

# Virginia Cooperative Extension, Goochland Office Quarterly Newsletter



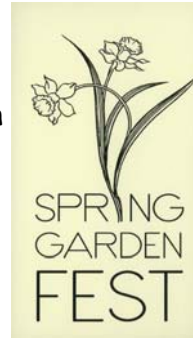
**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

First Quarter, Winter/Spring 2017



## 13th Annual Spring Garden Fest

Mark your calendars! The 13th Annual Spring Garden Fest, sponsored by the Goochland-Powhatan Master Gardeners in cooperation with Reynolds Community College and Virginia Cooperative Extension, will be held rain or shine on Saturday, April 22nd from 8am to 4pm at the Western Campus of Reynolds Community College in Goochland.



The Fest will offer classes for home gardeners who are growing or thinking about growing vegetables, fruits, herbs, native plants, ornamental plants and flowers. Topics will cover interesting, easy and effective techniques for successful gardening. Hands-on workshops will present simple projects that will become attractive additions to the landscape. Vendors will be selling a variety of plants and garden items, horticultural demonstrations and Master Gardeners available to answer your questions will round out the day's activities. Even if not attending scheduled educational sessions, the public is invited to stop by any time during the event to browse, shop and learn.

For more information and to sign-up for classes and workshops, visit the website [www.gpmga.org](http://www.gpmga.org) after February 1st.

## Horticulture Help Line:

**Residents with questions regarding gardens, lawn care, pruning and more are invited to contact the Goochland Extension Office for free advice. The Goochland-Powhatan Master Gardeners are available at the office Thursdays beginning in mid-March through September. You can reach them at 804-556-5874 or stop by the Goochland Extension Office.**

## Would you like to learn more about Goochland County?

This September, Goochland Leadership Enterprise (GLE) began its 20th Class with 24 participants. Consider that over these 20 Classes, over 300 people were introduced to opportunities to participate in Goochland County. The GLE program informs and educates interested citizens about issues facing the County to foster involvement in making Goochland a desirable place to live, work and enjoy. The goal of the GLE is to develop as a group of County citizens who will be motivated to participate in current and future County activities. The program begins in September and concludes with graduation in March. For further information about this program and the 21st Class, please contact the Goochland Extension Office at (804) 556-5841 or visit the Extension website at [www.ext.vt.edu/goochland](http://www.ext.vt.edu/goochland).

Facebook: <https://www.facebook.com/pages/Goochland-Leadership-Enterprise/282584751894928>



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## Agriculture Awareness: Did You Know?

By Charlotte Maxwell, Extension Agent - Agriculture & Natural Resources

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### Utilizing Sacrifice Pasture Areas for Your Horses

In the simplest terms, a sacrifice area is a section of your land that is separate from your grazing pastures and you do not intentionally keep grass growing. Why would you want to do such a thing? Having this separated out sacrifice area, sometimes called a winter or turnout paddock, can save your pastures from becoming nothing but mud during the winter. This area allows you



to have a place to put your horses, other than their stall, in the winter and still have room to stretch their legs. During the summer, this area can still be used to feed hay or isolate a horse who is injured or sick from the rest of the herd. Since this area is not managed for grass production, special attention must be made to the footing. You want a footing that can provide a soft cushion under their hooves, drainage and does not have to be replaced frequently.

If you are interested in learning more about sacrifice areas or equine pasture management, give Charlotte Maxwell a call at (mobile) 540-223-3837 or (office) 804-556-5872

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### Calling All Beginning Farmer and Ranchers!

Starting in February 2017, the Goochland Virginia Cooperative Extension Office will be offering programming specifically designed for local beginning farmers. A beginning farmer is anyone who is between 0 and 10 years



of farming, or starting a new enterprise on their farm. If you have ever been interested in starting a farm, or you're within your first 10 years, this programming will be beneficial for you. Whole farm planning will be a huge aspect of this program, but it will adapt to the needs of the participants. If you're interested, please fill out this survey so that we can send you program information as it is finalized: <https://goo.gl/forms/wFtZu0lxlmzhEeIp1>



## Upcoming Extension Events:

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### January

**4-H Great Equestrian Club** - Next meeting - Jan. 3rd, 6:30pm. Contact the Goochland Extension office at (804) 556-5841 for more information.

**4-H Animal Science Club** - Next Meeting - Jan. 13th at 7pm at St. Mathews UMC.

**4-H Trailblazers Club** - Next Meeting - Jan. 10th at 6:30p at the Goochland Parks & Rec Classroom.

**4-H Cloverbuds Club** - Next Meeting - Jan. 10th at 5:30p at the Goochland Parks & Rec Classroom.

### February

**4-H Great Equestrian Club** - Next meeting - Feb 7th, 6:30pm. Contact the Goochland Extension office at (804) 556-5841 for more information.

**4-H Animal Science Club** - Next Meeting - Feb 10th, 7pm at St. Mathews UMC.

**4-H Trailblazers** - Next Meeting - Feb 16th, 6:30p Special Field Trip (Tour Sheriff's dept.)

**4-H Cloverbuds Club** - Next Meeting - Feb 16th at 5:30p Special Field Trip (Tour Sheriff dept).

**Master Gardener Educational Talk** - Feb 9th, 9:30-10:30am FREE. Join the Master Gardeners for their association meetings to hear about different horticultural topics from a range of speakers. For more information and location visit the GP Master Gardener website at [www.gpmga.org](http://www.gpmga.org).

### March

**4-H Great Equestrian Club** - Next meeting - Mar 7th at 6:30pm. Contact the Goochland Extension office at (804) 556- 5841 for more information.

**4-H Animal Science Club** - Next Meeting - Mar 10th, 7pm at St. Mathews UMC.

**4-H Trailblazers Club** - Next Meeting - Mar 14th, 6p at Goochland Parks and Rec Classroom & outdoors.

**4-H Cloverbuds Club** - Next Meeting - Mar 14th at 6p at Goochland Parks and Rec Classroom & outdoors.

**Master Gardener Educational Talk** - Mar 9th, 9:30-10:30am FREE. Join the Master Gardeners for their association meetings to hear about different horticultural topics from a range of speakers. For more information and location visit the GP Master Gardener website at [www.gpmga.org](http://www.gpmga.org).

**\*\*Please call the Extension Office prior to these meeting dates to verify that the clubs will be meeting on these dates and times.\*\***





## STEM & Leaf Club

**Junior Club: Ages 9-12 Senior Club: Ages 13-18**

This special interest club is for youth who love nature & all things STEM



(Science, Technology, Engineering, and Math). In this program, youth will be transformed into scientists working to solve real-world environmental problems. Young inventors & scientists will explore STEM & nature through hands-on learning opportunities! Build and design your own inventions as we learn about how to help solve environmental problems!

\$20 registration fee

Next session begins Spring 2017

3:30pm to 5:30pm Multiple Locations

## 4-H Junior Summer Camp Ages 9-12



Mark your calendar and join us July 17-21, 2017 at Jamestown 4-H Educational Center for a week long summer camp. Jamestown offers canoeing, riflery, crafts and much more. More information about summer camp 2017 will be available after February 2017. Don't miss a minute of the fun!

## ~STEM/Maker Spring Break 4-H Camp~



April 3-6 & April 10-13, 2017 at Jamestown 4-H Center, ages 9-12, contact <http://jamestown4hcenter.org/camps/#camps/specialtycamps> or call the Jamestown 4-H Educational Center at 757-253-4931 for more information.



## 4-H Photography SPIN Club

Camera time! In this 4-H photography workshop you will learn to use cameras, lighting, and other photography equipment to get great shots. You'll learn to review and evaluate photos for quality and appearance. You will learn about techniques in editing and developing photographs for display, competition, or personal enjoyment. Participants will have the opportunity to enter photographs into the local and district 4-H photography contests.

Ages 9-18

Cost: \$20



\*If you are interested in registering for any of these great opportunities or have questions, please call the Goochland Extension Office at 804-556-5873 or email [sarahc89@vt.edu](mailto:sarahc89@vt.edu)\*\*

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## See what 4-H has to offer for you!! Here is a list of our 4-H Clubs:



The Goochland County 4-H program is growing throughout the county. 4-H provides “learn by doing” opportunities for youth to receive “hands on experiences through work or activities. 4-H is for all youth, both boys and girls between the ages of 5-18 years of age regardless of race, color, religion, national origin, handicap or political affiliation. For further information or questions regarding any of these programs please contact the 4-H office at 556-5841.

### **Goochland 4-H Shooting Education Club: Ages 9-18**

The Shooting Education Club focuses on teaching responsible handling of any firearm, including safety, cleaning and proper storage. The youth will have a chance to compete in several 4-H sponsored shooting event throughout the year. The 4-H club is lead by qualifies, trained 4-H volunteers who are certified instructors in the following disciplines; archery, rifle, shotgun, pistol, air rifle.

### **4-H Trailblazers & Cloverbuds: Ages 5-18**

Youth will learn about a variety of subject areas such as geocaching, photography, science and more. Meetings are usually held in the Goochland Parks and Recreation Building Classroom.

### **Great Equestrian 4-H Club: Ages 9-18**

The 4-Hers will participate in equine workshops, visit farms and show equine at local 4-H horse shows. Youth do not need to have a horse to be a member, just interest in the equine industry. The 4-H members meet once a month on the first Tuesday at 6:30pm.

### **4-H Thunderhooves: Ages 9-18**

The Thunderhooves are an equine club that focuses on learning more about the equine industry. The 4-Hers will participate in equine workshops, visit farms and show equine at local 4-H horse shows. Youth do not need to have a horse to be a member just interest in the equine industry.

### **Goochland 4-H Animal Science Club: Ages 5-18**

The Animal Science 4-H club focuses on learning about livestock animals and agriculture. Throughout the year, the youth participate in workshops on different species of livestock; have guest speakers within the industry and show at the local 4-H livestock shows. Youth do not need to have a livestock animal to be a member just an interest. Youth 5-8 years of age, can be a part of this club as Cloverbuds until they reach the 4-H age of 9. This 4-H Club meets once a month on the second Friday at 7 pm at St. Mathews UMC in Goochland.



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### As a 4-H Volunteer, You can:

- \*Lead youth within school-based and after-school programs, camp settings or 4-H clubs.
- \*Serve as a chaperone, board member, or judge for a 4-H contest
- \*Develop and support community service opportunities for youth to make a difference in Goochland County.
- \*Teach youth using research-based university curricula
- \*Work with other adults to create fun, new programs for youth.
- \*Make a difference in the lives of youth

4-H is a great volunteer opportunity that allows you to share your interests, skills and time available with the youth in Goochland County. Interested in learning more? Contact Sarah Crews, 4-H Youth Development at 804-556-5873 or sarahc89@vt.edu for more information.

“When adults take time to help young people through 4-H, they exert an enormous, positive influence on the lives of youth.”  
– Retired General Colin Powell

# All About Fiber

Posted on January 6, 2017 by Austin Brooks

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January is Fiber Focus Month and it couldn't fall at a better time. Almost every popular [New Year's Resolution](#) can be more successful by adding fiber! So what is fiber? Dietary fiber is a type of nondigestible carbohydrate found in plant foods. There are two types of fiber – soluble and insoluble fiber. Soluble fiber helps remove cholesterol from your body, which is good for [heart health](#). Both types of fiber increase feelings of fullness are good for regular bowel movements. Adults should be aiming for 25 – 35 grams of fiber each day, although most are only getting an average of 16 grams per day. Keep reading to learn why fiber is such an important part of a healthy diet.

## Eat Smart with fiber rich foods

Dietary fiber is found in [whole grains](#), fruits, veggies, nuts, and seeds. By focusing on increasing your fiber, you'll end up eating more [plant foods](#), which are important for a healthy diet.

## Drink Smart with a high fiber diet

As you increase the amount of fiber in your diet, you also need to increase how much [water you're drinking](#) at the same time. Fiber helps keep you regular, but increasing fiber in your diet too much or too quickly can cause digestive discomfort.

## Slim Down with high fiber foods

Fiber can help you feel fuller, longer. This helps many people in their [weight loss journeys](#). Foods high in fiber also tend to be more nutrient-dense, meaning they have

more nutrients per calorie than low fiber foods. So by swapping low fiber foods for their higher fiber alternatives, you'll get more nutrition, fewer calories, and feel just as satisfied. Talk about a powerful weight loss strategy!

## Stay Healthy with fiber

Diets high in fiber have been shown to improve health. Dietary fiber, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Diets rich in foods containing fiber may reduce the risk of heart disease, obesity, and type 2 [diabetes](#). As you can see, fiber has a powerful effect on health.

## Good sources of fiber

Some of the best sources of dietary fiber are beans and peas, like navy beans, split peas, lentils, pinto beans, and black beans. Vegetables high in fiber include artichokes, collard greens, [sweet potatoes](#), pumpkin and other winter squash, potatoes, and parsnips. Fruits that are good sources of fiber include [pears](#), avocados, [apples](#), raspberries, blackberries, prunes, and figs. Whole grains, like bran and wheat cereals (choose plain varieties instead of sweetened ones), whole grain crackers, bulgur, air popped popcorn, oatmeal, or whole wheat pasta, are all fiber-rich options. Finally, nuts and seeds, such as pumpkin seeds, chia seeds, almonds, sunflower seeds, and peanuts, are good sources of fiber, too.

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## Upcoming Horticulture Programs

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### Healthy Eating From Your Own Backyard

Location: Goochland Parks & Rec Classroom B

Fee: \$45.00

Sat, March 4, 2017

9am to 1pm

Come learn and build a Salad table to grow salad greens in your own backyard.

Experience the satisfaction of growing your own fresh salad greens from April to November. Best of all you will be gardening at waist height and avoiding the pesky salad loving critters.

### Vegetable Gardening Workshop

Location: Goochland Library

FREE

Sat, March 18, 2017

9am - 1pm

Come learn what you need to know about raising your own vegetables.

The following topics will be discussed: planning your garden, soils and soil amendments, diseases and pests of commonly grown vegetables, minimal pesticide use and more.

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**\*\*Pre-registration for both workshops is required, please call or email Bob Whitehead at 804-556-5868 or whitehd5@vt.edu to register.\*\***

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## Growing Leafy Greens & Sprouts Indoors

By: **Bob Whitehead, Horticulture Associate**



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Visit our website at:  
<http://offices.ext.vt.edu/goochland/>  
For more programs and information!  
Also search Virginia Cooperative Extension Goochland on Facebook!

For many of us, fall and winter is the time when we must depend on the grocery store or a local farmers market for our fresh produce needs. Why not try a little indoor container vegetable gardening to supplement your diet and lift your gardening spirit? You'll need a sunny southern facing window, a few small pots or shallow container with at least a 3-4 inch depth, soilless potting mix and your choice of vegetable seed. Starting seed indoors is something most vegetable gardeners are familiar with when preparing for the spring garden, so this is the easy part. Setting up the window location for the containers to facilitate easy care of the plants and adequate light is a bit of a challenge. You'll want to place trays under the containers possibly with decorative stones in the bottom to capture any water overflow from watering the plants. Leafy greens, radishes and herbs are the easiest plants for indoor gardening. Dwarf or container varieties of tomatoes and peppers, beans and baby carrot can also be grown indoors but have additional space and light requirements.



Photo Credit: University of Maryland

Light and temperature are the limiting factors indoors. You will know if you don't have enough light if the young plants are growing long and spindly. If this occurs you will want to position a fluorescent light fixture over the containers to supplement light from the windows. A two tube fluorescent fixture with a warm white tube and a cool white tube should provide adequate light for the plants.



Photo Credit: Texas A&M University

If this sounds like too much work and you want almost instant gratification, you could simply try sprouting seeds for a fresh taste and added nutrition to winter salads and sandwiches. Almost any seeds can be sprouted, but you'll want to make sure that the seed hasn't been treated with any chemicals. Health food stores and specialty grocery stores are sources for untreated seed for sprouting. Seeds of corn, barley, alfalfa, lentil, soybean, rye, pea, and radish are good choices. Seed, a mason jar or similar wide mouth jar, several layers of cheesecloth and a rubber band are all you need to get started. Soak the seed overnight in water. Drain the water and place the seed in the jar. Cover the mouth of the jar with cheesecloth with a rubber band to hold it in place. Place the jar on its side on a window sill. Rinse and drain the seed two to three times per day. Make sure the seed is spread out along the long side of the jar. In three to five days you should have an abundant supply of fresh sprouts to enjoy. For more information on container gardening indoors, see publication 426-336 "Vegetable Gardening in Containers" located on the Virginia Cooperative Extension publication website at <http://pubs.ext.vt.edu/>



