

Extension Connections

“Educating, Engaging, and Empowering” Powhatan County Residents



Virginia Cooperative Extension—Powhatan

Fall Newsletter 2018

Healthy living's not just for adults!

Whether you're 9 or 99 years old, staying fit and feeling healthy should be important goals for everyone! Through Virginia Cooperative Extension, staff work with community members to ensure lifestyle behaviors, such as diet and physical activity, impact the health of residents across the age span. In an effort to promote health and wellness in local youth, extension agents in the Powhatan Extension Office hosted a four day camp in August for campers between the ages of 9 and 13. The event highlighted relaxation and movement techniques, with a focus on kids yoga. Campers discovered how to lead a healthy lifestyle by developing fun exercise habits and guidance in making healthy food choices. The Healthy Living: Yoga for Kids program was developed through the Arkansas Cooperative Extension Service. Two agents from Powhatan were trained in the technique earlier this year. The purpose of this program is to increase fitness, decrease stress, and improve mental focus in a non-competitive manner. Parents said 75% of the campers had continued to practice yoga at home after the camp.



Along with learning yoga and relaxing activities such as felting soap and hand stitching, the group took a field trip to Shalom Farm in Powhatan.



They discovered first hand where food comes from, the importance of choosing the right foods, and just how much work goes into planting a garden. The group planted 1,200 cabbage and broccoli seedlings for the



farm's fall crop. Produce from the farm is distributed to food desert areas in Richmond and the majority of the planting and harvesting is done by volunteers. Although it was a hot, tiring day, the youth seemed to really enjoy giving back to others in this active way.

Virginia Cooperative Extension
Virginia Tech • Virginia State University

www.ext.vt.edu

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Interim Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Powhatan 4-H Youth



For additional info on any of these events, please contact Cathy Howland, Powhatan 4-H Extension Agent, at chowland@vt.edu!

State 4-H Shoot: Sept 7-9; 29 youth in Powhatan 4-H shooting clubs will travel to Appomattox for the contest. Good luck everyone!

State 4-H Horse Show: Sept 13-16 @ Virginia Horse Center. Seven local riders are traveling to Lexington for the show. Good Luck to Powhatan's 4-H equine clubs!

Powhatan 4-H Teen Council: Tuesday, Sept 15, 3-5pm
This group plans several countywide 4-H events throughout the year, participate in youth-driven service projects in the community, while gaining leadership and public speaking skills along with other teens in the 4-H community. **You must be a part of a 4-H club, judging team or after school program to register for the teen council. Must be 13 & up. Register at the following link: <https://goo.gl/forms/UU29VTsItaKFr6Q72>

State Fair of Virginia: Sept 28 – Oct 7 <https://www.statefairva.org/>. You don't have to show livestock to participate in the State Fair! Check out the options for the youth contests in culinary arts and crafts: <https://www.statefairva.org/p/getinvolved/competitions/303>. There are financial scholarships available for youth in grades 7 and up in the arts. Entry deadline is Sept 7. Check it out!

4-H Officer Training: Tuesday, Oct 30, @ 6pm; Want to be a 4-H officer in the future or already held an office? Plan to participate in this fun officer training set for at the Powhatan Extension Office. Learn officer responsibilities, parliamentary procedure, meet new people & much more! Pre-register to chowland@vt.edu

Dairy Judging team earns 1st place

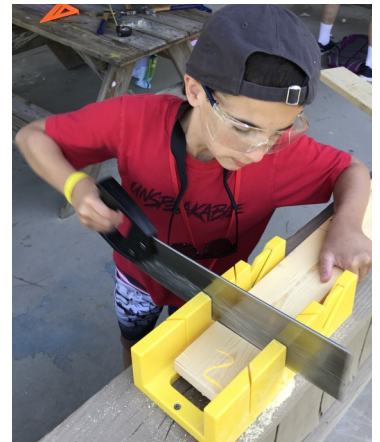
The Powhatan 4-H Dairy Judging Team traveled to compete in the State Dairy Judging Contest in June. But the trip was well worth their time, as the Powhatan team earned 1st place junior team for Reasons, and 2nd place Overall junior team. Team members in-



clude Madilyn Adkins, 10, Arlena Johnson, 10, and Ava Tucker, 12, all of Powhatan. Both Arlena and Ava are new to the judging team. The girls are coached by Powhatan resident Johns Bailey. Individual honors also went to Madilyn 2nd place and Ava 4th place jr reasons contest. This is a great to join the team!

4-H campers learn life skills

Sixty-two campers from Powhatan attended 4-H camp at Jamestown 4-H Center the week of July 9. They joined youth from Hanover and Goochland for a total of 175 campers. Trained teen counselors joined adults to round out the area volunteers camping with the youth to 33 total! Campers took classes to learn skills such as wood working, water



sports, archery and riflery. They spent time each afternoon cooling off in the pool, practicing archery and playing in the GaGa pit. **Needed: Male Teen Counselors for 2019 4-H Camp** – if you are a responsible, caring young man who enjoys working with children and is willing to commit to monthly trainings...email chowland@vt.edu today! *Must turn 14 by Jan 1 to be eligible.*

Want to volunteer for 4-H?



Seeking caring adults to

**Start a 4-H Club
Volunteer at 4-H Camp
Share a Hobby**

For details, please contact Cathy Howland at 598-5640 or chowland@vt.edu



Thank you to our Sponsors for the generous donations for the 2018 Powhatan 4-H Camping Scholarship Fund:
**Powhatan's Celebration of the Horse & AG Expo,
Powhatan Christmas Mother, Tractor Supply
and Wear a Smile, Share a Smile**



Agriculture & Natural Resources

VA Corn & Soybean Production Expected to Increase

OFFICE OF COMMUNICATIONS, [Elaine Lidholm](#), 804.786.7686, www.vdacs.virginia.gov

The Virginia Department of Agriculture and Consumer Services announced today that the USDA's National Agricultural Statistics Service (NASS) released the August Crop Production report forecasting larger Virginia soybean and corn crops. This month's report is the first of the season to forecast row crop production.

"The soybean crop experienced a very hot, humid and mostly dry growing season with scattered rains, however in late June and then again in late July the crop received some heavy rains," said Herman Ellison, Virginia state statistician. "By August 5, the soybean crop was rated 78 percent good-to-excellent." Soybean production for Virginia is forecast at 26.2 million bushels, up 1 percent from 2017. Yield was estimated at 43.0 bushels per acre, down 1.0 bushels from a year ago.

"Some corn producers reported the dry and hot weather stressed their crop during tasseling while others reported seeing very good crops," Ellison said. "Some producers were concerned about the heavy rainfalls leading to sprouting that could potentially cause some rotting." Corn production in Virginia was forecast at 48.8 million bushels, up 3 percent from the previous crop. Yield was estimated at 148 bushels per acre, up 8 bushels from the 2017 level. Acres for harvest as grain were estimated at 330,000 acres, down 10,000 acres from 2017.



Virginia farmers expect to harvest 9.00 million bushels of winter wheat during 2018.

The expected crop for 2018 would be down 6 percent from the previous year. Growers expect a yield of 60.0 bushels per acre, down 6.0 bushels from 2017 and up 1.0 bushels from July. Farmers expect to harvest 150,000 acres for grain. Barley producers in Virginia forecast harvesting 792,000 bushels for 2018, down 1 percent from last year. Acres expected to be harvested for grain total 11,000 acres, unchanged from last year. Producers expect a yield of 72.0 bushels per acre, up 5.0 from last month but down 1.0 bushel from 2017..

Virginia alfalfa hay production is forecast at 153,000 tons, 21 percent below the 2017 level. Virginia other hay production was estimated at 2.52 million tons, down 5 percent from last year.



Thank you to all the farmers for taking time to complete the August Agricultural Yield Survey," Ellison said. "We appreciate their efforts during the busy growing season." NASS gathered data for the August Agricultural Yield Survey earlier this month. The monthly yield surveys begin in May with the focus on small grains through July and shifts to row crops beginning in August.

For more information about Virginia surveys and reports, call the NASS Virginia Field Office at (800) 772-0670, or visit https://www.nass.usda.gov/Statistics_by_State/Virginia/.

ONGOING: Equine Discussion Group

This discussion group meets monthly to connect with and learn from one horse enthusiast to another. Tours and industry professionals join in to cover timely topics determined by participants. To join the yearly program for \$40 (cover materials and food), please contact either Charley Maxwell at 556-5872 mcharley@vt.edu or Rachel Henley at 598-5640 rgrosse@vt.edu.

2nd Tuesdays • 4 - 6pm

ONGOING: Beef Cattle Production 360 Discussion Group

This is a year long program intended to create one-on-one learning, through farm visits and targeted seasonal topics with local beef producers. Meetings will occur monthly with farm visits planned throughout the year. If you are interested in diving deeper into the management of your herd and land, register today! To join the yearly program, please contact either Charley Maxwell at 556-5872 mcharley@vt.edu or Rachel Henley at 598-5640 rgrosse@vt.edu.

3rd Tuesdays • 6:30pm



We have PAVERS! 7 dedicated Master Gardeners volunteered their time to cut & install brick pavers



in the Historic Garden. Stop by & check out their great work!

Stop by to see the Master Gardeners at Field Day of the Past, September 21, 22, & 23 in Goochland off I-64 Exit 173.



YMCA KIDS CAMP NEWS! In June, the ing camp. In July, worm composting. educated on birds sowing. All the like making seed balls, bird's nests or digging for worms.



kids enjoyed a Pollinators & Bee Keep- the campers learned about insects and At the Native Plant Trail they were and their nests and also on winter seed camps included hands on activities

WE WANT YOU! **Goochland Powhatan Master Gardener Class of 2019**

Classes: 9:15am - 12:30pm, Tues/Fri • Jan 8 - end of Mar 2019
Powhatan Extension Office & Reynolds Community College-Goochland Campus



Extension Master Gardeners (MGs) are trained volunteer educators. Virginia Cooperative Extension MGs work within their local communities to encourage and promote environmentally sound horticulture practices through sustainable landscape management education and training. Training session start in mid-January and meet every Tuesday and Friday through March. Training fees are \$135.00. For more info contact Laura Davis DAVISL2021@gmail.com or call the Goochland 556-5841 or Powhatan office 598-5640.

Family & Consumer Science

It's that time again when you want to save the fresh goodness of summers bounty

by Jane Henderson, Powhatan/Amelia FCS Extension Agent

I know many of you may have canning recipes that have been in the family for years, or refer to the internet for recipes, but these older recipes may not be safe to use. In 1989, the USDA updated their home canning guidelines to reflect safety and quality. For current information, I recommend



The Ball Blue Book of Preserving, the USDA's Complete Guide to Home Canning, and the So Easy to Preserve Canning Guide.

I often get questions about using sugar or sugar substitutes. Fruit can be safely canned without the addition of sugar. Sugar adds flavor, helps the fruit to hold its texture, shape and color. A few tips to

remember when you can fruit without sugar is to select ripe, firm fruit at its peak flavor, use the recommended pectin and non-sugar sweeteners to get the most desirable results. You can use water or unsweetened fruit juice in place of sugar, as well as spices, herbs and flavoring extracts. Avoid using saccharin and aspartame based sweeteners when canning. Aspartame sweeteners lose their sweetening power and saccharin based sweeteners turn bitter when processes. If you can with water, you can add these sweeteners when you are ready to serve.

Be sure to follow the recipe and only use the hot pack method. It may be worthwhile to test a small batch to be sure that you like the new recipe.

Resources:

So Easy to Preserve Canning Guide is available at the Amelia Extension Office

http://nchfp.uga.edu/publications/publications_usda.html

http://msue.anr.msu.edu/news/home_canning_without_sugar

The Impact of Saving \$20 per Week

Saving money is important at any stage of life. Let us say for example that you have children in college, day care expenses, just started a new job, want to save for emergency expenses or considering retirement. Just start! Saving \$20 dollars a week may not seem like much; however, it is more than \$1,000 per year. Saving just a small amount consistently year after year will make a real difference.

Don't forget the power of time and compounding. The chart (right) is an example of how saving small amounts adds up over

	5%*	10%*
10 years	\$13,700	\$18,200
20 years	\$36,100	\$65,000
30 years	\$72,600	\$188,200
40 years	\$131,900	\$506,300

*Estimated annual rate of return

time. If you start this saving plan now, in 40 years (at 5 percent annual rate of return on your savings) you'll have \$131,900! That's what you'll have from saving just \$20 a week. Why are you waiting? Let time work for you

<https://web.extension.illinois.edu/state/index.php>

For other tips and resources on saving money visit

America Saves <https://americasaves.org/>

Virginia Cooperative Extension <https://ext.vt.edu/family/financial-management.html>

RECIPE CORNER

Fresh Salsa

Yield: 6 servings

Ingredients:

3 tomatoes, diced
1/2 cup onion, diced
2 bell peppers, diced
1/2 cup cilantro
1/2 teaspoon salt
2 teaspoons lime juice
3 cups carrots sliced

What to do:

Mix tomatoes, onions, bell peppers, cilantro, salt, and lime juice together in a bowl. NOTE: For a smoother salsa, mix in a blender or food processor. Refrigerate for at least 30 minutes.



Quick Tips

>Dice a jalapeno pepper and add it to the salsa to make it spicy.

>The longer the salsa is refrigerated the more the flavors intensify

>You can also include 1/2 cup canned corn or black beans for more variety and color.

Check out other easy and healthy recipes: www.eatsmart.ext.vt.edu

Family & Consumer Science Resources Available Locally—call the Powhatan Extension Office for details!

Pressure Canner Testing

Pressure canners with dial gauges need to be checked to ensure dial gauge accuracy. Call 598-5640 to schedule an appointment.

Steps to Financial Success

Pre-discharge Bankruptcy Education Course. Call 598-5640 for appointment. Fee.

Cash Course Online

Financial literacy resources (not just for college students!). Available in Spanish. <https://www.cashcourse.org> Select: Virginia State University Instructor: Jane Henderson

What Tomato Variety Do You Prefer?

Master Gardeners and Master Food Volunteers offer tastings to help County employees and Clothes Closet visitors decide!

Powhatan Extension staff along with the Goochland Powhatan Master Gardeners and Master Food Volunteers planned a series of “see and taste” displays this summer in Powhatan. The Groove in the Garden series included different growing techniques for tomatoes including bags, raised beds and even straw bales. Extra plants were grown as giveaways to visitors at the monthly demonstrations out back of the Extension office. A visit to the County Administration building was a big hit! (pictured below) Recipes and educational information about growing techniques were on hand at each demo.



We hope you will make it out to our final session on Thursday, September 20 at 10am out back!





Powhatan 4-H Represent

Powhatan 4-H youth delegates attended the 4-H State Congress at Virginia Tech at the end of June. Anna Pantos was elected for a second term on the state cabinet!

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

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

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

SAVE the DATE

Upcoming Powhatan Extension Programs

Drinking Water Clinic

Do you know what's in your water? Join the Powhatan and Goochland Extension offices for a drinking water clinic to test your well, spring or cistern water for only \$55/sample. The test covers 14 different parameters and includes information on how to remedy issues and more! To register: <https://tinyurl.com/watertest18>

Kick Off Meeting: Sept 25 • 6pm

Grandma's Yellow Pie Plate

Transfer of Non-Titled Property. Do you remember making pies with your grandmother? Maybe it is not a pie, but everyone has a special memento that reminds him or her of someone very dear. This workshop helps families to navigate the conversation about who gets your personal items, usually not listed in a will. Powhatan Extension Meeting Room. Pre-Registration Required. \$15/ workbook included. To register: <https://goo.gl/forms/liHtGTQXYwMKpLMS2>

Sept 13 • 10am - 12pm

Gather and Store Native Plant Seeds for Next Year's Garden

The Goochland Powhatan Master Gardeners will host a workshop at the library demonstrating native plant seed collection and storage methods and discuss when to plant. Materials will be provided and there is no charge for the program, but space is limited. Pre-registration required, call the Powhatan Extension office at (804) 598-5640 before September 21, 2018 to reserve your seat.

Sept 29 • 11am - 1pm

Saturday Garden Tours

September 29 - The Glowing Fall Garden / November 10 - The Intriguing Winter Garden - Join the Goochland-Powhatan Master Gardeners for seasonal tours of the Gardens on the Goochland campus of Reynolds Community College. Each walking tour starts promptly at 10:00AM at the entrance to the main building. The tours are free, but you must pre-register for each tour. Registration for each tour date will open 1 month before the tour at the link below. <https://goo.gl/forms/GrinkiONPmEdy09f2>

Sept 29 / Nov 10 • 10am

Food Safety Training for Volunteers

Many organizations and community groups rely on volunteers like you for a variety of food events for fundraising, fellowship, food pantries or other service to the community. This Safe Food Handling workshop is designed specifically for Volunteers. 9:30 – 12:00PM. Pre-registration required. \$15. To register: <https://goo.gl/forms/vsZKw3ZGhMCxJlCj2>

October 6 • 11am

Cooking with Fall Vegetables: Pumpkins and Squash

Powhatan Extension Office Meeting Room. Pre-Registration Required. \$5.00. To register: <https://goo.gl/forms/ayRXgIFT4BZIpukC3>

October 23 • 9am - 11:30am

Goochland Powhatan Master Gardener Training—2019

Training session start January 8 and meets every Tuesday and Friday through March. Training fees are \$135.00. For more info contact Laura Davis at 804-598-4397 or davisl2021@gmail.com or call the Goochland 556-5841 or Powhatan Extension offices 598-5640.

Deadline to Apply: November 2

Powhatan 4-H Teen Council Sept 15 • 3 - 5pm	National 4-H Week October 4 - 11	Fall 4-H Paper Clover Campaign October 3 - 14
Powhatan Extension Office. Contact Cathy for details at chowland@vt.edu	Promote your club or team by wearing a 4-H shirt to school! Encourage a friend to join your club!	Help our local 4-H program raise funds for a scholarship fund by supporting the Powhatan Tractor Supply!