

Iredell County Center Iredell Informed Newsletter

April 2021 Edition

COVID Update



The Iredell County Health Department is currently offering COVID-19 Vaccines for all those 16 and older. For more information on upcoming clinics and to schedule an appointment, please visit their [website](#) and for questions please call 704-878-5300 and press "1" to reach the staffed COVID Vaccine help-line.

Concerns about getting the COVID vaccine??

Don't let concerns and misinformation get in your way of protecting yourself and others. Check out these infographics in both [English](#) and [Spanish](#) to help ease those worries and concerns!



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.

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.

If you leave home, know your Ws!



Crop and Livestock

PIEDMONT REGIONAL **Goat & Sheep Conference** Webinar Series



Mondays in April & May

Register for one or all four sessions starting at 7pm EST on the dates listed below. This is a **FREE** webinar series.

Monday, April 19, 2021, 7pm

LOCAL PRODUCERS SHARING MANAGEMENT STRATEGIES

Monday, April 26, 2021, 7pm

SMALL RUMINANT MINERAL NUTRITION

Speaker: Dr. Jeannette Moore, NC State University

Monday, May 3, 2021, 7pm

VACCINATION AND OTHER COMPONENTS OF
SMALL RUMINANT HERD/FLOCK HEALTH

Speaker: Dr. Kevin Anderson, NC State Veterinary Medicine

Monday, May 10, 2021, 7pm

GENETIC SELECTION OF SMALL RUMINANTS

*Speakers: Dr. Andrew Weaver, NC State Extension
and Dr. Scott Greiner, Virginia Tech*

To register for sessions, use the link below:
<https://go.ncsu.edu/goatsheepseries21>



Contact lauren_langley@ncsu.edu or 336-266-0702 for accommodations related to a disability.

NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.

Thinking of planting corn at

higher populations?

"In this **video (and article)** Area Agent, Tim Hambrick, discusses why higher populations are a trend and what to consider before we plant more seeds to the acre."





CABARRUS, IREDELL, AND ROWAN
COUNTIES PRESENT

BALEAGE PRODUCTION 101

APRIL 22, 2021

2-4 PM

2727 OLD CONCORD RD, SALISBURY, NC 28146

CALL TO REGISTER: (704) 216-8970

Topics will include:

- Moisture Testing
- Economic Evaluation
- Nutritional Analysis
- Grass versus Cover Crops

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.

Accommodation requests related to a disability should be made by April 8, 2021, to Morgan Watts, (704)216-8970

Dairy

The farm is a wonderful place to live, work and raise children. There has to be some separation between the home and work environments because of potential dangerous situations that could involve children. An estimated 33 children in the United States are injured each day in agriculture according to the National Children's Center. The four major hazard areas on the farm that pose dangers for children are: machinery and equipment, livestock areas, farm buildings and the farm workshop. One way to keep children safe on the farm is to create a safe environment for them. Discuss with children some of the dangers associated with living and working on the farm, designate a play area for children on the farm and set a good example for children by following safe practices in your operation. Keep in mind that children need to be reminded of the rules frequently.

Information provided by Safe Farm, Iowa State University Extension and Outreach



Family and Consumer Science

Rainbow Veggie Pinwheels

Ingredients

- 8 whole wheat tortilla wrap
- 1 cup hummus
- 1 cup thinly cut red bell peppers
- 1 cup grated carrots
- 1 cup thinly cut yellow bell peppers
- 1 cup thinly cut fresh baby spinach
- 1 cup shredded purple cabbage

Directions

Spread about two tablespoons of hummus on each tortilla, leaving a one inch border on all sides. Line up a thin layer of sliced vegetables across the hummus. Roll up the tortilla tightly. Cut the roll crosswise into four or five pinwheels and serve. These can easily be made ahead of time and stored in the refrigerator, ready for a party, snack, or packed lunch!



Let's eat the rainbow, shall we?

We know that the phytonutrients in plants are associated with powerful health effects. We also know that phytonutrients are very functional – especially when it comes to helping your body's natural detoxification systems and boosting your immune system. Fresh fruits & veggies, whole grains, herbs & spices, legumes, nuts & seeds — they are all jam-packed with phytonutrients...and they come a whole host of different colors. The colors of the rainbow. To optimize your health, it's super important to eat fresh foods of various colors every day. If you shoot for 1-2 servings of different color veg every day (the darker the better), by the end of the week you may just be closer to 30 different types than you ever thought possible! Let's look at



BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes
plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies.
Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kale
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
cane
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
tangerines
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

[EAT SMART](#)

[MOVE MORE](#)

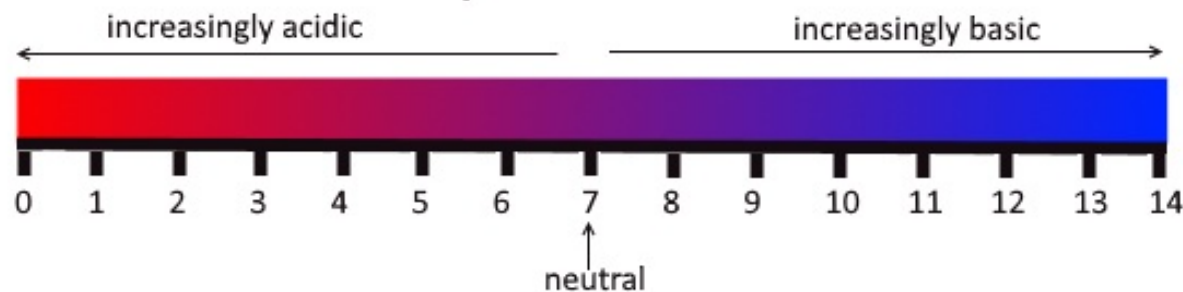
[BE WELL](#)

heart.org/HealthyForGood

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Horticulture

pH Scale



Understanding Soil pH!

By Matt Lenhardt, NC Cooperative Extension Service Iredell County

fertilizers. Soil pH can vary dramatically, depending on where you live and the soil's composition. For example, soils formed under pine forests can be acidic. Soils formed from high Ca materials, such as limestone, marl, or sea shells, tend to be alkaline. This condition is common to coastal soils.

Soil pH can also affect soil bacterial and fungal activity, enhancing or inhibiting the development of soil-borne plant diseases and/or how efficiently they function as decomposing organisms. Mycorrhizal fungi relationship (ability to take up certain nutrients) can be disrupted by excessively high pH. A pH scale ranges from 1 to 14. A value of 7 is considered neutral, values less than 7 are acidic, and greater than 7 are basic or alkaline. With the exception of some acid-loving plants, most turf and ornamentals and vegetables do best when the pH is slightly acidic in the 5.8-6.5 range. So when should you take a pH test? It is recommended for new residences that don't know the pH or nutrient levels of their new lawn, when turf or ornamentals look nutrient deficient (chlorotic or generally unhealthy looking, although it could be insects, disease, or improper cultural practices), disease symptoms exist, and little response from fertilizer applications.

Soil tests can be picked up at the Iredell County Extension office in Statesville and mailed off to the North Carolina Department of Agriculture for analysis. Soil tests are no charge April through Thanksgiving, and only a \$4 charge from December through March.



Callery Pear- Please Beware!

Written by Colby Lambert, Area Specialized Agent, Forestry

As the temperature warms up and the days get longer in March, many of you have probably seen the white blooms scattered in the forest or perhaps in grown up fields as you travel in North Carolina. While these trees may look “pretty” as the landscape begins to green up, be

aware that many of these are invasive plants in our native landscapes. Forest landowners need to get out and survey their forests for this invasive pest and take action while it is easy to spot them in bloom. Callery pear (*Pyrus calleryana*) is native to China and Vietnam and was first introduced to the US in 1909, but was used in 1916 by the USDA for the development of fire blight resistance for the commercial pear industry.

Read more at: <https://forestry.ces.ncsu.edu/2021/03/callery-pear-please-beware/>

4-H and Youth Development

We are currently working on a variety of opportunities for youth this Summer. Please check us out at Iredell County 4-H on Facebook. Stay tuned!



NC 4-H Horse Judging Contest Results

Iredell County competed in the 2021 NC 4-H Horse Judging Contest on April 10th held at St. Andrews University in Laurinburg, NC. Team members were Mikaela Delnick, Laurel Gray, Olivia Parker, and Natalie Tucker. Natalie placed 9th in the Halter division and Laurel placed 4th in the Halter Division and 8th in Reasons. The team placed 2nd overall.

We congratulate these girls on their accomplishments and for representing Iredell County so well!

(Picture below of the team from left to right: Mikaela Delnick, Natalie Tucker, Olivia Parker, Laurel Gray, and coach Taylor Jenkins. Masks were removed briefly for a quick photo opportunity.)



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/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



Interested in viewing previous editions of the
"Iredell Informed Newsletter"? Check out the
[Newsletter Archive Webpage.](#)

Need to get in touch with Extension Staff?

--Just click on the person below--

Agents/Associates:

[Nancy Keith:](#) County Extension Director, Dairy

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[Jenny Carleo:](#) Area Specialized Agent, Grain Crops

[Laura Elmore:](#) Livestock and Crops

[Matt Lenhardt:](#) Horticulture

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Stay Connected

