1ST QUARTER NEWSLETTER JAN, FEB, MAR 2022

CONTACT US www.vbgov.com/agriculture

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

Steve Riegler, Market Supervisor VACANT, Program Educator Cailyn Beatty, Office Assistant Kevin Riker, 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

Jill Wright, 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





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

MESSAGE FROM THE DIRECTOR

Happy New Year to all of you. I hope you had a wonderful holiday season. The start of the new 2022 year allows us to turn the page to focus on moving forward, whether it is one's New Year resolution or focusing on what's important to you. As I look at it, my thoughts start with family, faith, friends, health, and work. These all link up to get me off to the right start, in addition to remembering to write 2022 versus 2021 on anything that needs a date.

Moving into this year we are still dealing with COVID-19. We have adjusted to the challenges presented by COVID-19 and adapted our thought processes, both personally and professionally. The vaccine continues to help provide us an opportunity to combat the virus as well as making our own personal decision to keep each other safe. The resiliency in our daily lives keeps us all moving forward and productive in what we do and think.

Winter season is here, so the agriculture component of one's daily life as a farmer focuses on closing out the 2021 year and getting ready for the 2022 spring season. As always, the farm community will be ready to do its part and move forward to hopefully have another robust agriculture growing and harvesting season.

My simplistic thoughts, as I look back and look ahead, note the change in State government with a new governor and a party change at the top. The state's revenues were strong in 2021, resulting in a revenue surplus, which is good news. The forecast is for the revenue growth to continue.

We saw William Shatner, aka "Captain James T. Kirk", actually go into space on a private space craft. Space flights are now taking place for private citizens. Go figure that one out!

The stock market hit record highs in 2021 and who knows where that will go in 2022. The market looks strong!

Virginia unemployment numbers in December were below 4%, back to pre-COVID levels, with what appears to be lots of job openings for small, medium, and large businesses. The downside being food prices are high and continue to be high.

As in 2021, the trend still looks strong for homeowner renovations and landscaping improvements, which is good for our economy despite lumber prices being high.

What can we all count on? Agriculture to do their part!

Best to you all! Happy New Year:







Robert Harper, General Division Manager

(Office) 804.290.1105

We are all thankful for a new month and a new calendar year ahead. I know your budgets are in process, equipment preparation is underway, and the last details are going into your 2022 crop plan. I celebrate the new beginning with you and look forward to the opportunities to come this year.

From a marketing perspective it is time to inventory 2021 bushels you have stored on the farm. Define the number of bushels that are stored and not priced. Set a date in your marketing plan of when you want your bins empty. This date will determine how long the marketing period is for cash sales on your stored unpriced bushels. Depending on the length of this period, you can determine how frequent you need to be in making cash sales and at what percentage of stored bushels you need to be selling in each sale.

Also determine 2021 bushels that you have delivered already on basis contracts that have not been priced. Consider the futures market influences and begin pricing the bushels already delivered. Timeliness in pricing basis contracts is important.

Producers must keep their attention also on new crop sales. There are many influences on the futures part of your cash price - South American weather, politics, monetary policy and not least of all COVID-19. These influences and others can create big price moves up or down. Protect your price average from the downside by making cash sales in small increments. If rallies come due to influences you will still have upside and can participate by pricing more of your new crop production.

You have determined most crop budgets at this time as you are securing inputs. We all agree this process is more difficult this year with dramatically increased inputs costs and even questions over input availability. Availability of your inputs could be a wild card influence in 2022. You have an estimate of what your break-even will be either by the bushel or by the acre. Therefore - spend time with your market advisor and the decision makers in your business and start making some fall 2022 and spring 2023 sales. You can sell with confidence if you can lock in profits on paper if average yields are realized. Marketing advisors can also help with using option strategies on bushels sold to keep upside opportunities still available on them.

Remember futures and local basis markets are always looking to the future and I am encouraging you to keep doing so as we enter 2022. It appears that volatility will be with us from a price perspective for the near future and we need to see that volatility as opportunity. Stay disciplined and keep pricing bushels in small increments over a long period of time. This practice will help insure the highest average price on all your production. None of you farm for one year – you all are in this business for the duration. Keep looking forward and best wishes during this preparation and planning season.



Julia Hillegass, ARP Coordinator
Office: 757-385-8697 | Fax: 757-385-5684 | Mobile: 757-536-5469
jhillegass@vbgov.com

Farm Succession Planning and ARP

According to American Farmland Trust, 1 in 5 acres of farmland will by lost by 2030. That's 2000 acres lost nationwide every day. Only 20% of farm families succeed in transferring to the next generation. The cause of all this farmland conversion? Sibling disagreement. Now, as many of you know, this won't be a problem for me. But for many of our local farm families, when the time comes to make important decisions about the family farm, not everyone will agree. Now is the time to make sure your heirs know what you want. Communication is the key.

You may think that the one farming all their lives want to inherit the farm. Newsflash—they might be tired of it and want to retire. You may think that the one who went away to school and never came back can't stand the farm. Guess what? They may really miss the place. So how do you know? Sounds like a family meeting might be in order. I know it sounds like a cliché, but your heirs can't know your wishes and you can't know theirs if you don't discuss them while everyone is of sound mind.

With intentional preparation for changes in ownership, you are in control of the decision-making, but you also make it easier on the rest of your family in the future By discussing your vision for the future of your farm you can ensure that you preserve the land legacy you desire, whatever that may be. The Virginia Beach Agricultural Reserve Program is one way to help you protect that land legacy.

Whether or not you take advantage of ARP, succession planning is still important. It can provide for a more orderly transfer of all assets, not just the farm, to your heirs. Succession planning can provide you with an overall peace of mind my ensuring greater asset protection and managing the land and other assets according to your wishes. Succession planning greatly reduces disputes later—there may be some lively discussions at those family meetings—and proper planning can also decrease inheritance taxes.

The first steps in discussion should be to discover what everyone is thinking in terms of the long-term status of the farm. Let your family know what your wishes are and see how close you are aligned. Make your plan and share it with your heirs. Plans can change, minds can change. But it certainly is better to start the discussion. While you're at it, gather up all those important documents: Wills, POAs, Medical Directives, Insurance, Financial Accounts, Property Overviews and Clear Titles, any Operation Plans, Stewardship Plans or Installment Purchase Agreements and Easements. It is important that everyone know where these items are stored and that they exist.

If your wishes are to preserve your family farm in perpetuity, the Agricultural Reserve Program is a great tool to make that happen. I'm happy to discuss the advantages with you and your family at any time. Let's preserve another farm for the future together and start the new year off right!

VIRGINIA BEACH







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

HO, HO, HO
The Farmers Market finished up a busy fall season with Santa's Workshop on December 4. The day was complete with Santa and Mrs. Claus stopping by our Rural Heritage Center to visit with the children to hear what everyone wanted for Christmas. The Master Gardeners were also there to help the children make Christmas gnomes and cards to take home.





TERRI BELKOV - FARMERS MARKET PROGRAM EDUCATOR

I would like to thank Terri Belkov for serving as our Farmers Market Program Educator for the past several years. Terri and the Master Gardener team keep our gardens looking great and help teach children from Pre-K through 5th grade about agriculture in our Rural Heritage Center with our Fun on the Farm tours. Terri has decided to start a new chapter in life for 2022, and we want to wish her well in her new endeavors.



Welcome Steve and Kevin.

We are excited to have you join our team! Thank you for doing a great job!



Steve Riegler (L), Beachy the Cow, and Kevin Riker (R).

I would like to introduce Steve Riegler as our new Farmers Market Supervisor, and Kevin Riker as our new Operations Assistant to the Farmers Market. Steve and Kevin both joined us in October and have been doing a great job by jumping in to help with our special events and daily operations. Please help me welcome Steve and Kevin to the team!

I also wanted to say thank you to all of our annual and special event sponsors that stuck with us through this past year. Please see the flyer included with their logos and I hope you will visit with them and say thank you for supporting our Market.

Our first event for the new season will be Celebrate Agriculture on March 19 and the Friday Night Hoedown season will start on April 1.

I look forward to seeing you soon in 2022! -Jenny



Horsing and Cowing around at the Farmers Market.



A special thank you to our 2021 Annual and Special Event Sponsors for their support!

> We are looking forward to another year together!











































































































The Virginian-Pilot



CHECK OUT THE FOLLOWING PAGES FOR THE LATEST NEWS FROM



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Andrea Davis, Horticulture Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-359-1913

<u>adavis@vbgov.com</u>

A New Year and Time for New Knowledge!

Virginia Cooperative Extension has many opportunities for you to learn new gardening information through our workshops, live online lectures, and publications. More information on educational events and programs can be found at https://www.vbmg.org/events.html or by emailing the Virginia Cooperative Extension Office at vbmghelp@vbgov.com.

·Rain Barrel Workshops are back!

Join us starting in March to learn about stormwater management and then make your own rain barrel to use at your home. Registration is required and can be found a thttps://www.vbmg.org/rain-barrels.html.

•Our series of Gardening Talks and Workshops kicks off in February with a line up of great live lectures via Zoom and two hands-on workshops in 2022.

Make sure to keep updated on upcoming events at https://www.vbmg.org/.

·Looking to do some research on your lawn and garden needs?

Get science-based, research-backed information at our *Educational Resources* site -<u>https://resources.ext.vt.edu/</u>. You'll find information on plants, pests, beneficials, and so much more.





We've expanded our **Seed Library**...again! You can now visit and get your free seeds at the MEO Central Library, Princess Anne Library and Kempsville Library. We offer flower, vegetable and herb seeds which change monthly. Take advantage of this chance to jump start a new garden or expand an existing garden.

HORTICULTURE

Do you want to Volunteer?



If you are looking for opportunities to volunteer in the New Year, consider becoming an Extension Master Gardener Volunteer in Virginia Beach. Training classes are held in the fall. The 2022 class will be offered on nights and weekends for those with weekday obligations.

Look for more information about our Orientation Sessions in Spring for the 2022 Fall Training Program at https://virginia-beach.ext.vt.edu/programs/horticulture.html.

Upcoming VCE Educational Events

(*Zoom links and more information at https://www.vbmg.org/gardening-talks-and-workshops.html)

Feb 7 – Gardening Talk: **Native Groundcovers and Alternatives to Lawns**, 7:00pm via Zoom

Feb 10 – Gardening Workshop: **Beginning Plants for the Summer Garden from Seed**, 12:00pm-2:00pm, Princess Anne Masonic Lodge, *Pre-registration required*

Mar 7 – Gardening Talk: Wildlife Corridors: How Native Trees and Plants can Restore HR Biodiversity, 7:00pm via Zoom

Apr 18 – Gardening Talk: **Bees: The Good, the Bad, and the Ugly**, 7:00pm via Zoom

Green Industry Professional Development Opportunities

Feb 16 – Commercial Pesticide Certification Review Class, VTC Come to the Bay @ Oceanfront Sheraton https://vaturf.org/come-to-the-bay/

Mar 9 – VCE Pesticide Re-certification Class, Norfolk Categories 3a, 3b, 10, 60

https://virginia-beach.ext.vt.edu/programs/horticulture.html

As always, our Extension Master Gardener Help Desk is here to help with your horticulture questions. Our Help Desk can be reached at vbmghelp@vbgov.com or 757-385-8156.

We will also have our
Ask-A-Master Gardener off-site
units starting back in March
across the city. Bring your
questions to our Ask-A-Master
Gardener booth at the Farmers
Market on March 19. We'll be
back by the demonstration
gardens.







CLOVER CLIPS

22 18 USC 707

Virginia Beach, VA

January 2022

What is 4-H and what does the organization offer?

Upcoming 4-H Programs

- 4-H Camp Counselor Applications: Happening NOW
- 4-H Camp Counselor Interviews: Taking place in January & February
- Ham Project: Hams will be picked up in mid January to begin the curing process.
- 4-H Day at the Capitol: January 19, 2022
- Embryology Project: February- sign-ups, March-Incubation period
- District Contest: March 12
- 4-H Camp Registration Opens: March 25
- VB 4-H Camp: August 1-5, 2022

4-H is more than what you think it is. So much more!

What exactly is STEAM? STEAM stands for Science, Technology, Engineering, Agriculture and/or Arts, and Math. The foundation of 4-H educational programs is routed in hands-on learning, also called experiential learning. That experiential learning is what helps our youth gain invaluable life lessons and experiences enabling them to become productive and successful adults.

Many think of 4-H as only being about animals or crops, but 4-H is much more. 4-H is Civic Engagement. Through the structure of our clubs, our youth learn how to run an effective business meeting. They learn the roles and responsibilities of officers and the importance of planning and community service. Our clubs choose a community service project or two that they complete together. Our 4-H pledge charges our youth with being better people and living healthy lives in order to improve our communities, country, and world. 4-H also has a state wide Day at the Capitol that happens every January. Our youth participate in tours of the capitol building and the Virginia General Assembly. They participate in workshops where they learn to write a Bill by writing a Bill. They then walk their Bill through the steps to make it Law. This has resulted in youth from Southwest Virginia proposing an actual Bill that is currently making its way to becoming law.

4-H also has multiple delivery modes which includes partnering with schools for SOL supporting In-School Enrichment. With these activities, 4-H uses research based curriculum and lessons to teach youth about STEAM using hands-on experiments and activities that incorporates school gardens, computer science, technology, and robotics, all the while diving deeper into SOLs. Parkway Elementary and Renaissance SECEP are both receiving this programming.

Continued on page 2



Virginia Cooperative Extension Virginia Tech • Virginia State University

Virginia Beach 4-H is excited about it's new partnership with Parkway Elementary and SECEP

4-H In-School STEAM lessons are in full swing!





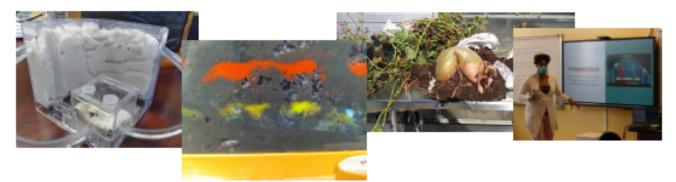


Using cream and cocoa powder, students at Parkway Elementary observed how heat below the crust impacts tectonic plate movements causing changes to landscapes.

4-H Agent, Jonette Mungo and SNAP-ED Agent, Bertrille Lomax recently delivered a lesson on plate tectonics to 4th Grade students at Parkway Elementary. Students not only reviewed the layers of the earth and rock cycle, but they also related fossil fuel extraction and polar ice melt to the balance and movement tectonic plates.

School Principal, Dr. Katie Catania,

met with the 4-H Agent to discuss how 4-H programs could enrich the learning experience for her students. 4-H in-school enrichment is a free resource for schools. Lesson designs are planned with the cooperating teachers and delivered by the 4-H Agent with any necessary assistance from the teacher. Educational, developmental, and FUN!



Cooperating SECEP teacher, Mr. Curtis Moody invited 4-H to come in and work with students to incorporate Agriculture lessons with classroom instruction. His goal is to have students write a children's book about sweet potatoes to enter into a national youth contest. Lessons have included the use of 4-H ant and worm farms to demonstrate life below ground that helps all plants grow. Learning about the travel history of Christopher Columbus engaged students in understanding how trade and travel brought the sweet potato to the New World. Agriculture Agent, Roy Flanagan provided sample sweet potatoes affected by pest damage to illustrate other potential characters and problems that could add to their story. Students used the Plot Outline to brainstorm and map their story ideas.

And this is just the beginning of what 4-H in-school enrichment programming can offer students and teachers.

Be a 2022 4-H Camp

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

Apply Now!! 🔖 🤣



757-385-4769 or jmungo@vbgov.com



https://forms.gle/aTR4j10Do5pSgfuX6

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

CAMP IS AUGUST 1-5



Virginia Cooperative Extension

Virginia Tech • Virginia State University



www.ext.vt.edu

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, assual orientation, generic information, relification, or any effect basis protected by law.

VB 4-H Military Clubs Update

JEB Little Creek Urban Knights and Underwater Cloverbuds



A lot has happened at Little Creek 4-H Clubs in the past couple of months.

During National 4-H Week in October, Little Creek 4-H Clubs sponsored a daily scavenger hunt and a week long coloring contest.

This contest was judged by the staff of Sea Scape Youth Center, with 1 first place and 1 second place winner chosen from each age group. Both winners from each age group received a 4-H swag bag, as well as a ribbon. The first place winners also had their picture and contest entry displayed on a poster in the youth center.



CIVIC ENGAGEMENT

Ε

•

E

_

C

Ξ

President - Arianna C.

elected as officers:

T Vice President - Javelle W.

Secretary - Morgan C. & Elijah E.

Reporter - Dash H.

Historian - Amari M.

O

Ν

The following Underwater Cloverbuds were elected as officers for the 2021-2022 4-H year:

Members of both Urban Knights and Underwater Cloverbuds wrote speeches and created campaign

2022 4-H year. The following Urban Knights were

posters to run for officer positions for the 2021-

S Pledge Leader - Quinten B. Page - Aksel E.





In January, both clubs will resume working on their research projects. Tentatively, youth will present them to their parents, peers, and guests on January 26, 2022.

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

NAS Oceana Midway Manor





4-H Youth celebrated Military Family
Appreciation Month and recognizing Military
families in the Center by gifting them
handmade American Flag Keychains and a Hot
Chocolate Bar. 4-H Youth discussed the
importance of recognizing military families and
recorded other ways our Club can show our
support and gratitude for their sacrifices and
resiliency.







Midway Manor Youth participated in a community service project to complete no-sew fleece blankets for a local homeless shelter. Youth completed a

total of 20 blankets.



Midway Manor Youth took part in National 4-H
Week 2021. Youth participated in activities such
as Dental Hygiene, U Sing, Makey Makey,
Archery, Power of Wind and more! Youth were
able to practice rhythm and octaves during U
Sing, create computer codes during Makey
Makey, build working generators for the Power
of Wind, and practiced basic archery skills.



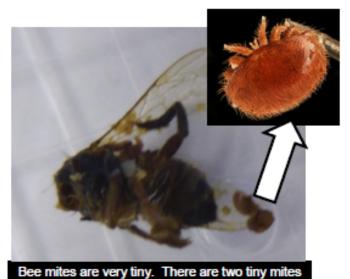


Native Bee display used at the Southeast Bugfest

At our recent meeting, Mr. Hodgie gave us an update on the club hive. Mites were discovered in our hive. A serious mite infestation can very quickly destroy a hive. It is fascinating to learn about what is required to keep our hive healthy and thriving. We routinely conduct hive inspections to keep our bees happy and healthy.

Foragers 4-H Bee Club

The 4H Foragers Club is a rewarding way to learn about how to care for bees. At the meetings, we participate in fun activities such as Bee Jeopardy and member presentations where we learn about bees, how to properly care for them, and what is needed to be an efficient beekeeper.



on the wings of this honey bee.



In October, the Foragers also had the opportunity to attend the Southeast Bugfest where members educated attendees about honeybees. Paul, Sarah, and William Byman attended and represented the club.

Bee Club members with their display table at the Southeast Bugfest.

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 You can also visit the club website at https://4hforagers.com/



Livestock Club

Learning Leadership by Leading

At the start of each new 4-H programming year, 4-H clubs elect new club officers. Club officers go through officer training where they learn how to conduct business meetings and lead their club to have a successful year. Once youth serve as officers for their club, they may run for office and hold positions at the District and State 4-H level.

Club officers for the 2021-2022 4-H Programming Year:

President: Kolby Snow

1st Vice President: Meadow Cortazzo
2nd Vice President: Suellen Sawyer
Beef Jr. Project Leader: Logan Gentry
Hog Jr. Project Leader: Lily Dawley

Lamb Jr. Project Leader: Kimberley Brickhouse Goat Jr. Project Leader: Anna Somerindyke Secretary: Genevieve Cortazzo

Treasurer: Conor Whalen Pledge and Motto Leader: Selena Perez

Sergeant at Arms (3): Will Sawyer, Matthew

Brickhouse, Jack Shepherd

Reporter-Historian: Francheska Ashbum

Pages (5): Junior Vaughan, Emily

Dawley, Harper Williams, Natalie Prescott, Colleen

Simpkins

Club meetings take place at the Creed Ruritan Club Complex on the 4th Monday of each month at 7pm.

Non-ownership and Skillathon team meetings are scheduled with those individual leaders. If you'd like more information on the club, or how you can participate, please contact Livestock Club leaders Kirby Malbone and Donna Vaughan vb4hlivestock@gmail.com

Or contact Jonette Mungo, VB 4-H Agent, jonetm4@vt.edu or 385-8153.



Livestock Club Officer Installation, 2021-2022

'Tis the season for merriment and good-will to all. Our Livestock club members and leaders took some time out to attend the Pungo Tree Lighting event. Time with Family, Friends, and Community is a must.

Their sweet treats baked for the event will offer sweet rewards for the club as funds are used to support club activities and projects.



Heart "H" is for Caring Hands "H" for Helping

The 4-H Craft Club

During the holiday season, our focus for the months of November and December has been community service here in the 4-H Craft Club. We thought there was no better time to reinforce the "giving (should do if we can do) attitude" to those in need all around us.







For the month of November, we supported the Hero Kids Card Program by creating many custom holiday cards to send overseas to the service men and women who are unable to celebrate the holidays with their families. We love this project as it provides them with some encouragement and hopefully a smile during the holidays. Spreading Christmas Cheer is all about telling others you care and appreciate all that they do and the pagrifices they and use

ate all that they do and the sacrifices they endure.







For the month of December, we supported Charity United Methodist Church-Food Pantry. Everyone partici-

pated by bringing in many various can goods to help those in need. We also created a holiday wreath ornament using the following materials: a mason jar lid, strips of fabric, twine, a button and a bit of hot glue.

Jean and Rose, our amazing leaders, have endless creative minds and it's a blessing to each of our crafters who have fun creating their own masterpieces.



4-H is always looking for dedicated and caring Adult Volunteers. Our organization has been around for almost 100 years. One agent is not enough to reach all the youth in our city. In fact, there are very skilled and passionate adults here who could start and lead a 4-H Club and/or Project.

Ask Yourself:

- ⇒ Do I have a passion, skill, or knowledge that I like to share with others?
- ⇒ Are there youth in my community who would benefit from positive youth activities and projects?
- ⇒ Could I spare 2 hours twice a month, or even once a month, leading youth to complete a fun project which I already enjoy doing?
- ⇒ Would having a positive impact on a youth's life make me happy?
- ⇒ Do I have more questions?

If you answered 'Yes' to the above questions, you should call our office and find out how you can make a difference in the lives of youth in our community and city. We will support and love you!

Call the Virginia Beach Cooperative Extension 4-H Office and ask us how you can become part of our family of 4-H Adult Volunteers.

Jonette Mungo, 4-H Agent - 757-385-4769

You can also email: jmungo@vbgov.com

Find and Follow us on the internet and Social Media: https://linktr.ee/Vabeach4h

Laurel Wilcox, ,SNAP, Senior Program Assistant Office: 757-385-4769 | Fax: 757-385-5684 <u>lwilcox@vbgov.com</u>

In the Fall, the Family Nutrition Program began a partnership with the VA Beach City Public Schools "Scratch Kitchen". Through growing, preparing, cooking and serving foods picked fresh from school gardens, the Kitchen" endeavors "Scratch cutting-edge of building a district-wide, sustainable food program for schools. Our goal is to encourage students to eat more fresh fruits and vegetables, by providing resources to assist with school gardens, researched-based facilitate nutrition education, establish food demonstrations in the classrooms and during physical education class, as well as coordinate with the "Scratch Kitchen" Chef, who designs creative and innovative food displays on site in school cafeterias. The **Veggie Train** was prepared by the "Scratch Kitchen" and cafeteria staff at various elementary schools. This concept, along with teaching about the amount of sugar in some of the most popular beverages, was initiated to promote healthy eating. It gives students an opportunity to select from an array of various fresh fruits





and vegetables, as well as assist them in making healthier and smarter food and drink choices.

Follow Virginia Beach Public Schools as they strive to complete their mission, by bringing fresh and local ingredients together, as they implement cooking from scratch to all VA Beach City Public School cafeterias.

m.facebook.com/pg/vbscratch1



Laurel Wilcox, ,SNAP, Senior Program Assistant Office: 757-385-4769 | Fax: 757-385-5684 <u>lwilcox@vbgov.com</u>

Eat Smart • Move More

Peanut Butter Muffins

Prep Time: 10 minutes

Total Time: 25 minutes













Ingredients

Nonstick cooking spray
1 banana, mashed
1 cup 1% milk
½ cup canola oil
¼ cup frozen apple juice
concentrate, thawed
¼ cup nonfat dry milk
¼ cup peanut butter
2 eggs, beaten
2 ¼ cups whole-wheat flour
1 ½ teaspoons baking powder
1 teaspoon baking soda

12 servings per container Serving size Amount per serving Calories	1 serving (80,59g)
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 6g	

Nutrition Facts

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

Directions

- Heat oven to 350°F. Spray a muffin tin with nonstick cooking spray or line with paper liners. Set aside.
- In a mixing bowl, combine the banana, milk, oil, juice concentrate, dry milk, peanut butter, and eggs. Mix thoroughly until mixture becomes creamy.
- Add the flour, baking powder, and baking soda to a separate mixing bowl.
- Stir the wet mixture into the dry ingredients, until moist. Mixture will be lumpy.
- Fill each muffin cup about 3/3 full.
- Bake for 15 minutes or until golden brown. Once muffins are done, remove from the muffin tin and allow to cool.

(Recipe from: http://kidshealth.org.)

Quick Tips

Did you know that you can freeze the muffins to make breakfast or snack time easier?
After you have baked the muffins, place them in the freezer in an airtight container for up to 12 months. To thaw them, simply place them on the counter at room temperature for 1 hour.

Follow us | Like us











www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex. age, disability, and reprisal or retailation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State Univer-Virginia Cooperative Extension programs and

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/ affirmative action employer.

Laurel Wilcox, ,SNAP, Senior Program Assistant Office: 757-385-4769 | Fax: 757-385-5684 <u>lwilcox@vbgov.com</u>

Eat Smart • Move More

Buffalo Chicken Spaghetti Squash

Prep Time: 15 minutes
Total Time: 1 hour





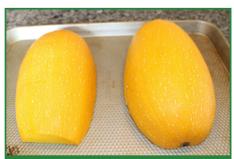


Ingredients

- 1 spaghetti squash, halved and seeded 5 tablespoons distilled vinegar
- 2 tablespoons ground cayenne pepper
- ½ teaspoon salt
- 1 ¼ pounds chicken thighs, cooked and shredded
- 2 celery stalks, thinly sliced
- ½ bell pepper, diced
- 2 green onions, thinly sliced



Directions



- 1. Heat oven to 350°F.
- Place spaghetti squash cut-side down on a baking sheet or pan. Bake for 30-40 minutes or until squash is tender.



While the squash is cooking, combine vinegar, cayenne pepper, and salt in a mixing bowl to make homemade hot sauce.



4. Once the squash is done cooking, allow to cool slightly before using a fork to gently scrape the squash strands into the mixing bowl. Reserve the squash shells.



- Combine remaining ingredients. Toss well to coat and spoon into the squash shells.
- Return stuffed squash to the baking sheet or pan and cook for additional 10-15 minutes.

(Recipe adapted from: https://therealfoodrds.com.)

Nutrition Facts 6 servings per container Serving size (516.71g) Amount per serving Calories 250 Total Fat 6g Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 90mg Sodium 170mg 7% Total Carbohydrate 29g 11% Dietary Fiber 7g 25% Total Sugars 11g Includes g Added Sugars Protein 21g Vitamin D 0mcg 0% Calcium 110mg 8% Iron 2.2mg 10% Potassium 740mg 15% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general

Follow us | Like us











www.eatsmartmovemoreva.org

This institution is an equal opportunity provider, In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP - and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/ affirmative action employer.

Jerome Lawrence, Adult EFNEP, Program Assistant Office: 757-385-4769 | Fax: 757-385-5684 ilawren@vbgov.com



The Virginia Family Nutrition Program

A Healthy Family Starts with *You!*



Team up with us to take charge of your health now!



Individual or small group settings by phone or online:

- Share delicious, low-cost recipes that fit into your budget
- Provide tips on meal planning and food shopping to save time and money
- Connect with others and get support in your healthy living journey

Come join the Family Nutrition Program and get many of these delivered FREE after program completion...



Join Us!

For more information contact:

JEROME LAWRENCE
Adult Expanded Family Nutrition
Education Program Assistant

Virginia Cooperative Extension 2449 Princess Anne Road Virginia Beach VA 23456

> tyelaw@vt.edu jlawren@vbgov.com (757) 385-8154

> > Follow Us | Like Us











"I loved learning to prepare new health foods that fit in my budget."

"I realized how much sugar was in my drinks, made a change, and I've already lost a few pounds."

> "Our group leader inspired me to make simple changes that have helped me feel great."

"I was so sad when the class was over. I'm ready to sign up again."



Bertrille Lomax, FCS SNAP-ED Extension Agent Office: 757-385-4629 | Fax: 757-385-5684 | Cell: 804-888-0070 blomax@vbgov.com or bertri5@vt.edu





USDA is an equal opportunity provider and employer.

United States Department of Agriculture





Find Your **Healthy Eating Style** & Maintain It for a Lifetime

Start with small changes to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating solutions—"MyWins." Choose foods and beverages from each food group—making sure that your choices are limited in sodium, saturated fat, and added sugars.

Make half your plate fruits and vegetables: Focus on whole fruits

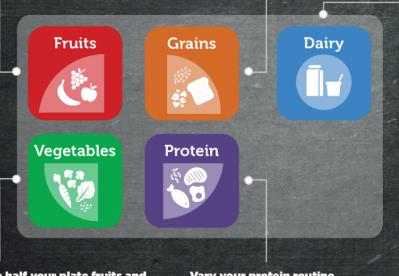
- · Choose whole fruits-fresh, frozen, dried, or canned in 100% juice.
- · Enjoy fruit with meals, as snacks, or as a dessert.

Make half your grains whole grains

- Look for whole grains listed first or second on the ingredients list-try oatmeal, popcorn, whole-grain bread, and brown rice.
- · Limit grain desserts and snacks, such as cakes, cookies, and pastries.

Move to low-fat or fat-free milk or yogurt

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on saturated fat.
- · Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Vary your protein routine

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- · Try main dishes made with beans and seafood, like tuna salad or bean chili.



Drink and eat less sodium, saturated fat, and added sugars

- · Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- · Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- · Drink water instead of sugary drinks.

Bertrille Lomax, FCS SNAP-ED Extension Agent
Office: 757-385-4629 | Fax: 757-385-5684 | Cell: 804-888-0070
blomax@vbgov.com or bertri5@vt.edu



Eat Smart • Move More

Rice Pudding

Prep Time: 5 minutes
Total Time: 50 minutes







Ingredients

3 cups 1% milk 1 cup brown rice ½ cups raisins

- 3 tablespoons sugar
- 1 tablespoon butter
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon



Directions



 Place milk, brown rice, raisins, sugar, and butter in a saucepan over medium heat.



Cook 35-45 minutes uncovered until mixture thickens, stirring often.





Nutrition Facts 4 servings per containe Serving size 1 serving (261.57g) Amount per servin 370 Total Fat 6g 8% Saturated Fat 3g 15% Trans Fat 0g Cholesterol 15mg 5% Sodium 90mg 4% Total Carbohydrate 68g 25% Dictary Fiber 3g 11% Total Sugars 31g Includes 9g of Added Sugars 18% Protein 10g Vitamin D 2mcg 10% Calcium 247mg 20% Iron 1ma 6% Potassium 528mg 10% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general

Follow us | Like us









www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP – and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/ affirmative action employer.

(Recipe adapted from: https://foodhero.org)





For more information



DONATE \$40 or more

and receive a RICHARDSON hat branded with our Farmers For Kids logo

Farmers For Kids is a campaign to build awareness for Virginia Agriculture in the Classroom while asking for support from farmers.



100% of your donation connects children to agriculture





Thanks to the sponsor of our #FARMERS4KIDS campaign



Help us reach our goal of \$15,000

EVERY DOLLAR DONATED...







CONNECTS A CHILD TO AGRICULTURE

Visit our website to learn more about our program and impact:

AgintheClass.org

Virginia foundation for Agriculture in the Classroom is an exempt organization as described in Section 501(c)(3) of the Internal Revenue Code. It is 100% funded through donations from individuals and business and industry partners.

Most donations are tax deductible.

#FARMERS4KIDS



2022 Event Calendar

Saturdays, 10 am to 4 pm | Craft Show at each event!



3640 Dam Neck Road | vbgov.com/farmersmarket facebook.com/vbfarmersmarket | 757-385-4388







April 23, 2022



May 14, 2022



June 18, 2022



September 17, 2022



October 15, 2022









SPECIAL THANKS TO OUR SPONSORS

















































































