

Inside This Issue

► **It's Fall; It Must Be Fair Time**



- **Paint and Pesticide Disposal Day**
- **Mark Your Calendar**
- **Fall Gardening**
- **Fall Garden Tips**
- **4H Birthday Bash!**
- **4H Fall Plant Sale**
- **The Garden Plate**
- **Enjoy Your Gatherings**
- **Another Retirement**
- **Chile con Frijoles**

Contact Us

Alamance County Center
 NC Cooperative Extension
 209-C N Graham-Hopedale Rd
 Burlington, NC 27217
 Phone: 336.570.6740
 Fax: 336.570.6689
<http://Alamance.ces.ncsu.edu>



Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

SOLUTIONS

Newsletter of the Alamance County Cooperative Extension Service

It's Fall; It Must Be Fair Time

When fall comes around we continue to have warm days but the nights begin to cool off. Those cool nights help save on the electric bill because we can cut off the air conditioner and open the windows. Along with the cool nights come county and state fairs. Fairs often bring images of corn dogs, candy apples and carnival rides.

Fairs also give people the opportunity to see farm production and livestock. Livestock of all kinds appear at the fair with shows that determine the best animal as well as the best showmanship. Many youth have learned a lot about life by raising animals, preparing them for showing and then actually showing the animals. There is a lot of excitement leading up to the fair and then a joyful conclusion as the winner, or a life lesson learned: that everyone cannot be the winner.

The livestock shows give people of all backgrounds an opportunity to see animals that they normally might not see. Much can be learned by going through the barns and seeing how the animals are cared for in preparation for a show.

Vegetables and fruits of all kinds are on display at the fair as well. Many people are not familiar with all the vegetables and fruits that are grown in our area. Growers bring them to the fair to put them on display for all to see. Of course, those

who bring these goods are trying for the top prize, but often someone brings something better. Chalk it up to another learning experience.

Next you can see how these things we produce are made into value-added products. Jams, jellies, cakes, etc. are on display. Some look so good you wish you were the judge of those categories. Once again this can be a learning event for those not familiar with how some of these products are made.

So when you make that trip to the fair, enjoy the fair food and rides but be sure to make the trip educational by looking at the booths, livestock and produce that have been entered. Someone went to a lot of trouble to grow these things and get them to the fair.



Roger N Cobb
 Roger N Cobb, Director

Paint and Pesticide Disposal Day

Cooperative Extension and the Alamance County Landfill will sponsor a paint and pesticide disposal day on Saturday, October 17 from 8 am until 1pm. Alamance County citizens may bring unwanted paints and pesticides for free disposal. Any other waste, hazardous or otherwise will not be accepted. The disposal day will be at the Burlington Police/Fire Dept Training Facility on Stone Quarry Road in Haw River. This is the same location as the last couple of years.

Mark Your Calendar

- Tuesday, 10/06/09 7:00PM Painless Perennials
- Wednesday, 10/07/09 9:00AM **DEMO** Planting and transplanting trees and shrubs
- Saturday, 10/10/09 1-4PM 4H Big Birthday Bash, Thataways
- Tuesday, 10/13/09 7:00PM Tree Care
- Saturday, 10/17/09 8AM—1PM Paint and Pesticide Disposal Day, Stone Quarry Road
- Wednesday, 11/04/09 9:00AM **DEMO** Planting bulbs and perennials

**For more information and to register, call
 Alamance County Cooperative Extension
 336.570.6740.**



Empowering People • Providing Solutions

Fall Gardening

~Mark Danieley, Horticulture Agent

Saturday, Sept. 12 was a special day for me. I finally finished planting the fall garden that I had started on Aug. 15. I made 3 plantings of broccoli two weeks apart because I learned last year that you don't want to plant your entire broccoli crop at the same time. Now I like broccoli as good as the next person, but you really don't want 75 heads at one time. The problem with broccoli is that when it is ready to be harvested, it won't wait long. Cabbage, collards and most of the other fall crops have a longer harvest time. Fortunately, broccoli freezes well and my neighbors like it too.

Now that the last of the broccoli, collards, lettuce, turnips and spinach are in the ground, all I need to do is water and weed a little and wait for the harvest. I'm glad for the break because the summer garden is a lot of work. While I was leaning on my hoe admiring my work, I remembered that there is one small problem with fall gardens and that is insects. The pretty moths flying around my collards were in the process of laying eggs. Out of those eggs will come some hungry caterpillars.

Now a hole in a collard leaf is not near the problem that the caterpillars can be once they are inside a head of cabbage or worse, inside a head of broccoli. Sometimes you don't find the caterpillars in the broccoli until you see them floating in the pot. That does take a little edge off your appetite.



The caterpillars that cause most of the problems in the fall garden are the cabbage looper, the imported cabbageworm and the diamondback moth. I don't generally recommend a preventative spray program, but that is the best way to control these worms. Sevin is effective on most caterpillars, but will not control cabbage looper. A product labeled for home gardens that contains esfenvalerate should be effective on all caterpillars. The problem with Sevin and esfenvalerate products is that there is a three day waiting period between spraying the insecticide and harvest. That may not be an issue with cabbage and collards, but could be a problem with broccoli. I prefer to use a *Bacillus thuringiensis* product like DiPel or Thuricide. These are biological control products that may take a few days to work, but you can harvest the same day you spray. The Bt products should be applied every 5-7 days to be most effective.



Aphids are another problem in the fall garden. While not as common as caterpillars, they are especially bad when they get inside a head of broccoli. They are hard to see and impossible to wash out. I don't recommend preventative sprays for aphids, but I would check the garden for them every few days. A few aphids can become a lot of aphids pretty quickly. Malathion can be effective on aphids, but has a seven day interval between spray and harvest. Insecticidal soap or a pyrethrin/rotenone mix can be an effective control for aphids and can be sprayed on the same day as harvest.

Enjoy your fall garden while you can. Time seems to move more quickly for me now and it will soon be time to start checking out the seed catalogs for next summer's crops. If you have any questions about vegetable gardening or any other horticulture topic, please call me at 570-6740.

Fall Garden Tips

~Chris Stecker, Horticulture Technician



October

- Bring in houseplants and harvest sweet potatoes and gourds before mid-month, when we expect to have our first frost.
- Plant new trees and shrubs. You can transplant trees and shrubs now, too.
- Dig, divide and replant spring and summer-blooming perennials.
- Begin planting spring blooming bulbs. Members of the genus *Narcissus*, which includes jonquils, are generally safe from deer and voles.

November

- Continue planting trees, shrubs and bulbs.
- Remove spent plants and debris from vegetable garden. Cut and remove asparagus ferns.
- A light mulch of shredded leaves or straw on carrots, turnips and other root vegetables will help protect against freezing.
- Wild onion and garlic weeds can be treated when temperatures are above 50 degrees. Use a broadleaf weed killer and mix in a tiny bit of dish soap to help the herbicide stick to those slippery skinny leaves.

December

- Keep living Christmas trees cool and well watered. As soon as possible, move your tree outdoors and plant it.
- Keep bird feeders clean and filled with seed and suet. Change the water in birdbaths at least once a week and keep them ice free.
- Overwatering is the number one cause of houseplant death in December. Be sure the soil is dry before you water, allow for drainage, and save the fertilizer for spring.
- Fertilize pansies and other hardy annuals and remove spent flowers. Apply a layer of mulch to prevent frost heaving.

Join Alamance County 4-H as we celebrate 100 years of 4-H in North Carolina! We will be hosting a Big Birthday Bash on Saturday, October 10 from 1-4 pm at Thataways Youth Center in Burlington near City Park. All are invited to attend. We just ask that you wear green and bring a few nonperishable foods for our food drive.

4-H Big Birthday Bash!

~Beth Davis, 4-H Agent



Once you get to the party, you can participate in games, eat cake and ice cream, and dance! There will be chances to win prizes and make lots of new friends! We hope you will join us as we ring in the next 100 years of 4-H! For more information, please call Beth Davis at 570-6740 or check out our website: <http://alamance.ces.ncsu.edu/index.php?page=youth4h>.

4-H Fall Plant Sale

~Beth Davis, 4-H Agent

Support Alamance County 4-H and grow your own produce! This fall, we will be selling a variety of plants and trees as a fundraiser for Alamance County 4-H. The proceeds will go toward the scholarship fund as well as supporting local programming efforts. More information will be online in the near future, so keep an eye out! Here's what we'll be selling:

Apple Trees-1 gallon containers
Grimes Golden (Heirloom), Aunt Rachel (Heirloom), Redfree, Florina

Japanese Persimmon Trees-5 gallon containers
Fuyu, Jiro

Pecan Trees-containerized
Pawnee, Desirable, Choctaw

Peach Trees-5 gallon containers
Elberta, Red Haven

Pear Trees-5 gallon containers,
Kieffer, Moonglow

Figs-1 gallon containers
Celeste, LSU Purple

Muscadines-1gallon containers
Carlos, Nesbitt, Doreen, Noble,

Blackberries-1 gallon containers
Arapaho, Navajo



MASTER GARDENERS -PRESENT-



THE GARDEN PLATE

A tasty collection of 250 recipes from the kitchens of the Alamance County Master Gardener Volunteers. Proceeds from the sale of **THE GARDEN PLATE** Cookbook go to Arbor Gate Teaching Garden

Call for more info: 336.570.6740

How To Enjoy Your Gatherings ~Evelyn DeLoatch, Family and Consumer Science Agent

Are you planning a tailgate party or back yard barbeque? If so, you want it to go smoothly as well as be able to enjoy yourself. The following tips will help:



1. Be the host or the hostess for the party. Plan all the details of your party well in advance. Which leads to tip 2.
2. Ask guests to bring their own uncooked burgers, hot dogs, chicken or other meat. You provide the grill, side dishes, beverages and be the "Chef".
3. Side dishes should be recipes that can be prepared ahead of time and either served cold or just need to be heated. In which case assign some of the guests to assist.
4. Provide light hors d'oeuvre (fruit, cheese, canapes) so that if the main meal is delayed no one will be starving.
5. Use heavy duty, disposable, fun and colorful china. No stacked dishes or rinsing.
6. Serve a selection of beverages, including slushes that guests can prepare themselves.
7. Double check your guest list and note any special dietary needs of those invited. (allergies, etc.)
8. Prepare your shopping list and purchase major items at least one week in advance of your gathering.

Now spruce up the house and get ready to enjoy your guests!

Another Retirement!?!

It seems like we have had to announce several retirements over the last couple of years. Well, another long time employee is retiring September 30. Evelyn DeLoatch is retiring after 32 years with Cooperative Extension. She has spent the last 25 years in Alamance County.

Evelyn's title has changed over the years. She started here as a 4-H agent, then became a Home Economist, and now has the title of Family and Consumer Science Agent. Evelyn has spent her time here working with 4-H and youth and then worked in the areas of gerontology, family resource management, human development, foods and nutrition, home preservation, Serv Safe programs and the Extension & Community Association group.

Evelyn has worked with many other agencies over the years. She has helped many Alamance County citizens as well as citizens outside of Alamance County. We wish Evelyn a long and enjoyable retirement!



*Retired Alamance County Family and Consumer Science Agent,
Evelyn DeLoatch*

Chile con Frijoles

Recipe from The Garden Plate cookbook

1 lb. ground beef
1 lb. ground pork
1-2 large sweet onions, chopped
1-2 jalapeño peppers, seeded and minced
1 sweet red pepper, chopped
1 (28-oz) can tomatoes
2 cloves garlic, minced
2 T Ancho chili powder
1 T ground cumin
2 tsp. oregano
2 cans black beans
2 cans sm. red beans
Salt to taste



Render beef and pork. Drain fat. Add onions, peppers, tomatoes, garlic, chili powder, cumin and oregano. Bring to a boil. Reduce heat and simmer until onions and peppers are soft. Add beans, including liquid. Simmer 30 minutes. Adjust seasonings

**Alamance County Center
North Carolina Cooperative Extension
209-C N. Graham-Hopedale Road
Burlington, NC 27217
Phone: 336-570-6740, Fax: 336-570-6689
<http://alamance.ces.ncsu.edu/>**