

OCTOBER PROGRAM HIGHLIGHTS



EFNEP

SUBMITTED BY: NITASHA KEARNEY

Warren County Expanded Food & Nutrition Education program associate highlighted pumpkins in the month of October. Pumpkins are rich in beta carotene, an antioxidant that your body turns into vitamin A. Vitamin A helps sharpen your vision, allowing you to see more clearly in low light. Pumpkins are a heart-healthy food. They can give you an immunity boost. Pumpkins are high in fiber but low in calories, which means they can help you feel full without increasing your overall food intake. EFNEP made a visit to the Warren County Health Department and shared samples of pumpkin bread. Warren County Senior Center created Stuffed Ricotta shells and learned the importance of stretching your budget and your body! For more information on adult programs in your area, contact me Nitasha Kearney at 252-257-3640.

SMALL FARMS

SUBMITTED BY: REGGIE STEVENSON

In October, the Small Farms team continued to assist farmers with applications for the USDA Discrimination Financial Assistance Program. There is a new application deadline of January 2024, please feel free to contact us if you would like assistance with applications. We also worked with Working Landscapes of Warrenton as well as local farmers to help fill resources to purchase a bean harvester and bean sheller. The Small Farms team attended the Forest Landowner Conference in Rocky Mount. The conference discussed ways that local landowners improved and diversified their forest and farming business.

UPCOMING EVENTS

- **November 11:**
Holiday Market
- **November 15:** Farm
Labor Forum
- **November 17:**
Northeast NC Niche
Ag Conference 2023
- **December 12:**
Mapping Your Farm
and Forestland.

For more information
on these events,
please contact us at
252-257-3640.

AGRICULTURE

SUBMITTED BY: PAUL MCKENZIE

Cooperative Extension conducted an evening on-farm pasture workshop on October 5th, where participants learned about weed management, forage species selection, soil sampling and more. The event included hands-on demonstrations of soil sampling and portable fence usage. We also participated in regional events that were open to Warren County farmers, including a Bull Test event in Oxford, and a Sheep Field Day in Rocky Mount. Our no-till drill saw frequent use as farmers completed fall planting tasks.





FARMERS MARKET

SUBMITTED BY: TAMARA SMALL

In October, there were greens galore at the farmers market! Greens like lettuce, turnip salad, collard, mustard, kale, and cabbage was plentiful. Greens are great for lung health! During October, we acknowledged National Lung Health Day.

The market experienced the most unfavorable weather this month. Through the rain and wind dedicated vendors and supportive customers still attended the market. On October 28th, the market celebrated the seasonal harvest with fall photo props and treats for market attendees. Plans were finalized for the big Holiday Market event scheduled for November 11th.

4-H WAY

SUBMITTED BY: NOAH HENDERSON

October 2023 was a productive month for 4-H WAY. We currently have one youth completing community service at Animal Ark. Earlier this month, we presented and pitched an idea for a competitive E-sports club to be facilitated at Warren County Middle School. A program focused on social and emotional needs, similar to the "iRock" club we had at Mariam Boyd last year, will be starting at Warren County Middle School next semester. Be on the lookout for more information coming soon!

HORTICULTURE

SUBMITTED BY: PAUL MCKENZIE

Master Gardener Volunteers continued their exploration of a potential community garden project, visiting several possible sites including the Senior Center, Health Department, local parks and more. The Farmers Market Project Committee continued discussions of the proposed new pavilion and is considering how to restructure their efforts now that additional resources are available. The Committee hopes to be a continued resource to support planning and fundraising. Further, we are working with Warren County Economic Development Department to update and expand the Warren County presence on the Visit NC Farms app. The app helps users from far and wide find farmers markets, local farm products, farm to table restaurants, farm stays and more.

4-H YOUTH DEVELOPMENT

SUBMITTED BY: ANNIE POYTHRESS

In October, Warren County 4-H continued to work with Borderless Homeschooling Group two days a week. We traveled to Scotland Neck, NC to visit the Sylvan Heights Bird Park to learn more about birds and their habitat. We used what we learned to create beautiful bird houses and feeders. We also attended the North Carolina State Fair where we learned about NC agriculture, livestock, forestry, and more! To close out the month with the homeschooling group, we threw a Halloween Party to celebrate the spooky holiday together! The Poultry Show and Sale was a great success and we applaud our showmen for their work!



252-257-3640

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