

Virginia Cooperative Extension, Goochland Office

Quarterly Newsletter



Virginia Cooperative Extension

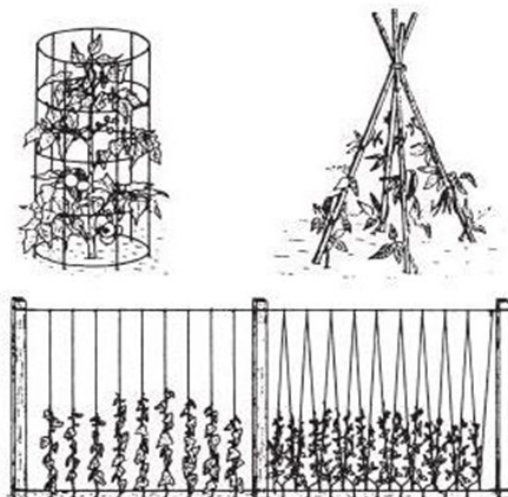
Virginia Tech • Virginia State University

Second Quarter, Spring 2021

Vertical Vining Vegetable Structures

Now that the soil temperatures are approaching the range necessary for the introduction of summer vining crops, you might want to consider various methods of vertical gardening. Beans, peas, tomatoes, cucumbers and squash are examples of crops that grow well using a sturdy vertical support. You can often find a design utilizing materials that you already have on hand such as scrap wood or wire fencing to minimize costs. Vertical gardening has many benefits. It optimizes your garden space, allows for better air movement through the plants to reduce disease, limits rain water splashing of soil and facilitates greater crop yield. In addition to traditional staking, tomatoes work well in a 5 ft. high cage with 4 inch square mesh and either 2 or 3 ft. diameter. Some people like to use concrete reinforcing wire to build an industrial strength cage that will last many years. Tripods posts or vertical posts spaced 6 ft. apart with mesh panels of string or wire fencing work well for peas and beans. Cucumbers and squash work well on A-frame structures that provide good support and growing space on two sides vertically. Whichever method you choose, make sure that it is built to handle the mature weight of the plant and the ripening crop.

If you would like to learn more about the trellising, staking and caging, see the Wisconsin Extension publication at the following link at: https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/HORT/HORT-189/HORT-189-pdf.pdf. Also check out the various publications on the Virginia Cooperative Extension publication website. Use the search feature to find publications on desired topics at: <https://resources.ext.vt.edu/>



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.

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Please note that there is a \$50 returned check fee for any returned checks.

Restoring Damaged Pasture

Nicole Shuman, with information provided by Virginia Tech specialists Dr. Kathryn Payne, Dr. John Fike, and Dr. Gabriel Pent

With all of the precipitation we saw in February, plenty of pastures across the county were damaged. Regardless of the extent of the damage or the kinds of animals you are grazing, it is important to make a plan to protect your pasture's productivity.

If damage was minimal and there was no compaction, dragging the pasture to smooth out any areas that were pugged up may be sufficient. Soil should not be wet when you drag, or you will create more problems than you solve. On the other hand, you won't be able to smooth out bone-dry soil.

If forage stands have taken a hit, they can be overseeded. However, we are rapidly exiting the window for decent cool season forage establishment. Clovers can be frost seeded in mid-February, and orchard grass and fescue in mid-March. Spring establishment of our cool season forages is generally less successful than fall establishment, especially if seeding is late. Good seed to soil contact will improve your chances of success, so drill seed or use a cultipacker in combination with broadcasting. Recuperating or newly established forage should be grazed lightly.

If you completely miss the spring window for overseeding any cool season forages, crabgrass, which is a summer annual, may be a good option to increase summer pasture production. Improved forage varieties of crabgrass are on the market. However, you should only use crabgrass if you're committed to managing it, or if you wouldn't mind seeing crabgrass in subsequent years. Timely mowing is needed to prevent crabgrass from maturing and seeding itself. You also may have some residue management to do in the fall, but then you'll be able to overseed a cool season species.

If forage stand will require a complete renovation, there are plenty of summer annuals that can be seeded for forage production and weed control, such as pearl millet. As with crabgrass, management and residue will be concerns

Lastly, check for compaction in your soil. If there is widespread compaction—not just compaction in high use areas like around gates—subsoiling or ripping and subsequent cultivation may need to be part of your fall pasture renovation. You can check for soil compaction by digging a hole and looking at soil structure. A blocky structure that does not crumble easily indicates compaction. Inserting a knife into the side of the hole every couple of inches will let you know if any portion of the soil profile is denser than another. Water standing on the soil surface is another indicator, and you can also walk the pasture with a simple metal rod and insert it smoothly into the soil profile. If you consistently find resistance at a certain depth, there may be a compaction layer present.



Two examples of compacted soil. Image credit: <https://www.agric.wa.gov.au/soil-compaction/identifying-soil-compaction> and <https://extension.okstate.edu/fact-sheets/managing-soil-compaction.html>

COVID-19 Vaccine for Agricultural Producers

From Nicole Shuman:

In Virginia, all agricultural producers are eligible for the COVID-19 vaccine as part of Phase 1B. Interested individuals should register on the statewide system at <https://vaccinate.virginia.gov/> or by calling (877) 829-4682. Please do not register more than once. However, if you have already registered and have not been contacted to schedule a vaccination appointment, please call the Goochland County vaccination hotline at (804) 556-5828. The hotline is not staffed 24/7, so leave a message and someone will call you back.



Photo Credit: NCAGR.gov



Photo Credit: Meatpoultry.com

Monacan Soil and Water Conservation District Cost-Share Funds Still Available By Jonathan Lyle

Under the Virginia Agricultural Cost Share (VACS) Program, agricultural producers can be reimbursed for 75% of the cost of implementing a Best Management Practice (BMP) available via the Monacan Soil and Water Conservation District (MSWCD). In some instances, 100% of the cost of implementing the BMP can be reimbursed.

Approximately \$200,000 in funds remains available for Goochland and Powhatan producers in Fiscal Year 20-21, ending June 30th. Applications approved by June 30th 2021 can have year or more to complete. Goochland farmers can apply now by calling the MSWCD office at 804-556-4936.





4-H Updates



Goochland 4-H Summer Camp!

The decisions have been made - 4-H Camp is happening this summer - July 26-30 at Jamestown!

Registration will begin on April 2 at 6:30 am. Please review all of the information included on the website: <https://sites.google.com/vt.edu/ghp4hcamp/home?pli=1>

PLEASE NOTE:

- Transportation to camp WILL NOT be provided this year due to COVID regulations
- Masks will be REQUIRED
- Camp will be at HALF capacity due to COVID as well so spots will fill up fast!

Please reach out to Jen Anderson at janderson@vt.edu with any questions.



Tractor Supply Paper Clover Campaign Spring – April 28 –May 10, 2021

What is the Paper Clover Program?

During the semi-annual event, TSC invites friends and family to support 4-H by donating \$1 at checkout in stores to support sending youth in Virginia to 4-H camp, State 4-H Congress, and other leadership experiences.

Historically, how much money is raised in Virginia during Paper Clover?

Over the past several years, Virginia has annually raised more than \$75,000 to benefit local programming during the Spring and Fall Campaign.

When is the fundraising campaign?

As a semi-annual event, the Paper Clover Campaign takes place in the Spring and Fall of each year, usually in April and October.

Can people donate online? Yes, customers can make a donation with their purchase both in the app and on TSC's website. These funds are credited to the state as a whole, not individual stores. Customers can also donate in store just like they have in past years.

Learn more about 4-H's partnership with Tractor Supply, at WWW.TRACTORSUPPLY.COM/4-H.



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 Central High School Classroom or via ZOOM. (2748 Dogtown Road, Goochland, VA 23063).

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. This is a competition horse club. The 4-H members meet once a month on the first Tuesday at 6:30pm.

4-H Horse Club: Ages 9-18

The Goochland 4-H Horse Club is 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 Livestock Club: Ages 5-18

The Goochland Livestock 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 Thursday at 6:30 pm at St. Mathews UMC in Goochland.



Inspire the Next Generation...
Become a 4-H Volunteer!



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 the Goochland Extension Office at 556-5841 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

Beef 360 Discussion Group Meetings

If you raise beef cattle or are interested in raising beef cattle, you are hereby invited to participate in the Goochland-Powhatan Beef 360 Discussion Group. This is a group of local beef producers that meets the third Tuesday of every month to learn together, and from one another. This year has been challenging due to the limitations on gatherings, but through a combination of Zoom and socially-distanced



outdoor meetings, we hope to continue to provide this program in the months to come. In person meetings are planned for April and May 2021. If you need assistance participating in Zoom due to either computer access or internet connectivity, accommodations can be provided. To join the Beef 360 Discussion Group, contact Nicole Shuman at 804-556-5872 or nks49@vt.edu.

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/452/452-129/SPES-176.pdf

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/452/452-125/SPES-172.pdf

https://www.pubs.ext.vt.edu/tags.resource.html/pubs_ext_vt_edu:lawns

Excerpt from: Beating Stress: Challenges, Choices, Changes

By: Karen DeBord, Virginia Cooperative Extension Specialist, Family and Human Development

Stress comes in many forms. There are normal and predictable stressors, such as a new job, getting married, or moving. There are sudden stressors such as a disaster, assault, or death. There is some stress that is simply irritating and other life stress that just continues to build up. The first step in managing stress is to understand stress in general, then consider how you react to your life stressors.

Positive Coping Measures Focused and deep breathing – Inhale, expand the lungs, then slowly exhale. Visualize the tension leaving your body and positive energy coming in. Self-talk – Replace negative responses (such as “I can’t”) with positive talk (such as “everything will work out”). Laugh – Try it! Laugh out loud, read a joke, or watch a funny movie. Stretching – Starting with your toes, move up your body while stretching each joint and muscle. Beating Stress: Challenges, Choices, Changes Karen DeBord, Virginia Cooperative Extension Specialist, Family and Human Development 2 www.ext.vt.edu Forgiving – Deep hurts that we carry with us can be exhausting. Forgiving leads to healing. Write down your feelings. Share a letter with those who have hurt you, if appropriate. Forgive and move on. Forgiving others frees you and gives you greater peace of mind.

What Can You Do? Look inside – Think about how you take care of yourself physically and emotionally. Do you eat well? Do you get exercise? Do you drink alcohol only in moderation? Do you regularly set aside quiet time for yourself to write, meditate, think, or pray? Do you make time for restful walks or to enjoy nature? Look outside – Do you reach out to friends, family, or co-workers? Sharing common goals and conversations with others takes time and effort but can be rewarding and relaxing. If you need to talk with someone other than friends and family members, consider a counselor. Make a plan – Write down how you spend your time. Add up the “me” time and the time you spend with others. Is there balance? What is important to you? Manage change – How do you manage change? Burying your head in the sand won’t make challenges or transitions go away.

To read the entire publication please visit: https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/FCS/FCS-68/FCS-68-pdf.pdf

With Spring Comes Lawn Maintenance

By: Bob Whitehead, Horticulture Associate



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Spring is here and some weeds are already flourishing in the Lawn. Wild onions are standing tall and hairy bittercress, henbit, chickweed and other winter annuals are preparing to drop seed before reaching the end of their life cycle. After a long winter reprieve, it's time for lawn maintenance tasks to resume. The Goochland and Powhatan Extension Offices are offering a Smart Lawn program to provide best management practice information to optimize your lawn management efforts. Registration is

open now and closes on May 7, 2021. When you register in the Smart Lawn Program, a Master Gardener Volunteer will visit your lawn to collect a lawn soil sample and measure the total lawn area. When the results are in, you will receive a Smart Lawn report with lime, fertilizer and seeding plan customized for your lawn. The cost for this program is \$20 which includes one soil sample. Additional soil samples are \$10 each, if desired. For more information or to register, see the following web link: (Link to brochure on web page or Facebook)



Growing Your Own Mushrooms

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

The Goochland Extension office held a Shiitake mushroom cultivation program on March 13, 2021. All participants went through the inoculation process and received a log to take home. If there is enough interest our office will try to provide another workshop in November or December. If you are interested in attending a Shiitake workshop or any other of our Horticulture workshops, please contact Bob Whitehead at whitehd5@vt.edu or 804-556-5868.



If this seems like fun and you want more detailed information on Shiitake mushroom cultivation, please see the following link:

https://www.pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/ANR/anr-102/ANR-329.pdf

Picture from our latest workshop.



Virginia Cooperative Extension

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Find us on Facebook for the Virginia Cooperative Extension Office - Goochland and Goochland 4-H here:

<https://www.facebook.com/pages/Virginia-Cooperative-Extension-Goochland-County/197382547017139> &

<https://www.facebook.com/pages/Goochland-4-H/192197339215>

