

The Power of Extension

February 2018

AN INSIDE GLANCE INTO COOPERATIVE EXTENSION

The Power of Extension Newsletter provides a snapshot of the educational programs conducted by North Carolina Cooperative Extension, Robeson County Center, which impact the lives of Robeson County citizens. As an educational leader, the organization works with citizens to determine the most important and urgent issues to the community. When the issues have been identified, the staff utilizes university resources to help address these needs.

N.C. Cooperative Extension focuses on three main areas: Agriculture, Food, and Youth. Locally, that means we have three main departments: Agriculture, Family and Consumer Sciences, and 4-H Youth Development. Providing research-based and relevant educational opportunities for citizens in Robeson County is our highest priority.

Christy Strickland

Christy Strickland
County Extension Director

Inside This Issue	
Family and Consumer Sciences	
Cooking for Better Health	1 - 2
ServSafe Certifications	2
4-H Youth Development	
Giving Back, Gives Back	2
4-H Junior Chef Day Camp.....	2 - 3
Agriculture	
Success in Reducing Herbicide Drift .	3
Bermudagrass Field Day	3
Extending the Growing Season	4
Muscadine Grape Workshop	4
Upcoming Events.....	5 - 6

FAMILY AND CONSUMER SCIENCES



Cooking For Better Health -- According to the 2015 State of County Health Report, four of the top five leading causes of death in Robeson County include heart disease, cancer, stroke, and diabetes. Also, these chronic diseases in adults are impacted by a county poverty rate of 32 percent, poor nutrition, and food insecurity. In an effort to address this need, Cooperative Extension provided four healthy cooking/nutrition workshops to eight participants. Evaluation and Results - Written evaluations were administered at the end of each workshop

to all participants. Surveys from the eight participants revealed 100 percent increased knowledge. Eighty-eight percent stated they would eat more of and a greater variety of colors of fruits and vegetables, and 100 percent stated they would adopt some of the nutrition and cooking tips. The evaluation also noted 80 percent would begin swapping saturated fats with liquid oils and 71 percent would reduce sugar intake. Furthermore, at least two non-collard eaters stated they would now eat collards by using the tasty method taught in class. By adopting healthy eating and cooking habits, these participants will improve their families'

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health, save money, and lessen the financial burden on the healthcare system. Based on these results, Cooperative Extension will offer a similar program in 2018 called Med Instead of Meds in which participants explore seven simple steps to preparing and eating healthy and delicious foods. This simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

Janice Fields, Extension Family and Consumer Sciences Agent



2017 ServSafe Manager Food Safety Certifications -- The Centers for Disease Control and Prevention estimates 48 million people get sick from foodborne illnesses each year, resulting in 128,000 hospitalizations and 3,000 deaths. The National Restaurant Association estimates each foodborne illness outbreak could cost an establishment up to \$75,000 in legal fees, medical claims, wasted

food, bad publicity, and/or closure of the establishment. It is critical for food establishment owners to protect both their investments and their customers. To address this need for food safety education, Cooperative Extension collaborated with the Robeson County Health Department and neighboring county Extension agents to provide seven 16-hour ServSafe trainings to 60 participants from 29 food establishments. Results - A written exam was administered to all 60 participants. Fifty-two participants (87 percent) from 27 food establishments earned their ServSafe manager's certification with a score of 75 percent or better. The certifications are good for five years. The food businesses employing these 52 participants can avoid a two-point deduction on their sanitation score for five years. The increase in food safety practices/knowledge directly impacts the food establishments' ability to provide safe food to its customers. This training has potentially saved Robeson County \$2,025,000 in costs associated with foodborne illnesses. Based on these results, food safety certification trainings will continue to be provided in Robeson County.

Janice Fields, Extension Family and Consumer Sciences Agent

4-H YOUTH DEVELOPMENT

Giving Back, Gives Back -- Workforce development programs do not target all segments of the Robeson County population. To help support youth in fostering leadership skills and employability, the Robeson County 4-H Program offers teens opportunities to be involved in leadership roles and volunteer in 4-H programs such as Summer Fun. The 4-H program also encourages volunteering in the community to gain job skills and networking. Evaluation and Results - Oral and written evaluations were conducted as well as observational evaluations over the length of the 4-H member's experience over the past 16 years. One youth began volunteering at a local hospital where she exhibited the leadership skills she acquired by being a 4-H member for years and volunteering with 4-H after aging out. This individual was offered a part-time job with a local hospital as a result of her skills and volunteering. She will continue to utilize the skillset she has learned and obtain new skills in the workforce.



Wendy Maynor, Extension 4-H Program Associate



4-H Junior Chef Day Camp -- Robeson County ranks number one in North Carolina in obesity and life-threatening health conditions that go along with high blood pressure, diabetes, and heart disease. Cooperative Extension's 4-H and Family and Consumer Sciences staff worked together to create a 4-H Junior Chef Day Camp. This weeklong opportunity targeted youth between the ages of 9 and 13 and focused on making healthier food choices, where our food comes from, how to preserve local foods to extend shelf life, food safety, and how to create their own local food sources. Evaluation and Results - A written evaluation was distributed

that collected both qualitative and quantitative data. Almost half the youth involved in the day camp said they would think about where their food comes from. They also said they would share what they learned with their parents and encourage them to buy local foods, preparing and preserving it in a healthier manner. With the impact the youth can have on their families, this could chip away at the health issues Robeson County residents face. We will continue to offer this program in the future.

Shea Ann DeJarnette, Extension 4-H Youth Development Agent

AGRICULTURE



Success in Reducing Herbicide Drift -- In the fall of 2016, the Environmental Protection Agency (EPA) approved the pesticide labeling of several new auxin herbicides for use in-season of dicamba and 2,4-D tolerant cotton and soybean. In order to comply with pesticide labeling and state law, applicators had to attend a mandatory pesticide training to educate them on the

proper use of the newly labeled auxin herbicide products. Cooperative Extension Centers in Hoke, Robeson, and Scotland County partnered with the NCSU Weed Science Department and the North Carolina Department of Agriculture and Consumer Services, Pesticide Division, to deliver the required best management practices training for 167 cotton and soybean growers from surrounding areas. Evaluation and Results - Attendees completed an evaluation at the end of the meeting to determine knowledge gained and overall financial impact. Thanks to the quick response from N.C. Cooperative Extension, attendees received the mandatory training prior to the 2017 growing season allowing farmers to use the newly labeled products in-season. Based on evaluation results, 100 percent of the survey respondents felt the training was beneficial in reducing the potential for dicamba or 2,4-D herbicide drift. Respondents also reported an average economic benefit of \$5.50 per acre for a total program benefit over \$50,000. As a result of the mandatory training, herbicide drift complaints were significantly lower than other surrounding states. Avoiding herbicide drift can prevent crop damage, protect the environment, and save money.

Mac Malloy, Extension Field Crops Agent

Bermudagrass Field Day -- Bermudagrass varieties and quality hay production are important parts of a livestock operation. Producers are interested in research and the most up-to-date information on grass establishment, variety selection, and weed and pest control. Cooperative Extension livestock agents from Bladen, Cumberland, Hoke, Robeson, Sampson, and Scotland Counties and the NCSU forage specialist conducted a Bermudagrass Field Day. Participants learned about weed and insect recommendations, establishment recommendations, and



saw the first-year data from a Bermuda variety trial. Continuing education credits were given for pesticide and animal waste licenses. Participants responded to a verbal survey at the event and emails and texts were sent to some participants after the field day. Evaluation and Results - 60 farmers attended. Over 90 percent gained new knowledge about weeds, herbicides, and Bermudagrass. Twenty-six farmers earned two hours of OIC continuing education credits, and 24 farmers earned one hour of X pesticide credit. When asked how much savings or profit per acre their farm would have due to the information you learned today, farmers indicated they could save \$10 - \$50 per acre. There were many positive comments about the field day. Responses from participants included: "Very impressed with the field day. I learned several things that will help my farm"; "the information learned will be implemented to obtain better weed control and to watch for pests early to prevent yield loss"; "I will better monitor weed pressure and respond with mowing or herbicides"; "I liked best the multiple varieties of Bermuda to be observed in the same soil types, receiving the same rainfall and fertilization."

Taylor Chavis, Extension Livestock Agent



Extending the Growing Season -- Small-scale produce farmers are constantly searching for new methods and varieties to extend the growing season and maximize profits. Cooperative Extension provided an educational opportunity showcasing the benefits of high-tunnel greenhouses which extend the growing season for horticultural crops. During the month of March, a Spring Alternative Tour was conducted for small farmers to highlight North Carolina Small Farms Week in Robeson County. A total of 18 participants attended the tour. Evaluation and Results - Pretests and posttests were conducted during the tour and follow-up interviews were conducted several months after the tour. Evaluations revealed 78 percent of participants will install or expressed an interest in installing a high-tunnel greenhouse on their farms. Follow-up evaluations showed that three of the tour attendees had applied for and were approved to receive an EQUIP cost-share grant through the United States Department of Agriculture - Natural Resources Conservation Service. In 2018, they will be able to use the financial assistance to purchase and install their high tunnels. These high tunnels will allow for expanded acreage of fruits and vegetables, extension of the growing season, and increased profits. In the future, small/part-time farmers can continue to benefit from educational opportunities provided by Cooperative Extension.

Nelson Brownlee, Extension Area Farm Management Agent

Muscadine Grape Workshop -- Native muscadines are a very popular fruit grown in our area. Seeing firsthand many vines throughout the county that are overgrown and cared for improperly, paired with receiving many calls concerning the culture and care of the vine prompted a needs assessment. Cooperative Extension responded by offering a workshop that would include proper plant variety or cultivar selection, recommended cultural practices, suggested fertilization schedule and a hands-on demonstration of the correct pruning methods for muscadine vines. The workshop was attended by 15 homeowners, master gardeners, and several beginning large-scale growers. Evaluation and Results - Ten of the 15 participants completed a written evaluation following the workshop. Ninety percent increased knowledge of proper pruning, trellising, and selecting the right cultivar or variety. Eighty percent gained knowledge concerning propagation, proper plant spacing, and pest and disease control. Eighty percent plan to scout for pests and diseases resulting in reducing pathogenic damage and increasing plant vigor, which will result in better yields. Sixty percent plan to conduct soil test prior to applying fertilizer or soil amendments, likely reducing wasted fertilizer cost. Half of the participants are pruning their own vines and the other half plan to start pruning their own vines. A properly pruned vine will bear more fruit benefiting the grower. The participants shared that the program will save them \$150 on average. Due to the high interest in the program, more muscadine culture workshops will be offered in the future.



Mack Johnson, Extension Horticultural Agent

Recommendations for the use of agricultural chemicals are included as a convenience to the reader. The use of brand names and any mention or listing of commercial products or services 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.

ABOUT N.C. COOPERATIVE EXTENSION

N.C. Cooperative Extension is a strategic partnership of NC State Extension, The Cooperative Extension Program at N.C. A&T State University, USDA's National Institute of Food and Agriculture (USDA-NIFA), and local governments statewide. Extension professionals in all 100 counties and with the Eastern Band of Cherokee Indians connect millions of North Carolinians with research-based information and technology from NC State and N.C. A&T. Educational programs specialize in agriculture, food and nutrition, 4-H youth development, community development and the environment.

2018 Upcoming Events

WHEN	WHAT	WHERE	CALL TO REGISTER
February 12 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center 455 Caton Road, Lumberton	Mack Johnson 671-3276
February 13, 14, & 20 8:45 a.m. - 5:00 p.m. February 27 - Review February 28 - Exam	ServSafe Food Safety Certification Training \$125 Fee - Deadline February 6	O. P. Owens Agriculture Center	Janice Fields 671-3276
February 15 10:00 a.m. - 12 noon	Pesticide Recertification Training Private Applicator V	O. P. Owens Agriculture Center	Mac Malloy 671-3276
February 16 12:00 - 2:30 p.m.	Southeast Peanut Production Meeting Pesticide Credits Available - N, O, D, and X	Powell Melvin Service Center 450 Smith Circle Road, Elizabethtown	Bruce McLean 910-862-4591
February 17 8:00 a.m.	N.C. Pecan Growers Winter Meeting	Duplin County Center 165 Agriculture Drive, Kenansville	Mack Johnson 671-3276
February 20 10:00 a.m. - 12 noon	Spray Drift Management Training Pesticide Credits Available - A, B, D, G, H, I, K, L, M, N, O, T, and X	O. P. Owens Agriculture Center	Mac Malloy 671-3276
February 20 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
February 22 5:00 - 7:30 p.m.	Hoke, Robeson, and Scotland Tri-County Corn and Soybean Production Meeting Pesticide Credits Available - N, O, D, X, and CCA	O. P. Owens Agriculture Center	Mac Malloy 671-3276
February 24 10:00 a.m. - 12 noon	Raised Bed Gardening Workshop	O. P. Owens Agriculture Center	Mack Johnson 671-3276
February 26 4:00 - 5:00 p.m.	4-H Embryology Teacher Training/ Incubator Distribution	O. P. Owens Agriculture Center	Shea Ann DeJarnette 671-3276
March 1 6:30 - 8:00 p.m.	4-H Master Volunteer Training	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
March 1 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
March 3 10:00 a.m. - 12:00 noon	Epic Tomatoes with Craig LeHoullier	O. P. Owens Agriculture Center	Mack Johnson 671-3276
March 7	Regional Auxin Herbicide Training 2:00 - 4:00 p.m. Pesticide Recertification Training 4:00 - 6:00 p.m. Private Applicator V	Southeastern N.C. Ag Events Center 1027 Highway 74 East, Lumberton	Mac Malloy 671-3276
March 8 6:00 - 8:00 p.m.	Vegetable Gardening 101	O. P. Owens Agriculture Center	Mack Johnson 671-3276
March 8 6:00 - 8:00 p.m.	Dancing with the Robeson County Stars Painting Party \$35 Fee - Deadline March 5	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
March 10 1:00 - 4:00 p.m.	4-H County Activity Day	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
March 12 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
March 15 1:00 - 4:00 p.m.	N.C. Pesticide Applicator Exam	O. P. Owens Agriculture Center	NCDA Pesticide Div 919-733-3556
March 20 1:00 - 3:00 p.m.	Pesticide Recertification Training Pesticide Credits Available - A, B, D, G, H, I, K, L, M, N, O, T, and X	O. P. Owens Agriculture Center	Mac Malloy 671-3276
March 20 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
March 26 9:00 a.m.	2018 N.C. Small Farms Week Kickoff	Southeastern N.C. Ag Events Center 1027 Highway 74 East, Lumberton	Nelson Brownlee 671-3276

WHEN	WHAT	WHERE	CALL TO REGISTER
April 5 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
April 7 Time To Be Determined	Garden of Eatin' Community Garden Open House	713 McCaskill Avenue, Maxton	Mack Johnson 671-3276
April 9 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
April 9 6:00 - 9:00 p.m.	4-H County Council and Volunteer Leaders' Association Meeting	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
April 17 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
April 19 6:30 - 8:00 p.m.	4-H Master Volunteer Training	Hoke County Center 116 West Prospect Avenue, Raeford	Denese Prevatte 671-3276
May 3 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
May 5 9:00 a.m. - 12:00 noon	4-H Animal Science Training	Robeson County Fairgrounds 3750 MLK Drive, Lumberton	Shea Ann DeJarnette 671-3276
May 14 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
May 15 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
June 4 6:00 - 9:00 p.m.	4-H County Council and Volunteer Leaders' Association Meeting	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
June 7 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
June 11 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
June 19 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
June 25 - 29 8:30 a.m. - 5:00 p.m.	4-H Animal Science Day Camp Ages 9 - 13	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
July 5 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
July 9 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
July 9 - 13	4-H College Week for Teens Ages 14 - 18	Various Locations	Denese Prevatte 671-3276
July 16 - 20 8:30 a.m. - 5:00 p.m.	4-H Junior Chef Day Camp Ages 9 - 13	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
July 17 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
July 29 - August 3	4-H Overnight Camp Ages 9 - 14	Betsy-Jeff Penn 4-H Center Reidsville	Jessie Jones 671-3276
July 30 - August 3 8:00 a.m. - 5:00 p.m.	4-H Millstone Day Camp Ages 9 - 13	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
August 6 - 10 8:30 a.m. - 5:00 p.m.	4-H Biotech Day Camp Ages 9 - 13	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
August Week To Be Determined 8:30 a.m. - 3:30 p.m.	4-H Cloverbud Day Camp Ages 5 - 8	O. P. Owens Agriculture Center	Denese Prevatte 671-3276

For more information about additional upcoming educational opportunities, please check out our calendar at:
<http://robeson.ces.ncsu.edu>

