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Message from the Director

Good July to everyone and welcome to summer. Great time of year since kids are out of school, agriculture is in full swing, with thoughts shifting to growth of crops and the correct timing on rain and sunshine. Plus, other factors we won't go into, but all is good. The traffic on roads increases with tourism, agritourism and equine activity at our many horse operations. As always, remember to keep a look out for traffic, be safe and share the road.

As usual there is lots going on, with great events at the ocean front as well as other events taking place, throughout the city.

If you get a chance, attend an indoor sporting event at the Virginia Beach Sports Center on 19th Street. Great venue for track and field, as well as other events. First class facility and operation. Look at the [website](#) for more information and upcoming events.

This summer and fall you will hear about the [City's 2016 Comprehensive Plan \(Comp Plan\)](#) being updated. This is the City's current guide to decisions related to development and investments in Virginia Beach. There will be meetings taking place to learn and provide input. This information will be crucial to planning for the city's growth over the next several years and used to create the 2040 Comp Plan update. Citizen input is the key to keep it current and adaptable to the needs of our community. Take a look at this short video to learn more - [\(45\) Virginia Beach Comprehensive Plan - Shaping Tomorrow Today - YouTube](#)

Always good to learn and take part in what is going on in our city. After all we enjoy this city to live, work and play here. Can't think of a better place.

Big AG event is also coming this summer to Virginia Beach. The 2023 VA AG Expo will be held on August 3rd from 7:30 a.m. to 3:00 p.m. at Land of Promise Farms, 3169 Land of Promise Road. This is a big event with the latest and greatest agribusiness showcased from equipment to technology and much more. This event was last held in Virginia Beach in August of 2013. So, come out and see what's going on! It will be worth your time.

Happy 4th of July to all and have a safe and wonderful summer.



AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

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Current Interest Rates Make ARP a Popular Financial Planning Tool for Farm Families

While the Federal Reserve has halted its campaign of interest rate hikes — for now. Here's what the central bank had to say about the state of the economy and what the move could mean for inflation:

What happened? To curb inflation, the Fed began raising rates over a year ago and continued to do so 10 straight times. The pause is meant to give officials some time to assess whether their aggressive strategy has done enough to cool the economy.

Where does inflation stand? Inflation rose 4% in the year through May, per the Consumer Price Index. That's slightly less than economists projected, but it's still well above the Fed's 2% target.

A silver lining? Rent and airfares are starting to come down, and (blessedly) so is the cost of eggs. Earlier this year, a carton was quite eggs-pensive, but in May prices plummeted 13.8%.

A look ahead: Still, inflation has remained stubbornly high, and the Fed is expecting to push two more rate increases. It forecasts inflation to reach 3.2% and unemployment to rise to 4.1% by the end of 2023.

What does that mean for the ARP? Interest rates on our financing mechanism, T-STRIPs, have been going up in tandem with the Feds raising other interest rates, tracking this quarter between 3.8 - 4.1%. This makes it a great time to consider enrolling acres in the Agricultural Reserve Program. Remember, the interest for 25 years is TAX FREE—what other investments can offer this? Contact me to see if your farm qualifies. An application does not obligate you; it merely gives you options. We are here to help.

BEWARE OF CHECK FRAUD !

Now more than ever, we encourage our clients to have their ARP interest and final payments wired to an account of their choosing because check fraud is on the rise.

A recent Associated Press article stated that U.S. Banks issued approximately 680,000 instances of check fraud last year, up from 350,000 in 2021. In addition, the U.S. Postal Service had an estimated 300,000 complaints of mail theft in 2021, more than double the prior year.

Government relief checks sent out during the pandemic became a high value target for criminals and the problem has been on the rise since. Officials are warning Americans to avoid mailing checks when possible.

Criminals are literally fishing mail out of U.S. postal boxes looking for envelopes that appear to be bill payments or checks being mailed to consumers.

The most common type of check fraud is called check washing, where the check is stolen from the mail and the payee and amount are changed on the check and then cashed by the criminal. We have heard of instances of check washing right here at the Courthouse area post office and from some of our friends and neighbors. So please remain vigilant!

If you are a current ARP client and still receive a paper check, we urge you to consider switching to wire payments. There may be a fee associated with each wire transaction, but it is likely worth the peace of mind to know that your money is safe. We are here to help you with the paperwork to make those changes with our paying agent, US Bank.

Just give us a call,
757-385-8697, to set up
an appointment!





WHAT'S HAPPENING AT FARMERS MARKET

Jenny McPherson, Rural Community Coordinator
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Happy Summer everyone!

The Farmers Market has enjoyed a busy spring season and we are looking forward to summer with lots of activities.

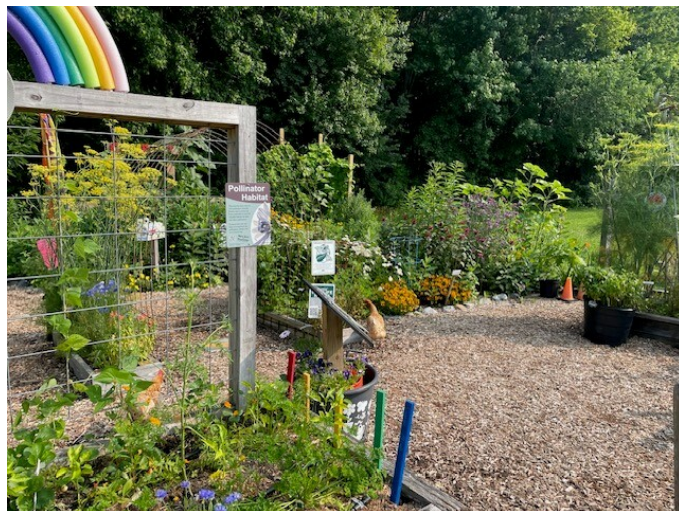
We would like to congratulate Brenna Smith, our Office Assistant, for becoming a full-time team member on July 13th. Brenna has been working with us part-time since last September and has been doing a great job, so we are excited for her promotion within the department.

Friday Night Hoedowns are in full swing at the Farmers Market so come on out and enjoy free music and family fun from 7:00 p.m. to 10:00 p.m. every Friday through October 27!

The Fun on the Farm tours are available year-round for children Pre-K through 5th grade. Custom tours are available for all ages. See the attached flyer on the following page for details and please share this great opportunity to learn more about agriculture with a truly unique, fun, and interactive approach.

Our Master Gardener volunteers create and maintain several gardens for us at the Farmers Market. We're grateful for Suzanne Spence and her team who have turned our Children's Educational Garden into a tranquil respite. Our touring school children love walking through the gardens where they experience pollination in action, vermiculture and composting. Visitors are always welcome. Also, big thanks to Brian Krause and the Kitchen Gardeners for

showcasing demonstration areas that offer great ideas for homeowners to try in their backyard gardens. We appreciate the Virginia Beach Master Gardeners for being one of our sponsors and partnership together to make the Farmers Market look great.



Visit our website at
www.virginiabeach.gov/farmersmarket
for the latest information.



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

FARMERS MARKET IS HAPPENING WITH LOTS OF ACTIVITIES



Hermitage Elementary School Kindergartners enjoying the *Farm on the Fun* educational program at Farmers Market.

We will be sponsoring **Agriculture in the Classroom** workshop for teachers on August 9.

If you are interested, please visit the Agriculture in the Classroom website

at <https://virginia.agclassroom.org>

or you can go directly to

<https://form.jotform.com/vaaic/virginia-beach-workshop>

to register for this **free** event.

The Hampton Roads Food Truck Association is hosting Food Truck Rodeos at the Market on the 2nd Sunday of each month.

Come out to support local trucks and enjoy their delicious creations from 11:00 a.m. to 3:00 p.m.

Upcoming dates are July 9, August 13, and September 10.

We have become the "sweet spot" on Thursday mornings thanks to Klassic Doughnuts and Mello Beans Mobile Coffee. You will most likely see a happy line of customers waiting patiently for their sweet treats and brews between 7:00 a.m. to 12:00 p.m. every Thursday in the Farmers Market back parking lot, close to the entrance.

On the first Sunday of every month from 10:00 a.m. to 4:00 p.m., come and meet some of Virginia Beach's talented, local artists at

"First Sunday Art Market and Plant Swap."

Please continue to support our local businesses at the Farmers Market as well as our local farmers at their produce stands and



markets. Farmers and crafters are welcome to sell at the Farmers Market any day of the week by renting a spot under our Pavilion or in our parking lot. Just call our office at 757-385-4388 for more details.

Apple Extravaganza is our first event in the fall on September 16. We hope you will join us.

All the best,

Jenny, Ken, Kristi and Brenna



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

Thank you Suzanne Spence, Master Gardener volunteer,
for all of your help with the gardens at Farmers Market.
Under Suzanne's leadership, the garden looks beautiful!
Everyone comments that it is "off the chains"!



COME OUT AND SEE US AT FARMERS MARKET !

Check out all the pictures from the **Strawberry Jamboree** that was held on Saturday, May 20th at the Farmers Market. The **National Capital Band** gave a great performance too! The **Butterfly Society of Virginia** held their Spring plant sale that day too! Great planning on their part. They will also hold their day too! Summer plant sale at the **Honey Festival** on June 24th!



Thank you National Capital Band for playing.
A truly beautiful performance!

2023 HOEDOWNS

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

at
the

VIRGINIA BEACH

FARMERS
MARKET

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

04/07	The Country Rockers	07/21	The Country Rockers
04/14	Raw BeeT's	07/28	Timeline
04/21	Dallas Band	08/04	Dallas Band
04/28	Timeline	08/11	Timeline
05/05	Dallas Band	08/18	The Country Rockers
05/12	Raw BeeT's	08/25	Timeline
05/19	The Country Rockers	09/01	Timeline
05/26	Timeline	09/08	Dallas Band
06/02	Dallas Band	09/15	The Country Rockers
06/09	The Country Rockers	09/22	Raw BeeT's
06/16	Timeline	09/29	The Country Rockers
06/23	CANCELLED	10/06	Dallas Band
06/30	Raw BeeT's	10/13	The Country Rockers
07/07	Dallas Band Timeline	10/20	Timeline
07/14		10/27	Raw BeeT's



CITY OF
VIRGINIA
BEACH

*Management reserves the right to delay or cancel events.

- SPECIAL THANKS TO OUR SPONSORS -



Charlene McCabe
Home Sweet Homemade



VIRGINIA BEACH

FARMERS MARKET

APPLE EXTRAVAGANZA

Saturday, September 16
10 am to 4 pm

Join us for a craft show, children's activities, food and music.
Visit the Rural Heritage Center and our Educational gardens.

Shop the Butterfly Society of Virginia booth for plants that will attract butterflies to your yard.

Special thanks to our event sponsors:



FARM CREDIT



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

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

Mark your calendar - August 3, 2023 - Well worth your time!

Virginia has roughly 41,500 farms and an economic impact of \$82.3 billion to Virginia's economy. We grow most every crop imaginable and every species livestock you can think off. This year the largest field-based showcase of agriculture in Virginia will be held in Virginia Beach, where in 2022 agriculture retained its spot in the top three industries in the City with economic impact of agricultural products reaching an all-time high at almost \$191 million.

The Virginia Ag Expo, is an annual event and the largest agricultural field day held in Virginia, and always takes place on the first Thursday of August (**AUGUST 3, 2023**). This program is free and open to the public. Based as an educational, marketing and social event, farmers, partner agencies, and agribusinesses look forward to the Virginia Ax Expo each year as it moves from one working farm to another to showcase the diversity of the different areas of the state.

The theme for this year's 2023 Virginia Ag Expo is "Agriculture: Bringing Promise to Our Future".

The event will be held rain or shine at Land of Promise Farms in Virginia Beach, VA on Thursday, August 3, 2023.

2023 VA AG EXPO



Thursday August 3, 2023 7:30AM - 3:00PM

3169 Land of Promise Road

Virginia Beach, VA 23457



Virginia Cooperative Extension
Virginia Tech • Virginia State University





HORTICULTURE

Andrea Davis, Horticulture Extension Agent
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ADavis@vbgov.com



Summer is here and there is so much to learn about what is happening in your lawn and garden.

Interested in learning more about plants for your landscape?

We have two informative talks coming up this summer in our **Gardening Talks** series conducted on Zoom. On **July 31**, join us for a talk focused on smaller native tree and shrub species appropriate for planting in smaller urban and suburban gardens and the benefits they provide. Discover more about fall gardening using beautiful and edible plants including vegetables, lettuces, kales and ornamentals on **August 28**. Simply visit our website [VBMG - Home](https://www.vbmg.org) and click the Join Zoom Talk button.

No registration required.



Learn to collect rain water and decrease stormwater runoff at one of our rain barrel workshops.

We hold rain barrel workshops on select Saturdays March-October at the Virginia Beach Farmer's Market where you can learn more about capturing rainwater and build your own rain barrel to take home.

We still have space available in our **August, September, and October** events.

Registration is required and can be found at <https://www.vbmg.org/rain-barrels.html>.



Are you working in the lawn and landscape industry?

If so and you'd like to get your commercial pesticide license, we have an opportunity for you. We will be offering a Commercial Pesticide Certification Course **August 1-4, 2023** at the Russell Memorial Library in Chesapeake. This training will cover the core manual and category 3B (Turfgrass).

Registration information will be available at

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



Don't miss our **Fall Gardening Festival** on **September 23** at the Hampton Roads Agricultural Research and Extension Center at 1444 Diamond Springs Rd. We will offer garden lectures and demonstrations, a plant sale, children's activities, garden art and more. Free admission and parking.



Join us for the **2023 Southeast Virginia Hokie Bugfest** on **October 14** from 10:00 a.m. to 2:00 p.m. at Lafayette Park in Norfolk.

We will have lots of insect information, live displays, children's activities, seed giveaways and more. You don't miss this exciting opportunity to learn more about the world of bugs.



Remember that we're always here to help with your horticulture questions.

Submit your gardening questions to our Help Desk via phone (385-8156) or email (vbmghelp@vbgov.com).

Our VCE Master Gardeners also hold Ask-A-Master Gardener booths throughout the city so you can find a location near you.

They are located at the Virginia Beach Farmers Market, Croc's Farmers Market, Oceana NEX, and King Grant Farmers Market.

Find out more at

<https://www.vbmng.org/ask-a-master-gardener.html>.



Would you like to volunteer with VCE as a Master Gardener?

We will have our Volunteer Program Orientation on **September 28** at 10:00 a.m. at the Kempsville Recreation Center.

Attend this meeting to learn what Master Gardeners do to educate our community and how to apply for the program.

For more details about our program, visit

[Becoming a Master Gardener](#)

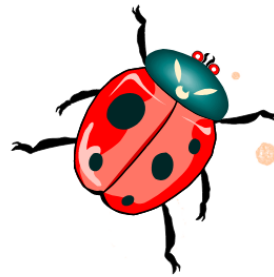
Virginia Beach Master Gardeners
Fall Garden Festival

SATURDAY | SEPT 23
FREE & FAMILY FRIENDLY

Plant Sale | Free Demos | Garden Art
Children's Activities | Local Groups &
Societies | Bake Sale | Food Trucks
Flower Show presented by the
Tidewater District, VFGC

Rain date Sept 24 | Pet Friendly
HR AREC: 1444 Diamond Springs Road
Find out more info @ vbmng.org





2023 SOUTHEAST VIRGINIA

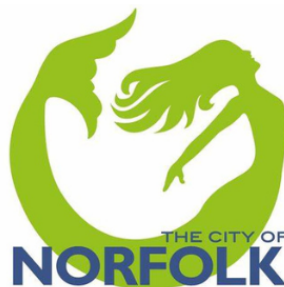
HOKIE BUGFEST

**OCTOBER 14, 2023
10:00 TO 2:00 PM**

Layfette Park
3500 Granby St.,
Norfolk, VA 23504

**CHILDRENS ACTIVITIES
BUG COSTUME PARADE
INSECT DISPLAYS
POLLINATORS
SCAVENGER HUNT
SEED GIVEAWAYS**

**FREE ADMISSION!
OPEN TO THE
PUBLIC!**



PLEASE CONTACT KATE MELHUIH, (757) 683-2816 OR
KMELHUIH1@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 NORFOLK VCE OFFICE AT 757-683-2816, 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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kmunden@vbgov.com or kmunden@vt.edu



Saving for Occasional Expenses



We all have bills we must pay each month, but sometimes we find ourselves unprepared when occasional expenses arrive. Occasional expenses are referred to as irregular, periodic, or seasonal expenses. Personal property taxes, car insurance, auto inspections, tuition, school-related expenses, and gifts are among occasional expenses.

Oftentimes when individuals develop their Spending and Saving Plans (also known as budget) they may forget about the occasional expenses, which can cause havoc on the budget if these expenses are not planned. Without a plan to pay these expenses, most people must find other sources to pay their bills including using loans and credit cards to meet their financial obligations. Occasional expenses are as important as monthly expenses such as car and home payments.

There are a couple of methods to identify your occasional expenses without struggling to find ways to juggle your money to pay these expenses when they arrive. The best method to identify occasional expenses would be to look back at your spending patterns and plan for future spending. Review your bank statements and credit card statements to identify the bills you pay on a quarterly, bi-annual, or yearly basis. Holidays and birthdays expenses may be a little easier to plan for because they happen at the same time, and we usually spend about the same amount each year.

Once you identify your occasional expenses then determine the amount of money you will need to pay, the time-frame, and then divide the amount by the number of months you will have until the payment is due. Remember the time-frame may be once a year, twice yearly, or every quarter. Make sure to divide the amount of the expense equally according to the months you have until the bill is due. For example, you pay \$250.00 each June for your vehicle's personal property taxes. Divide

FAMILY AND CONSUMER SCIENCES

continued - *Saving for Occasional Expenses*

\$250.00 by 12 months would be \$20.83 per month which should be reflected on your Spending and Savings Plan as a monthly expense. Another example could be your car insurance of \$400.00 every quarter. Divide \$400.00 by 3 months equally would be \$133.33 per month. This amount should be reflected as a monthly expense on your Spending and Savings Plan.

Once you identified the amount for your occasional expenses, the next step would be to open a savings account with your bank or credit union, entitle the account as "Occasional Expenses" and deposit the specified money into the account for each expense. The money must be moved from the checking account into the "Occasional Expenses" account. Many times, when the money is not moved into the account, it is easily spent on other items. For expenses that occur once a year, you may consider opening a special account entitled "Back to School Club" or "Holiday Savings Club". You can have money automatically transferred into these special accounts; however, you will not be able to withdraw money from these accounts until the maturity date without a penalty. The maturity date is usually indicated when you open the account.

Having these savings accounts for Occasional Expenses will help reduce the stress of finding money to pay these expenses and you will no longer need to do the juggling act with your money. Also having these special savings accounts will reduce the need to use credit to pay the expenses causing even more burden on your finances. Just imagine how wonderful it would be for your financial situation to pay your monthly expenses and have money to pay the occasional expenses.

For additional saving tips please visit Virginia Cooperative Extension at www.ext.vt.edu and click on **FAMILY**.

Please fill out survey - for more information see below:

Virginia Tech is conducting a survey regarding the knowledge residents possess regarding educational programs offered through Virginia Cooperative. Could you please take about 10 minutes to complete the survey? You can either use the attached QR code or link to complete the survey. Please complete the survey before Monday, July 31st. You are welcome to forward this email to others.

https://vce.az1.qualtrics.com/jfe/form/SV_0jDP8lM9LGRydAq



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

Strawberry Spinach Salad

Prep Time: 5 minutes

Total Time: 10 minutes



Ingredients

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

Nutrition Facts

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

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

Quick Tips

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

Follow us | Like us



www.eatsmartmovemoreva.org

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

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



Virginia Tech • Virginia State University

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(Recipe adapted from: <https://extension.unh.edu>.)

www.eatsmartmovemoreva.org

FAMILY AND NUTRITION PROGRAM

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Strawberry

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

Strawberries are fruit which grow on plants.

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

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

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

VARIETIES

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



NUTRITION FACTS

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

USES

Strawberries are usually eaten raw. Eat whole as a great snack. Add to fruit salads, smoothies and cereal.

Use as a topping for ice cream, pancakes or waffles. Strawberry shortcake is very popular.

Strawberries are grown in Virginia.



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



FAMILY AND NUTRITION PROGRAM

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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

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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

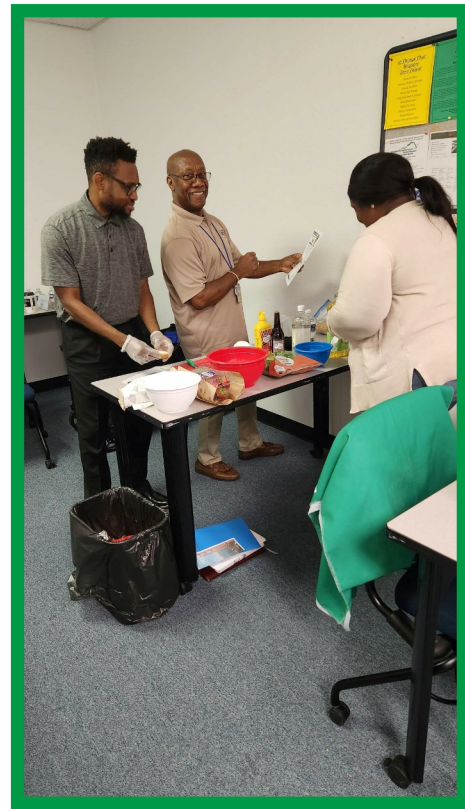
FAMILY AND NUTRITION PROGRAM

Check out the spring sessions that we held.

Tons of fun while learning!

Come join us for the summer and fall. We never stop.

Expanded Food and Nutrition Education Program
(EFNEP), Adult - Hands-on food experience



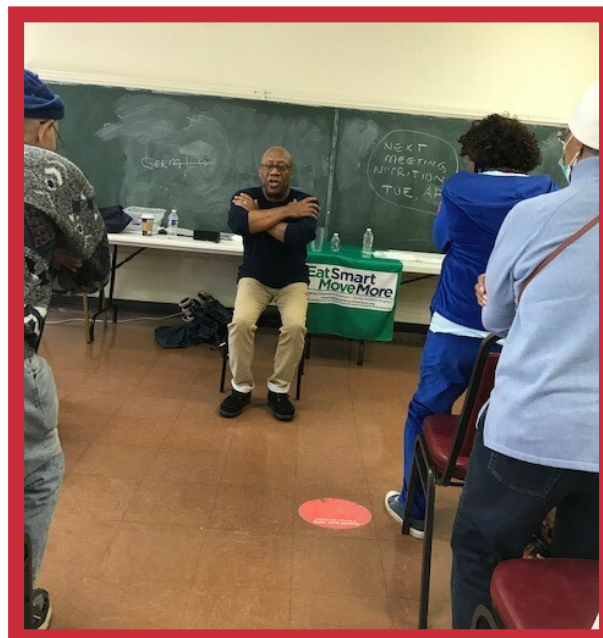
FAMILY AND NUTRITION PROGRAM

Expanded Food and Nutrition Education Program (EFNEP), Adult - Post-partum moms



FAMILY AND NUTRITION PROGRAM

Supplemental Nutrition Assistance Program – Education (SNAP-Ed), Adult – Older adults in action





Jonette Mungo, 4-H Youth Extension Agent

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4-H CLOVER CLIPS

July 2023 3rd Edition



18 USC 707

What's Next for VA Beach 4-H

Virginia Beach 4-H has grown over the past two years by creating new programs and opportunities that reach into the northern and more urban areas of the city. But we can do more. With the help of the community, we can do greater and be better. The success of our 4-H program is deeply rooted in the dedication to youth by our large body of trained volunteers of both adults and youth.



4-H Advisory Council

We are looking for more dedicated adults to be a guiding group for the direction of the VA Beach 4-H program. If you are a 4-H All-Star, have ever participated in 4-H as a youth or adult in VA Beach or other places, or have a passion for working with youth, please consider applying to be a member of our 4-H Advisory Council. We are accepting youths age 14-19 and adults of all ages and professions. You can access the application at this link and QR code. Applications are being accepted from July 1-20th.

https://vce.az1.qualtrics.com/jfe/form/SV_bwPpXmr1YWsjFLA



PLEASE, TAKE OUR SURVEY.



It is important that we hear from the community to help us identify areas of need for future programs from our Extension Office.

https://vce.az1.qualtrics.com/jfe/form/SV_OjDP8lM9LGRydAq

Meet Our VA Beach 4-H Youth Representatives

4-H has many opportunities for youth to grow and develop their leadership and civic engagement skills. This past year we had several teens who stepped up to be the voice for VA Beach. They each have a diverse 4-H experience and personal background. 4-H is an organization in which every youth - no matter what their circumstances, can have a voice and learn to be an advocate and voice for their community. We want to know you and help you tell your story. And through 4-H, we provide an opportunity and training to help all youth achieve goals for now and the future. Contact us and we'll show you how.



Meet Olivia Vaughan. She is our 2023 VA Beach 4-H All - Star. Being inducted into the 4-H All-Stars is a top honor for 4-H.

My 4-H involvement over the years has taught me many life lessons and skills that many people do not learn until later in life. From the little things, like showing up for meetings and baking cookies for a bake sale, to more important things like being responsible for and raising an animal on my own and developing a strong work ethic. Having experiences like winning and losing in competitions has helped me understand the importance of being humble and gracious in everything you do. Being a leader in the club has taught me how to take those skills into my community to lead and influence my peers and prepare me to be an adult. The impact of 4-H lessons taught to a child stays with him/her throughout their life. My family is everything to me, and 4-H has become my family.



Meet Sarah Byman. Sarah is our newly elected Southeast District Ambassador to our Virginia 4-H State Cabinet.

Effective leadership is critical because it enables a community or organization to accomplish important goals. Personally, I have experienced leadership that motivates and inspires people to collaborate together. The most effective leaders I've seen are willing to work alongside others, which causes people to learn in the process and makes projects more enjoyable. A genuine attitude of service benefits and greatly impacts a community as it causes people to think beyond themselves and be aware of the needs of others. As I've been involved in 4-H since 2016, I have witnessed how its service-oriented mission helps the community, and it has made me value community service more.

Sarah and Paul Byman have served as the voice of our VA Beach youth camping community by serving on the Teen Council for the Airfield 4-H Camp Planning District. Their term is for the 2022-2023 programming year. They have participated in leadership weekends and social events as representatives of our VA Beach communities.



VA Beach 4-H Awards and Accolades

4-H Youth Members Receive High Honors

4-H youth who stay involved all year through participating with our community clubs have the opportunity to take part in a wide array of scholarships, personal achievement, and skills-based competition opportunities. At the end of the season there are several local, district, and state level competitions that are held for these dedicated 4-Hers to showcase and demonstrate their knowledge and skills in their chosen 4-H project.

VA Beach 4-H Farm Credit Endowment Scholarship- \$2,000

Paul Byman

Virginia 4-H Honey Bee Essay Contest

Third Place- Sarah Byman

VA Beach 4-H Ham Project

School Division

1st Place: Taylor Bayley & Zoey
Lancaster

2nd Place: Rhyland Coventry

3rd Place: Parkway Elementary

Most Representative of a Colonial Era
Ham: Zachary Brock

Junior Division

1st Place: Hayden Sawyer

2: Place: Luke Talley

Senior Division

1st Place: Emily Ray

2nd Place: Matthew Caron

Paul Byman

GrandChampion

Hayden Sawyer

Reserve Champion

Emily Ray

2023 Overall Livestock Showmanship Champions

Hog –Novice

Hayden Sawyer-Grand
Scarlette Moore-Reserve

Hog – Junior

Hayden Putz-Grand

Hog – Intermediate

Emily Dawley-Grand
Conor Whalen-Reserve

Hog – Senior

Addison Naas-Grand
Hunter Ross-Reserve

Steer -Novice

Haydn McDowell-Grand

Steer – Intermediate

Jack Shepherd-Grand
Emily Dawley-Reserve

Steer - Senior

Sophie Shepherd-Grand
Logan Gentry-Reserve

Sheep–Novice

Kacie Hudzik-Grand
Riley McIntosh-Reserve

Sheep- Junior

Harper Williams-Grand
Sawyer Phillips- Reserve

Sheep – Intermediate

Genevieve Cortazzo-Grand
Eleanor Russell-Reserve

Sheep – Senior

Grace Schratwieser-Grand
Kimberly Brickhouse- Reserve

Goat -Novice

Makenzie Barnett- Grand
Sophie Montgomery- Reserve

Goat – Junior

Julia Boyett-Grand
Tripp Boyett- Reserve

Goat – Intermediate

Gracelyn Phillips- Grand
Sailor Saull- Reserve

Goat – Senior

Kimberly Brickhouse- Grand
Grace Schratwieser-Reserve

**Senior Showman for All
Species**
Grace Schratwieser

2023 Market and Breeding Class Champions

Market Hog

Austin Cox- Grand
Hunter Ross- Reserve
Leah Gentry- 3rd Overall

Market Goat

Selena Perez- Grand
Kimberly Brickhouse- Reserve
Makenzie Barnett- 3rd Overall

Market Steer

Logan Gentry- Grand
Leah Gentry- Reserve
Sophie Shepherd- 3rd Overall

Market Lamb

Grace Schratwieser- Grand
Selena Perez- Reserve
Kimberly Brickhouse- 3rd Overall

Breeding Doe

Wyatt Schratwieser- Grand
Wyatt Schratwieser- Reserve
Kimberly Brickhouse- 3rd Overall



**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>



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Harvest Fair

VIRGINIA BEACH
**FARMERS
MARKET**

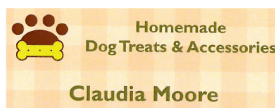
**Saturday, October 14
10 am to 4 pm**



Join us for a craft show, children's activities, pumpkin decorating contest, coloring contest, music, and more!

Visit the Rural Heritage Center and our Educational gardens.

Special thanks to our event sponsors:



CITY OF
VIRGINIA
BEACH

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