



City of Virginia Beach

# Agriculture

2449 Princess Anne Road  
Building 14, Municipal Center  
Virginia Beach, VA 23456

## Director's Office

**757-385-5775**

### David Trimmer, Director

Jenny McPherson, Rural  
Community Coordinator

Jody Davis, Administrative  
Specialist

## Agriculture Reserve Program

**757-385-8697**

Julia Hillegass, ARP Coordinator

## Farmers Market

**757-385-4388**

VACANT, Market Supervisor

VACANT, Program Educator

Cailyn Beatty, Office Assistant

VACANT, Operations Assistant

## Va Beach Cooperative Extension

**757-385-4769**

Andrea Davis, Horticulture Agent

Roy Flanagan, Agriculture Agent

Jonette Mungo, 4-H Youth Dev.  
Agent

Karen Munden, Family &  
Consumer Science Agent

Tammy Mas, Administrative  
Assistant

Ashley Hathaway, Administrative  
Assistant

## Master Gardener Help Desk

**757-385-8156**

## FEDERAL PROGRAMS

### Family & Nutrition Program

**757-385-4769**

Bertrille Lomax, FCS SNAP-ED  
Agent

Laurel Wilcox, FCS SNAP-ED,  
Senior PA

Michelle Foster, FCS SNAP-ED, PA  
Jerome Lawrence, FCS Adult  
EFNEP, PA

## Virginia Dare Soil & Water Conservation District

**757-385-4775**

Kathleen Sullivan, District Manager

Cory Hoar, Conservation Specialist



## MESSAGE FROM THE DIRECTOR

Happy April to all. I trust your spring is coming along nicely. Strawberry season will be here soon, along with other spring vegetables to enjoy. It is a good opportunity for the AG community to send anxious visitors to shop and pick your own strawberries at the local farms. Let's all do our part and help spread the word when the strawberry fields open.

Spring planting season will provide a host of fresh vegetables this summer. Beets, asparagus, cucumbers, just to name a few! Spring crop planting will also kick off with corn, soybeans, and the harvesting of wheat; so be mindful of equipment movement and farmers working in the fields. Spring is a great time of year for farm activity that sets the pace for the agriculture industry and what we all hope is a good farming year.

I trust this newsletter provides you with a snapshot of what is going on from the Agricultural staff perspective. Our goal is to help keep you informed and up to date on agriculture in Virginia Beach.

We all share the focus of the growth and sustainability of agriculture in Virginia Beach, as well as preserving the land, open green space and natural resources associated with the southern part of the city. A lot of localities think and want this also but Virginia Beach lives by this thought process day to day.

As always, we wish you all the best. Be safe and hope to see you on the farms and out in the fields.





# AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

Office: 757-385-8697 | Fax: 757-385-5684 | Mobile: 757-536-5469  
jhillegass@vbgov.com

## Real Estate Assessments

Be on the lookout for your reassessment notice, which will contain a new assessment amount that is probably significantly higher than last year's. The Real Estate Assessor's office will hold hearings to review your assessment upon request from March 14 – May 16, 2022. The Board of Equalization will hold hearings based on completed applications submitted by August 30, 2022.

## New Land Use Forms

New applications to qualify for land use taxation are also being accepted and are **due by May 1st**.

Contact Lisa Dunaway in the Real Estate Assessor's office at 385-4601 for more information.

## ARP Interest Payments

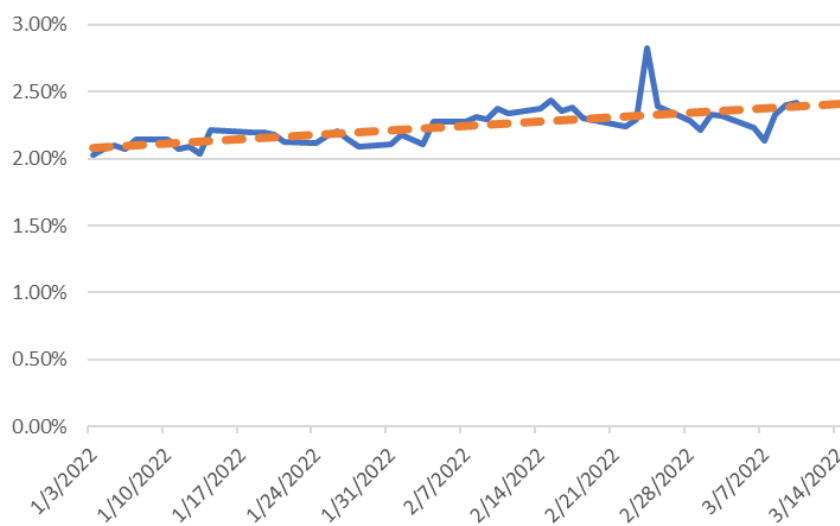
The next interest payment processing date for current participants will be around June 5, 2022. Keep in mind that payments are processed in batches at USBank in Minnesota and it could take 7-10 business days for your payment to process.

If you need to make any changes to your personal payment information (beneficiaries, mailing address or bank account information) please contact [Julia Hillegass](#) at 757-385-8697 as soon as possible to have your request completed no later than May 1st.

## Interest Rates

Interest rates for the first quarter of 2022 have remained steady at just above 2.10% for TSTRIPS with a one-day to 2.82% in late February. Investors continue to keep an eye on anticipated rate increases by the Federal Reserve.

2022 First Quarter Interest Rates







# WHAT'S HAPPENING IN OUR RURAL COMMUNITY

Jenny McPherson, Rural Community Coordinator  
Office: 757-385-8637 | Fax: 757-385-5684 | Mobile: 757-635-5824  
[jsmcpher@vbgov.com](mailto:jsmcpher@vbgov.com)

Happy Spring everyone! I hope you and your family are doing well and staying healthy.

National Agriculture Day occurs in March each year, usually when everyone starts hitting the fields, so I wanted to thank all of our farm families and those working in the industry for their hard work and dedication. Please see the thank you note at the end of this newsletter we received at the Farmers Market from Beach Municipal that I thought was appropriate to share with you. We kicked off our event season with Celebrate Agriculture on March 19. Special thanks to the 4-H members, staff, and volunteers that joined us that day. Our coloring contest was a big hit with children ages 3-12 years old.



As our farmers start another season, remember to watch out for them as they move their equipment from farm to farm. Please be cautious as you travel our rural roads and respect their space.

The Farmers Market is seeing more visitors as the spring season is underway. The carnival has returned to our front lawn and will remain with us for the month of April. They will be opened on Saturdays and Sundays, as well as every day during Spring Break. Be sure to come out and enjoy a funnel cake or fried Oreos!

Friday Night Hoedowns start on April 1 and run every Friday through October 28. Dust off those dancing boots!

School tours have started again so if you are looking for a hands-on field trip option, look no further than the Farmers Market. If you have a group that is interested in coming to the Rural Heritage Center for a tour, please call our Farmers Market office to reserve a date.



TM



## What's happening in our RURAL COMMUNITY - *continued*

We hope that you will continue to support our local businesses at the Farmers Market as well as our local farmers at their produce stands and markets as they open for the season. Daily and weekly spots are available at the Market for rent by farmers and crafters, so call the office at 385-4388 for more details.

I did want to share news that Linda Skipper of Skipper Farms, one of our long-time merchants at the Farmers Market, passed away on January 23. Linda's service was on February 19. Customers and friends commented that they enjoyed seeing Linda and her smile here at the Market. Linda was always willing to talk with tour groups and show children what fruits and vegetables were in stock. Linda also shared about her family's business many years ago when Virginia Farm Bureau did a film feature on the Farmers Market. Linda will certainly be missed here at the Market. Please keep the Skipper Family in your thoughts and prayers this season.

Take care and hope to see you soon.

## Who ever thought you could walk a bunny?

The 4-H Educational Bunnies, Creme and Brulee, took some time out to walk on their leashes as they prepared for their big day at the VB Farmer's Market "Celebrate Agriculture" event on March 19th.

Thank you to Already Been Chewed in Virginia Beach for outfitting them with their harness and leashes.



Creme (l) and Brulee (r) enjoying time outside of the Department of Agriculture, Building 14.



VIRGINIA BEACH

# FARMERS MARKET

3640 DAM NECK ROAD  
VIRGINIA BEACH, VA 23453



**Jenny McPherson, Rural Community Coordinator**  
Office: 757-385-8637 | Fax: 757-385-5684 | Mobile: 757-635-5824  
[jsmcpher@vbgov.com](mailto:jsmcpher@vbgov.com)

## It's always something going on the Farmers Market



The Ham Project begins in January and ends with a ham show and display at the Virginia Beach 4-H Livestock Show and Sale in May. Pictured here are some dedicated volunteers and Department of Agriculture staff re-salted the hams before the approaching weather system on January 20, 2022. The hams are typically reworked and re-salted after 5 days then left to cure for about 49 days. After that they will be moved to smokehouses.





VIRGINIA BEACH

# Farmers MARKET

3640 DAM NECK ROAD  
VIRGINIA BEACH, VA 23453



**Jenny McPherson, Rural Community Coordinator**  
Office: 757-385-8637 | Fax: 757-385-5684 | Mobile: 757-635-5824  
[jsmcpher@vb.gov](mailto:jsmcpher@vb.gov)



## Salting and Shelving of Hams



**On the following pages check out the upcoming events  
at the Farmers Market**



# 2022 HOEDOWN SCHEDULE

FRIDAY NIGHTS, 7-10 PM, RAIN OR SHINE\*

Bring a lawn chair or blanket and enjoy free, live, local music!

## April

1 Timeline  
8 Dallas Band  
15 Nashville Tradition Band  
22 The East Coast Band  
29 Nashville Tradition Band

## May

6 Timeline  
13 The East Coast Band  
20 Timeline  
27 Dallas Band

## June

3 Timeline  
10 Dallas Band  
17 The East Coast Band  
24 Nashville Tradition Band

## July

1 New City Sound  
8 The East Coast Band  
15 Timeline  
22 The East Coast Band  
29 Dallas Band

## August

5 Nashville Tradition Band  
12 Dallas Band  
19 Timeline  
26 Nashville Tradition Band

## September

2 The East Coast Band  
9 Dallas Band  
16 Timeline  
23 Nashville Tradition Band  
30 New City Sound

## October

7 Nashville Tradition Band  
14 Dallas Band  
21 Timeline  
28 The East Coast Band

\*Management reserves the right to delay or cancel events.

Like us on Facebook: VB Farmers Market

- SPECIAL THANKS TO OUR SPONSORS -





VIRGINIA BEACH

FARMERS  
MARKET

# BIRTHDAY BASH

• SATURDAY, APRIL 23 •

10AM - 4PM

VIRGINIA BEACH

FARMERS  
MARKET

# STRAWBERRY JAMBOREE

• SATURDAY, MAY 14 •

10AM - 4PM



VIRGINIA BEACH

FARMERS  
MARKET

# HONEY Festival

Saturday, June 18  
10 am to 4 pm



Join us for a craft show, children's activities, and music.  
Visit with Beekeepers and find some pollinators in our gardens.  
Visit the Rural Heritage Center and Educational Gardens with the Master Gardeners.

## Special thanks to our event sponsors:



VB City of  
Virginia Beach

CHECK OUT THE FOLLOWING PAGES FOR THE LATEST NEWS FROM



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# AGRICULTURE AND NATURAL RESOURCES




Roy D. Flanagan, Extension Agent

Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-641-1434

[RFlanaga@vbgov.com](mailto:RFlanaga@vbgov.com)

## Strawberry Season is Right Around the Corner!

### Virginia Beach Strawberry Producers – U-Pick/Pre-Pick

<b>Bay Breeze Farm</b> <i>Pre-pick only</i> Phone 757-721-3288 1076 Sandbridge Rd Virginia Beach, VA 23456	<b>Cromwell's Produce</b> Phone 757-721-6226 3116 New Bridge Rd Virginia Beach, VA 23456	<b>Flanagan Farm</b> Phone 757-426-5585 Princess Anne Rd at N. Muddy Creek Rd Virginia Beach, VA 23546	<b>Henley Farm</b> Phone 757-426-7501 Phone 757-426-6869 3513 Charity Neck Rd Virginia Beach, VA 23456	<b>Vaughan Farms' Produce</b> Phone 757-615-4888 1258 Princess Anne Rd Virginia Beach, VA 23457
<b>Brookdale Farm</b> Phone 757-721-0558 2060 Vaughan Rd Virginia Beach, VA 23456	<b>Cullipher Farm Market</b> Phone 757-721-7456 772 Princess Anne Rd Virginia Beach, VA 23456	<b>The Flip Flop Farmer</b> Phone 757-426-9908 3244 New Bridge Rd Virginia Beach, VA 23456		<b>Virginia Beach Farmers Market</b> Phone 757-385-4388 3640 Dam Neck Rd Virginia Beach, VA 23453
<b>Cindy's Produce</b> <i>Pre-pick only</i> Phone 757-427-2346 2385 Harpers Rd Virginia Beach, VA 23453		<b>Henley's at Pleasant Ridge</b> Phone 757-426-7501 Phone 757-426-6869 Princess Anne Rd at Pleasant Ridge Rd Virginia Beach, VA 23546	<b>Salem Berry Farm</b> Phone 757-818-3156 1763 Salem Rd Virginia Beach, VA 23456	

**Come out to the local farms or stop by a farm stand to get your strawberries!**

Strawberry season in Virginia Beach runs from Mid-April to Mid-June, and when they're gone, they're gone. Weather can have a huge impact on the timing and length of the strawberry season. The cold snap that happened the last week of March provided some of the local farmers with a few sleepless nights since they were checking on their crops. To protect the plants from cold, wind, and the threat of frost, they had to use overhead sprinklers, and/or row covers. Now it's April, and all are looking forward to some warm weather to come and stay to get this season off to a berry good start.





# HORTICULTURE

Andrea Davis, Horticulture Extension Agent

Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-359-1913

[adavis@vbgov.com](mailto:adavis@vbgov.com)

**It's spring - let's get outside and garden!**

**Need more information on turf or veggies or trees or anything plant-related? We've got some great classes, events, and publications to help**

If it's information on **garden critters** you're seeking, we've got something for you.

Our **Gardening Talks** series will feature

***Bees: The Good, the Bad and the Ugly* on April 18** and

***Opening a Can of Worms: A Threat to Consider* on May 16.**

Both talks will be available via Zoom at 7:00 p.m. Links for the Zoom will be available at <https://www.vbmg.org/> prior to the event. If you can't make it at the scheduled time, they will be recorded and posted at

<https://www.vbmg.org/gardening-talks-and-workshops.html>.



**ARE YOU LOOKING FOR NEW PLANTS TO ADD TO YOUR LANDSCAPE?**

Our annual plant sale is scheduled for

**April 30 and May 1**

at the Hampton Roads Agricultural Research and Extension Center.

Though the location has changed this year, the great selection of ornamental plants, vegetable plants, decorative container plantings and more will still be stellar.

For more information, visit

<https://www.vbmg.org/spring-plant-sale.html>.



**Start planning for that summer heat by building and installing a rain barrel for your home garden.**

Our rain barrel workshops are back in-person and scheduled for

**April 9, May 21, and June 11**

at the Virginia Beach Farmers Market. The make-and-take workshops will be packed with great information, and you'll leave with a ready-to-install rain barrel. Workshops are scheduled each month through October. Pre-registration is required at <https://www.vbmg.org/rain-barrels.html>.





# HORTICULTURE

**If you need a little gardening inspiration, visit our Demonstration Gardens throughout the City.**

Our gardens are open to the public and give you a chance to see how different plants grow in Tidewater.

**Click [here](#)** to find out more about each garden and where to find them.



**Do you have specific gardening questions you'd like answered?**

Contact our Master Gardener Help Desk at (757)385-8156 or [vbmghelp@vbgov.com](mailto:vbmghelp@vbgov.com).

Additionally, you can visit one of Ask-A-Master Gardener booths at the Virginia Beach Farmers Market or NAS Oceana Exchange; schedules can be found at <https://www.vbm.org/ask-a-master-gardener.html>.

We also have a wealth of knowledge online at our *[Publications and Educational Resource](#)* site.

Search a specific topic and find research-based, scientific information at <https://www.pubs.ext.vt.edu/>.

## **Pesticide application training available**

For our industry professionals, we want to make sure you are always up to date on the latest in horticulture.

We offer training in pesticide application several times per year. From re-certifications to certification exam prep classes, we want to help you with your pesticide license and staying abreast of new and changing issues.

Our next re-certification classes will be offered **May 18** in Hampton and **June 15** in Chesapeake.

Please check our website <https://virginia-beach.ext.vt.edu/programs/horticulture.html> for registration information.

We will also be offering a certification exam prep class in August for *uncertified* applicators who would like to obtain an applicators license. The class will be held **August 9-12** and registration will open in the summer.



# HORTICULTURE



**Would you like to  
be a part of the  
Virginia  
Cooperative  
Extension  
program helping  
others in  
Virginia Beach?**

If so, we will be having an orientation session for our Extension Master Gardener Volunteer Program on

**May 10 at 6:00 p.m.**

**The session will be offered in-person at Bow Creek Recreation Center and online simultaneously.**

- You must attend orientation to learn more about the volunteer application process and requirements.
- Training classes will be held in the evenings and on weekends this fall.

Learn more about being a

Virginia Cooperative Extension (VCE) Master Gardener volunteer at  
<https://www.vbmg.org/joining-master-gardeners.html>.





# CLOVER CLIPS



Virginia Beach, VA

March 2022

## 4-H Educational Programs Continue to Reach Virginia Beach City Public Schools

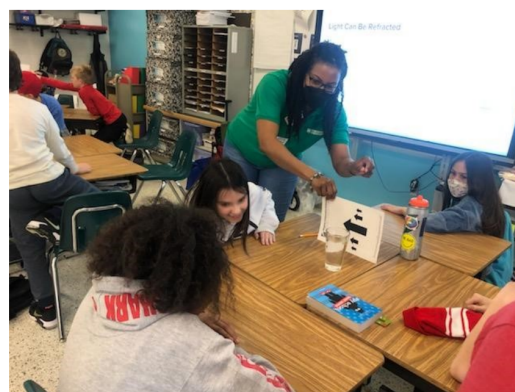
### Upcoming 4-H Programs

- ♦ **4-H Camp Counselor Applications:** Happening NOW
- ♦ **4-H Camper Registration:** Opened March 15
- ♦ **Ham Project:** Hams are hanging. The show will take place at the Livestock Show and Sale in June.
- ♦ **Livestock Club Annual Golf Tournament** Heron Ridge Golf Course. Registration starts at 11am
- ♦ **Livestock Show and Sale:** June 3 @ Creed's Ruritan Club, 1057 Princess Anne Rd, VA Beach
- ♦ **Camp Millionaire** July 18-22, 2022
- ♦ **VB 4-H Camp:** August 1-5, 2022

### What do you know about 4-H In-school Enrichment programs?

Did you know that 4-H has provided SOL related, hands-on programming with Virginia Beach City Public schools for over 20 years? I bet you also didn't know the VA Beach 4-H Agent Jonette Mungo was a classroom teacher prior to becoming a 4-H Agent.

**What kind of content does it cover?** That is the magic question. 4-H in-school enrichment programs are tailored to the needs of the teacher. If students are having difficulties understanding the scientific process, our SOL based lessons are specially designed to target those skills. If students need to understand how variables affect an experiment, we can conduct experiments with that focus. The goal is to deliver STEM lessons which directly focus on VA SOLs and improve students soft skills which make cooperative learning possible.



### What lessons can 4-H

**provide?** Sound, Light, Oceans, Plant and Animal Life Cycles, Habitats and Food Webs, Electricity, Moon Phases, Solar System, Rock Cycle and Tectonic Plates, States of Matter, and Jamestown Settlement. 4-H also specializes in helping youth to improve upon their public speaking skills through engaging them in science fair style competitions. A Google Site has been created to provide teachers with resources and classroom materials which accompany this type of 4-H program delivery. It can be viewed by going to <https://sites.google.com/vt.edu/vb-4h-education/home> You can also follow some of our projects by subscribing to our VA Beach 4-H YouTube Channel. <https://www.youtube.com/channel/UCBD0UlrE7nXDWBVEV8ltz1KQ>

Continued on page 2



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## 4-H In-School Enrichment is now working with Three Oaks Elementary 5th Grade Classes

Three Oaks Elementary 5th grade classes are the newest school to sign-up for 4-H In-School Enrichment program delivery. Students and teachers have participated in lessons that give students real world applicable lessons in Sound and Light. Students actively engaged in scientific inquiry as they conduct experiments to test the properties of light energy and sound waves.



Please follow and subscribe to our VA Beach 4-H YouTube Channel to see videos of some of these experiments in action.

## Embryology

Three Oaks Elementary 5th grade teacher Kelli Whalen joined 57 other Virginia Beach teachers in participating in the 4-H Embryology Project. This project introduces students to the life cycle of animals through hatching baby chicks in the classroom. This year 4-H was able to provide six incubators to classrooms who wanted to participate. A total of 58 VA Beach teachers will complete the project with 1,634 students to potentially hatch 67.5 dozen eggs. That's a total of 810 baby chicks that may possibly be born to give students a 21 day hands-on lesson in animal science, agriculture, biology, and engineering. **\*Baby chicks will be given to local poultry farms for egg and fertilizer production.**





# Be a 2022 4-H Camp Counselor

Contact 4-H Agent,  
**Jonette Mungo** for more  
**information.**

Apply Now!!



**757-385-4769 or [jmungo@vbgov.com](mailto:jmungo@vbgov.com)**



**1**

Complete the 4-H Camp Counselor and Counselor in Training Application. Available in our office or through the above QR Code.  
<https://forms.gle/E6CvvauyF86AEwzb9>



**2**

Send the above QR Code or the link below to three references to complete on your behalf.  
<https://forms.gle/aTR4j1QDo5pSgfuX6>

Complete your interview when scheduled. Interviews will be scheduled in January and February.

**3**

Complete the Counselor Training and Activities.

**4**

## CAMP IS AUGUST 1-5 2022



**Virginia Cooperative Extension**  
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**HEY, VIRGINIA BEACH!**  
**CAMP REGISTRATION OPENS MARCH 15, 2022**  
**WE WILL BE CAMPING AT FULL CAPACITY!!**

# **4-H SUMMER CAMP 2022 !**

Experience the fun, create memories  
and make new friends.

Registration information will be available on our Google Site:  
<https://sites.google.com/vt.edu/vb-4h-education/4-h-junior-summer-camp/summer-camp-camper-registration>



**August 1-5, 2022**  
**Southeast VA 4-H Center**  
**Wakefield, VA**



**Up for something new this summer? Be part of our 4-H Junior Residential Summer Camp designed especially for Virginia Beach youth. You'll spend five days on Airfield Lake taking part in a variety of fun activities. Call 757-385-4769 or email [jonetm4@vt.edu](mailto:jonetm4@vt.edu) for more info.**



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# Register NOW!



## VB 4-H SUMMER CAMP 2022

Call or stop by the Virginia Beach Extension Office  
Monday - Friday between 9am and 5pm

MARCH 15-JULY 1, 2022

**Please call Jonette Mungo @ 757-385-8153**

2449 Princess Anne, Building #14  
2nd Floor, Virginia Beach

Registration can also be completed online.

**<https://sites.google.com/vt.edu/vb-4h-education/4-h-junior-summer-camp/summer-camp-camper-registration>**

4-H Camper Registration is now scheduled to open at NOON on March 15, 2022.

**\$100** Deposit or **\$400** paid in full will hold your child's place at camp. \*\*\*NO REGISTRATIONS WILL BE HONORED UNTIL AFTER MARCH 15 AT 12 NOON.\*\*\*\*

### Enjoy the Outdoors Again!!

Check out the 4-H center here. [https://www.airfieldconference.com/page/4\\_h-summer-camp/](https://www.airfieldconference.com/page/4_h-summer-camp/)



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# VB 4-H Military Clubs Update

## JEB Little Creek Urban Knights and Underwater Cloverbuds



**Responsibility and Respect** can be taught in many ways.

Top left photo: **Morgan C.** is teaching a lesson on Respect

Photos on right: **Amari M.** is leading a lesson on Responsibility



The children enjoyed a fun experiment led by club leader Melissa, showing them how to make Alka Seltzer chalk rockets.



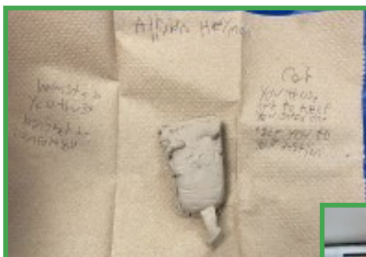
Learn more about 4-H Youth Programming and Military Partnerships by going to this website:  
<https://4-hmilitarypartnerships.org/>





February 28-March 4, 2022

4-H Youth took part in a Character Counts activity on trustworthiness called "Monument of Value." Youth discussed what trust was and how to earn it. Youth chose a topic or item they viewed as trust and assigned an image to it. Ex: Doctor symbolized by a stethoscope.



Adrian, age 10, created a car and a hamster. People have to trust the car to protect them in a wreck, and the hamster has to trust its owner to take care of it.

## NAS Oceana Midway Manor



Emily, age 8, creating a pair of wings to signify the trust a parent has to have when their child flies unaccompanied.



James, age 7, displayed the ways his family has earned his trust by drawing symbols.







# Craft Club

Craft club has been busy making a lot of fun projects the past few months. When kids use their fingers to manipulate art materials they are developing fine motor skills, building self-esteem, and learning personal expression through their crafts. Here's a photo collage with just a few of their projects.





# Seahorse Riders 4-H Club

The Seahorse Riders started the new year off with a bang! In January, we had a productive planning meeting & were excited to see each other since our holiday party in December 2021. At our holiday party we played games, exchanged horse ornament gifts and went caroling. In February, we had fun learning all about the inside of a horse's mouth. We got to practice pulling a horse's tongue out of its mouth to see the condition of their teeth. It was very cool & interesting! Later in February, our president, Kolby, hosted an awesome volunteer event at Forward Motion. We were able to love the horses, and assist with lots of barn chores. We are grateful to Forward Motion for making such a difference. In March, we had our most productive meeting ever. We discussed horse coat colors, markings, and more. We also congratulated many members on taking on new roles & planned out the next several months. We are really looking forward to all of the fun plans ahead!



**Thank you  
Forward Motion  
for hosting us!**

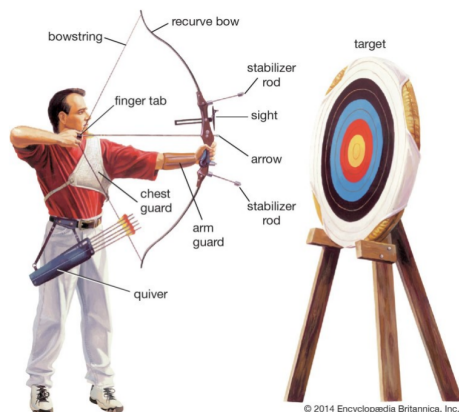




# Virginia Beach 4-H Top Shooters Club



The Virginia Beach 4-H Top Shooters worked hard over the last month to complete their annual fundraiser. They partnered with Duck Unlimited to raffle 250 tickets for a 3 piece "Field to Table" Outdoor package. The goal was to help the kids raise funds to purchase additional Archery equipment, and for other important projects. The fundraiser was a success and was a great experiential learning opportunity for club members on goal setting with fundraising. Through this project, the club is now able to put more kids in the Archery, Air Rifle and Air Pistol shooting disciplines. Shown below, the club had fun performing the Grand Prize Drawing, and practicing with the new equipment. A special thanks to Ducks Unlimited for making this program available!





## Foragers 4-H Bee Club



In December, the 4H Foragers inducted the new officers into the club. We had special ceremony to commemorate their induction. After the induction, we celebrated Christmas by having a Potluck with delicious food and desserts followed by a fun white elephant gift exchange. It was a great way to end the year.



In January, we had a fun event outside our meeting to celebrate Mr. Hodgie's birthday. It was a "bonfire" (but was actually a huge brushfire!). It was on one of the coldest nights in January, but next to the fire, it was nice and cozy. The foragers had the opportunity to socialize, eat together, drink cider, and make s'mores! Due to the increase in the Omicron virus, our January meeting was a short virtual meeting over Zoom where we shared updates on the club. In February our meeting we will be back in person. We're excited to have our Skill-a-thon; which is similar to the famous gameshow Jeopardy where you answer questions about your Bee Knowledge!!



The Bee Club is looking for a new Adult Club Leader to setup meetings and plan activities. If you are interested please contact the 4-H Office at 757-385-4769.



This club meets the third Tuesday of each month from 6:30-8pm. Please contact the club leaders for more information and meeting locations by emailing them at [info@4hforagers.com](mailto:info@4hforagers.com) You can also visit the club website at <https://4hforagers.com/>



July 18-22, 2022



## WHERE KIDS LEARN HOW TO BE RESPONSIBLE FOR THEIR OWN FINANCIAL FUTURES!

Camp Millionaire uses an **innovative day camp** format to provide rising 7th and 8th graders with the financial decision-making tools they need to achieve financial independence. Through fun-filled games, activities, group exercises and a field trip to a credit union, kids learn how to be responsible for their own financial futures.



### When:

July 18-22

First Day Registration: 8:45am

Time: 9am-4pm

### Where:

Virginia Cooperative Extension Office  
2449 Princess Anne Road  
Municipal Center, Bldg. 14

### Cost:

\$65 non-refundable

\$80 late registration (after June 3)

---

Enrollment is on a first come, first serve basis.

Please visit <https://tinyurl.com/CampMillionaire2022> to register.

We do a lot of team activities, so it's really important for your child to attend **all five days of camp.**

Lunches and am/pm snacks will be provided each day.

All students will receive a Camp Millionaire workbook, t-shirt and other materials.





# FAMILY AND CONSUMER SCIENCES

**Karen Munden, Unit Coordinator, Senior Extension Agent**

**Immediate Past President, National Extension Association of Family & Consumer Sciences**

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## **Know Your Rights and Responsibilities with Debt Collection Companies**

As the country moves away from the pandemic and Government stimulants, many may be moving into financial difficulties. During these challenging times, financial scams usually increase. If you find yourself in financial difficulties and companies are contacting you about debts, you will want to know your rights and responsibilities when dealing with Debt Collection companies. You would also want to make sure the company is legitimate, and you are not being scammed.

The 1978 Fair Debt Collection Practices Act passed several policies and procedures debt collectors must follow when collecting debts from consumers. The Act specifies a debt collector cannot contact consumers before 8:00 a.m. and after 9:00 p.m. Debt collectors cannot contact consumers at their place of employment without permission. A debt collector must correctly identify themselves and the purpose of their call. If the consumer has retained an attorney, the debt collector must communicate with the attorney and not with the customer. If a customer no longer wants communication from a debt collector, the customer must put it in writing. Thus, the debt collector must cease further contact with the customer except to inform them about the steps that will be taken to resolve the debt.

Further, a debt collector cannot harass, abuse, threaten the customer with obscene or profane language. Debt Collectors must not falsely represent their company, the amount owed, or an illegal status of a debt. A debt collector will be in violations of the Act if they publish a list of consumers who have allegedly refused to pay a debt, except to report the information to the Credit Reporting Bureaus. The Debt Collector cannot falsely indicate that they are an attorney stating that they will take legal actions that are illegal if the customer fails to satisfy the debt.

According to the Consumer Financial Protection Bureau (CFPB), new legislation went into effect in November 2021 regarding debt collection policies entitled "Debt Collection Rule." The CFPB indicated that the legislation clarifies how debt collectors can contact a customer, the information they can obtain, and the customer's rights. If a debt collector communicates with a customer in writing, the following information must be included: name and mailing information of the debt collector; the name of the creditor to whom the debt is owed, an account number associated with the debt, an itemization of the current amount of the debt that reflects interest, fees, payments, and a particular date that the customer can recognize; the current amount of the debt as of when the validation notice was provided; and information about the customer's

# FAMILY AND CONSUMER SCIENCES

## Know Your Rights and Responsibilities with Debt Collection Companies - *continued*

debt collection rights including how to dispute. The written communication must also include a "tear-off" form so that the customer can send information back either to pay or dispute the debt. Thus, if the information is not present when the customer receives a notice, it may not be a legitimate company, and the customer may want to do a little investigation on their own for peace of mind.

Under the 2021 Debt Collection Rule, debt collectors cannot call a customer more than seven times within seven days. This seven-day communication does not apply to text messages, emails, and other types of media sources. Different legislation governs how debt collectors can use media sources to contact customers.

Debt collectors can report delinquent debts to the Credit Bureau 14 days after speaking with a customer by phone, by letter, or by electronic communication if there is no resolution to the debt. In addition, debt collectors can contact customers through social media, but their messages must be private, and only the customer must be able to view the message. The debt collector must identify themselves as a debt collector and provide a method customers can opt out of receiving their communication.

You may want to visit the Consumer Financial Protection Bureau website at [www.consumerfinance.gov](http://www.consumerfinance.gov) for more information about the Debt Collection Rule.

You may also visit the Virginia Cooperative Extension website at [www.ext.vt.edu](http://www.ext.vt.edu) for more educational materials and resources about family finance, food, nutrition, and physical activity.



# FAMILY AND NUTRITION PROGRAM

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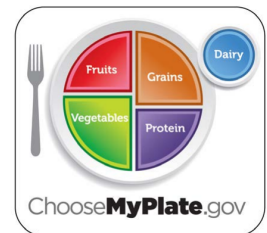


## 10 tips

Nutrition  
Education Series

## liven up your meals with vegetables and fruits

### 10 tips to improve your meals with vegetables and fruits



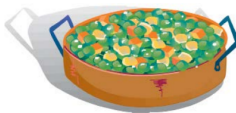
**Discover the many benefits of adding vegetables and fruits to your meals.** They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

#### 1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

#### 2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



#### 3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

#### 4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

#### 5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

#### 6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

#### 7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.



#### 8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

#### 9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



#### 10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

# FAMILY AND NUTRITION PROGRAM

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## Eat Smart • Move More

### Sautéed Asparagus with Lime and Tahini

Prep Time: 5 minutes

Total Time: 20 minutes



#### Ingredients

- 3 tablespoons lime juice
- 2 tablespoons tahini
- 1 garlic clove, minced
- 3 tablespoons olive oil
- 1 pound asparagus, trimmed and chopped

#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (142.93g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes g of Added Sugars	
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 3mg	<b>15%</b>
Potassium 279mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

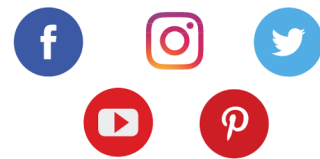
#### Quick Tips

- ▶ Use leftover tahini to make hummus.
- ▶ This tahini lime sauce would work great as a salad dressing, too.
- ▶ Store asparagus upright in a jar of fresh water in the fridge for up to 3 days before using.

#### Directions

- In a bowl, whisk together lime juice, tahini, garlic and 2 tablespoons of olive oil.
- Heat the remaining tablespoon of olive oil in a skillet over medium-high heat. Add the asparagus and sauté until it begins to soften and gets slightly browned, about 4-6 minutes.
- Drizzle the tahini mixture on top of asparagus and serve.

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(Recipe adapted from: <https://thelemonbowl.com>.)

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# FAMILY AND NUTRITION PROGRAM

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## The Virginia Family Nutrition Program

### Eat Smart Challenge



**Are you interested in joining a 4-week challenge to encourage your students to drink more water and pick better snacks?**



- Encourage students to eat more fruits and vegetables and drink more water for 4 weeks at school or at home
- Suggest ways to add more fruits and vegetables and water into their day
- Provide students with a tracker to log their fruit, vegetable, and water intake
- Collect trackers at the end of the 4-weeks
- Report the number of kids who participated and the amount of water and fruits and vegetables they tracked
- Distribute the free insulated snack bags

### Join Us!

For more information contact:

Laurel Wilcox  
VA Cooperative Extension  
Family Nutrition Program  
VA Beach Dept. of Agriculture  
2449 Princes Anne Road  
Virginia Beach, VA 23456

757-385-8158  
[lwilcox2@vt.edu](mailto:lwilcox2@vt.edu)

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**By completing the challenge, you and each student will receive a free insulated snack bag.**



Healthy eating has many health and emotional benefits. Students feel better, behave better, and learn better when they are well nourished and properly hydrated.



# FAMILY AND NUTRITION PROGRAM

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## Eat Smart • Move More

### Strawberry Spinach Salad

Prep Time: 5 minutes

Total Time: 10 minutes



#### Ingredients

- 1 pound spinach, torn
- 1 pint strawberries, diced
- ½ onion, diced
- ¼ cup sugar
- ¼ cup white distilled vinegar
- 2 tablespoons canola oil
- ½ teaspoon Worcestershire sauce
- ½ teaspoon yellow mustard
- ¼ teaspoon paprika
- ¼ cup pecans, chopped (optional)

#### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(162.74g)</b>
<b>Amount per serving</b>	<b>140</b>
<b>Calories</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
<b>Total Sugars</b> 12g	
Includes 8g of Added Sugars	<b>16%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 89mg	<b>6%</b>
Iron 2mg	<b>15%</b>
Potassium 534mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

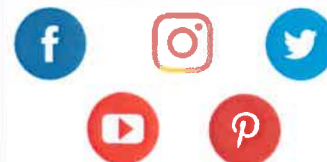
#### Directions

- For the salad, add spinach and strawberries to a mixing bowl.
- To make the dressing, add onion, sugar, vinegar, oil, Worcestershire sauce, mustard, and paprika to a separate bowl. Whisk until sugar is dissolved.
- Drizzle dressing lightly over the salad and toss to coat. Sprinkle pecans on top, if using.

#### Quick Tips

- ▶ Always wash produce before cutting.
- ▶ Apple cider vinegar may be used in place of white distilled vinegar.
- ▶ Use leftover dressing on salad or as a marinade for your favorite protein food.

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**Virginia  
Cooperative  
Extension**



# FAMILY AND NUTRITION PROGRAM

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## Strawberry

Strawberries should be bright red. The average strawberry has 200 tiny seeds on the outside. The leaf "cap" is removed before eating.

Strawberries are fruit which grow on plants.

Wild strawberries have been known since the times of the Greeks and Romans. The strawberries native to the Americas were bigger than European strawberries.

Strawberries are the most popular of all berries. However, strawberries are not a "true" berry.

California grows 83% of the strawberries grown in the United States.

### VARIETIES

There are more than 70 varieties of strawberries. Strawberries are usually available almost year-round, with peak season from April to July.



### NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin C
- Good source of potassium and fiber

### USES

Strawberries are usually eaten raw. Eat whole as a great snack. Add to fruit salads, smoothies and cereal. Use as a topping for ice cream, pancakes or waffles. Strawberry shortcake is very popular.

Strawberries are grown in Virginia.



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. SNAP provides nutrition assistance to people with low income. Contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays).



# FAMILY AND NUTRITION PROGRAM

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## Eat Smart • Move More

### Radish and Avocado Toast

**Prep Time:** 10 minutes

**Total Time:** 10 minutes

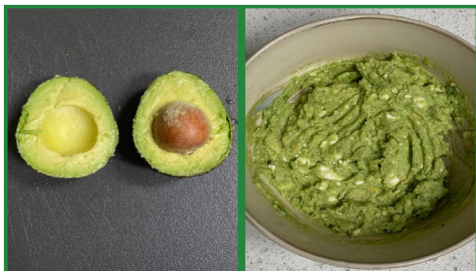


#### Ingredients

- 1 avocado
- 2 ounces reduced fat feta cheese
- 4 whole grain bread slices, toasted
- ½ onion, thinly sliced
- 4 ounces snow peas, thinly sliced
- 10 radishes, thinly sliced



#### Directions



1. Halve the avocado and scoop the flesh into a mixing bowl. Smash the avocado flesh and feta cheese into a creamy mixture.



2. Spread the mixture onto the slices of toast.
3. Top with onion, snow peas, and radishes.

#### Quick Tips

- Add juice squeezed from 1 lime for added flavor.
- For a mild-sweet flavor, use a red onion.
- Florida avocados are generally larger in size than Hass avocados.
- Store the remaining portion of the onion in the refrigerator to use with other recipes, like our Asparagus Scramble.

#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (125.8g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 4g	
Includes g of Added Sugars	
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 79mg	<b>6%</b>
Iron 1mg	<b>8%</b>
Potassium 330mg	<b>8%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**Eat Smart • Move More**

Virginia Cooperative Extension • Family Nutrition Program



# FAMILY AND NUTRITION PROGRAM

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[jlawren@vbgov.com](mailto:jlawren@vbgov.com)



## Eat Smart • Move More

### Cauliflower Mashed “Potatoes”

Prep Time: 5 minutes

Total Time: 10 minutes



#### Ingredients

- 1 head cauliflower, chopped
- 8 ounces light sour cream
- ¼ cup parsley, chopped
- 1 teaspoon onion powder
- ¼ cup breadcrumbs

#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving</b>
	<b>(221.47g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 7g	
Includes g of Added Sugars	
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 136mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 478mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### Directions

- Boil, steam, or microwave cauliflower until soft. Drain well.
- Place cauliflower in a bowl and mash until smooth.
- Add sour cream, parsley, and onion powder to mashed cauliflower. Stir until well mixed.
- Place mashed cauliflower mixture into a baking dish. Sprinkle with breadcrumbs. Broil for 3-5 minutes or until breadcrumbs begin to brown.

#### Quick Tips

- ▶ You can use 2 16-ounce bags of frozen cauliflower florets in place of a head of fresh cauliflower.
- ▶ For a smoother consistency, use a blender or food processor to puree cauliflower, sour cream, parsley, and onion powder before baking.

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(Recipe adapted from North Dakota Extension Service, as listed at: <https://www.ag.ndsu.edu>.)

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## **Happy National Agriculture Day!**

We wanted to take this opportunity to say *thank you* for all that you do to serve our community. The strength of our City lies in the passion and energy of the people who work hard every day to make Virginia Beach a safe, prosperous and happy place.

Thank you for being such an integral part of our foundation.

**We appreciate you!**

