



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

## Spring 2023

# BATH-HIGHLAND NEWS



## FAMILY AND CONSUMER SCIENCE TOPICS

Becky Gartner, Extension Agent, Family & Consumer Science—rebes13@vt.edu—540 564 3080

### Keep Your Picnics Safe

The weather is warming up and that mean it's time for picnics. Picnics are a great way to have fellowship with friends and family while enjoying delicious food. However, make sure to follow these food safety tips to ensure good memories and not memories of getting a foodborne illness.

**Keep cold food cold** – Pack cold food in a cooler with ice or gel packs. Remember that cold air travels down, so the ice or gel packs should be placed on top of the food. Raw meat, poultry and seafood should be packed in separate coolers or in containers that will not cause cross contamination in the cooler.

**Keep coolers closed** – Limit how often you open a cooler. Put drinks in a separate cooler since it will be opened more often than the food cooler.

**Follow the 2-hour rule** – Hot and cold foods should not set out more than 2 hours or 1 hour if the outdoor temperature is over 90°F. Throw it away if left out over 2 hours.

**Keep hot foods hot** – Hot food should be kept above 140°F. Wrap cooked foods in foil and place in an insulated container until serving.

**Don't reuse platters or utensils** – Using the same platter or utensils that previously held raw meat allows bacteria from the raw food juices to spread to the cooked food. Have a clean platter and utensils ready for the finished grilled food.

Have a great picnic season!

*Source: FDA Food Facts – Eating Outdoors: Handling Food Safely*

### Dial Gauge

### Pressure Canner Testing

June 23, 3:30 – 5 pm

Farmers Market

Monterey VA

Dial gauge pressure canners should be tested each year to make sure the canner is operating correctly. Bring your canner lid with its gauge to the testing event on June 23. There will be food preservation handouts too!



### ADDITIONAL PAGES INCLUDE

AGRICULTURE & NATURAL RESOURCES TOPICS

4-H UPDATES & EVENTS

NEW PROGRAM EDUCATOR

EXTENSION STAFF SERVING YOU

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)

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## 4-H HAPPENINGS

Ben Hindman, Associate Extension Agent 4-H, Bath/Highland—benjaminh@vt.edu—540 839 7261



### Recent Highlights

- In February, Highland 4-H held its annual Contest Day. Twelve youth signed up for this year's event participating in a variety of contests including table setting, share-the-fun, radio-spot, and educational displays.



- The Highland County Maple Festival provides local 4-H youth with plenty of opportunities for service work. Highland 4-H'ers helped assemble donut boxes for the Mill Gap Ruritan's Maple Donut trailer the Monday before each weekend of the festival. 4-H'ers from Bath and Highland helped with the pancake meals at the Stonewall Ruritan Club as well as the Bolar Ruritan Club.



- Two teams represented Highland 4-H at this year's Northwest District Food Challenge Competition in March. The kids spent several weeks practicing for the event and had a great time competing. The positive response to this program has led to the development of a new "Culinary Club".

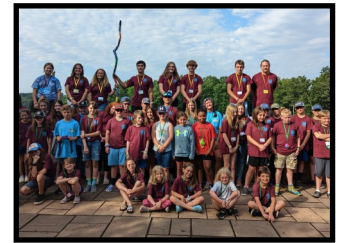


- With a large number of new exhibitors expressing interest in showing at this year's 4-H & FFA Livestock Show & Sale, Highland Extension offered a "Livestock 101" educational series covering a variety of topics including rules, animal selection, feed & nutrition, and financial management. The program series was well attended and received a positive response.



### Looking Ahead

- Registration is currently open for 2023 Junior 4-H Camp at Smith Mountain Lake. This year youth from Bath and Highland will attend camp July 10-14 with campers from Alleghany, Augusta, and Rockingham 4-H. In addition to my work with the other 4-H Agents from our camping group to develop classes and organize lodging and schedules, I am currently soliciting donations to help with camp scholarships and costs associated with transportation and camp program materials. I have enjoyed getting out into the community and sharing the benefits and impacts of 4-H camp.



- As the school year begins to wind down, Bath and Highland 4-H is planning Cloverbud Day Camps and summer programs to offer to local youth. We are working to secure locations for these events, but it is looking like they will take place in June and August. These programs are a great way to get kids involved in 4-H through a variety of educational experiences. This year we are focusing our programming on getting kids outdoors and interacting more with the natural world.



- In June, Virginia 4-H will host the 101st Annual State 4-H Congress on the campus of Virginia Tech. This year's Congress will be held June 27-30. Virginia 4-H State Congress is the premier, statewide annual 4-H event for 4-H teens. This event provides teens from across the state with educational, recreational, and social experiences that help to enhance life-skill development while promoting an understanding of the value of diversity among Congress participants.

*Contact Ben Hindman if you or someone you know is interested in any 4-H opportunity.*





## AGRICULTURE & NATURAL RESOURCES

Kari Sponaugle, Extension Agent, Ag & Natural Resources, Highland & Bath—Cell: 540 679 9664—Email: karis@vt.edu

### Invasive Plant Control

Invasive Plant Control Program - The Highland County Board of Supervisors approved an Invasive Plant Control program for 2023 to help Highland landowners offset the cost of herbicides for invasive plants like multiflora rose, barberry, and autumn olive. The value of the incentive is a set amount for landowners that have at least 50 acres of open land owned or leased with landowner's approval and a minimum of 10 percent infested with one or all of the targeted invasives. Payment incentives are based on a two-tier flat rate process (ex. 50-99 acres and a minimum of 10% treated, the incentive will be a maximum of \$50 or 50% of the cost of the herbicide (whichever is less)). See chart below. Qualified participants will be selected on a first-come, first-served basis. A list of approved herbicides is provided with the sign-up packet. Sign-ups are open through April 21<sup>st</sup> with receipts due by the end of September. For more information, please call or email the Extension office.



Autumn Olive



Multiflora Rose



Japanese barberry

Payment Incentive:

50-99 acres and a minimum of 10% treated, the incentive will be a maximum of \$50 or 50% of the cost of the herbicide (whichever is less)

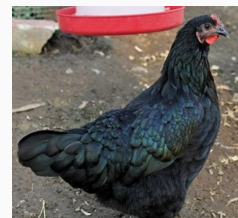
100-149 acres and a minimum of 10% treated, the Incentive will be a maximum of \$100 or 50% of the cost of the herbicide (whichever is less);

150-199 acres and a minimum of 10% treated, the incentive will be a maximum of \$150 or 50% of the cost of the herbicide (whichever is less);

200 or more acres with a minimum of 10% treated, the incentive will be a maximum of \$200 or 50% of the cost of the herbicide (whichever is less).

### Poultry Chain is Underway

Ag & 4-H partnerships in Extension continue with the 2023 Bath-Highland 4-H Poultry Program. Eleven youth are signed up to participate this year with chicks to arrive May 31<sup>st</sup>. Youth are raising Black Australorp and Americana breeds during this year's program term. Chicks come from a certified Avian Influenza-free and Salmonella-free hatchery which is monitored through the voluntary National Poultry Improvement Plan (NPIP). Youth receive 10 chicks and must show and sell five of those chicks to fund next year's poultry chain program. The remaining five chicks they keep can be added to their home flocks for egg or meat purposes or sold as well. Along with raising chicks, youth participate in educational sessions to help them learn about the poultry industry. A primary focus this year is biosecurity with the presence of avian influenza (AI) in VA commercial and backyard flocks. If you are interested in adding 4-H chickens to your home flock, mark your calendar to attend and **BID** on at the 2023 Poultry Show and Sale held during the Bath County Fair on September 23<sup>rd</sup> at Millboro Elementary School.



## FENCE BUILDING DEMO

MAY 3RD & 4TH, 2023  
9AM- 3PM

**JOIN US FOR A TWO-DAY FENCE BUILDING DEMO  
@ THE HIGHLAND COUNTY FAIRGROUNDS!**

- **FENCE BUILDING DEMONSTRATIONS BY INDUSTRY EXPERTS!**
- **SALES ON FENCING EQUIPMENT, SCALES AND OTHER LIVESTOCK EQUIPMENT.**
- **FREE LUNCH WILL BE PROVIDED!**

DATAMARS  
**Livestock**

**GRIPPLE**

PLEASE RSVP BY  
4/29 FOR  
AUTOMATIC  
DOOR PRIZE  
ENTRY!  
540-468-2450

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## 4-H & ANR PROGRAM EDUCATOR

Jordan Alexander, Bath & Highland—Phone: 540-839-7261—Email: [jordan98@vt.edu](mailto:jordan98@vt.edu)

Hello and Happy Spring! With the weather warming up and bringing new growth this season, it has also brought a new and familiar face to the Bath and Highland County Virginia Cooperative Extension Offices. I would like to introduce myself as the new Program Educator. In this role I will be supporting both the ANR and 4-H Agents in their program areas and assisting both offices staff in promotion and administration. I am from Bath County and am happy to be back home where I am in a position to help out in my community. While at Virginia Tech, I learned about VCE and the opportunity to do a summer internship in counties across the state including Bath and Highland! Over the course of two summers as an intern, I learned how much our offices provide to our communities and offer access to resources throughout the state and country. As I settle into my new role, I look forward to working with both Ben and Kari in programming where I can combine my joy of working with youth and passion for agriculture all in one!



### Your Area Extension Agents and Staff include:

Kari Sponaugle, Agriculture & Natural Resources, Bath & Highland County and Unit Coordinator  
Ben Hindman, 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  
Jordan Alexander, Program Educator 4-H/ANR, Bath & Highland County  
Deseray Chaplin, Administrative Fiscal Assistant, Bath County  
Kathy Beverage, Administrative Assistant, Highland County

A handwritten signature in blue ink that reads "Kari Sponaugle".

#### Bath County Office

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540-839-7261

#### Highland County Office

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OFFICIAL BUSINESS

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