

Virginia Cooperative Extension, Goochland Office

Quarterly Newsletter



Virginia Cooperative Extension

Virginia Tech • Virginia State University

First Quarter, Winter/Spring 2019



2019 Virginia Women in Agriculture Gathering- SAVE THE DATE!

Join us for the second annual 2019 **Virginia Women in Agriculture Gathering**- now a 2 day event! The first day, March 22, will be a day full of learning and FARM TOURS! We will visit two separate farms and learn all about their operations. Saturday March 23 will be full of different speakers and breakout sessions for everyone to learn new skills and brush up on old ones. The location of the conference will be in the Central **Virginia area**- more details coming shortly. The main goals for participants include to...

1. Listen to **women in agriculture and related businesses share as they reveal secrets to their successes and what they have learned along the way.**
2. Learn new skills for personal growth in business, family, and community.
3. Network to make the connections to **women in the industry for friendship, synergy, and support.**
4. Grow into the person you have the potential to be!

This event will equip female farmers, landowners, and **agriculture enthusiasts with opportunities to network with peers**, hone technical skills, and discuss solutions to the unique challenges they face. This year's conference will also have a special emphasis on finances on the farm, online, and everywhere else—**women in agriculture play a key role in shaping the voice and face of the industry as it reaches consumers.** Speakers will be industry leaders from across the region. Registrations will be open soon. If you have any questions or concerns, please contact one of the following individuals: Rachel Grosse Henley (rgrosse@vt.edu), Laura Siegle (laurab08@vt.edu), or Sarah Sharpe (seweaver@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.

We are moving!

Our office will be located at 2748 Dogtown Rd, Goochland, VA 23063. Please come see us at our new location in the Central High School Complex sometime in January 2019. We look forward to serving Goochland County's citizens in our new space.



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

Spring Pasture Restoration

By Dr. John Fike & Dr. Gabriel Pent, Virginia Tech Specialists

Pasture Considerations after Record Setting Rain of 2018

From January 2018 to December 2018, Goochland received over 60 inches of rain. The wet conditions may have prevented your fall seeding from happening as you planned, or maybe you seeded but nothing germinated. You may be looking at fields of mud instead of forage at this point. We reached out to two of our Virginia Tech specialists, Dr. John Fike and Dr. Gabriel Pent, to share their considerations on restoring pastures:

Spring Pasture Restoration

With this exceptionally wet fall, pastures quickly turned from lots of grass to sloppy as producers turned cattle in to utilize the forage. Heavy traffic on wet ground can result in serious damage to a pasture, including pugging and compaction of soil and a reduction in forage yield the following year. Bare spots in the stand can be an entry point for weeds. It is important to evaluate the severity of damage to a pasture to determine the extent of restoration that will be required.

In stands where soil structure has not been impaired, dragging alone may help smooth out the pasture. Drag the pasture when soil moisture levels are not as high as to cause additional compaction, but not so dry that the rough soil cannot be smoothed over.

Clovers can be successfully frost-seeded into lightly damaged pastures in February, whether or not dragging is required. An example seeding rate for a mixture of red and ladino clover may be 4-6 + 1-2 lb/acre, respectively.

If the forage stand has been thinned significantly, cool season grasses may be seeded in mid-late March after the pasture has been dragged, but establishment of these forages is often most successful in the fall. Seed can be planted with a no-till drill or by broadcasting at a rate of 10-15 lb/acre of tall fescue or 8-10 lb/acre of orchardgrass. Follow seeding with a cultipacker to ensure good seed to soil contact. Be sure to use these fields lightly throughout the following fall or defer grazing for a year.

In heavily damaged stands, a complete renovation may be necessary. A summer annual may be successfully established on these pastures for summer forage before seeding the desired cool season perennial grasses in late summer or early fall (see Virginia Cooperative Extension Publications #418-120 and 418-007 for more information). This may be an excellent opportunity to consider renovating a toxic tall fescue field to a novel-endophyte infected variety of tall fescue. (For more information on fescue renovation to novel-endophyte, consider attending the Alliance for Grassland Renewal's March 11 workshop in Blackstone; visit vaforages.org/events/ for more information or to register.)

It may be helpful to dig a hole in the pasture to evaluate soil structure. Compacted soils retain a blocky structure and do not crumble easily. Another indication that soils are compacted includes standing water that does not drain through the soil properly. If soil structure has been significantly damaged, subsoiling or ripping followed by cultivation may be necessary to improve soil structure and drainage. Drill the desired forage species into the seedbed, preferably in the fall for cool season grasses.

Depending on the level of damage to a field, forage yield the following year may be reduced as much as 80%. Evaluating the damage and ensuring a timely restoration will be critical to bringing our pastures back to full production in the years following this wet fall.

Lawn and Pasture Renovations!

If you would like to find out more on how to make this happen please contact Bob Whitehead, Horticulture Assoc. (Lawns) at 804-556-5868 or Rachel Henley, ANR Extension Agent, Powhatan (Pastures) at 804-598-5640. They will

be more than happy to help you with any questions or concerns that you may have.



2019 Agriculture Discussion Groups

You may have noticed that the local Agriculture and Natural Resources Extension Agents have started to offer discussion groups in 2018.

What is a discussion group?

It is a type of educational programming that is driven **by the participants for the participants**. We intentionally keep these groups small (~15 people) in order to have good discussion and learn from each other more effectively.

Traditionally, these groups meet monthly and discuss a topic of their choosing. Speakers for the meetings range from the participants, local industry professionals or VCE Specialists. The meeting may take place in an Extension office, on a participant's property or out of the county on a trip.

Our current Discussion Groups include our **Equine Discussion Group** that meets on the 2nd Tuesday of each month from 4:00pm to 6:00pm and our **Beef Cattle Production 360 Discussion Group** that meets on the 3rd Tuesday of every month from 6:00pm-8:00pm. In 2019, we may add a **Small Ruminant Discussion Group** if there is interest. If you are interested in joining any of these groups, or would like to see a new group formed, please contact the Goochland office at (804)556-5841 and Rachel Henley at rgrosse@vt.edu.



Photo Credit: University of Tasmania

Thank You and Farewell



Charlotte Maxwell, ANR agent Goochland & PPE Petunia

Serving as the Goochland County Agriculture and Natural Resources Extension Agent since May 2015 has been a joy. Goochland is truly a unique county to work in with a vibrant and diverse agriculture community. The local agriculture organizations all work hard together to provide quality services and it has been wonderful to work with them. I will be departing from Virginia Cooperative Extension in January 2019 in order to pursue a career with Farm Service Agency in South Carolina. Thank you for all of your support and attendance in local programs, I hope you will continue to contact the Goochland office in the future.

Upcoming Extension Events:

January

4-H Great Equestrian Club - Next meeting - **January 8, 6:30pm**. Contact the Goochland Extension office at (804) 556-5841 for more information.

4-H Goochland Livestock Club - Next Meeting - **Jan. 11th at 7pm** at St. Mathews UMC.

4-H Trailblazers Club - **Jan. 8th at 7pm**- at the Central High School Classroom (2748 Dogtown Road, Goochland, VA 23063).

4-H Cloverbuds Club - **Jan. 8th at 6pm** - at the Central High School Classroom (2748 Dogtown Road, Goochland, VA 23063

Winter Seed Sowing - Saturday **JAN. 20, 2018** - **START YOUR NATIVE PLANT GARDEN IN JANUARY LEARN NATIVE PLANT PROPOGATION BY WINTER SEED SOWING FROM 11:00-2:00 AT POWHATAN LIBRARY 2270 MANN RD, POWHATAN**
Learn an easy seed germination method that will start seedlings in your own "greenhouse" made from recyclables like plastic milk jugs and salad containers. Materials will be provided and there is no charge for the program but space is limited. Please reserve your place by pre-registering. Call the Powhatan Extension office before January 12, 2018. (804)598-5640 The Goochland Powhatan Master Gardeners reserve the right to cancel this program due to insufficient number so please don't forget to pre-register and reserve your spot.

February

4-H Great Equestrian Club - Next meeting - **Feb. 5th, 6:30pm**. Contact the Goochland Extension office at (804) 556-5841 for more information.

4-H Goochland Livestock Club - Next Meeting - **Feb. 8th, 7pm** at St. Mathews UMC.

4-H Trailblazers - Next Meeting - **Feb. 12th at 7p**- at the Central High School Classroom (2748 Dogtown Road, Goochland, VA 23063).

4-H Cloverbuds - Next Meeting - **Feb. 12th at 6p**- at the Central High School Classroom (2748 Dogtown Road, Goochland, VA 23063).

March

4-H Great Equestrian Club - Next meeting - **March 5th at 6:30pm**. Contact the Goochland Extension office at (804) 556- 5841 for more information.

4-H Goochland Livestock Club - Next Meeting - **March 8th, 7pm** at St. Mathews UMC.

4-H Trailblazers Club - Next Meeting - **March 12th, 7p** at Central High School Classroom (2748 Dogtown Road, Goochland, VA 23063).

4-H Cloverbuds Club - Next Meeting - **March 12th at 6p** at Central High School Classroom (2748 Dogtown Road, Goochland, VA 23063).

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



4-H News & Spotlight:

Results of the 57th Virginia State 4-H Championship Horse and Pony Show for Goochland County 4-H Members:



County: Goochland

	<i>Place</i>	<i>Exhibitor</i>	<i>Age</i>	<i>Show No.</i>	<i>Horse</i>
Class 2.2	Jr. Hunter Showmanship.2				
	9	Isabella Miller	10	257	Sweet Georgia Peach
Class 24	Equitation O/F 2'6", Large Pony, Sr. Rider (16-19)				
	2	Madelyn Grubbs	16	266	Poetry In Motion
Class 27	Equitation O/F 2' Med/Small Pony, Sr. Rider				
	4	Ruth Alexander	14	334	Unbridled Love
Class 28	Equitation O/F 2' Med/Small Pony, Jr. Rider				
	5	Isabella Miller	10	257	Sweet Georgia Peach
Class 31	Hunter Equitation On Flat, Large Horse, Sr. Rider (14-15)				
	10	Jordan Atwell-Purcell	14	54	Such A Gentleman
Class 34	Hunter Equitation On Flat, Small Horse, Sr. Rider (14-15)				
	3	Ava Durovey	15	265	Pickles
Class 37	Hunter Equitation On Flat, Large Pony, Sr. Rider (14-15)				
	1	Ava Durovey	15	224	Just One Kiss
Class 51	Large Hunter Pony 2'6", Course A, Sr.				
	6	Madelyn Grubbs	16	266	Poetry In Motion
Class 52	Large Hunter Pony 2'6", Course B, Sr.				
	7	Madelyn Grubbs	16	266	Poetry In Motion
Class 55	Med (2'3")/Sm (2') Hunter Pony, Course A				
	8	Isabella Miller	10	257	Sweet Georgia Peach
Class 56	Med (2'3")/Sm (2') Hunter Pony, Course B				
	3	Isabella Miller	10	257	Sweet Georgia Peach
Class 61	Large Hunter Pony, U/S, Sr.				
	3	Madelyn Grubbs	16	266	Poetry In Motion
Class 63	Small/Medium Pony, U/S				
	4	Ruth Alexander	14	334	Unbridled Love
	5	Isabella Miller	10	257	Sweet Georgia Peach
Class 67	Side Saddle Hunter				
	4	Jordan Atwell-Purcell	14	54	Such A Gentleman
	6	Madelyn Grubbs	16	266	Poetry In Motion
Class 70	Small HP Horse, Sr (14-15)				
	8	Ava Durovey	15	265	Pickles
Class 73	Large HP Horse, Sr. (14-15)				
	3	Jordan Atwell-Purcell	14	54	Such A Gentleman
Class 78	Large HP Pony, Sr. (14-15)				
	1	Ava Durovey	15	224	Just One Kiss
Class 81	Large HP Horse, Sr. (14-15)				
	2	Jordan Atwell-Purcell	14	54	Such A Gentleman
Class 84	Small HP Horse, Sr. (14-15)				
	6	Ava Durovey	15	265	Pickles
Class 87	Large HP Pony, Sr. (14-15)				
	1	Ava Durovey	15	224	Just One Kiss
Class 136.1	Hunter Trail, Sr..1				
	6	Jordan Atwell-Purcell	14	54	Such A Gentleman
	8	Ruth Alexander	14	334	Unbridled Love
Class 203	Hunt Seat Equitation Pony Classic				
	9	Ava Durovey	15	224	Just One Kiss
Class 208	Hunter Pleasure Pony Classic				
	3	Ava Durovey	15	224	Just One Kiss



Would you like to learn more about Goochland County?

In October, Goochland Leadership Enterprise (GLE) will begin its 21st Class. Consider that over these last 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 October and concludes with graduation in April. For further information about this program and the upcoming Class, please contact the Goochland Extension Office at (804) 556-5841 or visit the Extension website at <https://goochland.ext.vt.edu/programs.html>

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



4-H Food Challenge Team:

Are you an aspiring youth chef? Do you love to watch cooking competitions like Chopped? Sign up for our new Goochland 4-H Food Challenge team! Participants will learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 4-H members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. Participants will get the chance to compete locally and at state competitions! To reserve your spot, email sarahc89@vt.edu. Space is limited. January 9, 16, 23, 30, Feb 6, 13. Ages 9+. \$50 fee covers all food materials.

4-H Junior Summer Camp Ages 9-13

Junior 4-H Camp will be held July 15-19 at Jamestown 4-H Center. Jamestown offers canoeing, riflery, crafts and much more. More information about summer camp 2019 will be available after the first of the year. Don't miss a minute of the fun!



4-H County Photography Contest:

Show off your photography skills in the Goochland County Photography Contest. Winners at the local level will be able to compete at the Central District Photography Contest. Email sarahc89@vt.edu for registration information. Photos due by March 1st.



4-H Hippology Contest:

Compete with 4-H youth from Goochland and Powhatan County in our annual 4-H Hippology Contest! Show off your equine knowledge and compete for a blue ribbon! February 26, 6pm. Email sarahc89@vt.edu by February 15 to register.

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. (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. 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 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 Friday at 7 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 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

20 Ways to Save at the Grocery Store

By Stephanie K. Swinerton, R.D. FNP Graduate Assistant, Virginia Tech

Learn how to save money. If you shop smart, you can live on a tight budget and still have a healthy diet. Get the most out of your food dollar by adopting the following practices.

1. Make a grocery list before you go to the store. Buy only what is on the grocery list.
2. Have a small snack before you go grocery shopping. It will be easier to stick to the list.
3. Choose the grocery store that will give you the most for your money. You usually have to pay higher prices in convenience stores. Supermarkets will nearly always have lower prices than small stores, because they can buy their stock in larger quantities.
4. Buy store brands instead of highly advertised brands to save money. Store brands are often just as good quality as the name brands.
5. Compare prices by using cost per unit of various foods. The "Unit Price" is usually listed on the grocery shelf. The unit price is the cost of the item per ounce, quart, gallon, pound, or any other unit of measure.
6. Instant nonfat dry milk usually costs less per serving than fresh milk and can save you a great deal of money if you use it for cooking or drinking. Mix it with fresh milk to improve the flavor.
7. Buy milk in gallon or half gallon containers because they are usually less expensive per cup than quarts or pints. Get the largest size you can use in four to five days.

8. Individually wrapped cheese slices are more expensive than cutting your own slices. Often the



block cheese is better for you because it has more calcium in it than the presliced, individually wrapped cheese.

9. Compare the cost of frozen and canned meat, fish, and poultry with fresh. The canned may cost less per serving than fresh since there is usually no waste. Be sure to check the sodium level, which might be higher in canned.

10. Buy chicken and turkey instead of red meat because it is usually less expensive. Chicken and turkey can be a better buy because they contain more protein and less fat than many other meats. Be sure to look at the number of portions when checking the price per pound.

11. Save money by purchasing a whole chicken and cutting it into parts yourself.

12. The less tender cuts of beef such as round, chuck, and shoulder are less expensive, but are as nutritious as the more tender cuts. Cook them right - braise or stew - and they are just as delicious.

13. Ground beef (90% or more lean) is usually a good buy, if it is fairly lean. Extra lean ground beef will yield more meat when cooked. It is also lower in calories, saturated fat, and cholesterol than regular ground beef.

14. Buy a pork loin roast and cut it into pork chops. It is often cheaper to buy a large cut of meat and divide it into several meals or servings than to buy the component cuts separately.

15. Compare the cost of medium and large eggs. If the price of large eggs is more than 7



cents above the medium, medium size are the best buy.

16. Fresh fruits and vegetables are low priced when they are in season, but buy only what you can use before they spoil. If not in season, canned and frozen vegetables and fruits may be cheaper than fresh ones. Plus, recent studies show they are very good sources of vitamins and minerals.

17. Make more foods from scratch at home. Mixes and convenience products usually cost more. Ask an Extension agent or program assistant to give you recipes for making your own mixes.

18. Eat hot cereals instead of ready to eat cereals. Hot cereals cost less per serving than ready to eat cold cereals. Also, buy your cereal in a large container or box to save money instead of buying individual serving size boxes of cereal.

19. Buy regular rice and other whole grains instead of the instant or precooked form.

20. Pasta (macaroni, spaghetti, noodles) is a good buy for price and good nutrition. Plain shapes of pasta are usually less expensive than fancy shapes. Whole grain is higher in fiber than white, although it costs slightly more.

Reviewed by Austin Brooks, MS, RD, Project Associate, Family Nutrition Program, Virginia Tech



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

Controversy Continues Concerning Herbicide: Glyphosate**By: Bob Whitehead, Horticulture Associate**

Goochland Extension Office
2748 Dogtown Road
P.O. Box 20
Goochland, VA 23063

Phone - 804-556-5841
Fax - 804-556-3144

Currently on the internet, in the news and on TV, we read, hear and see reports about health concerns and laws suits targeting glyphosate, a commonly used herbicide in the US. This product was initially marketed under the tradename "Roundup" by Monsanto. Today glyphosate is produced by a number of manufacturers under various tradenames. Many people are unaware that glyphosate is produced in several different chemical formulations and some products on the market today, contain glyphosate in combination with other herbicides/ ingredients. Pronouncements on the media have stoked fears concerning these products, but what has the ongoing scientific research discovered about glyphosate? Virginia Tech and Oregon State University recently published research based information on glyphosate. See the web links at:

https://pubs.ext.vt.edu/content/dam/pubs_ext_vt_edu/spes/spes-63/SPES-63.pdf
<https://extension.oregonstate.edu/pests-diseases/pesticides/glyphosate-questions-answers>



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

Spring Garden Fest

The Goochland - Powhatan Master Gardeners Association will hold its 15th annual Spring Garden Festival on Saturday, April 27, 2019 from 8a to 3p at Reynolds Community College, 1851 Dickinson Road, Goochland. This annual event of the Goochland-Powhatan Master Gardener Association (GPMGA) in cooperation with RCC and the VA Cooperative Extension is a free, family friendly event that is a celebration of all things related to gardening. SGF 2019 will include the much loved GPMGA Plant Sale, with a wide variety of plants at great prices, an Ask the Master Gardener station for free gardening help, and lots of fun gardening related vendor booths. For a small registration fee you can also increase your gardening knowledge through classes, workshops, and tours offered throughout the day. Online registration for classes will be available starting in January 2019, visit the website www.gpmga.org.



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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>



