

2ND QUARTER NEWSLETTER
APR, MAY, JUN 2023

CONTACT US

agriculture.viriniabeach.gov



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

Ken Thoms, Market Supervisor

Kristine Michael, Program Educator

Brenna Smith, Office Assistant

VACANT, Operations Assistant

Virginia 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

Tina Gray, Administrative Assistant

Master Gardeners Help Desk

757-385-8156

FEDERAL PROGRAMS

Family & Nutrition Programs

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

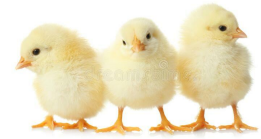
Virginia Dare Soil & Water Conservation District

757-385-4775

Kathleen Sullivan, District Manager
Cory Hoar, Conservation Specialist



Agriculture



Message from the Director

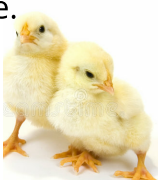
Happy April 1st to all and I hope you enjoy our Agriculture newsletter. The goal of the quarterly newsletter is to introduce our readers to what is going on in April through June from an Ag perspective. The easy point of reference is crop planting season, as well as Virginia Beach's well known strawberry season takes center stage. Thus, the time for all citizens and visitors to enjoy Virginia Beach's finest strawberries. Come out and pick some berries to support our local strawberry farmers. You will enjoy the time on the farm and have some of the best strawberries. Check out the local strawberry guide that is in this edition of the newsletter.

There are lots of things going on, from Farmers Market special events and Friday night hoedowns, Master Gardeners Spring Plant sale to 4-H Club Livestock Show & Sale in June. What a great way to see 4-H youths participating with their livestock in person at the Creeds Ruritan Club in Back Bay. An added event of the season is the "Bulls and Barrels Beach Rodeo". This event is taking place on the beach (1st to 10th Street) 500 Atlantic Avenue, Virginia Beach on April 15th and 16th.

The Excellence in Agriculture (EIA) committee held the Excellence in Agriculture banquet on March 23rd at the Creeds Ruritan Club. This event had been delayed for several years due to the pandemic, but the EIA committee was finally able to recognize the recipients of the 2019 awards. Around 200 guests took part in the evening, including Matt Lohr, the Virginia Secretary of Agriculture and Forestry. Mayor Dyer also proclaimed March 23, 2023, as "Excellence in Agriculture Day" to recognize National Agriculture Week. It was a night to celebrate agriculture and all those who support and take part in the industry. The evening was a huge success and a good time for all. We hope you enjoy the highlights of the banquet on the following pages.

In looking ahead for the quarter, Happy Easter, Happy Mother's Day, Happy Memorial weekend, and Happy Fathers Day to all as we celebrate these holidays and others. I wish all a wonderful and safe spring.

Big shout out to the AG community to offer up patience as the farmers work the fields and move equipment around, as well as the increased traffic for all the outdoor events and on farm agritourism activities. Thank you for supporting agriculture.



Excellence in Agriculture Banquet - March 23, 2023

Creeds Ruritan Club - Recognition of the 2019 Awards

Program

Welcome-

Mr. David Trimmer

Proclamation-

Mr. Robert M. "Bobby" Dyer, Mayor

Invocation -

Mr. W. P. "Billy" Vaughan

Introduction of Sponsors-

Mr. Ryan Horsley

Recognition of Special Guests -

Delegate Barry D. Knight

Keynote Address -

Mr. Matt Lohr, Virginia Secretary of Agriculture and Forestry

2019 EXCELLENCE IN AGRICULTURE AWARDS -

Mr. Don Horsley



Special RECOGNITION

50 Year Plus Reunion

W. R. "Billy" Malbon, Jr.

R.H. DeFord, Jr.

Frank T. Williams



Friend of Agriculture

Marvin Rollins and Family



EXCELLENCE in Agriculture

Frank T. Williams Farms

2022 Journalism Award

The Princess Anne Independent News

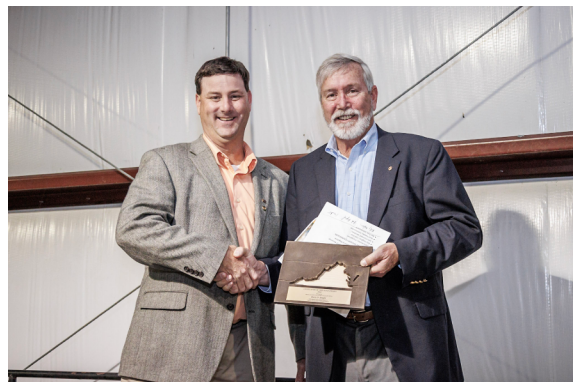


2022 Virginia Century Farm Designation

Flanagan family for Flanagan Farm



Keynote speaker - Matt Lohr, Virginia Secretary of Agriculture and Forestry.



Lynn Graves, President of Virginia Association of Soil & Water Conservation Districts presenting Delegate Barry Knight the *Legislator of the Year* award.



Don Horsley and Mayor Dyer

*March 23,
2023
proclaimed
Excellence in
Agriculture
Day
by Mayor
Dyer.*



Farm to Table dinner provided by Pungo Catering.



City Manager Patrick Duhaney



Ryan Horsley recognizing Sponsors.

Snap shots from the Excellence in Agriculture banquet



*March 23, 2023 - Greeds Ruritan Club -
Recognition of the 2019 Awards*



AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

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

ARP Interest Payments

The next interest payment processing date for current ARP participants will be around June 5, 2023. 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](mailto:jhillegass@vbgov.com) at 757-385-8697 as soon as possible to have your request completed no later than May 1st.

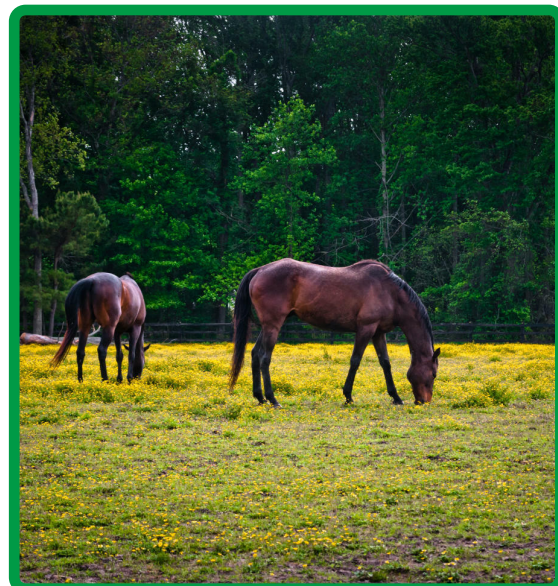
ARP Final Payments and Your Taxes

All program participants who received their final payments of principal in 2022 should have also received a 1099-B from US Bank for tax purposes. If you have not received this form, you should contact US Bank Corporate Trust Bondholder Services directly at BHScorporatetrust@usbank.com or 1-800-934-6802.

You will need to supply them with a CUSIP and certificate number for your Installment Purchase Agreement as well as your tax identification number or social security number under which the agreement was registered.

Interest Rates

Interest rates for the first quarter of 2023 have remained steady at above 3.5-3.75% for TSTRIPS with regular spikes to 4.0%. Investors continue to keep an eye on anticipated rate increases by the Federal Reserve.





WHAT'S HAPPENING IN OUR RURAL COMMUNITY

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

Happy Spring everyone! I hope you and your family are doing well. It was nice to see so many folks from our farming community attend the Excellence in Agriculture banquet on March 23 during National Agriculture Week. During two weeks in March, I enjoyed the opportunity to read a story and share information about agriculture to five kindergarten classes at two local schools. The book chosen this year for Agriculture Literacy week was, "I Love Strawberries!" After reading the story, I shared about some of the crops that we grow locally and helped the kids make the connection to products that are made from those crops with my "show and tell" box of goodies. It is always a fun time visiting with the kids and teaching them a little about agriculture and its importance to our daily lives. Special thanks to the Virginia Dare Soil and Water Conservation District and the Virginia Beach Farm Bureau for providing books to our elementary schools!

We kicked off our Farmers Market event season with Celebrate Agriculture on March 25. We even had seven little chickens hatch right on time for the event from the 4-H embryology project. Visitors enjoyed seeing the newly hatched chicks. The Virginia Beach 4-H Foragers Beekeeping Club and the Dawley Family from the 4-H Livestock Club joined us that day as well. The Foragers brought a demonstration beehive which was neat to see if you could find the queen bee. The Dawley sisters brought their breeding ewe and her twin lambs that were a huge hit with visitors. We certainly appreciate the support from our 4-H members and welcome them to attend any event.



Emily, Lily and Katie showing off their animals at Celebrate Agriculture Day at the Farmers Market on March 25, 2023.

School tours have started again so if you are looking for a hands-on field trip option, look no further than the Farmers Market. Field trips are geared towards children Pre-K through 5th grade, but occasionally we have requests from high school groups too. If you have a group that is interested in coming to the Rural Heritage Center for a tour, please call our Farmers Market office at 757-385-4388 to reserve a date.

WHAT'S HAPPENING IN OUR RURAL COMMUNITY - CONTINUED

Friday Night Hoedowns will start on April 7 and will be held every Friday through October 27. Our Hoedown Schedule is included. Come out and enjoy an evening with family and friends. Bring a chair and dust off those dancing boots!

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 757-385-4388 for more details.

Our farmers will be busy planting crops soon to start another season, so 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.

I hope everyone will take time to visit with our strawberry farmers to pick your own strawberries and maybe even make some homemade strawberry jam. I must say that freezer jam is my favorite.

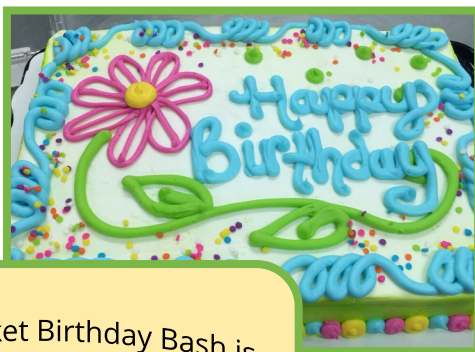
Before we know it, it will be time for the Virginia Beach 4-H Livestock Show and Sale in June. Please come out and see our 4-H members show their project animals and support them in the sale. The 4-H hams will be on display too.

Take care and hope to see you soon,

Jenny



Katie and Emily were first place winners in the coloring contest for their age division at the Celebrate Agriculture event on March 25.



Farmers Market Birthday Bash is Saturday, April 22.

Come out and celebrate with us.
We will be having birthday cake.



FARMERS MARKET - COME OUT AND SEE US !

Kristine Michael, Program Educator
Office: 757-385-4388
kmichael@vbgov.com

The first 3 months of the year may be the slowest we have at the Virginia Beach Farmers Market, but we've kept busy getting the Rural Heritage Center ready for the Spring Season. We've cleaned and organized, de-cluttered, ordered new material for crafts and projects, and come up with new lesson plans and activities. Here we are, Spring at last and our Fun on the Farm Field Trips for Pre-K through Fifth grade, groups of 10 or more, have begun. March 10th was our first tour and we are booked solid through April. May Calendar is booking fast, so teachers and parents, call the Farmers Market at 757-385-4388 and let's get your field trip on the books! The children love learning about Agriculture through hands on, interactive experiences and once they've experienced it, they want to come back.

Our Children's Educational Garden, planted and maintained by the Virginia Beach Master Gardeners, is already looking lovely. Flowers are in bloom, herbs and lettuces are green and bushy. The winter brown is all but a memory.

If you're visiting our Farmers Market, please come visit the garden behind the Rural Heritage Center (RHC). Our resident hens, Penelope and Lil' Kim, have been with us since last Spring and will continue their adoration tour this Spring. They are a crowd favorite. You may spot them clucking about the garden in search of worms and other delicious treats and they are very excited for Grasshopper season!



FARMERS MARKET - COME OUT AND SEE US !

We are part of the **4-H Embryology Project** again this year. March 2, we picked up 12 fertilized eggs for our incubator. When I wrote this, we were on day 15 and my, how the embryos had grown. By candling the egg (putting a light source underneath it) you can see movement of the embryo, blood vessels, eyes and feathers have formed and within the next week, we may start hearing the peeping of chicks. The hatching starts by Day 21! It's such an exciting and excellent way to teach basic biology and life science to our students.



Kristi Michael, Program Educator, teaching the children that are on a "Fun on the Farm" field trip about the Red Wigglers.

Our children will learn about vermiculture with hands on examination of our tenants, the Red Wigglers, who live out back in their bin. Pollination is seen in action in the garden and followed by a butterfly, bee or bat life cycle craft which solidifies that lesson. Farm chores, like washing clothes on the washboard with a handpump, milking Beachy, our life-size fiberglass Holstein Cow, and grinding kernels of corn down to corn meal are happily accomplished. If only chores around the house would be as joyfully completed!

It is remarkable to see the excitement and curiosity in these children when learning about composting, recycling, honey bees, healthy food and all the contributions of Agriculture. Agriculture is the number one private industry in Virginia by far and they soon realize that without farmers, without proper stewarding of our land, water and animals, without the impact Agriculture has on our economy, we would not have the food we eat nor the clothes we wear. That's pretty impactful.

For students in preschool through 5th grade

FUN on the Farm

Field Trips at the Virginia Beach Farmers Market
An interactive tour to learn about Agriculture and have fun!



\$8 per child

Teachers & parents are free



The Rural Heritage Center tour includes hands-on activities such as:

Pumping water • Churning butter • Grinding corn

Milking "Beachy" the fiberglass cow

**Washing clothes using a pitcher pump
and washboard**

Seeing antique tools and machines

**Learning about vegetables and pollinators
in the Children's Garden**

**This program aligns with Virginia SOL topics including
insects, vermiculture, plants and farm animals with an
emphasis on life cycles, habitat, recycling and more.**

Learn more: Visit VirginiaBeach.gov/FarmersMarket

"We had a wonderful time on our field trip! The students loved all the activities. Every learning opportunity was partnered with a hands-on aspect and that is something you never see in a field trip. Staff was not only knowledgeable, but completely passionate about everything. We will certainly be back."
~ Kathleen, Virginia Beach Teacher

**Schedule
Today!**

**Contact Farmers Market Management Office
farmmrkt@vbgov.com • 757.385.4388**



CITY OF VIRGINIA BEACH
Agriculture

VIRGINIA BEACH
**FaRMers
MARKET**

2023 HOEDOWNS

FRIDAY NIGHTS, 7-10 PM, RAIN OR SHINE* *at the*

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

VIRGINIA BEACH

FARMERS
MARKET

04/07 The Country Rockers

04/14 Raw BeeT's

04/21 Dallas Band

04/28 Timeline

05/05 Dallas Band

05/12 Raw BeeT's

05/19 The Country Rockers

05/26 Timeline

06/02 Dallas Band

06/09 The Country Rockers

06/16 Timeline

06/23 The Country Rockers

06/30 Raw BeeT's

07/07 Dallas Band

07/14 Timeline

07/21 The Country Rockers

07/28 Timeline

08/04 Dallas Band

08/11 Timeline

08/18 The Country Rockers

08/25 Timeline

09/01 Timeline

09/08 Dallas Band

09/15 The Country Rockers

09/22 Raw BeeT's

09/29 The Country Rockers

10/06 Dallas Band

10/13 The Country Rockers

10/20 Timeline

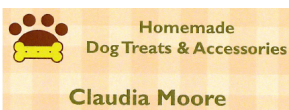
10/27 Raw BeeT's



CITY OF
**VIRGINIA
BEACH**

*Management reserves the right to delay or cancel events.

- SPECIAL THANKS TO OUR SPONSORS -



FARM CREDIT



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

Direct: 757-385-8139 | Fax: 757-385-5684 | Mobile: 757-641-1434

RFlanaga@vbgov.com

Strawberry Season is Right Around the Corner!

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

Bay Breeze Farm Pre-pick only Phone 757-689-1505 1100 Sandbridge Rd Virginia Beach, VA 23456 	Creekmore's Place Pre-pick only Phone 757-427-0361 3640 Dam Neck Rd Virginia Beach, VA 23453 	Flanagan Farm Phone 757-426-5585 Princess Anne Rd at N. Muddy Creek Rd Virginia Beach, VA 23546 	Henley Farm Phone 757-426-7501 3484 Charity Neck Rd Virginia Beach, VA 23456 	Vaughan Farms Produce Phone 757-615-4888 1258 Princess Anne Rd Virginia Beach, VA 23457 
Cindy's Produce Pre-pick only Phone 757-427-2346 2385 Harpers Rd Virginia Beach, VA 23453 	Cromwell's Produce Pre-pick only Phone 757-721-6226 3116 New Bridge Rd Virginia Beach, VA 23456 	Pungo Roots 1801 Princess Anne Rd Virginia Beach, 23456 Phone 757-204-5915	Henley's at Pleasant Ridge Phone 757-426-7501 Phone 757-689-6196 2061 Pleasant Ridge Rd Virginia Beach, VA 23546 	Virginia Beach Farmers Market Pre-pick only Phone 757-385-4388 3640 Dam Neck Rd Virginia Beach, VA 23453 
	Cullipher Farm Market Phone 757-721-7456 772 Princess Anne Rd Virginia Beach, VA 23457 	The Flip Flop Farmer Phone 757-536-8069 3244 New Bridge Rd Virginia Beach, VA 23456 	Salem Berry Farm 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!

Please call ahead, preferably one day in advance, especially for Fresh Picked (pre-picked) to ensure availability. For the most up-to-date information on hours and field/picking conditions, contact farms directly. Most farms listed are available via Facebook, email, website, or phone.

Other fresh fruits and vegetables are available at many of these farm locations throughout the season.



HORTICULTURE

Andrea Davis, Horticulture Extension Agent
Direct: 757-385-8157 | Fax: 757-385-5684 | Mobile: 757-359-1913
ADavis@vbgov.com

APRIL SHOWERS BRING MAY FLOWERS SO ARE YOU READY TO GET OUT IN THE GARDEN?

We've got some great classes, events, and publications to help you.

Harvest some of those spring showers and prepare for that summer heat by building and installing a rain barrel for your home garden. Our rain barrel workshops are scheduled for **April 1, May 13, and June 10** 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>.



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

Our **annual plant sale** is scheduled for
May 6 and May 7

at the Hampton Roads Agricultural Research and Extension Center.

Featuring a wide selection of plants, the sale has something for all gardens – plants for sun, shade, or something in between - annuals, perennials, native and pollinator plants, vegetables, herbs, tropicals and houseplants, trees, and shrubs.

For more information, visit
<https://www.vbmg.org/spring-plant-sale.html>.



HORTICULTURAL - CONTINUED

Our **Gardening Talks** series continues to deliver a great lineup of gardening topics.

Join us on **April 3** for **"Plants for Pollinators"** with Virginia Beach Master Gardener Ruth Burch.

On **May 15** we'll hear from Cyndi Wyskiewicz, Portsmouth Extension Agent, about **"Culinary Herbs."**

Both programs 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/gt-recordings.html>.

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. Find out more about each garden and where to find them at <https://www.vbmg.org/demonstration-gardens.html>.



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

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

We also have a wealth of knowledge online at our *Publications and Educational Resources* site.

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



Do you enjoy gardening and want to help others in your community?

If so, consider becoming a Virginia Cooperative Extension Master Gardener volunteer.

We have moved our training to January-March 2024.

We will be having an orientation session for our Extension Master Gardener Volunteer Program in September. Learn more about being a VCE Master Gardener volunteer at <https://www.vbmg.org/joining-master-gardeners.html>.

FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

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

**Direct: 757-385-4263 | Main: 757-385-4769 | Fax: 757-385-5684
kmunden@vbgov.com or kmunden@vt.edu**



Balancing Your Life In 2023

Two years after being shut down due to COVID-19 are you still feeling you are trying to establish a new normal, but your life always seems to be out of balance?

Every time you try to get finances, home life, and family in order as well as shop for everyday necessities you feel burn-out.

Well, I have great news to help you with getting your life back in balance and reduce some of the stresses associated with burnout.

Virginia Cooperative Extension Human Development Program Team has developed 30-minute weekly webinars to equip adults with tools and skills to navigate through some of life's challenges called "Balancing Life".

Balancing Life has become a platform to present information about a wide variety of topics that address the needs for overall wellness whether mental, financial, health, stress management, parenting, or personal resilience. Each week there is a different guest speaker with expertise to be both informative and inspirational.

To register for the FREE webinar please complete a short form at <https://forms.gle/HqBrBE3psUGnfwLv7>.

Also, if you are interested in reviewing some of the previous "Balancing Life" webinars please go to <https://resources.ext.vt.edu/> or visit YouTube at <https://bit.ly/3dcSAnl>.

On behalf of the Virginia Cooperative Extension Human Development Program Team, we hope you live a Balanced and Rewarding Life!



FAMILY AND NUTRITION PROGRAM

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



Eat Smart • Move More

Garden Vegetable Wrap

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

1 ½ ounces reduced fat cream cheese
2 carrots, shredded
1 cup spinach, chopped
1 tomato, diced
1 bell pepper, chopped
¼ cup reduced fat cheddar cheese, shredded
4 whole-wheat tortillas



Directions



1. Spread cream cheese evenly onto each tortilla.



2. Place carrots, spinach, tomato, bell pepper, and cheese on top of cream cheese.



3. Roll up tightly and secure with a toothpick, if needed.

Quick Tips

- Try using different vegetables, such as avocado, zucchini, cabbage, cauliflower, onion, and beans to make this wrap.
- Try roasting the vegetables before making these wraps.
- Substitute the cream cheese for strained yogurt or hummus.

Nutrition Facts

4 servings per container
Serving size 1 serving (156.22g)

Amount per serving
Calories 180

		% Daily Value*
Total Fat	9g	12%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	290mg	13%
Total Carbohydrate	23g	8%
Dietary Fiber	5g	18%
Total Sugars	3g	
Includes g Added Sugars		
Protein	7g	
Vitamin D	0mcg	0%
Calcium	84mg	6%
Iron	0mg	2%
Potassium	269mg	6%

*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 nutrition advice.

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www.eatsmartmovemoreva.org

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

www.eatsmartmovemoreva.org

FAMILY AND NUTRITION PROGRAM

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



Encuentre la Grasa Saturada

Cambiar a Opciones Más Saludables

Elija estas ...



... en lugar de estas

Eat Smart • Move More

Virginia Cooperative Extension • Family Nutrition Program

FAMILY AND NUTRITION PROGRAM

Jerome Lawrence, Adult EFNEP/SNAP-Ed Program Assistant
Direct: 757-385-8154 | Main: 757-385-4769 | Fax: 757-385-5684
jlawren@vbgov.com/tyelaw@vt.edu



The Virginia Family Nutrition Program

A Healthy Family Starts with *You!*



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



Our free meetings:

- Offer hands-on sessions to inspire healthy living
- Teach participants how to cook delicious, low-cost recipes that fit into their budget
- Provide tips on meal planning and food shopping to save time and money
- Show ways to be more active
- Take place in group settings that encourage friendship and support a healthy living journey

Join Us!

For more information contact:

Jerome Lawrence
Virginia Cooperative Extension
Adult Food and Nutrition
Education Programs
(EFNEP/SNAP-Ed)

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

Individual or group
by phone, online or in-person

Follow Us | Like Us



Come join the Family Nutrition Program and get many of these FREE...



"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!"

Virginia Cooperative Extension
Virginia Tech • Virginia State University

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

www.ext.vt.edu

www.eatsmartmovemoreva.org

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).

Last Updated December 14, 2021



Jonette Mungo, 4-H Youth Development Extension Agent
Office: 757-385-8153 | Mobile: 276-728-8921
jmungo@vbgov.com

4-H CLOVER CLIPS

April 2023 2nd Edition



VA Beach Elected Officials Roll Out the Red Carpet for 4-H Youth in Richmond

Every year Virginia 4-H convenes at our state capitol to meet with officials, sit in on a session in chambers, and get an immersive experience in the legislative process. One of the pillars of 4-H programming is Civic Engagement, and 4-H Day at the Capitol is only one way that we do it.

Senators William DeSteph, Jr. (District 8) and John Cosgrove Jr. (District 14), and Delegate Karen Greenhalgh met with 4-H youth from our VA Beach Livestock and Bee Club, and our NAS Oceana and Little Creek military base youth programs. Each one gave our youth generous time to answer questions, discuss topics of interest, and even shared their experience of being stationed at each one of the bases. Our Senators also shared all the ways in which they support our local 4-H youth through participating in our community events.



Students witnessed the Mace being removed to begin the session in the House of Delegates.



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.

Continued on next page...



There are many offerings for youth, families, schools, and the community to participate in 4-H. Each has there 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>



Embryology Updates

1,140 lives in the hands of VA Beach classrooms

Record-breaking numbers for the 4-H Embryology Project this year. There are 1,140 eggs incubating this year with educators. New to the program is weekly live video lessons with the 4-H Agent, Ms. Jonette Mungo. Students and teachers get to ask questions and participate in demonstrations that support students learning during this project. Eggs go to local farms that supply eggs to local restaurants and food pantries.



Rabbits in the Classroom

Creme Brulee visits Princess Anne Elementary and teaches students how to build trust while providing lessons on habitats, ecosystems, and food webs

Do you know how to create a safe and inviting environment for a rabbit? 4th-grade students at Princess Anne Elementary have learned how after a week of hosting 4-H rabbits, Creme Brulee.

Students completed a series of lessons focused on Virginia native ecosystems and habitats. They learned about the special animals and organisms that live here and how important they are to maintain balance in the food chain.

Continued on the next page...



Teachers reported that their students gained better self-awareness as they coached each other on maintaining a quiet and gentle environment for the rabbits so they would not be afraid. Students took turns reading and completing assignments on the carpet with the rabbits. As long as they were calm and spoke quietly, the rabbits would come up to them and allow them to be petted. After trust was established, Creme Brulee would approach to get a closer look at what students were working on.



4-H STEM Challenge

The Oceanfront Library will be working with 4-H in May to bring STEM fun to youth and families

On May 18th we will be doing an "Egg Walk" where youth and families can test the strength of an egg. Surprisingly it is possible to stand on an egg without breaking it. We will also build straw baskets to protect the eggs from cracking when we drop them from various heights at the library.

On May 10, 22, & 23 we will be working through Explorers of the Deep 4-H STEM Challenge where youth will explore submarines and ocean life.

On the 23rd Seatack Rec Center is bringing youth in to test their submarine glider in the pool. All are invited to participate.

HEY, VIRGINIA BEACH!
CAMP REGISTRATION OPENS ON MARCH 15, 2023
WE WILL BE CAMPING AT FULL CAPACITY!!

4-H SUMMER CAMP 2023 !

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>



July 24-28, 2023
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 for more info.



Virginia Cooperative Extension
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Register NOW!



VB 4-H SUMMER CAMP 2023



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

MARCH 15-JULY 1, 2023

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, 2023.

\$100 Deposit or **\$400** paid in full will hold your child's place at camp.

Enjoy the Outdoors Again!!

Check out the 4-H center here. https://www.airfieldconference.com/page/4_h-summer-camp/



Agriculture

Virginia Cooperative Extension

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**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 Extension Office
2449 Princess Anne Road
Virginia Beach, VA 23456**

Office: 757.385.4769

Direct: 757.385.8153

Fax: 757.385.5684

jmungo@vbgov.com

THE FOLLOWING INFORMATION IS
FROM
THE VIRGINIA BEACH STAFF
OF
VIRGINIA DARE SOIL AND WATER CONSERVATION DISTRICT .



Serving the cities of Chesapeake and Virginia Beach

Contact us at - <https://vadareswcd.com/our-work/>

Vision Statement

To provide positive leadership through clean water, fresh air, productive soils, and sustainable related resources.

Mission Statement

To successfully provide leadership in conservation of soil, water, and related natural resources in Chesapeake and Virginia Beach through Agricultural and Urban Best Management Practices.



We work with the people who work the land.

Virginia Dare Soil and Water Conservation District Tire Recycling Day 2023

The Virginia Dare Soil and Water Conservation District (VA Dare SWCD) held our Annual Tire Recycling Day for the cities of Chesapeake and Virginia Beach at Brickhouse Farms on March 16, 2023, at Brickhouse Farms.

The District recycled two full tractor trailers and had an estimate of **650+ Agriculture** car/pickup tires and **250+ Agriculture** tractor trailer tires. The benefit of our Tire Days is to clean up our watershed, agriculture land, keep tires out of the landfill and to recycle tires into material that can be used for various products.

Thank you to the City of Chesapeake and the Sheriff's Inmate Workforce Department for providing 6 work crew members to assist in loading the tires on the tractor trailer.

We also would like to thank our Partners in Agriculture; Virginia Cooperative Extension for partnering with us at Tire Days and for promoting our program!

Many thanks to Frank Brickhouse for allowing the District to use his Farm for our Annual Tire Days. He has partnered with us for over 10 years! Frank is a local Producer in Chesapeake and the former Chairman of VA Dare SWCD.

Correspondence from Kathleen N. Sullivan, District Manager .

VIRGINIA BEACH

FARMERS
MARKET

Birthday Bash

Saturday, April 22
10 am to 4 pm

VIRGINIA BEACH

FARMERS
MARKET

Strawberry jamboree

Saturday, May 20
10 am to 4 pm

VIRGINIA BEACH

FARMERS
MARKET

honey festival

Saturday, June 24
10 am to 4 pm