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County Extension Director
Extension Agent
4-H Youth Development

Mathew Stevens

Extension Agent
Agriculture - Horticulture

Jayne McBurney

Extension Agent
Family and Consumer Sciences

Traci Dixon

Extension Agent
Community and Rural Development

Maryanna Bennett

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Field Crops

Kelsey Lichtenwalner

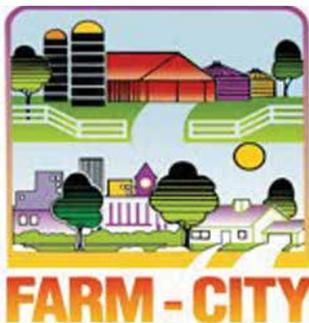
County Extension Agent
Livestock

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October 2017

North Carolina Cooperative Extension, Nash County Center

Farm City Week A Time for All to Celebrate Agriculture



What does a farmer, a truck driver, a food-processing operator and a grocery clerk have in common? They all play an important role in providing our nation access to a healthy and an

abundant supply of food and natural resources. In an effort to glean a better understanding, of the importance of the connections between city and rural communities to the agriculture industry, Farm City Week was born in 1955. It began when Charles Dana Bennett, an independent entrepreneur from Vermont and Merie H. Tucker, chairman of the Kiwanis International Agriculture and Conservation committee, were seated together on a train and struck up a conversation about the agriculture industry. The discussion focused on the declining state of the industry at that time, how several farmers had lost their farms and many others were facing financial hardship. They then concluded, these recent developments had casted a poor image on the agriculture industry. Also, they sadly realized, the urban dwellers, who had no direct ties to farming, were the

individuals and groups who were strongly influencing the majority of the agriculture policies. This simple conversation, persistence and support, lead to the founding of Farm City Week - an annual event that focuses on connecting the agribusinesses and farmers to city communities has been celebrated for over 60 years in November and generally the week leading up to Thanksgiving.

In celebration of this year's Farm City Week, NC Cooperative Extension, Nash County Center will host a breakfast on Tuesday, November 21st, beginning at 8:00 am, at the Farmers Market in Rocky Mount. This is an opportunity for business leaders, farmers, city and county officials, community agriculture supporters and agribusinesses to come together, to learn and hear about the latest updates in agriculture, enjoy a homemade fresh cooked breakfast and show their support for the ongoing agriculture industry that exceeds \$184,350,000 here in Nash County. RSVP to attend by contacting the NC Cooperative Extension office at 252-459-9810 by November 15th. The first 200 people will receive a NC Cooperative Extension Farm City calendar featuring local family farms and agribusinesses of Nash County.

It's Our Pleasure to Introduce . . .



Kelsey Lichtenwalner! Kelsey recently joined the NC Cooperative Extension, Nash County Center as our new Ag Agent with her focus being in Livestock and Pesticides.

Kelsey grew up on a small farm in Eastern North Carolina before graduating from NC State with a Bachelors in Animal Science in 2012. She worked as a Manager in Training for Smithfield Premium Genetics for two years before joining the Extension family as a Warren County Ag Agent in 2014. Kelsey is excited to join the Nash-Edgecombe County Extension families and is looking forward to working with local farms and citizens.



A Fun-filled Summer Packed With Learning

Over 160 local youth attended the Nash County 4-H Youth Development summer programs

Sandy P Hall
4-H Youth Development

where they learned leadership, citizenship and life skills.



Local 4-H'ers helped package 80,000 meals for NC 4-H Congress at NC State University.



Taylor Hall, 4-H County Council President, represented Nash County at the Youth Voice, a program of the NC Association for County Commissioners. Pictured: Commissioners Lou Richardson, Taylor Hall, Mary Wells and Fred Belfield.



The 4-H AG Science Camp toured the Vandemark Sod Farm in Gold Rock to learn the business of sod farming.

Michaela Vick, a 4-H Senior, won the NC Commissioner of Agricultural Award. She is currently a freshman at NCSU.



Sandy Hall
NC Cooperative Extension
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Fall Colors

Plant leaves contain a variety of pigments that determine the color of the leaf. The vast majority of plants produce much more chlorophyll than any other pigment resulting in the green color that most leaves have for much of the year. Once temperatures drop in the fall and days shorten, less chlorophyll is produced and the other pigments that are present but masked by chlorophyll for most of the year suddenly take over. The most common of these pigments are anthocyanin, xanthophyll, and carotenoids. When anthocyanin is the dominate pigment, leaves turn reddish-purple. Xanthophyll causes leaves to turn yellow, and carotenoids create an orange-yellow color. Because these pigments exist in combination with each other, and some plants produce more of one pigment than the other, this is why a wide range of colors appear in fall.



Matthew Stevens
Agriculture, Horticulture
and Master Gardeners

A number of factors contribute to the intensity of fall foliage color in a given year. Rainfall seems to be a major factor as the colors seem to pop more in dry years then when it has been wet. Ultimately the distribution of plant species in a particular location really determines the experience. Wooded areas with a mix of hardwood species and few evergreens provide the most spectacular color.

Matt Stevens
NC Cooperative Extension Ag Agent
Matt_Stevens@ncsu.edu



Jayne McBurney
Family and Consumer Sciences

Healthy Lunches for Academic Success

Studies show that children who do not consume adequate

amounts of fruits, vegetables and dairy products achieve lower grades in schools. Packed lunches are a healthy alternative when nutrient-rich foods, chosen from the five food groups, are included.

Raw vegetables, such as carrots, cucumbers, peppers, broccoli and celery can easily be cut into bite-sized pieces and pair nicely with a low-fat cheese stick. Salsa and baked chips, low-fat yogurt, a salad with boiled eggs or cottage cheese can be a nice change of pace. Apples fit nicely in a packed lunch, along with tangerines, grapes and mandarin oranges and offer a sweet finish to a healthy lunch.

Individual containers of unsweetened applesauce, pears, peaches and pineapples also make a tasty treat.



Additional healthy foods that are convenient for lunches include tuna packed in water, peanut butter and hummus are wonderful protein sources. Whole-grain crackers, bread and tortillas are healthier carbohydrate choices in place of processed white bread.

Finally, always keep food safety in mind! Use an insulated lunch container, keep foods cold and avoid cross-contamination which can easily happen when reusing food wrappings.

Jayne McBurney
NC Cooperative Extension Agent
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Save the Date!

Nash County Community and Rural Development Annual Banquet

Join the NC Cooperative Extension, Nash County Center Community and Rural Development (CRD) Council for their annual banquet Saturday, November 11, 2017 at 4:00 pm at

the Nash County Agriculture Center in Nashville. Our guest speaker will be Ginell Rogers, the new Executive Director at the Nash-Edgecombe Economic Development agency. The mission of this agency is to promote and work towards advancing the general



Traci Dixon
Community and Rural Development

welfare of low income people to promote self-sufficiency.

The goal of the Nash County CRD Council is to collaboratively establish programs and set goals to enhance lives within the communities and the county as a whole, supported by the NC Cooperative Extension, Nash County Center's CRD Agent, Traci Dixon. This year alone, these communities have hosted an annual Dr. Martin Luther King, Jr. county-wide celebration, Easter community family event, and community health information sessions, along with a combined spring fundraiser event.

The banquet will feature live music, great food, door prizes, and an annual "giving back" presentation. Please join us as we celebrate the following communities who are a part of the Nash County CRD Council.

- Drake Community
- Little Easonburg Community
- Nashville Willing Workers
- Peachtree Community Development,
- Swift Creek Community
- Winwood Community

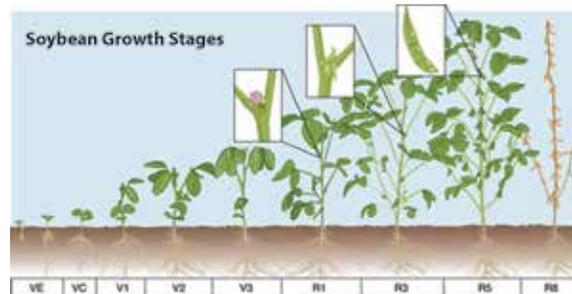
Traci Dixon
NC Cooperative Extension Agent
Traci_Dixon@ncsu.edu



Maryanna Bennett
Field Crops and Volunteer Agriculture District

30,000 acres, soybeans are by far our largest crop. Next on the list is sweet potatoes at a little over 9,000 acres followed by flue-cured tobacco at 8,300 acres. Cotton, peanuts, wheat and corn are followed in that order.

Let's break the soybean plant down step by step.



Soybeans begin as a seed, then emerge to a vegetative stage. Vegetative Emergence (VE) represents the seed has germinated followed by a Vegetative Cotyledon (VC) stage of first cotyledon leaves. The plant will go through more vegetative stages, such as 1st trifoliolate and 2nd trifoliolate, etc. Once the soybean plant reaches the flowering stage it's in the Reproductive Stage (R1). The plant will produce tiny purple flowers, then slowly grow into the R3 stage of early pod development. Finally, it will slowly reach R5 with a soybean pod. At R7 the plant will be at full pod development. The leaves will slightly defoliate and the bean will separate from inside of the pod at R8.

Maryanna Bennett
NC Cooperative Extension Ag Agent
Maryanna_Bennett@ncsu.edu

Soybean Growth Stages

There are approximately 3 times more soybeans grown in Nash County than any other crop.

At almost

Cool-Season Forages

North Carolina is blessed with two growing seasons for forages, which helps to keep our pastures green nearly all year long (weather permitting, of course). Forages cover about 10,000 acres in Nash County and provide a cheaper source of nutrients for horses and livestock than concentrates. In fact, forages are often a better source of nutrients (depending on the forage quality) and can provide between 30 and 100% of the required nutrients for livestock.



Kelsey Lichtenwalner
Livestock and Pesticides

Cool-season forages grow best

when temperatures begin to consistently stay in the 65 to 75 degree range. The best time for planting cool season forages is mid-September to early-October.

Below are a few cool-season forages to consider planting this fall:

Ladino Clover – Perennial Legume

3 Year Life Expectancy.
Extremely High Quality: 80% Digestible, 25% Crude Protein. More productive and drought resistant than other clover species. Not suitable for haying.



Italian Ryegrass – Annual Grass

Very High Quality: 77% Digestible, 14% Crude Protein. Very competitive in seedling stage. May become a pest in small grains.

Tall Fescue – Perennial Grass

3-10 Year Life Expectancy (Endophyte infected fescue can persist for 20+ years)
High Quality Forage: 75% Digestible, 17% Crude Protein. 90% of Tall Fescue pastures in NC are infected with endophytes – a fungus that can cause poor performance in livestock. Once infected, there is no way to get rid of the fungus.

Kelsey Lichtenwalner
NC Cooperative Extension Ag Agent
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Fall . . . the Perfect Time to Visit the Farmers Market

Support our local agriculture businesses by stopping by the Market and pick up fresh eggplants, peanuts, squash and other fall staples from your local farmers.

You might think you will only find vegetables and fruits at the market but there are so many other products available. Just to name a few - items include vegetables, fruits, herbs (fresh and dried), eggs, coffee, herbal vinegars, honey, kettle corn, peanuts (raw and boiled), seafood and plants. The market also features local independent businesses selling a variety of other products such as handmade crafts, soaps, homemade breads, baked goods and more. Plus, be sure to check out the many special events throughout the season such as the upcoming Antique and Classic Car and Truck Show on October 21st.

The Market is open from 8:00 am to 1:00 pm every Saturday through November 18th. Visit our website at Nash.CES.NCSU.edu for current and upcoming events. You can easily stay in touch by signing up for our weekly emails - simply send an email to Barbara_Monk@ncsu.edu and sign up today.



Jimmy Winters
Market Manager
Farmers Market Rocky Mount



1006 Peachtree St
Market Hours
Saturdays
8:00AM to 1:00PM

Mark Your Calendars!

OCTOBER 7TH
Flag Raising Ceremony

OCTOBER 21ST
Antique and Classic Car and Truck Show

OCTOBER 28TH
Pottery Day

NOVEMBER 18TH
Tar River Basket Weavers

Upcoming Events Be sure to mark Your Calendars!

There are so many great events scheduled the next few months. For complete details on each of these events visit Nash.CES.NCSU.edu or call 252.459.9810.



Antique & Classic Car and Truck Show
Farmers Market Rocky Mount
Saturday, October 21st

Festival of Tables

Nash County Agriculture Center
Hosted by Nash County
4-H Youth Development Program
Friday, December 1st
See more details on our website!



Festival of Lights
Hosted by Nash County
4-H Youth Development Program
Saturday, December 2nd

Wreath Making Classes

Nash County Agriculture Center
Hosted by the Master Gardener
Volunteers Association
Sunday, December 3rd
Monday, December 4th
Sign up today!



New York City Bus Trip
Hosted by Nash County
4-H Youth Development Program
Departing
Friday, December 8th
Returning
Sunday, December 10th
Sign up today!

Last but not least . . . We'd like to hear what you think about Extension Connections newsletter. Is there anything you'd like to see in an upcoming issue? **Plus**, there's so much happening in and around Nash County! To stay informed sign up for the weekly updates by simply sending your email to Barbara_Monk@ncsu.edu. Plus, be sure to check out our website for current events and important updates and information. We're just a click away at . . . Nash.CES.NCSU.edu.