

AGRICULTURE

Prune and fertilize now to get the most from plants and trees

•Prune fruit trees, except for trees over 20 years old. They should be pruned in the fall.

Remove dead and diseased branches, and those growing across other branches. Top any tree over 12 feet tall. Try to develop strong framework branches that will allow trees to produce heavy crops.

little extra TLC you can do well with "September," "Latham" and "Southland."

After plants begin growing, fertilize each one with one-half cup 8-8-8. Mulch is highly beneficial.

•Start leeks indoors now for jumbo results. Transplant in the garden in March, 1/4-inch deep in the bottom of a 12-inch trench. No cheating — twelve inches of depth is necessary, so just go ahead, dig and get it over with.

Water and weed well. Every month to six weeks fill in around the stalk. This produces the whit portion which is the good part. Leeks are heavy feeders, so throw in some 5-10-5 whenever you cover some more of the stalk.

•Chard is a super veggie for southern gardens. While you should count on replanting both spring and fall, it may not be necessary, as sometimes it freezes to the ground and returns for another season. Plant chards 1/2-inch deep, four plants per square foot.

•"Fordhook" is an improvement on

the older "Lucullus." This is a white stemmed variety. Cook as you might greens, or use raw in salads. The stems make a good substitute for celery.

I prefer "Rhubarb Chard" because it is so beautiful. The stems and veins are ruby red and leaves are a dark shiny green. Use cooked or raw. Try stripping the stalks and steam like asparagus.

As with most vegetables, steam until tender crisp (al dente) and immediately "shock" in ice cold water. The red color will be retained and all you have to do is reheat when dinner's ready.

•How about some new mouth-watering fruit selections? New apples include Stark Brothers' "Starkspur Granny Smith," a semi-dwarf deep green fruit.

An excellent almond-peach cross called "All-In-One" is a new Floyd Zeiger creation. Kelly Brothers introduces "Reliance," a pink-fruit seedless grape.

Henry Field Nursery offers "Delight" and "Sprite," two cherry-plum crosses, while "Pearl" is a combination plum and apricot. Sound different and delicious, don't they? Be the first on your block.

Williams appointed

William H. (Billy) Williams of Route 1, Tyner, has been appointed to the Soybean Advisory Committee of the American Farm Bureau Federation by Robert Delano, president of the national farm organization.

Nominated to the post by John Sledge, North Carolina Farm Bureau president, Williams' committee will discuss issues and programs having to do with soybeans and make recommendations to the American Farm Bureau's board of directors for its consideration in policy execution and other matters.

Williams is one of a number of North Carolina Farm Bureau leaders appointed to various commodity committees by the national farm organization.



William H. Williams

Free enterprise in agriculture

By JOHN SLEDGE

N.C. Farm Bureau Federation
What country ranks first in wheat and rye production and is also first in hog numbers? Well, except for the rye, a good guess would be the United States, but it would be wrong. Few people would say Russia, but that would be right.

A criticism of Americans is that we don't know enough about the Soviet Union and some of these 1982 figures from USDA prove this to be true. Did you know that the Soviets rank second in cattle number, fourth in corn production and ninth in soybean production?

But remember these are production figures. When it comes to yields it's a different story. Then Russia is 48th in wheat, 22nd in rye, 23rd in

corn and 16th in soybeans.

The reason is that Russia lies mostly north of the 45th parallel, about in line with Augusta, Maine, and their agriculture is much more dependent on the weather than ours so they have to get large production by sowing large areas.

Even when the weather cooperates, they still have to import a lot of food and many Americans don't know that the Soviet Union was our third best agricultural trading partner in 1982, purchasing \$2.3 billion worth of U.S. farm products.

Most of Russia's agricultural production comes from huge state or collective farms, but the items that people want more of, like fresh vegetables, fruit and especially meat are coming from millions of private

plots, less than an acre in size.

The harvest from these plots is sold in city markets and represents about 25 percent of Soviet agricultural production.

And that's one of the best examples you can find to demonstrate the advantages and results of free enterprise in agriculture.

Duck boxes available through Soil Service

Boy Scouts in Bertie County are now building wood duck boxes. These boxes are available for \$7.00 each. The boxes can be ordered from the Soil Conservation Service Office.

The duck boxes will be constructed of juniper. Orders should be made now to insure installation by this spring's nesting season.

Wood ducks have show a fondness for the boxes. In a project area in Walke County, 90 percent of the boxes set up were actively being used.

The boxes are equipped with side doors for easy clean out. Metal shields should be placed around mounting trees or posts to keep predators out.

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FACTS & FIGURES
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Two important firsts are happening. The United States government, for the first time in 50 years, will issue a gold coin and the U.S. Mint will strike the first Olympic Commemorative coinage ever issued by our country.

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RESEARCH REPORT ONE



CHASING ASTEROIDS TAUGHT US SOMETHING IMPORTANT ABOUT STRESS IN REAL LIFE: IT'S ALL IN HOW YOU PLAY THE GAME.

Among the most elusive factors in the development of heart problems is stress. Although we know that highly competitive "Type A" adults are statistically twice as prone to coronary disease, the precise effects of personality styles have been unclear.

But recently Karen A. Matthews, Ph.D., an American Heart Association Established Investigator, conducted a fascinating experiment that shows what happens when you're driving to get ahead.

Thirty-three boys, ages 10-12, were categorized, using personality tests, as either "Type A" (aggressive, competitive and impatient) or "Type B" (more placid in these areas). Then the fun began. With electronic gear recording physical response, the kids played a series of fast-paced video games. The results? "Type A" subjects' blood pressures and heart rates rose significantly higher than did the "Type B's."

Knowing that stress reactions can be severe so early in life has spurred further study of "Type A" behavior and ways to prevent it from often causing serious health problems.

We support thousands of projects as important as this one. But we need your help. A contribution to the American Heart Association is an investment in research that makes a difference. Helping all of us fight cardiovascular disease. And win.

WERE FIGHTING FOR YOUR LIFE



New Hope 4-H Club minutes

The New Hope 4-H Club met at the home of A.O. and Carol Roberts at the January meeting.

At the meeting the following officers were elected: President, Cindy Lovell; Vice-President, Cindy Eure; Secretary-Treasurer, Michael White; Reporter, David Eure.

Our next meeting will be held at the home of A.O. and Carol Roberts on February 23 at 7 p.m. From there we will be leaving to go to the ARPDC Building for the 4-H Achievement Night.

All are encouraged to come.

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