

# Virginia Cooperative Extension, Goochland Office

## Quarterly Newsletter



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

First Quarter, Winter/Spring 2021

## 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.**

## Virtual Shepherd's Symposium

Wednesday & Thursday,  
January 6 & 7, 2021  
7-9 p.m.

### Wednesday, January 6th, 7 - 9 p.m.

- **Nontraditional Markets for Sheep** - Dr. Reid Redden, Sheep & Goat Specialist, Texas A&M AgriLife Extension Service
- **Producer Spotlight-** Joe Gingerich, Gingerich Family Katahdins and Gretchen Frederick, Solitude Wool
- **Update from ASI** - Jimmy Parker, ASI Executive Board- Region II Director, Alabama
- **VSPA Annual Meeting** - Mandy Fletcher, President

### Thursday, January 7th, 7 - 9 p.m.

- **Proper Use of Antibiotics on the Farm** - Dr. Kevin Pelzer, Virginia-Maryland College of Veterinary Medicine
- **Farming with labels- Organic, natural, humane, grass-fed: What does it all mean?**  
- Susan Schoenian, Sheep and Goat Specialist, University of Maryland
- **Update from VDACS** - Dan Hadacek, DVM, Northern Regional Veterinary Supervisor
- **Opportunities With Virginia Sheep Industry Board** - Matthew Sponaugle, VDACS

### Register for the Zoom Meeting at:

<https://tinyurl.com/2021sheepsymposium>

Registration link also available at [www.vasheepproducers.com](http://www.vasheepproducers.com)

For additional information contact Scott Greiner (540)231-9159, [sgreiner@vt.edu](mailto:sgreiner@vt.edu)

Sponsored by:

**Virginia Sheep Producers  
Association**



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## Eastern Redbud Adoption

On October 23, 2020 the Goochland Extension Office gave away upwards of 200 eastern redbud seedlings. The tree seedlings were courtesy of Dominion Energy's Project Plant It! and we were happy to help them find homes in Goochland County.

We all know that trees provide beauty and shade to our landscapes, and native species like the eastern redbud have benefits for the wildlife as well. Even those pesky fall leaves can be managed in a way that aids nutrient cycling and soil health. But the effects of tree planting ripple out farther than our yards or neighborhoods. Trees can help trap excess nutrients that would otherwise enter ground and surface waters, and prevent these nutrients from becoming pollutants in our streams, ponds, and beyond. One tree may make only an incremental difference, but tree-by-tree, the impacts add up.

The Virginia Department of Forestry has created an app that allows residents and community groups to report the trees that they have planted. By aggregating this information from across the state, VADOF can better estimate the impact of tree planting on the health of our watersheds. You can search "VADOF My Tree Counts" or go to <https://vdof.maps.arcgis.com/apps/MapSeries/index.html?appid=f41f85765879480cab068547645d9d8e> to learn more.



**Our GP Master Gardeners and Nicole Shuman handing out redbuds.**

## Wanted: Invasive Species Series

COVID-19 isn't the only spread that needs to be stopped! In March, the Goochland Extension Office will be offering a virtual lecture series on invasive species. Every year, the Extension Office receives calls from concerned citizens about various invasive species threats that have been highlighted by the media. One year, it might be giant hogweed; the next, murder hornets. While these species make for flashy headlines, they frequently aren't species of concern for Goochland County. That said, there are plenty of invasive insects and plants that DO pose significant risks to our natural resources, and this series is intended to educate the public on what they are and what to do about them. Consequently, this program will be of interest to anyone who owns or manages property, as well as nature-lovers interested in protecting native ecosystems.

The three-part series will be held via Zoom on Thursdays in March, 2021. On March 4th, the focus will be on invasive plants found in woodlot, pasture, and other semi-managed or un-managed natural areas. On March 11th, the discussion will cover invasive landscaping plants: plants that are deliberately introduced into the landscape, but that can quickly escape and take over. Finally, the March 18th session will turn to insects. All of the sessions will run from 6-7 PM. If you don't have access to Zoom but would like to participate, please reach out to the Extension Office for accommodation. Anyone interested can register at <https://tinyurl.com/invasivespecies2021>, or by calling Nicole Shuman at 804-556-5872.



## Grow Your Own Mushrooms



Looking for a new hobby or project for the winter months? Are you wondering what to do with the shaded space or evergreen woodlot on your property? Do you love sautéed mushrooms or the stuffed mushrooms from Maggiano's? Why not grow your own mushrooms outdoors on hardwood logs and utilize that shaded space? Mushroom cultivation on logs requires a moist shady location, mushroom spawn, a few tools, a little manual labor and patience to wait for the bounty.

Winter is the perfect time to get started with mushroom cultivation on logs. Various species of mushrooms can be grown on logs. Two of the easiest are Shiitake and Oyster mushrooms. White oak logs are the best choice for this form of mushroom cultivation but other hardwoods can be used. Logs from dormant trees are best because they have high moisture and carbohydrate

content. The bark of white oak is tighter and thicker to reduce moisture loss once the logs are cut. Logs for mushroom cultivation should be from recently cut living trees. Old deadfall trees are not recommended. The Basic steps to prepare the logs are: 1) Cut fresh logs in 4 foot lengths with a 4 -6 inch diameter, 2) Drill holes in the log 4 – 6 inches apart around the circumference of the log using a 5/16th or 12 mm drill bit with a stop to make ~ ½ inch deep holes, 3 ) Inject spawn into the holes with a spring loaded spawn tool or drive mushroom spawn plugs into the holes, 4) Seal spawn filled holes with melted cheese wax using a cotton tipped shoe polish dauber. 5) Repeat steps 1 – 4 for additional logs until all mushroom spawn is utilized. One bag of spawn is enough to inoculate 20 -25 logs. 6) Stack logs in shaded area with filtered sunlight log cabin style or lean-to style with one end on the ground. 7) Moisten the logs with water during dry periods and look for your first crop of mushrooms in 6 -12 months during spring or fall especially after significant rain events. Have patience during the waiting period and think of some exciting new mushroom recipes to try.

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

If you want to give it try it on a small scale, the Goochland Extension office is planning to hold a Shiitake mushroom cultivation program on March 13, 2021. All participants will go through the inoculation process and receive a log to take home. For more information on this program click on the flyer:

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

## **Mushroom Production Workshop**

Learn about the biology of fungi, and mushroom production with a focus on shiitake mushroom cultivation on natural logs. Participants will try their hand at shiitake log inoculation and can take a log home to reap the rewards. Participants will also learn about mushroom preparation, cooking and preservation. **Cost:** \$20.00 per person includes informational material and supplies for the hands-on activity.

**Pre-registration is required.** A minimum of 10 registrants to hold the program and a maximum of 25 registrants.

**Saturday, March 13, 2021 from 10 AM—1PM at the Central High Cultural & Educational Complex**  
2748 Dogtown Rd., Goochland, Virginia 23063

**Please Pre-register by March 5th**  
Contact Bob Whitehead to register: [whitehd5@vt.edu](mailto:whitehd5@vt.edu)  
or call (804)556-5841 OR REGISTER at the link:  
<https://tinyurl.com/GrowShiitakeMushrooms>

Please make checks payable to the:  
"Treasurer of Virginia Tech."

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Bob Whitehead at the Goochland Extension Office at 804-556-5868 during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.  
\*TDD number is (800) 828-1120.

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

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# 4-H Updates



## Welcome Jennifer!

Jennifer Anderson started in the Goochland Extension Office as a part-time 4-H Associate on October 26. Jen is passionate about the 4-H program having grown up in Illinois participating in 4-H from the local county level all the way up to the state and national levels. While in high school, she attended the National 4-H Poultry Judging Competition, and was also a National 4-H Congress winner in Agriculture Careers.

Jen has an undergraduate degree in Biology from Knox College, a liberal arts college in Illinois and then attended Southern Illinois University in Carbondale for her M.S. in Molecular Biology, Microbiology and Biochemistry. For her Master's thesis, Jen studied photosynthetic bacteria from Antarctica. She spent a month gathering samples and performing research at McMurdo Station in Antarctica. Following her Master's degree, she completed additional graduate work in Cellular and Molecular Pathology at Vanderbilt University. Jen is passionate about STEM education and has been teaching biology at the college level since 2003. Locally, you can find her teaching microbiology as adjunct faculty at Reynolds Community College.

The Anderson Family relocated to Virginia from Tennessee about 3 years ago. Jen resides in Goochland County with her husband, Gray, and two children, Suzannah and Peter. You may have seen them around as the whole family is active in the Goochland 4-H Livestock Club as well as the Shooting Sports Club. In her free time, Jen enjoys spending time on their hobby farm with her family, tending a small garden and menagerie of livestock. You can reach Jen at 804-556-5873 and [janderson@vt.edu](mailto:janderson@vt.edu).



## 2021 4-H Day at the Capitol Virtual

Virginia 4-H is planning on holding a Virtual 4-H Day at the Capitol (actual dates and times to be announced). There are quite a few activities planned. We would like to have our Goochland 4-H members participate. The theme this year is #WhyILoveVA4H.

### Escape Room

This year for 2021 4-H Day at the Capitol, 4-H members will have the opportunity to create their own 4-H Task Force (consisting of no more than 8 members) and will be challenged to find their missing delegate in time to vote on laws in the 2021 General Assembly. The 4-H Task Force will move through many virtual rooms to uncover clues on the delegate's whereabouts. Some of these clues may be too difficult for Junior level 4-Hers by themselves, so Junior participants should work with older 4-Hers to complete the quest. This journey will require clue finders, code breakers and out-of-the box thinkers! Do you have what it takes? Register for 2021 4-H Day at the Capitol programs and activities to find out. Prizes will be awarded!

### Virtual Tours

Tours will look a little different this year. We are sharing a few websites with great links to virtual field trips/live feeds from all over the state you can participate in directly from your home or with your clubs. These websites will give your youth the opportunity to visit places all over the state they might not otherwise have had the opportunity to visit.

Everyone needs to register for the 4-H Day at the Capitol programs and events. Once registered, you will receive the links for participating in the 4-H Escape Room and the 4-H Rally. The 4-H Rally will be held on Tuesday, January 26, 2021 at 4:00 p.m.

Registration information will be provided after January 1. Please let Jen Anderson know if you are interested in participating at [janderson@vt.edu](mailto:janderson@vt.edu) or 556-5873. Hope to see you all there!

## Watershed Wonder Wednesday

“Learn about the James River Watershed and watersheds in general through a series of short videos introducing viewers to topics of interest related to watershed education.”

“Each video is linked to the Virginia SOLs and is appropriate for educators to use as a teaching tool in STEM education and Virginia Studies.”

Please visit the YouTube Channel link: [https://www.youtube.com/playlist?list=PLzfLXclZOUcCe-5joX6cyTA\\_dAp-UrMD-](https://www.youtube.com/playlist?list=PLzfLXclZOUcCe-5joX6cyTA_dAp-UrMD-)

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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 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. A farm visit for October and a Zoom on replacement heifers and cull cows for November are currently planned. 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](mailto: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/452/452-129/SPES-176.pdf)

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### Southern Banana Pudding Recipe (From Buzz, Bodies & Bites Newsletter)

#### Ingredients:

- 3 ¾ cups of cold, fat-free milk
- 2 small packages (4 serving size) fat-free, sugarfree, instant vanilla pudding and pie filling mix
- 32 reduced-fat vanilla wafers
- 2 medium bananas, sliced
- 2 cups fat-free, frozen whipped topping, thawed (8 ounce container)

#### Directions:

1. Mix 3 ½ cups of the milk with the pudding mixes. Beat with a wire whisk or rotary beater for two minutes until it is well blended. (If using a hand mixer be sure to use at low speed.) After mixing, let stand for 5 minutes to allow it to begin to set.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

Video of the recipe at From Our Home to Yours: <http://bitly.ws/9qze>

*This is from the first issue of a newsletter for older adults produced by the Virginia Cooperative Extension. It focuses on current affairs related to living well, exercise, and nutrition. For inquiries or to subscribe, email [buzzbodybites-g@vt.edu](mailto:buzzbodybites-g@vt.edu).*

**Septic System Do's & Don'ts**  
**By: Bob Whitehead, Horticulture Associate**



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In rural communities, it is the homeowner's responsibility to properly maintain their onsite Septic System. Appropriate maintenance and household practices are important to protect the health of your family and neighbors, reduce costs, maintain property values, protect the environment and keep the septic system and drain field functioning properly for many years. Educational information on septic system maintenance is available from a number of sources such as the Virginia Department of Health, EPA and Cooperative Extension research universities. Here are some useful tips for homeowners to keep their septic systems functioning properly:

## Do's

Maintain records on the construction date, type, location, drawing, design details and any maintenance or septic tank pumping operations (**Note: If you don't have the original construction information, you can frequently obtain it from your local county government/health department**)

Think of ways to conserve/reduce water going down the drain to the septic system  
Repair dripping faucets and leaking toilets, etc.

Keep shallow rooted vegetation growing on the drainfield, no deep-rooted plants or water loving trees, like willows.

Divert roof drainage and surface water away from the septic tank and drainfield.

Install secure risers over the septic tank to simplify access

Have the septic system inspected and periodically pump solids from the septic tank  
Avoid construction over the septic system and drainfield

## Don'ts

Don't pour grease or cooking oils down the drain and limit use of garbage disposals

Don't pour chemicals, paint, oil, medications, disinfectants, pesticides, etc., down the drain.

Don't use the septic system to dispose of materials that could be deposited in household trash.

Don't drive heavy vehicles over the septic tank or drainfield

Don't connect well water filtration systems such as a water softener backwash discharge pipes to drains going to the septic system.

For more detailed information, please see the following links:

[http://www.vdh.virginia.gov/  
environmental-health/onsite-sewage-  
system-owner-responsibilities/](http://www.vdh.virginia.gov/environmental-health/onsite-sewage-system-owner-responsibilities/)

<https://www.epa.gov/septic>  
<https://content.ces.ncsu.edu/septic-system-owners-guide>

**If you are interested in attending the Septic System Zoom on Feb.9, 2021 please click the flyer below to register if viewing this virtually.**



Knowing how to manage your septic system is important for rural residents. This program is an opportunity for rural home owners to learn how to properly manage their septic system including household practices and land use considerations near the drain field to promote optimal functionality and years of use. Commonly encountered problems will also be discussed.

**Online Zoom Meeting on Tuesday,  
February 9, 2021 - 6:00PM—8:00 PM**  
This event is **FREE**, however please pre-register (info below)

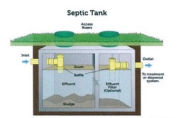
Online Zoom Meeting web link with meeting number and phone access information will be sent to registrants two business days prior to the meeting on February 9th.

To Register follow the link  
(<https://tinyurl.com/septic2021>) or contact the Goochland  
or Powhatan Extension Offices:

Goochland Office contact Nicole Shuman or Bob Whitehead:  
[nks49@vt.edu](mailto:nks49@vt.edu) or [whitehd5@vt.edu](mailto:whitehd5@vt.edu) or call (804)556-5841

Powhatan Office contact Rachel Henley or Allison Walters: [rachelhenley@vt.edu](mailto:rachelhenley@vt.edu) or [allisw2@vt.edu](mailto:allisw2@vt.edu) or call (804)598-5640

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

