

# Agriculture

## New tastes from your summer garden

### RADISH PODS

Don't throw away radish plants that have grown too large. Leave six or eight radish roots in place, give them a shot of manure tea. Watch the bloom stalk shoot up, flower with dainty white blossoms. Then watch the flowers being replaced by tiny green seed pods.

Then comes the surprise—the taste of those little pods is sharp, peppery, delicious eaten raw in salad and sandwiches, or quickly steamed by themselves and added to stir-fries at the last minute.

Pick the pods while they are young, at least twice a week. Store extra pods in a plastic bag in the fridge.

### Fennel

Fennel is one of the prettiest, easiest to grow, tastiest herb in the garden. I planted sweet fennel (*Foeniculum vulgare*) about ten years ago and it comes back every year. This is different from the variety known as finocchio, grown in Italy for large, bulbous roots—a staple in Italian cookery.

Sweet fennel will grow practically anywhere. Cast a few seeds in a sunny, well-drained area away from other plants. Fennel is inclined to inhibit the growth of whatever is growing around it.

The resulting three- to four-foot plants have fern-like leaves with a mild and intriguing licorice taste that are delicious chopped into a fresh salad and dressed with a honey based salad dressing. Serve the stalks as hors d'oeuvres like celery—a favorite in southern Italy. Mince with melted butter and use as a sauce for broiled fish. Throw fennel directly on hot coals when barbecuing seafood. The smoke will add a distinctive new taste.

In the fall, fennel's showy yellow umbels will go to seed and you will then have another taste sensation. The crushed seeds smell like anise and licorice. Fennel seed is widely used in liqueurs, soups, and sausages.

Incorporate in pickled shrimp and creamed mushrooms. Here is a recipe for a fine sauce with roast chicken or pork.

### SOUR CREAM SAUCE

Boil gently in a covered pan for 20 minutes:



4 cups chicken or pork stock  
2 tsp. fennel seeds, crushed lightly  
Strain liquid and reduce by one half. Just before serving, stir in:  
1 cup sour cream  
2 T. sherry  
Salt and white pepper to taste  
Keep warm, but do not allow to boil.

### PURSLANE

Several weeks ago I discussed that wonderful spring melange of green called "mesclum" by the French. One of the ingredients was wild purslane.

Further information has come my way since then, mainly that purslane is rich in the same omega-fatty acids contained in fish.

It is being suggested that omega-3 may lower the risk of heart disease and cancer. Robert Barnett reports in American Health Magazine, March '87, that purslane is the richest source of these fatty acids than any other vegetable yet researched.

Purslane has oval-shaped succulent leaves with a slightly sharp green taste. It is probably growing wild in your garden right now. When you harvest, use only the ends of small plants, which are the tenderest. Here is an adaptation of a recipe by Giobbi, author of "Eat Right, Eat Well-The Italian Way:"

### PURSLANE, TOMATO AND ONION SALAD

Combine  
2 cups sliced tomatoes  
2 cups purslane leaves  
1 red onion  
4 tablespoons chopped parsley  
2 tablespoons chopped fresh basil  
Pour over salad  
tablespoons extra-virgin olive oil  
3 tablespoons red wine vinegar  
Toss gently and chill well. Just before serving, add fresh ground pepper and salt, if desired.



Pictured above are Troy Jones, Amber Lewis, and Jode Abate.

## Students support "Take Pride in America" campaign

Students from Ms. Ralph's 5th grade at Hertford Grammar School participated in a "Take Pride in America" clean up campaign at Missing Mill park Saturday, May 16th.

The students, assisted by Ginger O'Neal, secretary from the Soil Conservation District, took time from their weekend activities to help with this clean up campaign. Although, few in number they managed to clean all the park area and surrounding grounds.

"Take Pride in America" is a Nationwide campaign promoting wise use and better understanding of our Natural and Cultural resources. Slide programs have been shown in several classrooms encouraging students to take part in this campaign.

The Perquimans Soil & Water Conservation Committee would like to thank these students for their participation and interest in this project, and we challenge you, the community, to "Take Pride."

## Employee attends conservation education workshop in May

Ginger H. O'Neal of Hertford joined 40 other secretaries and educational coordinators in a workshop on conservation education at Atlantic Beach, NC, May 17-20.

The District Employee's Workshop involved people from the 94 soil and water conservation districts across the state.

A District secretary with Perquimans County Soil & Water Conservation District, O'Neal was introduced to Project Wild and Project Learning Tree, projects of the N.C. Wildlife Resources Commission and American Forest Council, respectively. The projects increase the awareness of wildlife and forestry through the use of hands-on activities and activity books.

Although the projects originally are used with educators-teachers, scout and 4-H leaders—this workshop

was geared for district employees. These employees are the link between the teachers in their districts and the districts' educational efforts.

Districts, the boundaries of which correspond with the county's promote conservation of natural resources through educational programs and technical assistance.

Districts are legal subdivisions of state government and are managed by a board of supervisors, made up of elected men and women who volunteer their time. The Division of Soil and Water Conservation in the Department of Natural Resources and Community Development provides matching funds and technical assistance to the districts.

The Perquimans Soil & Water Conservation District sponsored this trip for O'Neal.

## Corn borer attacks crops

By STANLEY J. WINSLOW  
Co. Extension Director

While making my rounds last week, I found European Corn Borer attacking several of our corn fields in the county. Their damage shows up as shot-holes in the leaves and skinned places on the leaf surface. This visible damage is not so serious but the damage potential is much greater. If the Corn Borers survive to tunnel into the stalk, this is when yield loss occurs. According to Dr. John Van Duyn, Extension Entomologist, each tunnel in a corn stalk results in approximately a 6 percent reduction in yield. The fields I have seen so far have a potential loss ranging from 6 percent to as high as 18 percent or using 120 bushels as an expected yield—7.2 bu-A up to 21.6 bu-A yield loss. This is certainly not a total loss, but it can eat into profits.

Please be aware of this and check your fields for it. It is showing up in the largest corn at this time so concentrate on your earliest planted fields.

Scouting Method: Take Ten—10 plant samples randomly about the field; Count the number of damaged plants; Pull several whorls at random—unroll them and count the number of worms-whorl; Multiply the number of damaged plants times the average number of worms-plant;

If the score is 50 or greater a treatment will be necessary.

Chemicals: Lorsban 1 1/2-2 pts.-A; Furadan 1 1/2-2 pts.-A; use the high rate for infestation over 75 percent.

Application: Use one nozzle-row; 20-40 gallons water-A with 50 pounds pressure; Position nozzle 18" above corn plant and force the chemical down into the whorl; Ground application is best.

In 1985, when this pest was a serious problem, we recommended Pydrin, Ambush and Pounce also. Dr. Van Duyn found that these products while controlling Corn Borer—created a spider mite problem; therefore, we are not recommending them this year.

Keep in mind that this pest is not going to destroy your crop but it can take enough yield to drastically reduce your profits. Check your fields—if you need help, please call.

Small grain and fescue grass are drying down. As they dry, thrips which have been living on them begin to move seeking a new source of food. Some of you have experienced the migration of thrips and gotten covered with them as a result.

When they move they seek food on seedling cotton, peanuts and soybeans. Watch for puckered, twisted and torn leaves. This is usually an insect corn borer pg. 15



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## Church continued from pg.7

The Perquimans County Fellowship Union and the First Baptist Church will be special guest of the Chowan-Edenton Christian Fellowship Union Anniversary 4:30 p.m. at the Pleasant Grove A.M.E.

Zion Church, Edenton, N.C. The Rev. James Armstead, President. "The Rev. J.H. London will be preaching from the subject "The Who of Encouragement" John 14:16.

## Youth week to be observed

New Bethel Baptist Church observe Youth Week June 7-June 14. The Rev. Dwight Steele and The Community Gospel Choir of Olive Branch, Elizabeth City will render service Sunday, June 7, at 3:00 p.m., the Rev. W.T. Davis and Shiloh Young Adult Choir of Shiloh Baptist Church will serve on Wednesday night, June 10, at 7:30 p.m., and the Rev. Ricky Banks and The Liberty Gospel Sing-

ers of St. Stephens, Elizabeth City will serve on Thursday night, June 11, at 7:30 p.m. On Sunday, June 14, Mrs. Janet Standfield of Hampton, Virginia will deliver the annual youth day message.

The New Spiritual Gospel Singers and New Bethel Youth Choir will render the music.

The public is invited to attend. The Rev. William Sawyer is pastor elect.

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To all of the above and everyone else who helped that I've failed to mention because of lack of space, thanks for all your help and may God Bless You richly!

Sincerely,  
Kathleen Ansink, Coordinator  
Perquimans County Special Olympics

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