

Extension Connections

"Educating, Engaging, and Empowering" Powhatan County Residents



Virginia Cooperative Extension—Powhatan

Fall Newsletter 2019

Volunteers, the Heart of Extension!

Volunteer Reception & Proclamation

It was great to see so many Powhatan Cooperative Extension volunteers gather for a reception on Monday, August 26 in their honor! Following the reception, a group attended the Powhatan Board of Supervisors meeting where a proclamation was read by Chair Angie Cabell recognizing our volunteers' accomplishments.

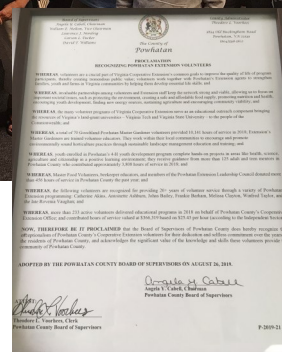


Check out our Volunteer Spotlight on page 4!

20+ Years of Volunteer Service

The Powhatan Extension Leadership Council (ELC) surprised long time devoted volunteer, Winfred Taylor with a recognition plaque in his name for VCE volunteers serving 20 years or more. Winfred Taylor recently stepped down from the ELC after serving from 1999 — 2019. Other longtime volunteers join him on this plaque:

- Winfred Taylor (ELC): 1999 - 2019
- Frankie Barham (4-H & ELC): 1992 - 2016
- Rovenia Vaughan (ELC): 1995 - 2015
- Antionette Ashburn (GP Master Gardener): 1995 - present
- Johns Bailey (4-H & ELC): 1995 - present
- Melissa Clayton (4-H): 1999 - present
- Catherin Akins (4-H): 1973 - present



Virginia Cooperative Extension
Virginia Tech • Virginia State University

www.ext.vt.edu

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Powhatan 4-H Youth

Powhatan 4-H Jr. Camp was a blast!



Sixty-two campers from Powhatan traveled to Jamestown 4-H Center in Williamsburg for the weeklong 4-H Junior Camp. Despite 99+ degree heat the week of July 15, youth stayed cool by enjoying many of the water classes offered to campers - canoeing, kayaking, water polo and paddle boarding. Along with the water sports, campers took part in a variety of other classes such as rocketry, art/maker, woodworking, archery, marine science and much more.

A total of 172 campers and 33 teen counselors from Powhatan, Goochland and Hanover counties enjoyed the overnight camping experience. For many, this was the first time away from home without a parent. According to a Virginia Cooperative Extension publication: Benefits of 4-H Youth Camping, "Citizenship is taught and practiced at 4-H camp. Youth

campers have individual and group responsibilities that teach them to take care of themselves and to contribute to the benefit of the camp community by helping others."

The week wouldn't be a success without Powhatan's adult/teen volunteers who spent the week away: *Frankie Barham, Hayden Blisick, Lance Bradley, Jack Connelly, Brenda & Tim Kidwell, Jack Lamm, Jack Laroche, Emily Nichols, Justin Staffieri, Brandon Walters, and Casey Yates*. The 4-H teen leader program prepares the youth year-round for their role as counselors during the camp. Thanks to the generous donations made by the following businesses and organizations: Powhatan Christmas Every Day Committee; Powhatan Lion's Club, Tractor Supply and Wear a Smile, Share a Smile. Eight youth attended camp through full or partial scholarships.

Day campers discover importance of agriculture

4-H/FCS staff conducted a three day 4-H Farm to Table camp in July. Ten youth ages 9-13 picked fresh blueberries, made mozzarella cheese and individual pizzas at *Hobby Hill Farm*, and harvested more than 35 lbs of cherry tomatoes at *Shalom Farm*. The rest of the camp was spent cooking with fresh food, learning about nutrition education and having fun. Linking the connection between farmers and food!

Ice cream in a bag was a hit and got everyone moving!



Sampled fresh peppers in the hoop house and cherry tomatoes off the vine!



The Martin family of Powhatan participated in the Virginia 4-H International Exchange program this summer. Koyori Omura of Japan, 13, visited three weeks this summer with the family of five. Adrienne Martin, 2nd from left, said she hopes to travel to Japan next summer. Koyori enjoyed sampling new foods in the U.S.!

Powhatan 4-H Clubs

Now's the time to join 4-H! New club year starts Oct 1

Check out the following list of existing 4-H clubs offered in Powhatan County!

We're also excited to announce the formation of a NEW 4-H equine club this fall! The club will be designed for boys and girls between the ages of 9-19 with an interest in horses and having fun! Clubs enjoyed the Labor Day parade!

Heart of VA Livestock 4-H Club

Meetings: 2nd Thursday, 6:30pm
Location: Powhatan Extension

Majestic Hooves 4-H Club

Meetings: 3rd Saturday, 10am
Location: Bruce Stables



Powhatan 4-H Outdoors Club

Meetings: 3rd Tuesday, 4pm
Location: Powhatan Extension

Powhatan 4-H Cloverbuds

Meetings: 3rd Wed, 6:30pm
Location: Powhatan Extension
Ages 5-8 only

Powhatan 4-H Shooting Club

Meetings: 1st/2nd Sunday, 1pm
No new members at this time—waiting list

Powhatan 4-H Teen Club

Meetings: 3rd Tuesdays, 3-5pm
Location: Powhatan VCE

Judging Teams:

Powhatan 4-H/FFA Dairy Judging

Meetings: 1st Wednesdays, (2:45-4:30pm)
Location: Powhatan Middle School

Powhatan 4-H Meats Judging;

Powhatan 4-H Horse Judging

Afterschool practice schedules TBD

**4-H Alum?
Join a Club?
Start a New Club?**

Please contact
Cathy Howland at
chowland@vt.edu or
598-5640 to help get
your child enrolled and/or
start a new club today!

FOR PARENTS: Why 4-H?

Benefits are Endless!

Learn new Skills!



4-H Officer Training

Tuesday, Dec 3 6:30pm

Open to all youth ages 9 & up

Introduces youth to the importance of responsible leadership, how to organize a club meeting or activity, and how to practice their leadership skills in 4-H.

Contact the Powhatan
Extension Office for details!



Become a 4-H SPIN Club Volunteer!



4-H is built on a foundation of Positive Youth Development (PYD). Positive youth development helps young people become competent, confident, connected, caring people of character. 4-H helps young people develop leadership skills and a sense of responsibility. Through 4-H, they gain confidence and skills. 4-H prepares them for their future. That kind of impact doesn't happen by chance. 4-H volunteers and programs work to provide elements of Positive Youth Development called BIG M. Young people need: **B**elonging, **I**ndependence, **G**enerosity and **M**astery. Have a positive impact on the next generation of young people in your community by sharing your experience and knowledge in a subject area you're passionate about. Help fuel the extraordinary efforts of our youth by joining us as a 4-H SPIN club volunteer!

If you would like more info about becoming a 4-H volunteer, please contact Cathy Howland, 4-H extension agent, at 598-5640 or chowland@vt.edu.

Volunteer Spotlight

Without the support of Virginia Cooperative Extension volunteers, the educational reach into the community would be minimal. With three full-time and one part-time employees in Powhatan's Extension Office, staff depends on our trained volunteers to provide the educational programming we are not able to do. All three volunteers have completed 50 hours of training to be certified as Goochland-Powhatan Master Gardener (MG) and Master Food volunteers. They are highlighted in this column as being instrumental in the success of the Groove in the Garden workshop series the past two summers. They have spent many hours establishing the raised beds, planting, watering and harvesting the produce that are delivered to the patrons of Powhatan's Clothes Closet and Free Clinic. Approximately 100 pounds of produce has been donated this summer.

Claudia Muelhaupt has been a MG volunteer since 2010. Although Claudia enjoys gardening, she admits she loves being with people, so when she can combine the two it makes her happy. Originally from Germany, Claudia and her family came to the U.S. in 1989. They've lived in Powhatan for the past 15 years. She said when they first came to the U.S., her daughters were provided with tutors to learn the language at no cost to the family. This really made an impression on her so she has tried to give back to her community ever since. Currently, there are two local projects Claudia focuses on within the MG program. First, she works at J. Sargent Reynolds Community College in Goochland with the Dirty Hands program. Through this program, MGs meet once a week to work on specific projects assigned by the school's horticulture staff. She said, "We learn a lot – and if I don't go I really miss it." Most mornings, she can be spotted in the Extension demo garden by 8:30am – watering, harvesting or weeding. Claudia and her husband, Engelbert, have two grown daughters. When she's not tending to her own herb garden, Claudia also enjoys cooking and knitting.



Claudia, Virginia & Kate

been interested in the Farm to Table idea," she added, so she completed the Master Food volunteer training in 2017. Always a gardener, Virginia especially loves experimenting with tomatoes and vegetables. She noted that she had much better luck growing these when she lived in Maryland, but not so much locally. However, she is not one to let anything defeat her and has figured out a few secrets to producing good looking veggies here too, in particular different tomato varieties. Many of the heirloom tomatoes, unique vegetable varieties and tomatillas found in Extension's demo garden started at Virginia's home garden. She is always trying new and different recipes using these harvests that can often be found during Groove in the Garden!

Virginia McCowan worked with New York City Extension soon after graduating from college, so she was exposed to Cooperative Extension at a young age. In particular, she noticed the MG volunteers as they answered residents' questions about horticulture. Apparently, it made a real impact on her as she said she always thought she'd like to do this herself one day. Jump ahead 30 years...Virginia completed training as a MG in 2014. "I've always



Kate Bracken is originally from Ohio where her family enjoyed raising their own meat and canning home-grown vegetables. Soon after they moved to this area, she quickly discovered the soil here is very different and needs a lot added to get it up to par for gardening. When Kate's husband passed away, she said it was her time to give back to the community. This mother of three grown sons was introduced to the MG program during a workshop at the Free Clinic in Goochland. She thought to herself, "This would be a great opportunity to meet people." Kate completed the MG training in 2015 and the Master Food training the following year. "The MGs are a diverse group – we leave our egos at the door," she said with a chuckle. When she's not busy as a MG, she can be found working in her flower and herb beds.





Agriculture & Natural Resources

Of What Value is Clean Water?

What value do you place on a clear, clean cold, glass of water? More than 1.7 million Virginians, which includes many residents of Goochland and Powhatan, depend on wells, springs or cisterns for their household water supply. Private water sources, such as wells and springs, are not regulated by the U.S. Environmental Protection Agency (EPA). It is the homeowner's responsibility to monitor the quality of their water supply. Residents on municipal water supplies don't usually have to worry about testing because their local water management agency conducts regular testing. Thanks to the Virginia Household Water Quality Program (VAHWQP) at Virginia Tech, there is an excellent upcoming opportunity for residents of Goochland and Powhatan to have their water supply tested for a very reasonable price of \$60.00. Through this affordable, confidential testing, you will learn about the quality of your household water supply and become empowered to make decisions about system maintenance and water treatment. Many homeowners with wells, springs or cisterns rarely test their water supply and that is usually when it is required for an occupancy permit or when they notice some issue with their water such as an odor, discoloration or gastrointestinal symptoms. But other potential problems can go unnoticed without testing. If you would like to gain peace of mind concerning the quality of your water, here is your chance. Check out the upcoming programs section at the back of this newsletter for information on registering.



Support VA Agriculture & Ag Extension Agents

The Virginia Association of Agriculture Extension Agents are hosting our National Meeting in 2020 which attracts Agriculture Extension Agents from across the country to learn more about Virginia and the great work being done in agriculture! We need your support to represent Virginia Agriculture in a great light! Please consider supporting us through the following fundraisers:

Contact Rachel Henley for tickets locally. rachelhenley@vt.edu or (804) 598-5640

John Deere Gator Raffle

Tickets: \$100 each

1 in 100 chance of winning prize:



**John Deere XUV 835M
AND
Five Cash Prizes of \$500 -
\$1,000**

Fish Fry Dinner

- 200 Pre-Sale Tickets - **\$12 each**
- **Dinner includes:** Fish, coleslaw, hushpuppies, beans, beverage, and dessert (*takeout available*)

WHERE: Rescue Squad Pavilion

WHEN: Friday, October 25 (5-7pm)



Become a Master Gardener!

- Foster your knowledge and passion for horticulture
- Empower your community to engage in environmentally sound horticultural practices
- Connect with other local gardeners

Classes held at the Goochland and Powhatan extension offices
Tuesdays and Fridays 9:30-12:30
January through March.



For more information: www.gpmga.org • DAVISL2021@gmail.com

Powhatan office (804)598-5640 • Goochland office (804) 556-5841

Applications accepted through November 1st

Powhatan County Historic Garden Renovations Completed!



*Fourteen months of hard work by
volunteers has paid off!*

Visit the garden to see the beautifully
rendered brick and slate walkways.

Experience the transition of the Virginia
history-inspired plants to the Fall season!

Family & Consumer Science

Canning Basics Information



Contact Jane Henderson
Powhatan County Extension Office
804-598-5640 or johns59@vt.edu
for details.



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Powhatan County Extension Office johns59@vt.edu or call (804) 598-5640/TDD (800) 828-1020 during business hours of 9 a.m. and 4:30 p.m. to discuss accommodations five days prior to the event. This workshop is free and open to the public.

Bell Peppers



Peppers are an excellent source of vitamin C and contain Carotenoids.

Choose firm, brightly colored peppers with tight skin that are heavy for their size. Avoid dull, shriveled, or pitted peppers. In season for peppers in Virginia is July - November. Check out these tips:

- Bell peppers are available in green, red, yellow, orange, or even purple, making it easy to add color to your plate. If a recipe calls for one color, be adventurous and try another
- Refrigerate bell peppers in a perforated plastic bag for use within one to three days.
- Use cut up peppers as part of afternoon snacks. Dips are always popular among kids, so try serving peppers with hummus, low-fat ranch dip, or goat cheese mixed with chives.

Source: Eat Smart, Move More at Farmers Markets—Virginia Cooperative Extension

Stuffed Bell Peppers

Ingredients:

1 pound ground turkey
1/2 onion, chopped
8 ounces low-sodium tomato sauce
1/4 cup water
1/8 teaspoon ground black pepper
1/2 cup instant brown rice, uncooked
6 medium green peppers

Directions:

- 1) Preheat oven to 350°F.
- 2) Heat skillet to medium. Cook ground turkey in skillet until no longer pink. Remove from skillet and drain fat.
- 3) Cook onion until translucent, about 3-5 minutes.
- 4) Stir in tomato sauce, water, and black pepper. Bring to a boil.
- 5) Stir in rice, cover, reduce heat, and boil on low for 5 minutes.

- 6) Once rice is cooked, add the cooked ground turkey back to the skillet. Remove from heat and let stand for 5 minutes.
- 7) Meanwhile, remove tops from peppers and cut in half lengthwise.
- 8) Fill pepper halves with meat mixture. Place in a shallow baking dish.
- 9) Cover peppers with aluminum foil and bake at 350°F for 30 minutes.
- 10) Let stand for 5 minutes before serving.

Fall is a great time to preserve chutney and relish

- Family & Consumer Sciences Extension Agent onsite to answer questions
- Food preservation resources available

- Water Bath
- Pressure Canning
- Drying
- Freezing

Southern States
Goochland


Saturday, September 21

12:30 - 2:00pm

1961 Sandy Hook Rd

Goochland, VA 23063-3109

In cooperation with Virginia Cooperative Extension Powhatan and Southern States Goochland. This event is free and open to the public.

 SOUTHERN STATES
Goochland
Marsha Poole
Phone: (804) 784-3803

Preserving foods at home becoming more common

The number of consumers preserving foods at home continues to increase, as more consumers emphasize greater control over what they eat and where their food comes from. Failure to adequately preserve



foods in the home can result in foodborne illness. Many families don't have the knowledge to safely preserve their food at home. Family and Consumer Sciences (FCS) agents provide a variety of opportunities to fill this educational need. Extension routinely holds in-service training for FCS agents and food safety educators on canning and food preservation, in order to meet the demand for food preservation information. Throughout the state, FCS agents also provide a variety of home food preservation workshops designed to teach participants how to safely can, freeze, or dry their own foods. The types of food preservation support provided include: General informational canning classes, Canning demonstrations at community events, Hands-on boiling water bath canning classes to teach how to safely can high acid foods, Hands-on pressure canning classes to teach how to safely can low acid foods, Pressure dial gauge inspections and individualized home preserver support via phone/e-mail. For more information about classes and support in your area, contact your local extension agent.

Serving food to the public

Many organizations and community groups rely on volunteers for a variety of food events such as fundraising, fellowship, food pantries or other service to the community. Safe Food Handling workshops are designed specifically for volunteers. Learn up-to-

date methods for safely preparing, handling and serving food for large group functions. Contact Powhatan FCS Extension Agent, Jane Henderson at Johns59@vt.edu for details. Minimum 10 participants—\$15 each.



Financial Resources

Steps to Financial Success, Pre-discharge Bankruptcy Education Course. Call for appointment. Fee. Call 804-561-2481 for details.

FREE Pressure Canner Testing

Pressure canners with dial gauges need to be checked to ensure dial gauge accuracy. Contact the Powhatan Extension Office at (804) 598 -5640 to schedule an appointment.





They garden has produced well this year!

Facebook: Virginia Cooperative Extension—Powhatan
<http://offices.ext.vt.edu/powhatan/>

Groove in the Garden

Join the Goochland Powhatan Master Gardeners and Master Food Volunteers for a great hands on learning and tasting opportunity from 10am - noon this last Thursday on September 19!

Jane Henderson, FCS Extension Agent - johns59@vt.edu
 Allison Walters, Unit Administrative Assistant - allisw2@vt.edu
 Rachel Henley, ANR Extension Agent - rachelhenley@vt.edu
 Cathy Howland, 4-H Extension Agent/Unit Coordinator - chowland@vt.edu

Powhatan Extension Office (804) 598-5640
 3910 Old Buckingham Road, Powhatan, VA 23139

SAVE the DATE

Upcoming Powhatan Extension Programs

4-H/FFA Dairy Judging Practices

For more information contact Cathy Howland.

START: September 11 • afterschool

State 4-H Horse Show

Held at the Virginia Horse Center in Lexington.

September 12 - 15

State 4-H Shoot

Taking place at Holiday Lake 4-H Center

September 13 - 15

Lunch & Learn - Meal Prep

Looking for information on how to be more efficient with your meal planning and prepping? Join us to learn more!

September 19 • Noon - 1:30pm

Canning Basics Information

Join Jane Henderson, FCS extension agent to learn all about the basics at the Goochland Southern States location.

September 21 • 12:30 - 2pm

Drinking Water Clinic - Well Water Testing

Register today to reserve your test kit! <https://tinyurl.com/GPWaterTest2019>

KICK-OFF: September 24 • 6pm

Powhatan 4-H Teen Club

This will be held at the Powhatan Extension office. Please call for details.

September 24 • 3 - 5pm

Webinars for Farmers Market Vendors

The Virginia Farmers Market Association & Virginia Cooperative Extension. Topics include: Budgeting, Marketing/Identifying a Market, Pricing, Labeling, and Introduction to Fresh Produce Food Safety. <https://vafma.org/market-vendor-lunchtime-webinars-in-september/>

MONDAYS: Sept 16 - Oct 14 • Noon - 12:45pm

Fall 4-H Clover Campaign

Support your local 4-H program at Tractor Supply.

October 9 - 20

Beef Cattle A.I. Clinic

Held at the B.A.R.N. in Buckingham. \$65/person, lunch provided. Register by September 27, limit of 15 participants. Call Buckingham Extension office at (434) 969-4261 for more details to register.

October 14 - 15

4-H Volunteers Association of Virginia

Taking place in Richmond, location TBD.

October 26 - 27

Show Me the Money - Writing an Ag Business Plan Workshop Series

Goal for participants to walk out of series with written business plan to secure funding. Final meeting will be a sit down with financial lenders for feedback on your written plan. Held at the Powhatan Extension office, more details and registration coming soon!

THURSDAY EVENINGS: Nov - Dec

Decorating for the Holiday with Natural Greenery

Brought to you by the Goochland Powhatan Master Gardeners at the Powhatan Public Library; watch for registration details!

December 6 • 6pm

Babysitting for Tweens

Powhatan Middle School students and similar aged youth in Powhatan are welcome to register and take part!

Tuesdays from Nov 19 - Dec 10 • afterschool