2ND QUARTER NEWSLETTER

APR, MAY, JUN 2019

CONTACT US

www.vbgov.com/agriculture

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 Steverson, Operations Assistant

Va Beach Cooperative Extension
757-385-4763
Roy Flanagan, Agriculture Agent
Sarah Farley, 4-H Youth Dev. Agent
Karen Munden, Family & Consumer Science Agent
Andrea Davis, Horticulture Agent
Vacant, 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

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

Happy April to everyone.

I trust you are all excited about the coming of spring as I am. There is a lot going on this time of year with spring break for local schools coming as well as events at the Farmers Market kicking off with the first Hoedown on Friday, April 5th. Check out all that is happening at the Farmers Market in this newsletter.

Strawberry season is growing ever so close and I know everyone is excited about going to our local farms to pick and eat Virginia Beach's finest strawberries. We must not forget the upcoming 36th Annual Pungo Strawberry Festival taking place on May 25th and 26th.

I would be remiss if I did not mention the 2018 Excellence in Agriculture banquet which took place March 14th at the Convention Center in Virginia Beach. Another wonderful evening of celebrating the agriculture industry as well as our community. The evening event honored Mr. Bart Frye as the 2018 Excellence in Agriculture recipient, Ms. Elsie Creekmore and Family, as the 2018 Friend of Agriculture, and the Honorable William D. Sessoms, Jr. as 2018 Special Recognition. The banquet is held each year dating back to 1966 recognizing an individual, family or group for their accomplishments and contributions to the agriculture industry. It is truly a wonderful evening of celebrating agriculture and dining with your friends and neighbors. We all look forward to next years March celebration so stay tuned for details.

My closing thoughts are, I see myself as an optimist that views our 2019 agriculture season as a plentiful and robust season. A year of no Hurricane Florence or Michael as well as less frequent rainstorms.

In 2018 the economic impact of agriculture in Virginia Beach was estimated at $136,130,437. This was up 4.5% over the 2017 estimate of $130,247.855. Optimism is abundant this time of year so lets keep the faith.

To all of you; have a great spring and lets be mindful of the busy time of year with planting season as well as tourism traffic coming into play here in Virginia Beach.

EXCELLENCE IN AGRICULTURE AWARDS BANQUET HIGHLIGHTS

HELD AT THE VIRGINIA BEACH CONVENTION CENTER ON MARCH 14TH, 2019

MAYOR ROBERT M. "BOBBY" DYER PRESENTS BART FRYE WITH THE 2018 VIRGINIA BEACH EXCELLENCE IN AGRICULTURE AWARD.

THE CREEKMORE FAMILY RECEIVING THE 2018 FRIEND OF AGRICULTURE AWARD.

VIRGINIA BEACH COUNCIL MEMBER BARBARA HENLEY PRESENTS FORMER MAYOR WILLIAM D. SESSOMS, JR. WITH THE 2018 SPECIAL RECOGNITION AWARD.

AGRICULTURE ACCOMPLISHMENTS RECOGNIZED

EXCELLENCE IN AGRICULTURE AWARDS BANQUET HIGHLIGHTS

PAST AND PRESENT EXCELLENCE IN AGRICULTURE AWARD RECIPIENTS

Serving as Master of Ceremonies was David E. Trimmer, Director of Agriculture. Guests joining in this celebration were Delegate Barry D. Knight, Bettina Ring, Secretary of Agriculture and Forestry, State Conservationist John A. "Jack" Bricker, Natural Resource Conservation Service, Dominion Energy Regional Manager Maxwell Bartholomew, Mayor Robert M. "Bobby" Dyer, City Manager David L. Hansen, Councilmember Barbara Henley, Councilmember Rosemary Wilson, Commissioner of Revenue Philip J. Kellam, Don Horsley, Planning Commissioner, Virginia Cooperative Extension Southeast District Director Janet Spencer, Virginia Agriculture Research and Extension Centers Professor and Extension Specialist Jeffrey Derr, and Virginia Turfgrass Council Executive Director Dr. Tom Tracy. We were honored to have the keynote address by Matt Lohr, Chief, United States Department of Agriculture, Natural Resource Conservation Service (NRCS). Chief Lohr provides leadership for NRCS and its mission to support America's farmers, ranchers and forest landowners in their voluntary conservation efforts through a network of more than 3,000 service centers in communities nationwide.

Please mark your calendar to save the date for the next Excellence in Agriculture Awards banquet scheduled for March 19, 2020.

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! We kicked off our 2019 event season at the Farmers Market on March 23 with Celebrate Agriculture. We had a beautiful day with lots of activity at the Market including a craft show, a carnival, and children's activities. Special thanks goes to the Virginia Beach 4-H Clubs that joined us that day and provided displays and activities: Livestock Club, Oceana Golden Leaves and Top Shooters. We also had a carnival on our front lawn provided by Boardwalk Attractions that families enjoyed. The carnival will be open weekends through the month of April, as well as everyday during spring break.

We have an exciting line-up of events this year, so please see our calendar of events included in this newsletter. Our next event is Birthday Bash on April 13 to celebrate the Market's 43rd year. Please join us for free birthday cake while supplies last. The Virginia Beach Master Gardeners will host their popular Spring Plant Sale on May 4 and 5. Make sure you shop early as this is a very popular event with a huge variety of plants. The Strawberry Jamboree will be held on May 18 and also includes a plant sale sponsored by the Butterfly Society of Virginia. Honey Festival will be held on June 22, so come out to purchase your local honey.

As a reminder, we welcome our farmers and crafters to be at the 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.

Our Friday Night Hoedowns start on April 5 with the Dallas Band and will be held every Friday night through October. Bring the family out for a free night of entertainment.

Hope to see you at the Farmers Market soon.

Patrons enjoying the Celebrate Agriculture event held at Farmers Market on March 23, 2019.

The Rural Heritage Center, along with the Children's Education and Kitchen Gardens, are also a great experience. Educational tours are available year round by calling 757-385-4388.

AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator
Office: 757-385-8697 | Fax: 757-385-5684 | Mobile: 757-536-5469
jhillegass@vbgov.com

Land Use Revalidation Forms

For landowners currently in the Land Use taxation program, the revalidation forms were mailed from the Real Estate Assessor's office in mid-late March. Revalidation 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 June 5th**. 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.

New Land Use Forms

New applications to qualify for land use taxation are also being accepted and are due by May 1st.

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

ARP Interest Payments

The next interest payment processing date for current participants will be **June 5, 2019**. If you need to make any changes to your personal payment information (beneficiaries, mailing address or bank account information) please contact Julia Hillegass at 757-385-8697 as soon as possible to have your request completed no later than May 1st.

Installment Purchase Agreement Options

Did you know that your Installment Purchase Agreement (IPA) is a tradeable investment, just like any other stocks or bonds?

Once a participant has held an IPA for a full year, the investment can be sold for cash. The market is fairly liquid on these securities should an ARP participant need to sell the IPA. Your financial planner or broker can help you with this type of transaction, or our office can put you in contact with willing buyers. Expect to sell at a discount from the full-face value.

FACT:

Global population will increase from 7 billion to more than 9 billion in the next 40 years. Agricultural producers will have to increase food production 70 to 90 percent in that time.

FARMERS MARKET SOMETHING TO CROW ABOUT !

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

Something to Crow About!

Each week at the Farmers Market, our office celebrates an employee of the week. Part of the process is to choose an encouraging *"word of the week"* featuring an employee's strengths. The word is placed in a special chicken nest that displays the employee's name on the shape of an egg. The winner must publicly yell out *"Cock-a-doodle-do"*! We share this only to point out how much it amazes us when we stop and consider everyone's talents that contribute to the success of the Virginia Beach Farmers Market. There are not enough words for us to *"Crow About"* to show our appreciation to Sponsors, Merchants, Vendors, Volunteers and numerous City of Virginia Beach Departments.

So, what's the word we are *"Crowing About"* currently? **Amelioration!**

Staff, volunteers, and various team members have labored to ameliorate the conditions of the RURAL HERITAGE CENTER over the past few weeks. We could not have completed the work without the assistance of the City of Virginia Beach Public Works-Facility Management and Building Maintenance Divisions. Master Gardener Volunteers have also improved the organization of supplies, decorated new cabinets, painted, and planted beautiful gardens in preparation of the *Fun on the Farm* tour season. To book a Fun on the Farm tour, please call 757-385-4388.

The Rural Heritage Center is not the only thing to *"Crow About,"* baby chicks, from the Virginia Cooperative Extension, recently hatched with a 100% hatch rate. When the baby chicks arrive, it was a great reminder that our event season is about to kick-off with Hoedowns, Crafts Shows, Carnivals, and many other fun activities. You can learn more about our events at www.vbgov.com/farmersmarket.

We look forward to seeing you at the market. Don't forget, you too can *"Crow About the Market"* when you check-in on Facebook or leave a five-star review on Google. – *"Cock-a-doodle-do- and Thank you!"*

facebook

like us

Farmers Market

FARMERS MARKET SOMETHING TO CROW ABOUT !

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

Something to Crow About!

JEFF BEAUCHAMP (R), BEACHY (C), BRANDON MARSHALL (L)

STAFF, VOLUNTEER MASTER GARDENERS, PUBLIC WORKS-FACITY MANAGEMENT & BUILDING MAINTENANCE DIVISIONS -

THANK YOU ALL FOR YOUR HELP!

VOLUNTEER MASTER GARDENERS DECORATED NEW CABINETS

AGRICULTURE AND NATURAL RESOURCES

Roy D. Flanagan
Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-641-1434
RFlanaga@vbgov.com

Virginia Ag. Expo in Ruther Glen, VA on August 1, 2019

The 2019 Virginia Agriculture Expo will be August 1, 2019 at Charity Hill Farms, Ruther Glen, VA in Caroline County, home to the Smith Family.

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

Bay Breeze Farm *Pre-pick only* Phone 757-721-3288 1076 Sandbridge Rd Virginia Beach, VA 23456	**Cromwell's Produce** Phone 757-721-6226 3116 New Bridge Rd Virginia Beach, VA 23456	**Flanagan Farm** Phone 757-426-5585 Princess Anne Rd at N. Muddy Creek Rd Virginia Beach, VA 23546	**Henley Farm** Phone 757-426-7501 Phone 757-426-6869 3513 Charity Neck Rd Virginia Beach, VA 23456	**Vaughan Farms' Produce** Phone 757-615-4888 1258 Princess Anne Rd Virginia Beach, VA 23457
Brookdale Farm Phone 757-721-0558 2060 Vaughan Rd Virginia Beach, VA 23456	**Cullipher Farm Market** Phone 757-721-7456 1444 Princess Anne Rd Virginia Beach, VA 23456	**The Flip Flop Farmer** Phone 757-426-9908 3244 New Bridge Rd Virginia Beach, VA 23456	**Munden Farm** Phone 757-373-1153 1377 Princess Anne Rd. Virginia Beach, VA 23457	**Virginia Beach Farmers Market** Phone 757-385-4388 3640 First Colonial Rd. Virginia Beach, VA 23453
Cindy's Produce *Pre-pick only* Phone 757-427-2346 2385 Harpers Rd Virginia Beach, VA 23453	**Cullipher Berry Patch** Phone 757-721-7456 772 Princess Anne Rd Virginia Beach, VA 23456	**Henley's at Pleasant Ridge** Phone 757-426-7501 Phone 757-426-6869 Princess Anne Rd at Pleasant Ridge Rd Virginia Beach, VA 23546	**Salem Berry Farm** Phone 757-818-3156 1763 Salem Rd Virginia Beach, VA 23456	

HORTICULTURE

Andrea Davis, Horticulture Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-359-1913
adavis@vbgov.com

There's always something new to learn about the lawn and landscape.

Join Virginia Cooperative Extension and the many opportunities we have to offer for both industry professionals and homeowners.

Pesticide application training

For our industry professionals, we want to make sure you are always up to date on the latest in horticulture. We offer training in pesticide application several times per year. From recertifications to certification exam prep classes, we want to help you with your pesticide licensure and staying abreast of new and changing issues. Our next recertification classes will be offered **April 5** in Virginia Beach and **June 4** in Chesapeake. Please check our website (https://virginia-beach.ext.vt.edu/) for registration forms. We will also be offering a certification exam prep class in August for uncertified applicators who would like to obtain an applicators license. The class will be held **August 6-9** and registration will open in June.

Educational Opportunities

Our home gardeners can also enjoy educational opportunities through our class and workshop series. The Green Thumb Gardening Series offers five consecutive classes in April on gardening subjects including vegetable gardening, turf, and pollinators. Registration for this program is available at https://www.eventbrite.com/e/green-thumb-gardening-series-2019-tickets-54599938887?aff=ebdssbdestsearch.

Our Gardening Talks and Workshops program will offer lectures on crapemyrtles in April and shade gardening in June as well as workshops on daylilies in April, landscape weeds in May, and rain gardens in June. We also have rain barrel workshops on the second Saturday of each month. More details on these programs can be found at https://www.vbmg.org/upcoming-events.html.

HORTICULTURE

Andrea Davis, Horticulture Extension Agent
Office: 757-385-4769 | Fax: 757-385-5684 | Mobile: 757-359-1913
adavis@vbgov.com

Display Gardens

We are here to help with your gardening needs. Our display gardens 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.

If you have questions about gardening, contact our Help Desk at vbmghelp@vbgov.com or 385-8156

or visit a Plant Doctor near you https://www.vbmg.org/gardening-help.html.

Spring Plant Sale being held May 4 & 5, 2019

You can find a supply of plants that will flourish in your garden at our annual Plant Sale **May 4-5** at the Farmers Market.

Would you like to be a part of the Virginia Cooperative Extension program helping others in Virginia Beach?

If so, we will be having orientation sessions for our Extension Master Gardener Volunteer Program on **May 6, 16 and 18**.

You need only attend one session, and the volunteer application process will be discussed. Training classes will be held in the evenings this fall.

Learn more about being a VCE Master Gardener volunteer at https://www.vbmg.org/about.html.

Virginia Cooperative Extension
Virginia Tech • Virginia State University

4-H NEWS

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

Upcoming Virginia Beach 4-H Events

4-H Livestock Club Annual Silent Auction & Fund-raiser on April 6th, 2019

Creeds Ruritan Community Complex at 5:00 p.m.

On April 6th the Virginia Beach 4-H Livestock Club and volunteers will be hosting their 16th Annual Silent/Live Auction at the Creeds Ruritan Community Complex at 5 p.m. This event has grown over the years and is a major fund-raiser.

More information and photos of auction items can be found on the event Facebook Page HERE .

Pungo Strawberry Festival on May 25-26, 2019

Our 4-H clubs participate in the parade and have club displays in the Agriculture area at the south end of the Festival. There will be farm animal displays - baby ducks, chickens, lambs, goats, etc. and a bake sale in the Fun Barn. Pony rides and antique tractor displays are popular among youth and adults and will also be in the Agriculture area.

VIRGINIA BEACH 4-H PARTICIPATING IN CELEBRATE AGRICULTURE AT FARMERS MARKET MARCH 23, 2019

SEEKING 4-H VOLUNTEERS

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

4-H NEWS

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

Virginia Beach 4-H Livestock Show and Sale

Creeds Ruritan Community Complex

May 30-31, 2019

Join us to watch 4-H youth exhibit steers, lambs, goats, and swine at the annual Virginia Beach 4-H Livestock Show and Sale. Animals will be auctioned on Friday evening. Come out and support youth and their projects! Country cured hams will also be on display and auctioned. Proceeds benefit 4-H youth.

Several 4-H country cured hams will also be judged and auctioned with the proceeds going to the Grand and Reserve Senior and Junior winners, plus six adult donated hams will be auctioned with the proceeds going to senior scholarships.

4-H NEWS

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

Camp Millionaire

Department of Agriculture, Building 14, 2449 Courthouse Dr, Virginia Beach, VA 23456

June 17-21, 2019

Camp Millionaire is our next big event which begins June 18th through June 22nd. This fun, innovative day camp format provides 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. Camp is held at the Virginia Beach Cooperative Extension Office, Bldg. 14, Municipal Center – 9 a.m. – 4 p.m. each day with graduation at the Advanced Technology Center Friday at 3 p.m. Cost for camp is $55 and covers lunches, am/pm snacks, t-shirt, workbook and other materials. Contact the 4-H Office at 385-4769 for more information. The registration form is also available for your convenience in the newsletter.

Virginia Beach 4-H Junior Camp

Airfield 4-H Center, Wakefield, VA

July 29 - August 2, 2019

The Virginia Beach 4-H Junior Camp for 9-13-year-old children will be held July 29 - August 2 at the Airfield 4-H Center in Wakefield, VA. Camp is the highlight of the summer and sells out every year. There are still spots remaining but sign up soon! The cost for camp is $350 and includes transportation, lodging, meals, t-shirt and all the supplies needed at camp. 4-H youth get to choose from approximately 20 classes which include archery, swimming, canoeing, riflery, leather crafts, duct tape, cooking, crafts, low ropes course, rocketry, dance, etc. Evening programs are also included. Contact the 4-H Office for a registration form, download it from our website, or it is also available on the following page.

Virginia Beach
4-H JUNIOR CAMP
July 29-August 2, 2019

- Five-day overnight camp at the Airfield 4-H Center, Wakefield, Virginia
- Total cost for week $350.00 – ***Make check or money order payable to:* "VCE - Virginia Beach"** ($50 fee charged for any unpaid/returned checks).
- The fee includes a camp T-shirt, meals, lodging, special activities, programs and transportation
- Transportation provided from Building 14, Virginia Beach Municipal Center to camp and return
- Pre-registration form must be accompanied by a $175.00 non-refundable deposit to reserve spot
- Pre-registration **DEADLINE IS MAY 27, 2019, OR UNTIL CAMP IS FULL - whichever comes first.**
- For more information, call (757) 385-4769

PRE-REGISTRATION FORM
MAIL PAYMENT TO:

Virginia Beach 4-H Camp
2449 Princess Anne Rd, Bldg. #14
Virginia Beach, VA 23456

Name_____

Address_____

City_____**State** ____**Zip**_____**Home Phone** _____**Cell Phone**_____

Boy_____ **Girl**_____ **Age – At Time of Camp**_____**Birthday**_____/_____/_____
(Ages 9 – 13 only) month day year

Circle T-shirt Size: **Small** **Medium** **Large** **Extra Large** **(all are adult sizes)**

Parent/Guardian Name_____**Work Phone**_____

Cell Phone_____ **Email Address**_____

NO ROOMMATE REQUESTS FOR THE 2019 CAMP – ** See next page

OFFICE USE ONLY

*DATE*_____ *RECEIVED FROM*_____

*AMOUNT RECEIVED*_____*BALANCE DUE*_____

*CHECK #*_____*CASH*_____ *MONEY ORDER* _____*RECEIVED BY*_____

Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu

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 McKinnie, Interim Administrator, 1890 Extension Program, Virginia State University, Petersburg.

FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

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

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

What to Do With Your Tax Refund?

Applying your tax refund to pay off bills, putting a percentage in savings for emergencies and saving for retirement are the best things you can do with your Tax Refund. The Consumer Financial Protection Bureau suggests the following steps to save your tax refund.

Step (1) Plan ahead to save some part of your tax refund.

Most people plan how they are going to spend their refund prior to receiving it. It is important to include savings in your plans. Setting aside 25% of your refund to be placed into your savings will help when an emergency occurs or when you need extra cash to meet a financial obligation.

Step (2) Use a separate account for savings or even a different financial institution.

This strategy will help limit impulsive use of funds allocated for savings.

Step (3) Automatically deposit some of your refund into a separate account when you file your return.

You can use the tax form to indicate to the IRS the amount of funds to apply to checking and the remaining into savings. Further, making a plan for your money is the first step to develop a Spending Plan (Budget), so when you received your tax refund you will already know the bills you will pay and the amount that will be applied to your savings. Also, according to America Saves, those who have a savings plan are twice as likely to save successfully.

FAMILY AND CONSUMER SCIENCES

Karen Munden, Unit Coordinator, Senior Extension Agent

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

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

Camp Millionaire™

Financial Wisdom for Life

Camp Millionaire uses an innovated approach to help youth learn about financial principles and sound financial decision-making. Camp Millionaire is open to 7th and 8th grade youth. The Camp is Monday, June 17th to Friday, June 21st from 9:00 a.m. to 4:00 p.m. at the Virginia Cooperative Extension Office, 2449 Princess Anne Road, Virginia Beach. The cst for the five-day camp is $55.00. Campers are selected on a first come first served basis. Campers are required to attend all five days of camp. For additional information please call 757-385-4769.

Bank On Hampton Roads is a FREE Financial Education program designed to assist you to become more financially savvy. Classes start each year in January, April, and September. Classes only meet once a month for 10 months and everyone is assigned a financial coach to assist with financial accountability. Please visit www.BankOnHR.org to sign up for a class near you.

Camp Millionaire™

Financial Wisdom for Life

June 17-21, 2019

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.

Come Learn How to be $mart

[With Your Money]

Enrollment is on a first come, first serve basis. All pre-registrations must be postmarked by May 3. An enrollment packet will be mailed to the address you provide below. In order to participate in Camp Millionaire, **all** enrollment forms must be turned in by May 17. **No exceptions.**

Lunches and am/pm snacks will be provided each day. Appropriate dress required (closed toe shoes or sneakers).

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

When:
June 17-21
First Day Registration: 8:45am
Time: 9am-4pm

Where:
Virginia Beach Cooperative Extension Office (see below)
Municipal Center, Bldg. 14

Cost:
$55 *non-refundable*
$70 late registration (*after May 3*)
($50.00 return check fee)

KIDS LEARN HOW TO BE RESPONSIBLE FOR THEIR OWN FINANCIAL FUTURES

Virginia Beach Schools Federal Credit Union — The Smart Financial Choice

MassMutual Commonwealth

Beach Municipal Federal Credit Union — Est. 1970

Virginia Cooperative Extension — Virginia Tech • Virginia State University

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 McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

SEND PRE-REGISTRATION FORM AND
CHECK MADE PAYABLE TO VCE VIRGINIA BEACH TO:

Virginia Cooperative Extension, Attn: Camp Millionaire
2449 Princess Anne Road, Municipal Center, Building 14
Virginia Beach, VA 23456

Name _____ Gender: _____

Address _____

City _____ State _____ Zip _____ T-Shirt Size _____ Adult Youth

Parent/Guardian Name _____ Phone _____

Alt. Phone _____ Email _____

Child's Age At Time of Camp _____ How did you hear about us? _____

What is the top thing you want your child to learn from camp? _____

OFFICE USE ONLY: DATE _____ RECEIVED _____ RECEIVED BY _____

PAYMENT TYPE: _____ CASH _____ CHECK

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

VIRGINIA Family Nutrition Program
Eat Smart Move More

Water for Your Waistline AND Your Wallet

Nutrition Know-How

Water is the perfect drink — low in calories and almost always FREE! To maintain a healthy weight, sip water or other drinks with few or no calories.

You can save money by drinking water from the tap at home or when eating out.

Choose water instead of sugar-sweetened beverages such as soda, sports drinks, or non-100% juice drinks.

Substituting water for just **one** 20-ounce soda will save you about 240 calories!

Kitchen Ideas

- Make water an easy option for your kids too. Have ready-to-go containers filled with water or other healthy drinks available in the refrigerator. Send your kids to school with these healthy options for lunch instead of soda.
- Drink water with and between your meals. Adults and children take in about 400 calories per day from beverages, so drinking water can really make a difference.

FAMILY AND NUTRITION PROGRAM

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

Eat Smart • *Move More*

Strawberry Spinach Salad

Prep Time: 5 minutes **Total Time:** 10 minutes

Fruits Vegetables Oils

Ingredients

1 pound spinach, torn
1 pint strawberries, diced
¼ cup sugar
¼ teaspoon paprika
½ teaspoon yellow mustard
½ teaspoon Worcestershire sauce
¼ cup white distilled vinegar
2 tablespoons canola oil
¼ cup pecans, chopped (optional)

Nutrition Facts

6 servings per container
Serving size **1 serving (162.74g)**

Amount per serving
Calories **140**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 3g	**11%**
Total Sugars 12g	
Includes 8g of Added Sugars	**16%**
Protein 3g	
Vitamin D 0mcg	**0%**
Calcium 89mg	**6%**
Iron 2mg	**15%**
Potassium 534mg	**10%**

*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

- For the salad, add spinach and strawberries to a bowl.
- To make the dressing, add sugar, paprika, mustard, Worcestershire sauce, vinegar, and oil to a separate bowl. Whisk until sugar is dissolved.
- Drizzle dressing lightly over the salad and toss to coat. Sprinkle pecans on top.

(Recipe adapted from: https://extension.unh.edu.)

Quick Tips

- Always wash produce before cutting.
- Apple cider vinegar may be used in place of white distilled vinegar.
- Use leftover dressing on salad or as a marinade for your favorite protein food.

Follow us | Like us

www.eatsmart.ext.vt.edu

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

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

Virginia Cooperative Extension
Virginia Tech • Virginia State University

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.

VIRGINIA BEACH

FARMERS MARKET

The Farmers Market is turning 43!

Saturday, April 13 - 10 a.m. to 4 p.m.

Join us to celebrate with a craft show, carnival, children's activities, coloring contest, and free birthday cake (while supplies last). Visit the Rural Heritage Center and Educational Gardens.

Special thanks to our event sponsors:

B2R BACK TO ROCK · BATH FITTER® · Changing Lives Martial Arts · Farm Bureau Virginia · Farm Credit · JES Foundation Repair · Joy Catalano Realtor® · King-Tiger Martial Arts · LifeStorage · Ocean Martial Arts VA.Beach · Princess Anne County Grill · Princess One Chiropractic · Simply Baths...by Quality Advantage · Raymond's Antiques · Relentless Chiropractic · Richmond Alarm Company · Rose & Womble Patrick Dreelin · Southern States · The Apartments at Spence Crossing · UFC Gym Virginia Beach · Unkol Chuck's Alberta General Store · Virginia Cooperative Extension Master Gardeners · Veterans United Home Loans Amphitheater

City of Virginia Beach

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

VIRGINIA BEACH

FARMERS MARKET

2019 Hoedown Schedule

Friday Nights 7 - 10p.m.

Rain or Shine*

Bring a lawn chair or blanket to enjoy free, live, local music.

APRIL
5 Dallas Band
12 New City Sound
19 The Long & Short of It
26 Timeline

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

JUNE
7 Dallas Band
14 New City Sound
21 The Long & Short of It
28 Timeline

JULY
5 New City Sound
12 Dallas Band
19 The Long & Short of It
26 Timeline

AUGUST
2 Dallas Band
9 New City Sound
16 The Mann Act
23 The Long & Short of It
30 Timeline

SEPTEMBER
6 Dallas Band
13 New City Sound
20 The Long & Short of It
27 Timeline

OCTOBER
4 Dallas Band
11 New City Sound
18 The Mann Act
25 Timeline

City of Virginia Beach

Like us on Facebook: VB Farmers Market

3640 Dam Neck Road
Virginia Beach, VA 23453
757-385-4388

**Management reserves the right to delay or cancel events.*

Special thanks to our sponsors:

B2R Back to Rock – America's Music School
Bath Fitter
Changing Lives Martial Arts
Farm Bureau Virginia
Farm Credit
JES Foundation Repair – Crawl Spaces & Waterproofing
Joy Catalano Realtor – Berkshire Hathaway HomeServices Towne Realty
King Tiger Martial Arts
LifeStorage
Ocean Martial Arts VA.Beach
Princess Anne County Grill
Princess One Chiropractic
Simply Baths...by Quality Advantage
Raymond's Antiques
Relentless Chiropractic – "Mobile Chiropractic"
RAC Richmond Alarm Company – Est. 1947
Rose & Womble Realty Company – Patrick Dreelin, Realtor – The Mac Team
Southern States – Farmer owned since 1923.
The Apartments at Spence Crossing
UFC Gym Virginia Beach
"Unkol" Chuck's Alberta General Store – Brunswick Stew
Virginia Cooperative Extension Master Gardeners – Virginia Beach
Veterans United Home Loans Amphitheater

VIRGINIA BEACH

FARMERS MARKET

Strawberry JAMBOREE

Saturday, May 18
10 a.m. to 4 p.m.

Join us for a strawberry pie eating contest, craft show, children's activities, and live music. Shop the Butterfly Society of Virginia booth for plants that will attract butterflies to your backyard.

Special thanks to our event sponsors:

B2R Back to Rock – America's Music School
Bath Fitter®
Butterfly Society of Virginia – 1992 - 2017 Celebrating 25 Years
Changing Lives Martial Arts
Farm Bureau Virginia
Farm Credit
JES Foundation Repair – Crawl Spaces ★ Waterproofing
Joy Catalano Realtor® – Berkshire Hathaway HomeServices Towne Realty
King-Tiger Martial Arts
LifeStorage
Ocean Martial Arts – VA.Beach
Princess Anne County Grill
Princess One Chiropractic
Simply Baths...by Quality Advantage
Raymond's Antiques
Relentless Chiropractic – "Mobile Chiropractic"
RAC Richmond Alarm Company – Est. 1947
Rose & Womble Realty Company – Patrick Dreelin – Realtor® – The Mac Team
Southern States – Farmer owned since 1923.
The Apartments at Spence Crossing
UFC Gym Virginia Beach
"Unkol" Chuck's – Brunswick Stew – Alberta General Store
Virginia Cooperative Extension – Virginia Beach Master Gardeners
Veterans United Home Loans Amphitheater – Virginia Beach
City of Virginia Beach

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

VIRGINIA BEACH

FARMERS MARKET

Honey FESTIVAL

CRAFTS · MUSIC · FUN

Saturday, June 22
10 A.M. - 4 P.M.

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

Special thanks to our event sponsors:

B2R BACH TO ROCK · BATH FITTER® · Changing Lives MARTIAL ARTS · FARM BUREAU VIRGINIA · FARM CREDIT · JES Foundation Repair Crawl Spaces ★ Waterproofing · Joy CATALANO REALTOR® Berkshire Hathaway HomeServices Towne Realty · KING-TIGER MARTIAL-ARTS

LifeStorage · OCEAN MARTIAL ARTS VA.BEACH · Princess Anne COUNTY GRILL · Princess One Chiropractic · Simply Baths...by QUALITY ADVANTAGE · RAYMOND'S ANTIQUES · RELENTLESS CHIROPRACTIC "Mobile Chiropractic"

RAC RICHMOND ALARM COMPANY · Rose & Womble REALTY COMPANY PATRICK DREELIN REALTOR® - THE MAC TEAM · SOUTHERN STATES Farmer owned since 1923. · THE APARTMENTS AT SPENCE CROSSING · UFC GYM VIRGINIA BEACH · "UNKOL" CHUCK'S Alberta General Store · VIRGINIA COOPERATIVE EXTENSION MASTER GARDENERS · VETERANS UNITED HOME LOANS AMPHITHEATER

VB City of Virginia Beach

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

Spring Break Carnival

Hosted by Boardwalk Attractions

Featured at the Farmers Market - 3640 Dam Neck Rd. Virginia Beach

For Special Offers and Weather Updates

Follow Facebook @ Boardwalk Attractions or Call 757-619-8204

Ticket Pricing

Single Tickets: $1.25

25 Tickets: $25.00

50 Tickets: $45.00

Rides take 2-4 tickets

Sat 3/23 10am-7pm	Mon 4/15 12pm-8pm
Sun 3/24 12pm-6pm	Tue 4/16 12pm-8pm
Sat 3/30 12pm-7pm	Wed 4/17 12pm-8pm
Sun 3/31 12pm-6pm	Thur 4/18 12pm-8pm
Sat 4/6 12pm-7pm	Fri 4/19 12pm-8pm
Sun 4/7 12pm-6pm	Sat 4/20 12pm-8pm
Fri 4/12 4pm-8pm	Sun 4/21 12pm-6pm
Sat 4/13 10am-8pm	Sat 4/27 12pm-7pm
Sun 4/14 12pm-8pm	Sun 4/28 12pm-5pm