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# VB *City of Virginia Beach* Agriculture

2449 Princess Anne Road  
Building 14, Municipal Center  
Virginia Beach, VA 23456



## MESSAGE FROM THE DIRECTOR

### HAPPY NEW YEAR TO ALL!

I trust the holiday season was good to you and everyone is ready for what we all hope is a great 2019 year. First off I would like to thank everyone for their best wishes, quick recovery notes and all around positive comments based on my early holiday present of shoulder surgery. The kind of gift that keeps giving. The medical procedure went well and not quite the way one wants to close out the fall season but then again why not for it was time. Again thank you for your very positive support.

The Farmers Market was very excited about kicking off the holiday season with the addition of the ice skating rink. The rink kicked off the holiday skating season on November 17th and will operate through January 6, 2019. Pretty cool venue and lots of fun. You can contact Patricia Cadwell at 757-619-8204 or [pc@boardwalkattractions.com](mailto:pc@boardwalkattractions.com) for information on group reservations and private party events. The Farmers Market has always been about safe, family friendly and fun events. This added something to the holiday season venue. Our 4-H group took advantage of the private party option and I am sure they had a wonderful time.

Looking ahead to March; I would like to announce the Excellence in Agriculture Banquet which will take place March 14, 2019 at the Virginia Beach Convention Center. Please "Save the Date" and plan to come out and take part in the annual Agriculture celebration banquet. The Ag community has been holding this banquet since 1966. It is a great way for the community to come out and visit with your community neighbors and celebrate agriculture. There will be more information forthcoming. Everyone is invited!

I wish the best to all of you. Again, Happy 2019!

### 2019 Agricultural Advisory Commission

Meeting Dates:

January 14, 2019, April 8, 2019, July 8, 2019, and October 14, 2019

Unless otherwise noted, meetings are held at the

Virginia Beach Agriculture Department

2449 Princess Anne Road, Virginia Beach, VA 23456

Any questions call 385-5775



# WHAT'S HAPPENING IN OUR RURAL COMMUNITY

Jenny McPherson, Rural Community Coordinator  
Office: 757-385-8637 | Fax: 757-385-5684 | Mobile: 757-635-5824  
jsmcphe@vbgov.com

The Farmers Market would like to say THANK YOU to our 2018 Annual and Special Event Sponsors. Their support helped make the Farmer Market;s programs possible: Special Events, Friday Night Hoedowns, Produce Nights and Fun on the Farm Tours of our Rural Heritage Center.



We also want to thank the Hampton Roads Food Truck Association for providing Food Truck Rodeos throughout the spring, summer and fall for families to enjoy.

Last, but not least, we thank the community for their patronage and invite you to join us throughout the year. The Farmers Market is opened year round, so stop by to visit and shop with our Merchants:

Beach N'Seafood  
Chapman's Flowers  
Creekmore's Place  
Flutterby Soaps  
Gilly's Creamery  
Holland Produce  
Kempsville Florist  
Lisa's Tinker Treasurers

Moosewood Creek  
Princess Anne County Grill  
S & H Produce  
Season's Best  
Skipper Farms  
The Country Butcher Shop  
The Garden Box

We have an exciting line-up of events for 2019, so please see our calendar included in the newsletter.

**Crafters and food vendors are welcome to all events.**

Please visit our website at [www.vbgov.com/farmersmarket](http://www.vbgov.com/farmersmarket) for an event application or stop by the Farmers Market office to reserve your space today. Sponsorship opportunities are also available to promote your business at a single event or all year long.

**For more information, please call the Farmers Market Office at 385-4388.**

# REMEMBERING **ELSIE CREEKMORE**

JULY 13, 1920 - NOVEMBER 14, 2018

Miss Elsie Creekmore and her family have been a cornerstone of the Virginia Beach Farmers Market since the early days on Diamond Springs Road for those of you that might remember. Creekmore's Place has been a favorite place for folks to visit for the past 42 years at the Market's current location. Miss Creekmore and her family have been advocates for agriculture by working with local farmers to source many of the vegetables and fruits they carry every day. During the summer, the trucks would come in with sweet corn and other fresh vegetables, and more recently it is greens.

Terri Belkov from our office wanted me to share that she has fond memories of watching her mother shell butterbeans with Miss Creekmore many years ago. Terri also said she had never seen someone work like Miss Creekmore shelling beans and have such a beautiful manicure! Miss Creekmore definitely stayed busy shelling butterbeans, and she would take time to share with visitors how the task was to be done. I remember during one birthday celebration at the Market that we have a picture of Miss Creekmore showing Councilmember Shannon Kaine's son how to shell butterbeans (bottom right). It was a sweet snapshot of sharing a tradition. I couldn't image how many bushels of butterbeans Miss Creekmore and her family have shelled over the years. Some might call it work, but others might consider it therapy while you are talking to family and friends and waiting on customers. I couldn't help but chuckle when Sharon told the story of her Mom shaking her head no and pushing away the cardboard tray of beans not too long ago and pointing to a bag of donuts on the shelf instead. I guess Miss Creekmore figured she had shelled enough and that it was time to take a break for a sweet treat.

Over the years, we also appreciated Miss Creekmore and her family taking time to visit and share agriculture with school children when Terri brought them by during a Fun on the Farm tour to see the beautifully displayed produce.



On behalf of our staff, we want to thank the family for being part of the Farmers Market since the beginning and thank you for sharing your Mom with us. We pray that God will give you comfort and peace during this time and we look forward to Creekmore's Place being a part of the Farmers Market for years to come to carry on the family tradition.

## **Creekmore's Place at Farmers Market**





# AGRICULTURE RESERVE PROGRAM (ARP)

**Julia Hillegass, ARP Coordinator**

Office: 757-385-8697 | Fax: 757-385-5684 | Mobile: 757-635-5824

[jhillegass@vbgov.com](mailto:jhillegass@vbgov.com)

## **As Always.....Check Your Paperwork**

You should have received your final 2018 interest payments no later than December 15th. Be sure to check that the beneficiaries appear as you intended. Let me know if you wish to make any changes so that we can get everything processed prior to the next payment cycle.

## **Estate Planning Considerations**

We have had several questions lately regarding how ARP payments transfer to heirs. US Trust, the company that handles our payments, does not have a way to designate heirs through the ARP process. You should handle this disbursement through your will. If the payments and land ownership will be divided among several heirs, your executor or attorney may need to file a deed of distribution to describe how the assets will be divided. If you are in the midst of estate planning, and it is never too soon, feel free to contact us or have your attorney contact us with any questions.

## **There's no such thing as a silly question.....well, maybe.**

The estate planning questions are certainly important things to discuss with your family. We do, from time to time, receive more humorous questions. I'll try to dispel some of the myths and misinformation here.

### **When the 25 years are up, do interest payments start all over again?**

While that would be a very profitable situation. The answer is a resounding NO! At the end of 25 years, participants receive a taxable payment of the principal amount of the purchase price of the development rights. At that point, the financial payments end.

### **How do I purchase the development rights for a piece of property already in the program?**

You currently cannot. There is a sunset provision which allows an owner to petition council to purchase back development rights, but this can only happen at the end of 25 years. We do not currently have any properties that would qualify to even explore this option. The determination of whether development rights could be purchased back and the price would be set by City Council, if allowed at all. Properties enrolled in ARP are considered to be in a perpetual easement.

### **Can ARP funds be used to purchase a farm?**

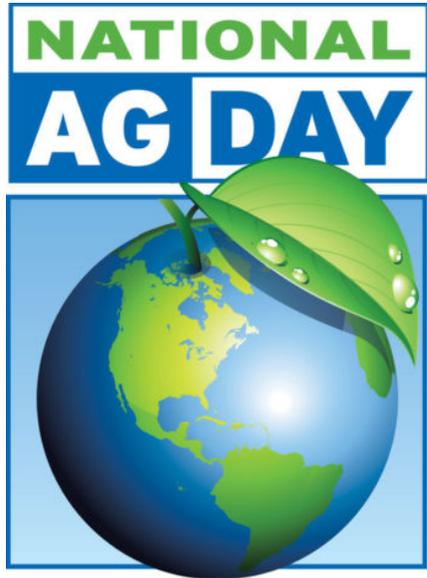
And finally..... We had a group of eager young students call to inquire about using ARP funds to purchase a farm that was slated for development. ARP funds do not purchase property, we merely purchase the development rights to agricultural parcels, which are then put in a perpetual easement.

If you have any questions about the Agricultural Reserve Program or wish to discuss your options, please contact me at 757-385-8697 or [jhillegass@vbgov.com](mailto:jhillegass@vbgov.com).

# Farmers Market Come On Down - We are open all year!



Erica Lane, Market Supervisor  
Office: 757-385-4388 | Fax: 757-368-5249  
elane@vbgov.com



As we look forward to another great event season, we would like to encourage everyone to save the dates of our upcoming 2019 Farmers Market Events that have a craft show at each event. The event calendar is located here. The Farmers Market plans to kick off our 2019 Season with the Celebrating Agriculture Craft Show on Saturday, March 23, 2019 from 10 AM – 4 PM.

With National AG Day being celebrated this year on March 14th, we wanted to feature a type of agriculture often overlooked- Aquaculture. This type of agriculture focuses on the breeding, rearing, and harvesting of fish, shellfish, water plants, algae and a variety of organisms that thrive in water surroundings. The two main aquacultures are freshwater and marine life. The benefits of aquaculture include support for small business, like Beach N Seafood located at the Farmers Market., and the increase in production of sustainable foods for humans. Aquaculture's a great source of income in our area.

We join in celebration with Beach N Seafood, a merchant at Farmers Market, on the newest addition to the shop, a live lobster tank! Owner, Eric Gamble shared he was around 30 years old when he tasted lobster for the first time. Back then he thought it tasted pretty good and was thrilled when a random customer approached him about adding the lobster tank feature. A quick conversation, and the deal was done. After three months of preparations, Mr. Gamble said, "It is great to see the reaction of the customers with the new addition. The customers love the option of this type of product. The lobsters are brought in weekly from Maine. They make a great addition to the seafood shop where other products like oysters from the Eastern Shore are brought in twice a week along with local rockfish weekly. I am always looking to expand!"

Having Beach N Seafood at the Farmers Market opens the door for aquaculture education to be a part of our growing Fun on the Farm Tours.



[CLICK HERE FOR THE 2019 FARMERS MARKET EVENT CALENDAR](#)

## FUN LOBSTER FACTS

Once considered to be a poor man's chicken. In colonial times it was fed to pigs and goats.

Lobster eggs are called Roe, just like fish eggs.

Lobsters can grow as much as four feet and weigh as much as 40 pounds.

Lobster meat is a great source of protein, providing up to 28 grams of protein per cup and a great source of omega-3 fatty acids.

A one pound lobster should be cooked for 15 minutes.



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*HAPPY NEW YEAR  
FROM ALL OF US  
AT THE  
DEPARTMENT OF  
AGRICULTURE*

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## COME JOIN THE FUN



HOEDOWNS



FOOD TRUCK RODEOS



ICE SKATING

JUST A FEW OF FARMERS MARKET SEASONAL EVENTS



# AGRICULTURE AND NATURAL RESOURCES

Roy D. Flanagan  
Extension Agent

Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-641-1434

[RFlanagan@vbgov.com](mailto:RFlanagan@vbgov.com)

## Mid-Atlantic Strawberry Programs February 26 and 27, 2019

**Strawberry Field Walk - February 26th, 12:30 p.m. until Dark**

**Field Walk will begin at Hickory Ridge Farms and end at another farm TBD**

This is an opportunity to join some of our region's strawberry experts from Virginia Tech, USDA's ARS, other Universities, and growers from all over to learn at an on farm setting. The program discussion takes place in the fields and comes from recent situations observed. Our experts will discuss their findings and answer questions from growers.

**Hickory Ridge Farms** plantings include: Camarosa, Chandler, Camino Real, and Sweet Charlie. We will see various pre-plant herbicide, fumigant, and non-fumigant treatments.

### Evening Program

**VDACS Soil Fumigant Training and Certification**

**Feb 26th 5:30 p.m. to 9:00 p.m.**

**Location: 2449 Princess Anne Rd., Building #14, second floor conference room**

Each attendee will receive needed training so that they can fumigant their own fields with their Category 90 private pesticide license. We will end with an exam that will yield the required certification for fumigation.

This training is needed every 3 years, so this is the time to get it done.

**Strawberry School and Trade Show - February 27th 8:00 a.m. to 3:30 p.m.**

**Location: Virginia Beach Advanced Technology Center, 1800 College Crescent, Virginia Beach, VA 23453**

**Lunch and snacks included.**

Regional strawberry experts from Virginia Tech and NC State University will provide information will include variety selection, fumigation alternatives, overall strawberry production considerations, and a forecast for the 2019 crop. There will be an update from the Virginia Strawberry Association, and attendees can visit with program sponsors.

***There is no cost to attend any of the three programs, but registration is needed for meals.***

**For more information or to register, please contact Roy D. Flanagan III, 757-641-1434, [royf@vt.edu](mailto:royf@vt.edu) or Jill Wright, 757-385-4769, [jwright@vbgov.com](mailto:jwright@vbgov.com)**





# AGRICULTURE AND NATURAL RESOURCES

Roy D. Flanagan  
Extension Agent

Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-641-1434

[RFlanaga@vbgov.com](mailto:RFlanaga@vbgov.com)

## Other Programs of interest to area farmers

### Southeast Virginia Field Crop Conference

**Location: Hickory Ruritan Club**

2752 Battlefield Blvd S,  
Chesapeake, VA 23322

**Date and Time: February 1, 2019  
8:00a.m.-3:30p.m.**

Lunch will be served

No cost to attend

**No RSVP required**

*Private Pesticide Applicator*

*Recertification Available*



### Southeast Virginia Fruit and Vegetable Conference

**Location: Old Dominion University**

Virginia Modeling Analysis and Simulation Center  
1030 University Blvd., Suffolk, VA 23435

**Date and Time: February 20, 2019  
8:30a.m.-4:00p.m.**

Lunch will be served, no cost to attend,

**RSVP required**

This meeting will be true conference style, with general session in the a.m., then we will break up into crop specific tracks, so you can choose what crops are most important to the needs of your operation.

**To RSVP - please contact Elaine Balance, [elaine@vt.edu](mailto:elaine@vt.edu)  
or call 757-382-6348**

#### **Topics Include:**

*Blueberry & Blackberry Production*

*Diseases and Insects of Cucurbits*

*Weed control and Varieties*

*Diseases and Insects of Tomatoes and Peppers*

*Private Pesticide Applicator Recertification*

**VDACS Weights and Measures will also be on site to  
check produce scales when you arrive at 8:30-9:30.**





# HORTICULTURE

**Andrea Davis, Horticulture Extension Agent**  
Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-359-1913  
[adavis@vbgov.com](mailto:adavis@vbgov.com)

## Kick off the New Year with new gardening knowledge and ideas!

Virginia Cooperative Extension has many opportunities for you to learn through lectures, hands-on workshops, and tours. You can even have a speaker come to your next group event through our Speakers Bureau (<https://www.vbmg.org/speakers-bureau.html>). More information on educational events and programs can be found at <https://www.vbmg.org/upcoming-events.html> or by calling the Virginia Cooperative Extension Office at 385-4769.

The Virginia Flower and Garden Expo will also offer opportunities for you to learn more about gardening. This year's show will run **January 25-27** at the Virginia Beach Convention Center. There will be life-size landscapes, art, children's activities, garden vendors, and speakers. Visit the VCE booth for lots of horticultural information and learn more about upcoming events in Virginia Beach at the VCE Master Gardener booth. This show will really get the creative juices flowing! We have discount coupons for the Expo at the Extension Office.



If you are looking for opportunities to volunteer in the New Year, consider becoming an Extension Master Gardener Volunteer in Virginia Beach. Training classes are held in the fall, and this year they will be available in a hybrid format (online and in-person). Look for more information about our Orientation Sessions in May for the 2019 Fall Training Program.



As always, our Extension Master Gardener Help Desk is here to help with your horticulture questions Monday through Friday from 9:00am-3:00pm in Room 234 in Building 14 of the Municipal Center, by phone (385-8156), or email ([vbmghelp@vbgov.com](mailto:vbmghelp@vbgov.com)).

## Upcoming VCE Educational Events

\*Workshop pre-registration information at <https://www.vbmg.org/upcoming-events.html>

**Feb 9** - Creating a Backyard Wildlife Habitat\*, 9:00am @ Hampton Roads Agricultural Research & Extension Center

**Feb 9** - Insect & Pollinators Workshop\*, 12:30pm @ Hampton Roads Agricultural Research & Extension Center

**Feb 23** - Tree Talks\*, 8:30am @ Hampton Roads Agricultural Research & Extension Center

**Feb 25** - Warm Season Turfgrass, 7:00pm @ Advanced Technology Center Theater

**Mar 25** - Daylilies: Dazzling & Diverse, 7:00pm @ Advanced Technology Center Theater

**Apr 6** - Daylilies: Saw, Soak, or Stump Workshop\*, 9:00am @ Hampton Roads Agricultural Research & Extension Center

**Apr 8** - All About Crape Myrtles, 7:00pm @ Advanced Technology Center Theater



# 4-H NEWS

Sarah Farley  
4-H Extension Agent  
Office: 757-385-4769 | Fax: 757-385-5684  
SFarley@vb.gov

## VIRGINIA BEACH 4-H JUNIOR CAMP

**We are excited to announce 2019 4-H Camp registrations are now open!**

The 5 day overnight 4-H Camp will held July 29 through August 2 at the Airfield 4-H Center in Wakefield, VA. This popular camp is open to youth 9-13 years old and teens ages 14-19 may apply to be a counselor or counselor-in-training.

Campers participate in morning camp classes and have various activities scheduled for the entire afternoon. Campers register for three classes for the week. Some examples of the more than 20 camp classes offered include leather crafts, swimming, canoeing, fun with duct tape, fun with foods, animal science, performing arts, archery, riflery, and programs which include team challenges, swim Olympics, and a talent show. Nightly campfires are the highlight of the camp week.

The cost is \$350.00 and includes a T-shirt, meals, lodging, special activities, programs and transportation to and from the Virginia Beach Extension office. The [camper registration form](#) and [counselor application](#) may be found on our website.

**Don't wait to register, as 4-H camp fills up fast!**

Visit our [calendar](#) to see upcoming Virginia Beach 4-H meetings and events.

Follow Us on  
Social Media!



Virginia Beach 4-H



[Virginia Beach 4-H](#)



## BECOME A 4-H VOLUNTEER

Do you wish to make an impact in your local community? Do you have skills and experiences you want to share with the next generation? 4-H may be the fit for you! Virginia Beach 4-H is looking for adult volunteers to be positive mentors and leaders for the next generation of young people. Visit our website to learn more about how you can [get involved](#).

# FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

President, National Extension Association of Family & Consumer Sciences

Office: 757-385-4769 | Fax: 757-385-5684  
[kmunden@vbgov.com](mailto:kmunden@vbgov.com) or [kmunden@vt.edu](mailto:kmunden@vt.edu)



## Virginia Cooperative Extension

Virginia Tech • Virginia State University

### Living the Stress Free Life

Stress comes in many forms. There are many types of stress ranging from normal to sudden stressors. Normal and predictable stressors are those such as associated with a new job, getting married, or moving. Sudden stressors are linked to a disaster, assault, loss of job or death. Some stressors are simply irritants, while others continue to build up over time.

Steps to manage stress consist of first identifying the stress, understanding the source of the stress, and then developing, and implementing strategies to reduce your stress. Lastly, determine how to react to the stress that would bring about the best results. Determine what resources you have available such as friends, family, time, money and coping skills to deal with the stress.

Many individuals may react and/or cope with stress in a negative manner such as denying the problem exists, which only works until they realize the problem will not go away. Some use drugs or alcohol; but that will only numb the pain for a little while and may lead to bigger problems. Others isolate themselves, which may drive them into a deeper sadness. Escaping through books, TV, or the Internet is only a temporary fix. Not dealing with the stress may hurt someone you did not intend to hurt.

Positive ways to deal with stress include the following: get regular physical activity, practice relaxation techniques, utilize deep breathing techniques, make sure you eat three healthy meals per day, reduce caffeine intake, and get plenty of sleep. Additional ways to cope with stress include develop a time management system, practice positive self-talk, deal with anger positively by adjusting your emotions and feelings, set personal goals, and know your limits. Live by YOUR own values rather than those imposed on you. Lastly, seek professional help.

To learn ways to deal with stress please visit Virginia Cooperative Extension Family publications at <https://ext.vt.edu/family.html>

# FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

President, National Extension Association of Family & Consumer Sciences

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**MA\$TER**

Family and Consumer Sciences

## Financial Education Volunteer



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)

- ✓ Instruct Classes
- ✓ Financial Coaching

You can help families:

- ✓ Set Financial Goals
- ✓ Grow Savings
- ✓ Reduce Debt
- ✓ Build Credit
- ✓ Create Financial Plan



**Training Covers**

- ✓ Teaching Techniques
- ✓ Values and Goals
- ✓ Communication
- ✓ Financial Health
- ✓ Spending Plans
- ✓ Recordkeeping
- ✓ Identity Theft
- ✓ Cash Management
- ✓ Credit Reports
- ✓ ....More...



20-Hour Training Tuesday & Thursdays evenings 6:00 – 8:00 pm

February 19<sup>th</sup> to March 21<sup>st</sup>

Food Bank of Southeastern VA – 800 Tidewater Drive Norfolk

Register: [www.bankonhr.org](http://www.bankonhr.org) or call 757-943-9652



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

# FAMILY AND NUTRITION PROGRAM

Bertrille Lomax, FCS SNAP-ED Extension Agent  
Office: 757-385-4629 | Fax: 757-385-5684 | Cell: 804-888-0070  
[blomax@vbgov.com](mailto:blomax@vbgov.com) or [bertri5@vt.edu](mailto:bertri5@vt.edu)



## Do You

- Love to Cook?
- Want to Learn More About Nutrition and Wellness?
- Enjoy Volunteering?
- Want to Make a Difference in Your Community?

## Master Food Volunteers are needed!

There is something for everyone!

Educational and outreach programs include:

Health Fairs

Food demonstrations

Farmers Market displays

Grocery store tours

In school and after school programs

just to name a few

or

Create your own!

## Virginia Cooperative Extension



## Class Location and Schedule

City of Virginia Beach Extension Office  
Department of Agriculture - Conference Room 217  
2449 Princess Anne Road  
Virginia Beach, 23456

### Training Information:

Master Food Volunteer Training  
When: February 13, 18, 20, 25 & 27  
March 4, 6 (Inclement weather day)  
Time: 9:00 am. to 2:00 p.m.

### REGISTRATION DEADLINE - JANUARY 25, 2019

Fee of \$95 will cover your background check, training materials and supplies.

### To apply or for more information contact:

Elizabeth Gorimani-Mundoma , FCS Extension Agent  
Virginia Cooperative Extension City of Chesapeake  
(757) 382-6348

or

Bertrille Lomax , FCS SNAP-Ed Extension Agent  
Virginia Cooperative Extension, City of Virginia Beach  
(757) 385-4629

# FAMILY AND NUTRITION PROGRAM

Laurel Wilcox, Senior Program Assistant  
Office: 757-385-4769 | Fax: 757-385-5684  
[lwilcox@vbgov.com](mailto:lwilcox@vbgov.com)



## Eat Smart • Move More

### Skillet Pork and Apples

Prep Time: 15 minutes

Total Time: 50 minutes



#### Ingredients

- 4 pork loin chops
- 1 teaspoon ground cinnamon
- ½ teaspoon ground black pepper
- 2 teaspoons olive oil
- 4 apples, cored and thinly sliced
- ⅓ cup water

#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (289.81g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 19g	
Includes g of Added Sugars	
<b>Protein</b> 19g	
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 1mg	<b>4%</b>
Potassium 494mg	<b>10%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

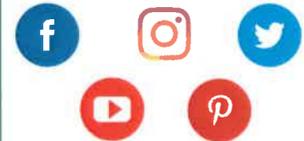
#### Directions

- Season pork chops with cinnamon and black pepper.
- Heat oil in a skillet to medium heat. Add pork chops and brown on both sides.
- Add apples and water to the skillet. Cover and reduce heat to medium-low. Cook for 10 - 12 minutes or until pork reaches 145°F.

#### Quick Tips

- ▶ Always wash produce before cutting.
- ▶ Food safety tip: Pork is thoroughly cooked when internal temperature on a meat thermometer reaches 145°F.
- ▶ Pair this dish with a side of steamed broccoli or brussel sprouts.

#### Follow us | Like us



[www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



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(Recipe adapted from: <https://www.bettycrocker.com>.)

[www.eatsmart.ext.vt.edu](http://www.eatsmart.ext.vt.edu)

Just for Fun Word Search on

# Agricultural Careers

A C U C I N A H C E M L A R U T L U C I R G A L  
N V P J F A Y Z D I M N J C P T I J N C R R N I  
I U H R E G N A R K R A P S F C Q J R X E E Q V  
M S S L A N D S C A P E R E S V L E Q U H N R E  
A M K C N T P A X H B Q E Z O A H G F D C G E S  
L U X V C T P D Q J L D C M R C R O R Q R I E T  
B A U F A R M E R V L S C E A E O W N G A S N O  
R N N U J Y U S K O L W N E E D C G L T E E I C  
E G F I R M V V T L T E T N E I F O S Q S D G K  
E W R Z M E K O H I D E H N U N B I V F E L N A  
D H U K S A P N W R R O G F H L T G O Y R A E U  
E Z X R T E L H A U U I Q M O N T R L M D R N C  
R P I N R C F G T S N H Q H E R E B A F O O O T  
N R Y A W W D L E E Q Y U I A S T A C C O L I I  
J U T Y C H U M E N V N C A T L H G T O F F T O  
K O B W O C A R T N E S N E L N B R Y T L X A N  
R S U B I N V T H Y L T R U S T S O A W O D G E  
D U P R A Z G Z U I H W I E W B F N S Y N T I E  
A V G G I C U G O R C X H C J F T O K S B M R R  
F A E N T O L S Z K U F U N I T Z M X B U I R R  
J R C W G G G Q Y M T N Q Z G S I I L E L V I F  
R C Q A W C G R M Q P O Y N S M T S E A B H U Y  
H Z N A I C I N H C E T E D I C I T S E P M K N  
L Z K X N A I R A N I R E T E V F G I W M E F U

Food engineer

Agronomist

Gardener

Greenhouse Manager

Park Ranger

feedlot operator

Irrigation engineer

Soil Scientist

Floral Designer

Farmer

Food researcher

Forester

Livestock Auctioneer

Agricultural Mechanic

Landscaper

Animal geneticist

Animal Breeder

Pesticide Technician

Veterinarian

Agriculture Teacher

VIRGINIA BEACH

# FARMERS MARKET

## 2019 Event Calendar

Craft Show at each Event  
10:00 a.m. - 4:00 p.m.

**Celebrate Agriculture**  
March 23

**Apple Extravaganza**  
September 21

**Farmers Market Birthday Bash**  
April 13

**Harvest Fair**  
October 19

**Strawberry Jamboree**  
May 18

**Fall Festival**  
November 16

**Honey Festival**  
June 22

**Santa's Workshop**  
December 7

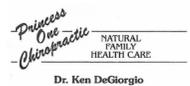
### Special Events

VB Master Gardener Plant Sale  
May 4 - 5

### Seasonal Events

Friday Night Hoedowns  
April - October  
7:00 - 10:00p.m.

Special thanks to our sponsors:

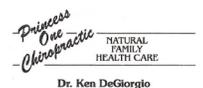




Enjoy a wonderful celebration of agriculture, art, music and fun for all ages!

- CRAFT SHOW • LIVE MUSIC • FUN ACTIVITIES FOR CHILDREN •
- RURAL HERITAGE CENTER • EDUCATIONAL GARDENS •

Special thanks to our event sponsors:



**VB** City of Virginia Beach