

Extension Connections



"Educating, Engaging, and Empowering" Powhatan County Residents

Virginia Cooperative Extension—Powhatan

Spring Newsletter 2019

Spring Garden Fest in its 15th Year!

The Goochland – Powhatan Master Gardeners Association will hold its 15th annual Spring Garden Festival on Saturday, April 27, 2019 at Reynolds Community College, 1851 Dickinson Road, Goochland. This annual event of the Goochland-Powhatan Master Gardener Association (GPMGA) in cooperation with RCC and the VA Cooperative Extension is a free, family friendly event that is a celebration of all things related to gardening. SGF 2019 will include the much loved GPMGA Plant Sale, with a wide variety of plants at great prices, an Ask the Master Gardener station for free gardening help, and lots of fun gardening related vendor booths.



For a small registration fee you can also increase your gardening knowledge through classes, workshops, and tours offered throughout the day. Examples of class topics include pruning techniques, how to help our bird populations, native plants, how to plan a shrub and tree border, protecting our water quality, and creating a living privacy screen. If you like to learn by doing then you can take advantage of hands on workshops on harvesting plant pigments for ink, building a bluebird house, or cultivating native plants. Finally, if you prefer observing while learning you can join tours of the college's gardens by Master Gardeners focused on topics such as the awakening spring garden, conifers for color and texture, and well-chosen shrubs and small trees for multi-season interest.



Online registration for these educational opportunities is available at <http://www.gpmga.org/spring-garden-fest/> or contact the Goochland Cooperative Extension office at 804-556-5841. Sign-up now as classes can fill up quickly!



Virginia Cooperative Extension
Virginia Tech • Virginia State University

www.ext.vt.edu

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Powhatan 4-H Youth

Local 4-H members travel to State Capitol

Powhatan youth were among almost 200 4-H members from across the Commonwealth to visit the Capitol in January. Anna Pantos, a Powhatan teen and Central District representative on Virginia's 4-H Cabinet, was selected to speak to the entire group about her 4-H Story. She confidently stepped up to the podium following



short welcomes by both VA Tech President Tim Sands and Gov Ralph Northam. There was no sign of nerves as she spoke to the room full of people and explained how she has grown through her 4-H experiences over the past 8 years. The Powhatan teens also toured the State Capitol and observed the legislative process in action during a

Senate session. They participated in an activity that gave them insight on "How a Bill Becomes a Law." While touring the Governor's executive mansion, the Powhatan crew ran into the first lady of Virginia, Pamela Northam. She graciously spent a few minutes chatting with the youth and describing her 4-H experience. 4-H Day at the Capitol is an annual event designed to enhance student knowledge of government procedures and emphasize the importance of citizen involvement in the governmental process.



Pictured above, (front row) Powhatan teens on Capitol steps: Sarah Cleary, Jaden Cabaniss; (back), Cathy Howland, Kenny Pantos, Sean Cleary and Powhatan 4-H alum and VSU Collegiate Club president, Dakota Stroud.

**4-H Camp is Out
of this World!**

July 15-19, 2019

Registration starts March 1

Powhatan Jr 4-H Camp

Open to all boys & girls ages 9-13



Applications will be
available through:

Powhatan Extension
Office

Virginia Cooperative
Extension—Powhatan
Facebook page

Local elementary and
middle school offices

<https://powhatan.ext.vt.edu/>



Powhatan 4-H Cloverbuds: January meeting—
A dog trainer visited to talk about dogs and
ways to train them to do different things.
She also brought a special guest with her...
a large breed poodle! What fun!

Cloverbud Camp at Holiday Lake 4-H Center
June 14-16, 2019

<https://www.holidaylake4h.com/cloverbud-camp.html>

Upcoming 4-H Opportunities

4-H County Photography Contest:

Show off your photography skills in the Powhatan County Photography Contest. Winners at the local level will be able to compete at the Central District 4-H Photography Contest. All entries will be included in 4-H photography exhibits in May during Celebration of the Horse & AG Expo and Powhatan County Fair. Email chowland@vt.edu for registration information. Photos due by March 15.



4-H Hippology Contest:

Compete with 4-H youth from Powhatan and Goochland County in our annual 4-H Hippology Contest! Show off your equine knowledge and compete for a blue ribbon! Tuesday, Feb 26, 6pm.

Email chowland@vt.edu to register.

4-H Family Camp Weekend:

Friday, July 26-Sunday, July 28, 2019 @ Jamestown 4-H Center.
<http://www.jamestown4hcenter.org/wp-content/uploads/sites/24/2019/02/Family-Camp-Weekend-2019.pdf>

Seeking Caring Adults!

- Attend summer 4-H camp
- Start a new 4-H club
- Assist with an existing program
- Share a talent or hobby with a group

If you're interested in volunteering for Powhatan's 4-H program, please contact Cathy Howland, chowland@vt.edu!

Join a Powhatan 4-H Club or Judging Team today! Call for details...

Foal N' Around 4-H Club * Heart of Virginia 4-H Livestock Club * Majestic Hooves 4-H Club
Powhatan 4-H Cloverbuds * Powhatan 4-H Outdoors Club * Powhatan Riders 4-H Club
Powhatan 4-H Shooting Club * Powhatan 4-H Dairy Judging * Powhatan 4-H Meats Judging

4-H Horse Judging

A team from Majestic Hooves 4-H Club in Powhatan traveled to VA Tech in Feb to compete for the first time in horse judging during the Block and Bridle competition. Powhatan's junior team (Emily Erdman, Kyra Pantos, Emma Stigall) earned 1st place in Team Performance. The only senior from Powhatan 4-H, Anna Pantos, took 2nd Overall Individual in Reasons. There were 21 4-H/FFA teams and 70 participants. A big thank you to Davina Lancaster for including these young ladies in the FFA practice sessions. More results:

- Kyra Pantos: 1st place Individual Jr Overall, 7th place High Individual Overall Jr Judging;
- Anna Pantos: 2nd place Individual Sr Oral Reasons;
- Emma Stigall: 4th place Individual Jr Judging, 9th place High Individual Jr Overall Hippology, 12th place Individual Jr in Performance Judging; and,
- 8th place Junior Team Overall (Erdman, K Pantos, Stigall) **Congratulations!**



Emily Erdman, Anna Pantos, Emma Stigall and Kyra Pantos





Agriculture & Natural Resources

Spring Pasture Restoration Gabriel Pent & John Fike, Extension Specialists

With this exceptionally wet fall, pastures quickly turned from lots of grass to sloppy as producers turned cattle in to utilize the forage. Heavy traffic on wet ground can result in serious damage to pasture, including pugging and compaction of soil and a reduction in forage yield the following year. Bare spots in the stand can be an entry point for weeds. It is important to evaluate the severity of damage to a pasture to determine the extent of restoration that will be required.

In stands where soil structure has not been impaired, dragging alone may help smooth out the pasture. Drag the pasture when soil moisture levels are not as high as to cause additional compaction, but not so dry that the rough soil cannot be smoothed over.

Clovers can be successfully frost-seeded into lightly damaged pastures in February, whether or not dragging is required. An example seeding rate for a mixture of red and ladino clover may be 4-6 + 1-2 lb/acre, respectively.

If the forage stand has been thinned significantly, cool season grasses may be seeded in mid-late March after the pasture has been dragged, but establishment of these forages is often most successful in the fall. Seed can be planted with a no-till drill or by broadcasting at a rate of 10-15 lb/acre of tall fescue or 8-10 lb/acre of orchardgrass. Follow seeding with a cultipacker to ensure good seed to soil contact. Be sure to use these fields lightly throughout the following fall or defer grazing for a year.



In heavily damaged stands, a complete renovation may be necessary. A summer annual may be successfully established on these pastures for summer forage before seeding the desired cool season perennial grasses in late summer or early fall (see Virginia Cooperative Extension Publications #418-120 and 418-007 for more information). This may be an excellent opportunity to consider renovation of a toxic tall fescue field to a novel-endophyte infected variety of tall fescue. (For more information on fescue renovation to novel-endophyte, consider attending the Alliance for Grassland Renewal's March 11 workshop in Blackstone; visit vaforages.org/events/ for more information or to register.)

It may be helpful to dig a hole in the pasture to evaluate soil structure. Compacted soils retain a blocky structure and do not crumble easily. Another indication that soils are compacted includes standing water that does not drain through the soil properly. If soil structure has been significantly damaged, subsoiling or ripping followed by cultivation may be necessary to improve soil structure and drainage. Drill the desired forage species into the seedbed, preferably in the fall for cool season grasses.

Depending on the level of damage to a field, forage yield the following year may be reduced as much as 80%. Evaluating the damage and ensuring a timely restoration will be critical to bringing our pastures back to full production in the years following this wet fall.



We cordially invite you to join us at the 2nd annual 2019 Virginia Women in Agriculture Gathering!

This year's conference will also have a special emphasis on finances on the farm, online, and everywhere else—women in agriculture play a key role in shaping the voice and face of the industry as it reaches consumers.

We have expanded the conference to include a second day! Friday will include tours of two different farms— one that focuses on agritourism and one that focuses on a wide variety of livestock and crop production with a focus on conservation. Saturday will be a full day with speakers on agriculture finance, bees, goat/sheep production, marketing, value added products, and more!

Feel free to keep up with what is going on by visiting the event Facebook page: <https://www.facebook.com/events/2043913202500291/> Sponsorship and vendor opportunities are also available, so please inquire!



Winter Seed Sowing

Peggy Howell and a team of Goochland Powhatan Master Gardeners helped the community get a head-start on Spring planting by providing the Winter Seed sowing program at the Powhatan library!



Numerous Master Gardeners assembled in advance of the event to prepare seeds as well as milk jugs and salad containers of soil.

Peggy helped this packed class understand the winter seed sowing process and identified the native plants that are especially suited to this growing method. Participants learned which plants would be the best fit for their own unique gardens and went home with additional “mini greenhouses” and seeds.



Participants will come back together on **April 6th at 10 a.m.** in the small library conference room to share their experiences and tour the native plant trail.

Family & Consumer Science



MARCH IS NATIONAL NUTRITION MONTH®



March is National Nutrition Month

During this time be mindful and eat healthy foods, limit portions, and include time for physical activity. Get started to a healthier you by moving for at least 10 minutes three times a day, introduce one heart healthy food into your diet each week, and set goals.

***Eat Healthy Foods —
Limit Portions — Physical Activity***

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.



RECIPE CORNER

Roasted New Potatoes



Servings: 5

Ingredients:

1 1/2 pounds new potatoes, cleaned and cut in bite-size pieces
Freshly ground black pepper to taste
2 tablespoons canola oil
1 teaspoon fresh rosemary, minced
1/4 teaspoon garlic powder

Directions:

1. Heat oven to 450°F. Place potatoes in a large bowl. Sprinkle with pepper, canola oil, rosemary, and garlic powder. Toss until potatoes are well-coated.
2. Spread the potatoes on a single layer of a roasting pan (use a sturdy pan that can take high oven heat; a standard cookie sheet may warp). Roast for 40 minutes or until potatoes are cooked through and browned. Serve immediately.

Per serving: 156 calories; 6 g fat (2 g saturated fat); 3 g protein; 25 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 8 mg sodium.

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

Financial Resources & Courses

- ♦ March 14 Estate Planning and Land Transition. 10:00 AM-2:00PM VSU Randolph Farm, Petersburg Small Farm Outreach 804.524.3292
- ♦ Steps to Financial Success, Pre-discharge Bankruptcy Education Course. Call for appointment. Fee. 804-561-2481
- ♦ Cash Course Online financial literacy resources (not just for college students!). February course: Credit and Employee Benefits. Available in Spanish. <https://www.cashcourse.org> Select: Virginia State University Instructor: Jane Henderson

Feeding Food to the Public Food Safety Training for Volunteers

This 2-hour workshop is designed to teach non-profit organizations safe food handling and preparation techniques to prevent food-borne illness. Many organizations and community groups rely on volunteers for a variety of food events for fundraising, fellowship, food pantries or other service to the community. This workshop is presented in conjunction with the local Health Department and meets most local health requirements for food preparation. March 14 & 21 ServSafe Manager Certification Course and Exam. Two-day course with exam held from 9:00-4:00 PM both days. Bring water and snacks. Register early! \$150 Pre-registration required. For details call 804.598.5640 or johns59@vt.edu - Powhatan Village Bldg. 1310 Old Buckingham Road 23139. The full schedule of classes can be found at:

<https://apps.cals.vt.edu/cgi-bin/WebObjects/ServSafe.woa/wa/schedule>



Participants at the Powhatan Maker Fest on Saturday, February 23

Successful Maker Fest 2/23/19!

Participants enjoyed rocket making, 3D printing with the PHS Maker Club, building/engineering activities, recycling arts and so much more! Thanks to our partners - PCPL & PCPS STEM Program!

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

Powhatan/Goochland 4-H Hippology Contest

Feb 26 • 6pm

Held at Powhatan Elementary School. 4-H Equine Club members will test their knowledge of all things horses!

Private Pesticide Applicator Certification Review & Test

Mar 5 • 2pm - 6pm

Review taking place 2-5 PM and testing 5-6 PM. As this class will be a review of the pesticide core study manual upon which the Virginia Private Pesticide Applicator test is based, participants may wish to purchase and study the core manual prior to attending the class. The core manual, "Applying Pesticides Correctly," can be purchased at <https://sites.google.com/a/vt.edu/virginia-tech-pesticide-programs/home/virginia-pesticide-applicator-training-manuals>. To register for the class, complete this form: <https://goo.gl/forms/GNqRgK05D25SECZj1>

4-H County Photography Contest

Deadline: March 15

Show off your photography skills in the Powhatan County Photography Contest. Winners at the local level will be able to compete at the Central District 4-H Photography Contest. All entries will be included in 4-H photography exhibits in May during Celebration of the Horse & AG Expo and Powhatan County Fair. Email chowland@vt.edu for registration information. Photos due by March 15.

Powhatan Jr. 4-H Camp

Check Website: March 1

July 15 - 19, 2019 at Jamestown 4-H Center in Williamsburg. Check the Powhatan Extension site to download an application beginning March 1! Limited scholarships are available. <https://powhatan.ext.vt.edu/>

Equismartz

Entry Deadline: March 5

Held in Lexington March 22—24 at the VA Horse Center. Entry deadline is March 5. Check out link for details, forms, etc: <https://ext.vt.edu/4h-youth/horse/events/equismartz.html>

Industrial Hemp Forum

March 12 • B.A.R.N

Are you interested in growing Industrial Hemp? Come learn about the history, uses, laws, regulations, markets and local producer perspectives. Register at <https://goo.gl/forms/n9PdOaYBc2eYUun1> \$5 to be paid at the door. Call the Cumberland Extension office with questions (804) 492-4390.

Estate Planning and Land Transition

March 14 • VSU

10am-2pm at VSU Randolph Farm, Contact the Petersburg Small Farm Outreach 804.524.3292 to register.

ServSafe Manager Certification Course and Exam

March 14 & 21

Two-day course with exam held from 9am-4pm both days. Bring water and snacks. Register early! \$150 Pre-registration required. For details call 804.598.5640 or johns59@vt.edu.

Women in Agriculture Gathering

Mar 22 - 23 • Goochland

Networking opportunity for women in agriculture to learn more and connect. Friday tour and conference Saturday. Registration open, deadline to register is March 15! \$35/1day or \$60/2day. To register: <https://tinyurl.com/womeninag2019> Feel free to contact Rachel Henley for more details 598-5640 or rachelhenley@vt.edu.

Community Partners

Celebrating Winfred Taylor

After over 20 years of community support and service, Winfred Taylor has decided to retire as a member of the Powhatan Extension Leadership Council (ELC). Among his many involvements, Winfred served on the 4-person committee that developed the Powhatan Leadership Institute (PLI). He served as chairman for many years as well as treasurer of the ELC.

His insight into the needs of the community has been instrumental to bring educational programs such as 'Cooking with Winter Vegetables' to faith based organizations. Winfred continues to support youth going to the Powhatan 4-H Camp.

Most of all we will miss his smile and easy going personality that makes everyone feel comfortable! Thank you Winfred for your many years of support!



**VIRGINIA COOPERATIVE EXTENSION
POWHATAN OFFICE
3910 OLD BUCKINGHAM ROAD
POWHATAN, VA 23139**

EQUAL OPPORTUNITY EMPLOYER

OFFICIAL BUSINESS