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Kathleen Sullivan, District Manager
Cory Hoar, Conservation Specialist

MESSAGE FROM THE DIRECTOR

Greetings to all and hope everyone has had a safe and healthy spring. Summer is upon us as we enter a not so normal 4th of July with so many events being

canceled due to the COVID-19 Pandemic. The goal for all of us is still the same let's celebrate the 4th and embrace the protocols to remain safe and be thankful for all we have. It will feel good to get out and about seeing friends, interacting, eating out, shopping and acknowledging those around us.

Strawberry season in Virginia Beach for the most part turned out to be a pretty good extended season. We saw chilly weather, rain as well as many sunny days. The citizens came out in large numbers and embraced the strawberry season and followed the protective safety measures that were in place to make sure everyone had a good time and were able to pick some wonderfully delicious berries. One hopes all who took part in farm visits and picked berries come back next year and spread the word to others about the great farm experience. The strawberry season was a great tone setter for what we all hope is a good summer of fruit and vegetable business for our local farmers. Eating locally grown products and supporting the farmers is a big plus for our AG community. Let's keep spreading the word and shopping locally to support our farm industry here in our community.

From an Agriculture Department standpoint, we missed out on a lot of community good times this spring with the cancellation of our Farmers Market spring event season including the Market's Birthday Bash, Strawberry Jamboree, Honey Festival and the Virginia Beach Master Gardener Plant sale, as well as three months of canceled Hoe Downs. These events help kick off the spring season to help promote Agriculture to the citizens and provide a venue for crafters. These agriculture events lead in and build up to the annual Pungo Strawberry Festival as well as the 4-H Show and Sale, which are two major events for the agriculture community and well supported by all. The cancellation of all these events however gives us all something to look forward to next year.

In closing I wish you all the best and stay safe and healthy. Enjoy the summer!





WHAT'S HAPPENING IN OUR RURAL COMMUNITY

Jenny McPherson, Rural Community Coordinator
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Happy Summer everyone! I hope you and your family are doing well and staying healthy. Times are certainly different for all of us following the COVID-19 outbreak earlier this spring. Unfortunately, we had to cancel **all** spring events at the Farmers Market from March through June, and now July. We are hopeful to start our Friday Night Hoedowns once the governor's limitations on gatherings is relaxed to allow more people. Stay tuned for details.

The majority of our Market merchants are now opened with regular hours. Please follow the appropriate safety guidelines posted while you visit. For updated operating information about our Merchants, please see our website at www.vbgov.com/farmersmarket and click on the "Vendors" tab.

Please continue to support our local businesses at the Farmers Market as well as our local farmers at their produce stands and markets.

Our Agriculture in the Classroom teacher workshops planned for August will now be offered virtually. Details when the platform will be available will be shared on our website.

We are looking forward to holding our fall events. Our first event is Apple Extravaganza planned for September 19. Please see our updated calendar of events and Hoedown schedule at the end of the newsletter.

We still welcome 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.

We had a great response from the community on National Doughnut Day on June 5 (see pictures of those enjoying their doughnuts on following pages). June was also Dairy Month (photos on the right), so we want to thank Thurman Steverson, our Operations Assistant, for playing the part and wearing a cow costume to greet some visitors. Terri Belkov, our Program Educator, also posed with Thurman in front of one of our gardens that we hope you will come visit.

Take care and hope to see you soon,
Jenny



Farmers Market - Milking It - Celebrating National Dairy Month.



Happenings at Farmers Market

ALWAYS SOMETHING!



Milk makes the body strong. Celebrating National Dairy Month at Gilly's Ice Cream. Thurman Steverson, Operations Assistant, is in the cow costume going above and beyond for the Farmers Market.



It's only the beginning Peter Rabbit!

A classic tale no matter your age.

See Mr. McGregor tending garden and Peter's blue jacket left behind.

Credit Virginia Beach Master Gardeners.



Thurman Steverson power washing the fence and doing a great job to make the Farmers Market look amazing!

Happenings at Farmers Market

NATIONAL DOUGHNUT DAY - JUNE 5, 2020

FRESH HOT DOUGHNUTS MADE ON SITE BY KLASSIC DOUGHNUTS



Celebrating the day - NaKamryn Tate with Naomi (4 Months), our youngest guest, with a few dozen doughnuts in the white cartons.



Jim Cherry, Public Utilities Operations Administration, first time taster - Loved them!



Practicing social distancing while waiting for a hot fresh doughnut!

Customers were lined up all morning.



Sarah Melton with Marie (5yrs) and Timmy (3yrs) with their treats.

Check out these DOUGHNUTS !!! YUM !!!

Happenings at Farmers Market

NATIONAL DOUGHNUT DAY - JUNE 5, 2020

A MARKET VOLUNTEER, PATRICK MARTIN FROM KNOTTS ISLAND, BROUGHT DUCK DOUGHNUTS AND OFFERED TO OFFICE STAFF AND SOME OF THE FARMERS MARKET MERCHANTS.



Celebrating National Doughnut Day - Ken, Mary and Ben of Chapman's Market with Patrick Martin



Eric with Beach N Seafood enjoying his doughnut!



Lisa with Lisa's Tinker Treasures also enjoying her doughnut .

Happenings at Farmers Market

WE COULDN'T DO EVERYTHING WE DO WITHOUT
THE HELP FROM OTHERS



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

**Charlie and crew helped to
move fall decor into a
summer garden.**

**Stay tuned and watch it
GROW!**

**Anyone recognize this
sign?**

**Thank you
Building Maintenance
for keeping us in good
shape!**



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



AGRICULTURE RESERVE PROGRAM (ARP)

Julia Hillegass, ARP Coordinator

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We All Benefit from the Agricultural Reserve Program!

Much has been written here and elsewhere about the benefits of the Agricultural Reserve Program (ARP) to Virginia Beach farmers and landowners. Farmers can extract the development value of their land without having to give up their lifestyle. These funds can be used for operating capital, expansion, reducing mortgages, funding retirement, planning for heirs or a cash emergency. Future property and estate taxes can also be reduced. Lower land values after selling off development rights may induce new or young farmers to purchase property.

But even greater than these benefits are the conservation, rural heritage and open space benefits associated with agricultural land. Public purchase of development rights (PDRs) means that taxpayers are now paying for these benefits, rather than being "free riders." The open space and conservationist constituencies' interest in retaining environmental and aesthetic benefits associated with agricultural land include:

- Protection of both surface and groundwater; watersheds; and wetlands;
- Protection of flora, fauna, and wildlife habitat;
- Encouragement of biodiversity;
- Maintenance of scenic and historic landscapes;
- Reducing the need to expand expensive water and sewer services;
- Making available more locally grown food and fiber.

The use of PDRs enables these benefits to be obtained without taxpayers being encumbered with the costs associated with administering and maintaining the property, unlike fee simple acquisition. A review of the literature suggests that taxpayers are most interested in using PDRs to retain rural neighborhood character and historic features of the landscape. Residents value agriculture for high quality, fresh produce and open space, and for maintenance of scenic values, water and air quality, and habitat for wildlife, all of which preserve the quality of life in an area.

Our Virginia Beach Agricultural Reserve Program has been able to help achieve all of these important citizen and City Council goals with a relatively modest investment over the last two decades, ensuring roughly 10,000 acres in the southern portion of the city remains vibrant and productive for years to come.

Once the world calms down, if you or your group would like a brief presentation about our program, please contact me at 757-385-8697 or jhillegass@vbgov.com.



AGRICULTURE AND NATURAL RESOURCES

Roy D. Flanagan, Extension Agent

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RFlanaga@vbgov.com

Support your local producers, below is a calendar of what you can expect to find at most on-farm stands during the local production season by crop.

	VIRGINIA FRUIT AND VEGETABLE AVAILABILITY CALENDAR											
	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
APPLES												
ASIAN PEARS												
ASPARAGUS												
BEETS												
BLACKBERRIES												
BLUEBERRIES												
BROCCOLI												
CABBAGE												
CANTALOUPE												
CUCUMBERS												
EGGPLANT												
GRAPES												
GREEN BEANS												
GREENS/SPINACH												
HERBS												
NECTARINES												
ONIONS												
PEACHES												
PEPPERS												
POTATOES												
PUMPKINS												
RASPBERRIES												
SQUASH												
STRAWBERRIES												
SWEET CORN												
SWEET POTATOES												
TOMATOES												
WATERMELONS												

Virginia Department of Agriculture and Consumer Services



Virginia Cooperative Extension

Virginia Tech • Virginia State University



HORTICULTURE

Andrea Davis, Horticulture Extension Agent

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

adavis@vbgov.com

We may be limited in our normal routines, but this time has opened up many opportunities for our home lawn and landscape activities. We have many resources to share with you to aid in your outdoor adventures.

Get great gardening tips on our weekly Facebook Live *Get Gardening* series. You don't have to have a Facebook account to participate. Simply click

<https://facebook.com/events/s/get-gardening-beginning-garden/276986363377831/?ti=icl>

or search Virginia Cooperative Extension Master Gardener Program events.

Join in Thursdays at 2:00 p.m. You can also check out past programs at

<https://www.facebook.com/VCEMasterGardenerProgram/live>.

Our upcoming topics include:

July 2 - Diseases in the Garden

July 9 - Garden Safety

July 16 - Small Fruits in the Home Garden

July 23 - Hydrangeas

July 30 - Planning Your Fall Garden

If you are interested in Virginia agriculture and want to learn more about the diverse products that can be grown here, tune in to our *Virginia Virtual Farm to Table* program. In this program, you will get a virtual tour of Virginia farms and learn how food is produced on them. Then you will learn how to prepare new recipes with those foods. These sessions are held on Fridays at 2:00 p.m. and you can register for them at

<https://fauquier.ext.vt.edu/programs/FarmtoTable.html>.

July	August	September
10 - Herbs	7 - Sweet Potatoes	4 - Aquaponics
17 - Potatoes	14 - Eggs	11 - Peanuts
24 - Tomatoes	21 - Virginia Wine and Lamb	18 - Greenhouse & Nursery
31 - Chicken	28 - Pork	



HORTICULTURE

Andrea Davis, Horticulture Extension Agent

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We also have a wealth of information on **home vegetable gardening** available to you at <https://ext.vt.edu/lawn-garden/home-vegetables.html>. This site contains many publications on planning, planting, and maintaining your home fruits and vegetables and specialty topics like small space gardening and extending the growing season. There are also links to helpful videos on gardening.



Pesticide License Re-certification

We traditionally have offered many opportunities for pesticide license re-certification for our industry professionals in the spring prior to the June 30 license expiration. Unfortunately COVID-19 forced us to cancel these events. Luckily, VDACS has extended the June 30 deadline to August 29 for 2020 so there is still time. At this time there are several online opportunities for re-certification which can be found at <http://www.vdacs.virginia.gov/pdf/recertcourses.pdf>. The Virginia Turf Council has also scheduled a few small in-person classes in July and August. More information can be obtained at <http://vaturf.org/events.html>.

Do you enjoy learning about gardening and want to share your knowledge with your community?

The Extension Master Gardener Volunteer Program trains residents to teach their communities about research-based horticulture practices through different projects. The orientation for Virginia Beach residents will be held virtually on July 13. To learn more about our volunteer program and the application process, register for the session at

https://viriniatech.zoom.us/meeting/register/tjlcqc-utqjwG9dymX5RfZq2tsR6OHf4_CFp.





HORTICULTURE

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GET GARDENING!

*A series from the Virginia Cooperative Extension
Master Gardener Program*

EVERY THURSDAY THIS SPRING

FACEBOOK LIVE



**Virginia
Cooperative
Extension**

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





HORTICULTURE

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Virginia Virtual Farm to Table Program



"Healthy Farms and 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



Virginia Cooperative Extension

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Community, Local, and Regional Food Systems



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If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Lenah Nguyen, VCE at (540) 381-7950/TDD at (540) 381-7950 during business hours or 800.568.3863 to discuss accommodations five days prior to the event. TDD number is 800-828-1120.



4-H NEWS

Sarah Farley, 4-H Extension Agent
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SFarley@vbgov.com

AIRFIELD
4-H
VIRTUAL
CAMPS

June 22-27 Camp Across The Commonwealth
June 29-July 3 Prince George Virtual Camp
July 13-17 Virtual Camp Session 1
July 18 Virtual Cloverbud Day Camp
July 27-31 Virtual Camp Session 2

The graphic features a teal background with a yellow sun in the top right corner. It includes icons for a computer monitor, a Wi-Fi signal, and a keyboard. A green four-leaf clover with the letters 'H', 'H', 'H', and 'H' on its leaves is positioned in the bottom right corner.

Please join us to enjoy some camp songs, team meetings, a virtual dance party, a campfire, some camp classes (photography from home, recycled crafts, STEAM), and our very own virtual talent show!

Sign up for the week of your choice.

Registration for July 13-17: [Click here](#)

Registration for Virtual Cloverbud Day Camp July 18: [Click here](#)



4-H NEWS

Sarah Farley, 4-H Extension Agent
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SFarley@vbgov.com

Congratulations 2020 Scholarship Recipients!

Kayla Renee Fensom Memorial Endowment by Virginia Beach 4H Livestock Club Steering Committee:

2020 Award Recipient is Danielle Khalil

Ervin L. Vaughan Memorial Endowment:

2020 Award Recipients are Alex Fuge and David Kellam

Virginia Beach 4H/ Virginia Cooperative Extension Endowment:

2020 Award Recipient is Paige Riddle

Virginia Beach Master Gardeners Endowment:

2020 Award Recipients are Boyang Lyu and Kimberly Lowe

Three generations of Virginia Beach 4-H'ers Tapped as 2020 Virginia

We are proud to announce Virginia Beach 4-H has three new inductees into the Virginia 4-H All Stars.

Congratulations James Brickhouse, Michelle Cox, and Dawson Cox!

4-H All Stars is an honor/service organization. Membership in 4-H All Stars is the highest recognition that a Virginia 4-H'er can achieve. Virginia 4-H All Stars is service oriented, and volunteer operated.

James, Michelle, and Dawson will be recognized with other initiates across the state on Wednesday, June 24, 2020 in a virtual 4-H All Star welcome event. They are also invited to the formal tapping ceremony at Virginia Tech in the summer of 2021.



Register Today For



Join 4-H'ers age 14-18 from all over Virginia for activities and learning!

Featuring:

- *Dynamic, mobile friendly, virtual platform*
- *4 live workshops based around 4-H Pillar Areas: Agriculture, Civic Engagement, Healthy Living, & STEM*
- *200 hours of learn-at-your-own-pace virtual leadership workshops*
- *Chances to earn digital badges and a 4-H leadership certificate*
 - *Virtual Fun Run, Spirit Week, and Other Events*
 - *Meeting Virginia's 4-H Youth in Action Award Winners*
 - *Share the Fun & Virtual State Competitions*
 - *MUCH MORE*

When Is It?

July 1 – 31, 2020

All activities are online, and will be recorded

How Much is it?

Registration is only \$10.00, which includes a t-shirt

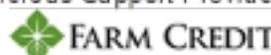
How do I register?

Register only at <https://tinyurl.com/4-HCongress>
Registration closes at 5:00 PM on Thursday, June 25, 2020!

Where Do I Get More Information?

Contact your local Extension Office at:
sfarley@vboov.com | 757-385-8153

Generous Support Provided By



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



Surviving Financially Through COVID-19 and Beyond

Several residents have suffered financial losses through job layoffs, furloughs, and low to no product sales during the pandemic. The COVID-19 crisis has placed an unforeseen financial burden on families, and many are trying to reassess how they will meet their financial obligations during these uncertain times. If you are going through economic challenges and having financial difficulty during COVID-19, listed below are several approaches you can use until you are able meet your financial obligations.

If you find yourself unable to pay your mortgage or can only pay a portion, contact your mortgage lender to determine if you qualify for forbearance. Just know after the forbearance period is over, you are still obligated to pay back the loan. If you are unable to pay your rent, contact your landlord before you receive an eviction notice to establish a payment plan until you can bring your rent payment current.

If you are unable to pay your credit cards, contact your credit card company and let them know that you cannot make a payment. They may be able to grant you a postponement of payment if you are in good standing. Thus, you must contact them as soon as possible. If you are able to arrange a payment plan there should be no new credit purchases.

If you are having trouble paying your auto loan, contact your lender immediately to set up a deferment or refinance at a lower interest rate. Your lender may have several financing options. There may be some additional costs, so make sure to read and understand all fees associated with the options. You may also want to consider trading in your vehicle for something less expensive.

Contact your finance company and ask if the due date on your account can change to be aligned with your pay periods. You could ask for an extension on the payment or a repayment plan. There are several repayment plans you can develop yourself for all your expenses. PowerPay.org is a web-based system to help you develop a repayment plan. This system will combine your highest interest and lowest balance accounts to pay off first as a way to reduce your debt. Another repayment plan is entitled "Snowball" plan, which consists of paying off the smallest expense first, when that account is paid off, apply the same money towards the next lowest balance expense. You may continue to use this process until the accounts are paid in full. Establishing a repayment plan will demonstrate a good-faith effort. If you need additional information and resources to improve your financial skills, please visit the following websites for resources Virginia Cooperative Extension at www.ext.vt.edu and Consumer Financial Protection Bureau at <https://www.consumerfinance.gov/>.

If you are interested in taking a class to improve your financial knowledge, please visit Bank On Hampton Roads at <http://www.bankonhr.org/> to see the listing of the FREE courses, which begin in September.

FAMILY AND NUTRITION PROGRAM

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Virginia Cooperative Extension Family Nutrition Program

Yoga and Mindfulness at Home - Quick Tips

Yoga uses breath, movement, and mindfulness to help with both mental and physical well-being.

Benefits:

- Calmness
- Reduced anxiety
- Better concentration
- More flexibility
- Improved balance
- Cardio health and strength

Movements you can try with your child at home:



Hands at Heart

Inhale, bring your hands together in front of your chest. Exhale, actively press your palms and fingertips together. If it feels comfortable, close your eyes and breathe.



Raised Hands Pose

Inhale, sweep hands overhead, reaching tall towards the ceiling. If this feels good, then you might lift up onto your tiptoes.



Chair Pose

Exhale, sit your hips back and down, keeping your chest lifted. Shift your weight into your heels. Hands can be pressed together at your chest or, if you feel good, inhale and lift your hands overhead. If this feels good, then you can exhale and sink your hips further back.



Standing Forward Bend

Exhale, hinge at the hips and bring your chest towards your thighs, keeping a slight bend in the knees. Crown of the head reaches towards the floor and gaze is towards your legs. It's fine if the fingers don't touch the floor. If you want more support, then place your hands on your legs.

FAMILY AND NUTRITION PROGRAM

Laurel Wilcox, SNAP, Senior Program Assistant
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[lwilcox@vb.gov.com](mailto:lwilcox@vb.gov)



The Virginia Family Nutrition Program

Youth Physical Activity Challenge



Are you interested in joining a 4-week challenge to incorporate more physical activity into your youth program?



- Offer 60-minutes of physical activity for 4 weeks
- 60 minutes/day (Monday - Friday)
- Log the number of minutes per day for the 4-week challenge
- Report the number of kids who participated, the number of minutes physical activity was offered to children, as well as a short survey at the end of the challenge
- Distribute the free physical activity items

By signing up, you will receive fun, free physical activity items for 25-50 youth and 2 program coordinators

Join Us!

For more information contact:

Laurel Wilcox
VCE - VA Beach Office
2449 Princess Anne Road
Virginia Beach, VA 23456
757-385-8158
[lwilcox@vb.gov.com](mailto:lwilcox@vb.gov)

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Physical activity has many health and emotional benefits. Physical activity includes any type of movement, such as walking, running, playing tag, riding a bike, dancing, jumping on a trampoline, stretching, playing basketball, jumping rope, swimming, etc.

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Last updated 4/6/21, 2020

www.eatsmartmovemoreva.org

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

FAMILY AND NUTRITION PROGRAM

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



The Virginia Family Nutrition Program

**Eat Smart on a Budget
with Limited Food Options**



Call me for some short tips on:

- How to stock up on food
- Ways to stretch your food dollar
- Planning quick and healthy meals with what you have on hand
- Planting container gardens
- Methods to ensure food is safe
- Ways to be active at home
- And more!

Learn more!
For more information contact:

JEROME LAWRENCE

Adult Expanded Family Nutrition
Education Program Assistant

FREE
On-line or Phone Education

Virginia Cooperative Extension
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Virginia Beach VA 23456

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Last Updated March 25, 2020

VIRGINIA BEACH

FARMERS MARKET

2020 Event Calendar*

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

Apple Extravaganza

September 19

Fall Festival

November 7

Harvest Fair

October 17

Santa's Workshop

December 5

** Schedule is subject to change based on size limitations of gatherings for COVID-19 concerns. Please check our website for updates.*

VB City of Virginia Beach

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

Special thanks to our Annual Sponsors:



The Virginian-Pilot



Vance Sperry



VIRGINIA BEACH

FARMERS MARKET

APPLE EXTRAVAGANZA



SATURDAY, SEPT. 19

10 A.M. TO 4 P.M.

Join us for a craft show, children's activities, and music. Visit the Rural Heritage Center and Educational Gardens.

Shop the Butterfly Society of Virginia booth for plants that will attract butterflies to your backyard.

Special thanks to our event sponsors:



City of **VB** Virginia Beach

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

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!

AUGUST

- 7 Dallas Band
- 14 New City Sound
- 21 New City Sound
- 28 Timeline

SEPTEMBER

- 4 Dallas Band
- 11 New City Sound
- 18 Timeline
- 25 Timeline

OCTOBER

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

Schedule is subject to change based on size limitations of gatherings for COVID-19 concerns. Please check our website for updates.

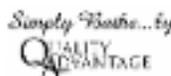


*Management reserves the right to delay or cancel events.

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FARM CREDIT



The Virginian-Pilot

