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SOLUTIONS

Newsletter of the Alamance County Cooperative Extension Service

Thank Goodness It's Fall

Mark S. Danieleley, Director

TGIF-thank goodness it is fall. I do not want to wish my life away, but I am glad summer is over. The hot, dry weather we had was hard on crops, livestock, gardens and people. Summer is a busy time for Alamance County Cooperative Extension, but the weather did not slow us down.

The 4-H program was wide open. 4-H Congress, Camp, Citizenship Focus and Summer Shine classes kept Erin and Laurie very busy. There seemed to be a constant flow of children in and out of the office. Chris and our Master Gardener Volunteers were involved in multiple events and projects including installing our new scree garden. Beverly had her hands full trying to keep me up to date with my administrative duties between my farm and home visits.

Dwayne, Lauren and I were also busy. A good part of our time was spent out of the office visiting clients. Telephone calls and emails work pretty well for some simple things, but there are questions and problems that can only be addressed with a site visit. There are many cases where a site visit allowed us to see a problem that our clients hadn't noticed.

One program I want to tell you more about is the Farm to Table program that is conducted every September. This two day program is

sponsored by the Alamance County Chamber of Commerce Agri-Business committee and is held at Cedarrock Park.

The main purpose of this program is to provide agricultural education to area fourth graders. Many area children are two or three generations removed from the farm and don't realize their food comes from a farm before it gets to the grocery store. This year we had 32 classes from 11 different elementary schools with almost 800 children participating in the Farm to Table program. I think every child that came is now a little more knowledgeable about the importance of agriculture and the wide diversity of agricultural products produced in Alamance County.



A program of this size requires the partnership of several Alamance County organizations to be successful. I'm sure I'll leave someone out, but I'll list all I can remember. The Beekeepers Association, Chamber of Commerce, Cooperative Extension, Extension Master Gardener Volunteers, NC Forest Service, Recreation and Parks, Soil and Water Conservation District, Southern Alamance High School FFA and numerous other individual volunteers. The Farm to Table program has a positive impact on our children and I want to thank all the volunteers who make it possible. I look forward to many more years of successful Farm to Table programs.

Mark S. Danieleley

Calendar Updates

- Thurs., Oct 8: 10:00 **THINK GREEN THURSDAY** - Plants with Fall and Winter Interest
- Wed., Oct 14: DEADLINE to Order from 4-H Fall plant Sale. (see page 5)
- Fri., Oct 16: DEADLINE to apply for Master Gardener Class of 2016 (see page 6)
- Sat., Oct 17: 8:00-1:00 Household Hazardous Waste Disposal Day (see page 3)
- Thurs., Oct 29: Alamance County Farmland Preservation Info. meeting (see page 2)
- Wed., Nov 4 Regional Beef Cattle Producer Training, Snow Camp. (see page 2)

For more information and to register:
Call 336.570.6740 or visit
<http://alamance.ces.ncsu.edu/>

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**COOPERATIVE
EXTENSION**

Empowering People • Providing Solutions

Fall Watch for Avian Influenza

Written by: Lauren Langley, Livestock Extension Agent



Typically, fall brings cooler weather, cows calving, NC State Fair, and more delightful things, but this year it has the potential to bring Avian Influenza.

NCDA&CS has been hard at work learning everything they can about highly pathogenic Avian Influenza (HPAI) and preparing NC as best as possible for a potential HPAI outbreak. There have been countless meetings for county and state partners, poultry companies, and backyard flock owners. The meetings have had different learning objectives but all with the same outcome— HPAI preparedness.

The initial risk is the introduction of HPAI from the migratory waterfowl during the fall migration. From there, we want to minimize the spread of the virus from the infected premises to surrounding premises. Birds will be migrating through NC during the months of September and October. There is a high probability that the ducks (and other birds) will be positive for HPAI. You cannot control the migratory waterfowl but you can contain your birds in a safe environment. You will want to keep birds, pets, and people away from any surface water and limit people visiting your farm. Biosecurity is the best way to minimize the virus traveling. Make sure to clean/disinfect your equipment, implement pest control, decrease traffic on your farm, and change clothes/shoes before and after being around your birds.

From now until mid-January, all public poultry auctions, swap meets, and shows have been banned. Individual sales are still allowed, but please follow biosecurity measures and quarantine any new birds away from your flock for 2-4 weeks.

There are a few regional meetings taking place informing backyard flock owners about HPAI: October 5th- Moore County, October 13th- Granville County, and October 29th- Forsyth County. For more information please contact Lauren at 336-570-6740.

For more information about Avian Influenza please visit: <http://ncagr.gov/avianflu/>

Upcoming Livestock Events

Lauren Langley, Livestock Extension Agent

Alamance County Farmland Preservation: Preserving Your Heritage

Many Alamance County farmers and landowners would like to preserve their land for future generations. One way that landowners can make sure that their farm will always be a farm is to donate a conservation easement on their property. The Alamance County Farmland Preservation Board will be hosting a meeting to inform landowners of a program that may assist them with the financial cost of **donating a conservation easement** on their property. Please RSVP by Monday, October 26th, 2015, before 5:00 pm by registering online or calling 336-570-6740.

Date: Thursday, October 29, 2015

Times: 2:00 pm and 7:00 pm (same program - you need to attend only one)

Location: Alamance County Ag Building
209 N. Graham-Hopedale Road, Burlington, NC 27217

Regional Beef Cattle Producer Training

Featuring Beef Quality Assurance Topics and Certification

A beef cattle producer training will be held on November 4, 2015 at the Alamance County Cattlemen's Association Livestock Building located at 7351 Beale Rd. Snow Camp, NC. Training topics are related to Beef Quality Assurance and will include: body condition scoring, transportation, cattle handling, herd health with chute side demonstration, calf management, and nutrition. The training will run from 9:30 am to 5:00 pm with a general session, lunch (bring \$5), rotating hands-on sessions, and BQA certification test (optional). Speakers will include Extension specialists, agents, and a veterinarian. This training is provided by NC Cooperative Extension and NC Cattlemen's Association. Pre-registration required by 10/26, register online or call 336-570-6740.

*BQA Certification Fee: \$15 if you are a current NC Cattlemen's Association Member, \$40 if you are not a current member (will include a one year membership).

Thank A Farmer!

by: Dwayne Dabbs, Field Crops Agent

I've always heard that when the weather finally cools off, then things will settle down. I can't say I believe it, but I have heard it. As you drive around the county, you will see farmers running wide open too! It is the time of harvesting, and the combines will be picking that bright yellow corn, harvesters pulling ripe tobacco. It is a beautiful, but busy time of year.

When you go down the road you don't always think about what a farmer does every day to make our lives easier, from the food that we eat, to the clothes we wear. Farmers have a hand in nearly everything we use, and they don't get much appreciation for what all they do. It is not for the money; "...for the farmer is the only man in our economy who has to buy everything he buys at retail, sell everything he sells at wholesale, and pay the freight both ways."

~Senator John F. Kennedy, in a speech at the National Plowing Contest, Sioux Falls, SD, September 22, 1960.



Working with farmers, I see that they are very dedicated to what they do and that they do everything they can to protect their environment, because the environment is their livelihood. We are very fortunate in this country to be able to have the things that we want, so when you see a farmer, thank them for all that they do.

Pond Problems?

by: Dwayne Dabbs, Field Crops Agent

Another summer is almost in the books, and I have had many calls about weeds in the ponds of Alamance County. If you have a weed growing in your pond, the best way to get a solution is to get a sample of the weed and bring it in to the office to let me look at it. When getting a sample you will need a jar or container with a tight fitting lid, mainly so the sample doesn't make a mess in your car or on me when I look at it. If the weed is small, as in the case of watermeal or duckweed, just scoop some out of the water. However if it is a larger weed, like Elodea or Coontail, you will need to get as much of the plant as you can and bring it in. With some of the larger weeds the whole plant is required to figure out exactly what it is and what chemicals or biological controls will be effective to get rid of it.

Now with that being said, identification is important to treating the weeds you have in the pond, but what time of year you treat is important as well. Treating weeds now is more than likely a bad idea, because the weather is go-



ing to cool off and the water will cool off too. It is generally recommended to treat pond weeds when the water temperatures will stay above 60° F for a long period of time. This time of year water temperature will fluctuate just like the air temperature. So, to save some time and money (because the pond chemicals can get very expensive), get a weed sample and bring it into the office, and we can figure out what the weed is and what is going to be the best way to get rid of it.

Household Hazardous Waste Collection Day

The next Collection Day will be Saturday, October 17, from 8 am until 1 pm at 100 Stone Quarry Road, Haw River. The types of hazardous waste that will be accepted are as follows:

- ☺ Household cleaners, drain openers, toilet bowl cleaners, oven cleaners, disinfectants
- ☺ Solvents, thinners, shellacs, varnishes, sealers, wood preservatives
- ☺ Automotive products including brake fluid, antifreeze, used motor oil up to 5 gal, filters, gasoline
- ☺ Pesticides
- ☺ Miscellaneous materials such as acids, bases, kerosene, batteries, photographic chemicals, pool chemicals, mercury, fluorescent tubes
- ☺ Latex and oil based paint and spray paint



The following will NOT be accepted: Gas cylinders, radioactives/smoke detectors, medical waste, electronics/TVs/computers, explosives/ammunition



1. dig a hole 2 –3 times wider than the root ball of the tree...



2. ...but no deeper than the root ball.



How to Plant a Tree



3. Gently remove the tree from the container. (Leave the burlap on a b&b tree.)

4. Set the tree in the hole. If roots are tight, loosen to encourage outward growth. (pull twine and burlap away from top of root ball of b&b tree)



5. If your soil test recommends it, add a little lime and fertilizer to the backfill.



6. Mix well

7. Fill part way



8. Tamp to firm. Fill to top of rootball or just below.



9. Mulch. Keep mulch away from trunk and off the top of the rootball.



10. Water



Fall Into Healthy Habits for the Holidays

by: Erin Bain, 4-H Agent

Fall brings around happy times for many people. It is the season of football, pumpkin spice flavored everything, and my personal favorite – cooler temperatures after a very toasty summer! It also brings us Halloween and Thanksgiving, where some of us find it difficult to resist the temptation of all of the goodies that come along with them. I thought I'd help illustrate one of our 4 H's – Health – and share some tips for how you and your family can enjoy the Holidays but with a few healthier choices thrown in.

Don't save ALL of your calories for candy or your big Thanksgiving meal! Instead, eat at least one meal or a healthy snack earlier in the day so that you won't be tempted to stuff yourself.

Try to work on portion control by allowing yourself small samples of many things that you like and then going back for more of your absolute favorites instead of heaping portions of everything.

Be as active as possible! Don't drive from house to



house for trick or treating or spend the whole day stationary watching football on Thanksgiving. Choose a neighborhood you can walk around in with your kids for candy collecting. If you're watching the parade, dance along with the performers. Get up and cheer during the football game or go outside for your own family game during halftime! Every little bit of activity will help work off some of the excess you're liable to take in!

Lighten up your treat choices and recipes wherever possible. I'm not advocating just giving out toothbrushes for Halloween – but there are other substitutions you can make that are just as great.

Some options are gummies made with real juice, goldfish crackers, starbursts, dark chocolate, or other non-food items such as bubbles, bouncy balls, etc. At Thanksgiving making small changes such as using low sodium or fat free broth or fat free sour cream and lower fat cheeses in dips and casseroles can make a big difference.

Be realistic and don't be too hard on yourself if you eat a little too much! It happens to the best of us and the next day will be an opportunity to do better.

Focus on having a great time with your friends and family and making memories together that will last way longer than the guilt over a slice of apple pie.



Alamance County 4-H Fall Plant Sale

Order Deadline: October 14, 2015 (order & payment due)

Pick Up Dates: October 22-23, 2015, 8:30 am–4:00 pm

- ◆ Apple Trees (\$18)
- ◆ Blackberry Plants (\$8)
- ◆ Fig Trees (\$8)
- ◆ Muscadine Vines (\$8)
- ◆ Pear Trees (\$18)

For more information:

Alamance County 4-H
209-C N. Graham-Hopedale Rd.
Burlington, NC 27217
(336) 570-6740

Email: erin_bain@ncsu.edu

<http://go.ncsu.edu/alamancefallplantsale2015>



Alamance County 4-H
HEAD. HEART. HANDS. HEALTH.

Are You Ready for a Change and a Challenge?



- Do you want to learn more about the culture and care of many types of plants?
- Are you eager to participate in an intense, practical training program?
- Do you look forward to sharing your knowledge with people in your community?
- Do you have enough time to attend training and to complete the volunteer service?

If you answered "yes" to these questions, then you are just the type of person we are looking for to join the Extension Master Gardener Volunteers in Alamance County. The Master Gardener Program is a public service that provides university training to participants to enable them to serve their communities as volunteer educators.

If you're ready to get down and (just a little bit) dirty, meet some great new people, and have a whole lot of fun while helping the community to grow, join the Alamance Emgees, Class of 2016! Deadline to apply is October 16th.

New interns are required to complete:

- **50 hours of education**, including the Master Gardener Course (42 hours)
- **50 hours of volunteer service** in Alamance County

EMGV *REQUIREMENTS*

Recertifying EMGVs are required to complete:

- **10 hours continuing education**
- **40 hours of volunteer service** in Alamance County,

15-week course begins January 2015

Classes are scheduled for Wednesday mornings from 9 until 12 at the Agricultural Building auditorium, 209-C North Graham Hopedale Road, Burlington.

Instructors include Extension Horticulture Agents, Certified Arborists, Master Gardeners, and Extension Specialists.

Topics covered in the 2016 program:

Soils and Fertilizers, Plant ID and Botany, Lawns, Pruning/Woody Plants, Fruit, Vegetables, Insects, Annual and Perennial flowers, Plant Diseases, Houseplants, Pesticides and IPM

Program Director: Mark Danieleley, Horticulture Agent

Link to the Application:

<https://alamance.ces.ncsu.edu/wp-content/uploads/2015/07/Application-2016.pdf? fwd=no>

Deadline for application: October 16, 2015.

2016 fee for book and materials: \$100, payable upon acceptance into the program

For further information, contact:

Alamance County Cooperative Extension
209-C North Graham Hopedale Road
Burlington, NC 27217
336.570.6740



Or e-mail: Chris Stecker, EMGV Program Coordinator: christine.stecker@alamance-nc.com