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# Local Strawberries are Here!

The strawberry season is arriving at least two weeks early. By the time you get this newsletter, our local patches will be in full swing. There is nothing like a big, red, ripe strawberry that is fresh and LOCAL! Our farmers have been preparing all winter to provide folks with this delicious berry. Farmers anticipate strawberries will be available the entire month of May with peak production right on time for Mother's Day. Visit our farmers and pick up your gallon of strawberries today!



## Bullington Farms

Telephone: 336-325-2273

Pick up location:  
Mountain View Restaurant parking lot  
(729 S. Key Street, Pilot Mountain)

- Drive thru curbside service
- May deliver to business that cannot leave work

Hours: 10:00 am until sold out  
Open 7 days per week when  
strawberries are available.



## Country Road Strawberries

Telephone: 336-325-3331  
Call for pre-orders

Pick up locations:

- Farm location  
(610 Mount Zion Rd., Pinnacle)
- Elkin Farmer's Market  
(101 E. Market St., Elkin)
- Dobson Farmer's Market  
(915 E. Atklins St., Dobson)

Hours: 8:00 am—6:00 pm  
Open Monday—Saturday

# Meal Locator Texting Resource for Parents

Families who need help finding meals for their children (ages 18 and under) can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877.

After entering their address, families will receive a text with the location and serving times for nearby pick-up and drive-thru meal sites while schools are closed. Sites have been set up across the state with school and community partners.

# Strawberry Goodness

## Now and Later

May brings Mother's Day, Memorial Day, spring flowers and the start to our garden produce. One of my favorite things about May is strawberry season. There is nothing better than fresh strawberries—eaten just by themselves straight from the patch or used in some of our favorite recipes.

Strawberries not only taste good but they are also good for us. One half cup of strawberries



provides 80 percent of the recommended daily allowance of vitamin C and 2 grams of dietary fiber. That is as much fiber as a slice of whole wheat bread. All of this for only 27 calories and 6 grams of total carbohydrates for 1/2 cup. (Source: USDA SNAP-Ed Harvest of the Month)

If you have access to more berries than what you and your family can eat at one time or while they are in season, why not freeze some for later use. Freezing is a quick and easy method of food preservation. Frozen berries are especially delicious in baked goods, smoothies, yogurt parfaits and fruit salsa.

**Preparation**—Select fully ripe, firm berries with a deep color. Discard immature and defective fruit. Wash and remove caps if necessary and pat dry.

**Freezing**—A dry pack is good for small whole fruits such as berries, that give a good quality product without sugar.

A tray pack makes the fruit easier to remove from the container.

Simply spread a single layer of prepared fruit on shallow trays and

freeze. When frozen, promptly package in freezer bags or containers and return to the freezer. The fruit pieces remain loose and can be poured from the container and the package re-closed and frozen. Be sure to package the fruit as soon as it is frozen to prevent freezer burn.

For more information on Home Food Preservation, contact our office at 336-401-8025. You can also visit the University of Georgia Cooperative Extension's National Center for Home Food Preservation at <https://nchfp.uga.edu> for a wealth of online resources.

### Fruit Salsa Makes 8 servings

#### Ingredients

- 1 cup chopped fresh strawberries or 1 (10 oz.) package frozen strawberries
- 1 apple, cored and chopped
- 2 kiwis, peeled and chopped
- 1/2 cup crushed pineapple, drained
- 2 TBSP pineapple juice

#### Directions

Chop strawberries, apple and kiwi. Add drained crushed pineapple and 2 TBSP pineapple juice to chopped fruit. Chill. Serve with cinnamon graham crackers, hone grahams, or make homemade cinnamon sugar tortilla chips.

### Cinnamon Sugar Tortilla Chips

- 4 (8 in.) whole wheat tortillas
- 1 1/2 tsp cinnamon
- 2 TBSP sugar
- Cooking spray

Preheat oven to 350 degrees. Lay tortillas on a baking sheet. Cut each tortilla into 8 pieces, but leave pieces together in a circle (a pizza cutter works great). Lightly spray each tortilla with cooking spray. Mix cinnamon and sugar together and sprinkle over each tortilla. Bake for 6-8 minutes or until lightly brown. Remove from oven to cool. Serve with fruit salsa.

# Ways to Give Back

Looking for ways to give back while you may be at home and have a little more time?

1. **Donate to Nonprofits**
2. **Donate or Volunteer with Food Banks and Pantries**—to help them stock up or volunteer at a food bank that needs help packing and sorting food using safe practices.
3. **Deliver Meals and Groceries to Seniors in need**—help out someone you know or contact Meals on Wheels.
4. **Help a School**—check with area schools to see if they need volunteers to distribute food (or other items) to children and families in need.
5. **Give blood.**
6. **Stay in Touch**—check on your neighbors, friends, and family—especially those who are older or may be alone. A phone call, text, or a conversation through the door could brighten their day.
7. **Serve in Your Community**—NC ECA has a face covering project. For directions go to: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>. Make some for you, your family and others in the community.

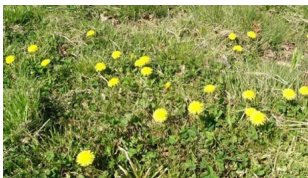
Sometimes I hear, “the little bit I could do wouldn't make a difference” or “there is so much that needs to be done, I don't know where to begin”. Find an area where you can contribute—even if it is just a small amount. Everyone doing a little can equal a lot. You will make a difference not just in someone else's life, but in yours too. For more information about volunteer opportunities associated with Extension, contact our office at 336-401-8025.

# Dandelions Are Everywhere

As more people have been staying home, lawns may be getting more attention now than ever before. The local garden centers have been busy stocking and selling beautiful plants, mulch, fertilizer, herbicides and all the other items that help make lawns the envy of the neighborhood. One of the biggest challenges for homeowners is weed control. Good weed control in the spring helps set the tone for the entire summer. Hopefully, applications of preemergence herbicides were applied earlier to kill weed seeds as they begin to germinate. This has not been a normal season with such a warm winter. Compared to most year's, we are about three weeks ahead of schedule. This means that our best management practices for our lawns should be completed earlier than usual and homeowners may need to plan on a second preemergence application in early June.

One perennial weed is showing its bright yellow flower now. You guessed it, the dandelion. If not controlled, each plant's crown and root system will remain alive after the leaves have died in the fall. The plants overwinter and begin growing again in early spring. Dandelions blooming now are a result from last year's overwintered plants. Their seeds can be killed with the same preemergence herbicide applied for crabgrass control.

The ideal time to control dandelions (and other perennial weeds) is fall.



But bloom time in spring is the second-best time of year for control. Spring herbicide applications result in a slightly lower rate of kill but is still worthwhile.

Spot treatment of the dandelions is the best method of control if there are only a few of them present. It saves you money due to the reduced amount of herbicide applied. It also reduces chemical presence in your landscape. What is spot treatment? Spot treatment involves spraying each individual weed using an herbicide. In the case of dandelions, a broadleaf herbicide such as 2,4-D, dicamba or MCPP, can be used turf areas. Newer products that also provide good control include carfentrazone, sulfentrazone, triclopyr, and quinclorac. Look for these chemical names as part of the active ingredient statement on the front of the bottle. These herbicides are selective which means they will only kill certain types of plants while leaving other plants unaffected. When applied to the lawn, they will kill broadleaf weeds but will not damage the underlying grass.

When planning to apply an herbicide, do not mow the lawn 2-3 days before treatment and 2-3 days after treatment. This helps to ensure adequate leaf surface and herbicide absorption. It also allows enough time for the herbicide to be translocated to the plant's roots. Look at the weather forecast before applying. You do not want the herbicide application to get rained on for 24 hours. This means no irrigating the lawn for 24 hours as well. Herbicides can be used in landscaping beds but must be applied very carefully. They can damage surrounding trees, shrubs, perennials and annuals if plants are accidentally sprayed or receive spray drift. So, use herbicides cautiously!

When weed numbers are high, post emergent herbicides can be broadcast over the entire yard. Usually these herbicides are formulated in combination with fertilizer, and often are found in the "second step" in many turf product lines. While it is not ideal to apply these "weed and feed" products, it is often easier for homeowners to make this once over method. If you only have time for this application, make it after irrigation, or a rain event, or early in the morning when the grass is still damp so that the herbicide will stick on

the dandelions leaves and have a chance to become absorbed.

As with all pesticide applications, read and follow all label directions, and use all necessary personal protective gear recommended. When making liquid herbicide applications, keep children and pets off the lawn until the product has dried or as specified by the label.

Keep in mind that dandelions can be controlled by hand pulling or digging when small numbers are present. Hand-pull small plants when the soil is moist enough to allow removal of several inches of root. Or use a dandelion digger to cut the taproot off 4-5 inches below the crown of the plant to prevent regrowth.

If chemical control is not for you, know that these bright and cheerful dandelions are edible and can be added to one's diet. Just like other dark leafy greens, dandelions are rich in riboflavin (vitamin B2) and vitamin A. One cup of dandelion greens contains almost twice as much iron as spinach, and over 500 percent of your daily intake of vitamin K. The flowers and roots are also edible. For ways to consume dandelions, visit Michigan State University Extension at [https://www.canr.msu.edu/news/five\\_ways\\_to\\_eat\\_dandelions](https://www.canr.msu.edu/news/five_ways_to_eat_dandelions).

## 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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**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.*

*274 copies of this public document were printed at a cost of \$253.95 or .9268 per copy.*

A promotional graphic for 'Extension Today' on radio station 100.9 WIFM. The graphic features the text 'EXTENSION TODAY' at the top, followed by '100.9 WIFM FEATURES:'. Below this, it lists 'Extension Professionals from Alleghany, Surry, Wilkes and Yadkin Counties' and provides broadcast times: 'Wednesday @ 9:05am' and 'Saturdays @ 10:05am'. At the bottom, there are logos for 'NC COOPERATIVE EXTENSION' (with the tagline 'Empowering People. Growing Solutions.') and 'FARM BUREAU SURRY COUNTY'.