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HOME • GARDENING • DECORATING

Saturday, December 11, 2010

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PHOTOS BY LYNN BURNETTE/Special to the News & Record  
Lori Jones of Rutherfordton, left, speaks to N.C. Child Care Resource and Referral agencies from across the state during a class at the Guilford County Center on Burlington Road; handouts and research material, center, are available to residents through the Cooperative Extension Service; volunteer Bryan Whitley, right, digs dahlia tubers in the Demonstration Garden at the Guilford County Center.

## Agency enhances lifestyles by emphasizing good gardening and farming practices

# EXTENSION'S NEW FOCUS



STORIES BY LYNN BURNETTE  
Special to the News & Record

**K**aren Neill tells the story of a food and nutrition program that she and another agent of the Cooperative Extension Service presented to a group of Guilford County women last year.

"It included giving fresh corn to them," she says. The women didn't recognize corn in the husk. The only corn they'd ever cooked was from a can. "They didn't know what to do with it."

Teaching local residents about where food comes from and encouraging them to support local growers is a new focus for the agency, which

originally was founded to assist farmers by providing information about the latest farming techniques. The group still does that. But it is also helping farmers survive and consumers improve their health with programs that focus on sustainability and local foods, says William B. "Wick" Wickliffe II, extension director for the Guilford County Center.

The statewide Cooperative Extension Service has begun the "10 Percent Campaign," which supports a cooperative initiative to build the state's local food economy from farm to fork. The Guilford County Center is the primary resource for the local foods initiative, helping to guide efforts to develop a local food economy. The goal is for people to buy 10

percent locally, which Wickliffe defined as grown in North Carolina. Such purchases keep the money in our state, he says.

"The more local the purchase, the better to keep the dollars rolling here in Guilford County," Wickliffe says. "The only way to have local food is by keeping farms in business."

Such local foods feed families not only at home, but also in a growing number of restaurants.

Neill says that getting families back to the basics of growing at least some of their food will result in healthier and stronger families as they return to eating at home together.

"People not only need to change

See **Extension**, Page C6

## The Cooperative Extension Service establishes deep roots in Guilford

**F**or more than 100 years, Guilford County has led the state in sharing agricultural research and demonstrating the best practices for farmers, their families and others.

In 1867, Quakers (the Society of Friends) established a model farm in High Point to promote improved agricultural practices. They hoped to help local farmers be self-sustaining after the devastation of the Civil War. The effect helped stem the flow of westward migration and stimu-

late agricultural production.

A federal act in 1887 created agricultural experiment stations to conduct agricultural research and to share scientific information with students and farmers. From the start, administrators at both land-grant universities, N.C. State and N.C. A&T, realized the importance of such extension work and designed classes and projects to further such knowledge.

See **Roots**, Page C6

### WANT TO KNOW MORE?

The website for the Guilford County Center of the N.C. Cooperative Extension Service is <http://guilford.ces.ncsu.edu>. The phone number is 375-5876. The center is at 3309 Burlington Road in Greensboro.

## Wreaths made the Williamsburg way

By KATHY VAN MULLEKOM  
Daily Press (Newport News, Va.)

**NEWPORT NEWS, Va.** — Mary Hunter Curry has a lot to be thankful for this holiday season, including the fact she waded through piles of evergreens and fruits without a moment's worry.

Since early November, she and a dozen floral designers and gardeners at Colonial Williamsburg, Va., have been as busy making all the wreaths and swags that decorate 80 buildings in the historic area.

"I've been doing this for 20 years, so I work fast," she says, bundling evergreens to fashion yet another wreath.

Curry, foreman at the landscape nursery, creates many of the 18th-century-style fruit wreaths, putting together 25 for different doorways. Since early Thanksgiving week, the designers and crews of carpenters have been putting everything up so the Governor's Palace, trade shops and private homes look seasonally sensational.

Materials used to decorate the historic area include more than 3 miles of white pine roping, 2,550 white pine



SANGJIB MIN/McClatchy Tribune  
Mary Hunter Curry (left), foreman for the Colonial Williamsburg landscape nursery, and Anthony Austin, a journeyman, hang a holiday wreath on a railing.

and Fraser fir wreaths, 15 truckloads of pine, holly, boxwood, magnolia and berries and 79 cases of fruit. Walking tours are regularly given to explain

the process.

"The wreaths are easy to make and

See **Wreath**, Page C6

## MINING BLACK GOLD

### Mulch mowing quickly, efficiently turns leaves into soil-enriching litter

By ADRIAN HIGGINS  
The Washington Post

**WINTERTHUR, Del.** — I am trying to be smug when I tell the garden honchos at Winterthur, the du Pont estate north of Wilmington, Del., that instead of blowing and bagging leaves, I just pick them up with the lawn mower. The bag fills, I push the mower up the hill to the far corner of the yard and pile the stuff on the compost heap.

The leaves turn to black gold, my carbon footprint is reduced, and the landfills are spared.

Carol Long and Chris Strand shoot me the sort of look that says: Are you crazy?

For more than 20 years, the gardeners at this expansive and famously leafy estate have been mowing leaves with mulching lawn mowers. The machines in-

hale the leaves, chop them into shreds and deposit them as the mower moves along. Engine noise is confined to the muted chug of the mower, not the incessant high-pitch whine of the leaf blower.

And there are no bags to unhook and drag anywhere, just a confetti-like litter left on the grass. Ripped into morsel-size pieces, the flakes melt away in two or three weeks as microbes and worms do their work of enriching the soil. The inherently thicker litter in the woodland beds is more slowly consumed but is gone by spring.

It is such a simple system that Strand, garden director, and Long, assistant garden curator, wonder why it hasn't caught on. They are certainly

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# Extension

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their eating habits but also their lifestyles," she says. "There is a lack of knowledge about food."

Such actions may lead to better financial management and improved communications for families, as well as help them learn the connection between what they eat and their overall health.

"Every department is working on some aspect of it," Wickliffe says. The nutrition staff, for example, teaches basic family nutrition and food preparation skills and is tackling the challenge of childhood obesity. And 4-H is working to keep kids active through community service and summer camps.

The Guilford County Center also trains private and nonprofit groups to establish community and school gardens, educates farmers and homeowners about water conservation and pest management, and helps farmers learn about the latest techniques and crops to meet changing consumer demand.

"We have used grants to fund different projects and recently used such money to hire two Expanded Food and Nutrition Education Program assistants," Wickliffe says. The center receives funds from federal, state and county sources.

The idea of a Cooperative Extension Service dates to the establishment of land-grant colleges in the late 1800s to teach agriculture and various trades. North Carolina has two such universities: N.C. State and N.C. A&T.

In 1887, federal legislation allowed for the creation of experiment stations to conduct agricultural research and discover scientific knowledge to be shared with students and farmers. In 1914, the government strengthened the concept of service to the community by creating a system through which land-grant colleges could join the U.S. Department of Agriculture to conduct demonstration work. That established what was called the N.C. Agricultural Extension Service.

In a way, the agency has come full circle. In its early years, it provided advice about farming and gardening techniques, including demonstrations to homemakers about growing, safely storing, cooking and preserving fresh produce and meats.

As families moved from farms to suburbs and had more disposable income and opportunities to eat out, they no longer needed a vegetable garden to put food on the table. Increasingly, they used their energies to spruce up

lawns and landscaping. As consumers changed, the agency kept pace.

"For example, 20 years ago, we taught classes on landscaping, including how to use pesticides," says Neill, the county's urban horticulturist. "That program has now been tweaked, and we focus on environmental issues such as water quality and energy efficiency. We teach not only about pesticide applications, but also about best management practices that center on sustainability and organic gardening."

The N.C. Cooperative Extension Service offers brochures and classes on a variety of home and garden topics, including growing perennial flowers, recycling, composting and installing a rain barrel. The agency has a website, and many people also call the Guilford County Center's office on Burlington Road with questions. Many calls are answered by Master Gardeners, trained volunteers who also provide programs in the community on behalf of the Guilford County Center.

Although much of its work focuses on consumers, the Cooperative Extension continues to work closely with farmers. "What it all comes back to is keeping dollars here," says Wickliffe.

Guilford County has about 950 farmers. During the summer, residents will see acres of fields filled with traditional crops: small grains, soybeans, corn and tobacco. Despite suburban growth and shrinking local farmlands, Guilford County still has the second highest number of horses in the state, Wickliffe says. The county is third in the state in growing strawberries.

Nonetheless, "traditional crops have declined," Wickliffe says. There are shifts and swings because of the environment, including weather, as well as changes in what consumers want.

The Guilford County Center continues to work with A&T and N.C. State to provide access to the latest research for agents and trained volunteers to share in local communities. Local farmers may attend classes during the winter to learn not only about the latest techniques and equipment, but also about new crops to augment some of the traditional ones.

"Farmers are growing more horticultural crops (fruits, vegetables, flowers or ornamental plants). It is much larger than agricultural crops. The green industry is very big," Wickliffe says. "Even in a recessionary economy, it is growing faster than other areas."

Lynn Burnette is a freelance writer living in Greensboro.



ADRIAN HIGGINS/The Washington Post

Kevin Stouts uses a mulching mower to shred leaves and old perennials in Winterthur's Azalea Woods in Delaware.

# Mowing

Continued from Page C1

converts in their own gardens. "I spend a fraction of the time I used to spend raking and transporting leaves," Strand says.

Mulch mowing won't interest the person who craves noise or needs to blow every wayward leaf from his manicured lawns, but for the rest of us, it seems like a pretty good way to deal with the effects of nature and gravity in the fall.

When H.F. du Pont lived here, he had an army of 90 gardeners hand-raking the leaves, which must have been both Zen-like and manic. The woodlands generate about 500 tons of leaves a year, Strand

says. Now, as a public museum and garden, Winterthur relies on a gardening team of 16 and has come to count on this highly efficient approach to the leaf drop.

Kevin Stouts, one of Winterthur's mower meisters, uses a riding mower (a commercial model with a 48-inch mowing deck) and a simple 20-inch push mower.

Mulch mowers are designed for chopping up grass blades finely, so that they will break down quickly in the lawn. Even nonmulching mowers will do the job, Stouts says. The important thing is to remove any bag and close the discharge chute.

The system works thus: With lawns, frequent mowing is best to avoid leaf loads that may slow the mower's prog-

ress. Just as you should mow the lawn every three or four days in the frenetic growth of a wet spring, a twice-weekly mow in the fall will stop things from getting out of hand.

The mower seems most efficient when reversing, Stouts says. "There's a lot of back and forth activity to get that real clean look," he says.

In the woodland, the approach is a little different: At Winterthur, the terrain gets two mows in the fall. The gardeners wait until about half the leaves have dropped before making the first cut. This also takes care of the dying top growth of hostas, ferns, wood asters and other perennials. In her own garden, Long used to spend hours cutting back perennials individually. "And I'm thinking, 'What am I doing?'"

Now, they get the mulch-mow treatment. All that withering top growth becomes grist for the duff mill. I ask: Doesn't all that equipment and human feet harm the crown buds? Apparently not; the bulbs start appearing in January, and by May the hostas and ferns are back as robustly as ever.

In early December, after all the leaves have dropped, the mowers go through a second time. The blades are set high to minimize the risk of hitting a hidden stone.

Strand says he has noticed "a lot more earthworm activity when you do mulch mowing."

Returning organic matter to the soil is one of the basic tasks of the organic gardener. The idea that I can reduce my toil in doing so is all the more appealing.

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# Roots

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In 1909, Guilford County hired W.C. Michael as its first county agent. A year later, Neil Alexander Bailey became the state's first African American extension agent. Working from a wagon, he traveled Guilford, Randolph and Rockingham counties and gave demonstrations wherever he could gather farmers.

To help families learn the best ways to safely handle

and preserve foods, Guilford County hired Miss Lucille Kennett (Mrs. E.G. Bagley) in 1911 as the first home demonstration agent, a position that preceded today's family and consumer science agent.

National legislation in 1914 formalized a cooperative system through which land-grant college administrators could join with the U.S. Department of Agriculture to conduct demonstration work. It was this act that established what was then called the N.C. Agricultural Extension Service.

# Wreath

Continued from Page C1

actually last longer than you think," says Curry.

"You may have to make a few small repairs, but there's nothing better than the smell of a fresh wreath during the holidays."

Here, Curry explains how to make a Colonial Williamsburg-style wreath for your own front door:

## Materials

To make a fresh evergreen and fruit wreath for a standard-size front door, you need:

- 18-inch, double-wire wreath ring (makes up to an 24-inch wreath)
- Evergreens such as spruce, boxwood, pine and cedar (you can use all of one or a mixture)
- White pine cones (or any cone you desire)
- Fruit such as apples, oranges and lemons
- Wired floral picks
- Floral tape
- Spool wire (for attaching greenery to wreath ring)
- 18-gauge straight floral wire to attach small- to medium-size fruits such as apples and lemons (usually sold in pre-cut bundles)
- 16-gauge wire for heavier



SANGJIB MIN/McClatchy Tribune

Colonial Williamsburg carpenter Paul Temple places a holiday spray on the Alexander Craig House.

fruit such as pomegranates and pineapples

- Stems of dried flowers, holly berries, rose hips or red peppers on picks for colorful accents
- Needle-nose pliers to twist wire wire cutters and blunt-nose wire cutters for twisting heavier wire.
- Gloves with rubberized palms

## Directions

Cut and gather evergreens and condition the stems in tepid water overnight or for several hours before using them.

- Arrange short-stemmed evergreens in 25 to 30 bundles (4 to 5 per bundle) and lay them out on your work table (a waist-high table keeps you

back straight while you work).

- Using green wire wrapped on a spool, attach one end of the wire to a cross bar on the double-wire wreath ring.
- Position the first bundle of evergreens on the wreath frame and wrap the wire around the bottom of stems.

Overlap the second bundle of evergreens and continue wrapping with wire (never cut the wire). Continue this process until the wreath is lush and filled with evergreens. Once you are done, cut the wire and attach the end to a cross bar on the double-wire frame.

- Begin attaching fruit, starting with the largest pieces. Fruits look good when they are positioned at noon, 3, 6 and 9, as if you are looking at a clock face. A larger cluster of fruits at the bottom adds "weight" to the wreath.
- To wire an apple, lemon or orange, insert 18-gauge wire through the center of the fruit, bend wires downward, and go through the double wires on the wreath form. Twist wire and attach to the stems and wire wrapped around the greenery so the fruit doesn't move. Cut excess wire off and insert wire into the green-

ery so it doesn't stick out and scratch your door.

- To attach berries, dried flowers and pine cones, use floral picks with wire. Wrap the wire around the bottoms of the cones and stems of the berries and then insert floral pick into the evergreen stems.

Optional: Floral tape, which is stretchy and sticky when used, can be used around the top of the wooden pick to hold the wire onto the wire and pinecones.

- When your wreath is finished, you can glue wide ribbon to the back to protect your door. A finished wreath can stay in a cooler for five to six days before it's hung outdoors.
- Throughout the holidays, mist your wreath regularly to keep it fresh. Change out bad fruit as needed.
- Smaller versions of the wreath can be made to hang in windows. You can use foam wreath forms in various sizes and use U-shaped floral pins to attach the greenery; floral picks can be used to attach fruit and other material.
- You also can use similar bundles of evergreens and wire to make roping for your doorway and porch railings. Wire fruit and attach.

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