

# Extension news

Surry County Center

March 2017

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## March is . . . National Nutrition Month



March is National Nutrition Month. Take some time to think about what you are eating to fuel your body. "Put Your Best Fork Forward" is the theme for National Nutrition Month 2017 which serves as a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time, helps improve health now and into the future.

### Smart Snacking

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving. Make snacking a smart habit by:

- **Snacking only when you're hungry.** Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- **Have snacks planned and portioned out ahead of time.** Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese can save time later on.
- **Practice food safety.** Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by substituting different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned (in 100% juice), or dried varieties are all good options.

Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein, and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.



We are looking to start a few new 4-H Clubs in our community and would love to have your help! 4-H Clubs are the foundation of the 4-H program and the catalyst for growing successful young people. Most 4-H Clubs meet on a monthly basis. All clubs must have one or two adult leaders and a minimum of 5 young people between the ages of 5 to 19. Clubs can meet just about anywhere, as long as it's a safe location, such as a local library, church, club member's home, park, or community building. Clubs can be focused on a specific topic or they can be a general interest club. If you have a passion for working with kids and sharing your talents we would love to have you.

Please contact Whitney at [whitney\\_collins@ncsu.edu](mailto:whitney_collins@ncsu.edu) or (336) 401-8025 if you would like more information on how to get a 4-H Club started!

NC State University  
A&T State University  
**COOPERATIVE  
EXTENSION**

Empowering People · Providing Solutions

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## March Honey Bee and Beekeeper Activity



Ever wonder what the honey bee is doing this time of year? As the days become longer, the queen bee increases her rate of egg laying. More brood means more food will be consumed. The term brood is

used to refer to the embryo or egg, the larva and the pupa stages in the life of the honey bee. The drones (males of the hive) begin to appear. The bees will continue to consume honey stores. They may also begin to bring pollen into the hive during the month of March.

When the weather begins to warm and beekeepers start to see bees flying, they will be taking a peek at the inside of their hives. They will choose a day when there is minimal wind and the temperature reaches above 65 degrees for their hive evaluation. They will not be in the hive very long as they remove the frames for a quick inspection. Beekeepers will be looking for any signs of disease and will look for activity from the queen. They want to see that the queen is laying eggs once the nectar flow has started.

The bee colony populations are typically high in preparation of the coming poplar flow, but food stores can run dangerously low until the flow starts. Beekeepers may find it necessary to continue feeding the hive until food sources are abundantly available for the bees. Beekeepers may also remove the entrance reducer on the front of the hive if the weather is starting to look good. However, if it is still bad weather, they will leave it in place until April. An entrance reducer is usually a small wooden barrier (but can be made out of plastic or metal) placed at the entrance to a beehive that reduces the size of the opening. Entrance reducers are used to protect a weak hive from invasion by robbing honey bees or yellow jackets. A hive with insufficient numbers of bees may find it difficult to defend a large opening. A smaller opening gives them a fighting chance. They are used in the winter to reduce drafts through the hive, to keep snow and rain from entering, and to discourage small mammals, like mice, from entering into the hive. Entrance reducers may also be used during treatments with essential oils or organic acids to control mites. Beekeepers are also trying to decide if they want to reverse the hive deeps. This allows for a better distribution of the brood and will stimulate the growth of the colony.



## Upcoming Horticulture Workshops for Home Gardeners

Learn tips on growing bigger and better fruit and vegetables through three upcoming workshops specially created for the home gardener. Everyone interested is invited to attend any of the workshops. Each workshop will begin at 6 pm at the Extension Center (210 North Main Street) in Dobson. Call 336.401.8025 to register before space fills up. The workshops are listed below.



### Fruit Production for Home Gardeners— March 7th

Fruit is so much better when you pick them from the plants you're growing in your landscape. Learn all about how to grow strawberries, blackberries and blueberries in your home landscape. Preparing the soil, amendments like fertilizer, how many plants you need, pruning, and harvesting are all to be discussed with this program.



### Fruit Tree Grafting for Home Gardeners—March 21st

Learn the basics of tree grafting (primarily apple trees). Learn several different grafting techniques as well as how to collect proper scions (cuttings). There will be hands-on grafting during the workshop. There is a \$10 fee with this workshop.



### Growing Big, Red, Tasty Tomatoes in Your Backyard— March 28th

Home grown tomatoes are so much better when you pick them fresh from your own vines. Find out how to grow them in your home garden. Preparing the soil, amendments like fertilizer, how many vines you need, pruning, and harvesting are all discussed with this program.

## 4-H Plant Sale!

The annual 4-H plant sale is in full swing. Don't forget to place your order for berries, trees, and bluebird houses before March 22nd. Orders for Herbs, flowers, ferns and vegetables are due May 1st. If you haven't received your brochure, call 336-401-8025 to be placed on the mailing list for these great plants!

# 2017 4-H Achievement Night & Social!

Everyone is invited to come out and see what 4-H is all about! Have you or your child attended a summer class, attended a 4-H special event, or even been a 4-H'er yourself and would like to know more about this great program and how it has changed? This is a night to come and join in as we have some fun while learning about 4-H and all its many opportunities!

At our Achievement night, we will recognize those 4-H'ers that participated in 4-H presentations, 4-H project record books, 4-H clubs for their community involvement, and install our 2017/2018 County Council Officers. The second portion of the evening will consist of current 4-H'ers sharing with you about their 4-H experiences as well as crafts, games, and food! Activities will be centered on opportunities available in 4-H while providing a great evening of educational entertainment for the whole family.

All are invited! You do **NOT** have to be a current 4-H member to participate. We encourage all youth and their families to come, celebrate, and learn more about the 4-H youth program here in Surry County. A meal will be provided, so registration is required. When registering, please include any family, friends and/or visitors that may attend. Children must be accompanied by an adult. **Call 336-401-8025 to register before Friday, March 10th.**



**EVERYONE IS INVITED!**

Thursday, March 16th @ 6:00 p.m.  
SCC Viticulture Center, Dobson  
Registration is required!



## TEEN RETREAT



Join us at Betsy Jeff Penn on March 25-26 for a leadership building retreat that offers a variety of workshop topics, community service activities, a campfire evening, and more. We will also be electing our incoming District Officers for 2017/2018. Teen Retreat is for youth who are between the ages of 13-18. You must be 13 as of January 1, 2017. Call 336-401-8025 or email [whitney\\_collins@ncsu.edu](mailto:whitney_collins@ncsu.edu) to register today!



## Pesticide Recertification Training

There will be a pesticide recertification training on **Friday, March 17 beginning at 1:00 pm at Price Power Equipment in Elkin**. Training topics will include protecting the environment and you as an applicator and a pesticide update from the North Carolina Department of Agriculture and Consumer Sciences. There will be several breakout sessions for ornamental and turf and plant pest categories. The total training is 2 credit hours in categories L, N,O,D, and X and 1 credit hour in categories A,H, and K. Call 336-401-8025 to register.

## 4-H FOOD SHOW



Saturday, March 11  
Yadkin County  
Cooperative Extension  
9:30 a.m. - 12:00 p.m.

Does your child/children enjoy making some goodies in the kitchen?! Here is an opportunity for them to share their favorite recipe in a FUN way with others!

The time has come again for the 4-H members of Surry, Yadkin, Wilkes, and Alleghany counties to dazzle us with your culinary skills! The **4-H Area Food Show** will be held on **Saturday, March 11<sup>th</sup>** at the Yadkin County Cooperative Extension office. The office is about 25 minutes from Dobson and easy to find! Come present your dish in a unique way for a chance to win a \$25 value prize basket! **Setup will begin at 9:30 a.m.** and end at 10:00 a.m. Judging will begin at 10:00 a.m. and should end by 12:00 p.m. While judges taste these tasty treats participants can enjoy different hands-on activities.

Visit our CES website for registration forms or call 336-401-8025 for more information!

**\*\*Those interested must fill out and turn in an entry form by Monday, March 6th. Forms available by request.\*\***

# CALENDAR OF EVENTS

## Surry County Cattlemen Meeting

March 2, 2017 / 7:00 p.m.  
 NC Cooperative Extension, Dobson  
 Meal Cost: \$5.00  
 1 hour X Credits

## Small Fruit Production Workshop

March 7, 2017 / 6:00—8:00 p.m.  
 NC Cooperative Extension, Dobson

## 4-H County Council Meeting

March 7, 2017 / 5:30 p.m.  
 NC Cooperative Extension, Dobson

## Master Gardener Monthly Meeting

March 8, 2017 / Noon  
 NC Cooperative Extension, Dobson

## Senior Health Fair

March 10, 2017 / 9:00 a.m.—Noon  
 Reeves Community Center, Mount Airy

## 4-H Area Food Show

March 11, 2017 / 9:30 a.m.—Noon  
 NC Cooperative Extension—Yadkin County

## Surry County Beekeeper Meeting

March 13, 2017 / 7:00 p.m.  
 NC Cooperative Extension, Dobson

## Farmer's Market Vendor

### Information Meeting

March 14, 2017 / 6:00 p.m.  
 NC Cooperative Extension, Dobson

## Diabetes & You

March 15, 2017 / Noon  
 Reeves Community Center, Mount Airy

## Vinedresser Meeting

March 16, 2017 / 6:00 p.m.  
 NC Cooperative Extension, Dobson

## 4-H Achievement Night

March 16, 2017 / 6:00 p.m.  
 SCC—Viticulture Center, Dobson

## ECA Cultural Arts Day

March 17, 2017 / 9:15 a.m.—1:00 p.m.  
 SCC—Viticulture Center, Dobson

## Commercial & Private Pesticide Training

March 17, 2017 / 1:00 p.m.  
 Price Power Equipment, Elkin  
 2 hours L, N, O, D, X  
 1 hour A, H, K

## Tree Grafting Workshop

March 21, 2017 / 6:00 p.m.  
 Cost: \$10.00  
 NC Cooperative Extension, Dobson

## 4-H Teen Retreat

March 25 & 26, 2017  
 Betsy-Jeff Penn, Reidsville

## Tomato Production Workshop

March 28, 2017 / 6:00 p.m.  
 NC Cooperative Extension, Dobson

**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.



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

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