



"Iredell Informed Newsletter" October 2020 Edition

Iredell County Center Newsletter



HELLO FALL

Harvest, Colored Leaves, Pumpkins, Hayrides, S'mores and Football are all beloved activities for this season-- check out some local, fall, family-fun activities:

[Beaver Farms- Statesville](#)
[Carrigan Farms- Mooresville](#)
[Howard's Family Farm- Union Grove](#)



Remember, no matter the season, you can always find family fun on the farm through the [NC Farm App!](#)



COVID- 19 Update

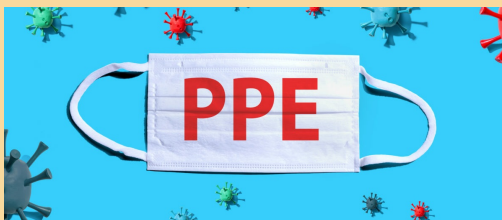
Masks are still required:

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.



PPE for Agriculture Workers

We have PPE kits (cloth and surgical face masks, hand sanitizer) for agricultural workers available for any farms who want to come and pick them up at the Iredell County Extension Office. These kits are first come, first serve. Please call Iredell County



Cooperative Extension (704) 873-0507 to request kits and to make arrangements to get them.



2020 Elections

Have questions about when and where to vote? Check out the [redell County Board of Elections website](#) for up to date information.



Crops and Livestock

Marketing and Weed Control Update- Webinar

Join us online for Part 2 of our “Wheat Production Series” on November 6, 2020, from 8 to 9 a.m.. NC State Extension specialists will be providing the latest information for you on crop marketing and weed control.

For more [information](#) and [registration](#), check out these

links!

Wheat Production Series - Part 2

Marketing and Weed Control Update

NC State Extension Specialists will be presenting online via Zoom.

November 6, 2020
8 a.m. - 9 a.m.

Call or go online to register

Cumberland County Extension Office
(910) 321-6860



tinyurl.com/Wheat2020Part2



Dr. Nicholas Piggott
Professor and Extension Specialist
Agriculture and Resource Economics
"Utilizing the Grain Marketing Tool"



Dr. Wesley Everman
Professor and Extension Specialist
Small Grain and Soybean Weed Science
"Post-Emergent Weed Control in Wheat"

Hosted virtually by the
Cumberland County
Extension Office



NC COOPERATIVE
EXTENSION



Accommodation requests related to a disability should be made by October 30, 2020 to Jason Weathington at 910-321-6875 or jason_weathington@ncsu.edu. NC Cooperative Extension prohibits discrimination and harassment on the basis of race, color, national origin, age, sex (including pregnancy), disability, religion, sexual orientation, gender identity, and veteran status.



Have You Herd?

Livestock Meetings

via Zoom platform

7:00 - 8:00 PM

Topics:

September 15, 2020- [How to Utilize Winter Annual Forages in Your Beef Herd](#)
October 20, 2020- [Grazing Management](#)
November 17, 2020- [Beef Cattle Efficiency](#)
December 15, 2020- [Cattle Marketing](#)
January 7, 2021- [Area Beef Conference](#)
February 16, 2021- [BQA Chute Side Demo](#)

Register online: go.ncsu.edu/haveyouherd

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Livestock Meetings (Virtual)

October 20, 2020- Grazing
Management

November 17, 2020- Beef
Cattle Efficiency

December 15, 2020- Cattle
Marketing

January 7, 2021- Area Beef
Conference

February 16, 2021- BQA
Chute Side Demonstrations

Be sure to Register!



Pre-Emergent
Italian Ryegrass
Control



Seed Quality
Concerns in
Soybean



New Crop Videos!



**Do You Know
How to “Control
the Spill” of Your
Drill?**

Click on the link or number to
see the new videos.



Coronavirus Food Assistance Program 2

Application for CFAP 2 available NOW until December 11th
More information at farmers.gov/cfap.



Dairy

Animal Waste Operator Opportunities

Animal Waste Operator Recertification Credits –

**3 Hours Virtual Tuesday, November
10th, 2020**

Three hours of continuing education
credit hours for animal waste operators
will be offered from 5-8pm virtually via
zoom on Tuesday, November 11, 2020.
There are several folks that need 6 hours
by 12/31/2020 so this session will
certainly help you. **Please email [Nancy
Keith](#), by Friday, November 6th so that
she can send you link for the virtual session or call 704-873-0507 if
you have questions.**



Initial Animal Waste Operator Certification Class - November 3-4, 2020

If you need an additional Animal Waste Operator for your farm, Nancy
will be providing the 10 hr Initial Animal Waste Operator Class on
Tuesday and Wednesday, November 3rd and 4th from **10am – 4 pm**

both days at the Iredell County Agriculture Resource Center, **Please call 704-873-0507 by Friday, October 30th to register for the class.**

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](#).

2020 NC Dairy Winter Management Series

The series will consist of three monthly webinars from October through December. Each webinar will be recorded so that producers who cannot join during the live session can access the information at another time through the [NCSU Dairy Portal](#).

The upcoming dates are-
October 14th (1pm)
November 18th (12pm)
December 9th (12pm)



For more information and for the virtual webinar links check out the [Winter Dairy Series Page](#).

Iredell County Youth participate in the WNC Livestock Expo



Congratulations to the Iredell County youth who participated in the recent WNC Livestock Expo. Bryson Baldwin was awarded the Grand Champion for Jerseys and the Supreme Champion, and Hannah Loftin was awarded the "Sportsmanship Award".

For a list of all winners- check out the [NCDA&CS press release](#).



Family - Consumer Science

Maintain, Don't Gain This Holiday Season

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 14th 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 40,600 people from around the world participated.

Now it's time for the 2020 Holiday Challenge! Sign up today: <https://esmmweighless.com/holidaychallenge/>

HOLIDAY Challenge

Beet Butternut Squash Salad with Apple Maple Vinaigrette

1. Wash and cut squash and beets and season with thyme, salt and pepper. Line baking sheet with parchment paper and bake for 35-40 minutes
2. While the butternut squash and beets are baking, cook your barley according to package directions.
3. While the barley is cooking, mix the ingredients for your dressing in a covered mason jar and shake to combine.
4. Mix the arugula and barley for your salad base, and top with baked butternut squash and beets. Add goat cheese crumbles, dressing and mix well. Enjoy!



Salad

- 1 ½ lbs butternut squash, cubed (about 4 cups)
- 3 medium beets, peeled and diced
- 4 cups barley, cooked
- 2 cups arugula
- ½ cup crumbled goat cheese
- ¼ tsp thyme
- Salt and pepper, to taste

Apple Maple Vinaigrette

- 3 tbsp maple syrup
- 2 tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 tsp minced garlic
- 3 tbsp olive oil
- Pinch of salt and pepper

ServSafe: Food Safety Manager Training

This 2-day class (**Dec. 1st and Dec. 8th**) covers contamination, hygiene, time and temperature control, food-borne illness, allergens, and cleaning and sanitizing.



If you need this training for your restaurant or catering business—learn more and register on [our](#)

[website](#). For questions, reach out to [Andrea Sherrill](#), our Family-Consumer Science Agent.



Horticulture



Home-Style Practical Food Preservation

*Bill Dorsey, Iredell County
Extension Master Gardener
Volunteer*

Now, after the seasons of planting, tending our gardens, comes upon us the bounty of our efforts- Harvest. Usually,

and thankfully, all too much bounty to use at the moment. And, we know as well after the harvest are the months of dormancy that provide little bounty. Additionally, there lurks an unpredictable future of Covid pre-vaccine pandemic uncertainty. So given the unknown circumstance ahead, moving from over-abundance to the dearth of dormancy, is no pun intended, food for thought.

The immediate problem at hand is the fast decline of nutritional value following our freshly-harvested produce. The question becomes then, how to save the goodness of our harvest, for at least the near future.

While there are many long-proven methods to squirrel away food stuffs for use over the winter months, what is needed for most of us is a straight-forward practical technique. We need an approach using items and utensils available in a typical kitchen setting to preserve, using a heat source to boil water and a source to freeze our processed food.

The process to preserve a wide variety of vegetables and fruits is basically simple. First in most cases is *blanching*, which entails using a pot or kettle of boiling water to stop enzyme activity that degrades food item taste, color, texture, and appearance. Since blanching is essentially quick cooking, it is of short duration, usually only several minutes, and is immediately followed by an *ice-water bath*. The ice-water cooled item, generally in sliced form, is then laid out separately on a baking sheet or cutting board, patted dry as much as possible, and *flash-frozen* to prevent clumped frozen chunks.

The frozen individual pieces are then placed in freezer bags or containers, marked for identification and date, and freezer stored for preservation with six to eight months of usage life expectancy.

As a closing note, we have used this process, modified for the food type saved, for a variety of produce including corn, okra, green beans, squash, eggplant, cherry and cored whole tomatoes, cucumbers,

peppers, and even blueberries and bananas. Specifics, as to equipment, food type, processing and more, may follow in additional articles.



4-H Youth Development

NC 4-H Virtual Craft Fair

For all 4-H'ers aged 5-18!
Entries are due October 23rd
at 5:00 PM.

Interested? Find out more and
register [HERE!](#)



Iredell County 4-H Pumpkin Contest

For all 4-H'ers aged 5-18!
Categories in painting,
decorating, and short story or
poem!
Entries are due October 23rd
at 5:00 PM

Interested? Find out more and
register [HERE!](#)

NC 4-H Hay Bale Decorating Contest

For all 4-H'ers aged 5-18 and
their families!

Entries are due November
23rd at 12:00 noon.

Interested? Find out more and
register [HERE!](#)

(Be sure to scroll down on the linked page!)



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, Grain Crops

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--
704-873-0507

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

