

4TH QUARTER NEWSLETTER
OCT, NOV, DEC 2022



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www.vb.gov/agriculture

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Kathleen Sullivan, District Manager

Cory Hoar, Conservation Specialist

Message from the Director

Happy October to everyone as we welcomed in Autumn on September 22nd. There is a lot going on from an agricultural perspective as farm operations are harvesting corn and soybeans, and planting cover crops. Farms are preparing for seasonal vegetable supply and demand as consumers look to add locally grown autumn farm produce to their meal plan. Agritourism sees a positive strong boost in the fall season. People of all ages visit the local farms to take part in pumpkin picking, corn mazes, hayrides, and shopping for locally grown produce. By visiting a farm that offers agritourism one gets a feel for what a farm is and what it has to offer. Agritourism provides the opportunity to have the on-farm educational experience. It gives the visitor the ability to see, learn and possibly interact with the agricultural operation, farm livestock or just the opportunity to simply be outside. There is always something for everyone to enjoy.

As noted in this publication, the Farmers Market is busy with special events taking place each month: Harvest Fair and Hokie Bugfest in October, Fall Festival in November, and Santa's Workshop in December. The Hoe Down season ends on Friday October 28th. Thank you to all the bands that took part this season, as well as the many visitors who came out to listen and dance. Special thank you to the Farmers Market sponsors. Each business that participates in becoming a sponsor helps the Farmers Market events happen each year.

A reminder to keep an eye out for farm equipment moving up and down our roads as the farmers move equipment from field to field.

I hope you all have a wonderful, safe and healthy fall season.

Best to all of you.



Robert Harper

Grain Marketing Specialist

804-290-1105

Robert.Harper@vafb.com



Upside Participation and Downside Protection

You are in the middle of a great harvest in your beautiful section of Virginia and our hats are off to you as you reap what you have sown and protected. All the folks with Virginia Farm Bureau wish you a safe and timely harvest. We also send well wishes and thanks to those managing and running our delivery destinations. Our agriculture industry in this regard is instrumental to your success. These people do a special service to Virginia Agriculture and your individual operations.

We know this crop coming off cost more to plant, protect and harvest than any crop in your farming career. Every year is high stakes but 2022 is “extra” high stakes from multiple perspectives. A year ago today, there was much discussion about input availability. Price of these inputs was not even in those conversations. We all are thankful looking back that our suppliers came through and you were able to purchase what you needed. This is what Americans are known for and especially you in production agriculture - getting work done. We will all remember much about this year, and I believe PRICE will be in the top 5 of the list.

This is true from both sides of your operation – input price and cash sales price. Producers had to quickly adjust marketing plans - specifically price targets as we saw production costs per acre rise to unprecedented levels. When you were buying and securing your inputs in February the unthinkable happened – a ground war in the European breadbasket began. Fear went through the world at the same level it spread through Covid-19. Futures price on the Chicago Board soared. Specific commodities went to 10-year highs and others to all-time highs. Traders were grappling with losing about 30 % of world wheat supply. Many of you saw your price targets to make cash grain sales fill as futures rose with speculator interest and buying. The war in Europe is only one of the global influences impacting your local cash price. Exports, weather, politics, inflation are but a few more on the long list of price influences. Remember, no one can predict the future.

Today you need to keep active in your marketing. Stay awake with the influences that are impacting the futures price and the local basis price you receive for your grain and beans. Keep the relationship with your buyers very current and active – at least weekly conversations. Continue to make small percentage of crop sales on regular intervals to receive the average price for your production during this volatile marketing period. These regular sales will allow you to have upside participation when a price rally occurs and protect you from larger exposure to downside price moves. When you sell cash bushels you are creating a minimum price for your entire production.

You are very good at what you do and remember you grew it to sell it at a profit. Market with the expectation that big price moves will continue to occur for the foreseeable future. Market with confidence as you price bushels at a profit.





AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

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Why do we need Conservation Easements?

Conservation easements such as the City of Virginia Beach Agricultural Reserve Program (ARP) help to protect important agricultural land, natural resource and open spaces in ways that planning and zoning cannot always accomplish.

Comprehensive plans and zoning regulations are produced and amended by decision makers within the community. The folks in these positions can change regularly, through appointment and election, and their collective views about land use may also change. Conservation easements, such as the ARP, offer a permanency to land protection that cannot be achieved through community planning. Rather they offer a complementary method of protecting important agricultural and timber land for the future in perpetuity through a voluntary agreement that conveys with future owners of the land.

A common misconception about our program is that the restrictions end once the payments stop. The easement is perpetual, meaning that it is attached to that parcel forever. While there are some restrictions, common practices for agriculture and timber management are allowed.

Special circumstances may arise, and our Agricultural Advisory Commission may look at innovations in the industry that weren't even thought of when the program was developed. In this way, we attempt to evolve the program to accommodate the expanding markets of agriculture and their associated needs.

If you are looking to preserve your agricultural or timber acreage, our Agricultural Reserve Program may be a good fit for your family. If you are more interested in higher impact recreational activities on your land, such as dirt bike or 4-wheeler trails, then our program would not be appropriate for your land.

Unfortunately, when farmers retire or pass away heirs who may not have the desire or ability to carry on the farm's agricultural activities put their inherited land up for sale, hoping to realize the highest possible sales value. The ARP allows farm families one way to protect land for future generations, while providing income for capital and other investments, expansion, or debt relief. If you are interested in discussing how the ARP might work for your family farm, please give me a call.

Wishing you all the best in the coming holiday season!

WHAT'S HAPPENING IN OUR RURAL COMMUNITY



Jenny McPherson, Rural Community Coordinator
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It's hard to believe that the Fall season is already upon us, but I am glad and excited for cooler temperatures to be on the way! Our farmers are busy in the fields harvesting their crops, so please be mindful of farm equipment moving along our roads as you travel. We have many farmers that are gearing up for Fall by opening their farms to the public for pumpkin sales, hayrides, corn mazes, and lots of fun activities for the family,

The Farmers Market hosted our Apple Extravaganza event in September, and it was a beautiful day. The Butterfly Society of Virginia hosted their fall plant sale and we had over 90 vendors and sponsors in attendance. The Master Gardeners visited with many families in our educational gardens and the Rural Heritage Center. Our next event is Harvest Fair on October 15th. We will have a pumpkin decorating/carving contest, as well as a coloring contest for the kids. I hope that you can also join us on November 5 for Fall Festival and December 3 for Santa's Workshop.

I would like to thank Cailyn Beatty for serving as our Farmers Market Office Assistant for the past year. Cailyn had the opportunity to advance in her career with EMS, so I want to wish her well in her new

position. Brenna Smith joined our team in September and serves as our new Office Assistant. Welcome Brenna!

I also wanted to say thank you to the many departments that have helped us over the past few months at the Farmers Market. We had some interesting situations occur with a small electrical fire that left us running on generator power for several months, a water line break, and some structural issues on some of our buildings that needed repair. Many thanks to Facilities Management and Building Maintenance Electrical, Plumbing, Carpentry and HVAC teams, Fleet Management, Fire, and Stormwater for managing and completing the work needed to keep us up and running! Their hard work and dedication is very much appreciated.

I hope everyone has a successful harvest season, a Happy Thanksgiving, and a Merry Christmas with your family!

Come join us for our remaining Friday Night Hoedowns of the season:

October 7	The Country Rockers
October 14	Dallas Band
October 21	Timeline
October 28	RawBeet's

CITY OF VIRGINIA BEACH

FARMERS MARKET

FUN, FRESH FOOD & ART

3640 DAM NECK ROAD
VIRGINIA BEACH, VA 23453



**FALL IS IN THE AIR -
COME CHECK OUT ALL THE GOODIES and
OUR FALL SPECIAL EVENTS !!!**





VIRGINIA BEACH

FARMERS
MARKET

HARVEST FAIR

• SATURDAY, OCT. 15 •



VIRGINIA BEACH

FARMERS
MARKET

FALL *Festival*

• SATURDAY, NOV. 5 •



VIRGINIA BEACH

FARMERS
MARKET

SANTA'S WORKSHOP

• SATURDAY, DEC. 3 •

THE FOLLOWING PAGES ARE
FROM
THE VIRGINIA BEACH STAFF
OF
THE VIRGINIA COOPERATIVE EXTENSION.



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AGRICULTURE AND NATURAL RESOURCES



Roy D. Flanagan, Extension Agent

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Please Join Us for the 2022 Annual Small Farm Conference Farming in Challenging Times



November 3-4, 2022

The Renaissance Hotel, 425 Water St, Portsmouth, VA

\$50

Farming in Challenging Times is doable with the information and support networks you'll gain at the 2022 Small Farm Outreach Program Annual Conference. You'll be empowered by expert speakers, panelists, and other farmers! Develop relationships during networking opportunities and vendor exhibits. Gain insights during panel sessions and bus tours. Panelists will discuss financial fitness, crop insurance, marketing, farm safety, mental health, soil health, and disaster preparedness. Bus tours include a boxed lunch and visits to these Virginia Farms: Slade Family Farm in Surry, Dayspring Farm in Cologne, and Bees Knees Farm in West Point. Invest in yourself and your enterprise. Join us and see what blossoms in the year ahead!

Register at
ext.vsu.edu/calendar

For more information, contact Nadine Jackson
at 804-895-0198 or njackson@vsu.edu



Visit ext.vsu.edu for information on this and other upcoming events.



VSU COLLEGE OF AGRICULTURE
@VSU_AG



HORTICULTURE

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Fall is a great time to garden!

Join us for several upcoming events to learn more about your lawn and garden.

Discover more about the critters in your lawn and garden at the **Southeast Hokie BugFest** on **October 8, 2022**, from 10:00 a.m. - 2:00 p.m. at the Virginia Beach Farmers Market (3640 Dam Neck Rd). This family-friendly event will allow you to learn why we need these creatures, how to find them and how to attract or discourage them. Come see the many vendors including live insect displays, vermicomposting, and "bug treats" and participate in an insect scavenger hunt, seed giveaway, and children's activities.



Consider adding a **rain barrel** to your home and garden to capture rainwater and provide a free source of water for your plants.

At our workshops you'll learn about our local water systems and make a rain barrel to take home.

You can register for our October 8 event at <https://www.vbmg.org/rain-barrels.html>.

Join us for our new gardening series

Talking Dirt – Tips for the Casual Gardener

at the Kempsville Recreation Center. The sessions include FALL: How to brighten your landscape and get a head start on spring (October 12), Winding down for Winter (November 9), and Pot Crops: Potted Plants for the Holidays and Beyond (December 7).

Registration is required through the Kempsville Recreation Center.

Visit

<https://anc.apm.activecommunities.com/vbparksrec/activity/REGISTRATION>

for registration information.



Hurry – space is limited, and slots fill quickly!

HORTICULTURAL - *continued*



AS WE NEAR THE YEAR'S END, EVALUATE
YOUR LAWN AND LANDSCAPE.

How did your plants perform this year?

Did you face any pest issues?

What changes will you make for 2023?

Let the VCE Master Gardener Volunteers
help you with these and other gardening
questions.

Our Extension Master Gardeners are
available to help you by phone at
757-385-8156

or

email vbmghelp@vbgov.com.



ATTENTION:

Green Industry professionals

For our Green Industry professionals, we will be offering commercial pesticide re-certifications classes starting in November 2022 for those who expire in June 2023.

We will offer multiple sessions prior to June 30, 2023.

Check our website

<https://virginia-beach.ext.vt.edu/programs/horticulture.html> for event details and contacts for registration.



2022 SOUTHEAST VIRGINIA

HOKIE BUGFEST

**CHILDRENS ACTIVITIES
INSECT DISPLAYS
MASTER GARDENER HELP DESK
MASTER NATURALISTS DISPLAY
POLLINATORS
SCAVENGER HUNT
SEED GIVE AWAYS**

October 8, 2022

10:00 TO 2:00 PM

Virginia Beach Farmers Market

3640 Dam Neck Rd.

Virginia Beach, VA 23453

(Rain date: October, 8, 2022)



Scan the QR Code or visit
<https://sites.google.com/vt.edu/southeast-hokie-bugfest/home> for
more information!

FREE ADMISSION

PLEASE CONTACT ANDREA DAVIS, (757) 385-4769 OR
AWISE@VT.EDU, FOR MORE INFORMATION



Virginia Cooperative Extension
Virginia Tech • Virginia State University

IF YOU ARE AN INDIVIDUAL WITH A DISABILITY AND DESIRE ANY ASSISTIVE DEVICES, SERVICES OR OTHER ACCOMMODATIONS TO PARTICIPATE IN THIS ACTIVITY, PLEASE CALL THE VIRGINIA BEACH VCE OFFICE AT 757-385-4769, 10 DAYS PRIOR TO THE EVENT

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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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Creative Holiday Gift Saving Ideas



The holidays are fast approaching and should be a time for happiness and celebration. Most families look forward to gifting giving, holiday activities, and visits with loved ones. However, this time of year can also be stressful with hectic shopping trips, budget planning, and the holiday "hustle and bustle".

Holidays can be even more complicated when finances (especially credit cards) become overwhelming.

Instead of relying on credit cards, which may bring you unwanted bills after the holidays, or risking possible overspending, use a different approach to gift-giving this holiday season. Focus on alternative gifts for your family and friends without spending a fortune. The following suggestions can help you to reduce holiday expenses and encourage you to make gifts that will be treasured by your family and friends for years to come.



- Make a Story Book as a gift. Gather old pictures. If all your pictures are on your phone you can also print them. Then attach your pictures to a photo album. Inexpensive photo albums can be found at most discount and hobby/craft stores. For an added touch write a caption of the picture; this will help to personalize the book and bring special memories.

- Make some of your favorite homemade jellies, jams, pickles, and chutneys to give as gifts. Dress them up by cutting a square of fabric (approximately 2 inches larger than the jar opening of the container) with pinking shears and place it between the lid seal and lid ring for an extra special touch. These kinds of gifts also work well in basket themes.

- Baked goods using your favorite recipes will make excellent gifts. Cookies, cakes, muffins, and sweet breads are good food gifts. Stick to easy recipes (and be aware of possible food allergies, such as peanuts, etc.). Cover the food with cellophane wrap, tie it with a bow, and a gift tag. Include the recipe for an extra-special touch. This type of gift can also work well as a family activity for all ages.

- Fill a basket with ingredients for your favorite dish and include the recipe. Wrap the basket in cellophane and close with ribbon. Inexpensive baskets and containers can be found at local discount and second-hand stores.

FAMILY AND CONSUMER SCIENCES

- Offering to watch children overnight and fill a basket with food for dinner and breakfast the next morning (avoid perishable items) would be an excellent gift for a busy couple.
- Decorate a tote bag (which can be found at discount stores and craft stores) with fabric paints. Fill the tote bag with various small gift items.
- Personalize a sweatshirt or t-shirt with fabric paints. Fabric paints can be found in most discount and hobby/craft stores. Follow the paint directions carefully.
- Consider used clothing and items that are in good condition. Many thrift shops and second-hand stores have interesting items (and many have never been used) that can make unique gifts.
- Make decorative vases by decoupage flowerpots. Use tissue paper and clear glue or a special decoupage finish found in hobby stores to cover plastic and terra cotta flowerpots that can then be used to hold pencils, scissors, etc. The decoupage vases could also be used as accent pieces for home decor.

Remember the holidays are about spending quality time with family and friends.

Happy Holiday from Family and Consumer Sciences!



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FAMILY AND NUTRITION PROGRAM

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What to do with... **Spaghetti Squash**



- **Steps to prepare spaghetti squash:**

1. Wash the squash
2. Cut the squash in half lengthwise
3. Remove the seeds and then do one of the following:
 - Boil
 - Sauté
 - Steam
 - Roast

- **Store at room temp up to 1 month in dry, dimly lit area (ex: pantry or cupboard)**

- **Can be made into squash boats, fritters, casseroles, and hash browns**

- **Winter squash**
- **Has sweet, nutty flavor**
- **Once cooked, inside looks like thin strands of spaghetti (namesake)**



General nutrition information:

- Great substitute for pasta.
- Offers anti-oxidants not found in pasta.



FAMILY AND NUTRITION PROGRAM

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Family Nutrition Program ~ "Teen Cuisine" Cooking Camp

Teen Cuisine and the Family Nutrition Program Teams Up with the Virginia Beach City Fire Department

This year, Virginia Beach Firefighters from Station #5 joined our "Teen Cuisine" Cooking Camp, by engaging local youth in nutrition education and hands-on cooking experiences. The firefighters were instrumental in facilitating tips on "fire safety in the kitchen" and assisted youth with food preparation activities.

Developed by Virginia Tech and Virginia Cooperative Extension (VCE), "Teen Cuisine" Cooking Camp, teaches teens from 6th to 12th grades, focusing on cooking skills, nutrition education, food safety and the importance of incorporating physical activity into every day.

The program delivers healthy living programs, supports research-based learning curriculum, as well as foster youth with opportunities in learning to make healthier food and drink choices. The youth are also provided with healthy recipes, along with fun and free incentives to take home.

The program also provides resources for food preparation, in order to assist youth with practicing and learning healthier eating habits. For over two decades, Virginia Cooperative Extension Family Nutrition Program has been instrumental in providing school wellness initiatives.



Family and Nutrition Program - *continued*

Laurel Wilcox, ,SNAP, Senior Program Assistant
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Eat Smart • Move More

Honey of a Pumpkin Bar

Prep Time: 10 minutes

Total Time: 35 minutes



Ingredients

Nonstick cooking spray
2 cups whole-wheat flour
1/3 cup nonfat dry milk
2 1/2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon ground allspice
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1 cup canned pumpkin
2/3 cup honey
1/2 cup orange juice
1/3 cup canola oil
2 eggs

Nutrition Facts

15 servings per container	
Serving size	1 serving (69.44g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 105mg	5%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 12g of Added Sugars	24%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 39mg	2%
Iron 1mg	6%
Potassium 154mg	4%

*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

- Heat oven to 350°F. Coat a baking sheet with nonstick cooking spray.
- In a mixing bowl, combine flour, dry milk, cinnamon, baking soda, and remaining spices. Set aside.
- In a separate mixing bowl, thoroughly mix pumpkin, honey, juice, oil, and eggs.
- Gradually add flour mixture into the pumpkin mixture. Stir until smooth.
- Spread batter into the baking sheet. Bake for 15-20 minutes or until golden brown. Cool and cut into squares.

Quick Tips

- ▶ Canned pumpkin is fat-free, sodium free, cholesterol free, and naturally sweet, containing no added sugars.
- ▶ 1 cup of canned pumpkin provides your body with significant amounts of dietary fiber and Vitamin A.

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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 retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



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(Recipe adapted from Montana State University Extension Service, as listed at: <https://www.whatscooking.fns.usda.gov>)

www.eatsmartmovemoreva.org

FAMILY AND NUTRITION PROGRAM

Jerome Lawrence, Adult EFNEP, Program Assistant
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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...



Eat Smart•Move More

Virginia Cooperative Extension • Family Nutrition Program

Join Us!

For more information contact:

JEROME LAWRENCE
Expanded Food and Nutrition
Education Program

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Virginia Beach VA 23456

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(757) 385-8154

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"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."

Family and Nutrition Program - *continued*

Virginia Cooperative Extension Expanded Food and Nutrition Education Program (EFNEP)



HIGHLIGHTS FROM SUMMER PROGRAMS

Adult Nutrition
Education Class that
was held in
September at the
Rural Heritage
Center located at the
Farmers Market in
Virginia Beach.



Family and Nutrition Program - *continued*



HIGHLIGHTS FROM SUMMER PROGRAMS

**Virginia Cooperative
Extension**

**Expanded Food and
Nutrition Education
Program (EFNEP)**



**Food and Nutrition
Mini Lessons**

Seatack Elementary School

Community Garden Project

Clean Up and Harvest

Virginia Beach - Summer 2022



Virginia Cooperative Extension

Expanded Food and Nutrition Education Program (EFNEP)

HIGHLIGHTS FROM SUMMER PROGRAMS



Marie Culver and the little helpers.

Seatack Elementary School

Community Garden Project

Clean Up and Harvest

Virginia Beach - Summer 2022

Eat Smart • Move More
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Family and Nutrition Program - *continued*



Virginia Cooperative Extension

Expanded Food and Nutrition Education Program (EFNEP)

Seatack Elementary School

Community Garden Project

Clean Up and Harvest

Virginia Beach - Summer 2022

HIGHLIGHTS FROM SUMMER PROGRAMS



Family and Nutrition Program - *continued*



**Virginia Cooperative
Extension**

**Expanded Food and
Nutrition Education
Program (EFNEP)**

HIGHLIGHTS FROM SUMMER PROGRAMS



Community Partners

Chesapeake WIC

World Breastfeeding
Inaugural Community
Outreach - August 2022



Family and Nutrition Program - *continued*



**Virginia Cooperative
Extension**

**Expanded Food and
Nutrition Education
Program (EFNEP)**

HIGHLIGHTS FROM SUMMER PROGRAMS



Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

Hydration Station

Community Partners

**Chesapeake Redevelopment
and Housing**

Owens Village

Community Outreach

June 2022



FAMILY AND NUTRITION PROGRAM

Jerome Lawrence, Adult EFNEP, Program Assistant
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jlawren@vbgov.com



Healthy Eating and Healthy Cooking

Affordable and healthy snacks and meals
for you and your family

Receive free cooking utensils at each class and a
slow cooker on completion of a 8-lesson series.



For more information contact:

Jerome Lawrence
Expanded Food and Nutrition
Education Program

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



www.eatsmartmovemoreva.org



4-H CLOVER CLIPS

October 2022 4th Edition

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4- H Programs have plans for expansion to reach new audiences in the city!

October 1st marks the beginning of the new 4-H programming year and this year there are plans to expand 4-H programs and offerings to reach more youth throughout the city.

Many youth and families in Virginia Beach are still unaware of the opportunities available for families and youth through 4-H programs. This program year there are plans to partner with more schools and work together to increase family and community engagement with educational youth programs both formal and informal.

Teachers can sign up to have the 4-H Agent come out and deliver programs directly to their students. All programs align with state SOL standards and offer a hands-on experience for students that is

proven to increase information retention and teach students life applicable ways in which classroom learning can impact their lives.

Any Virginia Beach resident can also participate in our programs and community-based 4-H Clubs. Information can be found on our website:

<https://virginia-beach.ext.vt.edu/programs/4-H/our-clubs.html>





Learn more about some of our most popular programs here:

<https://virginia-beach.ext.vt.edu/programs/4-H/ourprograms.html>

Register for our School, Family, and Community Programs

Now you can sign-up to participate in our programs with your entire family participating together. All you have to do is register on our website.





There are many offerings for youth, families, schools, and the community to participate with 4-H. Each has their own page and sign-up. These Educational Program offerings can be found on the below website:

<https://sites.google.com/vt.edu/virginia-beach-4-h-inschools/home>

Program Offerings:

4-H Ham Project Introduction and Overview

Tuesday, October 11, 2022, at 4:30 p.m. - 5:30 p.m. at Hampton Roads AREC, 1444 Diamond Springs Rd, Room 125, Virginia Beach, VA.

Rabbits in the Classroom Habitat/Niche Orientation and Training

Thursday, October 20, 2022, from 4:30 p.m. - 6:00 p.m. at the VB Extension Office, 2449 Princess Anne Rd, Building 14, 2nd Floor, Virginia Beach, VA.

4-H STEM Challenge

***FREE KIT TO THE
FIRST 4 REGISTRANTS!***

Monday, October 24, 2022 at 4:30 p.m. - 6:00 p.m. at the VB Extension Office 2449 Princess Anne Rd, Building 14, 2nd Floor, Virginia Beach, VA .



4-H Embryology Orientation

Thursday, December 1, 2022, from 4:30 p.m. at Hampton Roads AREC, 1444 Diamond Springs Rd, Room 125, Virginia Beach, VA.

Surviving Jamestown Classroom Series Orientation

Register to learn about a 4-H classroom experience that can come to your classroom or and homeschool group. Tuesday, November 29, 2022 at 4:30 p.m. - 6:00 p.m. at the VB Extension Office, 2449 Princess Anne Rd, Building 14, 2nd Floor, Virginia Beach, VA.

4-H Day at the Capital

Wednesday, January 18, 2023. Schools, clubs, and families travel to Richmond, VA for an immersive experience in VA government and history.



4-H Club Meetings



Craft Club

The next 4-H Craft Club meeting will be October 10, 2022 at the Creeds Ruritan Community Center at 6:30 p.m. Our club membership is limited to 12 with priority enrollment given to returning club members from the 2021-2022 4-H year.

For more information and to get on the notification list, please contact:

Ms. Jean at jeankpowers@aol.com or

Ms. Rose at sandcrab151@cox.net



Top Shooters Club

Highly trained and skilled adult club leaders help youth master firearm safety, marksmanship, and teamwork while training in sport and competition shooting.

For more information, email: vb4htopshooters@gmail.com

or visit: <http://vb4htopshooters.com/>



Livestock Club

Meetings take place on the 4th Monday of each month at 7pm at the Creeds Ruritan Club Complex. Non-ownership and Skillathon team meetings are scheduled with those leaders.

For more information, please, contact the Livestock Club leaders Kirby Malbone and Donna Vaughan vb4hlivestock@gmail.com



Foragers Beekeeping Club

The club teaches members about the importance of honey bees and how to care for them and gives them the opportunity to earn their own beehive.

Meetings are every third Tuesday of the month at 6:30 p.m. at the Extension Office as well as occasional field days for hands-on learning.

For more information, contact Amy Byman at info@4hforagers.com



4-H Club Meetings

WAVERIDERS 4-H HORSE CLUBS

Leaders: Lou Cummings and Kerry Simpkins

The Virginia Beach 4-H WAVERIDERS meets at Confederate Farms Stable on the first Sunday of the month at 2 p.m.
<https://confederatefarms.wixsite.com/confederatefarms/4-h-waveriders>

SEAHORSE RIDERS 4-H HORSE CLUBS

Leader: Kerri Land

Sea Horse Riders is open to youth ages 5-18 who are interested in horses and other 4-H projects. Sea Horse riders meet the second Tuesday of each month at various locations.

For more information, please contact
Club Leader Kerri Land
khudsonland@gmail.com



4-H Military Partnership focuses on positive youth development through providing opportunities for youth to engage in intentional learning experiences.

As military families move frequently and experience the difficulties surrounding deployment and reintegration, 4-H provides predictable programming and a safe and nurturing environment for military connected children and youth to excel.

If you are a military family, you can contact the CYP at the following bases to enroll your child in a military 4-H Youth Program

NAS Oceana


Midway Manor
Green Wings
Teens
Barley Buds
Golden Leaves


JEB Little Creek

Underwater
Cloverbuds
Urban Knights

JEB Fort Story

Knight Riders
Knight Riders
Cloverbuds





**You can find the full-length version
of our Virginia Beach 4-H *Clover
Clips Newsletter* on our webpage
and social media sites.**

<https://virginia-beach.ext.vt.edu/news/CloverClips.html>



Scan me to find all of
our webpages and
social media links in
one place or follow
this link.

<https://linktr.ee/Vabeach4h>

**Jonette Mungo
Virginia Tech Extension Agent,
4-H Youth Development**

**City of Virginia Beach ExtensionOffice
2449 Princess Anne Road
Virginia Beach, VA 23456**

Office: 757.385.4769

Direct: 757.385.8153

Fax: 757.385.5684

jmungo@vb.gov



VIRGINIA BEACH

FARMERS MARKET

2022 Event Calendar

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



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



SPECIAL THANKS TO OUR SPONSORS

