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**NC Cooperative Extension
Nash County Center**
1006 Eastern Ave, Room 102
Nashville, NC 27856
252.459.9810
Nash.CES.NCSU.edu

Sandy P Hall
County Extension Director
County Extension Agent
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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

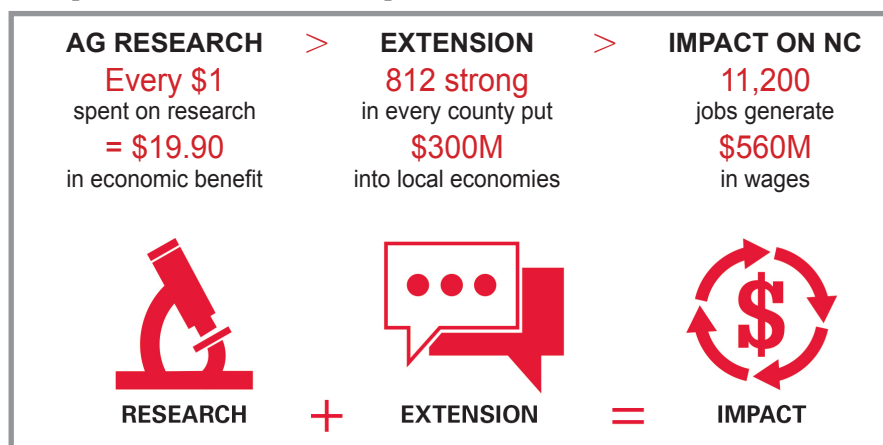
Kelsey Lichtenwalner
County Extension Area Agent
Livestock

Stephanie Collins
Market Manager
Nash County Farmers Market

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NC State Research and Extension Works

We discover it, improve it and pass it on to help North Carolinians succeed. We don't stop at the lab. We put research into action at field labs and Extension offices across the state. Thus, helping to improve North Carolina's crop revenue which adds billions to the economy.



A few examples of our impact:

Food Innovation to Build N.C. Jobs

Eighty percent of all crops grown in N.C. are shipped out of state for value-added processing. The new N.C. Food Processing and Innovation Center (N.C. Food PIC) will open new markets for growers, enhance crop values, grow local food entrepreneurs and bring value-added processing jobs to rural North Carolina. Our food science researchers and Extension agents will play a critical role in helping grow N.C.'s food manufacturing economy from seed to supermarket in our own backyard.

Growing New Opportunities

To support our state's \$791M craft brewing industry, NC State researchers and Extension specialists are helping farmers identify optimal hop cultivators, ideal growing areas and addressing key issues related to nutrition, disease and pest control. NC State Extension specialists are conducting industrial hemp research across the state to answer questions about how, when and what varieties to plant, and helping determine the actual market size and grower opportunity. Consumers want low-calorie sweeteners from natural sources. NC State is developing stevia varieties ideal for N.C. soils and climates to help

farmers improve crop yields and taste to meet the growing demand of a thirsty beverage and food industry.

New World Leader in Plant Sciences

NC State – partnering with commodity groups, agribusinesses and startups – are developing a new, cross-disciplinary approach to plant sciences research in a world-class facility that will bring the brightest minds in academia, government and industry together to increase crop yields, enhance sustainability and extend N.C. growing seasons.

Through Extension, farmers across the state will have direct access to the latest developments in agricultural technology from the new world leader in plant sciences.

Stopping Disease Cold Turkey

Blackhead disease can wipe out an entire turkey flock in weeks, causing millions of dollars in losses for N.C. farmers. The last remaining legal treatment for the disease was taken off the market in January 2016, but research at NC State has found a link between improved nutrition and gut health that can help combat this disease – keeping N.C. flocks and their \$885M annual economic impact healthy and strong.



Sandy P Hall
4-H Youth Development

Shaping Our Future Leaders



My PI,
the North
Carolina
Youth

Preparedness Initiative program, was hosted at Nash

Community College in partnership with 4-H and Nash County Emergency

Services. We had 114 youth, from 15 counties throughout eastern North Carolina.

Participants learned important skills to help their families, friends and

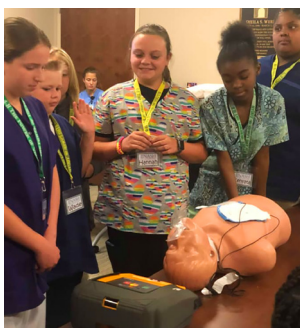
neighbors prepare for a disaster. Topics included:

- Building life saving skill sets
- CPR certification and AED usage
- Emergency Management and First Responder career profiles
- Identifying hazards
- Extreme Weather Awareness
- Giving back to your communities through the PREP + 6 Service Project
- Developing emergency kits and family communication Plans
- Technology in emergency preparedness, including NOAA weather radios, social and smart phone apps, HAM Radio, etc.

4-H Medical Academy at UNC Health Care Systems

Nash County 4-H Youth Development Program in partnership with UNC Health Care Systems provided a three day Medical Academy in effort to teach youth the importance of first aid as well

as techniques for taking care of cuts and scrapes, nosebleeds, stings, burns, and other concerns. This camp was



created to teach first aid skills and help introduce youth to the medical industry and has exposed more than 250 youth to careers in the various medical fields over the past 13+ years.

Congratulations to our 4-H State Winners



Chicken Char-Grill
Ally Causey
Bronze



Health and Fitness
Taryn Reams
Silver



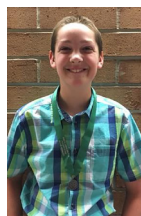
Horticulture Sciences
Olivia Daughtridge
Bronze



Public Speaking
Taylor Hall
Gold



Pork Char-Grill
Dustin Hall
Gold



Small and Companion Animals
Seth LaHay
Silver



4-H Honor Club
Induction
Stacie Winner



Left to Right **Grace LaHay** Anne Kristine Barnes 4-H Scholarship - \$1,000 **Raven Colbert** Dr. Gary S. and Patricia H. Davis 4-H Poultry Science Scholarship - \$1000 **Michaela Vick** Preston, Marsha and Brooke Cornelius 4-H Scholarship - 1,000

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



Summer Livestock Updates

Recent Summer Rains

We have finally received some much needed rain, but the hot, dry weather certainly did a number on many of our hay fields and pastures. Quick reminder, you can report any yield losses in your hay fields and pastures with USDA's Drought Impact Reporter. Also, if you hayed summer annuals like sudangrass, millet, or Johnsongrass during the dry weather, be careful of nitrates which can accumulate after a drought (or frost). NCDA&CS will test forage samples for nitrates for free. You can call the Nash County Cooperative Extension Office for more information.



Kelsey Lichtenwalner
Livestock and
Pesticide Coordinator



State 4-H Poultry Judging

Congratulations to our Nash and Edgecombe Counties 4-Hers who dominated the State Poultry Judging Competition on Friday, July 20th. Both our Senior and Junior Teams placed 1st in Avian Bowl, and our Senior Team will be representing North Carolina at Nationals in November!



Back Row, Left to Right: Seth LaHay, Payden Kiser, Caleb LaHay, Zac Keeter, Stacie Winner, Avery Bisette
Front Row, Left to Right: Kendal Thornburg, Holly Thornburg, Cara Cotugno, Wade Coffield, Trey Ormond, Garrett Gardner, Emma Cahoon

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



Tobacco Tour 2018

The 2018 Tobacco Tour was held on Monday, July 23 and Tuesday, July 24 in Nash, Wilson, and Granville Counties. The Tobacco Tour is a yearly event to bring tobacco research specialists, tobacco industry personnel and tobacco producers together for research updates and networking opportunities.

July 23rd The Tobacco Tour began with an Organic Field Day at Rob Glovers farm in Nash County hosted by Dr. Chris Reberg-Horton, NC

State Organic Grain Specialist. The tour included a group discussion about organic production and an update from several research specialists.

The afternoon portion was held on-farm at Vick Family Farms, in Wilson County, discussing

the curing/mechanization demo in Wilson, NC hosted by Dr. Grant Ellington, NC State Biological and Agricultural Engineer.

July 24th The tour continued on Tuesday morning and began with breakfast at the Oxford Tobacco Research Station and ended with lunch. The afternoon session was held at the Upper Coastal Plain Research Station in Rocky Mount.

More detailed information to follow on our email list serve. Please email Maryanna Bennett if you would like to be added for agriculture program opportunities and news blast.

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

Wet Weather Fallout

After a long dry spell, most parts of the county have experienced rain and unseasonably cool temperatures during the second half of July. Although every scenario is different, there are a few things gardeners and farmers can generally expect to encounter after periods of



heavy rain. Here are a few things to keep an eye out for. First, be on the lookout for fungal diseases. You may notice leaf spots on plants where water has sat on the leaves for long periods following rains, or root rots on plants grown in poorly drained soils. Leaf spot funguses are often treatable with fungicides or cultural methods, but root rots are much more problematic and difficult to resolve. Second, be ready for an increase in weed and grass growth. Water helps our plants grow, but that same rain fuels the weeds as well, so be prepared to spend a little more time on weed control and lawn maintenance over the next few weeks. Finally, watch out for fire ants. Fire ants are active almost year round, but heavy rains in summer and fall often cause their mounds to swell and disperse. They'll become a lot more noticeable now. This actually makes them easier to find and be treated, but be careful not to step in any along the way.

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



Matthew Stevens
Horticulture and
Master Gardeners

2018 Teen Summer Job Fair a Success

NC Cooperative Extension provides educational programs to inspire North Carolina's under served families, individuals, youth, farmers and communities to make decisions that improve their lives. To assist local teens in making productive use of their time during the summer, while learning life-long lessons on responsibility, finances, and job search and interview skills, the Community and Rural Development (CRD) program held their first Teen Summer Job Fair.

The event included a pre-fair interview preparation workshop for teens that covered topics such as how to present themselves, how to respond to questions and follow-up procedures. The job fair featured local businesses

including, Zaxby's, Hardee's, TJ Maxx, Which Wich, Autobell Car Wash and Homewood Suites. The event was attended by approximately 300 local teens who had the opportunity to meet with the business vendor representatives and complete applications for summer positions. Because of such a positive response, from both the business vendors and the teens, CRD is planning the 2nd Annual Teen Summer Job Fair in the spring of 2019!

Traci Dixon
NC Cooperative Extension Agent
Traci_Dixon@ncsu.edu



Traci Dixon
Community and
Rural Development





Summer Barbecues and Food Safety

Here are a few tips to assure summer food safety - always Clean, Separate, Cook, and Chill.

Regina Moseley
Family and Consumer Sciences

Clean! Make sure you are properly washing your hands. Unwashed hands and food surfaces are a prime cause of food borne illness.



Separate! When packing the cooler for an outing; wrap raw meats securely and avoid raw meat juices coming in contact with ready-to-eat food. Wash

plates, utensils, cutting boards which held raw meat thoroughly before using again for cooked food.

Cook! Use a thermometer. Cooking food to the proper temperature kills harmful bacteria that causes food borne illnesses.



Chill! Holding food at an unsafe temperature is a prime cause of food borne illness. Keep cold foods cold!

Refrigerate leftovers promptly. Food left out of refrigeration for more than 2 hours may not be safe to eat. When the temperature is 90°F and above, food should not be left out over an hour. Remember to **Clean, Separate, Cook,** and **Chill** for a safe and happy summer!

Need Food Safety Certification?

A Safe Plates Class is scheduled for September 12th - 14th in Nashville.

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



Nash County Farmers Market
Rocky Mount Mills Historic District
1006 Peachtree St
Market Hours
Tuesdays
4:00PM to 7:00PM
June through August
Saturdays
8:00AM to 1:00PM
April through November

Farmers Market Now Open on Tuesdays!

The Nash County Farmers Market is now open on Tuesdays from 4:00PM to 7:00PM with live music and food trucks. So, grab your family and friends and check

out the Market on Tuesdays too.

Stephanie Collins, our new Farmers Market manager has hit the ground running. She is a graduate of East Carolina University with a B. S. in Business Administration with a focus in Marketing. Stephanie has served on various local area event committees such as Rocky Mount Chamber of Commerce Ambassador, Tar River Region United Way fundraising and she has experience with City of Rocky Mount special events and public relations. We are thrilled to have her part of the NC Cooperative Extension, Nash County Center team.



Stephanie Collins
Market Manager



Gardening Questions

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.

Be sure to sign up for the weekly Farmers Market email newsletter. Go to Nash.CES.NCSU.edu and click on the Farmers Market tab for upcoming Market events.

Upcoming Events

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



Antique Tractor Show
Nash County Farmers Market in Rocky Mount

Saturday, August 4th - 8AM - 1PM
Presented by Classic Antique Power, Inc.

Upcoming Plant Tours
at the Nash County Arboretum

Fri, August 10th at Noon
10 Plants that Rock

Fri, September 14th at Noon
10 Plants that Have Stories

Visit our website for a complete listing of tours.

10 Plant Tour Series



Beginning Farmer

Presented by County Extension Agents
8-Week Workshop

Beginning September 11th

Call or visit our website for a complete details.



What's Happening at the Market . . .

Sat, Aug 4th
8am - 1pm
Backyard Bouquets

Tues, Aug 14th
4pm - 7pm - County Music by Denver Nixon and GetAPizza Food Truck

Sat, Aug 18th
8am - 1pm - Everything Succulent and BIG Tomato Contest Begins

Tues, Aug 21st
4pm - 7pm - Country Music by Meridith Davis and Everett's Food Truck

Sat, Aug 25th
8am - 1pm - Pack Healthy School Lunches

Visit Nash.CES.NCSU.edu
or call 252.459.9810

Last but not least . . . 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, important updates and information. We're just a click away at . . . Nash.CES.NCSU.edu.