

Director's Office
757-385-5775

David Trimmer, Director

Jenny McPherson, Rural
Community Coordinator
Jody Davis, Administrative
Specialist

Rural Programs
757-385-8697

Julia Hillegass, ARP Coordinator

Farmers Market
757-385-4388

Erica Lane, Market Supervisor
Terri Belkov, Program Educator
Patricia Rovito, Office Assistant
Thurman Stevenson, Operations
Assistant

**Va Beach Cooperative
Extension**
757-385-4769

Roy Flanagan, Agriculture Agent
Sarah Farley, 4-H Youth Dev. Agent
Karen Munden, Family &
Consumer Science Agent
Andrea Davis, Horticulture Agent
Shelbi Schultz, Administrative
Assistant
Jill Wright, Administrative Assistant

Master Gardener Help Desk
757-385-8156

FEDERAL PROGRAMS
**Family & Nutrition
Program**
757-385-4769

Bertrille Lomax, FCS SNAP-ED
Agent
Laurel Wilcox, FCS SNAP-ED,
Senior PA
Michelle Foster, FCS SNAP-ED, PA
Jerome Lawrence, FCS SNAP-ED,
PA

**Virginia Dare Soil &
Water Conservation
District**
757-385-4775

Kathleen Sullivan, District Manager
Cory Hoar, Conservation Specialist



City of Virginia Beach
Agriculture

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



MESSAGE FROM THE DIRECTOR

Good April 1st to everyone!

I hope and trust all are well as we are dealing with the coronavirus (COVID-19). The news headlines pretty much speak for themselves telling various stories of what the world and our area are dealing with. This, like many things, will play out and hopefully life will get back to normal sooner rather than later.

Let's focus on the good things, as the farmers are busy preparing the land and concentrating on planting season. Spring is a crucial time of year for the farm industry and hopefully with the cooperation of Mother Nature and industry markets; the result will be another plentiful crop of various locally grown agricultural products.

The demand side for our fresh fruits and vegetables is an important part of helping consume all that we grow. All of us need to support this effort by shopping locally and purchasing from our farmers. Let's help create that demand by spreading the word and promoting our home-grown products. The Princess Anne Independent News, social media, word of mouth and showing support by shopping at the local farm stands make an impact. We will have a bountiful crop of strawberries shortly, as well as many other wonderful local fruits and vegetables throughout the summer. We all need to do our part to help support our farm industry and buy local. We know our farming businesses, who are our neighbors, appreciate the City and community support.

The Excellence in Agriculture Awards Banquet that was originally scheduled for March 19th and rescheduled to May 14th will not take place due to the issuance of the statewide Stay at Home order that is in place until June 10th due to COVID-19. The Committee feels strongly the banquet should continue, as we come together to support Agriculture and recognize achievements and value of this wonderful and important local industry and will reevaluate the possibility of another date after the crisis is over.

I wish you all a safe and healthy spring. The best to all of you and thank you for everything you do for this community.

[CONTACT US](#)



*They ran to the groceries, they filled up their carts.
They emptied the Target and Walmart,
They panicked and fought and then panicked some more,
Then they rushed to their home and they locked their doors.*

*The food will be gone! The milk, eggs and cheese!
The yogurt! The apples! The green beans and peas!
The stores have run out, now what will we do?
They'll be starving and looting and nothing to do!*

*Then they paused, and they listened a moment or two.
And they did hear a sound, rising over the fear,
It started out far, then began to grow near.*

*But this sound wasn't sad, nor was it new,
The farms were still doing what farms always do.*

*The food was still coming, though they'd emptied the shelves,
The farms kept it coming, though they struggled themselves,
Though the cities had forgotten from where their food came,
The farms made the food everyday, just the same.*

*Though through weather and critics and markets that fall,
The farms kept on farming in spite of it all.*

They farmed without thank yous.

They farmed without praise.

They farmed on the hottest and coldest of days.

*They'd bought all the food, yet the next day came more.
And the people thought of something they hadn't before.*

Maybe food, they thought, doesn't come from a store.

Maybe farmers, perhaps, mean a bit more.



WHAT'S HAPPENING IN OUR RURAL COMMUNITY

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

Happy Spring everyone! I hope you and your family are doing well and staying healthy. We had an exciting line-up of events and school tours planned at the Farmers Market starting in March, but the COVID-19 outbreak certainly changed those plans and our daily lives. In response, we had to cancel our special events planned for March, April and May, our Friday Night Hoedowns for April and May, and our Fun on the Farm school tours.

Please know that many of our Farmers Market merchants are open and are following the appropriate guidelines. For updated operating information about our merchants, please see our website at www.vbgov.com/farmersmarket and click on the "Vendors" tab.

We hope that you will continue to support our local businesses at the Farmers Market as well as our local farmers at their produce stands and markets.

I hope we will get back to a normal schedule soon. In the meantime, please see our updated calendar of events and Hoedown schedule located in this newsletter.

We still welcome farmers and crafters to be at the Farmers Market any day of the week by renting a spot under our Pavilion or in our parking lot. Just call our office at 385-4388 for more details.

Take care and hope to see you soon.

Hatching and Sprouting at Farmers Market



We will be in Children's Garden as soon as all our feathers fill in. We can't hardly wait to see everyone.



Swallowtail butterflies will be visiting our garden again very soon. They love the "peanut butter" tree when in bloom. (Clerodendron)

Happenings at Farmers Market

RURAL HERITAGE CENTER IS GEARING UP FOR
SPRING AND SUMMER - TERRI BELVOC - PROGRAM EDUCATOR

WATCH US GROW

Master Gardener Interns, Class of 2019, are sifting compost from our new compost bins made by Parks and Recreation Landscape Division. We amend our beds in the Children's Education Garden each year with worm castings, leaves and compost. The compost feeds the soil and helps the soil to retain moisture. They also built a new worm bin to help us demonstrate the value of worm castings and teach about vermiculture. Plan to visit the Children's Education Garden this spring and prepare to be amazed. We are looking forward to another fun year teaching about Virginia agriculture.

Special appreciation to **Parks and Recreation Landscape Division** for helping us grow.

SPRUCING UP AREAS IN THE RURAL HERITAGE CENTER AND GARDENS



Pick a spot and squat! The education center at VB Farmers Market received a remodel and is ready for a very BUSY spring!



**FOR MORE INFORMATION CONTACT
FARMERS MARKET AT 385-4388.**



The MG Water Stewards took dozens of cookies and breads and chocolates to **Public Works** to thank them for their great support of the rain barrel program. Sugar goes a long way.



AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

**Office: 757-385-8697 | Fax: 757-385-5684 | Mobile: 757-635-5824
jhillegass@vbgov.com**

Agricultural Reserve Program

On February 18, 2020, City Council approved the thirteenth Intergovernmental Agreement with the Virginia Department of Agriculture and Consumer Services (VDACS). VDACS, through their Office of Farmland Preservation, recently granted \$58,333 to the City of Virginia Beach to assist with reimbursements for a portion of easement acquisition costs and to further our local farmland preservation efforts. Our partnership with VDACS has helped us to leverage local dollars to protect agricultural land in the southern portion of the city.

During the most recent General Assembly session, Governor Northam also approved an additional \$300,000 in statewide funding for this program. It is anticipated that the City of Virginia Beach would then be eligible to receive approximately \$50,000 more in matching funds for the purchase of development rights.

If you are considering the ARP, please contact our office to discuss options for your farm and to request an [application package](#).



**Plow Day
at
Bonney Bright's Farm
in Creeds.**





AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

Office: 757-385-8697 | Fax: 757-385-5684 | Mobile: 757-635-5824
jhillegass@vbgov.com

Interest Rates on T-STRIPS

It is no secret that our biggest hurdle right now is the interest rate on the investment vehicle we use to fund the purchase of development rights---the T-STRIP. Rates have been at historic lows over the past year, remaining under 3%.

Remember that the interest payments you receive over the course of the 25 years are tax free. Remember, that has value.

We've also had some inquiries lately from clients looking to sell their "paper"—many with much higher interest rates. Keep in mind that any sale of this investment will be at a discount of at least 10-30% of face value, depending upon time left to maturity and your specific interest rate.

Another important factor for potential sellers to consider is the fact that they will have to pay capital gains on this sale. This includes not only the principal, but the future interest payments they would have received as well. This can be a costly decision, so please weigh your options carefully and speak with your financial adviser and accountant before finalizing any sale.

Land Use Re-validation Forms

For landowners currently in the Virginia Beach Land Use taxation program, the re-validation forms were recently mailed from the Real Estate Assessor's office. Re-validation forms are used to verify that your land is still being used for the production of crops, timber, pasture, or a combination thereof. Please complete your forms and return them by the deadline to ensure you remain in the land use program. By keeping your forms current, you can take advantage of paying real estate taxes on the value of agricultural land use versus the higher rates of market value.

Contact Lisa Dunaway in the Real Estate Assessor's office at 385-4601 for more information.



AGRICULTURE AND NATURAL RESOURCES

Roy D. Flanagan, Extension Agent

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

RFlanagan@vbgov.com

Virginia Ag Expo in Lottsburg, VA on August 6, 2020

The **2020 Virginia Ag Expo** will be Hosted by the Downing Family at Bleak House Farm; a Virginia Century Farm in Lottsburg, Virginia on August 6, 2020.

The VA Ag Expo is the largest agricultural field day held in the Commonwealth of Virginia annually. Over 140 exhibitors and sponsors will display all of the most up to date equipment, goods and services for all agricultural producers and property owners no matter how large or small.

The Virginia Ag Expo is a joint project of Virginia Grain Producers Association, and the Virginia Soybean Association in partnership with Virginia Cooperative Extension.

Strawberry Season is Right Around the Corner!



Virginia Beach Strawberry Producers - U-Pick/Pre-Pick

Call for schedule and availability



<p>Bay Breeze Farm <i>Pre-pick only</i> Phone 757-721-3288 1076 Sandbridge Rd Virginia Beach, VA 23456</p>	<p>Cromwell's Produce Phone 757-721-6226 3116 New Bridge Rd Virginia Beach, VA 23456</p>	<p>Flanagan Farm Phone 757-426-5585 Princess Anne Rd at N. Muddy Creek Rd Virginia Beach, VA 23546</p>	<p>Henley Farm Phone 757-426-7501 Phone 757-426-6869 3513 Charity Neck Rd Virginia Beach, VA 23456</p>	<p>Vaughan Farms' Produce Phone 757-615-4888 1258 Princess Anne Rd Virginia Beach, VA 23457</p>
<p>Brookdale Farm Phone 757-721-0558 2060 Vaughan Rd Virginia Beach, VA 23456</p>	<p>Cullipher Farm Market Phone 757-721-7456 1444 Princess Anne Rd Virginia Beach, VA 23456</p>	<p>The Flip Flop Farmer Phone 757-426-9908 3244 New Bridge Rd Virginia Beach, VA 23456</p>		<p>Virginia Beach Farmers Market Phone 757-385-4388 3640 Dam Neck Rd Virginia Beach, VA 23453</p>
<p>Cindy's Produce <i>Pre-pick only</i> Phone 757-427-2346 2385 Harpers Rd Virginia Beach, VA 23453</p>	<p>Cullipher Berry Patch Phone 757-721-7456 772 Princess Anne Rd Virginia Beach, VA 23456</p>	<p>Henley's at Pleasant Ridge Phone 757-426-7501 Phone 757-426-6869 Princess Anne Rd at Pleasant Ridge Rd Virginia Beach, VA 23546</p>	<p>Salem Berry Farm Phone 757-818-3156 1763 Salem Rd Virginia Beach, VA 23456</p>	



HORTICULTURE

Andrea Davis, Horticulture Extension Agent

Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-359-1913

adavis@vbgov.com

Spring is here so make the most of it with learning more about gardening in Virginia Beach!

Though COVID-19 has forced many of our classes and workshops to be canceled or postponed, we still have lots of gardening information to share with you. We hope that you will be able to spend some time in your home garden, be it on a windowsill in your home or in your backyard.

Check out all of the informative publications we have on a multitude of topics at

<https://www.pubs.ext.vt.edu/>.

For our home gardeners at this time of year, we recommend:



·*Virginia's Home Garden Vegetable Planting Guide: Recommended Planting Dates and Amounts to Plant*

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/426/426-331/SPES-170.pdf

·*Vegetable Gardening in Containers -*

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/426/426-336/426-336_pdf.pdf

·*Spring and Summer Lawn Management Considerations for Cool-Season Turfgrasses -*

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/430/430-532/430-532_pdf.pdf

·*Spring and Summer Lawn Management Considerations for Warm-Season Turfgrasses -*

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/430/430-533/430-533_pdf.pdf

·*Container and Raised-Bed Gardening -*

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/426/426-020/426-020.pdf

·*Herb Culture and Use -*

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/426/426-420/426-420.pdf



HORTICULTURE

Andrea Davis, Horticulture Extension Agent

Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-359-1913

adavis@vbgov.com



If you want to get out for a breath of fresh air, consider visiting our display gardens that are open to the public and give you a chance to see how different plants grow in Tidewater. Find out more about each garden and where to find them at <https://www.vbmg.org/demonstration-gardens.html>.

We remain available to answer your questions about gardening; contact our Help Desk at vbmghelp@vbgov.com or 385-8156.

Because our lab services are limited at this time, please consider sending pictures via email for diagnosis assistance. Please note that our response time may be slightly delayed due to limited staffing, but we will get you information as soon as we can.



We hope to see you in our classes and workshops in the near future! Keep an eye on our websites :

VCE -<https://virginia-beach.ext.vt.edu/> or Master Gardener Volunteers -<https://www.vbmg.org/> for updates on our programming opportunities.



4-H NEWS

Sarah Farley, 4-H Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684
SFarley@vbgov.com



Virginia Beach 4-H Teen Selected as a Virginia 4-H Youth in Action Award Winner



Congratulations Reagan Vaughan for being selected as a Virginia 4-H Youth in Action Award for the Agriculture Pillar!

Reagan is a member of the Virginia Beach 4-H Livestock Club and has served as a 4-H Camp Teen Counselor. On February 5, she met with various Virginia 4-H alumni, donors, legislators, and the 3 other pillar winners at An Evening with Virginia 4-H in Richmond, VA. She shared how 4-H has impacted her life and thanked her Virginia Beach 4-H family who helped her along the way. As a recipient of this award, Reagan receives a \$500 mini-grant to develop a significant community project, a full scholarship to attend Virginia 4-H Congress, mentorship for national awards, and a reference letter from the Virginia State 4-H Program Leader.



Reagan Vaughan with her parents, Billy and Bernadette.



Reagan Vaughan with Sarah Farley, 4-H Extension Agent





4-H NEWS

Sarah Farley, 4-H Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684
SFarley@vbgov.com



Virginia Beach 4-H'ers participate in 4-H Day at the Capitol



On February 4, Virginia Beach 4-H brought 66 youth and caring adult volunteers to Richmond to practice civic engagement and "learning by doing." The group met with legislators, toured the Capitol, toured the Governor's mansion and met other 4-H youth and leaders from across the state.

See our Virginia Beach 4-H military club members talk about the experience on the news: <https://www.wric.com/.../learning-from-legislators-youth-clu.../>





4-H NEWS

Sarah Farley, 4-H Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684
SFarley@vbgov.com



Virginia Beach 4-H Camp Registration



The Virginia Beach 4-H Junior Camp for youth 9-13 years old will be held August 3-7, 2020 at the Airfield 4-H Center in Wakefield, VA.



This fun-filled week will be packed with exciting classes and activities as well as nightly campfires. The cost for camp this year will be \$360 and includes transportation to and from camp, a camp t-shirt, meals, lodging, special activities and programs.

There are few camper spots remaining! Review more information and register now on Eventbrite:

<https://vb4hcamp2020.eventbrite.com>

If you have questions after reviewing the information, please contact the 4-H Extension Office.



4-H NEWS



Sarah Farley, 4-H Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684
SFarley@vbgov.com

“Pay It Fourward”

JOANN stores across the country help 4-H clubs receive critical resources to bring more hands-on programs to local youth. This year, starting March 1-April 30, visit your local JOANN store and purchase a “Pay It Fourward” tear away at register for either \$1 or \$4 and help to Inspire a Child’s Creativity through 4-H. If you donate \$4, JOANN will give you a coupon to use on a future purchase.

Virginia Beach 4-H COVID-19 Update

In alignment with Governor Northam’s order to close all K-12 schools in Virginia, ALL 4-H programming will be suspended from Monday, March 16, through Friday, March 27, at a minimum.

Recent local updates:

- The Virginia Beach 4-H Livestock Silent/Live Auction has been postponed.
- 4-H Club meetings, activities, and events through March 27 at a minimum have been canceled/postponed or are taking place virtually.
- The 4-H Volunteer Appreciation dinner has been canceled.

Stay up-to-date with State 4-H directives online here: <https://ext.vt.edu/covid-19updates.html>

Follow @vabeach4h on social media (Facebook or Instagram) for updates and for fun 4-H activities to do at home.



Follow Us on Social Media!



Virginia Beach 4-H



[Virginia Beach 4-H](#)

FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent
Immediate Past President, National Extension Association of
Family & Consumer Sciences

Office: 757-385-4769 | Fax: 757-385-5684
kmunden@vbgov.com or kmunden@vt.edu



Have You Had Your Financial Check-up?

Through research, the Consumer Financial Protection Bureau (CFPB) found that consumers perceived financial well-being as being able to fulfill their current financial obligations as well as those in the future, while being secure to make financial decisions that allow them to enjoy life without stress. According to CFPB, having control over your finances in terms of being able to pay bills on time, not having unmanageable debt, and being able to make ends meet are components of a healthy financial lifestyle. The following elements comprise healthy financial well-being:

- Having a financial "cushion" against unexpected expenses and emergencies.
 - Having savings, health insurance, and good credit.
 - Not having to rely on friends and family for financial assistance.
 - Having financial goals, such as paying off student loans within a certain number of years or saving a specific amount towards retirement.
 - Being able to make choices that allow you to enjoy life, such as taking a vacation, enjoying a meal out now and then, going back to school to pursue an advanced degree, or working less to spend more time with family
- Take the Financial Check-up by thinking about your financial life and answer the questions

below to determine your financial well-being.

How well do these statements describe you or your situation?

Completely (5) - Very well (4) - Somewhat (3) - Very little (2) - Not at all (1)

1. I could handle a major unexpected expense.
2. I am securing my financial future.
3. I can enjoy life because of the way I'm managing my money.

Completely (1) - Very well (2) - Somewhat (3) - Very little (4) - Not at all (5)

1. Because of my money situation, I feel like I will never have the things I want in life.
2. I am concerned that the money I have or will save won't last.

Always (1) - Often (2) - Sometimes (3) - Rarely (4) - Never (5)

How often does this statement apply to you?

Always (1) - Often (2) - Sometimes (3) - Rarely (4) - Never (5)

1. Giving a gift for a wedding, birthday or other occasions would put a strain on my finances for the month.
2. I am behind with my finances.
3. My finances control my life.

FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent
Immediate Past President, National Extension Association of
Family & Consumer Sciences

Office: 757-385-4769 | Fax: 757-385-5684
kmunden@vbgov.com or kmunden@vt.edu



Always (5) - Often (4) - Sometimes (3) - Rarely (2) - Never (1)

1. I have money left over at the end of the month.
2. I put a minimum of 10% of my net pay in savings each month.

A higher score indicates a higher level of measured financial well-being.

Thus, a healthy financial well-being implies having financial security and financial freedom of choice, in the present and in the future.

To learn more about how you can improve your financial well-being please visit the Consumer Financial Protection Bureau website at www.consumerfinance.gov or visit the Virginia Cooperative Extension website at www.ext.vt.edu or call 757-385-4769.

Begin your free journey to financial freedom
with Bank On Hampton Roads. 10-months to
better credit, less debt and more savings!

www.bankonhr.org





June 15-19, 2020

Where KIDS LEARN HOW TO BE RESPONSIBLE FOR THEIR OWN FINANCIAL FUTURES!

Camp Millionaire uses an **innovative day camp** format to provide rising 7th and 8th graders with the financial decision-making tools they need to achieve financial independence through fun-filled games, activities, group exercises and a field trip to a credit union, kids learn how to be responsible for their own financial futures.



When:

June 15-19

First Day Registration: 8:45am

Time: 9am-4pm

Where:

Virginia Cooperative Extension Office
2449 Princess Anne Road
Municipal Center, Bldg. 14

Cost:

\$60 *non-refundable*

\$75 late registration (*after May 15*)

Enrollment is on a first come, first serve basis.

Please visit <https://campmillionaire2020.eventbrite.com> to register.

We'll do a lot of team activities, so it's really important for your child to attend all five days of camp.

Lunches and am/pm snacks will be provided each day.

All students will receive a Camp Millionaire workbook, t-shirt and other materials.



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 Virginia Beach Cooperative Extension Office at (757) 385-4769/TDD* during business hours of 8 a.m. and 5 p.m. to discuss accommodations five days prior to the event. *TDD number is (800) 828-1120. Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

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 or bertri5@vt.edu

Go to www.ChooseMyPlate.gov for more information.

Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

10 tips
Nutrition
Education Series

kid-friendly veggies and fruits



10 tips for making healthy foods more fun for children

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

United States
Department of Agriculture
Center for Nutrition
Policy and Promotion

USDA is an equal opportunity
provider and employer.



DG TipSheet No. 11
June 2011
Updated October 2019

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) nondiscrimination policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and race or ethnicity for persons with disabilities. These nondiscrimination policies apply to all programs. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP - and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).

Virginia Cooperative Extension programs and employment are open to all regardless of age, color, ethnicity, gender, marital status, genetic information, national origin, race, religion, sexual orientation, genetic information, veteran status, or any other basis prohibited by law. An equal opportunity affirmative action employer. Award in Summer of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Ivers, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg, VA. Ray McClintic, Administrator, 2020 Extension Program, Virginia State University, Petersburg.

FAMILY AND NUTRITION PROGRAM

Laurel Wilcox, SNAP, Senior Program Assistant
 Office: 757-385-4769 | Fax: 757-385-5684
lwilcox@vb.gov



Eat Smart • Move More

Chocolate Chia Pudding

Prep Time: 5 minutes

Total Time: 3 hours



Ingredients

- 1 cup 1% milk
- 3 tablespoons chia seeds
- 4 teaspoons honey
- 1 tablespoon cocoa powder
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- 1 ½ cups fruit, such as raspberries, strawberries, bananas, and blueberries, washed and sliced, if needed

Nutrition Facts

2 servings per container
 Serving size **1 serving (852.44g)**

Amount per serving
Calories 260

		% Daily Value*
Total Fat	5g	10%
Saturated Fat	1.5g	3%
Trans Fat	0g	
Cholesterol	5mg	10%
Sodium	200mg	4%
Total Carbohydrate	30g	14%
Dietary Fiber	14g	80%
Total Sugars	22g	
Includes 11g Added Sugars		22%
Protein	9g	
Vitamin D	1mg	2%
Calcium	211mg	21%
Iron	5mg	10%
Potassium	451mg	9%

*The % Daily Values (DV) table presentation is based on a diet of food and nutrients. In a daily diet, 2,000 calories is used for general nutrition advice.

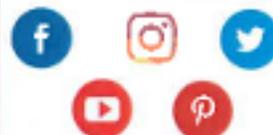
Quick Tips

- ▶ Replace dairy milk with soymilk or other plant based milks, if desired.
- ▶ Use your favorite fresh or frozen fruit.
- ▶ Dried fruit can also be used. Did you know that ½ cup of dried fruit is equivalent to 1 cup of fresh, frozen, or canned fruit?

Directions

- In a mixing bowl, whisk milk, chia seeds, honey, cocoa powder, vanilla, and salt together.
- Refrigerate for at least 3 hours. NOTE: Can also be refrigerated overnight. Pudding will thicken as the seeds absorb the moisture.
- To serve, evenly spoon the pudding into 2 serving containers. Top with fruit of your choice. NOTE: Toppings can also include coconut flakes or slivered or chopped nuts.

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www.eatSMARTmoveMoreva.org

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(Recipe adapted from: <https://foodandnutrition.org>.)

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FAMILY AND NUTRITION PROGRAM

Jerome Lawrence, Adult EFNEP, Program Assistant
Office: 757-385-4769 | Fax: 757-385-5684
jlawren@vbgov.com



Want to learn about Eating Smart & Being Active, and are limited in resources, then enroll in the Virginia Expanded Food and Nutrition Education Program (EFNEP)

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Jerome Lawrence, EFNEP Program Assistant

2449 Princess Anne Road, Virginia Beach, VA 23456

757-385-8154(Office) : 757-385-5684 (Fax)

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VIRGINIA BEACH

FARMERS MARKET

2020 Event Calendar

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

Honey Festival

June 20

Apple Extravaganza

September 19

Harvest Fair

October 17

Fall Festival

November 7

Santa's Workshop

December 5

Seasonal Events

Friday Night Hoedowns

June - October

7:00 - 10:00 p.m.

VB City of Virginia Beach

3640 Dam Neck Road | vbgov.com/farmersmarket | facebook.com/vbfarmersmarket | 757.385.4388

Special thanks to our Annual Sponsors:



VIRGINIA BEACH
Farmers Market

2020 HOEDOWN SCHEDULE

FRIDAY NIGHTS, 7-10 P.M., RAIN OR SHINE*

Bring a lawn chair or blanket and enjoy free, live, local music!

JUNE

- 12 New City Sound
- 19 The Long & Short of It
- 26 Timeline

JULY

- 3 New City Sound
- 10 Dallas Band
- 17 The Long & Short of It
- 24 Timeline
- 31 Timeline

AUGUST

- 7 Dallas Band
- 14 New City Sound
- 21 The Mann Act
- 28 The Long & Short of It

SEPTEMBER

- 4 Dallas Band
- 11 New City Sound
- 18 The Long & Short of It
- 25 Timeline

OCTOBER

- 2 Dallas Band
- 9 Timeline
- 16 The Mann Act
- 23 New City Sound
- 30 Dallas Band



*Management reserves the right to delay or cancel events.

- SPECIAL THANKS TO OUR SPONSORS -



VIRGINIA BEACH
FARMERS
 MARKET

Honey Festival

Saturday, June 20

10AM - 4PM

Join us for a craft show, children's activities, and music.
 Visit with Beekeepers and find some pollinators in the
 Rural Heritage Center and Educational Gardens.

Special thanks to our event sponsors:



City of
VB Virginia Beach