

CAMDEN EXTENSION CONNECTIONS

May 2020

With the many changes to daily life something that will not change is that the N.C. Cooperative Extension of Camden County staff are here for you. We continue to assist people in the areas of agriculture, 4-H youth development, and family and consumer sciences as we always have. Please see some highlights from May below.

Family & Consumer Sciences



Desk Yoga with Olivia

Do you need something to ease you back into working in an office? Try this desk yoga sequence anytime you feel a little stiff from sitting too long. <https://camden.ces.ncsu.edu/2020/05/desk-yoga-with-olivia/>



Virtual Instant Pot Cooking Class

If your electric pressure cooker is still in the box then join me as we go through the ins and outs of pressure cooking. Let me show you how to make the most of your instant pot. <https://camden.ces.ncsu.edu/2020/05/virtual-instant-pot-cooking-class/>

Agriculture



Lawn Management Tips

As people are savoring time spent outdoors many are getting out and enjoying their yards. Click the following link for lawn management tips to get your yard in tip-top shape.

<https://camden.ces.ncsu.edu/2020/05/lawn-management-tips/>



Control Bagworms

Have you noticed cone shaped bags hanging from your conifer trees? Now is the time to control bagworms. Learn how to keep your trees healthy and free of bagworms at the following link.

<https://camden.ces.ncsu.edu/2020/05/control-bagworms-in-late-may-and-early-june/>

4-H Youth Development



4-H Photography Contest

Do you enjoy photography? Are you interested in trying photography out? We have the perfect opportunity to test the photography waters with our 4-H Photography Contest.

<https://camden.ces.ncsu.edu/2020/05/camden-4-h-photography-contest/>



Let's Talk About Embryology

We have been busy watching baby chicks develop and are anxiously awaiting their hatching.

<https://camden.ces.ncsu.edu/2020/05/lets-talk-about-embryology/>



Camden 4-H Clover Rover Virtual 5K

Marcia Berry, Camden County 4-H Program Assistant, has created a virtual 5k to get people out and about to celebrate National Running Day (June 3). There will be 37 participants from West Virginia to the Outer Banks running between May 30th and June 3rd. Participants will receive a Clover Rover Medal. This effort was a collaborative effort with Olivia Patchel, Family & Consumer Sciences Agent and Amy Twiddy, Administrative Assistant.



Upcoming Events:

- Virtual Food Preservation Classes, beginning June 5th: <https://canningathome.eventbrite.com>
- 4-H Photography Contest, submission deadline is June 15th: <https://camden.ces.ncsu.edu/2020/05/camden-4-h-photography-contest/>

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