

When?

Summer Session, 9am-3pm

Tuesday, July 30
Wednesday, July 31
Thursday, August 1

Where?

Powhatan Extension Office
(basement conference room)

Who should come?

Any youth ages 9-13

Cost?

\$50 (includes supplies)
Pre-registration Required!



Don't forget
to bring a
water bottle &
bag lunch!

\$50 fee for returned check
Refunds require written notice at least
five working days prior to workshop.

If you are a person with a disability and desire any
assistive devices, services or other accommodations to
participate in any of these activities, please contact the
Powhatan Office at (804) 598-5640 during business
hours of 8 a.m. to 5:00 p.m. at least 10 working days
prior to class to discuss accommodations.

For more information.....

Powhatan County Extension Office
Cathy Howland, 4-H Extension Agent
3910 Old Buckingham Road
Powhatan, VA 23139
(804) 598-5640
chowland@vt.edu



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Farm to Table



4-H Cooking program
for youth ages 9-13



4-H Day Camp

Powhatan County
July 30, 31 & August 1

Registration Farm to Table

Youth Name

Address

City/ZIP

Daytime Phone

Cell phone

E-mail address

Date of birth

Grade in Fall

Food Allergies?

Check one 2019 4-H form on file Need to complete

Parent/guardian name

Parent/guardian signature

FEE: \$50 Pre-registration Required
No application accepted without fee,
Slots filled first come, first serve basis.
Make check/money order payable to
Treasurer VT and mail to following address:
Powhatan County Extension Office
3910 Old Buckingham Road
Powhatan, VA 23139

Farm to Table

*Youth will discover the importance of agriculture—
from the food we eat to meeting area producers!*



- ~Create Healthy, Nutritious Recipes
- ~ Learn the basics of cooking
- ~Visit area farms, producers
- ~Learn Hands-on Gardening Basics
- ~ Give back to the community



Sessions may also include:

- ◆ Food Tastings/Recipe Demos with seasonal fresh items
- ◆ Develop better understandings of the link between farmers and our food/lifestyles

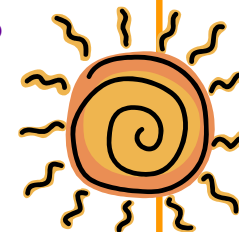


What to wear?

- ~Clothes you can move in!
- ~Comfortable walking shoes
- ~Sunblock

What to bring?

- ~Bag Lunch
- ~Water Bottle
- ~Bug Spray
- ~A good attitude!



Keep in mind that we
will be **OUTSIDE** on the field
trip portion/mornings!