



NC Cooperative Extension
Iredell County Center
Iredell Informed Newsletter
January 2021 Edition



Top 8 New Years Resolutions for Farmers

The complete article from Texas Farm Bureau is available on their [website](#).

- 8- Put the tools back
- 7- Get organized
- 6- Try not to complain about the weather too much
- 5- Clean the farm pickup a little more often
- 4- Learn from past mistakes
- 3- Set aside down time and spend more time with family
- 2- Don't work in good clothes
- 1- Connect with others

Martin Luther King Jr. Day



Some of us might have the "day off" for MLK Day, next Monday. However, remember **MLK Day is the only National Holiday that is framed around the idea of service.** So instead of a Day Off, make it a Day On! Plan a way you can serve your neighbors and community.

If you need some help coming up with a idea/project- check out [AmeriCorps'](#) ideas.

If you do not have the day off, take the time to raise a glass, of milk, to this important leader and celebrate his tremendous impact on our nations' history, which we still experience today.

(All Iredell County Offices, including the Extension Office will be closed for the MLK Holiday, January 18th, 2021)

COVID Update

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.



If you leave home, know your Ws!



WEAR
a cloth face covering.



WAIT
6 feet apart. Avoid close contact.



WASH
your hands often or use hand sanitizer.

@NCDHHS

#StayStrongNC

We still 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 (704) 873- 0507 to request kits and to make arrangements to get them.

Crops and Livestock

Wheat Production Series, Part 3

Do you want to be ready to manage your wheat this spring?

Join us online for Part 3 of our “Wheat Production Series” on January 29, 2021, 8 to 9:15 a.m.



NC State Extension specialists will be providing the latest crop production information for you on fertilization, insect and disease management.

--Dr. Anders Huseth, NC State Extension Specialist in Field Crops will be discussing “Wheat Insect Pest Management”.

--Dr. Christina Cowger, USDA Pathologist in Small Grains will be giving us updates on “Diseases to Watch for in Wheat” in 2021.

-- Dr. Angela Post, NC State Extension Specialist in Small Grains will share the latest on “Spring Management Strategies for High Yielding Wheat”.

--Bring your questions for the discussion time.

CCA and Pesticide Credits will be available – 1 each of N, D, O, X and CCA: 0.5 NM, 0.5 CM.

[On-line Registration is available!](#)



2020 NC Soybean Yield Contest Winners Announced

Iredell County Crop Farm Moore Farm, Inc. and Crop/Livestock Agent Laura Elmore were recently awarded 1st place for the Non-irrigation Division of this year's contest. Congrats to them!!

Please check out the other winners at the [NC Soybean Producers Association's website](#).

NCFGC 2021 Virtual Winter Conference



*Event will take place from 6:30-8:30 pm on

January 26 - All About That Waste!

February 9 - Soil Health!

February 2 - Creating Your Own Opportunities

February 16 - Producer Panel

Featuring

Greg Brann - Owner of Big Spring Farm

Greg Judy - Owner of Green Pastures Farm

As well as other producers and agents from across the state

Sponsored by



FARM CREDIT

AGCAROLINA | CAPE FEAR | CAROLINA

Collaborating with NCFGC...



Pasture-Based Livestock Education Program



NCSU | NCA&T | NCDA&CS



*If you have any questions please contact
(919) 552 - 9111 or mackenzie_hall@ncsu.edu*



[Registration for the Forage and Grassland Coverage is now available!](#)

2021 Auxin Herbicides-Best Management Practices Virtual (Live Zoom Meeting) Opportunities

Description: Drs. Charlie Cahoon and Wesley Everman will offer 12 Live Zoom training options. Trainings will be held weekly from mid-January through late-March. See training dates below. All Live Zoom trainings will start at 10:00 AM. Attendees should contact their County Agricultural Agent for Zoom Link and Passcode.

**For Zoom Link and Passcode, please contact your County Agricultural
Extension Agent**

More information on the Auxin Training is available
to download in a [pdf file](#).

[Registration for these training is available.](#)

BACKYARD FLOCK SERIES

TOPIC: BACKYARD FLOCK MANAGEMENT

WEDNESDAY, JANUARY 27, 2021

12PM - 1PM VIA ZOOM

HOSTED BY THE NC STATE AREA SPECIALIZED POULTRY AGENTS

SPEAKER: DR. KEN ANDERSON

NCSU PRESTAGE DEPARTMENT OF POULTRY SCIENCE EXTENSION SPECIALIST

REGISTER [HERE](#)

EVENTBRITE LINK:

[HTTPS://WWW.EVENTBRITE.COM/E/BACKYARD-FLOCK-SERIES-BACKYARD-FLOCK-MANAGEMENT-TICKETS-135859897611](https://www.eventbrite.com/e/backyard-flock-series-backyard-flock-management-tickets-135859897611)

[Active Link for Backyard Flock HERE!](#)

Dairy

**Waste Management Webinar for NC dairy, swine and
poultry producers and contractors.
Learning about opportunities for anaerobic digesters.**



NC Cooperative Extension, Dairy ASA - Ashley Robbins will be hosting a webinar on **February 4, 2021 from 12:00 PM - 1:30 PM** titled **Anaerobic Digester Systems for NC Farms**. This webinar is for NC dairy, swine and poultry producers and contractors interested in learning about opportunities for anaerobic digesters. It takes a lot of waste to power a digester so come and learn how even small operations can join forces with other operations to make it work! Please bring your questions for the Q&A session at the end of the webinar.

This course has been approved for 1.5 hours of OIC Waste Credits for Waste Applicators. [Registration is available!](#)

Plan for Now, Prepare for the Future – The Power of a Transition Plan and the Failure When There is None!!

Whether you are a dairy operation, grain farmer, fruit and vegetable producer, nursery operation, agribusiness or any other business it is very important to have documents in place that will allow the business to continue in the event something happens to the owner of the business. Yes farming is a business!! You all have records of milk production, sire and dam of calves born, vaccinations and treatments, crop yields, cost of production, nutrient management plans, average daily gain of livestock, employee handbooks, and on and on – tools that help to navigate the daily events on the operation, but do you have the tools in place to make sure that the business runs as usual without key people? Something to think about that most people do not want to think about.

You all have worked too long and hard building a business to have it fall apart simply because you did not take the time to create the documents needed for a smooth transition. It is also important to share this important information with those that are key players in the transitional process. If you don't have a plan there is no better time than now to start. You are in the process of gathering many of your documents from 2020 for tax preparation. The first part of the plan should be strong communication with the key players regarding how to continue operating the business if the owner passes away or is incapacitated. Who will take over and how will they take over if the business is to continue. The question that should be answered is; Who has the authority to do what?

A sound succession and transition plan to help prepare for the future will make for a smooth transition when it is needed. Some of the documents that you will need to have in place and get together are: power of attorney, health care power or health care directives, named trustees or directors, access to programs and banking, location of property deeds, contact information mechanics, veterinarians, commodity brokers, nutritionists, crop advisors, banker, attorney, financial structure, vehicles, etc.

You can find information related to estate planning and farm transition on the following website and we can provide resources for developing a plan.

Family and Consumer Science

January is National Radon Action Month

Radon is a naturally occurring radioactive gas that you cannot see, smell, or taste, so it could be present at dangerous levels at home without you knowing it. This gas is the second leading cause of lung cancer deaths in the United States and the number one leading cause among non-smokers, claiming more than 20,000 lives every year. If a high radon level is detected in your home, it can be fixed through mitigation, Radon reduction techniques, and reduction systems. This year, the North Carolina Radon Program is giving 3,000 radon test kits free of charge. They will provide one test kit per household. To get your radon kit go to the [North Carolina Radon Program site](#) and order your kit.

Protect Your Family from Radon

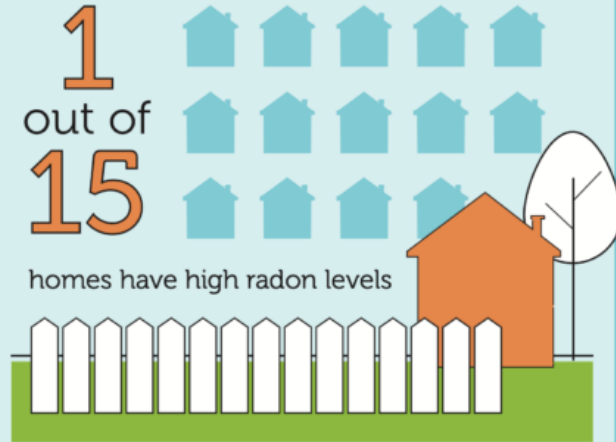
Radon is a gas that you can't **see**, **smell**, or **taste** — but it can be dangerous. It's the second leading cause of lung cancer in the U.S.



Radon is in the ground naturally. But sometimes it gets into homes through cracks in the floors or walls.

1
out of
15

homes have high radon levels



Radon and Smoking: A Dangerous Combination



If you live in a home with high radon levels, smoking raises your risk of lung cancer by **10 times**.

 + 
= **10x**
the risk of
lung cancer

Take the First Step

There's good news — you can protect your family by testing your home for radon.



Learn more by calling the
National Radon Hotline:
1-800-SOS-RADON

**NC COOPERATIVE
EXTENSION**

N.C. A&T
STATE UNIVERSITY

NC STATE
UNIVERSITY

FAMILY & CONSUMER SCIENCES PROGRAM

For more information about radon contact
your local Health Department or your county
NC Cooperative Extension office. Find us at:
<https://go.ncsu.edu/countycenters>

Source: U.S. Environmental Protection Agency

New Dietary Guidelines released for 2020-2025

Every five years, the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) release the U.S. Dietary Guidelines for Americans, a set of "science-based" guidelines offering advice on "what to eat and drink to promote health, reduce risk of chronic disease, and meet nutrient needs."

Make Every Bite Count With The



Dietary Guidelines for Americans,
2020-2025

The 2020-2025 guidelines are the first to offer guidance for healthy dietary patterns by what the departments call "life stages," since people at different ages should be consuming different diets. The new guidelines also offer advice for pregnant and lactating women. A quick and easy guide to these new guidelines is available [HERE](#).

Vegetarian Black Bean Chili

Ingredients:

- 1/4 cup olive oil
- 2 cups chopped onions
- 1 2/3 cups coarsely chopped red bell peppers (about 2 medium)
- 6 garlic cloves, chopped
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon cayenne pepper
- 3 15- to 16-ounce cans black beans, drained, 1/2 cup liquid reserved
- 1 16-ounce can tomato sauce
- Chopped fresh cilantro
- Chopped green onions



Preparation:

1. Heat oil in heavy large pot over medium-high heat. Add onions, bell peppers, and garlic; sauté until onions soften, about 10 minutes. Mix in chili powder, oregano, cumin, and cayenne; stir 2 minutes. Mix in beans, 1/2 cup reserved bean liquid, and tomato sauce. Bring chili to boil, stirring occasionally. Reduce heat to medium-low and simmer until flavors blend and chili thickens, stirring occasionally, about 15 minutes. Season to taste with salt and pepper.
2. Ladle chili into bowls. Top with chopped cilantro and green onions.

Horticulture

Save the Date

2021 Virtual NC Agritunity Conference

Thursday February 11th, 2021

9:30am-2:30pm EST

CONFERENCE TOPICS INCLUDES:

Online Marketing Opportunities • Summer Native Warm Season Grasses
Poultry Production • Season Extension Techniques • Effective Small Tools for
Small Farm Operations • and more!

Register at go.ncsu.edu/ncagritunity2021registration



NC Cooperative Extension is an equal opportunity provider

Active Registration Link- go.ncsu.edu/ncagritunity2021registration

For more information on this VIRTUAL event check out the
[NC Agritunity Webpage](#) and [media press release](#).

Educational Sessions:

Session Times:	Concurrent Session 1: Market & Market Garden Focus	Concurrent Session 2: Animal Production Focus
9:30am - 10:30am	Hannah Dankbar - NC Cooperative Extension Local Food Program Manager: <i>Online Marketing for Success!</i>	Jason Smith - NC Wildlife Resources Commission Wildlife Biologist: <i>Native Warm Season Grasses</i>
10:30am -12:00am	Aaron Moore - NC Cooperative Extension Small Farms Area Agent/Gena Moore - Organic Research Coordinator for Carolina Farm Stewardship Association: <i>Season Extension in North Carolina</i>	Lauren Greene - NC Cooperative Extension Area Poultry Specialist: <i>Diversifying with Pastured Poultry</i>
12:00 - 1:00pm	Break	
1:00pm -2:30pm	Michael Fine - Five Sisters Farm/ NC Cooperative Extension Rowan County Agriculture Agent: <i>Small Tools That Make a Big Difference!</i>	Panel Discussion: Lee Menius - NC Choices Technical Program Director/Eddy Labus - NC Cooperative Extension Watauga County Livestock Agent/Jessica Evans from Evans Family Farms: <i>Multi-Species Grazing in Diversified Livestock Operations</i>

4H and Youth Development

Happy New Year from Iredell 4-H! Keep a check on our [4-H Facebook page](#) for upcoming events!



Continue to catch Extension on WAME

Extension continues to have daily slots on the local radio station,
WAME 92.9FM/550AM!

Check them out at 6:40am and 6:40pm

Mondays- Taylor Jenkins and Kelly Pierce for 4-H and Youth Development

Tuesdays- Andrea Sherrill for Family & Consumer Science

Wednesdays- Matt Lenhardt for Horticulture

Thursdays- Laura Elmore and Jenny Carleo for Crops and Livestock

Fridays- Nancy Keith, Dairy and Extension Director News



Need to get in touch with 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](#)

Interested in viewing previous editions of the
"Iredell Informed Newsletter"?

Check out the [Newsletter Archive Webpage](#).

NC Cooperative Extension Iredell County

444 Bristol Drive Statesville NC 28625 -- 704-873-0507

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

