

In This Issue

**Extension Grows
North Carolina**

**Youth Build Life Skills
Through "Learn by
Doing" Summer Camps**

**Livestock Show
A Great Success**

Spring Is Finally Here!

Upcoming Trials

**It's Time to Access
Your Plants**

**2018 Teen Summer
Job Fair**

Step Into Spring

**Farmers Market
Open For the Season**

Upcoming Events

**NC Cooperative Extension
Nash County Center**
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County Extension Director
County Extension Agent
4-H Youth Development

Matthew Stevens
County Extension Agriculture Agent
Agriculture - Horticulture

Regina Moseley
County Extension Area Agent
Family and Consumer Sciences

Traci Dixon
County Extension Agent
Community and Rural Development

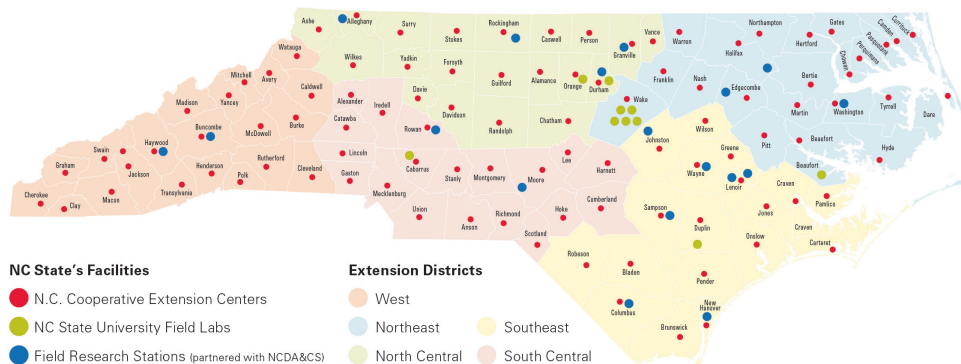
Maryanna Bennett
County Extension Agriculture Agent
Field Crops

Kelsey Lichtenwalner
County Extension Area Agent
Livestock

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Extension Grows North Carolina

NC State Extension improves the lives, economies and communities of all North Carolinians through programs and partnerships focused on agriculture, food and nutrition and 4-H youth development. Not only do we conduct groundbreaking research; NC State Extension delivers the outcomes directly into the hands of North Carolinians.



\$299.2M Impact

Annual economic impact on North Carolina, plus \$17.1M value in hours worked by volunteers.

7-to-1 ROI

North Carolina gets a 7-to-1 economic return on its annual investment in Extension.

\$107.1M Expenses

■ State of NC \$41.9M	■ NC Counties \$30.6M
■ Grants/Gifts \$25.4M	■ US Gov't \$9.2M



In 2017, we connected with **1,873,485** people via 13,000+ programs.

812 Professionals in 101 Local Centers

NC State Extension provides localized service in every NC county plus the Eastern Band of Cherokee. County centers are staffed by 594 NC State professionals, while 218 more work on campus. Roughly 60% of NC State's College of Agriculture and Life Sciences' research faculty have Extension appointments.

NC State Extension Focuses On . . .

Feeding Our Future

North Carolina's agriculture industry – the state's leading economic sector – growing and sustainable by connecting growers with research-based information and technology.

205 county employees
681,580 face-to-face contacts
225,219 producers adopted best management practices
\$116.5M resulting net income gains by producers
4,333 Master Gardener volunteers
\$84B – value of NC agriculture industry

Improving Our Health

Helping people make healthier decisions and live better lives through programs from home gardening and healthy eating to local food systems and food safety.

144 county employees
319,048 face-to-face contacts
114,692 participants attended training programs
1,265 food service employees trained
67,843 Steps to Health (SNAP-Ed) educational contacts
49,030 North Carolinians increased their consumption of fresh fruits and vegetables

Enriching Our Youth

4-H program addresses the diverse issues and backgrounds of today's youth, impacting more than 263,000 youth through efforts that build healthier, more involved citizens and future leaders.

110 county employees
478,013 face-to-face contacts
263,742 4-H'ers,
10,807 attended 4-H camp
214,462 hours donated by 4-H volunteers
3,740 teachers used 4-H programs in their classrooms last year
45,115 youth increased their knowledge of career and employability skills

Youth Build Life Skills Through "Learn by Doing" Summer Camps

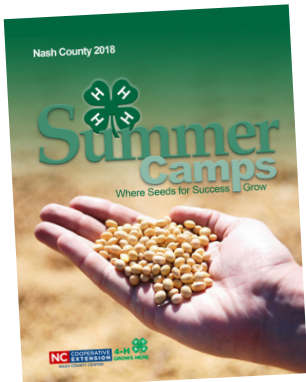
It's time to start thinking about what your youth will be doing this summer. Nash County 4-H will be providing



Sandy P Hall
4-H Youth Development

many "learn by doing" 4-H Summer Camps that focus on teaching youth important life skills that carry them far into adulthood. The term 'Life Skills' refers to the skills needed to make the most out of life and are associated with

managing and living a better quality of life. They help us to accomplish our ambitions and live to our full potential. Our summer camps provide



Registration is now open.
Limited space available.
Visit Nash.CES.NCSU.edu

an enriching experience where students are fully engaged in a topic of interest while connecting them to meaningful and skill building activities. Once the youth are engaged in these programs statistics show they will

generally excel civically and produce impactful contributions to society. If you are looking for your young person to develop long term life skills, then consider our 4-H Summer Camps. Registration is now open at the NC Cooperative Extension office located in the Nash County Agriculture Center in Nashville on weekdays from 8:00AM to 5:00PM.

For more than 10 years, 4-H has partnered with Tufts University to study the effectiveness of its youth development programs. This first of its kind research study found that 4-H's unique hands-on approach gives kids the opportunity to learn by doing and build life skills. 4-H Youth Development programs are designed

to develop youth into confident, competent, and caring citizens.

Compared to their peers, findings show that youth involved in 4-H programs excel in several areas:

4-H'ers Excel!

Nearly **4x more** likely to make contributions to their communities

About **2x more** likely to be civically active

Nearly **2x more** likely to participate in science programs during out-of-school time

2x more likely (Grade 10) and nearly

3x more likely (Grade 12) to take part in science programs compared to girls in other out-of-school time activities

Nearly **2x more** likely to make healthier choices

- 4-H Study of Positive Youth Development
Tufts University

Livestock Show A Great Success

The 81st Eastern Carolina 4-H Livestock Show and Sale held on April 17th and 18th was a great success. Nash County fared very well in show placings. We are very proud of all the hard work and dedication that was exhibited by all the participants. Below are some of the top Nash winners:



Grand Champion Steer
Caleb LaHay
Nash County

Reserve Champion Steer
Alexis Lucas
Nash County



Reserve Champion - Meat Goat
Stacie Winner
Nash County



Reserve Champion - Lamb
Justin Daniel
Nash County

Sandy Hall
NC Cooperative
County Extension Director
and 4-H Agent
Sandy_Hall@ncsu.edu



Spring Is Finally Here!

With the arrival of warm weather, it's time for livestock producers to focus on their pastures and hayfields. Nash County Cooperative Extension plans to support producers by offering workshops and seminars that cover forage profitability, pasture establishment and renovation, and management practices.



Kelsey Lichtenwalner
Livestock and
Pesticide Coordinator

The 4-H programs for Horse and Livestock are heating up too as our Nash County participants prepare for competition. The Tri-County Horse Shows are in full

swing, and the 2018 East Regional Qualifying 4-H Horse Show (participants who place here will go on to show at the State Level), is right around the corner. The Livestock Judging Team has also increased their practice to prepare for the State Competition this summer.

This is a busy season for all farmers! As a reminder, Agriculture is an important industry that provides 25% of the total economic input for Nash County – so please be patient with our farmers and share the road with tractors and farm equipment this season!

Kelsey Lichtenwalner
NC Cooperative Extension Ag Agent
Kelsey_Lichtenwalner@ncsu.edu



Maryanna Bennett
Field Crops and
Voluntary Agricultural District

Upcoming Trials

On-Farm Cotton Trial

For the 2018 growing season, Dr. Guy Collins, NCSU Cotton Specialist, is conducting an On-Farm Cotton

Trial in Edgecombe County. This trial will include Official Variety Testing of cotton seed vigor, resistance, and yield potential. An On-Farm Field Day is planned for August.

Official Variety Testing (OVT) provides unbiased concrete data to producers of North Carolina for seed varieties of various crops. The OVT trials are conducted throughout



the state to implement different soil types, climates, and overall growth habits for crops. This will give producers a better idea of

what varieties grow best in their climate conditions year to year.

Producers growing cotton can also access a Cotton Variety Calculator. To access the calculator visit:
Cotton.ces.ncsu.edu/Variety-Calculator

Tobacco Nematode Trial

Dr. Lindsey Thiessen, NCSU Plant Pathology Specialist, and Technician, Yara Rosado Rivera, conduct a Tobacco Nematode Trial in Nash County. This trial consist of Telone, Velum and Nimitz at various rates to hopefully conclude some nematode suppression options.

Our sincerest appreciation and gratitude for the producers allowing us to host these trials on their farm.

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

It's Time to Access Your Plants

One of the things gardeners do each spring is assess what affect the previous winter has had on their plants. When winters are relatively warm, such as in 2017, some plants might bloom earlier than normal while others that aren't usually hardy may unexpectedly return. In 2018, we had an extremely cold winter, or at least an extremely cold week early in that winter including many hours in the single digits.

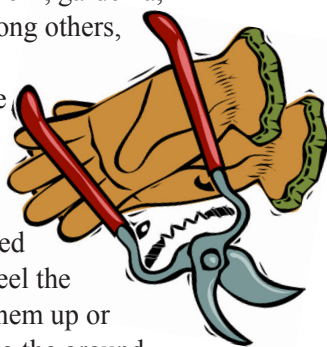
As a result, shrubs like loropetalum, Indian hawthorn, gardenia, and figs, among others, look a bit worse for the wear. Some gardeners may look at these damaged shrubs and feel the urge to dig them up or prune them to the ground, but fear not- spring brings new growth!

Be patient with these plants. Pruning them hard may satisfy you in the short term, but may be unnecessary or even harmful to their recovery. Scratch the outer bark to see which branches have some green (a sign of life) and which are truly dead. Only dead branches need to be cut, until late May or early June when you have a better sense of how the shrub has recovered.

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



Matthew Stevens
Horticulture and
Master Gardeners



2018 Teen Summer Job Fair

The community and rural development program will be hosting the 2018 Teen Summer Job Fair on Thursday, May 31, 2018 from 3:00 pm to 7:00 pm. The Job Fair will be held at the Nash County Agriculture Center, located at 1006 Eastern Avenue in Nashville, NC.

We are in the process of registering our local businesses to participate in this event. Employers will get the chance to connect with local teens looking for summer employment opportunities. This event will provide an excellent opportunity for businesses to receive numerous applicants for summer positions and interview potential employees in one place.



This is a FREE event but spaces are limited, so please register your business as soon as possible. You can register online or download a registration form at Nash.CES.NCSU.edu. If you have any questions, please feel free to call NC Cooperative Extension, Nash County Center at 252.459.9810 or email Traci Dixon or Megan Turner at Traci_Dixon@ncsu.edu Megan.Turner@nashcountync.gov

Traci Dixon
NC Cooperative Extension Agent
Traci_Dixon@ncsu.edu



Traci Dixon
Community and
Rural Development



Regina Moseley
Family and Consumer Sciences

Step Into Spring

According to the *Physical Activity Guidelines for Americans* adults are recommended to get at least 150 minutes of moderate

intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. As the weather is warming up, and the trees and flowers are all blooming why not step into spring with a walking plan. Walking is an excellent way to build time in your busy schedule for physical activity and it is not expensive. It is an activity you can do with the entire family.



Spring is also a great time to get into the kitchen with some fresh fruits and vegetables. It is recommended for adults to consume 2½ to 3 cups of vegetables daily and 1½ to 2 cups of fruit daily. Step into spring by visiting the market and picking out some vegetables and fruits such as green onions, broccoli, kale, strawberries and blueberries.



Mark your calendar - we will be hosting a blueberry jam workshop on June 19 at the Nash County Extension Office. Please contact us for more information.

Regina Moseley
NC Cooperative Extension Area Agent
Regina_Moseley@ncsu.edu

Farmers Market Open for the Season



1006 Peachtree St

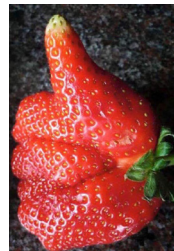
Market Hours
Saturdays

8:00AM to 1:00PM
April through November

The Farmers Market opened on April 7th and is in full swing featuring fresh seasonal produce, baked goods and handmade crafts. The market has variety of special events scheduled throughout the season and will run through the middle of November with Saturday hours from 8:00AM to 1:00PM.

This regional farmers market provides area farmers with a storefront for retail sales of their products – products they actually grow and produce. This market is not just a building it's the dynamic activity of all of the local that people are involved in growing, harvesting, buying, selling and sometimes socializing. Come enjoy the farmers market experience.

Be sure to mark your calendar and plan to join us for the annual Strawberry Jazz day. Strawberries will be the theme of the day and there will be a music performance by the Nash Central High School Jazz Band.



Have a question about growing plants or tending to your garden? The NC Master Gardener volunteers are available at the market each week with tons of gardening tips and tricks. Plus, they will be featuring Mini-Clinics throughout the season.



ask a
Extension
Master
Gardener

Upcoming Events

Be sure to mark Your Calendars!
Visit our Website at
Nash.CES.NCSU.edu



Strawberry Jazz

Farmers Market Rocky Mount

May 19th - 9AM - 11AM

Featuring Nash Central Jazz Band

Upcoming Plant Tours
at the Nash County
Arboretum Center

Fri, May 11th
at Noon

10 Plants that
Grow Well from Cuttings

Wed, June 6th at Noon

10 Reasons to Visit the
Nash County Arboretum

Visit our website for a complete listing of tours.

10
Plant
Tour
Series



New York City Spring Bus Trip

May 18th-19th

Spend the day in the Big Apple!
And leave the driving to us!

Visit our website for a complete trip details.

2018 Teen
Summer
Job Fair

May 31st 3PM - 7PM

Summer employment
opportunities. Businesses
and teens connecting.

Register today. Complete details on our website.



Visit Nash.CES.NCSU.edu
or call 252.459.9810

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**.