

Extension news

Surry County Center

June 2017

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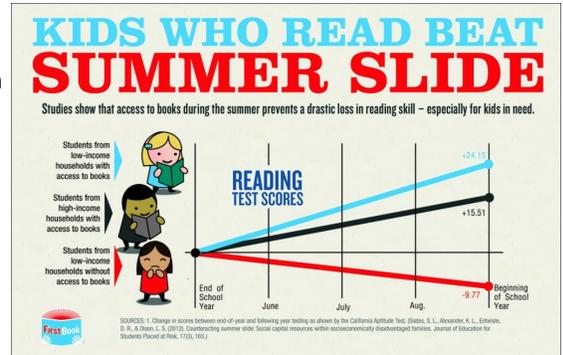
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Summer Learning Loss

According to the National Summer Learning Association, children experience “summer learning loss” when they are not involved in high quality programs between the time school gets out to when it goes back in the Fall. As a result, youth can lose up to 2 months of academic skills obtained, particularly in reading and math. These reading and math losses add up over time and by the fifth grade, summer learning loss can leave low-income students 2.5 to 3 years behind their peers.



High-quality summer learning programs, like 4-H, have been shown to improve math and reading skills, motivation, school attachment, and relationships with peers and adults. Summer learning can happen anytime, anywhere and can make a difference. 4-H and other youth development programs work to provide opportunities for youth to get involved in educational activities to help reduce the “summer learning loss” by the youth in our communities. Our goal is to provide a learning environment where children can “learn by doing” through experiential learning opportunities.

Here are some ways you can get involved this summer with Surry County 4-H:

- Attend one of our 4-H Summer Explosion Workshops
- Join a 4-H Club (Beulah, Cloverbuds, or Surry Saddles)
- Attend a 4-H County Council Meeting
- Sign up and attend 4-H Congress (ages 13+)
- Start working on a 4-H project in a topic of your choice
- Volunteer to be a junior leader and help teach your peers

Contact Whitney Collins at (336) 401-8025 or whitney_collins@ncsu.edu to become involved today!
<http://www.summerlearning.org/about-nsla/>



Contact Us

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Join the
FUN!

2017 Summer Explosion Registration

Registration is in full swing for our 2017 Summer Explosion workshops. If you didn't have a chance to register on sign-up night, we still have a few spots available. Registrations will be taken until classes are full or until one week before a program starts. Contact Whitney Collins for a detailed brochure and information regarding the exciting opportunities still available this summer.

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Watering Gardens

Most vegetables need two to three inches of water for maximum production.



Carrying water containers is hard and less efficient than other means of watering a garden. Another option is overhead sprinklers. They are easier but may introduce harmful bacteria on vegetables causing food safety issues. A better solution would be using drip irrigation. While it sounds complicated it is quite simple and allows water to go straight to the roots while keeping foliage dry. This helps reduce diseases in the garden too.

Supplies needed for an 8 foot by 4 foot raised bed drip irrigation system include: regular water hose, recycled water hose, drip tape, one elbow shaped pipe, 2 t-shaped pipes, eight pipe clamps, pressure reducer, and timer. Ideally, the regular water hose would connect to the water spigot. (Or a water barrel could be set up on an incline made from blocks and gravity used to disperse water.) The end of the hose attaches a section of the recycled water hose that has been cut three times to fit the width of the bed. The next two sections of recycled hose are attached by a T-shaped pipe and the last is connected by the elbow shaped pipe and are secured by pipe clamps. The drip tape is secured to the t-shaped pipes and elbow shaped pipe by a pipe clamp as well. Cut the drip tube the length of the bed and place on t and elbow shaped pipes. Cut a plastic tube and place under the pipe clamps to protect the drip tape from tares. Cut a half-inch off the end of drip tube and roll the end of the drip tube forward several times at half inch. Slide the half inch extra piece over the end to secure the drip tape. This eliminates the need for another clamp at the end of the drip tape.

A timer could be attached and set to dispense water on a schedule. It is better to water during the early morning hours to reduce evaporation. It also helps the foliage to dry quicker to help decrease fungal issues. A pressure reducer may be needed. Happy watering!



Salsa Gardening



A theme can be a great way to tie a garden together, and provide inspiration for the young and old. Create a garden with all of the plants you might find in salsa (tomatoes, cilantro, onions, peppers, and garlic). If space is limited, you are in luck! Gardens do not have to be large, an 8 foot by 4 foot space or even containers are enough.

Maintain the garden over the summer and find a yummy salsa recipe to make with your harvest. You can share with others, give as a gift, or even sell as a fund raiser. If you are interested in more about salsa gardening visit the Extension Center for a great raised bed salsa garden visual created by our Extension Master Gardener Volunteers. They have growing information as well.

Extension Master Gardener Field Trip

May was a wonderful month to visit Asheville. Extension Master Gardener Volunteers went to the Biltmore Gardens and learned the history of the grounds along with learning about the numerous plants in the landscape. Plant pathologists at the Mountain Research Station informed the group of fruit tree and vegetable pests and the best control options. Day two was spent with a guided tour at the NC Arboretum where Master Gardeners were overwhelmed with the variety of flowers, trees, and shrubs. The trip ended at the Asheville Farmers Market where many Master Gardeners purchased unique and special plants. It was an educational packed two days that left the group with numerous ideas for future homeowner trainings. Be on the lookout for future workshops.



Farm to Table
DINNER

at Elkin Farmer's Market • June 17th • \$75.00 per person
Starting at 5:30 p.m. - 9:00 p.m.
4 Course Meal (meat or vegetarian options)
prepared by Chef Jeff Gibbs
One Complimentary glass of Wine or Beer
Wine Pairing Available for Additional Charge (\$20)
Live Music & Cash Bar Available

To Purchase Tickets:
www.eventbrite.com/elkinfarmtotable

Limited Seating. Ticket Sales End June 10th at 6pm
10% of ticket sales will go towards Elkin Farmer's Market Fund

June is.... NATIONAL DAIRY MONTH!

Fun Facts About Dairy



Each year, we celebrate June Dairy Month to honor America's dairy farm families and the wholesome, nutritious milk they produce.

Milk is packed with nutrition. As well as being an excellent source of calcium and protein, milk contains niacin, potassium, phosphorus, riboflavin, and vitamins A, D and B12. In fact:

- To get the amount of calcium in an 8 ounce glass of milk, you'd have to eat seven oranges or six slices of wheat bread.
- About 72 percent of the calcium in the U.S. food supply comes from dairy foods.
- Ninety-nine percent of all U.S. households purchase milk. The average American consumes almost 25 gallons of milk each year.
- Americans eat more than 300,000 tons of yogurt a year. Yogurt contains active cultures, including acidophilus, which has been shown to improve digestion, stimulate the immune system, fight infection and help protect against cancer. As an added bonus, yogurt has been shown to improve bad breath!
- About 300 varieties of cheese are sold in the United States.
- Each person in America eats an average of 46 slices of pizza a year. To meet this demand for dairy, there are more than 60,000 dairy farms across the country. Dairy farmers work hard to keep their cows healthy and happy so they can produce milk. It's not an easy job!
- The average dairy cow weighs about 1,400 lbs.
- Cows drink 35-40 gallons of water a day — the equivalent of a bathtub full of water.
- Cows spend about 6 1/2 hours eating per day and eat about 90 pounds of food in that time. That's the equivalent of about 210 potatoes!
- A cow has four stomachs and 32 teeth.
- The average cow produces anywhere from 6 to 8 gallons of milk per day, or about 125 glasses. The average dairy cow produces more than 2,000 gallons of milk every year.
- Cows that are milking eat about 100 pounds each day of feed—a combination of hay, grain, silage, and proteins, plus vitamins and minerals. Farmers use animal nutritionists to develop scientifically formulated, balanced and nutritious diets for their herds.
- The average U.S. dairy herd is about 200 cows. Regardless of herd size, cows must be healthy and well cared for to produce wholesome, nutritious milk.
- All 50 states have dairy farms. In fact, there are nearly 47,000 licensed dairy farms nationwide.
- Dietary Guidelines encourage three daily servings of low-fat or fat-free milk or milk products for those ages nine and older. The Guidelines recommend children ages 4 to 8 consume two-and-a-half servings a day. And, for children ages 2 to 3, it's recommended that they consume two servings daily.
- There are nine nutrients in milk: calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B12, riboflavin, and niacin.
- Milk is the number one source for calcium, potassium and vitamin D.

Chef & Child



SURRY COUNTY
4-H YOUTH DEVELOPMENT

OPEN TO ALL YOUTH
AGES 10 TO 18!

FREE EVENT!

June 20th to 22nd
10:00 a.m. - 1:00 p.m.

Learn to cook from a real chef when you participate in Surry County's Chef and Child experience. Chef Rob Creel will share recipes for some delicious meals and snacks during this hands-on opportunity. Come hungry and ready to eat your own culinary creations.

Register by June 16, 2017
by calling 401-8025.



CALENDAR OF EVENTS

ECA Achievement Night

June 1, 2017 / 6:00 p.m.
SCC—Viticulture Center, Dobson

Volunteer Appreciation Banquet

June 6, 2017 / 6:00 p.m.
SCC—Viticulture Center, Dobson

Diabetes & You

June 7, 2017
12:00 Noon—1:00 p.m.
Surry County Extension Center, Dobson

Preserve It & Serve It

June 8, 2017
6:00 p.m. - 8:00 p.m.
Cost: \$15 (1 adult & 1 youth)
Surry County Extension Center, Dobson

SHIIP Quarterly Update

June 9, 2017
9:00 a.m.—12:00 Noon
Surry County Extension Center, Dobson

Recipe Gardening

June 12, 2017 / 7:00 p.m.
SCC Pilot Center—Pilot Mountain

Surry County Beekeeper Meeting

June 12, 2017 / 7:00 p.m.
Surry County Extension Center, Dobson

Basic Food Preservation

June 13, 2017
12:00 Noon—1:00 p.m.
Surry County Extension Center, Dobson

Master Gardener Meeting

June 14, 2017 / 12:00 Noon
Surry County Extension Center, Dobson

Vinedresser Meeting

June 15, 2017 / 1:00 p.m.
Surry County Extension Center, Dobson

Farm to Table Dinner

June 17, 2017
5:30 p.m.—9:00 p.m.
Elkin Farmer's Market, Elkin

Chef & Child

June 20-22, 2017
10:00 a.m.—1:00 P.M.
Surry County Extension Center, Dobson

ECA County Council Meeting

June 27, 2017
Pilot Mountain State Park



Accommodation Statement:

For accommodations for persons with disabilities, contact the Surry County Center at (336) 401-8025, no later than five business days before the event.

Disclaimer

Recommendations for the use of agricultural chemicals are included in this publication as a convenience to the reader. The use of brand names and any mention or listing of commercial products or services in this publication does not imply endorsement by North Carolina Cooperative Extension nor discrimination against similar products or services not mentioned. Individuals who use agricultural chemicals are responsible for ensuring that the intended use complies with current regulations and conforms to the product label. Be sure to obtain current information about usage regulations and examine a current product label before applying any chemical. For assistance, contact your county Cooperative Extension agent.

Special Note: Registration for events listed in this calendar are required unless otherwise noted. Register by calling (336) 401-8025.

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