

1ST QUARTER NEWSLETTER
JAN, FEB, MAR 2023



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Agriculture

Message from the Director

Welcome to 2023, the Year of the Rabbit, which is predicted to be a year of hope. Sounds good to me. I like to think of myself and many others, who I consider friends, as optimist. I understand at times this maybe challenging with issues like politics, inflation, rising input cost, supply shortages, global issues, and maybe even the USA losing in the World Cup. The optimistic side is things, events, and issues cycle. So, where one or several are down, other positive trends are moving up. It's all in how we look at things.

Agriculture in Virginia Beach had a good year in 2022. Of course, it can always be better, but all in all our farm yields, prices, customer service, and on farm visitor traffic was good. Like lots of positives in life, there is always room to grow and achieve more. I think all our farming families are up for the challenge.

The winter season prepares us for the spring season, preparation for planting and events. Maybe even a little rest time before the farm business cycle kicks back up. But there are always things to do, and planning is a big part of the overall process. Thus, the Rabbit and 2023 brings us hope and optimism.

I hope you have all enjoyed the holidays and family time. It is a great time of year. The time to reflect and remind us about faith, family, and friendship. Hopefully we do this all the time but often the holidays help highlight these special points of interest.

I wish you all the best in 2023!





AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

Direct: 757-385-8697 | Fax: 757-385-5684 | Mobile: 757-536-5469

jhillegass@vbgov.com

Agricultural Reserve Program Achieves Multiple Municipal Goals

The Virginia Beach Agricultural Reserve program is a purchase of development rights (PDR) program designed to limit development of land in accord with community growth management and land protection goals. Moreover, landowners are provided financial compensation, an important consideration where strong land use regulations may be politically controversial.

Purchasing development rights from landowners and creating development restrictions allows the city to maintain our strong agricultural economic drivers, while still allowing private property owners to continue to use the land in a limited fashion. By purchasing development rights, we are able to help implement comprehensive plan objectives as well as limiting infrastructure costs (water, sewer, and power lines, roads, etc.) associated with urban sprawl and rural development. In addition, by limiting development, we can also safeguard watersheds and mitigate the effects of storm runoff and associated costs, as well as possibly easing the effects of flooding.

If you've ever thought about enrolling your farm in the ARP, now is a great time, as interest rates are rising. This means TSTRIPS, the investment mechanism we

utilize to fund the purchase of development rights, are paying at a higher rate as well. You may want to consider ARP as a part of your long-term farm planning.



Final Payment Information

This past year, several of our early adopters received their final payment of principle from their installment purchase agreements (IPA). If you were not aware, you must send a letter of instruction to our paying agent, US Bank, to receive this final payment.

The letter should be sent with the original IPA and any Exhibit E forms documenting transfer of ownership of the IPA. We are here to help with those letters of instruction and can even overnight the package to US Bank for you if desired.

For those of you who have received your final payments, you should expect to receive Form 1099-B directly from US Bank for your taxes. Contact me for assistance at 757-385-8697 or jhillegass@vbgov.com.





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

The Farmers Market finished up a busy fall season with Santa's Workshop on December 3. Santa and Mrs. Claus (Patrick and Michelle Pittman pictured below) stopped by our Rural Heritage Center to visit with the children and their families to hear what everyone wanted for Christmas. The Master Gardener Elves were there to help coordinate the visits with Santa and they also enjoyed talking with visitors in the educational gardens.

I want to say thank you to our Farmers Market staff for a job well done this year. Our new members jumped in to help with all aspects of our operation and their dedication is most appreciated! I also want to thank our annual and special event sponsors for their participation in 2022. Please see the Sponsor Appreciation flyer on the next page. I hope you will visit with them and say thank you for supporting our Farmers Market.



Santa's Workshop on December 3 at the Farmers Market.



Kristine, Farmers Market Program Educator, taking care of one of the chickens at the Rural Heritage Center Educational Gardens.

Our first event for the 2023 season will be Celebrate Agriculture on March 25th.

The Friday Night Hoedown season will start on April 7th.

Happy New Year everyone!

FARMERS MARKET - COME OUT TO SEE US!

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

FUN ON THE FARM!

There is good reason why we call it "Fun on the Farm"! Fall was so much fun as we were visited by 433 children from home-schools, private, public, collegiate and Montessori. The largest of these had 85 First Graders (whew) and the smallest group was seven. Our youngest were 3-year-olds...so precious. Our eldest group was culinary high school students. Thank you Jenny for helping with that one. Regardless of their age or size, I can say, with confidence, they all walked away with a little more knowledge of agriculture and where our food, clothing and resources come from. We love our Farmers!

We introduced some new crafts, like making terrariums. We learned about bats with bat masks and created barnyard habitats. Of course, we kept the tried and true Ag in the Class crafts like life-cycles of plants, insects and animals.

The Master Gardeners are integral with volunteering and keeping our Educational Gardens so beautiful and updated through each season. Suzanne Spence has been instrumental in organizing Master Gardener volunteers for the tours and when needed, she'll jump right in and teach, even though her plate is full enough with her job and heading the Master Gardeners.

We replaced some of the older educational signs in the garden, "Parts of the Plants", "Butterfly Lifecycle" and "Pollinators". The chicken girls (Penelope & Lil' Kim) continue to be the "best part" for many of our children during tours. Sometimes, they'll come out of the coop for a visit and walk around with the kids. Beachy the Cow comes in second.

We ordered some new books for story time. I love the classics like "The Tale of Peter Rabbit", "Old MacDonald Had a Farm", "Stellaluna" and "The Little Red Hen". We are always looking for more books about farms, animals, plants, insects etc. If you happen upon any at a Thrift Store or yard sale, think about us, if you'd like to share!

It was an adventurous Fall and I'm looking forward to an impactful Spring, learning, teaching, sharing, creating and meeting new children and volunteers.



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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RFlanagan@vbgov.com

Planter/Drill Maintenance Workshop

The same program is offered
at two locations.
Please register for the location of
your choice.



We work with the people who work the land.

Dawley Farms

2413 Indian River Rd
Virginia Beach, VA 23456

January 17, 2023

10am-2pm

(Planters used at this location)

Kinze 3500
JD 7300 Vacuum

McPherson Farms

3320 Ballahack Rd
Chesapeake, VA 23322

January 18, 2023

10am-2pm

(Planters used at this location)

JD 1790 & 1795

Why: Every Farmer can use a little refresher on planter/drill maintenance

How: This hands-on planter clinic will help you understand how ground placement and singulation of your seeds directly influence your harvest. You will receive sound and practical information to apply to your equipment.

Cost: \$0, **RSVP required** to reserve your lunch

Topics

- ♦ How to identify a good stand and set goals for planting execution
- ♦ How to evaluate the soundness of your planter
- ♦ How to set your planter for the best performance possible
- ♦ Attachments to improve your planter
- ♦ New planter technology
- ♦ Question and answer sessions

****Registration due January 10, 2023****

Submit Registration to:

Tammy Mas, VCE- Virginia Beach
tmas@vbgov.com 757-385-8550

About the Workshop:

This workshop will give you a better understanding of how just one tweak to your maintenance program or setting on your planter could positively influence your ability to get a more accurate seed singulation. No matter what year, make or model of your planter, the information provided will be beneficial to your operation. The time you invest preparing your planter for spring won't influence the end price for you crop, but it will help add dollars to your pocket.

Keith Burgess from Burgess Ag Services will present the information on why meter calibration is important to the bottom line of every farm and go through the ins and outs of planter maintenance.

For additional program information contact:

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Virginia Beach Extension Office

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2023 SOUTHEAST VIRGINIA FIELD CROPS CONFERENCE



Date: Thursday, February 02, 2023

Time: 8:30am-3:30pm
3:45-4:45 (Gramoxone recert opportunity)

Where: Creeds Community Complex
1057 Princess Anne Rd
Virginia Beach, VA 23457

Cost: \$0, **RSVP appreciated**
(lunch will be provided)

****RSVP to Tammy Mas (757)385-8550 tmass@vbgov.com ****

For additional information contact:

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Virginia Beach Extension Office
Ph: (757)641-1434
Email: royf@vt.edu

Nathan Sedghi, ANR Associate Extension Agent
Chesapeake Extension Office
Ph: (757)560-6666
Email: nsedghi89@vt.edu

Pesticide License information:

Seeking recert opportunities for
Commercial Categories 1A, 10, & 60
Private Category 90

NC Categories N, D, O, and X (3 each)
Auxin training to meet VA requirements
***After the meeting we will offer
Gramoxone training and certification to
meet label requirements

Speakers Include:

Mr. Wayne Batten, Bayer	Auxin Training
Mr. Robert Harper, VAFB	Grain Markets
Dr. Ron Heiniger, NCSU	TBD
Dr. David Holshouser, VT	Soybean Production
Dr. David Langston, VT	Disease
Dr. Nathan Sedghi, VCE	Cover Crops for Moisture Management

Partner Agency Update

Mr. Cory Hoar-SWCD, Mr. Trenton Howell-NRCS, and
Ms. LaCresha Parker-FSA



HORTICULTURE

Andrea Davis, Horticulture Extension Agent

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ADavis@vb.gov

Make 2023 your best gardening year yet!

Virginia Cooperative Extension has many opportunities for you to learn new gardening information through our gardening sites and events, online programs, and publications.

More information on educational events and programs can be found at [VBMG - Home](#) or email the Virginia Cooperative Extension Office at vbmghelp@vb.gov.

Our series of **Gardening Talks and Workshops** kicks off in February with a lineup of great live lectures via Zoom in 2023.

Log on February 6 to learn more about gardening in shady spots.

You can even view our previous talks at [GT Recordings - VBMG](#).



Want to try your hand at growing seeds this year?

We offer free flower, vegetable and herb seeds, which change monthly, at seed carts at the MEO Central Library, Princess Anne Library and Kempsville Library.

Take advantage of this chance to jump start a new garden or expand an existing garden.

On the first Monday and the third Saturday (from 1-4 p.m.) of each month, Master Gardeners will be on-site to answer your questions as well.

Help keep our waterways clean by keeping stormwater on your property with a rain barrel.

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 at <https://www.vbmg.org/rain-barrels.html>.

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

Get science-based, research-backed information at our *Publications and Educational Resources* site - <https://www.pubs.ext.vt.edu/>.

You'll find information on plants, pests, beneficials, and so much more.



Do you have a desire to help others with their gardening needs?

Consider becoming an Extension Master Gardener volunteer.

Our next training will be offered in early 2024. For more information on Orientation and class dates check out our website In the Spring of 2023 at: <https://ext.vt.edu/lawn-garden/master-gardener.html>



As always, our **Virginia Beach 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 25. We'll be back by the demonstration gardens.

Upcoming VCE Educational Events

**Zoom links and more information at*

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

Feb 6 – Gardening Talk: **Shade Gardening**, 7:00 p.m. via Zoom

Mar 6 – Gardening Talk: **Spring Pruning**, 7:00 p.m. via Zoom

Apr 3 – Gardening Talk: **Plants for Pollinators**, 7:00 p.m. via Zoom

Green Industry

Professional Development Opportunities

Jan 6 - VCE Pesticide Recertification Class, Virginia Beach

Categories 3a, 3b, 10, 60

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

Jan 25–Commercial Pesticide Certification Review Class, VTC Come to the Bay @ Oceanfront Sheraton

<https://vaturf.org/come-to-the-bay/>

Mar 15–VCE Pesticide Re-certification Class, Portsmouth

Categories 3a, 3b, 10, 60

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





2023 Event Preview

Spring Plant Sale

May 6 & 7

HR AREC

Large selection of natives, perennials, herbs, vegetables, containers & more

Rain Barrel Workshops

Monthly, March - October

Workshop includes a 55-gallon rain barrel and kit for installation. Register at vbmng.org.

Gardening Talks & Workshops

Gardening Talks are free & open to the public. The 2023 talks will be presented via Zoom, select Monday evenings*, 7 - 8pm.

- Feb - Shade Gardening
- Mar - Spring Pruning
- Apr - Plants for Pollinators
- May - Herbs
- July - Native Trees & Shrubs
- Aug - Ornamental Edibles
- Oct - Bats

**Visit our website in January for full schedule.*

MG Training Classes are moving to Spring!

Our next class will be held Spring 2024 - more details coming in 2023!



**Virginia
Cooperative
Extension**

Virginia Tech
Virginia State University

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Tammy Mas at 757-385-4769 during the business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. TDD number (800) 828-1120.

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MGs Around Town

Talkin' Dirt @

Kempsville Rec Center

Held the 2nd Wednesday each month, Spring & Fall, these talks teach gardening basics.

Free & Open to the Public
Must register through Rec Center
(rec membership not required)

Ask a Master Gardener

Ask a Master Gardener locations:

- VB Farmers Market
- Oceana NEX Garden Center
- Croc's Farmer's Market
- King's Grant Farmer's Market

April - September
Visit vbmng.org in March
for each location's schedule

Speaker's Bureau

Master Gardeners are available to speak to your group.

Current Topics:

- Backyard Composting
- Color in Your Autumn Landscape
- Concrete Leaf Castings
- Container Gardening
- Crape Myrtles
- Destination Trees
- Herbs Then & Now
- Jumpstart Your Garden with Seeds
- Miniature Gardens
- Our Natives Are Under Attack
- Pruning Shrubs & Trees
- Right Tree, Right Place
- The Things We Do to Our Trees
- VBMG Volunteers
- Water Quality

Details at vbmng.org

Connect with Us!

www.vbmng.org

vbmghelp@vbgov.com

757-385-8156



@VirginiaBeachMasterGardeners



@VBMGA



@vb_mastergardeners

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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Saving Money at the Grocery Store

Since the Pandemic, we have seen food prices rise and tripled for our everyday items since 2019. As food prices continue to increase, you may want to implement several cost-saving strategies to help with reducing the cost of your food budget.

Plan Your Meals for the Week:

When planning your meals, keep in mind seasonal items so that they are readily available at a lower price. You may also want to plan your meals around items on sale.

Avoid Impulse Purchases:

Take an inventory of the items in your pantry and freezer and make a shopping list base on the items missing from your stock. Also remember when shopping "If It Is Not On The List, It Does Not Exist." This means only purchasing items on the list. Many times you come across items on sale, but not on the list and increase the budget you have already planned for your shopping trip. Thus, stick to purchasing items on your list.

Pile Up on the Savings:

Purchase items on sale, use coupons and then use your store loyalty card. This strategy will provide you with three discounts on the same item.

Choose Your Shopping Day:

The best day to shop at most groceries stores would be Wednesdays. Wednesdays are generally when groceries and trying to get rid of their current inventory and replace it will new inventory; thus putting items on sale to make room for new merchandise. Make sure to check the expiration date of items on sale to ensure you will use the item before the date.



FAMILY AND CONSUMER SCIENCES

continued

Use Store Apps:

Check to see if your grocery store has an app. You will find additional savings on the store's app.

Purchase Store Brands:

Compare the cost of national brand items to the store brand or generic brand to determine the best value for your money.

Stock on Versatile Foods:

Make sure to stock on versatile foods such as pasta, rice, and potatoes. These items can help stretch food dollars by using them as sides to a meal or incorporated into casseroles and soups. These versatile foods can also be used with or without sauces.

Limit Convenient Foods Purchases:

Limit the purchase of convenient foods such as skinless chicken, grated cheese, pre-cut fruit, etc. These items cost more per unit because of the added labor to market the items. You can pull the skin off your chicken, grate or cut your cheese in chunks, and cut your fruit for a less price.

Make Homemade Baked Goods:

Make your cakes, pies, cookies, muffins, etc. from scratch at home. Prepacked baked goods and convenience products usually cost more than homemade ones.

Purchase Fruit and Vegetables By the Bag:

Purchase fruits and vegetables by the bag for the best value. They are generally more costly individually by the pound. Purchase fresh, unpeeled, unwashed, unpackaged fruits and vegetables.



FAMILY AND NUTRITION PROGRAM

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Direct: 757-385-4629 | Fax: 757-385-5684 | Cell: 804-888-0070
blomax@vbgov.com or bertri5@vt.edu



Eat Smart • Move More

Broccoli Potato Soup

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- 40 ounces frozen broccoli, chopped
- 4 cups water
- 1 onion, chopped
- 4 low-sodium chicken bouillon cubes
- 15 ounces nonfat evaporated milk
- 1 cup potato flakes
- ¼ cup reduced fat cheddar cheese, shredded

Nutrition Facts

8 servings per container	
Serving size	1 serving (338.16g)
Amount per serving	120
Calories	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 1mcg	6%
Calcium 272mg	20%
Iron 1mg	8%
Potassium 572mg	10%

*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

- Combine broccoli, water, onion, and bouillon cubes in a stockpot. Bring to a boil and reduce heat. Cover and simmer until vegetables are tender, about 10 minutes.
- Add milk and slowly stir in potato flakes. Cook, stirring constantly, until thickened.
- Serve with sprinkled cheese on top.

Quick Tips

- For a vegetarian option, try with vegetable bouillon instead of chicken bouillon.
- 1 tablespoon of shredded cheese is enough for one serving.
- Just add whole-wheat bread and a salad for a complete, quick meal!

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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 SNAP-Ed Connection Recipe Finder, as listed at: <https://whatscooking.fns.usda.gov>.)

www.eatsmartmovemoreva.org

FAMILY AND NUTRITION PROGRAM

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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
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2449 Princess Anne Road
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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."

The Virginia Family Nutrition Program

Healthy Eating and Staying Active As We Age



Healthy eating can improve your memory and cognition and decrease risk of type 2 diabetes and heart disease.



Our meetings are available in-person, by phone, or online:

- Delicious, simple, and low-cost recipes (and taste tests)
- Tips on meal planning and food shopping to save time and money
- Easy and safe ways to move and be active
- Small group settings where you can make friends and get support

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



Join Us!

Jerome Lawrence

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www.ext.vt.edu

Eat Smart • Move More
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www.eatsmartmovemoreva.org

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Last Updated August 18, 2022

FAMILY AND NUTRITION PROGRAM

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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



Jonette Mungo
4-H Youth Development Agent
Virginia Beach, VA
757-385-8153

4-H CLOVER CLIPS



January 2023

**4- H Programs are growing!
Now's the time for you to grow with us.**

Mark your Calendars

- ♦ January 9, 2023 Embryology Project Opens for Registration.
- ♦ January 11, 2023 Embryology Project Orientation and Training- 4:30pm-6pm
- ♦ January 14 Ham project begins at the VB Farmer's Market
- ♦ January 18, 2023 4-H Day at the Capitol
- ♦ January 31, 2023 Camp Counselor Applications due
- ♦ March 2, 2023 Embryology egg pick-up
- ♦ March 15, 2023
- ♦ 4-H Camp Registration Opens

VA Beach 4-H Welcomes Parkway And Three Oaks Elementary to the Ham Project

It's a fact that every 4th grade student in Virginia is required to learn all about the early English colonists who settled here in Virginia. In fact the lessons they learned and the traditions they started are in tact today. This year we are proud to welcome Parkway and Three Oaks Elementary 4th and 5th grade students to the project. These schools will receive instruction in an exclusive 4-H curriculum called Surviving Jamestown, which focuses on the agricultural and environmental practices that saved the colony and played a pivotal role in successful establishing the Virginia colony as a cornerstone of settling the New World.

Students in these two schools will volunteer for a school ham team led by selected teachers from their school and headed up by Mrs. Kellie Whalen and Mrs. Julie Byers. Together they will learn the traditional way of creating a Country Ham, salt cured and smoked as taught by the Native Americans to English colonist. Hams will be cured and smoked right here in VA Beach. They will be shown at the June 2, 2023 4-H Livestock Show and Sale event.

Smithfield Foods, Inc. in Smithfield, VA has been very generous in donating hams to this project this year.

4-H CLUBS

Craft Club



Foragers Bee Club



Sea Horse Riders
Horse Club



Livestock Club



Little Creek Military Club

4-H Clubs have on-going enrollment throughout the year until membership reaches capacity. Clubs pictured above are not representative of all of our clubs. For a total list of our clubs, please, visit our website. You can request information from our clubs by completing the form at the bottom of the webpage. <https://virginia-beach.ext.vt.edu/programs/4-H.html>

Call Ms. Jonette Mungo at 757-385-8153 for information on our newest Horse Club forming now!!



Don't miss out on these upcoming 4-H programs

4-H Embryology



Registration opens for this project on January 9, 2023. All those who plan to participate are asked to be present at the project orientation on January 11, 2023. The goal this year is to have a 75% hatch rate. Eggs should begin hatching on March 23, 2023. All chicks will be returned to the 4-H Office on March 31, 2023 giving students a week to observe, interact, and care for the new baby chicks.



4-H Day at the Capital (Civic Engagement)

Event takes place on Wednesday, January 18, 2023. Participants will travel to Richmond, VA and meet with their elected officials, tour the Capitol Building, and sit-in on an active session in the Virginia House of Delegates or the Senate. The day will conclude with a special visit to the Virginia Museum of History and Culture. Participants will return around 5:30PM. No history book can compete with this immersive experience.



Now you can sign-up to participate in our programs with your entire family participating together. Some projects require extra resources that may be provided through 4-H. There is a longer description of each program and project available on our website. Each program has its own page and sign-up. Some programs are more suitable for classroom, but all can be adapted to suit the needs of individual learning environments. These offerings can be found on our Educational Program Website: <https://sites.google.com/vt.edu/virginia-beach-4-h-inschools/home>



Thank you to the Norfolk Network and Norfolk Construction departments of **Dominion Energy** who donated the man power, time, and tools to help build new ham salting shelves for our **VB 4-H Ham Project**.

Thank you to **Fletcher Flanagan**, long time 4-H youth and Livestock Club member, who assisted with the materials logistics and build.





SPECIAL THANKS TO OUR SPONSORS

