

Inside This Issue

Soil Health and Wet Pastures

Master Gardener Gardening Symposium

March Horticulture Workshops

Eat Right, Bite by Bite

Calendar of Events

Contact Us

Surry County Center
Post Office Box 324
915 East Atkins Street
Dobson, NC 27017

(336) 401-8025 Phone
(336) 401-8048 Fax

surry.ces.ncsu.edu

Raising kids, Eating right, Spending smart

Raising kids, eating right, spending smart, living well—that's the theme of a national Living Well Campaign that is being promoted by the Extension Association of Family and Consumer Sciences, both at the national level and here in North Carolina. The goal of the Living Well Campaign is to provide people with the education and information they need to "live well."

Whether you are trying to manage your diabetes through meal planning and exercise, make decisions about Medicare, or get tips on keeping your food safe, Extension probably has a research-based answer.

To make every month a "Living Well Month," consider these eight tips.

1. Engage children in at least 60 minutes of physical activity on most, preferably all, days of the week. Adults need at least 30 minutes of physical activity. Besides participating in sporting activities, turn on some music and dance. Be creative by assembling an obstacle course, using hula-hoops or jump ropes. Start planning a garden. Take a walk or bike ride in your neighborhood.
2. Drink plenty of water to stay hydrated. The average adult human body is approximately 60 percent water, which is found in muscle, blood, brain, bone, etc. Water regulates every living cell's processes and chemical reactions. It transports nutrients and oxygen. Water helps to maintain normal bowel habits and prevent constipation. Limit the amount of soda and fruit drinks consumed daily.
3. Eat a variety of healthful foods. Be sure to have plenty of colorful fruits and vegetables every day. Most people need at least 4 1/2 cups to meet the daily recommendation. Have a glass of 100 percent juice or sliced banana on cereal for breakfast, enjoy raw vegetables with dip to accompany a sandwich at lunch and have a sliced apple for dessert. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. Try a new fruit or vegetable. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.
4. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age.
5. Work on 4-H projects and look at upcoming 4-H and youth development events shared on the Surry Cooperative Extension website at surry.ces.ncsu.edu.
6. For more information about upcoming gardening, healthy living, nutrition, food safety and food preparation opportunities offered by Surry County Cooperative Extension, check out surry.ces.ncsu.edu.
7. Maintain a healthy home. Be sure your smoke detector is working correctly and test for the presence of radon. Free radon kits are available at the Extension Office while supplies last. Help manage allergies and/or asthma by cleaning and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.
8. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often to save money. Plan your menus and use coupons to make your grocery list. Use leftovers as the basis for another meal.

"NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating."

Soil Health and Wet Pastures

Written by:

Bryan Cave, County Extension Director

As I write this article, the rain is pouring outside the window and it seems like it will never stop. We're seeing waterlogged conditions all over the place. When this happens, we can't help but damage our pastures. While excessive rainfall certainly has a role to play, the health of the soil affected will determine how long mud persists and whether forages will be able to recover in the following spring.

Soil is not just made up of "dirt." It consists of mineral material derived from the bedrock below, pore space filled with air and water, and organic matter generated by microbes and macro-invertebrates. Healthy soils will have all of the aforementioned components and function as a living ecosystem – if a component is missing or one occurs in excess, we will begin to see problems develop in our fields that will negatively impact forage growth.

The amount of organic material present is especially important when it comes to water-logged soils – organic matter acts as a sponge, and the more organic matter present, the more water soil can hold. And while thinking about sponges, are all pore spaces within a sponge the same size? Good quality soil will have both smaller pores and larger pores that plant roots can access for water, while poorer soils will often have smaller pores retaining water that roots by themselves cannot access.

Another important component of soil health is infiltration, or how water on the surface moves through the soil profile. When water initially makes contact with the soil surface, it usually does not immediately head downwards to the water table, especially in our clay soils, rather it initially moves horizontally along the surface.

If water remains at the soil surface, this will also affect nutrient cycling. When soils become saturated, pore space becomes filled with water as air is pushed out. These soils lack oxygen, which affects the soil bacteria that require oxygen to survive. These microbes make nitrogen available to the soil so if they don't survive nitrogen availability is lowered.

Nitrogen is not the only nutrient that plants cannot uptake in poorly drained soils. When waterlogged soils occur, Phosphorus uptake decreases as well.

Come spring, many of us will be renovating our pastures, and as we look to improve affected fields, we should also look to improve the soil health in these places. Avoiding traffic in muddy fields will help to avoid soil compaction which decreases pore space and nutrient uptake. Having sacrificial paddocks or fields or installing a heavy use pad are a few ways to minimize compaction issues due to traffic. In short, manage the livestock and pasture both above and below ground to get the most from your fields.

For more information, contact our office at 336-401-8025.

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.



The Surry County Master Gardener Volunteers are excited to announce the date for their second annual gardening symposium! The "Plant It Forward" gardening symposium will be held on Earth Day, April 22, from 9:00 am - 3:00 pm at the Surry County Government Service Center (915 E. Atkins Street, Dobson).

The program will focus on gardening ideas and techniques that work with nature to create sustainable landscapes, protect pollinators, and ensure a happy gardening future for all.

What can you expect?

- ◆ Inspiring speakers
- ◆ Break-out options
- ◆ Catered lunch
- ◆ Specialized vendors
- ◆ Gift bags and door prizes

There is a fee of \$30 for each participant. This price includes morning refreshments and a catered lunch with vegetarian options available. Pre-registration and payment are required by the registration deadline of April 8. To obtain a brochure with further information and the required registration form, please visit or call our office at 336-401-8025 to have one mailed to you.



March Horticulture Workshops

Weather in Surry County Workshop

When: March 3rd / 6:00 pm - 8:00 pm

Where: N.C. Cooperative Extension, Dobson

Cost: Free

Registration Deadline: March 2nd

Learn how Surry County's weather influences your garden in terms of plant choice and location. Discover the ways your cultural practices help or hinder your plants' response to weather situations.

Fruit Tree Grafting & Propagation Workshop

When: March 24th / 6:00 pm - 8:00 pm

Where: N.C. Cooperative Extension, Dobson

Cost: \$10 / per person

Registration Deadline: March 23rd

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 also be hands-on grafting during the workshop.

EAT RIGHT



BITE BY BITE

March is National Nutrition Month! Celebrate by taking the following quiz from the Academy of Nutrition and Dietetics to see if you know nutrition fact from fiction!

Answer "fact" or "fiction".

1. A healthy eating style includes a limited number of foods.
2. Vegetable oils are an appropriate substitute for solid fats.
3. Physical activity must be done for at least 10 minutes in order for it to be considered beneficial as a form of exercise.
4. Portion sizes and serving sizes are the same thing.
5. It is recommended that calories from added sugars be limited to less than 10% of calories per day.
6. At least half the grains eaten daily should be whole grains.
7. One cup of calcium-fortified soymilk is considered one cup from the Dairy Group.
8. Meals that include seafood are recommended weekly.
9. Most Americans get enough dietary fiber on a daily basis.
10. Everyone needs the same amount of calories, which is 2,000 calories per day.

Answers

1. **Fiction:** A variety of nutritious foods from all of the food groups can make up a healthy eating style. Visit [ChooseMyPlate.gov](https://www.choosemyplate.gov) for more information.
2. **Fact:** Solid fats have higher amounts of saturated fat and/or trans fats, which may increase the risk of heart disease. In comparison, oils provide more unsaturated fats which are healthier.
3. **Fiction:** Although there are additional health benefits with increased physical activity, all activity counts, so make a goal to move more throughout the day. For more information, check out the **Move Your Way** website at <https://health.gov/moveyourway.com>.

4. **Fiction:** A portion is the amount you choose to eat or drink; whereas a serving size is used as a reference for what counts as a serving from one of the MyPlate food groups or the amount indicated on a Nutrition Facts label.
5. **Fact:** Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs.
6. **Fact:** Due to the health benefits associated with whole grains, it is recommended that at least half of the daily recommended servings be from whole grain sources. An example would be substituting brown rice in place of white rice.
7. **Fact:** Calcium-fortified soymilk is an option in the Dairy Group for people who choose to not consume milk, such as vegetarians.
8. **Fact:** Fish and seafood provide important nutrients, including omega-3 fatty acids. Choose varieties that are lower in mercury, such as salmon and cod. "Advice about Eating Fish" is available for young children and women who are pregnant or breastfeeding. For more information, visit: <https://www.fda.gov/food/consumers/advice-about-eating-fish>.

9. **Fiction:** It is estimated that most people in the U.S. only consume half of the recommended amount of dietary fiber daily. Good sources include fruits, vegetables, and whole grains.
10. **Fiction:** Although 2,000 calories per day can be found on the Nutrition Facts label and on menus, this is only used for general advice. Visit [ChooseMyPlate.gov](https://www.choosemyplate.gov) to create a MyPlate Plan, which includes food group targets based on your individual calorie needs or meet with a registered dietitian nutritionist for personalized nutrition guidance. To locate an RDN in your area, visit www.eatright.org.

 **Academy of Nutrition and Dietetics**

Surry County Center
915 E. Atkins Street. Suite 300
Post Office Box 324
Dobson, NC 27017-0324

CALENDAR OF EVENTS

Weather in Surry County Workshop

March 3, 2020 / 6:00 pm
N.C. Cooperative Extension, Dobson

ECA District Planning Meeting

March 5, 2020 / 10:00 am
Asheboro
Lunch provided.

“Replacement Heifer Selection” with

Dr. Scott Greiner, Virginia Tech

March 5, 2020 / 5:30 am
Johnson Farm Operations, Dobson
A meal will be served and cost is \$5.00 to attend. Registration is required by March 2nd.

Fruit Tree Grafting & Propagation Workshop

March 24, 2020 / 6:00 pm
N.C. Cooperative Extension, Dobson
There is a \$10 fee for this workshop.

Diabetes & You:

“Eat Right, Bite by Bite”

March 25, 2020 / 12:00 Noon
Reeves Community Center, Mt. Airy

ServSafe Food Safety Training

March 30, 31 and April 2
For more information, contact our office
at 336-401-8025.

ECA Cultural Arts Day

April 3, 2020
It is time to get out all of your UFO's
(Un-Finished Objects) and complete for
the County Cultural Arts Competition.
Details TBA

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

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.

