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**Message from the Director**

Fall season is upon us, which officially kicked off on September 23rd. Happy Autumn to all. The fall harvest season is here with corn and soybean fields busy with harvesting and winter wheat being planted. All at various stages of starting or finishing. The strawberry fields are planted with anticipation of another upcoming spring strawberry season. Strawberry season will welcome in the 37th Annual Pungo Strawberry Festival for 2020! Yes, 2020 will ring in the New Year soon enough. This made me look back in time to 1999, when the Dow Jones for example was a record year at 11,497 and NASDAQ was 4,069.31. When I look today, the day of my thoughts here, the Dow Jones is at 25,816.31 and NASDAQ is at 7,820.30. Also, how about Star Wars Phantom Menace at \$1 billion in revenue in 1999 vs today's Avengers End Game at \$2.8 Billion. Time flies so we live in the moment and embrace the future. Sometimes it is interesting to look back as we look forward to the future, both short term and long term. This time of year, we look forward to a good harvest season and a productive fall/winter season of fruit and vegetable sales as we enter the holiday season. There is a lot going on with fall events, school tours, agritourism field days, holidays, and all-around positive outlook for closing out 2019.

The economics of agriculture are a big deal to all of us in agriculture as well as our City and State. For those of you who may not have seen it, I had the opportunity to present to our City Council on July 9th the agriculture outlook of past and present to our City. I included Mr. Robert Harper, Economist for Virginia Farm Bureau, as well as Virginia Cooperative Extension staff members to share their thoughts on the impact of AG today, here in Virginia Beach.

Please click on [the link](#) and check out the actual presentation to City Council.

This presentation to City Council and Virginia Beach leadership provided the opportunity to keep them informed on agriculture in our great community.

There is lots of good information in the newsletter and I hope you find it useful. As always, don't hesitate to reach out to us and let us know if we can help. Enjoy the Autumn season. I look forward to seeing you soon.



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# RURAL COMMUNITY

Over the summer, our staff, in cooperation with the Virginia Beach Master Gardeners, Virginia Beach Farm Bureau, and Virginia Agriculture in the Classroom (AITC), hosted two free professional development workshops for teachers in our region. Teachers learned how to incorporate fun, hands-on lessons about agriculture into their classrooms and took home a bag full of valuable resources. Terri Belkov gave an overview of our Rural Heritage Center tours and several teachers have since booked their fall field trips with us!

It's hard to believe that the Fall season is already upon us! Our farmers are busy in the fields harvesting their crops, so please be mindful of farm equipment moving along our roads as you travel. We have many farmers that are gearing up for Fall by opening their farms to the public for pumpkin sales, hayrides, corn mazes, and lots of fun activities for the family.

The Farmers Market will have three more events this year with Harvest Fair on October 19, Fall Festival on November 16, and Santa's Workshop on December 7. All of our events include a craft show, children's activities, and live music. We hope that you will participate in our pumpkin carving and decorating contest as well as the coloring contest at Harvest Fair. For Fall Festival, please join us to make a Christmas card for a veteran, and sign-up for the popular pumpkin pie eating contest. VBlce will be returning to our front lawn with their ice skating rink that will be opened in time for Fall Festival and continue through the first of the year! Santa will stop by for a visit with the children from 1:00-3:00 p.m. during the Santa's Workshop event. He might even skate again this year! We hope to see you visiting the Farmers Market soon for our events. Applications are still being accepted for craft and food vendor spaces if you are interested. We have also opened our 2020 calendar for reservations. Please find the application on our website [www.vbgov.com/farmersmarket](http://www.vbgov.com/farmersmarket) under Special Events.

I hope everyone has a successful harvest season and I want to wish you a Happy Thanksgiving and Merry Christmas with your family.



Children having fun grinding corn on a Rural Heritage Center tour.



Come check out the Fall bounty at Farmers Market.





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# AGRICULTURE RESERVE PROGRAM

I am pleased to report that with the end of the past fiscal year, the City of Virginia Beach has reached the 100 ARP easement milestone! FY 2018-2019 saw three Agricultural Reserve easement closings totaling 152.17 acres and nine development rights secured. At the end of the budget year, cumulative acres total 9,821 comprising 867 development rights.

We have also started off this fiscal year with a bang, closing on 113 acres and capturing nine development rights! That means we are just shy of reaching 10,000 acres enrolled in the Agricultural Reserve Program. Once we reach this goal, we will have protected nearly half of all the farmland in Virginia Beach!

The Virginia Beach City Council has continued to make agriculture and forestry conservation a priority, recognizing the high value contributions to our local and state economy. Agriculture and forestry remain Virginia's first and third largest industries respectively and provide a variety of economic, environmental and social benefits to the City and the Commonwealth.

Part of our success is due, in part, to assistance from the Virginia Office of Farmland Preservation and the Virginia Farmland Preservation Fund administered by the Virginia Department of Agriculture. To date, we have leveraged over \$1.5 million in state matching dollars.

The Virginia Farmland Preservation Fund also recently announced their participation in matching over 100 purchase of development rights across the Commonwealth. For more on this statewide milestone, [CLICK HERE](#).

**Virginia  
Beach  
Agricultural  
Reserve  
Program  
Reaches  
100  
Easement  
Milestone!**





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# FARMERS MARKET



Farmers Market

## Thank you Garden Box for all that you have done.

The Garden Box will celebrate their final day on October 31, 2019 with the City of Virginia Beach Farmers Market. Owners, Fred and Linda Jordan, who raised their children during their time at the market, knew it would be a difficult decision to make but the time has come to retire and spend some time working on their personal bucket lists.

We are glad we shared the 18 years of their business expansion, friendship, and market support. It is indeed rare to meet such high quality and talented individuals so committed to leaving a place better than the way they found it.

Fred and Linda were busy and accomplished individuals, yet always found a way to give of their time. Over several years, they have significantly contributed to the expansion of the Rural Heritage Center's Children's Garden. As a volunteer, Fred, personally contributed many hours making repairs and building new structures for the educational aspects of the gardens. Linda has been more than a kind-hearted wife, allowing Fred to give freely of his time and energy to the market. Neither of them winced when asked how or when we wanted or needed something completed. They were always eager to help with a genuine focus on making the market a better place for everyone.



# FARMERS MARKET

## Garden Box - continued

Best known in town for his birdhouses and "Garden Box" building skills, Fred never neglected to maintain a wide variety of plant inventory. Their shop included a large variety of beautiful pots, birdhouses, gardening tools, wind chimes and much more. Fred and Linda's fast knowledge of gardening products will leave a chasm when they depart.

Fred and Linda are both humble and extraordinary! We look forward to seeing how they will continue to serve in their community and recognize many more will be blessed by their encounters with them.

When asked what they have planned next, Linda said, "Making my handmade purses and selling them at Designs by Darnell." Fred said, "FISHING, lots of FISHING!"

### **Fred and Linda's Bucket List Includes**

- 1) Making lures
- 2) Fishing for bass, crappie, catfish, striper and bluefish
- 3) Expanding Designs by Darnell - leather purses, bags, and wallets
- 4) Remodeling their house and painting the walls a new color
- 5) Traveling
- 6) Spending lot of time exploring new opportunities TOGETHER!

written by:

Terri Belkov, Program Educator , RHC

**Fred finishing the Chicken Coop  
for the Rural Heritage  
Center(RHC) Educational Program  
tours.**



A promotional graphic for "VB ICE" featuring a cartoon polar bear wearing a colorful striped scarf and a floral-patterned bikini bottom, ice skating on a blue ice rink. The background is light blue with white snowflakes. The text "WHO'S READY FOR COOL TEMPS &amp; GREAT SKATING?" is written in a bold, white, sans-serif font. Below it, the dates "November 16, 2019 through January 5, 2020" are written in a cursive, orange font. The letters "VB" are in a large, blue, stylized font, and "ICE" is in a large, orange, blocky font. The entire graphic is framed by a white border.

VB ICE @ THE VB FARMERS MARKET 3640 DAM NECK RD. [VBICE.COM](http://VBICE.COM)



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# AGRICULTURE AND NATURAL RESOURCES



## SMALL FARM OUTREACH PROGRAM ANNUAL CONFERENCE OCTOBER 24 - 26 2019 Hilton Garden Inn • Suffolk, VA

Join Virginia farmers, landowners and agriculture professionals for an opportunity to hear about available resources, smart business strategies, and successful production practices—especially for those new and beginning farmers who want to learn more about what it takes to farm profitability and sustainability.

**\$75 per person** includes meals, refreshments and bus tours at the conference.

Register online at <http://www.cvent.com/d/7yqb7m>

<b>Day 1 – Special Focus on Managing Risk (Thursday)</b>	
8 am	Registration
9 am	Welcome and Continental Breakfast (Dr. McKinnie confirmed)
8:30 pm	Starting a New and Strengthening Existing Farm Businesses (How to Start a New Business -Small Business Administration Presentation – 2 ½ hours) includes 15 minute break) (Shirelle Taliaferro – SBA) <ul style="list-style-type: none"> <li>• Step by Step consideration of legal, tax, insurance, accounting, business planning, and funding topics (access to credit) that you need to address to successfully start a business Are you really ready?</li> </ul>
11:30 am	Break
Noon	Luncheon/Awards
1:30 pm	Farm Bill Update (Lorette Picciano – Rural Coalition)
3:15 – 4:30 pm	Risks in Agriculture, Crop Insurance (Cornell Goldman and Cliff Parker)
<b>Day 2 (Friday)</b>	
8 am	Continental Breakfast
8 am	Registration
9 am	Welcome and Continental Breakfast
9:30 am	Strengthening and Sustaining Small Farms (Forrest Pritchard – Keynote Speaker)
11:30 am	Break – Vendor Interaction
Noon	Boxed Lunches/Board Busses for Farm Tours
5 pm	Busses Return/Participants Depart
<b>Day 3 (Saturday)</b>	
8 am	Full Breakfast
9 – 10:15 am	<u>Breakout Sessions:</u> Soil Health and Nutrient Management (Tammy Holler) Marketing (Theresa Nartea) Farmer Suicide/Mental Health Concerns for Farmers (Brennan Washington)
10:15	Break/Vendor Interaction
10:30 – 12 pm	<u>Breakout Sessions:</u> Veteran’s Program (Mr. Underwood) High Tunnel Management, Maintenance and Production (Grace Summers and Susan Cheek) GAP/Organic Farming (Susan Hill and Thomas Roberson)
12 noon	Conference Ends

# September 10-11, 2019

★ 2019 NATIONAL CONFERENCE ★

# OUTREACH & AGRICULTURE DEVELOPMENT



**REGISTER TO ATTEND**

**CONFERENCE REGISTRATION**  
**\$250 Until August 19, 2019**  
*(\$300 Beginning August 20)*



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500 E. Broad St • Richmond, VA  
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Situated in the heart of downtown, the Richmond Marriott offers a blend of luxury and Southern charm. Guests entering this award-winning hotel in downtown Richmond will enjoy prime location within steps of the Richmond Coliseum, the State Capitol Building, and CenterStage Theater, while being connected to the Greater Richmond Convention Center via skywalk.

**SUBSCRIBE FOR  
UPDATES BY EMAIL**

**OR CALL FOR INFORMATION**  
**(804) 524-3292**



Virginia State University's Small Farm Outreach Program in partnership with Minority Outreach Network and USDA will host the first National Conference for Outreach and Agriculture Development on September 10-11, 2019 at the Richmond Convention Center in Richmond, VA.

***Outreach Professionals who plan or conduct activities to support farmers and agricultural producers as part of non-governmental organizations (NGOs), grass roots organizations (GROs), academic institutions, and state and federal organizations are sure to benefit from exceptional learning and networking opportunities.***

During this two-day conference, explore ways to grow and strengthen your programs in expert educational sessions and panel discussions on the most important emerging issues for agriculture-related outreach, including:

- **Identifying Financial Resources & Strategies to Help You Create and Sustain Farmers**
- **Engaging the Next Generation of Farmers**
- **Estate Planning, Land Transition and Heir Property**
- **Creating a Local Food Hub With Faith-Based Organizations**
- **Engaging Tribal & Native American Communities**
- **Empowering Underserved, Minority and Military Veteran Farmers**
- **Improving Communications and Customer Relations**
- **Finding Solutions to Reduce Farmer Stress and Prevent Suicide**
- **Agritourism**

SPONSORED BY USDA, MINORITY OUTREACH NETWORK AND VIRGINIA STATE UNIVERSITY SMALL FARM OUTREACH PROGRAM. THE SMALL FARM OUTREACH PROGRAM IS PART OF VIRGINIA STATE UNIVERSITY COLLEGE OF AGRICULTURE AND VIRGINIA COOPERATIVE EXTENSION.



With additional support from



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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Small Farm Outreach Program office (smallfarm@vsu.edu) or call (804) 524-3292 / TDD (800) 828-1120 during business hours of 8 am. and 5 p.m. to discuss accommodations ten (10) days prior to the event.

# HORTICULTURE



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As we enter the last quarter of 2019, we move into a great time of year to evaluate your lawn and landscape. *How did your plants perform this year?*

*Did you face any pest issues? What changes will you make for 2020?*

Let the VCE Master Gardener Volunteers help you with these and other gardening questions. Our Extension Master Gardeners are available to help you Monday-Friday from 9:00am-3:00pm in room 234 of Municipal Center Building 14, by phone (385-8156) or email ([vbmghelp@vbgov.com](mailto:vbmghelp@vbgov.com)).

Take advantage of talks and workshops we are offering as well. We offer many opportunities that are free and open to the public. Gardening Talks, presented at the Advanced Technology Center, will be offered on **October 7** (*Raised Bed Vegetable Gardening*), **November 18** (*Gardening for Songbirds*), and **December 2** (*Backyard Bouquets*) at 7:00pm. Join us for our last two workshops of 2019 on October 5 (*Pollinators and Art from the Children's Garden*) and October 26 (*Constructing a Raised Bed for Vegetable Gardens*) at the Farmers Market at 9:00am.

Pre-registration is required for workshops and details can be found at <https://www.vbmg.org/upcoming-events.html>.



Consider adding a rain barrel to your home and garden to capture rain water and provide a free source of water for your plants. We will offer a rain barrel workshop on **October 12** at the Farmers Market.

Pre-registration is required at <https://www.vbmg.org/register-for-events.html>.

**This will be our last session for 2019, but we will start back in March 2020.**

**For our Green Industry professionals**, we will be offering commercial pesticide recertifications classes starting in November 2019 for those who expire in June 2020. We will offer 5 sessions prior to June 30, 2020. Check our website (<https://virginia-beach.ext.vt.edu/>) for event details and contacts for registration.





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# 4-H NEWS



I hope you had a great summer! Our 4-H'ers certainly did. This summer, we held our annual 4-H Camp consisting of 175 campers, 50 camp counselors, and 7 adult volunteers. We also offered Computer Science and Coding Training at summer programs, started a new 4-H Teen Club, held a YQCA training event, and various club activities took place. As you wind down and look ahead to the upcoming season, consider some of the many 4-H opportunities we have to offer. These include new workshops, supporting 4-H'ers at state events, applying for awards, and participating in community events such as Harvest Fair.

**The 2019-2020 4-H  
year will begin on  
October 1 and  
4HOnline  
Enrollment will  
open shortly  
after.**



## **Our 4-H Clubs include:**

- 4-H Craft Club
- 4-H Foragers Beekeeping Club
- 4-H Guardians of the Planet
- 4-H Livestock Club
- 4-H Military Clubs
  - Fort Story Knight Riders and Cloverbud 4-H Clubs
  - Golden Leaves and Barley Buds 4-H Clubs
  - Lucky Charms 4-H Club - Midway Manor
  - Urban Knights and Underwater Cloverbud 4-H Clubs
- 4-H Teen Club
- 4-H Top Shooters Shooting Education Club
- Seahorse Riders 4-H Horse Club
- Wave Riders 4-H Horse & Pony Club

Details about Virginia Beach 4-H Clubs can be found on our website:  
<https://virginia-beach.ext.vt.edu/programs/4-H/our-clubs.html> .

Contact the 4-H office at 757-385-4769 to join 4-H or inquire about 4-H programs.

# 4-H CAMP ADVENTURES





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# 4-H NEWS



## 4-H Tractor Supply Paper Clover Campaign

### Fundraiser - Paper Clover

Come out to Tractor Supply located at 2000 Fisher Arch, Virginia Beach, VA 23456 from October 9 - 20, 2019 to participate in the Paper Clover Campaign Fundraiser.



Each Spring and Fall, Tractor Supply will help raise money for 4-H programs with the Paper Clover Campaign, a national in-store fundraiser that benefits 4-H programming.

Contribute during our fall 2019 fundraiser by doing one of the following during the time-frame of October 9 - 20, 2019:



- Donating at the store register at the Tractor Supply in Virginia Beach
- Donating online at checkout when making a purchase on [tractorsupply.com](http://tractorsupply.com). (Donations will be assigned to states based on the shipping location.)
- Donating by phone when you call TSC Customer Solutions at 1-877-718-6750.



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# 4-H NEWS



## Upcoming 4-H events in 2019-2020

The following events are scheduled:

### Youth Opportunities

- State 4-H Championship Horse & Pony Show – September 12-15, Virginia Horse Center
- State 4-H Shoot – September 13-15, Holiday Lake 4-H Educational Center
- State Fair of Virginia – September 27-October 6, Doswell, VA
- **Fall Tractor Supply Paper Clover Campaign - October 9-20, Tractor Supply**
- Harvest Fair - October 19, Virginia Beach Farmers Market
- Weaving Workshop – October 20-23, Holiday Lake 4-H Educational Center
- **4-H Club Officer Training – October 21, Virginia Beach 4-H Office**
- Virginia Tech Science Festival – November 16, Virginia Tech Campus
- 4-H Day at the Capitol – February 4, 2020, Richmond, VA
- Equismartz Horse Bowl & Hippology- March 21, 2020, Lexington, VA
- State 4-H Congress – June 22-25, 2020, Virginia Tech Campus

### Volunteer Opportunities

- **Virginia Beach 4-H Volunteer Leaders Association Meeting – September 16, Virginia Beach 4-H Office**
- **Volunteer Leader Training – October 9, Virginia Beach 4-H Office**
- State Adult Volunteer Leaders Association Fall Conference - October 26-27, Richmond, VA

**Contact the 4-H Office for more information/registration forms for these events.**



# FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

VA Extension Association of Family and Consumer Sciences |  
NEAFCS President | Virginia Beach Office

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## Financial Emergency Preparedness Before and After

Disasters come in all forms both natural and man-made; loss of a job, death, divorce, flood, fire, hurricane, tornado, and earthquake. Generally when we think about preparing for a natural disaster or emergency, we think about keeping our property such as home and auto safe. We also think about ensuring we have enough food, water, and batteries to sustain us through the disaster. However, when we prepare for a disaster, do we think about keeping our finances safe and able to sustain us during the recovery period after an emergency or disaster? No matter the type or size of a disaster one may have a devastating effect on the family's budget, that can take time to recover.

Before an emergency or disaster occurs there are several precautionary steps you can take. The first step is to start an emergency savings account with a goal to increase the amount from three to six months of living expenses. Making sure to use those funds only for emergencies. Next, gather important documents and put them in a safe place. Consider storing documents in a fire and water proof container. Make copies of all bills that are on an automatic payment system. Take pictures or video of valuables and collectibles as well as important documents. If you receive a paper check consider changing to direct deposit.



# FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

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## Financial Emergency Preparedness Before and After - continued

Review your home and auto insurance policies to ensure they are current and will cover the emergency. You may also want to purchase GAP insurance for your auto. GAP is the Guaranteed Auto Protection insurance, which covers the difference between the amount due on the auto loan and the amount paid by insurance. If you rent, review your renter's insurance policy to ensure you are covered in case of emergencies. Make sure to establish a forwarding address and update the information with your financial institutions and any other company with which you conduct business.

If you are unable to pay your bills including mortgage after a disaster, contact your company right away and ask if they would be willing to work with you on a repayment plan. Contact your lender to ask for a forbearance or loan modification. Contact your auto finance company and ask for deferment. If repairs are required for your property, check with your insurance company about how and when insurance funds will be distributed. If you need to stop any automatic payments, contact your financial institution as soon as possible. Make sure to explain your situation of why it will be difficult for you to fulfill your financial responsibilities. Make sure to use an expense tracker to see where your money is going and take control of your expenditures. To learn more about how to protect your finances before and after a disaster please visit <https://www.consumerfinance.gov>, which is the Consumer Financial Protection Bureau.

**MA\$TER**

Family and Consumer Sciences

## Financial Education Volunteer

Have you ever thought about how you could give back to your community and help yourself at the same time? Virginia Cooperative Extension offers a Master Financial Education Volunteer (MFEV) program. The MFEV program is designed to provide individuals with skills and knowledge to assist residents in making wise financial decisions. Individuals are trained to become financial teachers and/or coaches for the *Bank On Hampton Roads* program. MFEV's are also trained to provide financial education to individual youth, adults and community groups; while utilizing the resources to improve their personal finances.

The next 20-hour training is scheduled on Tuesdays and Wednesdays from 6:00 to 8:00 p.m., October 8th to November 19th at the Foodbank of Southeastern Virginia, 800 Tidewater Drive, Norfolk 23504. The cost of the training is only \$75.00 for all tools and materials. Please visit [www.bankonhr.org](http://www.bankonhr.org) or call (757) 358-4769 for additional information.

# FAMILY AND NUTRITION PROGRAM

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## HEALTHY BITES FOR FAMILIES



### Eating the Alphabet

### Nutrition Know-how

#### ABCD Eat Healthy

**A**sk your children about their favorite fruits and vegetables.

**B**egin healthy habits early—they will be important for the future.

**C**reative ways to serve food can help you introduce new foods.

**D**on't use dessert as a reward.

**E**very food group counts!

**F**inger foods are fun to eat.

**G**ive your children a say in the meal plans.

**H**ydrate! Don't forget: water is necessary for health.

**I**ndependence may encourage better eating.

**J**oin your child—eating as a family is important!

**K**eep offering foods, trying more than once is normal.

**L**imit foods with added sugars.

**M**ake mealtime fun.

**N**ever push children to clean their plates.

**O**ffer one bite of a new food at the beginning of the meal.

**P**atience is required at mealtime—it takes time for children to eat.

**Q**uick meals can be healthy, too.

**R**emember: snack time is a good time for healthy choices.

**S**ight is important—seeing healthy choices will encourage healthy eating.

**T**alk about the benefits of healthy food with your children.

**U**se lots of color—more color means more vitamins and minerals.

**V**ariety in foods: it is “the spice of life.”

**W**ashing hands will keep germs from spreading.

**X**out extra junk foods—they usually have extra salt, sugar, and fat.

**Y**ou are the most important influence on your children—be the example.

**Z**ones for eating should be places without distractions from the food.

# Recipes Rule

## Peanut Butter - Yogurt Fruit Dip

(serving size: 1 tablespoon dip and 1 apple)

### Ingredients:

1/4 cup unsalted peanut butter

1/4 cup low-fat vanilla yogurt

### Directions:

Mix together and serve with raw vegetables or fruit. This is especially fun with apple or pear wedges, banana slices, and carrots or celery sticks.

### Per serving:

135 calories;

5 g fat (28.7% calories from fat);

3 g protein;

24 g carbohydrate;

4 g dietary fiber; trace

cholesterol; 6 mg sodium.

Exchanges: 1 1/2 fruit; 1/2 fat.



### Contributors:

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This publication was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local county or city Department of Social Services (phone listed under city/county government). For help finding a local number, call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

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# FAMILY AND NUTRITION PROGRAM

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## Eat Smart • Move More

### Pumpkin Dip

Prep Time: 10 minutes

Total Time: 10 minutes



#### Ingredients

- 8 ounces canned pumpkin
- 6 ounces low-fat vanilla yogurt
- 4 ounces reduced-fat cream cheese, softened
- ½ teaspoon pumpkin pie spice
- 4 apples, sliced

#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (234.29g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i>	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 21g	
Includes g of Added Sugars	
<b>Protein</b> 5g	
Vitamin D 1mcg	<b>2%</b>
Calcium 160mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 435mg	<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

- Blend together pumpkin, yogurt, cream cheese, and pumpkin pie spice until smooth.
- Serve with apple slices or your other favorite fruits.

#### Quick Tips

- ▶ Substitute cinnamon in place of pumpkin pie spice.
- ▶ Make sure to use plain canned pumpkin, not pumpkin pie filling, which contains added sugar.
- ▶ Use leftover canned pumpkin in smoothies.

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(Recipe from North Dakota Extension Service as listed at <https://www.ag.ndsu.edu>.)

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## Eat Smart • Move More

### Honey of a Pumpkin Bar

Prep Time: 10 minutes

Total Time: 35 minutes



#### Ingredients

Nonstick cooking spray  
2 cups whole-wheat flour  
½ cup nonfat dry milk  
2 ½ teaspoons ground cinnamon  
1 teaspoon baking soda  
½ teaspoon ground allspice  
½ teaspoon ground cloves  
½ teaspoon ground nutmeg  
1 cup canned pumpkin  
⅔ cup honey  
½ cup orange juice  
⅓ cup canola oil  
2 eggs

#### Nutrition Facts

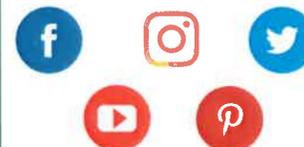
15 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(69.44g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>170</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	6g	<b>8%</b>
Saturated Fat	0.5g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	25mg	<b>8%</b>
<b>Sodium</b>	105mg	<b>5%</b>
<b>Total Carbohydrate</b>	27g	<b>10%</b>
Dietary Fiber	2g	<b>7%</b>
Total Sugars	14g	
	Includes 12g of Added Sugars	<b>24%</b>
<b>Protein</b>	4g	
Vitamin D	0mcg	<b>0%</b>
Calcium	39mg	<b>2%</b>
Iron	1mg	<b>6%</b>
Potassium	154mg	<b>4%</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.

#### Quick Tips

- ▶ Canned pumpkin is fat-free, sodium free, cholesterol free, and naturally sweet, containing no added sugars.
- ▶ 1 cup of canned pumpkin provides your body with significant amounts of dietary fiber and Vitamin A.

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#### Directions

- Heat oven to 350°F. Coat a baking dish with nonstick cooking spray.
- In a mixing bowl, combine flour, dry milk, cinnamon, baking soda, and remaining spices. Set aside.
- In a separate mixing bowl, thoroughly mix pumpkin, honey, juice, oil, and eggs.
- Gradually add flour mixture into the pumpkin mixture. Stir until smooth.
- Spread batter into the baking dish. Bake for 15 - 20 minutes or until golden brown. Cool and cut into squares.

(Recipe adapted from Montana State University Extension Service, as listed at <https://www.whatscooking.fns.usda.gov/>)

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Craft Show – Food Trucks – Pumpkin Carving & Decorating Contest – Coloring Contest  
 Children's Activities – Live Music from Dallas Band – Rural Heritage Center and Educational Gardens  
 City of Virginia Beach United Way Committee's Trunk Sale

*Special thanks to our event sponsors:*



**VB** City of Virginia Beach

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VIRGINIA BEACH

FARMERS MARKET

# FALL FESTIVAL

• SATURDAY, NOV. 16 •

10AM - 4PM

Craft Show – Food Trucks – Children's Activities – Live Music – Pie Eating Contest  
Rural Heritage Center and Educational Gardens – Make a Christmas Card for a Veteran

### Special thanks to our event sponsors:



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# SANTA'S WORKSHOP



10AM - 4PM

Craft Show – Food Trucks – Children's Activities – Live Music – Ice Skating Rink  
Visit with Santa in the Rural Heritage Center from 1 - 3p.m.

### Special thanks to our event sponsors:



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VIRGINIA BEACH

# FARMERS MARKET

## 2020 Event Calendar

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

**Celebrate Agriculture**  
March 21

**Apple Extravaganza**  
September 19

**Farmers Market Birthday Bash**  
April 25

**Harvest Fair**  
October 17

**Strawberry Jamboree**  
May 16

**Fall Festival**  
November 7

**Honey Festival**  
June 20

**Santa's Workshop**  
December 5

### Special Events

VB Master Gardener Plant Sale  
May 2 - 3

### Seasonal Events

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

*Special thanks to our Annual Sponsors:*

