The buzz around the Cooperative Extension office is that summer is here. In our office like many others, there are seasonal work-related activities you can set your calendar by. The first one that comes to mind is Summer SHINE. Formerly known as Summer Fun, these summer classes for youth have geared up. In the Agricultural Building, that means a lot of young people will be in and out taking classes and learning about new ventures or perfecting skills they have.

**Calendar Updates**

- **Apr 10-11**—Central Piedmont Junior Livestock Show (Hillsborough)
- **Thurs., Apr 11** 10:00 **THINK GREEN THURSDAY** - Pest Management for Homeowners
- **Sat., Apr 20** 8:00 - 1:00 Household Hazardous Waste Disposal Day (See Page 5)
- **Thurs., Apr 25** 10:00 **THINK GREEN THURSDAY** - Warm-Season Lawns (Plugging Zoysia)
- **Thurs., May 09** 10:00 **THINK GREEN THURSDAY** - Living Screens and Fences
- **May 6-10**- Summer SHINE Registration for 4-H Families (by appointment only)
- **May 13-17**- Summer SHINE Registration for Public (by appointment only)
- **Thurs., May 23** 10:00 **THINK GREEN THURSDAY** - Backyard Bog Garden
- **Thurs., Jun 13** 10:00 **THINK GREEN THURSDAY** - Make Your Own Rain Barrel - FEE-$45
- **Thurs., Jun 27** 10:00 **THINK GREEN THURSDAY** - Gardening With Native Plants

Spring has arrived and now it’s time to do some digging. We usually think about digging into flower beds or maybe the garden but how about digging for things like fishing worms and such? It doesn’t all have to be about work, or so my wife tells me. Spring is a good time to take a little break and spend some time at your favorite fishing hole. Andy and Opie solved a lot of family issues when they were fishing.

Those who do not fish can dig into the garden, but how about digging into programs at the local Extension office? Chris and Mark have many programs planned for their Think Green Thursdays, including Warm Season Lawns, Living Screens and Fences, and Plant Propagation Techniques, just to name a few.

4-H has programs for the youth as well. Beth is in the process of planning her Summer SHINE programs. The local 4-H clubs meet on a regular basis all year long and you could be a part of these clubs.

Commercial farmers will be planting their spring and summer crops during this quarter. It is a time to be aware of the tractors and other farm equipment you might encounter on the highway. Tractors are moving at less than 20 miles per hour and often the equipment they are pulling is wide. They often cannot pull over to let you around when they are encountering such things as mailboxes every few yards. Slow down and be cautious. Please inform the young drivers in your family about the possibility of seeing this equipment on the highway and the importance of slowing down and being safe. Tractors have as much right to use the highway as a car, so slow down and proceed with caution.

In the spring we usually get lots of questions about pond weeds and their control. Weeds have to be properly identified in order to give a control recommendation. If you need to get a pond weed identified, dig some out of the water and bring it in to our office. After you get it out of the pond, put it in some paper towels and then put it in a zip lock bag. The weeds are better preserved this way.

Whatever you are doing this spring, remember to dig into Extension’s Facebook page or web pages to see what we can help you with.

Roger N. Cobb, Director
Dig Into Delicious Whole Grains!
by: Jessica Oswald, MS, RD

Not long ago the word “grain” typically meant one thing – wheat. With the nutrition guidelines saying that you need to eat six servings of grains per day, eating nothing but wheat to meet this could be quite daunting. Never fear, you don’t have to eat wheat as your only grain option. There are many different, interesting, and fun whole grain options out there. Let’s take a look at a few of them.

**Quinoa**
Quinoa, pronounced “keen-wah,” is a South American grain. It has a mild, nutty, and slightly bitter taste (you can rinse it to remove a lot of the bitterness). Quinoa is very versatile. You can use it in salads, stuffings, soups, stews, desserts, and on its own. The neat thing about this grain is that it is a great source of protein. Quinoa is actually considered a complete protein. A complete protein contains all nine essential amino acids.

**Amaranth**
Amaranth is also from South America. It has an herby flavor. Amaranth goes well with chocolate, honey, nuts, and cinnamon. It also goes well with chili, paprika, and corn. You can use amaranth in oatmeal, salads, soups, and stews.

**Buckwheat**
Buckwheat is quick and easy to prepare. It has an earthy, dark, and slightly meaty flavor. Buckwheat goes well with foods that have a natural sweetness and/or saltiness to them. You can use buckwheat in salads, risottos, pilafs, muesli, and soups. You can also use buckwheat flour in baked goods such as pancakes.

**Millet**
Millet is used widely in India and Africa. It has a mellow, buttery, and corn-like flavor and depending on how it is prepared, it can have the texture of mashed potatoes or fluffy rice. It goes very well with quinoa. Millet also goes well with cheese, nuts, brown sugar, and milk. You can use millet in place of breadcrumbs and you can use it in oatmeal, muesli, and baked goods.

**Pearl Barley**
With pearl barley, the hull and some of the bran has to be removed so it’s not technically a whole grain. However, pearl barley is loaded with fiber and nutrients. It has a nutty flavor and slightly chewy texture. It’s a very versatile grain and goes well with strong flavors such as mushrooms, soy, and miso. Pearl barley is commonly used in soups.

**Freekah**
Freekah is an ancient grain that is getting some new attention. It has a slightly nutty, herby, and green flavor. It goes well with robust flavors such as cumin, paprika, and pomegranate. Freekah can be used in salads, pilafs, stuffings, and soups.

With all the grain choices out there, which new grain will you dig into?
Dig Into the Tropics!
by: Mark Danieley, Horticulture Agent

This spring the Master Gardeners will be digging in a new garden at the Extension office. The next addition to the Arbor Gate teaching garden will be a Hardy Tropical garden located to the left of the front entrance. This area has been somewhat neglected over the years, but this spring it will have a new look. There has been an increased interest in using hardy tropics in the landscape and our new garden will showcase some of the better choices for our area.

So, what are hardy tropics? These are plants that are native to the southern part of the country usually a zone 9 or 10 plant, but have enough cold hardiness to survive our winters. Some may need a little protection with extra mulching and some will survive with no help at all.

These hardy tropics do have a couple of things in common. They should be planted in June and July so they have time to get a good root system established before fall. Fall planted tropics are not likely to survive. The other consideration is soil drainage. Most of the hardy tropical plants will not tolerate poorly drained soil. You are more likely to lose these plants over the winter to wet soils than to the cold weather.

Our plant list includes ferns, canna lilies, elephant ears, banana, palms, angel’s trumpet and bamboo. I know some of you saw bamboo and were wondering if we had lost our minds. While we do like to try different things in the garden, we certainly are not foolish enough to plant running bamboo. The bamboo we will be using is one of the clumping types. The clumping types are well behaved and will grow from eight to ten feet tall with a three to four foot spread. They are very attractive plants that also have the added benefit of being deer resistant.

Banana plants have been grown in the area for years and add a tropical flare to the garden. We are accustomed to seeing the standard green banana plants, but the newer varieties offer a little more color. Some have bright red to purple trunks while others have some red variegation to the leaves. We are not sure which species of banana we’ll get yet, but I’m sure it will be eye-catching. Cannas and elephant ears have changed quite a bit in the past few years. There used to be just a few varieties and colors and now there are dozens. The foliage colors of the elephant ears go from lime green to chocolate black. The cannas also have spectacular foliage as well as beautiful and exotic flowers. Unfortunately the garden space is not big enough to plant everything we would like to have. We’ll pick out the plants we just have to have and hope to find more space in the future.

Come by and look at the hardy tropical garden in September. The plants will still be small, but you’ll be able to get a glimpse of things to come.
Dig Into The Past
by: Beth Davis, 4-H Agent

I will admit that even though I bleed green, I do NOT have a green thumb! So, while many of you are digging in your gardens, I will be doing a different sort of digging. One of the definitions I found for “dig” says, “to find or discover by effort or search”. That’s the kind of digging we are doing in 4-H! Starting now, I’m encouraging our 4-Hers to find someone who has a story to tell about their 4-H experience. I want them to see how much 4-H has changed over the years. You may have noticed that we are experiencing some major changes in 4-H this year, and many of our 4-H families are struggling to adjust (myself included). This project is a great way to see that change is a part of life, and it will give them the opportunity build cross-generational relationships.

If you have a 4-H story to share and need a 4-Her to capture your story, please give us a call. I will be happy to connect you with one of our young people. It would also be great to hear about any other stories you may have that include experiences with the Extension Service. For years, Cooperative Extension was known as the Agricultural Extension Service, and it would be great for our 4-Hers to learn the changes that have taken place not only in 4-H, but in Extension as well.

You’ve heard a lot about my 4-H experiences in this publication, and now it’s your turn. We would like to feature these stories (preferably in a video format) during National 4-H Week, which is the first week of October. So, tell us your story!

Here are a few short samples of what we are looking for. These are excerpts taken from the NC 4-H Centennial Cookbook: Celebrating 100 Years of Blue Ribbon Recipes.

“My husband George and I were in 4-H when it was in the public schools. He showed beef cattle and swine; I did presentations and public speaking. I have been a community club leader since the 1960’s. All our children have had the honor of going to National Congress and are in NC 4-H Honor Club. Their college degrees and careers that followed were all influenced by their 4-H projects. The trips they made to camp, exchange visits to other states, along with many other life changing experiences were a great way to see the diversity of people. 4-H has been a learning experience for all of us. Our grandchildren have been involved in 4-H in some way as well thus far.”

-Linda Cartner McAuley, Iredell County 4-Her, Parent & Volunteer

“4-H membership provided me with many opportunities. I remember going to 4-H Club Week in 1959. It was a wonderful opportunity to meet 4-Hers from all over the state and stay on a college campus! Our Extension Agent, Sylvia Lassiter, took us to Raleigh in an air-conditioned car. Betty Pierce and I won first place in a team demonstration in the “Vegetable and Fruit Use” category. Our recipe was Sweet Potatoes in Orange Cups. In preparing for this competition, we learned the importance of being team players, how to prepare for our presentation, how to cook, and how to educate our audience on healthy foods. Being in 4-H helped me prepare me for my future as a teacher and homemaker. I learned about being a good citizen, and giving back to the community. 4-H helped me to learn life skills which modeled my character.”

-Garnet Phillips, Northampton County 4-Her in the 1950’s

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-Garnet Phillips, Northampton County 4-Her in the 1950’s

Coming Up in 4-H
April 10-11—Central Piedmont Junior Livestock Show (Hillsborough)
May 6-10—Summer SHINE Registration for 4-H Families (by appointment only)
May 13-17—Summer SHINE Registration for Public (by appointment only)
June 18—4-H Night at the Burlington Royals Game!
June 22-25—4-H Congress at NCSU
Disposing of Deceased Livestock
by: Paul Walker, Temporary, Part-Time Livestock Agent

It is a known fact that if you own livestock, or any other type of animal for that matter, occasionally one will die. Disposal of a 1200 pound cow or a 1200 pound horse is a major undertaking (no pun intended). State law requires the following:

1. The animal be properly disposed of within 24 hours of discovery
2. Be buried with at least 3 feet of soil on top of the carcass on your property
3. Be at least 300 feet from any body of water

This means a backhoe will have to be employed which is a major expense. Because it is expensive to hire a backhoe, some livestock owners may opt to drag the carcass to the back side of the farm and let the vultures, coyotes, stray dogs, opossums, etc. do the disposal. This is illegal and not environmentally safe. So, what are some other options that are legal and maybe less expensive?

 Disposal at the landfill. Both Alamance and Orange Counties accept livestock carcasses.
   • Alamance County Landfill: 336-376-8902
   • Orange County Landfill: 919-968-2885 (administrative office) or 919-932-2989 (landfill)
Both landfills accept livestock carcasses but each have their own fees and procedures so it would be advisable to call before going to the landfill. Also, the carcasses should be covered while in transport and if at all possible be placed in a leak proof conveyance.

 Dead Animal Removers (704-873-2072).
This group will come to the farm and pick up the dead carcasses for a reasonable fee. Again, they have certain procedures that must be adhered to so it is best to call ahead if possible. They will not accept carcasses that have been deceased more than 10 hours.

Disposal of dead livestock is not an afternoon cocktail discussion but it is an important topic nonetheless. It is critical that laws and procedures be followed closely to prevent the spread of disease and environmental contamination.

Paul Walker
Livestock Extension Agent—temporary

Paint and Pesticide Disposal Day

The next Paint and Pesticide Disposal Day will be Saturday, April 20, from 8 am until 1 pm at 100 Stone Quarry Road, Haw River. This collection day will be a little bit different than those in the past because we will be accepting more than just paint related material and pesticides. 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 wastes
🚫 Electronics / TVs / Computers
🚫 Explosives / Ammunition

If you have questions contact the Landfill at 376-8902 or Cooperative Extension at 570-6740.
Hello, Alamance County!

by: Lauren Langley, Livestock Agent

My name is Lauren Brown Langley and I am originally from Snow Camp, NC. I finished my Bachelor’s degree in 2010 from North Carolina State University where I majored in Extension Education and minored in Animal Science. I started working for Cooperative Extension in May of 2010 with my internship in Chatham County and then was hired on temporarily until my life took me to the Southeast. From Chatham, I went on to become the 4-H Agent in Pender County and was there for two years. I am married and currently live in Burlington. My family farm is located in Snow Camp where we raise broilers and beef cattle. I grew up in 4-H and FFA showing dairy cattle and participating on various judging/quiz bowl teams. I also have a huge passion for rodeo. I grew up in rodeo and still compete in barrel racing and breakaway roping today! Some of my other hobbies include watching movies, reading, and traveling. I am very excited to be here in Alamance and Orange Counties as the Livestock Agent and cannot wait to start meeting everyone!