

# Virginia Cooperative Extension, Goochland Office

## Quarterly Newsletter



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

Third Quarter, Summer 2019

**Join us at Field Day of the Past  
September 20-22, 2019!**

**Come and watch the Goochland 4-H Livestock show and see the hard work that the 4-H kids, parents, volunteers and staff of the Virginia Cooperative Extension - Goochland County office put into making a great exhibit! Hope to see you there! For more information about Field Day of the Past, please visit their website at [www.fielddayofthepast.net](http://www.fielddayofthepast.net) or check out their Facebook page for more updates about this years event.**



Photos of the Goochland Powhatan Master Gardeners/ Extension Office/4-H display at Field Day of the Past 2014.

### 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 Wednesdays beginning in mid-March through September. You can reach them at 804-556-5874 or stop by the Goochland Extension Office.**

## We have moved!

**Our office is now located at 2748 Dogtown Rd, Goochland, VA 23063. Please come see us at our new location in the Central High School Complex! We look forward to serving Goochland County's citizens in our new space.**



### Inside this issue:

BACKYARD BIRD BIOSECURITY	2
AG DISCUSSION GROUPS	3
BYRD ES HERB CLASS	3
UPCOMING EVENTS CALENDAR	4
PHOTO'S OF 4-HER ACCOMPLISHMENTS	5
EXTENSION & 4-H CLASSES	6
4-H CLUBS & VOLUNTEERS	7
WELL WATER CLINIC	8
FIGS	9

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



Fortunately there are ways to extend the growing season and if you are really industrious you can sometime manage to grow some vegetable types nearly all year long. Cold Frames and low tunnels and floating row covers allow gardeners to stretch the harvest into the colder months.

Fall is prime time for growing garlic. Garlic types include hardneck, softneck and elephant. Many people aren't aware that there are hundreds of varieties of garlic within these types, each with differing taste and use characteristics. The general rule of thumb for garlic growers is: plant garlic in October and harvest it around father's day in June. Garlic can also be

planted in early spring but bulb size is sometimes reduced. Planting in fall allows for good root development prior to hard winter cold. Garlic is a poor competitor so weed control is essential. Mulching the young plants reduces weed competition and is very important in spring as temperatures warm and plant growth resumes. Mulch should be raked back in late spring to prevent excessive moisture retention during bulb formation. One or two side dressings with 10-10-10 fertilizer in spring will promote vigorous growth. Space freed after garlic harvest will be ready for a warm season crop.

For the salad green lovers, fall is a wonderful time for lettuce, spinach, kale, carrots, beets, and radish. These plants can be direct seeded into the vegetable garden in September and early October when the night time temperatures are cooler. As these plants approach maturity, the cooler temperatures and, frost actually enhance their flavor and crispness.



Floating row cover is used to protect warm season vegetables so that they can ripen fully when the first frosts arrive. Floating row cover can provide 2-3 degrees of frost protection. It also can be used as an exclusion barrier for insect and animal pests who often invade the garden. Many insect pest populations are at their peak during late summer and fall and deer and rabbits are never shy about sampling your salad greens.

A low tunnel and cold frame provide a means of reducing evaporation and trapping solar energy during the day which protects the plants during a cold night. Cold tolerant vegetables especially Swiss chard, kale, spinach, and carrots grown in these structures can extend the harvest into January. A low tunnel is a hoop framed structure with clear plastic stretched over the frame to shield the plants. A cold frame is a structure often made from wood with slanted sides and a glass cover over the top to provide a passive green house effect. Both structures should be oriented from east to west to benefit from the track of the sun in the fall sky. Daytime heating is an issue and both of these structures need to be vented during bright sunny days to prevent damage to the plants. Regular watering and periodic weeding are necessary too.

Many find the fresh taste of home grown vegetables in the colder months of the year worth the effort. For more information on fall vegetable gardening and season extenders call the Goochland Extension office at 804-556-5868 or see the publications on the Virginia Cooperative Extension publication website at <http://pubs.ext.vt.edu/>



# 2019 Agriculture Discussion Groups

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

*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 2<sup>nd</sup> Tuesday of each month from 4:00pm to 6:00pm and our **Beef Cattle Production 360 Discussion Group** that meets on the 3<sup>rd</sup> 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)556-5872 and Rachel Henley at [rgrosse@vt.edu](mailto:rgrosse@vt.edu).



Photo Credit: University of Tasmania

---

## Quick Tips to Save \$\$

By: Glenn Sturm

Have you struggled making ends meet? Here are a few cost-cutting tips that may be new to you.

- **The way you drive can be costly.** This is true even if you never get in an accident or get a ticket. Studies by the U.S. Environmental Protection Agency show that your car requires much more fuel when you accelerate forcefully. Also, the U.S. Department of Energy estimates that each 5 mph you drive faster than 60 mph is about the same as paying an additional \$0.21 per gallon for gas.
- **Avoid the minimum payments trap.** If you pay only the monthly minimum — 2 percent of the balance — on \$5,000 of credit card debt at an annual percentage rate (APR) of 18 percent, you would accumulate more than \$12,000 in interest charges, and it would take 38 years to pay it off! Pay as much of your monthly credit card debt as you can to avoid or reduce interest charges; pay the bill in full and on time, if you are able.
- **Plug spending leaks.** Little expenses can add up. For instance, spending \$8 eating out every workday instead of packing a lunch that costs \$2 will cost you an extra \$30,000 over 20 years!
- **Eat healthier.** You may think the fast-food value menu saves you money, but if it leads to obesity, it may cost you in the end. A 2006 study from the Centers for Disease Control showed that obese adults spend nearly \$1,500 more per year in medical costs than those at healthy weights.



Glenn Sturm is a family and consumer sciences Extension agent serving Gloucester County

## Upcoming Extension Events:

### July

**4-H Great Equestrian Club** - Next meeting - **July 2, 6:30pm**. Contact the Goochland Extension office at (804) 556-5841 for more information.

**4-H Goochland Livestock Club** - Next Meeting - **July 12 at 7pm** at St. Mathews UMC.

**4-H Trailblazers Club** - No meeting in July

**4-H Cloverbuds Club** - No Meeting in July

**Master Gardener Educational Talk** - **July 11th, 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 visit the Goochland Powhatan Master Gardener website at [www.gpmga.org](http://www.gpmga.org).

### August

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

**4-H Goochland Livestock Club** - Next Meeting - **Aug. 9th, 7pm** at St. Mathews UMC.

**4-H Trailblazers** - Next Meeting - **No Meeting** - Skating/End of year party.

**4-H Cloverbuds** - Next Meeting - **No meeting** - Skating/End of Year Party

**Master Gardener Educational Talk** - **Aug. 8th, 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 visit the Goochland Powhatan Master Gardener website at [www.gpmga.org](http://www.gpmga.org).

**Fall Lawn Care—Feed the Soil** - **Aug. 10th, 9a-noon FREE**. After a soil test, take advantage of the Fall season to improve your lawn, reduce weeds, and improve soil fertility so that it can provide your lawn with essential nutrients. To register, contact Bob Whitehead at 804-556-5868 or [whitehd5@vt.edu](mailto:whitehd5@vt.edu). This will be held at the Central High School Ag Complex.

### September

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

**4-H Goochland Livestock Club** - Next Meeting - **Sept 13th, 7pm** at St. Mathews UMC.

**4-H Trailblazers Club** - Next Meeting - **Sept 10th, 7p** at Central High School Classroom (2748 Dogtown Road, Goochland, VA 23063 ).

**4-H Cloverbuds Club** - Next Meeting - **Sept 10th at 6p** at Central High School Classroom (2748 Dogtown Road, Goochland, VA 23063 ).

**Master Gardener Educational Talk** - **Sept. 12th, 6:30-8:30pm FREE**. Join the Master Gardeners for their association meetings to hear about different horticultural topics from a range of speakers. For more information visit the Goochland Powhatan 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.\*\***



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in these activities, or any activity listed in this newsletter, please contact Goochland Extension Office at 804-556-5841 during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

\*TDD number is (800) 828-1120.

Let's talk by August 29!

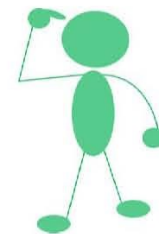
**We have moved!**  
**New office address:**  
**Historic Central High School**  
**2748 Dogtown Road**  
**Goochland, VA 23063**

## 2020 Virginia Agricultural Cost Share Program

**A change for FY 2020!**  
**The state cost share**  
**financial cap per entity is**  
**now \$100,000.**

Interested in:

- Livestock watering systems?
- Cover crops?  
Please note! All cover crops require a NMP!
- Nutrient management?
- Continuous No-Till?



Monacan SWCD can help. These practices, and more, help improve soil and water quality. Manual link below.

It's time to think ahead.

[http://consapps.dcr.virginia.gov/htdocs/agbmqman\\_2020agbmptoc.htm](http://consapps.dcr.virginia.gov/htdocs/agbmqman_2020agbmptoc.htm)



**Call us! (804)556-4936**

**Ask for Keith or Betty.**

Monacan District programs 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.



## 4-H News & Spotlight:



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

In October, Goochland Leadership Enterprise (GLE) will begin its 22nd Class. Consider that over these last 21 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>



### Holiday Lake 4-H Educational Center

VIRGINIA 4-H & NRA

### SHOOTING EDUCATION CAMP

August 4-8, 2019

Camp Includes: Safety education; Fundamentals & theory; Marksmanship instruction; Competitive Shoot; Instructors certified through 4-H, VDGIF, NRA, NAA and other National Organizations; Special afternoon & evening programs

Recreational opportunities Disciplines available: Archery, .22 Rifle, Pistol, Muzzleloading, or Shotgun

#### Cost:

Archery, Pistol, Rifle, Muzzleloading- \$250

Shotgun - \$270

Trained Teen Assistants - \$50

Trained Adults -free

Price includes meals , lodging, ammo, targets , awards & t-shirts .

For more information please visit:

<https://www.holidaylake4h.com/images/Programs/Shooting-education-camp/ShootingCamp2019-5.pdf>

### Virginia Hunter Skills Weekend

September 6-8, 2019

FOR AGES 11- ADULT; UNDER 18 MUST ATTEND WITH PARENT  
HUNTER EDUCATION CLASS COMPLETION A PLUS, NOT REQUIRED

Choose from three 4-hour hands-on workshops in a variety of topics. Class sizes are limited so register early! See Registration Form for a complete listing of topics



#### Hunting Skills

Deer Hunting  
Waterfowl Hunting  
Turkey Hunting  
Dogs as Hunting Partners  
Getting Started in Virginia Hunting

#### Related Skills

Wild Game Cooking  
Recovery of Wounded Game  
Wilderness Survival  
Bow Tuning and Maintenance

#### Live-Fire Classes

Guided Squirrel Hunt  
Skeet Muzzleloader  
Bowfishing Instinctive Archery  
Rifle Shotgun  
Hunting with the Modern Sporting Rifle

**HOW?** Visit the Holiday Lake site: <https://www.holidaylake4h.com/virginia-hunter-skills-weekend.html>  
OR call Holiday Lake at 434-248-5444

**COST:** Early bird fee is \$120.00 through August 2, 2019 Regular fee is \$130.00 after August 2, 2019  
Registration deadline is August 23, 2019 Includes meals (Friday dinner - Sunday lunch), lodging, and all instruction

---

## 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 4-H Youth Development at 804-556-5873 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

## Do you have a well or spring? What's In your water?

The Virginia Household Water Quality Program aims to improve the water quality and health of Virginians with wells, springs and cisterns. We provide affordable water testing, help interpreting their water test results, and information about addressing problems.



### How does it work?

Participants attend a short *Kickoff Meeting*, where they receive information about how to collect water samples and a sampling kit. Participants collect samples on a designated day and time and drop off at the sample collection point. Water is analyzed on the Virginia Tech campus for 14 parameters. Once analysis is complete, results are returned at a final meeting, water test results are explained, along with information about how to deal with any problems. If you are unable to attend the interpretation meeting, results will be mailed to you.

### Testing includes:

Iron	Manganese	Sulfate	Hardness
Sodium	Copper	Nitrate	Arsenic
Fluoride	pH	Total Dissolved Solids	
Coliform bacteria	<i>E. coli</i> bacteria	Lead	

**Cost:** \$60 per sample kit.

	Date and Time	Location
Pick up sample kit and receive directions to collect samples	September 23, 2019 @ 6 PM	Central High Cultural & Educational Complex Auditorium 2748 Dogtown Road Goochland, VA 23063
Drop off samples	September 25, 2019 between 7 – 9 AM	Goochland Extension Office 2748 Dogtown Road Goochland, VA 23063
Results Meeting	October 22, 2019 @ 6 PM	Central High Cultural & Educational Complex Auditorium 2748 Dogtown Road Goochland, VA 23063

Contact Bob Whitehead to register:

[whitehd5@vt.edu](mailto:whitehd5@vt.edu) or call (804)556-5841

For more information about the program, visit <http://www.wellwater.bse.vt.edu/>

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 Goochland Extension office (804)556-5841, during business hours of 9 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. \*TDD number is (800) 828-1120.



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

[www.ext.vt.edu](http://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 McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.



## Vertical Vining Vegetable Structures

By: **Bob Whitehead, Horticulture Associate**



Goochland Extension Office  
2748 Dogtown Road  
Goochland, VA 23063  
Phone - 804-556-5841



Visit our website at:  
<http://offices.ext.vt.edu/goochland/>

For more programs and information!

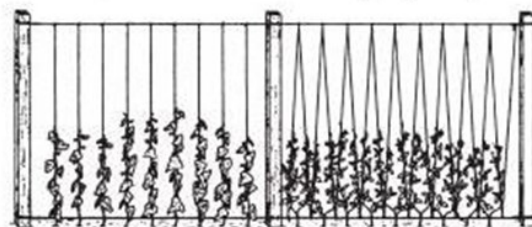
Also search Virginia  
Cooperative Extension  
Goochland on Facebook!

Now that the soil temperatures are in 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:

<http://milwaukee.uwex.edu/files/2010/05/TrellisingStakingCagingA3933-01.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: <http://pubs.ext.vt.edu/>.



## Virginia Cooperative Extension

Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)



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>

