

VANCE COUNTY CENTER



Handcrafted Holiday Market

It's that time of season again! The Handcrafted Holiday Market is knocking on the door of The Vance County Regional Farmers Market. Mark your calendars for Saturday, November 18th. Doors will open at 8 a.m. and closing time will be at 2 p.m. We look forward to seeing you and thank you for supporting your local farmer's market. If you have any questions, please stop by and chat with our Market Manager, Pat Ayscue.



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Fall Vegetable Garden

BY WAYNE ROWLAND

The fall season is upon us and with the temperatures keeping at a low, it's the perfect time to prepare your vegetable garden for winter. Preparing your garden is just as important as the planning, preparation and planting that takes place each year in the spring.

Wayne Rowland shared information on how to extend the vegetable growing season using frost protective row covers and using High Tunnels to grow vegetables during the non-traditional growing season with local farmers at the Vance County Regional Farmers Market on Monday, September 25th. Using a high tunnel will protect your plants from bad weather and allow our local farmers to extend their growing season while improving the quality of the plant and soil.

Evaluations from the participants stated that they had increased their knowledge about the Extension of their fall and winter vegetable garden and High Tunnel vegetable production. They stated they would adopt Cooperative Extension recommendations this year.

Extension of Your Fall & Winter VEGETABLE GARDEN

This presentation will cover everything you need to know about growing and extending vegetables you can grow in a High Tunnel to harvest in winter and early spring.

September 25th 6-30 PM

VANCE COUNTY REGIONAL FARMERS MARKET 210 SOUTHPARK DRIVE HENDERSON, NC 27536

For more information, please contact Wayne Rowland, Agriculture & Natural Resources Technician at dwrowlan@ncat.edu or 252-438-8188

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Fall Turf Tip

BY PAUL MCKENZIE

Fall is a key season for tall fescue lawn maintenance. This turf will benefit from a fertilizer application applied in middle to late November. A slow release fertilizer designed for turf is recommended, and it is usually best to avoid products that are combined with a weed killer or insecticide unless a specific problem has been identified. Keep in mind that the preferred time for sowing seed has already passed. Any overseeding or reseeding is best scheduled for early September.



Pesticide Certification

BY PAUL MCKENZIE

Each year during September, Cooperative Extension works to insure that farmers and other professional pesticide applicators have the continuing education they need to maintain appropriate certification. Cooperative Extension offers a variety of these classes which provide applicators with the information they need to protect the environment, work safely and stay healthy. Three such classes were offered in the month of September to help farmers meet a key deadline.



Vance County Local Farms and Food Profile

These infographics provide a visual interpretation of the 2012 & 2017 Census of Agriculture data, which is collected and maintained by the U.S. Department of Agriculture for all 100 counties in North Carolina. The infographics are intended to provide each county and council of government region with a simple, clear snapshot of local agriculture and the many ways in which it impacts local economies.



Agriculture as Economic Development



North Carolina's agricultural industry, including food, fiber and forestry, contributes \$91.9 billion to the state's economy, accounts for more than 17 percent of the state's income, and employs 17 percent of the workforce. *

North Carolina is one of the most diversified agriculture states in the nation. The state's 46,418 farmers grow over 80 different commodities, utilizing 8.4 million of the state's 31 million acres to furnish consumers a dependable and affordable supply of food and fiber. The state ranks eighth nationally in Total Market Value of Agricultural Products Sold. Net income per farm in the state is over \$86,645.

This Local Food and Farms infographic is designed for economic developers, planners, local food advocates, and community members to understand the impact of their county and region to the overall NC agricultural economic impact. The economic indicators provided here can help local governments as they design ways to support agricultural businesses as key components of vibrant and resilient, local and rural economies. Each region in North Carolina presents a unique set of opportunities for sustainable economic growth and entrepreneurship.

Consider one example: When school systems purchase food from local farmers, students benefit from access to healthy fresh produce, farmers benefit from sales into local schools, and the community benefits because these local sales are spent at other local businesses. This type of local business opportunity keeps farms in production, maintaining North Carolina's agricultural asset base both in terms of land and farming know-how. And it keeps dollars spent on food circulating among other local businesses.

As decision makers consider policies, programs and practices to support the agriculture sector there are numerous examples and supporting reports providing guidance:

NC State / Center for Environmental Farming Systems / NC State Extension Local Food Local Government Guide to Developing Local Food Economies
<https://cefs.ncsu.edu/food-system-initiatives/local-food-economies/local-government-guide-to-food-economies/>

Food System Initiatives (includes NC case studies)
<https://cefs.ncsu.edu/food-system-initiatives/local-food-economies/>

The NC 10% Campaign Initiative
<https://www.nc10percent.com/>

NC Local Food
<https://localfood.ces.ncsu.edu/>
<https://localfood.ces.ncsu.edu/food-system-supply-chain/>

USDA
 The Economics of Local Food Systems: A Toolkit to Guide Community Discussions, Assessments, and Choices
<https://www.ams.usda.gov/sites/default/files/media/Toolkit%20Designed%20FINAL%202013-22-16.pdf>

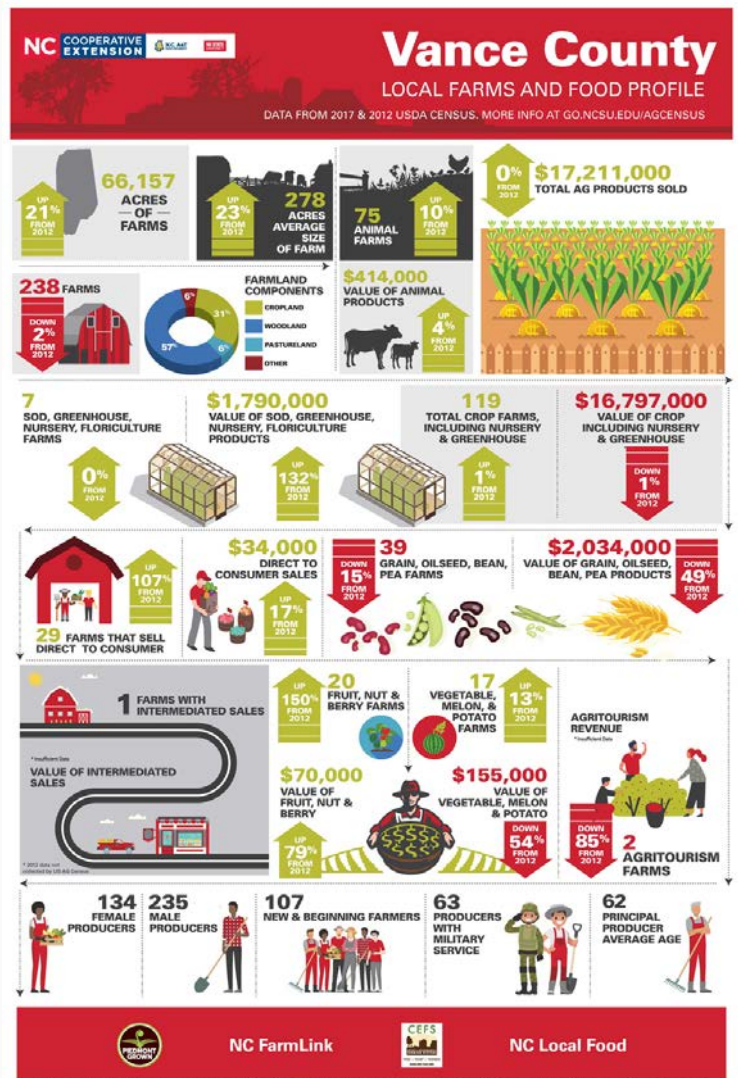
For up to date information on this project go to
go.ncsu.edu/agcensus

This material is based upon work supported by NC State Extension [Local Foods Program](#), NC State Extension [FarmLink](#), and the [EmPOWERing Mountain Food Systems Project](#) of the Center for Environmental Farming Systems.



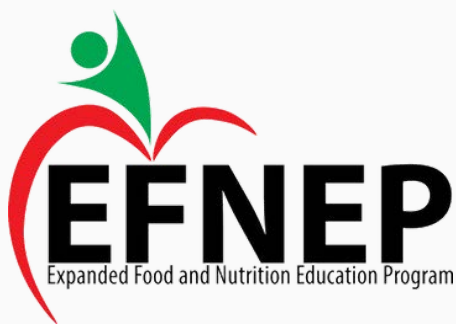
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https://www.nass.usda.gov/Publications/AgCensus/2017/Full_Report/Volume_1_Chapter_2_US_State_Level/st199_2_004_0004.pdf



Expanded Food & Nutrition Education (EFNEP)

BY NITASHA KEARNEY



Vance County Cooperative Extension Expanded Food & Nutrition Education Program created phenomenal impacts at Pinkston Street Elementary school and New Hope Elementary Boys and Girls club. Students' grades kindergarten through fifth grade learned the importance of physical activity earning jump ropes for the jump rope challenge.

Other students were able to highlight their chef skills with wonderful creations such as Apple Oat muffins, Breakfast Parfait, Lickety Banana Split! Whenever I am sharing recipes I also like to share with the students the importance of food safety as well. Words like cross contamination, germs, and salmonella are used in the classroom with the students.

To learn more about EFNEP programs available please contact me, Nitasha Kearney ndkearney@ncat.edu!



The Incredible Years Program

BY JAMON GLOVER



The Incredible Years program is in our fifth week of fifteen sessions and we are having loads of fun with our parents. Currently, we are discussing the wondrous effects child-directed play has on children. We role-play scenarios and answer very specific questions during our time together.

One of the discussion points centered around what to do when your child has trouble disengaging from play.

The general rule is to establish expectations and routines that they can rely on. For example; before you start playing, inform them that playtime has a specific time limit. If you want to use the timer on your phone or a regular kitchen timer, you want to let them know that when your timer goes off it will be time to start cleaning up so they can move to the next thing.

Once the timer goes off they will recognize that it's time to stop and clean up (they will ignore this the first time). It may take a few sessions, but eventually, they will understand and won't have to be told what to do when the timer goes off. To have parenting success is easy if you understand how to set expectations and boundaries.

If you are or you know of any parent with children between the ages of 2-5yrs, let us be of service. (252) 438-8188 ask for Jamon Glover or June Smith





Tractor Supply Supports 4-H Inspiring Kids Through Paper Clover Campaign

BY DR. WYKIA MACON

Tractor Supply proudly began our partnership with 4-H in 2010 and we have since helped raise over \$14 million through our Paper Clover fundraisers. The success of these campaigns has impacted over 69,000 students by providing them with hands-on learning experiences through projects in STEM, agriculture, healthy living, and civic engagement.

100% of funds raised through our two Paper Clover fundraisers directly benefit 4-H and the kids and teens they work with - 90% of donations directly support 4-H youth in the state it was raised, and the remaining 10% supports national 4-H programming.

100 percent of funds raised through this bi-annual event directly benefit 4-H youth. Visit the Tractor Supply website to find a store near you.

So when customers visited our local Tractor Supply, October 4th – October 15th, at 1733 Dabney Drive, Henderson, NC they were able to purchase a paper clover to support 4-H across our clubs, communities and our world but especially here in Vance County (Over \$600 was raised in Vance County).



PAPER CLOVER

HELP SUPPORT YOUR LOCAL
4-H CLUBS BY ADDING
AT CHECKOUT

\$1



HUBZone Technology Initiative Partners With Vance County 4-H

BY DR. WYKIA MACON



Vance County 4-H is excited to partner with HUBZone Technology Initiative - HTI for this after school STEM program where 12 - 13 year olds are able to learn how to refurbish PCs into retro-gaming PCs. We love watching our youth learn and put their brains to work. You may be looking at future Engineers, Computer Scientist, Entrepreneurs or possibly a member of a technology career that hasn't been created yet!

We hope that STEM programming like this after school program will help continue to cultivate a desire for students to enter the fields of Science, Technology, Engineering, and Mathematics as adults! They will even be able to hear from Dr. Jerry Edmonds with Vance Granville Community College about entrepreneurship in the near future!

Here's to cultivating young minds through the lens of technology!

Vance County 4-H



**Boys and Girls Club Visits Farm
Thank you Mr. Brown!!**

THE VANCE AND WARREN COUNTIES BEEKEEPERS ASSOCIATION

BY WAYNE ROWLAND

Wayne Rowland is a member the Kerr-Tar Beekeepers that meet on the 2nd Monday of each month at 7:00 PM at the Vance County Regional Farmers Market.

The Kerr-Tar Beekeepers Association are now The Vance and Warren Counties Beekeepers Association. While they found the Kerr-Tar name is familiar to people in this region, outside of this area, people are of course not as familiar. The name change may help them to get more “clicks” for people looking for their club on the internet.

A detailed proposal was submitted for a club apiary at the Farmers Market. Note: An apiary is a location where beehives of honey bees are kept. Apiaries come in many sizes and can be rural or urban depending on the honey production operation. Furthermore, an apiary may refer to a hobbyist's hives or those used for commercial or educational usage

The Kerr-Tarr Beekeepers are continue to explore ways to become a 501(c)3 organization, like most churches and other non-profits. This will make it easier for individuals and businesses to donate.

Plans are in the making for a winter bee school. More details later.

Whether you have a hive or just interested in bees, please feel free to stop in and join them at their next meeting.



Upcoming Events

Promoting Economic
Well-Being through Grassroots
Innovation

OCTOBER 17TH

9:00 AM - 3:00 PM

Harris Conference Center
Charlotte, NC

NC ECA State Conference

OCTOBER 23RD-25TH

Kill Devil Hills, NC

Extension District Meeting
North Central Area

OCTOBER 26TH

NC A&T State
University Pavilion
Greensboro, NC

Kerr-Tar Beekeepers

NOV. 13TH @ 7:00 PM

Vance County
Regional Farmers Market