until flesh is pearly or white, and opaque
	Clams, oysters, mussels	Cook until shells open during cooking



## Planning on doing some grilling during these warm summer days?

Make sure you do not have any "unwanted guest" by following these **food safety guidelines for grilling** from the US Department of Agriculture.

Not sure how long to grill (or

## Horticulture

### Summer Gardening Safety Tips

**By: Janith Huffman, Iredell Extension Master Gardener Volunteer**

Anyone working outdoors including gardeners should avoid working during the hottest part of the day if possible (Hottest part of the day tends to be around 3pm in the summer). Garden early in the morning or in the evening. Make sure you are hydrated before you begin and remember to continue to drink while working. Take breaks often.

Wear loose clothing that protects from the sun. Clothing and hats are now available that are rated for their level of sun protection with UPF labelling. Specialist says, 'Ultraviolet Protection Factor (**UPF**) indicates how much UV radiation (both UVB and UVA) a fabric allows to reach your skin.' For example, a **UPF 50** fabric blocks 98 percent of the sun's rays and allows two percent (1/50th) to penetrate, thus reducing your exposure risk significantly. Remember to wear sunscreen. The American College of Dermatology recommends using a sunscreen with an SPF (Sun Protective Factor) of at least 30, which blocks 97 percent of the sun's UVB rays. Higher-number SPFs block slightly more of the sun's UVB rays, but no sunscreen can block 100 percent of the sun's UVB rays.

It is important to remember that high-number SPFs last the same amount of time as low-number SPFs. A high-number SPF does not allow you to spend additional time outdoors without reapplication. Sunscreens should be reapplied approximately every two hours when outdoors, even on cloudy days, and after swimming or sweating, according to the directions on the bottle.

Last, but not least wear sunglasses to protect your eyes from UV rays and accidents. Plus, watch the weather for the heat index alerts.

**Garden safely!**

**Local Farmer Spotlight:**  
**P & C Berries & Greenhouse**





### **What is the history of your operation?**

The farm was purchased on Jan 10, 2020. We are new at this task but took to it easily with the help of the former owners, the Iredell County Extension Horticulture Agent, and our friends at Prevette Family Farms (blueberry growers in nearby Olin). Our farm consists of a 600 bush blueberry field, an aquaponics greenhouse, and cut flowers. The farm's blueberry fields have been one of the main areas of attention since the purchase. The near four acres of berries require a considerable amount of time preparing them for the upcoming berry season. There are five types of blueberries in the field that allow for cross pollination. The aquaponic greenhouse barn has eight tilapia tanks - each is 275 gallons with about 300 fish total. The primary produce is Muir Summer Crisp lettuce along with some other vegetables. Several restaurants in Statesville use our lettuce as it stays fresh and retains flavor longer.

### **What is your mission?**

"To provide high quality large and tasteful blueberries using organic growing methods." **What is unique about your farm?**

All fruit and produce is grown using organic methods.

### **What crops do you grow?**

Blueberries, Summer Crisp lettuce, cucumbers, kale, tomatoes and others.

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

Producing a high quality of fruit and produce to be proud of.

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

Blueberries are sold at the farmers market in Statesville, client stores, and by the "U-pick" system of community purchasers. The U-pick program is open on Fridays and Saturdays and runs during July and August. The farm is located at 115 Dobson Farm Road in Statesville, NC and is open 9:00 am through 5:00 pm. P & C Berris & Greenhouse has booth # 29 this year at the Rotary Farmers Market in Statesville. The Rotary Farmers Market is open on Wednesdays and Saturdays from 7am to noon.

**Contact Information:**



Customers can reach Paul at (704) 572-1334 or Cindy at (704) 614-9207

Follow [PCBerries on Facebook](#)

Their email is [PCBerries.greenhouse@gmail.com](mailto:PCBerries.greenhouse@gmail.com)

## 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.



## 4-H Youth Development

### District Activity Day Results

Congratulations to all of our 4-H'ers who competed in the virtual District Activity Day contest!

**Gold - Hannah Loftin**, 14-18 Livestock & Dairy Production, "How to Clip Your Heifer So She Is Ready for Those Colored Shavings"

**Gold - Naomi McMeans**, 8-10 Open Class, "Finding Solutions to Things That Come Up"

**Gold - Grant Hall**, 11-13 Forestry & Wild Life, "Turkey Calls"

**Bronze - Ruth McMeans**, 14-18 Foods & Nutrition, "Eating Healthy"

**Bronze - Cooper Grebe**, 8-10 Livestock & Dairy Production, "How to Wash a Cow"



### Virtual 4-H Super Summer

Keep an eye on our Facebook page ([www.facebook.com/Iredell4H](https://www.facebook.com/Iredell4H)) for virtual summer activities for your youth! These are great opportunities to keep your youth engaged all summer with fun and easy at-home activities.

So far activities such as Fireworks in a Jar, How To: Strawberry Jam, and Homemade Ice Cream 101 have been featured. So you never know what will be next!



## Kids' Safety on the Farm

Summer is busy season on the farms in Iredell County and it is important to keep all of our farm kids safe! Keep these **10 tips** in mind when kids are on the farm:

- 1. Teach kids to go to the nearest building or adult when machinery starts up or is moving. Always double check blind-spots and know where kids are when backing up.**
- 2. Always supervise children around livestock or animals. Don't assume any animal is trustworthy.**
- 3. Encourage kids to wear closed-toed shoes on the farm.**
- 4. Keep chemicals out of reach of kids. Teach kids to tell an adult if/when a spill occurs.**
- 5. Work is good for kids, but ensure they are performing age-appropriate tasks under the supervision of an adult. Encourage frequent water breaks, especially in the summer.**
- 6. Always apply sunscreen and wear hats when working outdoors. Even cloudy days can lead to sunburn!**
- 7. Keep a list of emergency numbers in all equipment, barns, etc. This list should include poison control, doctors/pediatricians, and emergency contacts. Teach children the importance of calling 911 in the event of an emergency.**
- 8. Do not let children play in grain bins or enter a flowing grain bin. Entrapment can happen very quickly.**
- 9. "One seat, one rider." Children should only ride along when able to have their own seat and seatbelt.**
- 10. Do not let children wearing loose clothing near augers or PTOs. Young children should be taught to stand back from implements or equipment that rotates at a high speed.**

**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**

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NC Cooperative Extension

Iredell County Center

<https://iredell.ces.ncsu.edu/>

(704) 873-0507

