

MITCHELL COUNTY CENTER

Extension E-News

July 2020



Pressure Canner Gauge Testing Available



It's canning and preserving time! Before you jump into the art of canning (and the work), think about having your canner gauge tested. To be safe, dial gauges on pressure canners should be tested each year against a calibrated master gauge. If you are interested in having your gauge tested, please call the Extension Center at 828.688.4811 or email emkindle@ncsu.edu (Eve Kindley) to schedule a time to drop off your canner lid with dial gauge and the 1-piece safety counterweight.

Elongate Hemlock Scale in Christmas Trees

Many growers identify Elongate Scale (EHS) by the white powder looking deposits left by the main scales. The problem is when you see these deposits it means there may be a heavy infestation already. Watch the video below created by Jill Sidebottom, Area Extension Forestry Specialist and Brad Edwards, Integrated Pest Management Program Assistant, to learn more about how to scout for EHS by looking under branches.



Scouting for Elongate Hemlock Scale



With most beekeeping groups having to postpone meetings due to COVID-19, NC State University specialists are offering a number of webinars that provide an opportunity to discuss issues related to apiculture and hive management. On July 1, Dr. Frank Rinkevich will discuss honeybee toxicology. Dr. Rinkevich is a Research Entomologist with extensive training in insect toxicology, biochemistry, molecular biology, and genetics. The goal of Dr. Rinkevich's research is to provide a basic

understanding of insecticide toxicology that is relevant to field conditions in the commercial beekeeping industry. Webinars begin at 7pm.

Go [here](#) to learn more about upcoming webinars and to sign up for direct emails!

These webinars will be live streamed on the entomology department's YouTube channel, so if you have trouble accessing the Zoom link or simply wish to be a passive participant, please join in at:

<https://tinyurl.com/ycxy5mlm>



What?

The *Rumex Crispus* L. or commonly known as curly dock is a very common weed that presents itself in many pastures. This Taprooted, perennial can be identified by its medium to large wavy leaves that grow in a rosette shape around a medium stalk. The seed head or fruit and leaves of Curly Dock turn reddish brown with maturity. This common weed can grow to a mature height of 4-5 ft and is very hardy. The seeds will drop and persist throughout winter and can even remain dormant in the soil for over 80 years, making it very difficult to completely exterminate from pastures without routinely using herbicide and preventative measures.

Where?

Curly Dock can be found all over the United States. Curly Dock is more prevalent in areas of highly

disturbed soil that contains a lot of feces waste and water, such as high use areas or sacrifice areas.

When?

Curly Dock starts to present itself in the spring of the year as a green leafy plant and continues to mature over the summer and into fall, when it drops its seeds.

Why?

Curly Dock is an unwanted weed in livestock pastures. Unfortunately, it can be toxic to livestock if consumed in large amounts and also absorbs a lot of nutrients from the soil, taking away nutrients from desired grasses and legumes. Due to these issues, producers should try to avoid Curly Dock from occurring or multiplying in their pastures and hay fields.

How?

Curly Dock can be controlled with appropriate grazing techniques and pasture maintenance. When Curly Dock is identified in a pasture or hay field immediate action is recommended. But, if Curly dock is established or about 6 - 8 inches in height, it is better to wait until the fall to use herbicides to yield best results. Fortunately, a large quantity of herbicides will contribute to control of curly dock but the type used will depend on the operation the weed is located on and what species of plants reside near it.

If you find Curly Dock in your pastures or hay fields or need help identifying Curly Dock, please contact the Mitchell County Cooperative Extension Center at 828.688.4811 for help with your specific situation.



NC 4-H Prepares To Initiate Face-to-Face Programming

A plan is underway for 4-H face-to-face programming when North Carolina enters Phase 3 of Governor Cooper's Executive Order 147 approach for handling the COVID-19 pandemic. It is anticipated North Carolina will enter Phase 3 in mid-July and Mitchell County 4-H will release guidance on how to proceed soon. The Cooperative Extension staff look forward to sharing this information with you.

A.L.I.V.E Program

Active Life-Skill Instruction and Vocational Exploration

As we continue in Phase 2 of the COVID-19 pandemic and discuss future plans for school openings,

how this pandemic has disrupted adolescents' lives in other ways may be forgotten. According to experts from the John Hopkins Center for Adolescent Health, there are a couple of developmental tasks that are important for adolescents and that includes social skills and empathy and a sense of identity. Both of these tasks happen through interactions with peers. Not having peer interaction can result in some educational as well as social and emotional setbacks.

Parents can help by providing their adolescent with information on coronavirus and giving them an understanding of what the virus entails and sharing the importance of doing their part to keep other people safe. A routine has always been important for children and navigating through this situation is no different. It will help to have some normalcy by keeping a schedule that includes some outside activities and some virtual online activities, if possible. Sleep remains very important. The adolescent brain needs 9 to 10 hours of sleep so make sure they are getting enough sleep!. While some parents may want to allow less screen time on their phones during this time, it may not be the best plan of action. This may be the only way adolescents get to spend time with their friends and family so look at using screen time in a positive way rather than just limiting it.

There are youth development organizations in the community like 4-H that provide a healthy outlet outside of school to maintain connection during this trying time. 4-H incorporates life skill development intentionally into all of its educational activities and events. For more information, please call 828.688.4811 or visit: www.mitchell.ces.ncsu.edu.

Mitchell County 4-H Summer Fun Activities



Mitchell County 4-H Summer Fun

KICKIN NUTRITION

July 7th, 9th, 14th, 16th, 21st, & 23rd

Zoom 3-4 PM

Register [here](#)

(Link Sent To Email Once Registered)

KickinNutrition.TV is a fresh, innovative digital, online, video-based health, nutrition and wellness curriculum designed to educate, entertain and empower youth to adopt healthy nutrition habits and a physically active lifestyle during formative years (grades 4-8). KNTV utilizes comedy, relatable storylines, diverse teen characters, hip music and engaging peer-to-peer nutrition instruction and cooking demonstration, in combination with interactive skill development technologies to teach nutrition concepts.



For more information
kaley_brown@ncsu.edu



NC 4-H Virtual Summer Fun Programs
[for more information](#)

NC 4-H Congress: Define YOUR Vision!

WHEN: JULY 20-23, 2020

WHERE: ZOOM

This event is open to NC 4-H'ers ages 13-18 and is limited to the first 400 4-H'ers who register.

For more information including how to register, contact your 4-H Agent!

NC STATE

EXTENSION

Highlights:

- Flag Ceremony
- Honor Club Tapping
- 4-H Variety Show
- Silent Dance Party
- Workshops
- State Officer Elections
- Senior Shout-out
- Candlelight Across North Carolina
- and MORE!

**Mark your calendars and
JOIN US!**

EVENTS | [View Upcoming Events](#)



NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

Accommodation requests related to a disability should be made to Eve Kindley (828) 688-4811 eve_kindley@ncsu.edu