

Explore Minor League Ballparks // Farm Supplies to Shopping Destination

NORTH CAROLINA

FIELD & FAMILY[®]

SPRING 2023 // NCFIELDFAMILY.ORG

NEW

A recipe from
Sheri Castle of the PBS
North Carolina show
The Key Ingredient

The Low & Slow
Secrets of NC
State BBQ Camp

Youth Hatches
a Business
Selling Eggs

Fresh *from the* Farmers Market

Celebrate spring with farm-to-table recipes starring strawberries, cauliflower, asparagus and more



THE MAGAZINE FOR NORTH CAROLINA FARM BUREAU MEMBERS

Reliable. Responsive. Local.

You know what's great about choosing North Carolina Farm Bureau for your auto insurance? Everything. That's what. With reliable policies, responsive service, and local agents, you can't go wrong. **Helping you is what we do best.**



ncfbins.com

**FARM
BUREAU
INSURANCE**

®

NCADPR42506

*North Carolina Farm Bureau © Mutual Insurance Co.

*Farm Bureau © Insurance of North Carolina, Inc.

*Southern Farm Bureau © Life Insurance Co., Jackson, MS

*An independent licensee of the Blue Cross and Blue Shield Association

An Authorized Agency for


BlueCross BlueShield
of North Carolina

Auto • Home • Life • Health • Banking



10



24



6

3 Commentary

Spring brings opportunities for reflection and renewal

4 N.C. Digest

Jokes, Q&A with a farmer and more

6 Hatching a New Business

Meet the teenager running a successful egg-laying operation

On the Cover

Strawberries are a staple of spring recipes. Photo by Nathan Lambrecht

10 The Meat of the Matter

NC State BBQ Camp teaches backyard cooks the secrets to preparing delicious barbecue

14 Supply & Demand

Ferrell Supply honors family and heritage in Lucama

18 Travel

We pitch reasons to visit North Carolina's 10 minor league ballparks

22 Calendar

Things to do in North Carolina in the spring

24 Recipes

Celebrate spring with farm-to-table recipes starring local ingredients

28 Farm Bureau Focus

County news and events on the local level

30 Insurance

Member savings are an important benefit of North Carolina Farm Bureau

32 The Key Ingredient

Savor the flavor of Sheri Castle's recipe for Country Ham Spread

PHOTOS, CLOCKWISE FROM BOTTOM LEFT: JESSI HEGGAN; JUSTIN KASE CONDER; RUSTY WILLIAMS

**NC STATE
UNIVERSITY**

Agricultural Institute

2 years.. 1 degree..

ENDLESS POSSIBILITIES

cals.ncsu.edu/agi

What's happening 
ONLINE
NCFIELDFAMILY.ORG



Match your favorite beverage with the right salty snack with Sippin Snax. Learn more about the North Carolina company on page 4. We've partnered with them on a giveaway, and you can enter to win at ncfieldfamily.org/sippinssnax.



Strawberries are the perfect addition to any spring menu, from main dishes to desserts. Visit ncfieldfamily.org/strawberry for a collection of our favorite strawberry recipes.



Since North Carolina is home to more than 14 million laying hens, eggs are an important part of the state's agriculture. Learn more about nutritious, delicious eggs at ncfieldfamily.org/eggs.

NORTH CAROLINA
FIELD & FAMILY

The Magazine for North Carolina Farm Bureau Members

©2023 | VOL. 10, NO. 1

PRESIDENT Shawn Harding

VICE-PRESIDENTS

Elaine Fryar, Scott Whitford, Jerry T. Wyant

ASSISTANT TO THE PRESIDENT Paul Sherman

SECRETARY Jake Parker

TREASURER Matthew J. Currin

DIRECTORS

David Allred, Moore County
Judy Bare, Ashe County
Keith Beavers, Duplin County
Carl Bond, Bertie County
Randy Britt, Columbus County
Greg Bunn, Nash County
R.H. Byrd Jr., Harnett County
Jody Clemmons, Brunswick County
Wayne Collier, Cumberland County
Jerry Davis, Caldwell County
Jessica Duncan, Currituck County
Benita England, Clay County
Mike Gay, Greene County
Brian Greene, Avery County
Charles Herlocker, Stanly County
Tommy Hobbs, Sampson County
Danny Hodges, Surry County
Jim Howie, Union County
Dan Hunsucker, Catawba County
Glen Ipock, Craven County
Talmage Layton, Durham County
Anthony Locklear, Robeson County
Charles Lutterloh, Chatham County
Dennis Martin, Cleveland County
Kevin Martin, Anson County
Kirk Mathis, Wilkes County
Renee McPherson, Alamance County
James Nations, McDowell County
Stephen Nelms, Franklin County
Harrell Overman, Wayne County
Doug Patterson, Rowan County
Mark Pendleton, Stokes County
Stuart Pierce, Hertford County
Gwen Pitt, Edgecombe County
Richard Renegar, Iredell County
Alton Roberson, Lenoir County
A.O. Roberts, Perquimans County
Wayne Rose, Washington County
Joseph Thomas Shaw, Vance County
L.M. Simmons, Carteret County
Donald Smart, Haywood County
George Smith, Davidson County
Justin Somers, Yadkin County
Eddie Stroup, Mecklenburg County
Cindy Stroup, Mecklenburg County
Larry Taylor, Cabarrus County
Matthew Taylor, Jackson County
Bill Teague, Buncombe County
Jackie Thompson, Wake County
Elco H. Tinga Jr., New Hanover County
Kelly Vann, Northampton County
Mark Wellons, Johnston County
Richard Whitaker, Randolph County
Coleman Whitfield, Person County
Vaughn Willoughby, Alamance County
Kevin Wilson, Yancey County

North Carolina Field & Family is published quarterly by North Carolina Farm Bureau Federation at 5301 Glenwood Ave., Raleigh, N.C., 27612—headquarters of the Federation. Telephone (919) 782-1705. Annual subscription rates: 25¢ for members (included in annual dues). Periodicals postage paid at Raleigh, N.C. 27611, and additional mailing offices.

POSTMASTER: Return all Forms 3579 to North Carolina Farm Bureau, P.O. Box 27766, Raleigh, N.C. 27611. (ISSN 0744-9593) (USPS 392-740)

Appearance of advertisements in *North Carolina Field & Family* does not constitute their endorsement by North Carolina Farm Bureau Federation.



North Carolina Field & Family is produced by North Carolina Farm Bureau Federation and Farm Flavor Media, a division of Journal Communications Inc.

Please direct inquiries to North Carolina Farm Bureau's Communications Department at (919) 782-1705.

For advertising information, please contact Bob Midles at bmidles@farmflavormedia.com or (615) 771-5567.

For more information, visit ncfieldfamily.org.

Seasons of Change

Spring brings opportunities for reflection and renewal



Shawn Harding is President of North Carolina Farm Bureau.

In February 2022, our longtime

North Carolina Farm Bureau Treasurer, Perry Crutchfield, retired after 39 years of dedicated service. His retirement got me thinking about many others who have retired from our company and the phases we all have in our careers, even in mine as president.

The end of every year brings another group of people who move on from North Carolina Farm Bureau to begin that post-career phase of life and another time to celebrate their contributions and the fresh start ahead for each of them. The “changing of the guard” here at our organization

is not unique, but it does remind us, just as the start of a new season does, that eventually things change. People change, seasons change, and sometimes it can feel like the only constant is change.

It's also true that, from time to time, we must examine ourselves and consider where change is needed at Farm Bureau. And while the *way* Farm Bureau operates might change and evolve, the *why* of Farm Bureau will never change. We will always stay true to our core mission of providing an advocacy voice for farmers and rural residents while serving members to the best of our ability. We will keep an eye toward the future while continuing to reflect to see where we might need to change to fulfill our mission as times change.

Change in the form of a refresh, such as a spring cleaning at your home or farm, can be exciting, just as the opportunity to work with new people who bring fresh ideas can be a very positive experience. We see this all the time in agriculture when young farmers step into leadership roles and ask their own questions, which often include “Why do we do it this way?”

The feature stories in this issue of *North Carolina Field & Family* offer a glimpse of how innovative farmers have asked those questions then adapted and evolved their farms to better serve their communities. I hope you enjoy these features and, most of all, that this issue inspires you to see the beauty in change as spring arrives. Get outside and enjoy!



North Carolina Farm Bureau Federation®

5301 Glenwood Ave., Raleigh, N.C. 27612, (919) 782-1705
www.ncfb.org

SPRING ALMANAC

Jokes, Q&A with a farmer and more

ASK A FARMER

Q: How have you preserved your family farm's history while creating your new business model?

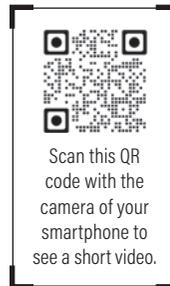
Preserving my family's farm history was the whole reason I started my business. After I lost my grandfather in a horrible farming accident in 1999, I made it my mission to preserve the legacy he worked so hard to create. I fell in love with the Guernsey cow as a child through working with my grandfather and exhibiting at local and state fairs.

When starting Guernsey Girl Creamery, I wanted to keep some things the same, but there were things that needed to change. I've kept my herd 100% registered Guernseys, which allowed me to certify my products as "Golden Guernsey." I also now produce a 100% A2/A2 milk for people who can't tolerate dairy.

But, just as my grandfather before me, I wanted to keep the herd a small niche dairy focused on grazing and using superior genetics.

After 10 years in business, it's still a work in progress. We grow and do a little more every year while preserving my grandfather's legacy and love for the Guernsey cow.

ABOUT THE FARMER: Ashley Bridges McMurry is a third-generation farmer raising her family and Guernsey cows in Cleveland County. Her dairy products, including milk, cheese and fried cheese curds, can be found in her creamery store.



JOKES

Farmside Funnies

Why couldn't the flower ride a bike?

It lost its petals.

Name a bow that can't be tied.

A rainbow.

What falls but never gets hurt?

The rain!

What is a flower's favorite kind of pickle?

A daffo-dill.

MADE IN NC

Bring Home Bar Bites

Sometimes nothing tastes as delicious or satisfying as nuts or pretzels at a bar. But finding a comparable snack to enjoy at home can be a challenge. After her own snacking disappointments, Melissa Wallace became determined to create her own nut blends perfect for late-night snacking. Known as Sippin Snax Gourmet Bar Snacks, her mixes pair perfectly with any pour. The Beer Salted Craft Peanuts are best with domestic beers and hard seltzers, the Savree Herb Craft Peanuts are recommended for chardonnay and sparkling

wine, the Chocolate Porter Craft Peanuts pair nicely with dark beers like stouts and red wines like malbec, and the Vineyard Red Craft Peanuts pair well with all the beautiful reds and blushes created by North Carolina vineyards.

Sippin Snax Gourmet Bar Snacks offers blends with the right mix of salty, sweet or spicy for any drink of your choosing. The Chocolate Porter Craft Peanuts won first place in the North Carolina Specialty Food Association snack category for 2022.

For more information about where to buy, visit sippinSnax.com.

GIVEAWAY: We've partnered with Sippin Snax Gourmet Bar Snacks to give away two packages of Sippin Snax favorites to one lucky reader. Visit ncfieldfamily.org/sippinSnax for your chance to win.



RECHARGEABLE Digital Hearing Aid

BUY 1
GET 1

FREE

NEW LOW
PRICE

REG. \$299.98

ONLY
\$149⁹⁹

Each When You Buy a Pair

PLUS FREE SHIPPING
Limited Time Only!



How can a rechargeable hearing aid that costs only **\$149⁹⁹** be every bit as good as one that sells for \$2,400 or more?

The answer: Although tremendous strides have been made in Hearing Aid Technology, those cost reductions have not been passed on to you. Until now...

MDHearing™ uses the same kind of technology incorporated into hearing aids that cost thousands more at a small fraction of the price.

Over 800,000 satisfied MDHearing customers agree: High-quality, digital, FDA-registered **rechargeable** hearing aids don't have to cost a fortune. The fact is, you don't need to spend thousands for a hearing aid.

MDHearing uses medical-grade, digital, rechargeable technology offering sophistication and high performance; and works right out of the box with no time-consuming "adjustment" appointments. You can contact a licensed hearing specialist conveniently online or by phone — even after your purchase at no cost. No other company provides such extensive support. Now that you know...why pay more?

"Wow, I didn't realize what I was missing!" — Tina R., Atlanta

CHARGE AT NIGHT **AND GO** ALL DAY

**NEVER
CHANGE
A BATTERY
AGAIN!**



Carrying case is also the charger

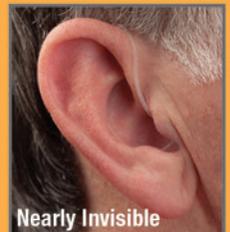
45-DAY RISK-FREE TRIAL!

If you are not completely satisfied with your hearing aids, return them within 45 days for a FULL REFUND!

For the Lowest Price Call

1-800-973-4528

www.TryMDHearing.com



Nearly Invisible

Use Code **EE14**
and get **FREE** Shipping

 **MDHearing™**

DOCTOR DESIGNED | AUDIOLOGIST TESTED | FDA REGISTERED



Proudly designed in
America and supported
by US audiologists



Hatching

Story by Jodi Helmer
Photography by Rusty Williams

A NEW BUSINESS

Meet the teenager running a successful egg-laying operation

Talton Correll was just 10 years old when he purchased 25 hens and started selling eggs. Although he grew up on a farm showing sheep and pigs, helping grow produce, and raise beef cattle, Correll had no experience with chickens back in 2016. When his parents, David and Cheryl Correll, told him he was old enough to explore his own interests and become part of the farm business, he wanted to raise chickens.

“Chickens are the one farm animal I’d never been exposed to and they’ve always fascinated me,” he says. “I wanted to start a small flock to see where it would go.” Correll researched the best breeds for egg production and decided to start with Golden Comets, a layer breed that lays brown eggs, and helped convert an old red dairy barn into housing for his new flock. The small business owner, now 16, also took responsibility for managing all aspects of caring for his new flock from providing food and water to performing regular health checks.

On weekends, Correll packaged the eggs laid on his Cleveland, North Carolina, farm and sold them at the Salisbury and Davidson farmers markets. Talton’s Eggs were a hit.

“We had stickers that said ‘Talton’s Eggs’ on them and people saw them and said, ‘Oh, that’s so cute,’ and



Talton Correll, opposite page, is the 16-year-old owner of Talton’s Eggs and has more than 300 laying hens.

bought the eggs,” Correll says. “Once they figured out they were high-quality eggs, they kept on coming back.”

Egg-splusive Demand

When Correll started Talton’s Eggs, he had no idea there was such an appetite for local eggs. He sold out every week and quickly decided to expand his operation. Correll

applied for and received a \$500 grant from Bread Riot, a North Carolina nonprofit that supports small farmers and access to local foods, to expand his business.

The funds allowed Correll to purchase materials to enclose a 2,500-square-foot freestyle barn on the farm and add roosting bars and laying boxes. He also purchased 200 more chickens.



Correll decided to purchase breeds like Olive Eggers and Ameraucanas that lay eggs in shades of blue and green to help draw attention to his product and make Talton's Eggs stand out among other farmers market vendors.

"Most other farms just have brown and white eggs, so colored eggs were just something different," he says. "It catches a buyer's eye because you don't see it in the store."

Cracking New Markets

To reach more customers for the more than 150 dozen eggs that the chickens lay each week, Correll began offering his eggs alongside the fresh produce that his parents sold through their successful home delivery service.

"We thought it would be pretty popular, but it skyrocketed," Correll says. "We had to get even more chickens because we couldn't keep up with demand from the farmers

markets and home delivery baskets."

Brisk sales and a reputation for delivering an excellent product captured the attention of local chef Joe Kindred. Kindred, a James Beard award finalist, purchased five dozen eggs from Correll at the Davidson Farmers Market and quickly came back for more.

"He bought a few dozen eggs for several weeks and then he reached out and asked if he could buy in bulk because he loved the eggs so much," Correll says.

Correll has been supplying eggs to the award-winning Kindred restaurant in Davidson for two years. He also works with a local restaurant distributor that provides eggs to restaurants and food trucks in the Charlotte area.

Juggling school, baseball and a small business can be challenging, but Correll believes the benefits of being an agriculture entrepreneur make it worthwhile.

"Watching the business grow, getting hands-on experience and learning different life skills is definitely the best part of running Talton's Eggs," he says. "Looking back from where I started six years ago and where I am now fills me with so much pride." 

Egg-cellent Facts

Eggs are one of the most affordable and complete sources of protein.



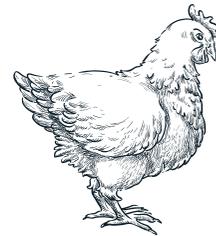
One egg contains **6 grams of protein** and **70 calories**.

95M

EGGS EATEN EVERY YEAR BY AMERICANS, WHICH EQUALS ABOUT

279

EGGS PER PERSON, PER YEAR



Chickens lay an average of one egg per day.

Sources: American Egg Board, Cooperative Extension, U.S. Department of Agriculture

FIND MORE ONLINE

To learn more about Talton's Eggs and where to buy, visit [facebook.com/correllfarms](https://www.facebook.com/correllfarms).



NC Forestry Industry Celebrates Arbor Day

Did you know?
NC's healthy, productive, and diverse forests include **18.6M acres**, covering **60%** of the state.

Trees provide **carbon sequestration**; after a tree is harvested to make forest products **carbon is stored long-term**.

NC has **twice** as much forestland as it did **70 years ago**. Forests provide us with **clean air and water, beauty, wildlife, and recreation**.

[ncforestry.org](https://www.ncforestry.org) 



Americans can finally grow thick, lustrous hair

“This will help your thinning hair and receding hairline in just 30 days” says top US Doctor

Clinical trials show a new hair loss breakthrough can help both men and women naturally regrow a thick, full head of hair – without drugs, surgery, or side effects

Thousands are rushing to get a new hair restoration method based on surprising new studies from the University of California.

It is the world's first and only hair loss solution that revives dead hair follicles. And studies confirm it helps men and women regrow a thick, full head of hair, even after years of balding.

Now, with news of this breakthrough spreading like wildfire — the manufacturers are struggling to keep up with overwhelming demand.

That's because, unlike other methods, it is prescription-free, drug-free, and has no side effects. And while hair transplants can cost \$4,000 or more, this new approach costs pennies on the dollar and doesn't involve going to the doctor's office.

Instead, it leverages cutting-edge technology to prevent hair loss, fills in embarrassing bald spots, and **Re-Nourishes** thinning hair — with results you can see and feel in 30 days or less.

As Jeanne F. from San Diego, CA reports: “When my husband began to use this product, all he had on top of his head was fuzz. His hair began to grow after 30 days and now it is about 2 to 3 inches long!”

Surprising Truth About Hair Loss

It is commonly believed that hair loss is hereditary.

Unfortunately, most people think there is nothing they can do to stop it. However, while many doctors will tell you that thinning hair, a receding hairline, and bald spots are due to your genetics, this is not the whole story.

“While genetics play a role, it's not the main reason you lose hair,” says Dr. Al Sears, the nation's top anti-aging doctor. “And surprisingly it's not just your age, thyroid, hormones, stress, or a vitamin deficiency, either.”

The latest scientific research reveals that hair loss is primarily

caused by the stem cells in your hair follicles dying.

“This discovery is a true breakthrough because by reviving these stem cells on your scalp, you can stop hair loss dead in its tracks and trigger new hair growth, even in areas that have been thinning for years,” explains Dr. Sears.

Now, at his world-famous clinic, the Sears Institute for Anti-Aging Medicine in Palm Beach, FL, Dr. Sears and his team have used this game-changing discovery to develop a brand-new hair restoration formula that is taking the country by storm.

Sold under the name **Re-Nourish**, it is flying off the shelves with men and women of all ages raving about the results it delivers.

Breakthrough research proves this discovery helps fill in bald spots, re-nourishes thinning hair, and leads to noticeable growth in as little as 30 days.

“I have seen a significant improvement in hair growth. Previously, you could see thinning areas at the back of my head and now hair has grown over it,” says Peter W. from Ontario, Canada.

And Susan D. from Fort Pierce, Florida reports, “My hair was thinning. So, I began to use **Re-Nourish** every day on the front part of my scalp. Now I have thicker hair.”

Regrows Hair In Just 30 Days

Scientists now know that stem cells are the lifeblood of your hair follicles.

Research from the University of California shows they're the reason you're able to grow hair. However, these stem cells aren't always active. In fact, studies reveal they're only active during certain phases of the hair growth

cycle.

“Your hair grows in three phases,” explains Dr. Sears. “First, you have the anagen phase, the hair growing phase. Then the catagen phase, when hair gets ready to shed. And finally, the telogen phase, where your hair is pushed from the follicle and falls out.”

As you get older it becomes harder for your hair follicles to complete this three-phase cycle. The results? Your hairs get stuck in the telogen phase. This is when they start falling out and stop regrowing, no matter what you try.

This process doesn't happen overnight, says Dr. Sears.

“At first, your hair dries out, becoming brittle, thin, and harder to style. Then, you start finding hairs on your pillow and down the drain. Finally, you're left with bald spots that age you prematurely.”

Fortunately, **Re-Nourish** puts a stop to this. It revives the dead stem cells in your hair follicles and reactivates your hair's three-phase cycle, triggering new growth in as little as 30 days — even in areas that've been balding for years.

Reawakens Dead Hair Follicles

For years, scientists couldn't figure out why hair follicle stem cells died.

However, a study from the University of California finally found the answer.

It has to do with T-cells — an important immune cell in your body. The researchers discovered these T-cells are the only way to command hair follicles to grow new hair.

More importantly, they showed that T-cells helped revive the stem cells in your hair follicles — spurring new growth, filling in bald spots and natural hairline.

Re-Nourish uses a unique blend of all-natural ingredients. By spraying it on your hair once per day, scientific studies show you can revive dead stem cells and

improve the appearance of thicker, fuller hair.

For example, the key nutrient of **Re-Nourish** was tested on a group of severely balding women.

After 6 months, nearly 70% of the women saw significant improvement in hair growth. Their hair was noticeably fuller, thicker, and healthier looking. Most exciting of all, they grew new hair on parts of their scalp that had been bald for years.

In another study, Italian researchers gathered a group of both men and women with thinning hair and applied the core ingredient of **Re-Nourish**. After 12 weeks, they reported a staggering 74% increase in hair growth.

“It's really mind-boggling that my hair started growing back,” says Zan R., another **Re-Nourish** customer.

With results like this, it's no surprise that demand for **Re-Nourish** is soaring. Thousands of men and women are scrambling to get their hands on the limited supply available.

Re-Nourish is not currently available in any store at any price. But we've secured a small batch for our readers.

Try Re-Nourish 100% Risk-Free

To secure the hot, new **Re-Nourish** formula, buyers should contact the Sears Health Hotline at **1-800-576-2707** TODAY. “It's not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Re-Nourish**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back.”

Call NOW at **1-800-576-2707** to secure your supply of **Re-Nourish**. Use Promo Code **NCFRN323** when you call. Lines are frequently busy, but all calls will be answered!

The Meat *of the* MATTER

NC State BBQ Camp teaches backyard cooks
the secrets to preparing delicious barbecue

Story by Jessica Mozo // Photography by Justin Kase Conder



Kevin Peterson was one of
30 participants chosen for
the NC State BBQ Camp
from the waitlist of over
200 barbecue enthusiasts.

Love a good plate of barbecue? You're in good company. The culinary art of barbecue runs deep in North Carolina, and nowhere is that more evident than at NC State BBQ Camp weekend at North Carolina State University.

Every year in late May or early June, nearly 30 barbecue aficionados convene at NC State in Raleigh for a two-day barbecue seminar hosted by the university's Department of Food, Bioprocessing and Nutrition Sciences and the North Carolina Meat Processors Association (NCMPA). Now in its eighth year, the camp is a highly anticipated event that has a waitlist of about 200 barbecue fans.

"If you can be a victim of success, we are," says camp leader Dr. Dana Hanson, Extension meat specialist

at NC State University. "We started the camp with very humble ambitions and about 25 to 30 people, and we've had that number every year we've hosted the class. Participants tell their friends, and by word of mouth, news of the camp quickly spread."

Barbecue Is King

Barbecue has been a favorite pastime and food product in North Carolina, and as a national trend, it came to the forefront about a decade ago. That's when Hanson began developing the idea for BBQ Camp with the help of graduate students.

"When I was growing up, it was always bratwurst and burgers on the grill with heat and flame," Hanson says. "Now it's more brisket and ribs on the smoker."

Cooking low and slow has become an increasingly popular method of preparing meats, resulting in a tender and flavorful product. NC State BBQ Camp draws people from all over North Carolina and as far away as New York and California. Some are career cooks, while others just want to perfect their home barbecuing.

"Typically, it's the weekend warrior who wants to be the king of the cul-de-sac barbecue-wise," Hanson says. "The camaraderie among participants has been interesting to watch. The first hour of camp, people don't know each other and are a little reserved, but barbecue breaks down the barriers. After an hour, they are all friends, and people are sharing stories and exchanging emails by the end of the event."

Participants like Chris Moore learn about food safety, smoking styles, science behind better cooking and tools to become better at-home barbecuers.



In two days, participants turn raw meats such as beef, pork and turkey into finished products. And yes – eating is part of the program.

“The goal is to have fun, and we feed you well,” Hanson says. “We give insight into what it takes to be successful in cooking barbecue. We cover whole hog barbecue North Carolina-style, let participants see how Texas beef brisket is made and give them the opportunity to cook pork spareribs.”

Matt Hudson attended BBQ Camp in 2018 and learned a lot.

“We did a session on dry rubs and what makes a good dry rub – how different ingredients not only affect the flavor, but also color or browning,” Hudson says. “We also did a session where we made our own sauce. Aside from all the barbecue we got to enjoy, that may have been the part I enjoyed most.”

North Carolina barbecue sauce flavors differ across the state, from east to west, with many variations.

“It was a lot of fun to play around with the sauce and experience what others came up with for their sauces,” Hudson says.

Once they perfect their sauce, students bottle it using university equipment and take it home.

The Science of Low and Slow

While cooking and eating are a big part of BBQ Camp, it doesn't end there. Participants also learn about the science behind meats and how it plays a role in enhancing flavors and tenderness. Instructors discuss muscle versus fat ratios, marbling, and how various breeds and methods of raising pigs and cattle influence the final product.

“Our educational objective is to communicate good science, and it's a lot of fun because barbecue is a fantastic platform to teach some good concepts,” Hanson says.

“Not all meat is treated equally, so you can't cook or prepare it the same way. Different cuts perform differently, and we talk about why.”

Food safety and sanitation are also covered.

“We discuss how to assure the product you are cooking is safe for your family and friends,” Hanson says. “We talk about sanitation and keeping things clean during prep, as well as proper temperatures that need to be used.”

Though BBQ Camp is held at NC State, it's a cooperative effort with the North Carolina Meat Processors Association. Members of the NCMPPA help present camp programs, donate meat and work behind the scenes.

“They've been instrumental in keeping the BBQ Camp sustainable,” Hanson says. “They are the people stoking the fire, watching the ribs and making sure things don't get out of hand while I'm in the meat lab giving a talk.”

Campers pay a registration fee to help cover the cost of the meat and supplies. Anyone interested in attending camp can contact the NCMPPA to put their name in a lottery. In March, 30 names are randomly drawn and given the opportunity to attend.

“People enjoy learning without having to sit in a classroom,” Hanson says. “And the best part is you get to eat at the end of the day.” 



Dana Hanson, Extension meat specialist, runs the BBQ camp.



MAKE THIS YOUR LAST ROOF!

CHOOSE YOUR COLOR!



**PAYMENTS AS LOW AS
\$99/MONTH**

**0% FINANCING
FREE ESTIMATE**

**OVER 5000+ METAL
ROOFS INSTALLED
SINCE 1994**

LIMITED TIME ONLY!

**DOUBLE SAVINGS DAYS
\$2,000 OFF!**

**FOR THE FIRST 25 CALLERS
+ GET 25% OFF LABOR!**

- ✔ Hurricane wind resistance
- ✔ Reflects heat away from your home and makes it easier to keep cool in the summer.
- ✔ HAIL RESISTANT
- ✔ All Colors Fade-Proof
- ✔ CURB APPEAL



866-824-4136

GATORMETALROOFING.COM

OFFER EXPIRES 5/31/2023



Google
5.0 ★★★★★



Betsy Jones ★★★★★ 4 months ago

My husband and I absolutely love our new metal roof! Gator Roofing has been so responsive with coming to give us an estimate to completing the roof. It has changed the look of our house to exactly what we wanted when we built it! The installation crew were efficient and careful and cleaned up all debris! Highly recommend!! Now to complete the deck in front of the house!!



Supply & Demand

Ferrell Supply honors family and heritage in Lucama

Story by Danielle Rotella Adams // Photography by Eric Waters

When Hubert Ferrell opened Ferrell Supply Store in 1946, he had a dream of offering a local gathering place while selling high-quality merchandise to the Lucama community. But he couldn't have envisioned that 75 years later, his three granddaughters would keep his vision alive and prosperous.

Farm Supplies to Shopping Destination

In the spring of 2021, sisters Genny Bailey, Gretchen Jenkins and Jill Robertson launched the first Ferrell Supply Market, offering a new, creative experience to Lucama while preserving the legacy of their granddad's original store.

"Ferrell Supply Market's concept

came together rather quickly, and each market has grown a lot," Bailey says.

Now a biannual event, the market takes place each May and October as a way for the community to shop and socialize away from the hustle and bustle. By the time their fourth one came around in fall of 2022, nearly 800 energetic shoppers from around the state traveled to Lucama to enjoy

shopping, food and fun.

The event included 50 vendors selling a variety of items such as furniture, jewelry, clothing, and home décor, along with food vendors offering options like pizza, cheesecake and specialty popcorn.

“We wouldn’t be successful without help from our community, family, friends and many volunteers,” Bailey says. “We couldn’t do it without them – they are extremely supportive and have helped our vision for the markets come to life.”

Ferrell Farms’ Formation

Back in their grandfather’s time, Ferrell Supply sold eggs, meat, hoop cheese and farm supplies but became very popular in December by selling Christmas toys and decorations.

“People didn’t have refrigerators in their homes, so they needed to go to the store more often, so the store served an important role in the community,” Bailey says.

After attending Atlantic Christian College, now Barton College, Hubert married Nancy Olla Williamson before being drafted for World War II by the U.S. Army. When he came home from the war, he opened the store with his father and brother on their family’s land adjacent to the farmhouse where Ferrell was born in 1917. A year after the store opened, they welcomed their only child, Hubert Gene Ferrell, who would become the sisters’ father and a successful tobacco, soybean and corn farmer. Gene Ferrell’s farm equipment, shop, grain bins and tobacco barns were located directly behind the farmhouse where the Ferrell Supply Market is now hosted. Later, Nancy and Hubert Ferrell sold the store and a parcel of land to Victory Freewill Baptist Church, which built its congregation around the original store.

Farm Stays, Goods and Events

All three of the Ferrell granddaughters have children



Sisters Genny Bailey, Jill Ferrell Robertson and Gretchen Jenkins revamped their grandfather’s store into a booming shopping spot.



Ferrell Supply Market takes place biannually, and the family also offers overnight stays at the farm house throughout the year.



and full-time careers, so their plans to build a business around their family farm were small and manageable, with a clear vision of preserving the land while serving the local community.

Before Ferrell Supply Market was born, the sisters converted the original farmhouse into a short-term rental property and started hosting farm stays.

“The farmhouse was empty, and when we turned it into an Airbnb, we didn’t think anyone would want to come to Lucama, but we’ve been surprised how people from all over the world have rented the farmhouse,” Bailey says.

The property is a scenic backdrop with farm views and acres upon acres of open farmland that draws people each season. They’ve since hosted two to three small events a year

like bridal lunches and family reunions with plans to expand with more events in the future.

They also run a successful online business, which took off when Jenkins started making handmade leather earrings. This inspired the sisters to later host their own vendor events on the farmland to support local small businesses that didn’t have a storefront presence. Online shoppers can now purchase candles, coffee, jewelry and tote bags at **ferrellsupply.com**, with new items added frequently.

Supporting their community, offering high-quality products and experiences, and maintaining the legacy of their family farm are the main drivers for the sisters as they continue Ferrell Supply Market, offering farm stays, selling online goods and hosting events on their

family’s land.

“I feel like we’re creating connections and fostering friendships in everything we do,” Bailey says. “People tell us that they especially look forward to the Ferrell Supply Market – it’s an ideal time for our community to come together and also keep our granddad’s legacy alive.” **R&F**

Shopping on the Schedule

Expecting an even larger turnout, the spring Ferrell Supply Market is scheduled for Saturday, May 20, with a rain date the following day. Shoppers can stay updated on Instagram at @ferrellsupply3 or shop online throughout the year at ferrellsupply.com.

Celebrate NC Wine Month



Scan our QR code to find amazing wineries across the state.
Visit ncwine.org for NC wine month events throughout May.

nc wine

ncwine.org





Take Me Out to a *Ball Game*

We pitch reasons to visit North Carolina's
10 minor league ballparks

—*Story by Tathel Miller*—

Yogi Berra, legendary player and manager for the New York Yankees, once said, “Love is the most important thing in the world, but baseball is pretty good too.” And in North Carolina, there is much to love as the state is home to 10 minor league baseball teams along

with five teams representing the independent leagues – Appalachian, Atlantic and Coastal Plain.

“North Carolina has a nice mix of historic parks and modern parks,” says Wit Tuttell, executive director of Visit NC. “Each has its own unique story. The Durham Bulls, for example, that’s

something you won’t find anywhere else. The parks are on a smaller scale and that makes the players more approachable and the fans that much closer to the fun of the game. It’s major league fun at minor league prices.”

Visit North Carolina’s minor league parks where each ballpark

This spring, visit a North Carolina ballgame like the Durham Bulls or Winston-Salem Dash (right).



is as different as its mascot name; where food, fun and the love of the game come together as pieces of a perfectly fit puzzle, once again confirming why many still believe baseball is America's national pastime.

1 Asheville Tourists

High-A affiliate of the Houston Astros

The Asheville Tourists make their home in the beautiful Historic McCormick Field, where fans can find themselves caught up in the thrill of the game and breathtaking mountain views. One of the oldest ballparks, McCormick Field was built in 1924 on a hillside and has welcomed greats such as Lou Gehrig, Babe Ruth and Ty Cobb. The scoreboard is located

in the 42-foot wall in right centerfield, making it the highest wall in professional baseball.

2 Carolina Mudcats

Single-A affiliate of the Milwaukee Brewers

The Carolina Mudcats play in Zebulon's Five County Stadium, located just outside of Raleigh. The Mudcats are considered a favorite team in the league, and it is easy to see why their mascot, Muddy, is also popular among the fans. Muddy likes to give fans high-fives, ride the stadium four-wheeler around the field and shoot free T-shirts out into the crowd.

3 Charlotte Knights

Triple-A affiliate of the Chicago White Sox

Recognized as the most visited of all minor league ballparks, Truist Field is located in uptown Charlotte and is where the Charlotte Knights have played since 2014. Mascot Homer the Dragon is popular among the Knights' fans, and he has his own story adventure and printable coloring pages on the Knights website for kids to enjoy. Friday night fireworks are an ongoing tradition, and fans can enjoy other themes throughout the season. Other community events such as Light the Knights Festival make Truist Field a fun venue year round.

4 Down East Wood Ducks

Single-A affiliate of the Texas Rangers

The Down East Wood Ducks made their debut at Grainger Stadium in 2017, bringing back minor league baseball to the fans of Kinston after a five-year absence. The stadium itself dates back to 1949. During Farm and Agriculture Appreciation Weekend in 2023, the Down East Wood Ducks will play as the Kinston Collard Greens to honor the deep history of farming and agriculture in Eastern North Carolina and recognize the importance of what the collard green crops meant for survival for so many during the Great Depression.

5 Durham Bulls

Triple-A affiliate of the Tampa Bay Rays

Bull Durham, released in 1988 and the No. 1 sports movie of all time according to *Sports Illustrated*, left a forever mark on the history of minor league baseball and the city of Durham. The team has played in the Durham Bulls Athletic Park since 1995, and the ballpark still features the famous 20-foot bull above the left-field wall – loved by moviegoers and baseball fans alike – and continues to challenge players to “Hit Bull – Win Steak.” And for the outdoor and

baseball fans, the park offers campout packages where fans can pitch a tent for two nights in the outfield.

6 Fayetteville Woodpeckers

Single-A affiliate of the Houston Astros

From rocking chairs to picnic-style or regular stadium seating, the new Segra Stadium offers baseball fans all these choices and much more. Fans can snack on homegrown North Carolina peanuts or try the Philly Cheesesteak Nachos at Sherwood's Steaks, named in memory of Fayetteville native and World War II hero Sgt. Sherwood Hallman. Other unique concessions in the stadium are Cooperstown Cantina, Healy's Grill, Bagwell's Burgers and Bowley's BBQ. Segra Stadium is a modern year-round venue hosting weddings, concerts, festivals, and corporate or charity events.

7 Greensboro Grasshoppers

High-A affiliate of the Pittsburgh Pirates

The Greensboro Grasshoppers play in First National Bank Field in downtown Greensboro. Fans enjoy Guilford the Mascot, as well as the team's two canine mascots, Willie

Mae Mayes and Little Jackie Robinson, both black Labradors. Willie Mae Mayes serves as bat girl, retrieving bats and delivering balls to the umpires, and Little Jackie Robinson is part of the front office staff and serves as a greeter.

8 Hickory Crawdads

High-A affiliate of the Texas Rangers

At LP Frans Stadium, the Hickory Crawdads wow fans with special celebrity appearances, postgame concerts and promotions such as pregame events where they recognize members of the community. For just a dollar extra, your dog can come



along! And a fun fact about their beloved mascots – Conrad and Candy Crawdad tied the knot in 2018 on the field at the stadium. The happy couple are always out and about during the games entertaining the fans with high-fives and posing for photos.

9 Kannapolis Cannon Ballers

Single-A affiliate of the Chicago White Sox

Atrium Health Ballpark features a Kids Zone and walking track winding through the park. On non-game days, the ballpark opens to the community as a public park. The team was formerly known as the Kannapolis Intimidators, but the team's new name pays special tribute to the history of Kannapolis. The name is meant to highlight the circus-like atmosphere of the games while paying homage to the Cannon Family that were founders of Kannapolis.

10 Winston-Salem Dash

High-A affiliate of the Chicago White Sox

Truist Stadium sits in the heart of downtown Winston-Salem and is home to the Winston-Salem Dash. Stop by concessions for several new and unique food items coming for the 2023 season. When the Dash are on the road, Truist Stadium opens its facilities to host a variety of non-gameday events, like proms, corporate events, weddings and more, in addition to hosting several home games for the Carolina Disco Turkeys, an All-American Amateur Baseball Association team. 



FIND MORE ONLINE

In addition to the 10 Minor League teams, North Carolina is also home to teams from other leagues. To learn more, visit ncfieldfamily.org/baseball.

SMALL SURPRISES FOR FESTIVALS

IT'S TIME TO SPRING INTO FESTIVAL SEASON.

We are ready to welcome you to relish the sites and sounds of our annual events including the return of the Burlington Carousel Festival. While visiting, explore our area and downtowns in unique gift shops, quaint bookstores, clothing boutiques and galleries featuring artisan crafts.

Save The Date:

Mebane Dogwood Festival - April 22, 2023

Burlington Carousel Festival - May 6 & 7, 2023

You'll find small surprises lead to big memories in Alamance County.



BURLINGTON
MEBANE



THE TOWNS & VILLAGES OF

ALAMANCE
COUNTY
NORTH CAROLINA

ELON
GRAHAM
SAXAPAHAW

Learn more at VISITALAMANCE.COM or call 800-637-3804



Great Hearing Benefits

Great Hearing. Great Benefits. That Simple.

As a member of the North Carolina Farm Bureau, you have access to the Great Hearing Benefits (GHB) program. GHB provides you and your immediate family members access to hearing care and hearing aids at discounted rates, potentially saving you thousands on hearing health care.

- Up to 50% below-MSRP pricing on today's top hearing aid technology, with prices as low as \$995!
- Free 60-day trial.
- 3-year warranty and service plan. Visit any one of our participating 4,500 nationwide locations for free hearing aid service or repair.
- If your hearing aids are lost, stolen or damaged within the first three years, we'll replace your hearing aids!
- Share your benefits with up to three immediate family members.

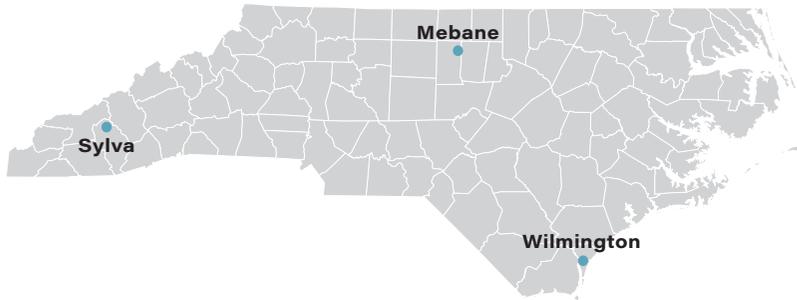


Call now to schedule your appointment 1-877-684-3319

greatearingbenefits.com/farmbureau-nc

SPRING EVENTS

Find out what's happening this season



Homegrown in the Park

MAY 20, MEBANE

Alamance County Farm Bureau hosts its annual community celebration of agriculture at the Homegrown in the Park event at Hawfields Community Park in Mebane. In addition to agricultural exhibits, displays from local farmers and antique farm equipment, the family-friendly event features live music, free hot dogs and ice cream while supplies last, and activities for children including face painting and bounce houses. The event takes place May 20, from 10 a.m. to 3 p.m. For more details, go to acfarmbureau.com or call (336) 226-2477.

Greening Up the Mountains

APRIL 22, SYLVA

Celebrate the arrival of spring at the annual Greening Up the Mountains event. Now in its 25th year, the heritage arts festival spotlights the community and local artisans with around 100 vendor booth spaces featuring everything from traditional and contemporary



Appalachian art to food and beverages. Attendees can also participate in the festival's 5K run and enjoy live music performances throughout the day.

Greening Up the Mountains takes place on Main Street and in Bridge Park from 10 a.m. to 4 p.m. For more information, visit greeningupthemountains.com or call (828) 554-1035.



North Carolina Azalea Festival

APRIL 12-16, WILMINGTON

The North Carolina Azalea Festival returns to Wilmington for its 76th year on April 12. Festivities include the crowning of Queen Azalea, a televised parade, and a street fair with more than 200 craft, commercial and food vendors as well as a children's area with activities and a stage. Festival-goers will also enjoy concerts with nationally touring musical acts, a Queen's Dinner and Dance Party, garden and home tours, an art show and sale, a coin show, and much more during the five-day event.

Visit ncazaleafestival.org or call (910) 794-4650 for more information.

PHOTOS, FROM TOP: BLUEBERRY CREATIVE; GREENING UP THE MOUNTAINS

**VISIT NC
FARMS**

**FARM
MARKET
TIME!**

Supported by

Steve Troxler,
Commissioner

**GET
FREE
APP**

**FIND FARMS
NEAR YOU!**

North Carolina Eye Doctor Helps Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence - driving.

A Wilmington optometrist, Dr. Edward Paul, is using miniaturized telescopes which are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

“Some of my patients consider me the last stop for people who have vision loss,” said Dr. Paul, one of only a few doctors in the world who specializes in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. If you’re a low vision patient, you’ve probably not only imagined them, but have been searching for them. Bioptic telescopes may be the breakthrough in optical technology that will give you the independence you’ve been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50.

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults are not

familiar with the condition. As many as 25% of those over the age of 50 have some degree of macular degeneration. The macula is only one small part of the retina, however it is the most sensitive and gives us sharp central vision. When it degenerates, macular degeneration leaves a blind spot right in the center of vision making it difficult or impossible to recognize faces, read a book, or pass the driver’s vision test.

Nine out of 10 people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that



A scene as it might be viewed by a person with age-related macular degeneration

56% of patients treated with a high-dose combination of vitamins experienced improved vision after six months.

TOZAL Comprehensive Eye Health Formula is now available by prescription from eye doctors.

While age is the most significant risk factor for developing the disease, heredity, smoking, cardiovascular disease, and high blood pressure have also been identified as risk factors. Macular degeneration accounts for 90% of new legal blindness in the US. While there is currently no cure, promising research is being done on many fronts. “My job is to figure out everything and anything

possible to keep a person functioning,” says Dr. Paul. Even if it’s driving.

Doreen Jenkins, 72, of Pocahontas, Iowa, flew down at the suggestion of a friend. She wanted to keep her Iowa drivers license and was prescribed bioptic telescopic glasses to read signs and see traffic lights farther away. Dr. Paul also prescribed microscope glasses for reading newspapers and menus in restaurants.

As Doreen puts it, “my regular glasses didn’t help too much - it was like looking through a fog. These new telescopic glasses not only allow me to read signs from a farther distance, but makes driving much easier. I’ve also used them to watch television so I don’t have to sit so close. I don’t know why I waited three years to do this; I should have come sooner.”

“Bioptic telescopes can cost over \$2,000,” says Dr. Paul, “especially if we build them with an automatic sunglass.”

“The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you’re looking at,” said Dr. Paul. “It’s like a self-focusing camera, but much more precise.”

To learn more about bioptic telescopes or to schedule a consultation with Dr. Paul, give us a call at 910-208-9008. You can also visit our website at: LowVision.com

THE
LOW
VISION
CENTERS
OF
NORTH
CAROLINA

Dr. Edward Paul & Dr. Casey Krug
(910) 208-9008 • LowVisionNC.com

Offices located in Wilmington,
Asheville and Charlotte



Fresh *from the* Farmers Market

Celebrate spring with farm-to-table recipes starring local ingredients

*Story by Rachel Graf // Recipes by Jodie Shield
Styling & Photography by Jessi Heggan*

Spring kicks off the busy season for North Carolina farmers markets. And with close to 250 of them scattered across the state, it's easy to connect with local farmers and fill your fridge with North Carolina-grown and -raised ingredients at their freshest. After stocking up on your favorite market finds, put them to good use in satisfying meals highlighting the best of what's in season. From springtime produce like asparagus, cauliflower, collard greens and strawberries to farm-fresh eggs, meats, dairy products and more, seasonal market offerings shine in these farm-to-table recipes.

Skip the fast-food breakfast sandwiches and whip up a batch of homemade **Biscuit Sandwiches with Collards, Bacon and Poached Eggs**. Short on time? You can simplify this recipe for busy weekdays

by cooking the bacon and collards ahead of time and swapping the homemade biscuit for your favorite ready-to-bake variety.

A fresh and healthy salad is a staple on any springtime menu. **Roasted Cauliflower Salad with Honey Mustard Vinaigrette** features mixed greens with roasted cauliflower and chickpeas, sweet bell peppers, diced avocado and tangy feta cheese.

Take advantage of all those sweet, juicy strawberries available at your local farmers market this spring with a light and creamy **Strawberry Crunch**. Simply whip together fresh berries with egg whites, fold in whipped cream, then spread the mixture in a pan between layers of crunchy pecan crumble. 





Roasted Cauliflower Salad with Honey Mustard Vinaigrette

*Prep Time: 20 minutes // Cook Time: 30 minutes
Makes: 8 servings*

- | | |
|---|---------------------------------------|
| Roasted Cauliflower: | 3 tablespoons honey |
| 1 large head cauliflower, cut into florets | 2 tablespoons Dijon mustard |
| 14 ounces (1 can) chickpeas, drained and rinsed | 2 tablespoons tahini |
| ¼ cup olive oil | 2 tablespoons apple cider vinegar |
| 1 tablespoon chili powder | ¼ teaspoon salt |
| 2 teaspoons paprika | ⅛ teaspoon black pepper |
| ½ teaspoon ground cumin | Salad: |
| ½ teaspoon ground coriander | 4 cups mixed greens |
| 1 teaspoon garlic powder | 1 large red bell pepper, chopped |
| | 1 large yellow bell pepper, chopped |
| Honey Mustard Vinaigrette: | ¼ cup fresh cilantro, roughly chopped |
| ¼ cup olive oil | 4 ounces feta cheese, crumbled |
| ¼ cup fresh lemon juice | 2 avocados, diced |

Tip:
Save time by preparing the cauliflower and vinaigrette in advance. The undressed salad keeps well for 3 to 4 days in the fridge. Add the vinaigrette, feta and avocados just before serving.

1. Preheat oven to 425 degrees.
2. In a large bowl, combine all roasted cauliflower ingredients and toss well to evenly coat.
3. Transfer mixture to a large, rimmed baking sheet and spread out evenly. Roast for 30 minutes, or until cauliflower is tender and lightly charred, stirring once halfway through roasting. Remove from oven and let cool to room temperature.
4. Meanwhile, in a large measuring cup, combine all vinaigrette ingredients and whisk until completely smooth. Set aside.
5. In a large bowl, combine the greens, bell peppers, cilantro, roasted cauliflower mixture, feta, avocado and ¼ cup of the vinaigrette. Toss until well combined.
6. Divide salad evenly between serving bowls and serve with the extra vinaigrette on the side.

Per serving (about 1 ½ cups): **Calories** 341, **Fat** 23g, **Protein** 9g, **Fiber** 10g, **Carbs** 28g, **Sodium** 372mg.

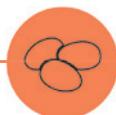
The INCREDIBLE, EDIBLE ... North Carolina EGG!

The egg industry in North Carolina plays a significant role in feeding a growing population and contributing to the state's **\$92 billion** agriculture sector.



6,400 JOBS

NC ranks 8th in the U.S. for egg production, resulting in a large workforce to support local communities.



7.5 MILLION EGGS

To produce this many eggs every day, NC has 9 million laying hens.



24-48 HRS

NC eggs are delivered to local grocery stores within one to two days.



Looking for farm fresh egg recipes?

You can find meal inspiration at
NCEGG.ORG



Strawberry Crunch

Prep Time: 30 minutes

Cook Time: 1 hour

Freeze Time: 2 hours

Makes: 8 servings

- 1 cup flour
- ¼ cup brown sugar
- ½ cup pecans, chopped
- ½ cup unsalted butter, melted
- 2 large egg whites
- 1 teaspoon lemon juice
- 1 cup sugar
- 16 ounces fresh strawberries, diced
- ½ pint (1 cup) heavy whipping cream, whipped (or 2 cups premade whipped cream)

1. Preheat oven to 275 degrees.

2. In a medium bowl, combine the flour, brown sugar, pecans and butter. Spread the mixture onto a rimmed baking sheet. Bake for 1 hour, stirring

every 15 minutes. Remove from the oven and set aside to cool completely.

3. In a large bowl, beat the egg whites using a hand or stand mixer until foamy. Add the lemon juice and beat until combined. Add the sugar a little at a time and continue beating until the mixture is stiff. Add the strawberries and beat for 20 minutes on high speed until light and airy. Fold in the whipped cream.

4. Spread half the pecan mixture evenly over the bottom of a 9-by-13-inch baking dish. Pour in the strawberry mixture and spread out evenly. Top with the remaining pecan mixture. Cover with foil and freeze for at least 2 hours before serving.

Tip: Save time by baking the pecan mixture earlier in the day.

Per serving: **Calories** 392, **Fat** 22g, **Protein** 4g, **Fiber** 2g, **Carbs** 48g, **Sodium** 22mg.





Biscuit Sandwiches with Collards, Bacon and Poached Eggs

Prep Time: 30 minutes

Cook Time: About 1 hour

Makes: 12 servings

- 12 strips uncured bacon
- 5 cups flour, plus extra for dusting surface
- 5 tablespoons sugar
- 2 tablespoons baking powder
- 3 ½ teaspoons salt, divided
- 10 tablespoons unsalted butter, frozen
- 2 cups low-fat buttermilk
- 2 pounds collard greens, trimmed and roughly chopped
- 1 small onion, chopped
- ¾ cup low-sodium chicken broth
- ¼ teaspoon black pepper
- ⅛ teaspoon cayenne pepper
- 12 large eggs

1. For the bacon, preheat oven to 350 degrees. Arrange bacon strips on a foil-lined rimmed baking sheet, leaving space between so strips are not touching. Bake for about 30 minutes.

2. Remove bacon from oven and increase the heat to 400 degrees. Transfer bacon to a paper towel-lined plate and set aside. Carefully pour remaining bacon fat from the baking

sheet into a large skillet for later use.

3. In a large bowl, whisk together the flour, sugar, baking powder and 2 teaspoons salt. Using a box grater, grate the frozen butter into the flour mixture and whisk to combine. Add the buttermilk and use your hands to gently mix until a soft dough forms.

4. Transfer dough to a lightly floured surface and pat into a 7-by-9-inch rectangle about 1 inch thick. Using a 4-inch round biscuit

cutter, cut out 12 biscuits, reusing scraps as needed. Place biscuits on a parchment paper-lined baking sheet and bake at 400 degrees until golden, about 20 minutes.

5. Meanwhile, bring a large pot of water and 1 teaspoon salt to a boil. Boil the collards until tender, about 6 minutes, then drain and set aside.

6. Heat the skillet with the reserved bacon fat over medium-high heat. Add the onion and cook until soft. Add the collards, broth, remaining ½ teaspoon salt, black pepper and cayenne pepper. Reduce the heat and simmer until all liquid has evaporated.

7. For the poached eggs, fill a small glass ramekin with ½ cup water. Crack egg into the water, being careful not to break the yolk. Microwave on high for 1 minute. Remove egg from the water with a slotted spoon and set on a plate until ready to use. Repeat the process with the remaining eggs. (Microwaves differ, so you may need to cook the egg longer in 5-second increments until done.)

8. To assemble the sandwiches, slice each biscuit in half. Layer the collards, bacon and egg on the bottom half and cover with the top half. Serve warm.

Per serving (1 sandwich): **Calories** 461, **Fat** 19g, **Protein** 19g, **Fiber** 5g, **Carbs** 53g, **Sodium** 1,027mg.

The INCREDIBLE, EDIBLE ... Healthy & Nutritious EGG!

The American Heart Association recommends eggs as part of a heart-healthy diet for adults.

Common knowledge hasn't caught up with decades of science, which proves eggs do not impact heart health. Eggs are nutrient-rich and need to be part of a healthy diet for every age and stage of life.



One large egg packs a nutritious punch:

70 CALORIES

6 GRAMS HIGH-QUALITY PROTEIN

8 ESSENTIAL NUTRIENTS



Looking for heart-healthy recipes?

You can find meal inspiration at

NCEGG.ORG



On the Local Level

This section highlights county news and events from Farm Bureau members throughout the state. Find more member achievements at ncfieldfamily.org/local.



Focus on FFA

The Carteret County Farm Bureau commissioned artwork by local artists Grace Bell and Heather Harris to present to East Carteret High School in Beaufort on Awards Night in memory of four FFA students lost in a plane crash in February 2022. Presenting the memorial are CCFB Board Directors Mike Temple and Trey Rivenbark. Also pictured are artist Heather Harris and CCFB Beaufort agency manager Joyce Matthews. The artwork is part of a three-part donation to the ECHS FFA Club, consisting of FFA competition T-shirts and a skeet thrower for training.

The creation and presentation of this memorial was a particularly meaningful project for Temple, who passed away on July 22, 2022, shortly after this presentation was made. CCFB wishes to honor Temple's memory and commend his service to Farm Bureau.



Ronald McDonald House Donations

On Oct. 17, 2022, the Northampton County Farm Bureau Women's Committee delivered donations collected at the Conway, Gaston and Jackson Farm Bureau offices to the Ronald McDonald House in Greenville.



Celebrating Camden County

The Camden Heritage Festival took place on Oct. 8, 2022, at Camden Intermediate School celebrating the history of Camden County. There were many vendors, including Farm Bureau with a display of cotton, soybeans and corn.



Currituck County Classrooms

The Currituck County Farm Bureau Young Farmers & Ranchers Committee donated Ag in the Classroom information and supplies to all schools in the county. Kids at Pilmoor Preschool love learning about Agriculture in the Classroom.

Farm Bureau Members Receive a

\$500 Exclusive
Cash Reward*

on an Eligible New Maverick®, Ranger®, F-150® or Super Duty®



FORD MAVERICK

FORD RANGER

FORD F-150

FORD SUPER DUTY

Computer-generated images with available features shown.



* Visit FordRecognizesU.com/FarmBureau today for complete offer details!

We value our long-standing partnership with Farm Bureau and are proud to offer you exclusive savings.

* Farm Bureau Recognition Program is exclusively for active Farm Bureau members who are residents of the United States. \$500 Exclusive Cash Reward on the purchase or lease of an eligible new 2022/2023/2024 Ford Maverick, Ranger, F-150 or Super Duty. This incentive is not available on F-150 Lightning®, F-150 Raptor®, F-650 and F-750 Super Duty. This offer may not be used in conjunction with most other Ford Motor Company private incentives or AXZD-Plans. Some customer and purchase eligibility restrictions apply. Must be a Farm Bureau member for 30 consecutive days prior to purchase or lease and take new retail delivery from an authorized Ford Dealer's stock by January 2, 2024. Visit FordRecognizesU.com/FarmBureau or see your authorized Ford Dealer for qualifications and complete details. Note to dealer: Claim in VINCENT using #38656.



Membership Matters

Member savings are an important benefit
of North Carolina Farm Bureau



I have been a Farm Bureau member and insured for over 30 years now, actually before I started my Farm Bureau Insurance career.

I was raised in the big city, and I must say that I didn't think a lot about agriculture when I was growing up. My only exposure came from visiting my grandparents on their farms in Eastern North Carolina. I also must admit that I did not pay careful attention when my Farm Bureau agent was reviewing the membership benefits. I just knew membership was required to get the insurance.

As part of my agent training at the home office in Raleigh, there was a session on "The Farm Bureau Story." I learned the history of the Federation being formed in 1936, the volunteer programs, the discount programs and how the North Carolina Farm Bureau Insurance Company was formed in 1953. One thing that stood out to me in that session was when the instructor

spoke about the U.S. having the world's most abundant and safest food supply and one of the reasons why – the mission of the Farm Bureau. The organization was formed to advocate for farms and rural families, and that mission, along with Farm Bureau programs, are what keep agriculture a very viable industry in North Carolina as well as nationally and internationally.

Even after hearing about all the discount programs and how members can save more than they pay in the \$25 a year fee, there are those who still don't want to pay the membership dues to purchase insurance. Well, we all eat, and many of us like going to local farmers markets, buying direct from a local farm or the convenience of going to a local store for groceries. In other

words, because North Carolina Farm Bureau Federation is the voice of agriculture and promotes the industry, is involved in creating policies and laws, offers educational programs, and develops present and future agriculture leaders, we can all continue to enjoy our safe and vast food supply.

So, even if someone chooses not to be insured by our company, which offers competitive rates and award-winning customer service from a local team of insurance professionals who live in and support their communities, they should still be a Farm Bureau member and enjoy the benefits that come with paying that \$25. 

About the Author



Allan Williams is director of training and marketing for the North Carolina Farm Bureau Mutual Insurance Company, Inc.

Scientific Discovery Stuns Doctors

Biblical Bush Relieves Joint Discomfort in as Little as 5 Days

Legendary “special herb” gives new life to old joints without clobbering you. So safe you can take it every day without worry.

According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional “solutions.”

Leading the way from nature’s pharmacy is the new “King of Oils” that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

Biblical scholars treasured this “holy oil.” Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears’ attention is how modern medical findings now prove this “King of Oils” can powerfully...

Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief for joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the “King of Oils”—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes “on” or “off.” A study in *Journal of Food Lipids* reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is “so powerful it shuts down the pathway triggering aching joints.”

Relief That’s 10 Times Faster... and in Just 5 Days

Many joint sufferers prefer natural solutions but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National



*The active ingredient in **Mobilify** soothes aching joints in as little as 5 days*

Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the *International Journal of Medical Sciences*, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen by typical solutions.

In addition, *BMJ* (formerly the *British Medical Journal*) reports that Indian Frankincense is safe for joint relief — so safe and natural you

can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called **Mobilify**.

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two weeks after taking **Mobilify**, I had no knee discomfort and could go up and down the staircase.” Larry M. says, “After a week and a half of taking **Mobilify**, the discomfort, stiffness and minor aches went away... it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to **Mobilify** easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

How to Get Mobilify

To secure the hot, new **Mobilify** formula, buyers should contact the Sears Health Hotline at **1-800-329-8433** TODAY. “It’s not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Mobilify**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I’ll send you all your money back.”

Use Promo Code **NCFMB323** when you call to secure your supply of **Mobilify**. Lines are frequently busy and due to heightened demand, supplies are limited. To secure your supply today, call **1-800-329-8433**.

Ham Is Where the Heart Is

Savor the flavor of Sheri Castle's recipe for Country Ham Spread

Country ham is an American treasure, on par with the greatest hams in the world. Many of us believe it's the best of all.

The point of curing hams is to make them keep well for a long while. The curing process, often followed by time in a smokehouse, creates country ham's unmistakable texture and unbeatable flavor. A whole ham can be huge, enough to satisfy lots of people at a holiday feast or supply a small family for a long while. There's an old phrase that says, "Eternity is two people and one ham." And yet we know better than to waste a smidgeon, right down to the bone.

This recipe is a delicious way to use the lean trimming bits. Taste and assess the ham before you begin. Some are intensely salty, smoky and leathery – all good traits – but too strong to use solo in this recipe and should be mixed with milder and juicier ham, such as baked city ham or even a slab of high-quality deli ham. I call this a ham spread or dip, but many old cookbooks refer to this as ham salad.



Sheri Castle

is the host of *The Key Ingredient*, a cooking show from PBS North

Carolina. She is also an award-winning professional food writer, recipe developer and cooking teacher. The Southern Foodways Alliance named her one of 20 Living Legends of Southern Food, calling her The Storyteller. She grew up in Watauga County and now lives in Chatham County. Keep tabs on her at shericastle.com.

Country Ham Spread *Makes: About 2 cups*

- 8 ounces well-trimmed country ham (or mixture of country and baked ham), diced into ½-inch pieces
 - ¾ cup mayonnaise
 - 3 tablespoons sweet-hot pickle relish (such as Wickles)
 - 3 tablespoons scallions, chopped
 - 2 tablespoons fresh flat-leaf parsley, chopped
 - 2 tablespoons Creole mustard or whole-grain Dijon mustard
 - 1 tablespoon bourbon or dry sherry
 - ¼ teaspoon ground cayenne pepper, or to taste
- 1.** Pulse the ham in a food processor until coarsely chopped.
 - 2.** Add the mayonnaise, relish, scallions, parsley, mustard, bourbon or sherry, and cayenne, and pulse until finely chopped and blended, but don't overwork the spread until it turns into paste.
 - 3.** Taste for a good balance of flavors and adjust to your liking.
 - 4.** Cover and refrigerate overnight and return to room temperature for serving. Store covered and refrigerated for up to a week.

For serving:

Crackers, pickles, mustard



When it's time to start growing your funds.

CD Specials with Guaranteed Returns

Sit back, relax, and grow your funds in a Certificate of Deposit Special.

Make the most out of your deposit! Farm Bureau Bank® offers **Certificate of Deposit Specials** with assorted terms, competitive rates, and guaranteed returns.

Apply today with your local agent or online at farmbureau.bank!

   800.492.3276



**Flexible Terms
from 7 months
up to 62 months**



Minimum initial deposit of \$1,000. Federal withdrawal restrictions apply. The APY assumes interest remains on deposit until maturity and a withdrawal will reduce earnings. Fees could reduce earnings on the account and a penalty will be imposed for early withdrawal. The Bank reserves the right to limit deposits taken under this program. See complete terms and conditions at www.farmbureau.bank. Banking services provided by Farm Bureau Bank, FSB. Farm Bureau, FB, and the FB National Logo are registered service marks owned by, and used by Farm Bureau Bank FSB under license from, the American Farm Bureau Federation. 09.2022





Save A Bundle On TV And Internet!

\$300 Get TV. Get \$100. Add Internet. Get \$300.

Visa® Prepaid Card

1234 5678 9012 3456

4000

Gift Card

EXPIRES 01/25

VISA

Mention code Card100 when you order TV only. Mention code Card100 when you order both TV and internet services. Courtesy of GoDISH.com with activation, certain conditions apply. Free \$50 Visa Gift Card when you order a qualifying service (premium customer qualification only).



3-Year TV Price Guarantee

Only DISH Offers a 3-Year TV Price Guarantee with just a 2-Year Commitment!

Plus More!

IT'S FINALLY HERE! Reliable 5G HOME INTERNET

- 📶 No Data Limits
- 📶 No Contract
- 📶 No Upfront Cost
- 📶 No Equipment Fees
- 📶 No Installation
- 📶 Lifetime Price Lock

\$50 Includes All Taxes and Fees!

month for Internet

TV service not required for Internet. Speeds and prices vary by provider. Call for details or visit godish.com/internet.

It's All Included for \$79.99!

- ✓ 190 Channels With Locals
- ✓ Live, Recorded And Streaming TV All On Your DVR
- ✓ Free Premium Channels
- ✓ Free Professional Installation
- ✓ A Reliable Signal, Now Backed By Our Reliability Guarantee

Live TV + Streaming in One Place!

FREE Streaming on 5 Devices with DISH Anywhere App



Smart Remote w/ Voice and Google Assistant



Seamless Integration with DISH



iSe Habla Español!

godish.com/priceguarantee 🔍

1-866-871-6171

Mon-Fri: 7am-10pm • Sat: 7am-9pm • Sun: 10am-7pm Central Time

dish
Authorized Retailer

Offer for new and qualifying former customers only. Important Terms and Conditions: Requires credit qualification and 2-year commitment. Upfront activation and/or receiver upgrade fees may apply based on credit qualification. Offer ends 4/12/23. Offer requires 2-year commitment: Early termination fee of \$20/mo. remaining applies if you cancel early. Included in 3-year price guarantee at \$79.99 advertised price: America's Top 120 programming package, local channels, HD service fees, and Hopper Duo Smart DVR for 1 TV. Included in 3-year price guarantee for additional cost: Programming package upgrades (\$94.99 for AT120+, \$99.99 for AT200, \$109.99 for AT250), monthly fees for upgraded or additional receivers (\$5-\$7 per additional TV, receivers with additional functionality may be \$10-\$15). NOT included in 3-year price guarantee or advertised price (and subject to change): Taxes & surcharges, add-on programming (including premium channels), DISH Protect, and transactional fees. Premium Channels 3 Mos. Free: After 3 mos., you will be billed \$20/mo. for Showtime, and DISH Movie Pack unless you call or go online to cancel. Remote: The DISH Voice Remote with Google Assistant requires internet-connected Hopper, Joey or Wally device. Customer must press Voice Remote button to activate feature. Other: All packages, programming, features, and functionality and all prices and fees not included in price guarantee are subject to change without notice. After 6 mos., if selected, you will be billed \$10.99/mo. for DISH Protect Silver unless you call to cancel. After 3 years, then-current everyday prices for all services apply. For business customers, additional monthly fees may apply. Free standard professional installation only. Reliability Guarantee: limited time offer, subject to change. Available only to new or returning former customers. Guarantee covers signal loss outages due to normal weather and/or technical issues. Does not cover signal loss outages due to user error. Does not cover changes in programming content. To receive outage credits, you must contact DISH customer service by phone or chat within 72 hours of the outage. Upon verifying the outage, DISH will issue bill credits in daily increments from the time of the outage until the outage is restored. Not available to DISH Outdoors customers. 99% signal reliability based on data from set-top boxes. Not a guarantee of signal in all weather conditions. Watching live and recorded TV on DISH Anywhere requires internet-connected Hopper and compatible mobile device. Miscellaneous: Taxes and surcharges may apply. All packages and offer subject to change without notice. Additional restrictions may apply. Netflix, Prime Video, HBO Max and Discovery Plus streaming memberships required. Indiana C.P.D. Reg. No. - 19-08615. ©2022 GoDISH.com. All rights reserved. Internet speeds, prices, and providers vary by customer address. \$50 price refers to widely available plan from multiple providers. Restrictions apply. Nationwide availability is subject to change without notice. The application of "No Data Limits" varies by provider, but commonly means that your access to the Internet will not be stopped by going over a data limit, but that speeds may be lowered. Call for details. Internet not provided by DISH and will be billed separately.