



# Extension Connections - March 2024

*Powhatan County - Spring Edition 2024*



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

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HIRING!**



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Agriculture/Natural Resources  
EXTENSION AGENT

**JOIN OUR TEAM!**

**POWHATAN EXTENSION OFFICE**  
*See the link for details about this position!*

<https://sway.office.com/UOBLCdI0kTYEmlSn#content=05C5Gqk5yCbLpb>

Interested in joining our staff? Help us find the right person - check out the position description at the link: [Agriculture/Natural Resources \(ANR\) Extension Agent](#)

## Goochland Powhatan Master Gardeners



### Focus on Natives – Redbuds

by Pat Lust, Goochland Powhatan Master Gardener

The lovely haze of magenta that adorns the sides of our roads in the spring is created by the flowers of the redbud trees. While it is considered an understory tree, we usually see them at the edge of the woods looking like they are trying to escape - perhaps looking for more sun. And, redbuds will do well in full sun. Our native Redbud Trees (*Cercis canadensis*) are great magnets for bumblebees and many other native pollinating insects. My back yard potting station is located below a redbud tree, and I love to work there when the tree is in bloom. It attracts a large chorus of buzzing bumblebees that create a fantastic, continuous humming sound. We all observe the beautiful pink/magenta profusion of color in early spring, and redbuds are even more significant in ways we may not notice. In contrast with the invasive Bradford pear that blooms at about the same time, the redbud is a major contributor to the environment. Bumblebees and other insects emerging from hibernation are attracted to the redbuds, and, in exchange for the nectar, bees provide pollination service to the trees. While the redbuds trees are buzzing like crazy, there is very little insect activity on a Bradford pear. Redbud is the larval host to several moths, and it provides nectar for butterflies and nesting material for native bees.





1 - Photo by Betsy Washington

It's very easy to grow redbud trees in your backyard, and sometimes the birds even plant them for you. I have two lovely redbuds in my backyard that just appeared one year and have now become very nice small shade trees. They don't care for wet feet but, if you have a well-drained area, redbud trees can become star performers in your home landscape.

Once the flowers have run their course, lovely heart-shaped, deep green leaves cover the redbud trees. On our native redbud trees, the leaves appear in the spring with a tinge of red and then turn yellow in the fall. Breeders have developed many cultivars of redbuds with a wide variety of attractive leaf colors, a favorite being the "Forest Pansy" for its red/burgundy color.

Did you know that redbud is a legume? The flowers are edible and make a beautiful accent in a salad. According to Lady Bird Johnson, they have a slightly sour taste, but they are high in vitamin C. And, I hear they are good pickled, too.

For additional info about Redbuds and Bumblebees:

Eastern Redbuds Support Early Pollinators – Penn State Extension: <https://extension.psu.edu/eastern-redbuds-support-early-pollinators>

From the Field: Trees for Bees – Xerces Society - <https://xerces.org/blog/from-the-field-trees-for-bees>



2 - Photo Credit: University Maryland Extension

17th Annual

# Spring Garden Fest

Saturday, April 27th 8AM-3PM

Reynolds Community College- Goochland Campus

<b>Vendors &amp; Food Trucks</b>	<b>Plant Sale</b>
<b>Rummage Sale</b>	<b>Classes &amp; Workshops</b> <small>(REGISTRATION REQUIRED)</small>

Visit [www.GPMGA.org](http://www.GPMGA.org) for More Information

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**Extension  
Master  
Gardeners**  
Goochland-Powhatan

## 4-H Youth Development



### Powhatan youth test equine knowledge

Seventeen youth from Powhatan and Goochland 4-H equine clubs tested their knowledge about horses at the local 4-H Hippology Contest in late February. Congratulations to Skyler Dixon of Powhatan's Horses R Us 4-H Club for earning the overall high score for senior members (14 & up) and Riley Brown of Goochland's Great Equestrians 4-H Club for earning overall high score for junior members (9-13). All the participants gave a great effort - congrats to everyone!









## Seeking Young Entrepreneurs!

# YOUNG ENTREPRENEURS

## BE YOUR OWN BOSS

Join our youth-led maker & growers' 4-H market for young entrepreneurs!

OPEN TO ALL YOUTH AGES 9-17

Details? Call (804) 598-5640 or [chowland@vt.edu](mailto:chowland@vt.edu)



- ART
- PRODUCE
- EGGS
- BAKED GOODS
- PLANTS
- JEWELRY
- & MORE!



SCAN Here to Register!

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## State 4-H Congress

Virginia 4-H State Congress 2024 takes place June 18-21 on the campus of Virginia Tech in Blacksburg, VA. This high quality educational event is open to all 4-H members ages 14-18, as of Sept 30, 2024. Activities include competitions, hands-on workshops, service learning projects, as well as social and recreational experiences for the youth. Registration for State Congress opens April 1 and will remain accessible through 4-H Online until May 10. For more information, please email Cathy Howland at [chowland@vt.edu](mailto:chowland@vt.edu). *The mission of Virginia 4-H State Congress is to provide competitive and non-*



competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities.



SAVE THE DATE!!  
Registration opens March 8

**VIRGINIA 4-H HEALTHY LIVING SUMMIT**

APRIL 26-28  
@ W.E. SKELTON 4-H EDUCATIONAL CENTER  
Cost: \$55

**ABOUT**  
The Virginia 4-H Healthy Living Summit is open to enrolled 4-H youth ages 14-19 interested in Healthy Living.

QUESTIONS? CONTACT  
DR. TONYA PRICE,  
TOTAYLOR@VT.EDU

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### Join a 4-H Club!

Youth ages 5 - 18 are invited to enroll in a 4-H Club in Powhatan County! If you are an adult with an interest in starting a new 4-H club, please contact Cathy Howland today at the Powhatan Extension Office, (804) 598-5640 or [chowland@vt.edu](mailto:chowland@vt.edu).

- **All About Dogs 4-H Club:** 2nd Wednesday monthly, from 5:30-7pm at Parks & Rec Training Room
- **Powhatan 4-H Sailing Club:** 2nd/4th Wednesdays at 7pm. Swim testing provided. Sailing takes place at Swift Creek Reservoir
- **Horses R Us 4-H Club:** 1st Wednesday evening monthly off Academy Rd
- **Majestic Hooves 4-H Club:** Saturdays monthly off Maidens Rd
- **Powhatan 4-H Livestock Club:** 3rd Thursdays, 6pm @ Extension Office
- **Powhatan 4-H Bulls Eyes Club:** 2nd/4th Sunday afternoons (archery) at Parks & Rec gymnasium
- **Powhatan 4-H Community Club (5-13 year olds):** 2nd Tuesday monthly at Powhatan Public Library conference room
- **Powhatan 4-H Dairy Judging:** every other Thursday, 3-4:30pm. No experience necessary!
- **Powhatan 4-H Shooting Club:** meets Sunday afternoons (waiting list - contact Extension Office)



Qualify for the Northeast District 4-H Contest Saturday, April 13 Spotsylvania County



Event Date: Tuesday, March 26 @Powhatan Village Building

Registration:



SCAN ME

Photography  
Visual Arts  
Public Speaking  
Presentations  
Table Setting  
& more!

Show us what you've learned!

# Goochland Powhatan 4-H County Contest

Registration Deadline: March 18

Teen counselors prep for 4-H camp!





**There are still spots available for FEMALE campers to attend the Powhatan-Goochland-Hanover 4-H Camp.** The weeklong overnight camp takes place July 15-19, 2024 at the [Jamestown 4-H Educational Center](#). For details and registration information, check out our 4-H Camp site at [GHP 4-H Camp 2024](#). We do have a wait list for male campers from Powhatan County. Open to all Powhatan youth ages 9 to 13 as of Sept 30, 2024.



## Huguenot Beekeepers



### Want a backyard beehive? Expert explains benefits and tips for homeowners

Bees serve an important role in pollinating our gardens, helping flowers grow and regrow, helping trees to bear fruit and crops to yield food. However, homeowners looking to venture into beekeeping have a lot to think about long before any potential honey harvest. The checklist includes acquiring the right equipment, access to good sources for food and water, investigating the use of pesticides by neighbors, and many additional considerations. James M. Wilson, beekeeping expert for Virginia Tech and Virginia Cooperative Extension, has plenty of tips to offer about starting up and tending to a personal beehive.

**Q: How can homeowners know whether beekeeping is right for them?** “The best way to determine whether to keep bees is to meet with beekeepers at an organizational meeting, not just at the farmer’s market where they are hoping to sell their honey. Local, regional, and state beekeeper associations hold meetings that cover a great deal of topics on bees and bee products. Ask about or listen to the challenges of keeping bees, because when they arise, they can be formidable. It may be that keeping a native bee house or nest in your yard might be more of what you are looking for in terms of pollination or curiosity.” **Q: Why might a homeowner want to try beekeeping?** “If you are interested in serious pollination benefits and a sweet taste of honey as a payoff, honeybees are a great place to get started. Being a beekeeper requires optimism that you and your bees can succeed, stubbornness to work through the challenges, and some realism to know that you will at times need to make some tough decisions about your bees. The rewards often do pay off, but they may not come as soon as you think.”

**Q: Is every yard suitable for beekeeping?** “When we look at our surroundings like a bee would, we can see just how different, and at times how inhospitable, the designed world of green grass lawns with few flowers can be. Location is one of your top priorities when you are trying to get started keeping bees. Important factors include early morning sun in the spring, windbreaks, good air and water drainage, and nearby forage and water sources. Also, think about what having more bees in your area will look like — will you have to redirect them from foraging in a popular public park?” **Q: What does a homeowner need to get started?** “In addition to the resources provided by beekeeping associations, bee supply companies sell the basic kits of hive components, personal protective equipment, and some not-so-light reading to get folks started. We want to make sure that we are setting the bees up for success, so having equipment assembled, painted, and a location prepped will help you to install your new package or nucleus colony of bees and let them get right to work. They have a big job to do to get ready for their

first winter, so we do not want to slow them down at all.” Interview by Mike Allen of Virginia Tech's media relations office, May 22, 2023



### What's happening?

If you're interested in getting more information about beekeeping locally, reach out to Huguenot Beekeepers Association (HBA). HBA meets monthly on the first Thursday at 7pm. For more information on the Huguenot Beekeeper's calendar, educational resources, or simply how to join the local beekeepers association, check out HBA's website [HERE](#). For more information about Huguenot Beekeepers Association, please contact: [communication@huguenotbeekeepers.org](mailto:communication@huguenotbeekeepers.org)

For additional information, please see the following articles:

<http://www.vdacs.virginia.gov/pdf/BMP-plan.pdf>

<https://www.vdacs.virginia.gov/plant-industry-services-pollinator-protection-plan.shtml>

## Agriculture & Natural Resources



### Best Management Practices for the Homeowner **SEPTIC SYSTEM**

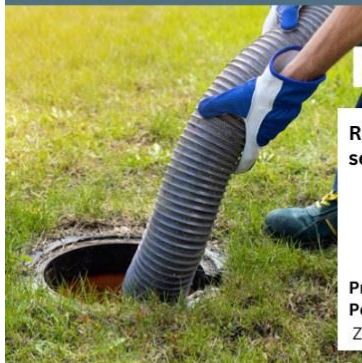
In-Person & Online  
Zoom Workshop

**Tues, March 26**

**6:30-8pm**

Central High Complex Auditorium  
2748 Dogtown Rd in Goochland

**FREE**  
Educational  
Program



### Be Septic Safe!

Rural homeowners will learn how to properly manage a septic system and more!

- Household Practices
- Land Use Considerations Near Drain Fields
- Promote Optimal Functionality
- Common Problems

**Pre-Registration  
is Required!**



Pre-Register at link/QR: <https://tinyurl.com/SepticBMP> or contact  
Powhatan Extension office at [allisw2@vt.edu](mailto:allisw2@vt.edu) or (804) 598-5640  
Zoom link access info will be emailed to registrants by March 22

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## Available Resources



### Soil Testing

Tests are performed to evaluate the soil's nutrient potential and to determine the most beneficial application rates of fertilizer and lime for optimum plant growth. Accurate soil analysis with subsequent recommendations provide a tool for making economical and ecological land use decisions. Maximum economic yields are realized through careful management of nutrient availability. Over-fertilization is costly and may be damaging to the environment.

- Soil test boxes and forms for both FARMS and GARDENS/LAWNS are available at the Powhatan Extension office next to ANR office, or behind our office at the "Demonstration Garden" sign post (see picture). ***\*If you need a large amount, please contact our office ahead of time at (804) 598-5640\****

### Hay Testing


This is the only way to determine the actual nutrient content of the hay you are feeding your animals or those of your clients. It is **important** to know this so that you can be sure your animals are consuming an adequate diet and what supplements may or may not be needed. The Powhatan Extension office has a gas drill and hay probe to assist you in pulling these samples.

### Digital Livestock Scales


Weighing cattle can have huge benefits for accurate administration of medicine and treatments as well as understanding weight gains and production of your beef cattle, sheep or goats.

- Contact the Powhatan Extension office at (804) 598-5640 to schedule to utilize the digital livestock scales, or for more details about assistance using the gas drill or hay probe.

## VEGETABLES TO PLANT IN APRIL




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	ZONE 6A	ZONE 6B	ZONE 7A	ZONE 7B	ZONE 8A
<b>DIRECT SOW</b>	Asparagus Beets Carrots Chard, Swiss Collards, Kale Kohlrabi Lettuce, Baby Salad Mustard Onion, Bulbing Peas, Garden Potatoes Radish Spinach Turnips	Asparagus Beets Carrots Chard, Swiss Collards, Kale Kohlrabi Lettuce, Baby Salad Mustard Onion, Bulbing Peas, Garden Potatoes Radish Spinach Turnips	Asparagus Beets Carrots Chard, Swiss Collards, Kale Kohlrabi Lettuce, Baby Salad Mustard Onion, Bulbing Peas, Garden Potatoes Radish Spinach Turnips	Asparagus Beets Beans, Bush Beans, pole Beans, Lima Carrots Chard, Swiss Collards, Kale Cucumbers Kohlrabi Lettuce, Baby Salad Muskmelons Mustard Onion, Bulbing Radish Potatoes Spinach Squash, Summer Squash, winter Sweet Corn Sweet potato Pumpkins Turnips Watermelon	Asparagus Beets Beans, Bush Beans, pole Beans, Lima Carrots Chard, Swiss Collards, Kale Cucumbers Kohlrabi Lettuce, Baby Salad Muskmelons Mustard Onion, Bulbing Radish Potatoes Spinach Squash, Summer Squash, winter Sweet Corn Sweet potato Pumpkins Turnips Watermelon
<b>TRANSPLANT</b>	broccoli* cabbage* cauliflower* leeks* lettuce, head*	broccoli* cabbage* cauliflower* leeks* lettuce, head*	broccoli* cabbage* cauliflower* leeks* lettuce, head*	broccoli* cabbage* eggplant* leeks* lettuce, head* peppers* tomatoes*	broccoli* cabbage* eggplant* leeks* lettuce, head* peppers* tomatoes*

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## Family Consumer Sciences (FCS)

### March is National Nutrition Month



Choosing sustainable foods such as fruits, vegetables, and other produce help to fuel your body while protecting the environment. You can start by eating more tomatoes! They are versatile, tasty, and can be added into many recipes, like this nutritious burrito bowl recipe from the [Virginia Family Nutrition Program](#).

**Healthy Chicken Burrito Bowl Ingredients:** 1 cup brown rice, 7 ounces frozen corn kernels (thawed), 1 cup boneless skinless chicken thigh(s) - chopped and pre-cooked, 1 cup shredded lettuce, 1 cup reduced fat shredded cheddar cheese, 1 tomato(es) chopped, and nonstick cooking spray. **Instructions:** Prepare rice according to package directions. While the rice is cooking, spray a skillet with nonstick cooking spray. Add corn and chicken to the skillet and cook over medium-high heat until mixture is hot, stirring often. Divide rice and chicken mixture evenly into serving bowls. Top each bowl with cheese, lettuce, and tomato. Serve warm.



**Buzz Body & Bites:** *Newsletter for Actively Aging Adults*

[January 2024](#)

[February 2024](#)

[March 2024](#)



## Upcoming Events



*For more information on any of the programs described in this edition of Powhatan's Extension Connections, please contact the Powhatan Cooperative Extension office at (804) 598-5640 - located at 3910 Old Buckingham Road in Powhatan's Village.*

- **Septic System Management // Tues, March 26 @6:30pm // Goochland Extension or Virtual by ZOOM**
  - This educational program is designed for the rural homeowner to learn best practices for managing a septic system. Call the Powhatan Extension office at (804) 598-5640 to pre-register.
- **Powhatan/Goochland 4-H County Contest // Tues, March 26 @6pm // Powhatan Village Building Auditorium**
  - Open to all enrolled Powhatan and Goochland 4-H members. Two contest limit. Pre-registration Required.
  - Contests offered this year: Presentations, Table Setting, Photography, Public Speaking, Visual Arts and more!
  - Deadline to register is March 18. Registration and guidelines/resources here: [4-H County Contest Link](#)
- **4-H Young Entrepreneurs // April 11, 18, 25 & May 16 // Powhatan Extension Office**
  - Open to all youth ages 10-17 to learn how to be your own boss!
  - Youth will have the opportunity to set up a booth at the Powhatan Village Farmer's Market on the 2nd Thursday monthly from June to September.

- To register, go to link: [4-H Young Entrepreneurs](#)
- **4-H Clover Campaign // April 24 - May 5 // Powhatan Tractor Supply**
  - Support Powhatan's 4-H Clubs by purchasing a \$1 Clover!
- **Virginia 4-H Healthy Living Summit // April 26-28 // W.E. Skelton 4-H Educational Center**
  - Open to all 4-H members ages 14-19. Cost is \$55.
  - Summit will feature hands-on and engaging workshops, amazing speakers, and opportunities to engage in conversations that will empower teens to be healthy – body and mind, and gain skills that will better equip them to make healthy decisions. Contact Powhatan Extension office for registration details.
- **Spring Garden Fest 2024 // Saturday, April 27 // J Sargeant Reynolds Community College - Goochland**
  - Classes, tours, and workshops fill up quickly, so register early for the best selection.
  - Complete descriptions and online registration is available at <https://www.gpmga.org> or by contacting the Goochland Extension Office at 804-556-5841, or the Powhatan Extension office at 804-598-5640.
- **Virginia 4-H State Congress// June 18-21 // Blacksburg, VA**
  - Open to youth ages 14 -18 (as of Sept 30, 2024). Transportation provided by Extension staff as space available in van. Registration opens through 4Honline on April 1.
  - For information packet, email [chowland@vt.edu](mailto:chowland@vt.edu)
- **Well Water Testing // October 16 // Powhatan & Goochland Extension**
  - Anyone with a private water supply can participate. Participants pick up a sample kit locally and receive information on how to collect water samples from their home. Samples are then taken to Virginia Tech for analysis. Once the analysis is complete, results are returned to participants either via email or mail, test results are explained (in-person or online/virtual meeting), and information is provided about water problems and potential solutions.
  - Call Powhatan Extension at (804) 598-5640 to register.

## Ongoing

- **Beef Cattle Production 360 Discussion Group // 3rd Tuesday of the Month // 6pm (local in-person)**
  - New members are always welcome to join if you are a seasoned beef cattle producer or just getting started. The group typically starts with a pot luck meal. For more information contact Mackenzie Gunn, Amelia Ag Agent [mgunn@vt.edu](mailto:mgunn@vt.edu)
- **Equine Discussion Group // 2nd Tuesday of the Month // 4pm (local in-person)**

- If you have an interest in horses and would like to learn more about various topics and enjoy some fellowship with other horse enthusiasts, please consider joining our monthly discussion group. Please contact Mackenzie Gunn to register @ [mgunn@vt.edu](mailto:mgunn@vt.edu)
- **VCE AG Today // Twice a Month // 9am (virtual)**
  - Join in to hear Extension Specialists and Industry Experts share timely topics for farmers. Our goal is to keep these updates brief, record them for folks who can't join us on that day and time, and to make them relevant for you. Podcasts (audio only) are posted below and YouTube video recordings can be found here: [https://www.youtube.com/playlist?list=PL7\\_2QUVzrPXDpYsV2HY11CH8KBrLuifyO](https://www.youtube.com/playlist?list=PL7_2QUVzrPXDpYsV2HY11CH8KBrLuifyO) Please contact Stephanie Romelczyk (sromelcz@vt.edu) for information on joining the meeting live. Watched or listened to VCE AG Today? Let us know how we are doing! Find our survey here: [https://vce.az1.qualtrics.com/jfe/form/SV\\_6fiYBb914AYRdn7](https://vce.az1.qualtrics.com/jfe/form/SV_6fiYBb914AYRdn7)
- **Fifteen Minutes in the Forest // Fridays // 12:15pm (virtual)**
  - Weekly series of 15-minute videos by Virginia Cooperative Extension Foresters. All live sessions will be on Zoom or Facebook. To join click [HERE](#) (meeting ID: 97509089739) Recorded sessions available on the Virginia Forest Landowner Education Program YouTube Channel, click [HERE](#) and all sessions also live and archived on the VFLEP Facebook Page, click [HERE](#).



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