

Bath-Highland EXTENSION NEWS



**Virginia
Cooperative
Extension**

Virginia Tech • Virginia State University

Fall 2021

AGRICULTURAL NEWS



Is That Milkweed?

Berkeley Clark Cassidy

Have you noticed a weed that looks similar to Milkweed but has smooth, reddish stems? It may be Hemp Dogbane. Dogbane is a perennial weed that you may have noticed regrowth this time of year. Like Milkweed, when fresh and dry; it is toxic to livestock so it's important to target this if you're seeing it in your pastures! Strategic mowing and herbicides such as 2-4-D, Surmount, and Crossbow have been effective in university trials. Symptoms of ingestion can include diarrhea, vomiting, weakness, irregular heartbeat, and sudden death.

Consider this to Control Vegetation

Dave Hartman, Penn State Extension PA Grazing Calendar

"Targeted grazing" is defined as the carefully controlled grazing of livestock to accomplish specific vegetation management objectives. The goal may be to keep a solar panel farm maintained, rid a town park of noxious weeds, clear brush from a powerline, or take undergrowth out of a woodlot. In addition to ultimately providing food and fiber, the livestock are strategically used as a tool to provide vegetation control to accomplish a specific goal. Sheep and goats are valuable tools in reducing infestation of many noxious weeds. They are often more effective than herbicides or mowing because of their ability to easily get to places where herbicide application or mowing equipment can't go. Targeted grazing requires good management to make it successful. But for the grazer who is motivated and willing to accept the management challenges, targeted grazing may provide an opportunity for additional income from the livestock enterprise. Sheep have become a viable option to maintain vegetation on solar panel farms in the northeast. Goats are being successfully used to control invasive plant species that have taken over municipal parks, old cemeteries, and other areas where herbicide use is not preferred. Sheep and goats have been used to reclaim woodlots that have become overgrown with brush. In some regions, especially in the west, sheep and/or goats have been used to graze out vegetation to reduce fire risk.

Upcoming Local Events!

Tuesday, November 9th 2021—Combating Invasive Species
6:00pm-8:00pm, Highland Modular Conference Building Monterey
Fee: Free - light refreshments included

Learn about important legal information on applying pesticides in VA, on combatting local invasive weeds, local programs that help landowners pay to combat invasive species, and much more! This meeting will also count for pesticide private applicator recertification.

Friday, November 5th 2021—Winter Cattle Update
5:30pm, Monterey Stockyards Monterey, VA

Fee: Free - light refreshments included

Meet and socialize with other local cattleman! Listen to guest speakers on Waste Management solutions, Grazing into the winter, and Livestock Risk Protection with VCA. A Highland-Bath Cattle Association business meeting will be conducted after the education portion. Please pre-register by Nov. 1.

Household Water Testing Clinic

Week of November 15th
Household Water
Testing Clinic
Bath and Highland
Extension Offices



Register by November
3rd. Sample kits are \$60 each

The goal of the Virginia Household Water Quality Program is to improve the water quality and health of Virginians with private water supplies, including wells, springs and cisterns. For more details on how to participate and how to register, call the Bath and Highland Extension Offices!

FAMILY AND CONSUMER SCIENCE TOPICS



My name is Becky Gartner and I'm the new Family and Consumer Sciences Extension Agent for the area. I recently transferred from Culpeper to the Rockingham

office in August. My main office is located in Rockingham County, but I cover Highland, Bath and Rockbridge Counties as well.

I grew up in Shenandoah County and attended Virginia Tech where I earned a degree in Home Economics Education and Extension and a Master's in Human Nutrition and Food. Various job opportunities in Extension, food manufacturing and the regulatory field have taken me throughout Virginia and to Alaska. In my spare time, I like to garden, cook and take care of our bee hives.

I'm looking forward to offering programming in food safety, home food preservation, nutrition, diabetes prevention and home-based food businesses.

If you have a question or need more information, please contact me at (540) 564-3080 or at rebes13@vt.edu

Pumpkin Season is Here!



Besides being used for fall decorating and celebrations, pumpkins offer a lot of good nutrients that help keep you healthy.

Helps Eyesight

The bright orange color of a pumpkin indicates that it contains Vitamin A and beta carotene. Beta carotene is converted by the body into Vitamin A. Vitamin A helps our eyes see in dim light.

Helps with Weight Loss

A cup of cooked pumpkin contains 3 grams of fiber. Fiber helps you feel fuller which causes you to eat less. Fiber is also important for digestion and control of blood sugar levels.

Helps Your Heart

Pumpkin seeds and other nuts are rich in plant-based chemicals called phytosterols. These naturally occurring chemicals have been shown to reduce levels of LDL "bad" cholesterol.

Helps You Refuel

A cup of cooked pumpkin (564 milligrams) contains more potassium than a banana (422 milligrams). Potassium helps restore the body's balance of electrolytes after heavy exercising.

Source: www.huffpost.com

Honey of a Pumpkin

Bar

Number of servings: 15

Ingredients:

Nonstick cooking spray
½ cup nonfat dry milk
2 cups whole-wheat flour
1 teaspoon baking soda
1 ½ tablespoons apple pie spice
2 eggs
1 cup baked, pureed pumpkin
¾ cup honey
½ cup orange juice
½ cup canola oil

Directions:

- » Heat oven to 350°F. Spray a 9-by-13-inch baking pan with nonstick spray.
- » In a large bowl, combine dry milk, flour, baking soda, and apple pie spice. Set aside.
- » In a medium bowl, add eggs, pumpkin, honey, juice, and oil. Mix well.
- » Gradually add pumpkin mixture to flour mixture, stirring until smooth.
- » Spread batter in prepared baking pan. Bake at 350°F for 15-20 minutes, or until golden brown and cake springs back when lightly touched with your finger.
- » Allow to cool. Cut into squares.

Per serving: 172 calories; 6 g fat (1 g saturated fat); 4 g protein; 28 g carbohydrate; 2 g dietary fiber; 29 mg cholesterol; 110 mg sodium.

Wash Those Hands!

Today, more than ever, we know the importance of washing our hands well and often to prevent the spread of illness. Our hands are our "tools" for so many tasks we do every day. Those "tools" come in contact with dirt, bacteria and viruses and lots of other icky things. Make sure to wash your hands before eating food and after handling raw meat, flour and eggs.

CLEAN HANDS, HEALTHY HOME

Wash your hands with soap and water for 20 seconds **before** helping in the kitchen.



www.fightbac.org





4-H Happenings



Kari Sponaugle, Extension Agent, 4-H Youth Development—karis@vt.edu—540 468 2225

Bath & Highland 4-H Clubs

Highland F A I R Club - 2nd Tuesday each month
(Highland Public Library)

Highland Busy Bee - 2nd Wednesday each month
(Doe Hill United Methodist Church)

Highland Hoofbeats – 3rd Thursday each month
(County Modular, Monterey)

Bath Homeschool – Initial meeting Oct. 22
(Life Line Ministries)

Highland Sharp Shooters - TBD

Hello from 4-H Agent Kari Sponaugle. I am so excited to be planning another great 4-H year for the youth in our areas. We have established relationships with all elementary schools in Bath and Highland County in multiple grades for in-school clubs and 4-H Cloverbud enrichment. We have FIVE 4-H clubs between both counties for youth to join as well! Welcome back Busy Bee 4-H Club, Highland Hoofbeats and the new FAIR 4-H club in Highland County. We have revived Bath 4-H Homeschool Club. Plans are still in the works for Highland 4-H Sharp Shooters Club to return by New Years, if not sooner! 4-H Online enrollment will reopen to families on Monday October 18th so you can attend your first 4-H club to see if it's a good fit for you and then enroll! Go to v2.4honline.com

Recent Events & Coming Up

Oct 3-9—National 4-H Week

Oct 6-17—Tractor Supply Paper
Clover Campaign

Nov 3-5—4-H Youth & Family
Summit

Nov 11—Highland 4-H Achievement
Program

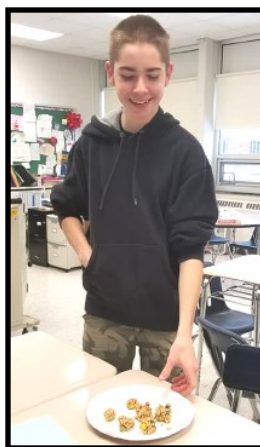
Dec 1—Deadline to join a club &
enroll for horse & livestock projects

Highland 4-H Is Still Building to Endowment

Highland County 4-H successfully launched and initiated a 4-H Endowment campaign last year. We reached our minimum goal of \$25,000 to solidify our endowment fund and are working toward an end balance goal of \$450,000. The ways this endowment helps the local 4-H program are listed below. Consider giving to Highland County 4-H as part of your end-of-year giving or consider us a part of your estate planning process. Your donation will ensure the longevity of 4-H programs for local youth for generations to come.

WHY DONATE?

Highland County 4-H makes a direct impact on the youth of the community teaching important life skills and preparing youth to become contributing and active citizens. Each donation received for the Endowment will help build toward a perpetual interest-bearing account to support the program for generations to come.



WHY GIVE NOW?

Funding should never be a barrier to 4-H participation. Help Highland County ensure there is **#Opportunity4All** youth in our area. By donating to 4-H, you are supporting a safe space for youth to learn with peers and enhance their life skills. Enable Highland County 4-H to provide quality programming to any and all youth for...

Forever!



WHAT WILL THIS ENDOWMENT ACCOMPLISH?

An endowment account is a perpetual source of unrestricted funds to be used for all types of 4-H financial needs. From mini grants for 4-H Clubs, to Junior 4-H Camp scholarships to curriculum purchases and field trip fees, a 4-H endowment can support all facets of a county wide 4-H program. With a total endowment goal of \$450,000, Highland 4-H could more effectively support community youth in the following ways, annually:

Junior 4-H Camp \$13,000

Scholarships, supplies, transportation, food and learning materials.

Leadership Opportunities \$2,500

Local, State, National & International

Club Requests \$1,000- \$2,000

Field trips, meeting supplies, venue rental, interstate exchanges

School Enrichment \$2,500

Future Program Growth \$1000

Totals based on an endowment balance of \$450,000. Endowment must reach a minimum \$25,000 balance to earn spendable interest. (\$1,200/year per \$25,000 raised)

2021 Highland 4-H Achievement Program

Thursday, November 11th
Highland Center Event Room
5:30-7:00pm

JOIN US AS WE CELEBRATE
THE ACCOMPLISHMENTS OF
2020-21 4-H MEMBERS IN
HIGHLAND COUNTY.

BRING A REFRESHMENT TO
SHARE.

Bath County Office

PO Box 357
Warm Springs, VA 24484
540-839-7261

Highland County Office

PO Box 528
Monterey, VA 24465
540-468-2225
Online: www.ext.vt.edu

Your Area Extension Agents are:

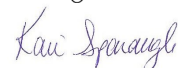
Berkeley Clark Cassady, Agriculture & Natural Resources, Bath/Highland County
Kari Sponaugle, 4-H Youth Development, Bath/Highland County
Becky Gartner, Family & Consumer Sciences, Rockingham County
Matt Booher, Crops & Soils, Rockingham County
Jason Cooper, Horticulture, Rockingham County
Tom Stanley, Farm Business Management, Rockbridge County
Adam Downing, Forestry, Madison County
Rebecca Wilder, SNAP-Ed Agent, Rockbridge County

If you are a person with a disability and desire assistance or accommodations to participate in programs listed in this newsletter, please contact the VCE--Bath or Highland Unit Office at (540) 839-7261 or (540) 468-2225 during business hours to discuss accommodations. (TDD 800-828-1120)

Berkeley Clark Cassady E-mail—berkeleylc@vt.edu



Kari Sponaugle E-mail—karis@vt.edu



Ben Hindman E-mail—benjaminh@vt.edu

Program Associate 4-H/ANR, Bath/Highland



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Virginia Cooperative Extension**Highland County Office**

PO Box 528

Monterey VA 24465

OFFICIAL BUSINESS

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