

Agriculture

Gardener answers readers' questions



Rayburn awarded at workshop

Rebecca Rayburn, daughter of Mr. & Mrs. Walker Rayburn represented Perquimans County very well last week in Raleigh at the Conservation Resource Workshop held at North Carolina State University.

During the week Becky attended classes and took field trips relating to conservation which included—Soil characteristics and Soil Conservation, Watershed & Wildlife Manage-

ment, Forestry Woodlot Management and Non-Agricultural Uses for Soils. At the close of the session on Friday, the participants were given a short examination and attended an awards banquet. Out of 112 students attending the workshop, Becky scored third place in the competition and received an award of \$75.00. The experience gained will benefit not only Becky but her district as well.

Q. What's the best fertilizer for grapes right now?
A. Fertilize bearing grapes with cottonseed meal, fish emulsion or manure tea.



Q. I would like to find a summer-flowering tree.

A. Horticulturists at NCSU have found it for you. The Japanese Scholar tree (*Sophora japonica*) is beginning to show its large panicles of whitish pea-like flowers now. This is an excellent but rarely used tree. I do not understand why nurseries don't offer it. The Scholar tree is a rapid grower, tolerant of urban conditions and disease resistant.

Q. Are yellow tomatoes less acidic than red tomatoes?

A. Actually, it's the other way around. When a catalogue describes a tomato as "low acid," it means the variety has a higher sugar content. The taste is therefore less acid tasting.

Acidity varies with location and amount of sunlight, says nutrition specialist Nadine Tope, but there is no significant nutritional difference. The nutritional value of tomatoes is not particularly high compared to other vegetables—potassium, selenium, sodium, vitamins A and C are major components—but they rank first in total contribution of 10 vitamins and minerals because of heavy consumption in the American diet.

Q. What vegetables offer the best sources of calcium?

A. Collards are at the top of the list, followed by turnip greens, kale, mustard, bok choy, broccoli, okra and dandelion greens.

Calcium is lost in water, so be sure to use as minimum amount when cooking. Try steaming or stir-frying for best results.

Q. Is ornamental kale edible?
A. Yes, definitely. The young pink leaves are a colorful addition to a raw salad. Boiled ornamental Kale, however, turns to blue-green.

Q. What can I do about leggy petunias?
A. Starting now, in mid-summer, carefully cut back a few stragglers every other day until the plant is back in shape.

Petunias originated in Brazil. They were so named by de Jussieu in 1803, since the natives used the word *petun* to describe members of the nicotine family, of which petunias are a cousin.

By the way, this is a good time to take cuttings from large double flowered petunias if you want to use them as pot plants this year.

Q. Any suggestions for my non-blooming hibiscus?
A. Try using less nitrogen,

which causes lush leafy growth instead of blooms. Fertilize with fish emulsion or other balanced formulas. If there is still a paucity of bloom this fall, transplant to a sunnier location.

Q. What can I plant for fall color?
A. Sow seeds of border-size petunias, marigolds and scarlet sage no later than this week.

Mature plants can be made to produce longer by removing faded flowers regularly. Discourage insect damage by scattering slug bait around marigolds.

Q. My squash and beans look tired!
A. They probably are. A boost of fertilizer is in order, and Larry Bass at State suggests a side-dressing of 8-8-8 or 10-10-10 chemical mixture. Organic gardeners

will get fast results from cow manure tea, fish emulsion or compost. Foliar fertilizers are excellent under drought conditions.

In August, oversized beans, squash and cucumber plants can be pruned, which will promote new growth and a longer bearing period.

Q. How can I clear up mildew on phlox?
A. Apply weekly dustings of Karathene through mid-fall. A systemic fungicide such as Benlate is also effective. Apply either as a foliar spray or a soil drench.

Q. How can birdbaths be kept clean?
A. Scrub birdbaths and fountains with a good stiff brush and strong soapy slolution containing Borax or one part bleach to nine parts water. Rinse thoroughly and refill with water.

Morning field tour slated by Extension Service for Friday

By STANLEY J. WINSLOW
 CO. EXT. CHAIRMAN

You are invited to attend a morning Field Tour on Friday, July 11th. You will have an opportunity to observe a cantaloupe variety trial; a peanut weed control plot and attend a session on scouting for peanut diseases.

All peanut growers should plan to attend the Peanut Disease Scouting Session. Sclerotinia and Southern Stem Rot have been

found in the county and everyone should be scouting their peanuts regularly. Early treatment will be very important.

A safe way to remove ticks from your skin

What's the best way to extract a stubborn tick? Some say stick a match to its backside. Others prefer drowning it in nail polish or turpentine. The North Carolina Medical Society believes there's a better way.

A recent article in the "North Carolina Medical Journal" offers a safe tick-removal technique that works almost every time. Give it a try the next time you go camping and bring this unwelcome parasite home.

All you need is a tube of 2 percent lidocaine jelly—a non-prescription local anaesthetic available in most drug stores—and a pair of square-jawed tweezers.

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All you have to do is apply a generous amount of lidocaine to the tick, wait 10 minutes or so, and pull it out with the tweezers.

This technique works because the lidocaine numbs the tick, loosens its grip under your skin, and, in most cases, allows for easy—and painless—removal.

Even with the tick out, some danger remains. Ticks are well-known carriers of Rocky Mountain Spotted Fever, a deadly disease. Symptoms usually emerge within 3-12 days after a tick bite. If you start feeling feverish and weak, see your family doctor right away.

Nutrition Site menus

The following is a list of menus of the Nutrition Site Program for the elderly for the week of July 14-18.

Monday—paprika baked chicken, baked sweet potato patties, buttered green peas with onions, dinner roll, margarine, orange, milk.

Tuesday—beef pattie with cheese, coleslaw with green pepper & carrots, buttered corn, hamburger bun, margarine, purple plums, milk.

Wednesday—tuna salad with hard boiled egg, 3 bean salad, tomatoes on lettuce, whole wheat bread, margarine, brownie, milk.

Thursday—stew beef with onions & gravy, fried okra, buttered peas & carrots, rice, margarine, orange juice, chocolate chip cookie.

Friday—baked pork chop, buttered squash with onions, coleslaw with green peppers, dinner roll, margarine, diced peaches, milk.



Pot holders will stay cleaner longer if given a heavy treatment of spray starch.

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HELD OVER THRU JULY 17
"Back To School"
 SHOWS DAILY 7:10-9:10

HELD OVER SPECIAL MATINEES
"My Little Pony"
 SAT. & SUN. 3:00 P.M.

Rodney Dangerfield
BACK TO SCHOOL
 HELD OVER THRU JULY 17 PG-13

TOM CRUISE
KELLY MCGILLIS
TOP GUN
 HELD OVER THRU JULY 17 PG

SOON
"Karate Kid II"

Extension News

north carolina AGRICULTURAL EXTENSION SERVICE
 By Stan Winslow

Cantaloupe Variety Plot: Co-operator—Billy Williams—7:00 a.m. meet at Billy Williams' house and travel to cantaloupe plot which is in the back of his field.

Peanut Weed Control Plot: Co-operator: Robert Phthisic (Ben Winslow Farm): 7:40 a.m. Pre-emergence and post-emergence herbicides.

Peanut Disease Scouting Session: Cooperator: Floyd Long (Beside his house) 8:15 a.m. Sclerotinia Test Plot.

Refreshments will be furnished by an Agrichemical Company.

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