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## MESSAGE FROM THE DIRECTOR

Fall is right around the corner and I for one am looking forward to autumn. As I look at this summer it would be hard to describe in one word so I would probably go with "crazy". Why crazy?

I think the various issues such as COVID-19, Hurricanes Isaias, Marco and Laura, coupled with fall elections, national, state and local, make for lots of news. One must not forget the topic of the adjustment for the 2020-21 school year either. I think we all recognize life is truly fluid and today's issues may be part of the new norm. The bright news being what a great place to live is here in Virginia Beach. VB Strong continues to be the City and residents rallying cry. We are truly blessed here, and we recognize it so those challenges we face we endure together and embrace the future. Our events maybe reduced in size or eliminated for now, but we know they will come back in play at some point in time.

I am an optimist, so my glass is always half full and always looking for a refill. My points of interest being the new trade agreements that have taken place in 2020: US and China, US-Canada-Mexico (USMCA) and US and Japan, which all impact the global trade economy, our national workforce and agriculture both nationally and here in Virginia. Global trade can be looked at cautiously, but it is a key part of the world economy. We know that US farmers play a key role in feeding the world as well as VB farmers play a key role in feeding our residents and visitors. I know everyone is looking forward to our locally grown fall fruits and vegetables. There is nothing better then supporting a local farmer by purchasing a local pumpkin to kick off the forthcoming holiday season.

It's important to look ahead but first we should acknowledge the past, which fits the theme of strawberries, for our strawberry farmers had an above average spring season. I think for the most part the season was a good one and sets up optimism for this spring 2021. The crop as we know will be planted soon; planning and land preparation is already under way. At some point there may be even chatter about a 2021 "Pungo Strawberry Festival". Like most things in today's world; only time will tell.

In last year's fall newsletter, I wrote about the stock market, which to me is an indicator of what the economy is doing today. Last year, the Dow was at 25,816.31 and NASDAQ was 7,820 and I compared it to 1999's numbers of 11,497 and 4,069. Today being a Friday I checked, and the DOW is 26,967.78 and NASDAQ shows 10,812.85. I am not an economist, but the numbers are trending in the right direction. Optimism!

Also last year, I asked you to view the AG presentation to City Council on the economy which I thought was well received. This fall, on not such a grand scale, please consider viewing the actual Planning Commission and City Council meetings held on August 25th regarding the Wolfe Bros Events LLC.

[Click here](#) to watch the presentations and outcome of these meetings.

To everyone please stay safe and healthy.  
Enjoy the fall season and the upcoming holidays.

Remembering every day at the beach  
is a great day!



# AGRICULTURE EDUCATION

## IN THE FIELDS OF VIRGINIA BEACH WITH CONGRESSWOMAN 2ND DISTRICT ELAINE LURIA

David Trimmer, Director of Agriculture and Roy Flanagan, Agriculture Agent provided a tour for Congresswoman Luria and her aide, David Wickersham on Monday the 31st of August. The tour consisted of site visits to local farms to help provide her an overview of Virginia Beach agriculture.

Agriculture topics covered were labor and immigration programs, USDA programs with focus on small farms, recurrent flooding and farmland preservation. The goal being to help Congresswoman Luria understand the value and depth of agriculture here in Virginia Beach.



"Tell me and I forget. Teach me and I remember. Involve me and I learn."

-Benjamin Franklin

# AGRICULTURE EDUCATION

## AGRICULTURE IS AMERICA'S MOST-FAVORITE INDUSTRY: GALLUP POLL

Authored by Peter Thomas Ricci, published in Meatingplace on September 10, 2020.

For the first time in Gallup's 20 years of tracking Americans' views on various business sectors, farming and agriculture is the most-favored industry in the U.S., according to [new polling research](#).

Of the 1,031 audits that Gallup randomly sampled, 69% had a positive view of farming and agriculture, with 19% neutral and only 11% negative. An 11-percentage-point increase from 2019 put farming and agriculture on top.

Also in the top five were three related sectors: the grocery industry (63% positive), restaurant industry (61% positive) and retail industry (53%).

"Every type of business and industry has been affected in some way by the coronavirus pandemic," Gallup stated. "Despite this, Americans' views haven't changed toward most of the 25 major business and industry sectors Gallup tracks. But the public is expressing greater appreciation for the work of three industries that are crucial to people's well-being: farming and agriculture, healthcare, and pharmaceuticals."





# AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

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## New Fair Market Value of Agricultural Land to be Used in ARP Valuations Starting In 2021—

### Get Your Applications in for Consideration by December 31, 2020

As part of our Agricultural Reserve Program audit back in 2017, the Department was required to contract with an appraiser to conduct an updated market study for agricultural land values in the City of Virginia Beach. We contacted our program appraiser to provide such a study, limited to the southern portion of the city where the program is applied.

The ag land value will then be used to determine the monetary offers we propose to pay farmers wishing to enroll in the ARP. This is the difference between the fair market value and the agricultural use value of the parcel. In other words, the ag value is subtracted from the fair market value.

Much of the rural land in the city is taxed based on agricultural land use and not fair market value. This reduces tax liabilities for owners. The Commonwealth determines the rate of relief afforded residents on land use taxes and can range from \$400 to \$3,600 per acre depending on a variety of factors.

Historically, the rate used for agricultural value in the Agricultural Reserve Program has been \$1,800 per acre. **Effective January 1, 2021, the new rate will be \$3,500 per acre.** So, if you have had any interest in the program before, now is the time to at least submit an application to be considered at the \$1,800 rate, as this is what will be used to develop your offer until January 1. After that, we will use the higher value of \$3,500 per acre.

Applying for consideration does not commit you to participate. We will evaluate your soils and determine if your application can move forward for Planning review. If so, we will have an appraisal completed and an offer is tendered. If you accept the offer and City Council allows us to move forward, you still can opt out all the way up until time to close on the transaction.

We wanted to make you aware of this significant program change as interest rates are still low and this change will impact the bottom line of any financial package will be able to offer participants. As always, if you have any questions, feel free to stop by or contact me at [jhillegass@vbgov.com](mailto:jhillegass@vbgov.com) or 757-385-8697.

For more information about the latest ag land values, nation and statewide, see this [NRCS publication](#).



# WHAT'S HAPPENING IN OUR RURAL COMMUNITY

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## Getting My Act Together

This past year has presented many challenges for everyone. We have all felt impacts in different ways. We have missed activities and events that we enjoy. We have put life on hold in some areas, while trudging along in others the best we can. As farmers, we always move forward and adapt the best we can. We deal with variables in our business all the time. The markets rise and fall. The cost of inputs can also vary. We can have too little or too much rain at the wrong times. We hope to only plant our crop once, but sometimes we replant, and replant again. We can also experience strong storm winds that damage and blow down our crops. We know the weather can make or break us with our crop yields. Right now, I am just thankful we have some crops in the field to harvest. Some of our farmers across the country are not as fortunate. Even though 2020 might not be the year for the record books as we hoped, we have to keep moving forward knowing we are feeding the world and people are counting on us. There are so many things out of our control, yet we love what we do, and that keeps us going.

Recently, I had the opportunity to listen to a few webinars in a series that the Farm Credit Knowledge Center presented on Farm Transition and Succession. There were many sessions offered on lots of topics. I was able to watch some of the last ones on retirement, estate planning, and the transition timeline. Even though I have heard presentations on these topics before, while I was listening and taking notes, I realized there is always something to learn that can help you improve your business for today and tomorrow. Retirement, succession plans, and estate planning might not always be at the top of the discussion list around the supper table, but they are important plans and things we all need to do for our farm businesses and personal lives.

One of the webinar presenters, Dr. Alex White from Virginia Tech, shared many families put off these discussions until they watch another family struggle in a situation, or they are going through hard times themselves. Dr. White asked our group, "what's more important than your family?" He is right. We need to take time to plan for the future for our family and our business. Each year, we take time to research different seed varieties and order early to get a discount, we shop around for the best deals on fertilizer and chemicals, and we take time to service equipment, but do we take time to tackle those bigger issues? Many times, the answer is no, and we put things off for a few months or even years.

## Getting My Act Together - continued

Another presenter, David Marrison from Ohio State University, talked about one of his publications titled, "*Getting Your Farm and Family Affairs in Order.*" Both presenters gave me thoughts to ponder for how I could be better organized and help my loved ones and ultimately our farm business. I learned a lot during these webinars and have a to-do list to tackle myself. First on my list is creating a notebook to include all our important contacts, bank information, passwords, etc., to be in one place so other family members know where to find them. The publication above and the notebook I received from Farm Credit are great resources to help you get started. Maybe you have already created a notebook yourself, so you can check that item off your list.

Unfortunately for me, I tend to put things in several hiding places that make sense to me, but those locations might not make sense to other family members if they had to look for that information on their own. Instead of telling them to look for a yellow or blue sticky note in the top desk drawer on the right, or in the back of a file folder, my goal is for them to know important information is in the red notebook in the cabinet. One central place would save a lot of time and frustration for others. I would encourage you to take time at the end of 2020 for your business and do some self-reflection for planning and goal setting. We always hope for a better year, so make sure you take time to plan so you can achieve your goals.

Even though you might think that a farm transition may seem to be far off in the future for your situation, there are lots of resources available to you that can help you today. The Farm Credit Knowledge Center has links to many resources and they even provided the webinar attendees with a free Farm Transition notebook (what I referenced previously).

The Virginia Cooperative Extension publication, "*Planning the Future of Your Farm,*" is another good resource. We have a few older copies available in the office or the most recent version can also be found on Virginia Tech's website as Publication 446-610.

I hope everyone has a successful harvest season. Please remember to take time this fall and winter to plan for the future for your personal life and your farm business. Your family will thank you.

Hope you have a Happy Thanksgiving and Merry Christmas with your family!

- Jenny

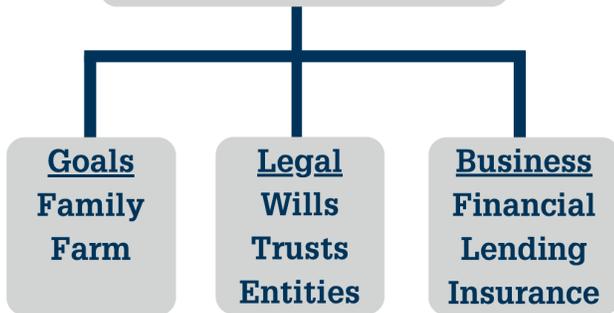
Website:

[www.farmcreditknowledgecenter.com](http://www.farmcreditknowledgecenter.com)



Thinking of starting a farm transition/succession plan? Review the key components of a plan, what information is needed and topics to consider.

## 3 Key Components of a Farm Transition Plan



Planning for farm transition or succession is an important step every agricultural operation should take. Gathering information ahead of planning will make the process go faster and more smoothly.

## Information Needed

As you begin to plan, focus on the 3 key components of a Farm Transition Plan:

### Goals

Begin to write down what the goals are for the farm and the family.

- What is the future of the farm?
- Have you asked your heirs what they want?
- Ask each member of the family to write down what they would do with the family farm if they were in the process of planning.

### Legal

Prior to the planning process, you do not need to know the nuts and bolts of wills and trusts, tax consequences or how business entities work. However, if you have some or all of these items begin to compile them.

- Gather copies of any wills and trusts that may have already been established.
- Compile copies of any formed entities.

### Business

For planning, you will need to gather business documents related to financials, lending and insurance.

- Have available a balance sheet for the farming operation. The balance sheet does not need to be formal but should contain net worth, assets owned and debt owed.
- Gather documents for any loans.
- Compile insurance information.

## Why is it important to plan?

78%

Intend to pass their business on to children.

34%

Create a succession plan.

1%

Of farms survive to the fourth generation.

# FARMERS MARKET - from the Merchants

## THANK YOU FOR YOUR SUPPORT

### KEMPSVILLE FLORIST



Elaine Jenkins - "We are thankful for our loyal customers who shop year-round. We are *especially* thankful for those that have shopped during COVID wearing a mask."

### SKIPPER FARMS



Linda Skipper - "We are thrilled that people recognized the importance of shopping local and have supported us during this pandemic."



### THE COUNTRY BUTCHER

John Hardison - "Your support during COVID has been fantastic. Thank you for always being there for us! - Go Steelers!"

# FARMERS MARKET - from the Merchants

## THANK YOU FOR YOUR SUPPORT

### GILLY'S CREAMERY



Kevin Tunney - "Thanks for your support."

### MOOSEWOOD CREEK



Angie Surgeon "The community has showed up and shopped local to support my small business. Without them, I could not have stayed in business. Thank you!"



Barb Morrisette - "We can't believe the outpouring of support from our customers while they choose to feed their families with home-cooked meals."

### SEASON'S BEST BAKERY

# FARMERS MARKET - from the Merchants

## THANK YOU FOR YOUR SUPPORT

### BEACH N SEAFORD



Eric Gamble - "Our customers have really come together to stand in line, be patient, wear a mask, and most of all showed support for my small business. Thank you."



### CHAPMAN'S MARKET



Ken Chapman - "We can't believe how many new customers we have met over the past few months. We appreciate everyone shopping here week after week for their family's needs."

### PRINCESS ANNE COUNTY GRILL

Scott Wilson - "Thank you for adjusting your schedule to the new hours and all the distancing changes. We appreciate you all very much."

# FARMERS MARKET - from the Merchants

## THANK YOU FOR YOUR SUPPORT

### CREEKMORE'S PLACE



Sharon Creekmore - "Thank you to all our customers for shopping local."

### FLUTTERBY SOAP



Valeria Goulart "We appreciate all the customers that supported us during our curb-side pick-up. Thank you so much!"



### LISA'S TINKER TREASURER

Lisa Preuss - "Special thanks to our customers for keeping a "safe attitude" during COVID. We love our customers and appreciate them so much."

# FARMERS MARKET - Children's Education Garden

**Is Open - Come have some fun!**



**FROM SEEDS TO MAGNIFICENT BEAUTY, TERRI BELKOV, PROGRAM EDUCATOR AND MASTER GARDENER VOLUNTEERS HAVE CREATED A STUNNING AND VIBRANT GARDEN.**

**It's a great place for pictures...**

**Come out and enjoy!**

# FARMERS MARKET -

## LOOK AT ALL THE TREASURERS FOUND IN THE

### CHILDREN'S EDUCATION GARDEN

See the black stripes...it's a tiger swallowtail



Monarchs in the Children's Garden!



We have eggs and potatoes. Time for potato salad!



VBMG added Purple Hyacinth Bean and Loofah to shade our girls. It is functional and beautiful! All except the bean is edible on Purple Hyacinth and we are waiting for the big yellow flowers and loofah on the other vine. Come and check it out.

## Upcoming events at the Farmers Market.

Due to COVID-19 these events are tentative and could be cancelled.

Please check our website prior to event date.

[www.vbgov.com/FarmersMarket](http://www.vbgov.com/FarmersMarket)



CHECK OUT THE FOLLOWING PAGES FOR THE LATEST NEWS FROM



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# AGRICULTURE AND NATURAL RESOURCES

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## Virginia Virtual Farm to Table Program



"Healthy Food for the Commonwealth and Common Good"  
Virginia Farm to Table Plan

In this new series, participants will take virtual tours of Virginia farms to learn how:

Virginia grown food is produced and prepared for you and your families.

To prepare new recipes from the foods that are produced on local farms.

VCE professionals, farmers, and food businesses are cultivating healthy food, farms, and communities

Each virtual tour is 40 minutes long and open to everyone!

All sessions will take place on Fridays at 2 PM from May 15th – September.

For full series information: <https://bit.ly/2zQYNXI>

Questions may be directed to Lenah Nguyen [lgeer@vt.edu](mailto:lgeer@vt.edu)



## COMMUNITY, LOCAL, AND REGIONAL FOOD SYSTEMS

If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Lenah Nguyen, VCE at (540) 341-7950/TDD\* during business hours of 9 a.m. to 5 p.m. to discuss accommodations five days prior to the event. \*TDD number is 800-828-1120.



# AGRICULTURE AND NATURAL RESOURCES

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## STAY UP TO DATE with VIRTUAL LEARNING



### Late Summer Pumpkin Meeting

Recording: <https://youtu.be/d1cPsTq6MMM>

### 2020 Virginia Virtual Pre-plant Strawberry Meeting

Click on the Facebook  
icon to view -



OR



Click on the YouTube  
icon to view -





# HORTICULTURE

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## Fall is upon us and there are so many things to do in the lawn and landscape!



Vegetable gardens aren't just for spring. There are cool weather crops like spinach, mustard greens, radishes, and lettuces that can be planted in fall and harvested into winter. Plan your fall garden using our [Home Garden Vegetable Planting Guide](#).

You can also extend your existing garden with protective coverings like row covers or cold frames. Learn how to extend your garden season with [Season Extenders](#).

Fall is also a great time for establishing or renovating your cool season lawn like tall fescue. Don't forget to do a soil test to ensure you get a proper foundation for your lawn. If you prefer warm-season grasses like St. Augustine or Bermuda, now is the time to put the lawn to rest for the winter. You may also want to consider some pre-emergent winter weed control. For more details, check out [Fall Lawn Care](#).



As always, we are here to help you with your lawn and garden questions. Our Help Desk is available via email at [vbmghelp@vbgov.com](mailto:vbmghelp@vbgov.com). Though we are not taking live samples, we are happy to look at pictures to help with your diagnostic needs.

# FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

Immediate Past President, National Extension Association of Family & Consumer Sciences

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## BE THE CEO (CHIEF EXECUTIVE OFFICER) OF YOUR CREDIT DURING TIME OF CRISES' AND BEYOND

The number of financial scams has increased during COVID-19, so don't be a victim. Take control of your finances by being the CEO of your credit. Having good credit is the first step to ensure you are financially prepared for the future. Good credit can open possibilities to obtaining a dream home or car, helping secure your children go to college, and financial security during retirement.

In general, individuals can obtain one credit report from each of the credit bureaus (Equifax, Experian, and Transunion) each year. Go to [www.annualcreditreport.com](http://www.annualcreditreport.com) to obtain your credit report. The best method to review your credit, would be to obtain a report from one credit bureau now, obtain another credit report four months later, then another report four months after that, then four months from there you start the circle over again. In a sense you are checking your credit once a quarter for errors. However, during the COVID-19 pandemic individuals can retrieve their credit report once a week until April 2021. The suggestion would be to obtain your credit report once a month or every other week checking for errors. The most common error includes incorrect accounts resulting from being a victim of identity theft. Other problems include identity errors that consists of wrong personal information and accounts

belonging to another person with a similar name and personal information. Errors can be linked to the status of your account being closed when it is an open account. Your credit report may indicate that you are the owner of the account, however you are a co-signer or an authorized user of the account. The error could be your account showing that it is delinquent, but your account is current with payments. Another common error could be that the same debt might be listed several times on the credit report. There could be an incorrect date of last payment. Your credit report may indicate the incorrect current balance or incorrect credit limit.

If you locate errors on your credit report, correct them yourself. You do not need to pay anyone to correct errors on your credit report. You should start by disputing the error with the credit bureaus. You may also take the extra step and dispute the error with the company who reported the inaccurate information. When disputing the errors be sure to include the following information: account number, source of incorrect information, type of error, date associated with the error, and explain why the information is being disputed. Make sure to include supporting documents.

# FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

Immediate Past President, National Extension Association of Family & Consumer Sciences

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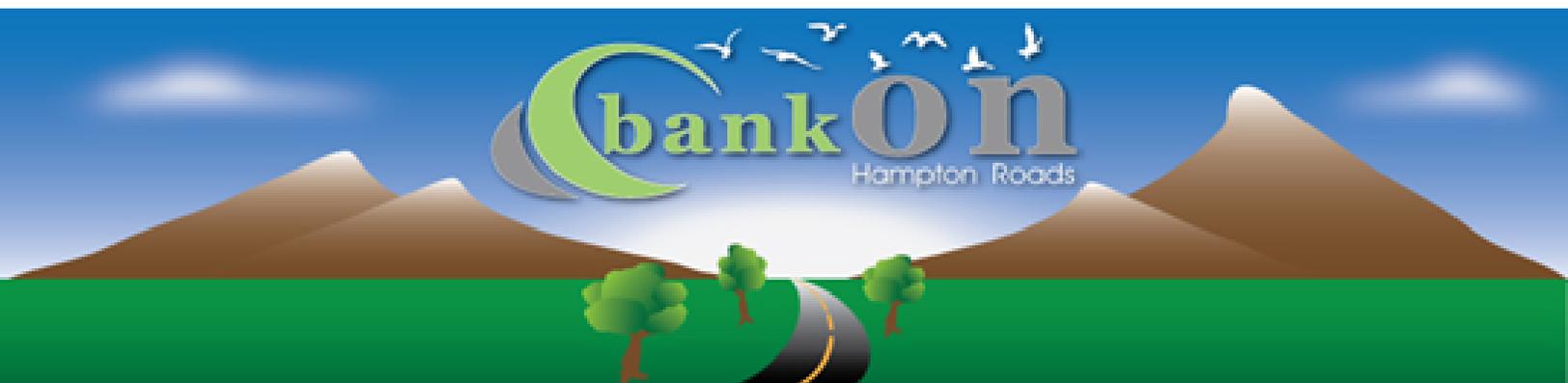


BE THE CEO OF YOUR CREDIT DURING TIME OF CRISES' AND BEYOND (CONTINUED)

To obtain additional resources and information about how to protect yourself financially, please visit Virginia Cooperative Extension at [www.ext.vt.edu](http://www.ext.vt.edu), Consumer Financial Protection Bureau at [www.consumerfinance.gov](http://www.consumerfinance.gov), Federal Trade Commission at [www.ftc.gov](http://www.ftc.gov), Bank On Hampton Roads at [www.bankonhr.org](http://www.bankonhr.org).



Bank On Hampton is a FREE 5-month financial program designed to provide residents with financial tools and knowledge to be successful today and tomorrow. The classes meet once a month at various locations in Virginia Beach, Norfolk, and Chesapeake. Visit [Bankonhr.org](http://Bankonhr.org) to obtain additional information about program and resources.



# FAMILY AND NUTRITION



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## The Virginia Family Nutrition Program

### Smart Snacks and Lunches

This year, score straight A's with kid approved, budget-friendly, good-for-you snacks and lunch choices!

School breakfast and lunch programs are nutritious options that save you time and money. On the days you need other choices, here are some ideas for snack and lunch recipes for you and your family.

#### Snacks:



#### Crispy Spicy Snack Mix

##### Ingredients

Nonstick cooking spray  
2 cups square whole-wheat cereal  
1 cup unsalted pretzel twists  
½ cup square reduced fat cheese crackers  
½ cup whole-wheat snack crackers  
1 ½ tablespoons butter, melted  
1 tablespoon ginger stir-fry sauce  
1 teaspoon chili powder  
1 teaspoon ground cumin

##### Directions

- Heat oven to 250°F. Spray a baking sheet with nonstick cooking spray.
- Combine cereal, pretzels, cheese crackers, and whole-wheat crackers in a bowl.
- In a separate bowl, combine melted butter, ginger stir-fry sauce, chili powder, and cumin. Drizzle over cereal mixture, tossing to coat.
- Spread mixture on the baking sheet. Bake for 20 minutes or until crisp, stirring twice.



#### Herbed Popcorn and Pretzels

##### Ingredients

2 bags 94% fat-free microwave popcorn, popped  
5 cups unsalted pretzel twists  
1 tablespoon dried parsley  
1 teaspoon garlic powder  
1 teaspoon ground black pepper  
½ teaspoon onion powder  
¼ teaspoon dried thyme  
Nonstick cooking spray

##### Directions

- In a mixing bowl, toss popcorn and pretzels together.
- In a separate mixing bowl, combine all spices together.
- Spritz the popcorn and pretzel mixture with nonstick cooking spray. Sprinkle half the seasoning over the mixture and shake bowl to distribute. Spritz popcorn and pretzels with nonstick cooking spray again. Sprinkle with remaining seasoning and shake bowl to distribute.

#### Yogurt and Peanut Butter Dip

##### Ingredients

½ cup peanut butter  
6 ounces low-fat vanilla yogurt  
8 cups fruit, sliced

##### Directions

- Place the peanut butter in a bowl in the microwave for 20-30 seconds, until soft and runny.
- Mix the yogurt with the peanut butter. Stir well.
- Serve dip with freshly cut fruit.

# FAMILY AND NUTRITION PROGRAM

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## Lunches:

### Creamy Chicken Salad

#### Ingredients

- 2- 2 ½ cups boneless, skinless chicken breasts, cooked and diced (or 12 ounce canned white meat chicken, drained)
- ½ red onion, finely diced
- 1 stalk celery, finely diced
- ¼ cup light mayo
- 10 whole-wheat crackers

#### Directions

- Mix together diced chicken, onion, celery, and low-fat mayo. Salt and pepper if desired.
- Cut up some grapes and add to the recipe, or simply serve along with the chicken salad for lunch.

### Peanut Butter and Jelly

#### Ingredients

- 2 slices whole-wheat bread
- 2 tablespoons peanut butter (or alternative)
- 1 tablespoon grape jelly

#### Pack with:

- 10 baby carrots
- 1 medium apple
- 1 cup low-fat (1%) milk



### Black Beans and Rice

#### Ingredients

- 15 ounces canned black beans, drained and rinsed (or 1 cup dry beans, cooked)
- 1 onion, diced
- 1 green pepper, diced
- 15 ounces canned low sodium diced tomatoes
- ⅛ teaspoon ground cumin
- ¼ teaspoon minced garlic
- 1 cup brown rice
- 2-15 ounce cans no added salt green beans (or 2 cups fresh, trimmed and snapped)

#### Directions

- Cook the brown rice according to package directions. Cook the green beans according to can directions.
- Open beans and pour into a colander. Rinse under cool water. Allow to drain and set aside.
- Heat olive oil in a skillet over medium-high heat. Add onions and green pepper. Cook for 5 minutes, stirring occasionally.
- Add tomatoes and beans to pan and mix together. Add the cumin and garlic. Continue to cook for an additional 5-10 minutes, stirring occasionally.
- Spoon the bean mixture over the brown rice. Serve with green beans as a side.

Need more ideas? Visit [eatsmartmovemoreva.org](http://eatsmartmovemoreva.org) for recipes, tips, and more!

# FAMILY AND NUTRITION PROGRAM

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



## 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  
1/3 cup nonfat dry milk  
2 1/2 teaspoons ground cinnamon  
1 teaspoon baking soda  
1/2 teaspoon ground allspice  
1/2 teaspoon ground cloves  
1/2 teaspoon ground nutmeg  
1 cup canned pumpkin  
2/3 cup honey  
1/2 cup orange juice  
1/3 cup canola oil  
2 eggs

#### Nutrition Facts

|                               |                           |
|-------------------------------|---------------------------|
| 15 servings per container     |                           |
| <b>Serving size</b>           | <b>1 serving (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.

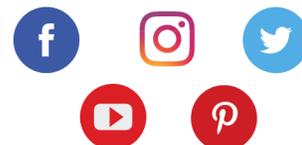
#### Directions

- Heat oven to 350°F. Coat a baking sheet 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 sheet. Bake for 15-20 minutes or until golden brown. Cool and cut into squares.

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

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# FAMILY AND NUTRITION PROGRAM

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## The Virginia Family Nutrition Program

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### Team up with us to take charge of your health now!



**Individual or small group settings by phone or online:**

- Share delicious, low-cost recipes that fit into your budget
- Provide tips on meal planning and food shopping to save time and money
- Connect with others and get support in your healthy living journey

**Come join the Family Nutrition Program and get many of these delivered FREE after program completion...**



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For more information contact:

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“I loved learning to prepare new health foods that fit in my budget.”

“I realized how much sugar was in my drinks, made a change, and I’ve already lost a few pounds.”

“Our group leader inspired me to make simple changes that have helped me feel great.”

“I was so sad when the class was over. I’m ready to sign up again.”

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FARM CREDIT



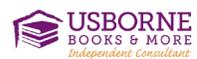
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