

Agriculture

Tips and information on planting springtime vegetables in the garden

Time to plant spring vegetables! Here is a list of veggies, suggested amounts and varieties, plus some information on important sources of nutrition.

Plant, per person:
Cabbage plants, 25—new varieties include 'Prime Choice,' a large, long storer; 'Charmont,' the best for home gardens, ready to eat 69 days from transplanting. Look this one up in the Twilley catalog. Cabbage plants get off to a better start if they are clothed the first two weeks.
Cabbage contains vitamin K, an aid to blood coagulation. Also present is a mysterious agent that may combat cancer. Cabbage is a good source of sulfur, cobalt, and magnesium.
Broccoli rabb, ¼ ounce—variety 'Seven Top.' You will no doubt recognize 'Seven Top' as a turnip seed, and



you are right. Raab is the unopened turnip flower, which is harvested like broccoli—delicious.
Carrots, ¼ packet—'Danvers half Long,' 'Lindoro.' Young carrots can be thoroughly scrubbed and left unpeeled, making them far more nutritious. A fine source of potassium, vitamin H, biotin, orotic acid, and C, carrots are second only to beets in

natural sugar. One pound contains 4½ times the minimum RDA of beta-carotene, a substance which is converted by the body to vitamin A.
Onion sets, 50—'Ebenezer,' 'Frano,' 'Sweet Sandwich Hybrid.' Onions contain selenium, a fighter of heart disease and cancer. The yellow varieties contain more vitamin D than the white.
Most gardeners plant onion sets two to three inches apart, planning to out every other plant for use as scallions. Organic Gardening magazine says pulling plants disturbs the growth pattern of onions on either side. When growth is checked, onions may mature before reaching maximum size.
Avoid this problem by planting an area solely for scallions, and place other onion sets five inches apart.

Water regularly.
Irish potatoes, 10 pounds—'Kennebec,' 'Pungo,' 'Superior.' Plant potatoes under thick mulch. Remember when you peel potatoes, you are throwing away valuable potassium. Eat their skin and all, when possible, and help yourself to a goodly amount of linoleic acid (vitamin F) which aids in proper teeth formation and helps burn unsaturated fats. Potatoes contain six times more protein than any other vegetables.
Radishes, ¼ packet—'Early Scarlet Globe,' 'Cherry Belle,' 'Crystal White.' Radishes are a good source of copper, manganese, selenium, and vitamin C.
Turnips, ¼ ounce—'Purple Top,' 'Just Right,' 'Gilfeather.' Turnips provide fiber, calcium, copper, manganese, selenium, and vitamin A.

Turnip Greens, ¼ ounce—'All Top,' 'Crawford,' 'Shogin,' 'Seven Top.' Turnip tops are rich in vitamin A and calcium.
Rutabaga, ¼ packet—'American Purple Top,' 'Altasweet.' Contains copper, iron, manganese, B6, vitamin C, and folacin.
Salsify, ¼ packet—'Sandwich Island Mammoth.' Salsify is good food for dieters because the carbohydrate content is mostly inulin, which is not metabolized by the body. You get full, not fat.
Shallots, 15 sets—'Giant Red,' 'Dutch Yellow.' Shallots have little nutritional value—a little potassium, maybe, but they certainly perk up any dish in which you need a dash of mild, buttery, onion taste.

Spinach, ¼ packet—new variety 'Olympia,' from Earl May, a smooth leaf type, and highly disease resistant. Another new one is Henry Field's 'medania,' which not only will winter over, but is heat-resistant and has non-boiling characteristics.
Raw spinach supplies 15 percent more folacin and 40 percent more vitamin C than when it is cooked, so you should put it in salads as much as possible. Or shred it and substitute for lettuce on a cold meat sandwich.
One nutritional warning, however. Spinach is surely good for you, but it is not a good source of calcium because it contains oxalic acid, which combines with the calcium and prevents the absorption of that nutrient by the body.

Food costs breakdown

For those curious about who actually gets the dollar the consumer spends for food, they will find some interesting figures in the latest information from the U.S. Department of Agriculture.



USDA breaks down each average dollar consumers spend for food into three major parts: 25 cents to the farmer who produced it; 34 cents to workers who process, handle, and distribute the food after it leaves the farm; and 41 cents to those who are paid for other marketing services.

The share going to "other marketing services" has remained fairly steady for the last 10 years; the share going to labor has gone steadily up; and the farmer's share has gone steadily down.
But that analysis doesn't truly portray the share of the food dollar going

to labor. About 10 percent of the farmers share goes to farmworkers; and an even larger percentage of the "other marketing cost" goes for salaries, wages and employee benefits.
The truth is that the total share of the food dollar going for the cost of labor is twice as much as the amount received and retained by those who produce our food.



Above Wayne Winslow is sworn in as Chief of the Winfall Fire Department by Mayor Morgan.

Exchange benefits waterfowl

RALEIGH—A state government agency and an international private wetlands conservation group exchanged gifts this week. But the real benefactors are waterfowl—from Canada to North Carolina.

During a meeting Jan. 19 of the N.C. Wildlife Resources Commission, Chairman Jerry W. Wright presented a check totaling \$8,010 to Ducks Unlimited Inc., state Chairman Pete Hulsey of Matthews.

About 20 minutes later, the Commission accepted a donation of 82 acres of marshland bordering the Currituck County from Ducks Unlimited Inc. The land, originally a gift to Ducks Unlimited from W.B. Meredith II, will be processed through the Council of State. This tract of wetland is highly valuable for waterfowl and it will be protected and managed for that purpose under state ownership.

Under its own policy, Ducks Unlimited prefers not to own wetland environments but rather acquires them and then transfers them to other conservation organizations, primarily governmental.

Each year, the Commission gives to Ducks Unlimited a collection of

one dollar from the sale of each non-resident state hunting license and each non-resident six-day hunting license. State law requires the Commission to set these funds aside for contribution to an agency in the United States that spends money for waterfowl management and control in Canada.

North Carolina wildlife officials and private organizations such as Ducks Unlimited often work together in managing habitats for waterfowl and other wildlife resources.

Ducks Unlimited, which is celebrating its 50th anniversary this year, has more than 3.7 million acres of land under reserve in Canada, 280,000 under its management in Mexico and more than 138,000 that it's helping to manage in the United States. The organization currently has agreements with conservation agencies in all 50 states to help fund water fowl conservation projects.

An example of the use of such funds in North Carolina is the recent acquisition of Conine Island, a high-quality forested wetland tract of about 3,500 acres on the Roanoke River. Ducks Unlimited contributed \$215,000 to help purchase this land.

Early orders benefit farmers

ROCKY MOUNT, N.C.—Although it comes at a time when many people don't think about spring, early seed orders can benefit farmers.

One benefit is to preserve quantities of a popular hybrid or variety to help ensure supply is available at planting time, says Dennis McCoy, field agronomy manager for Pioneer Hi-Bred International, Inc.

"In areas where few varieties or hybrids are in big demand, purchasing seed early helps ensure a grower

gets the seed he wants," McCoy says. If a dealer doesn't have that variety of hybrid available right then, early ordering gives him the time to make contacts within the sales netting to locate the requested seed before planting time.

"Having the right seed is crucial to successful crop production. Early seed purchases can help relieve some of the worry and risk—while getting growers the seed they want at the same time," McCoy says.

Awards meeting set

By STANLEY J. WINSLOW
Co. Ext. Director

Our 1987 Peanut Production And Awards Meeting will be held on Wednesday, February 11th at the Albemarle Commission Building. It will begin promptly at 7:00 p.m.

Dr. Gene Sullivan, Extension Peanut Specialist, will update us on varieties and cultural practices; Dr. Jack Bailey, Extension Plant Pathologist, will discuss disease and nematode control.

I will give an update on herbicides

and Mr. Fleet Sugg will present the County Peanut Yield winners with their awards and update us on the activities of the Peanut Growers Association.

There will be a sponsored supper with this meeting. Please call our office by 5:00 p.m. on Friday, February 6th to let us know if you plan to attend.

This meeting will qualify you for one hour credit towards the recertification of your dealers or commercial pesticide applicators license.

Interest rates bottom out

CHARLOTTE—The precipitous decline of the U.S. dollar, investor uncertainty about the mounting trade and federal deficits, and the specter of renewed inflation may mean that mortgage interest rates have reached bottom.

"There are growing indications that we have seen the bottom in the decline of mortgage loan interests," says James A. Abbott, president of Cameron-Brown Company, the nation's ninth largest mortgage banking firm. "There are several specific indications that bring about this prediction. First, there is still a fear that federal deficits have not been brought under control. Congress has increased its efforts in this area evidenced by Gram-Rudman-Hollings, but much of the recent improvement has resulted from the government's ability to finance its debt at reduced interest rates."

Abbott says that investors have concern over renewed inflation, which will certainly be on the increase by 1988.

"Then, there is the plunge in the value of the U.S. dollar," he says. "This will ultimately impact inflation through increased prices of goods to consumers and, also, decrease the desire of foreign investors to purchase U.S. private and public debt instruments."

Finally, Abbott says, political uncertainties do not promote interest rate stability.

"All these concerns impact the willingness of investors to accept yields less than those we are currently seeing," says Abbott. "For example, we're seeing 7.25 percent to 7.50 percent yields on 30-year Treasury bonds, and 8 percent to 8.25 percent on government guaranteed mortgage-backed securities."

Karl Mendenhall, senior vice president of residential marketing for Cameron-Brown, says that he expects no further easing of monetary policy by the Federal Reserve Board.

"In fact, monetary policy may have to become slightly more restrictive to stop the deterioration of the dollar," Mendenhall says. "Given such an environment, we would expect the yield on 30-year Treasury securities to increase by 50 to 75 basis points over the next three to six months."

Mendenhall says this translates to mortgage loan interest rates of up to

one full percentage point higher.

"The increase would be due to a final surge of refinancing activity by those people who have been holding out for the bottom of the interest rate cycle, he says.

"This surge in the supply of mortgage-backed securities would tend to widen the spread relationship between mortgage-backed securities and Treasury securities, thus magnifying the increase in mortgage rates."

Cameron-Brown Company, which changes its name to First Union Mortgage Corporation effective February 9, is headquartered in Charlotte, NC. As a full-service mortgage banker, Cameron-Brown arranges and services long-term conventional, FHA and VA mortgage loans, and also finances income-producing property and construction projects.

Cameron-Brown Company operates 134 offices in 32 states and services a loan portfolio of \$10 billion. Cameron-Brown is a subsidiary of the Charlotte-based First Union Corporation, a bank holding company with assets of \$26.8 billion on December 31, 1986.

AARP provides medicare information hot-line

WASHINGTON, D.C.—One woman called the new AARP Medicare Info-Line when the hospital wanted to release her 81-year-old father too soon. Another called to find out if Medicare would pay her elderly mother's nursing home costs.

Those were just two of the hundreds of calls received by the American Association of Retired Persons (AARP) through the new toll-free Info-Line it started recently. The service is being offered on a test basis in North Carolina and Ohio for four-months. AARP, the largest association of older Americans, will decide whether to expand the project after the test period.

"We started Info-Line to help people understand Medicare's confusing new Prospective Payment System," said AARP President John Denning. "Many patients find they are discharged from the hospital sooner and treated on an outpatient basis more often under the new system for paying hospitals."

He said AARP staffed Info-Line with older Americans trained as paralegals by the association to answer questions about patients' rights under the new Medicare system.

During the first month, AARP operators answered general questions about hospital discharges, admissions, and Medicare's coverage of

outpatient treatment. In some cases, AARP's operators referred callers to local agencies, such as legal services, medical bureau, Social Security offices and insurance companies.

Operators cannot refer callers to specific hospitals or doctors, they provide medical or legal advice and answer general questions about Medicare and AARP.

"More than 150 hospitals support this service and distribute information about the program. 'That's close to half of the hospitals in the two test states,'" Denning said. "It also has the support of state medical societies and peer review organizations, which over see the health care of Medicare patients."

Info-Line is open weekdays from 10 a.m. to 5 p.m. It is part of AARP's ongoing national health campaign, which is designed to reduce health costs and maintain quality care for all Americans.

With more than 24 million members, AARP is the nation's largest and oldest organization of retired and employed Americans age 50 and older. The nonprofit, nonpartisan group provides its members representation in state and federal governments, educational and community service programs, and direct membership benefits.

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