

Extension Connections

“Educating, Engaging, and Empowering” Powhatan County Residents



Virginia Cooperative Extension—Powhatan

Winter Newsletter 2018

Enlisting the Public’s Help in Curbing the Spread of Boxwood Disease Through Holiday Greenery

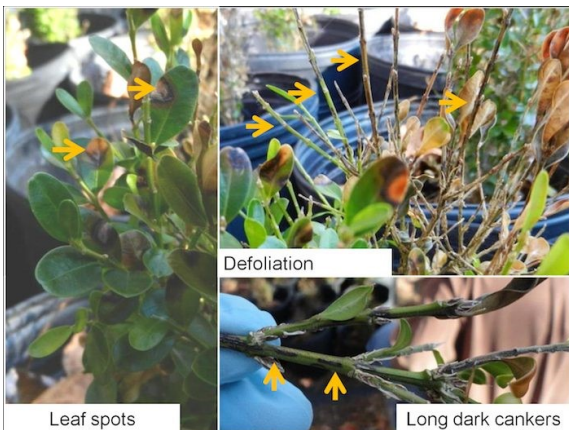
Virginia Department
of Agriculture &
Consumer Services

“Something as innocent as holiday decorating could be a threat to one of Virginia’s most cherished plants,” said Sandy Adams, Commissioner of the Virginia Department of Agriculture and Consumer Services (VDACS). “The plant is boxwood and holiday greenery may contain boxwood clippings that came from plants infected with boxwood blight. Greenery which contains infected plant material has the potential to spread this disease to other boxwood plants.”

Boxwood blight is caused by a fungal pathogen that causes leaf spots and extensive defoliation of boxwood plants during wet conditions. The disease is known to spread via infected nursery stock, it also can be found on holiday greenery. Boxwood clippings in wreaths and garlands can spread this disease which could decimate English and American boxwood populations.

Today, even though a vast majority of gardens and nurseries remain free of boxwood blight, the disease is very difficult to eradicate once introduced into the landscape. VDACS will continue to educate consumers and industry about ways to stop the spread of the disease, but consumers can take measures to avoid spreading the blight when using boxwood cuttings in holiday greenery, pruning existing plants and maintaining plants at household and historical landscapes. Consumers should only purchase the greenest, healthiest looking garlands they can find and remove and properly destroy any boxwood material with leaf spots or defoliation.

VDACS recommends the following steps to mitigate the spread of this disease:



⇒ Carefully inspect boxwood greenery for symptoms of the disease. Symptoms include leaf spots, leaf browning, black streaks on stems and leaf drop. Any greenery that has these symptoms should be double-bagged and discarded in a landfill immediately. Symptomatic greenery should never be used in compost. In addition, all greenery that contains boxwood plant material should be double-bagged and placed in a landfill at the end of the holiday season. The Virginia Tech Boxwood Blight Taskforce website has more information and copyright-free images.

⇒ When taking boxwood cuttings, sanitize pruning tools. In order to disinfect tools, consumers may use the following cleansers: Clorox (or other household bleach) (1:10 dilution), Lysol (containing 70-100 percent ethanol or isopropanol), or Consan 20 or Physan 20 (containing 0.5-1.5 percent quaternary ammonium).

Virginia residents who suspect their boxwood may have boxwood blight should contact their local Cooperative Extension Service office for diagnosis and control recommendations.



Virginia Cooperative Extension
Virginia Tech • Virginia State University

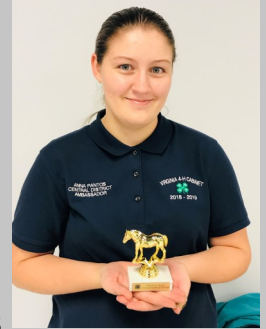
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Powhatan 4-H Youth



Youth receive recognition

More than 120 youth and adults attended Powhatan's 4-H Achievement Night on Nov 13 to celebrate and recognize efforts from the past year. Anna Pantos, a PHS senior, was awarded Outstanding 4-H Member of the Year 2018. She is an active member of Heart of VA 4-H Livestock Club, Majestic Hooves 4-H Club, and Powhatan 4-H Teen Council. Anna is also serving her 2nd term as Central District Ambassador on the State 4-H Cabinet. Others recognized as Outstanding 4-H Members were Henry Bowman, Savannah Campbell, Ashdin Clayton, Arlena Johnson, Mattie Monte, Kyra Pantos, Emily Thomas and Mady Winall.



Blue Ribbon in Archery

P-town Hot Shots 4-H Club member Dillon Carruth took 1st place overall junior individual for Archery/Recurve at the 2018 State 4-H Shoot at Holiday Lake 4-H Center. Dillon, 14, was one of 36 youth from Powhatan's 4-H shooting education clubs to participate at the annual event. Close to 500 youth participated in September from across VA. Pictured from left, club member Faith Carruth, Tracey Carruth, Club Leader Jason Jones, Dillon and his father Rick.

Outdoors Club goes fishing

Powhatan 4-H Outdoors Club members focused on fish and everything outdoors the past year. Everyone got to try their hand at casting and reeling in the big one at two different fishing expeditions as part of their wildlife project. John Harris of VA Dept of Game and Inland Fisheries joined them in the spring to identify parts of the fish and to offer fishing tips. A 2nd trip in August took them to a Nature Center in Henrico for more fishing.



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Dairy Judging

Ava Tucker, Arlena Johnson and Madilyn Adkins traveled to the State Fair in September but didn't return empty handed! They earned 7th place overall junior team, while Madilyn took 6th place individual junior among 120 4-H and FFA members. 4-H Dairy Judging starts soon! Interested youth are invited to join the team. Practice starts soon for the State 4-H Dairy Bowl (Feb 9)! Improve your public speaking and learn other great life skills while having fun! Open to all youth ages 9-18. Email chowland@vt.edu for details.

Drill Team takes top honors

Majestic Hooves 4-H Club members Emma Stigall (left) and Kyra Pantos entered the drill team competition at the State Fair 4-H Horse Show this fall and earned 1st place in their division. Not bad for their first attempt at drill!





Agriculture & Natural Resources



Virginians Can Order Tree Seedlings

By: Josh Bennicoff, Forestry Centers Manager

The Virginia Department of Forestry's (VDof) online tree seedling store opened Thursday, November 1, at 10am. Orders may be placed online at buyvatrees.com, or by calling the Augusta Forestry Center at 540-363-7000. If the online store opening is delayed, orders started being accepted by phone beginning November 1.

"We grew and sold more than 30 million tree seedlings last year," said Forestry Centers Manager Josh Bennicoff. "We expect demand to remain strong - so much so, that it's likely some varieties of our loblolly pine seedlings may sell out early."

The best seller and the foundation of the nursery program is loblolly pine. This species is planted on a wide range of sites east of the Blue Ridge Mountains in Virginia and offers a great investment for private landowners. VDof's control pollinated seedlings can grow up to 90% faster than a wild loblolly pine tree. However, the range is from 50-90% of improved growth, based on the variety of seedlings chosen.

In addition to loblolly pine seedlings, VDof nurseries offer over 50 other species of tree seedlings for sale to Virginia landowners. These other species include dogwood, apple, bald cypress, maples, white pine and several species of oaks. There are also several specialty seedling packs that are designed for specific uses, such as riparian buffer establishment, wildlife habitat enhancement, quail management and "pollinator pack," which provides a good mix of tree species known for producing an abundance of food for Virginia's native pollinators.

Payment for tree seedlings must be made at the time of purchase. If placing an order by phone or online, credit card is the only accepted method of payment. Walk-in orders may be paid with credit card, check or money order.

Tax-exempt orders must be placed over the phone or in person, and a fully completed ST-18 form must be provided before the tax-exempt order is placed. Bennicoff recommends having the form filled out in advance and mailed/faxed to one of the nurseries to avoid delays. Orders can be placed at www.buyvatrees.com, or you can access the link on our Facebook page 'Virginia State Nurseries'.



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 • 6pm

SEEKING INTEREST: Small Ruminant Discussion Group

We are seeking those interested in meeting monthly to connect and learn from each other and industry professionals on topics the group chooses. If you are interested in learning more please complete the survey at the link below so we can plan accordingly. Please contact either Charley Maxwell at 556-5841 mcharley@vt.edu or Rachel Henley at 598-5640 rgrosse@vt.edu with any questions. Survey: <https://goo.gl/forms/vaajdH9GOAQYi53>

Possibly Tuesdays



Groove in the Garden

The Goochland Powhatan Master Gardeners and Master Food Volunteers provided amazing monthly programming and recipes to taste test out at the garden and at the Powhatan County Administration offices. The demonstration garden is located behind the Powhatan Extension office, convenient for Clothes Closet shoppers and Social Services/ Health Department visitors.



Demonstration Garden Put To Bed!

The Goochland Powhatan Master Gardeners assisted in guiding the Powhatan High School 9th graders participating in the Freshman Morning of Community Service. The three existing raised beds were cleared and onions transplanted into one. Two new beds were constructed and filled with new soil amendments ready for planting next year.



Stay Tuned for 2019 Groove in the Garden!



Family & Consumer Science

The Powhatan Extension Office offers free Pressure Canner Testing. Pressure canners with dial gauges need to be checked to ensure dial gauge accuracy. Call (804) 598-5640 to schedule an appointment.

**Holiday Gift Workshop Open House ~ Saturday: Dec 15
11AM—2PM @ Powhatan County Library**

Come by and visit Family and Consumer Science Agent, Jane Henderson at the community open house. Make DIY gifts and enjoy cookies and cocoa while you are there. There will be an array of stations suitable for all ages ranging from handmade gift wrap to bath bombs.

Babysitting Course *for* Tweens and Teens

Registration opens soon!

Classes will be held Tuesdays, March 5-26, 2019 at Powhatan Middle School from 2:30-4:30pm.

Open to middle school and home school students (ages 12-15 years old).

Registration fee = \$25 per child

For more information, contact: Kathy Walkin, Powhatan Parent Resource Center at 598-3034.

Transportation is not provided.

RECIPE CORNER

Hearty Beef and Vegetable Soup

Prep time: 15 minutes

Total Time: 1 hour

Servings: 8

Ingredients:

- 1 lb. 90% lean ground beef
- 1 teaspoon canola oil
- 6 carrots diced
- 2 potatoes chopped
- 2 onions chopped
- 2 celery stalks chopped
- 5 cups water
- 48 ounces canned low sodium canned diced tomatoes
- 15 ounces canned low sodium mixed vegetables
- 15 ounces canned low sodium green beans
- 1 cup low sodium tomato juice
- 1 teaspoon Italian seasoning
- 1 teaspoon black pepper

What to do:

1. In a large pot, sauté ground beef until browned. Remove from pot and set aside.
2. Heat oil in the pot and sauté carrots, potatoes, onions, and celery until softened.
3. Add cooked ground beef, water, tomatoes, mixed vegetables, green beans, tomato juice, Italian seasoning, and pepper to pot and bring to a boil. Reduce heat, cover, and simmer for 30 minutes.

Check out other easy and healthy recipes at <https://ext.vt.edu/food-health/family-nutrition-program/recipes.html>



*Comforting soup
to keep you warm
all winter long!*

Head Start hits the trails at Fighting Creek Park

On November 8, 32 STEPS Head Start children visited the Fighting Creek Park Trails. We made bracelets, paper binoculars, and sang songs to prepare for the exploratory walk. The children walked through the woods with their bracelets and binoculars to find the shapes and colors in nature.

Teachers and parents helped to identify trees and plant life along the trail. The day ended with story time at the library.



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. **Groups can schedule a training at any time by contacting Jane Henderson at johns59@vt.edu or (804)598-5640.**

Community Partners Supporting Extension



Students discover importance of agriculture

Powhatan Extension Office coordinated a Farm Day for more than 300 students this fall in celebration of Farm to School Month. However, Extension could not have pulled it off without the volunteers from the local agriculture community who dedicated Oct 25 to teaching students the benefits of agriculture. More than 32 volunteers manned 17 stations where students got to touch live animals, such as a goat, chicken or cow, make butter, observe live bees, or simply play a game as they learned about trees.

Following their “day at the farm,” 3rd grade teachers at Powhatan County Public Schools (PCPS) unanimously agreed that participation increased their students’ awareness of agriculture. One teacher said her favorite part of the day was “the interactive stations because the kids LOVED to get up, touch, and be active in their learning. Sitting all day isn't great.”



According to Cathy Howland, Powhatan’s 4-H extension agent, “We made a definite effort this year to incorporate 3rd grade SOLs into the majority of the stations.” This program started as a dairy day almost 20 years ago, but has expanded in recent years to include many more aspects of agriculture found in Powhatan and surrounding counties.

According to a 3rd grade teacher, “I loved seeing different members of the community working together for our students!” And work together they did. Powhatan Farm Bureau played a huge role by purchasing several new station displays (below), and providing pizza for the volunteers’ lunch. Other community partners included volunteers from Powhatan Farm Bureau Women’s Committee, Goochland Powhatan Master Gardeners, Huguenot Beekeepers Association, Monacan Soil and Water Conserva-



tion District, Powhatan Extension Leadership Council, Powhatan Jr FFA, Powhatan State Park, PCPS STEM Team, Virginia Dept of Corrections—Agribusiness staff, Virginia Forestry Department, Goochland Cooperative Extension, along with 4-H teens and adults.

Thanks to Powhatan Volunteer Rescue Squad Association, the event took place at the rescue squad grounds which was large enough for all 3rd graders from the elementary schools to be transported to the program at one time. A big thank you to the yearbook staff at Flat Rock Elementary for taking pictures!

Happy Holidays!

Wishing you a happy holiday season from all of us at the Powhatan Extension office!
Thank you all for an amazing year, we are looking forward another great one in 2019!



Participants in the Holiday Greenery Workshop held at the Powhatan Library, taught by Master Gardeners on Saturday, December 1

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

Jane Henderson, FCS Extension Agent - johns59@vt.edu
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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

Private Pesticide Applicator Recertification

Dec 13 • 5pm

Opportunity for all certified private pesticide applicators to recertify or for those farmers who are interested in updates on current pests and pesticides. Please contact Charley Maxwell at 556-5872 mcharley@vt.edu or Rachel Henley at 598-5640 rachelhenley@vt.edu.

Goochland Powhatan Master Gardener Training—2019

Deadline to Apply: Dec 15

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.

Powhatan 4-H Teen Council

1st Tuesdays • 3 - 5pm

4-H Day at the Capitol

Jan 29 • Richmond

Tour the State Capitol, view a session of the House of Delegates, and more. Join 4-H members from across the state in representing VA 4-H, while learning about the government process. Space is limited; 1 additional chaperone needed; Email chowland@vt.edu to sign-up to ride in Powhatan VCE van - **deadline is Friday, Dec 21.**

State 4-H Dairy Bowl

Feb 9 • Broadway HS

Interested in participating? Email Cathy @ chowland@vt.edu for details!

Intro to EquiSmartz

Feb 16 • Virginia Tech

Learn what it takes to participate in a statewide equine competition – hippology, horse judging, and horse bowl.

Powhatan Maker Fest

Feb 23 • 10am - 2pm

Held at the Powhatan Public Library. Join Powhatan 4-H, Powhatan Public Library, PCPS STEM Team, and the PHS Makers in learning more about science, technology, engineering and mathematics. Volunteers needed—email Cathy!

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!

Babysitting Course for Tweens and Teens

Tuesdays: Mar 5 - 26 • 2:30 - 4:30pm

Youth ages 12 - 15 will learn key life skills, responsibility, how to provide age-appropriate care, and how to resolve potentially dangerous situations. Transportation is not provided. The course will be held at the Powhatan Middle School. \$25, space is limited. Registration opening soon. Contact Jane Henderson for more details johns59@vt.edu.

Equismartz

Mar 22 - 24 • VA Horse Center

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

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 opening soon! Feel free to contact Rachel Henley for more details 598-5640 or rachelhenley@vt.edu.