



Summer 2025



Virginia
Cooperative
Extension

Virginia Tech • Virginia State University

BATH-HIGHLAND NEWS



FAMILY AND CONSUMER SCIENCE TOPICS

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SUMMER SNACKIN'

Summer means longer, warmer days, outdoor activities, and for many of us, a house full of hungry kids. Summer snacks don't have to be expensive to be healthy or take a lot of time to prepare. Below are ideas and tips to guarantee your snacks contribute to your health without draining your bank account.

Planning to keep snacks on hand will help reduce the never-ending drain on your pantry when a snack attack strikes. With higher temperatures staying hydrated is important, especially if you are active. For a twist on plain water, try infused water recipes instead of sugary drinks. In addition to water, there are many fruits and vegetables that are packed with water, such as watermelon, cucumber, strawberries, oranges, cantaloupe, bell peppers, celery, and lettuce.

Get rid of the hungries by having healthy items on hand. Use a mixture of fruits to make a smoothie or popsicles. Frozen grapes are a refreshing, cool snack to keep stocked in your freezer and are easy to prepare. Wash and dry grapes and lay them in a single layer on a baking sheet lined with parchment. When frozen, transfer to a freezer-grade container or zip-top freezer bag. While frozen grapes probably won't last long, they can be stored in the freezer for up to one month.

Enjoy peanut butter on apples or crackers for a great protein snack. Keep dips such as hummus or ranch in the frig for eating with all of those wonderful summer veggies. Make your own ranch dip by using low-fat sour cream or plain Greek yogurt mixed with a packet of dry ranch dressing mix. You'll get the same great taste with less fat and calories.

For the sweet tooth, try granola bars, animal crackers, vanilla wafers and fig newtons. Make your own cookies and muffins in smaller sizes. That way you can satisfy the sweet craving with a smaller portion.

Enjoy the rest of the summer and have fun.

Source: *The University of Maine Cooperative Extension*

UPCOMING EVENT

Dial Gauge Pressure Canner Testing

August 1, 3:30 – 5pm

Highland County

Farmers Market

61 Highland Center Way

Monterey, VA



ADDITIONAL PAGES INCLUDE

AGRICULTURE & NATURAL RESOURCES TOPICS

4-H UPDATES & EVENTS

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



Recent Highlights

- Highland 4-H proudly redeveloped its livestock judging team this spring, marking a successful return to the Virginia 4-H State Livestock Judging Contest held at Virginia Tech in June. The team was coached by ANR Agent Kari Sponaule and included enthusiastic members Clu and Jasper Sponaule and Mattie Morris. Each member committed to weekly practices focused on evaluating livestock and presenting oral reasons.

Their dedication and teamwork led to a rewarding state-level experience. The group is already looking forward to next year with hopes of welcoming additional members and continuing to grow.



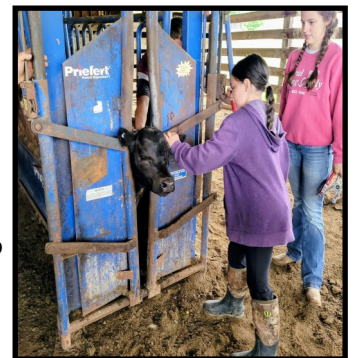
- Eight 4-H members from Bath and Highland Counties attended the 103rd Virginia 4-H Congress at Virginia Tech in June. During the week, they participated in a variety of hands-on workshops focused on agriculture, healthy living, leadership, and STEM. They also engaged in impactful service projects and had the opportunity to meet and connect with other 4-H'ers from across the state. Youth got a taste of college life by staying in dorms and dining on campus. It was a fun, inspiring, and educational experience for all involved!

- Eighty campers, teens, and adults from Bath and Highland attended Junior 4-H Camp this summer, enjoying a week full of fun, growth, and learning. Campers participated in hands-on classes like outdoor adventure, cooking, STEM, and arts, building new skills and confidence. Through teamwork, leadership, and connection with nature, youth developed responsibility and independence. The 4-H camp experience continues to be a powerful way to learn by doing and create lasting memories.



Looking Ahead

- Highland 4-H members are hard at work preparing for the upcoming Livestock Show and Sale at the Highland County Fair in August. These youth have dedicated countless hours over the past several months caring for and training their project animals, learning about animal nutrition, health, and handling. The experience teaches valuable life skills such as responsibility, time management, and goal setting. Two tag days were held over the summer to weigh and identify animals, and members participated in regular Livestock Club meetings that focused on showmanship techniques and maintaining accurate project records. Through hands-on learning and mentorship, these youth gain knowledge in agriculture and build confidence as they prepare to showcase their hard work in the show ring. We're proud of the commitment they've shown and look forward to celebrating their achievements at the fair. Best of luck to all participants!



- This August, two Highland 4-H members will participate in the Virginia 4-H International Service-Learning Trip to the Dominican Republic. This unique opportunity allows youth to gain meaningful international travel experience while developing a deeper understanding of global citizenship. Throughout the trip, participants will engage in hands-on service projects, immerse themselves in Dominican culture, and build lasting friendships with 4-H'ers from across Virginia and youth in the Dominican Republic. The program promotes cultural awareness, teamwork, and leadership, while encouraging youth to broaden their perspectives and develop a sense of empathy and connection with others. We're incredibly proud of our Highland delegates for embracing this opportunity and representing our community abroad. Their involvement demonstrates the power of 4-H to prepare young people for a global world through learning by doing.

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



AGRICULTURE & NATURAL RESOURCES

Kari Sponaugle, Extension Agent, ANR Highland/Bath — karis@vt.edu — Cell: 540 679 9664

It's that time of year to outrun the weather forecast and get hay made! VCE Highland and Bath offers two hay sample programs for a nutritive analysis of your hay crop to help you plan your winter -feeding program:

1. Cumberland Valley Analytical; cost is \$30 for 1 or \$25 for 2 or more, shipping paid by VCE. This fee covers the NIR 1 Analysis which includes results for Dry Matter (DM), Moisture, Crude Protein, ADFCP, NDFCP, Soluble Protein, Acid Detergent Fiber (ADF), Neutral Detergent Fiber (NDF), Lignin, Starch, Sugar, Fat, Ash, Calcium (Ca), Phosphorus (P), Magnesium (Mg), and Potassium (K).
2. Enter a sample in the Southeastern Hay Contest, run by the University of Georgia – Extension will mail all samples as a group in August. The top 3 samples each of the nine contest categories earn cash prizes, with the grand prize winner earning \$2000 and use of a hay tool for 2026 hay season. The \$22 fee covers contest entry and analysis and VCE pays the shipping. Test covers the NIR analysis as well as nitrate levels. More information can be found at <https://site.caes.uga.edu/sehaycontest/>.



Why should I sample? Here's a quick breakdown of what a few of the terms on an analysis mean and how your hay should measure up:

- * **Hay moisture** should be around 15%, therefore **dry matter** should be ~85%. <10% moisture is too dry causing leaf shatter, loss of nutrients and an unpalatable forage.
- * **Crude protein (CP)** for a dry, pregnant cow should be at least 7% until 60 days before calving and then increased. A lactating cow needs 11% CP in the first 60 days after calving.
- * **Acid Detergent Fiber** measures indigestibility. The greater the ADF, the less digestible it is for the animal.
- * **Total Digestible Nutrients (TDN)** is the energy value. TDN is broken into 3 main categories: poor (45-52%), medium (52-58%) and high quality (> 58%). Dry cows require at least 48% TDN and lactating cows require at least 60% TDN.
- * **Calcium** and **Phosphorus** are key minerals in beef cattle diets. Dry cows require .25% Ca and .16% P daily while lactating cows require .31% Ca, and .21% P. Standard compete mineral supplements can provide basic needs not met by forages.
- * Nitrates are an indicator of plant stress and toxicity – nitrates are present during drought stress, high fertility, etc. Levels <1500ppm are typically safe to feed to mature cows, but not young or pregnant stock; rates 1500 - 5000ppm, dry matter intake should be reduced to half of the ration and NOT fed with liquid feeds or other non-protein nitrogen supplements

Sources: Alabama Extension, Penn State Extension

Join VCE and the Department of Forestry for a Generation Next: Legacy Planning workshop August 15-16 at James Madison's Montpelier. Cost is \$90 per two family members and an additional \$10 for each additional member. Learn from lawyers, accountants, conservation specialists and fellow landowners about passing on your land to the next generation.





4-H & ANR PROGRAM EDUCATOR

Jordan Alexander, Bath/Highland—jordan98@vt.edu—540 839 7261

COUNTY FAIR SEASON IS HERE!

Get ready for fun, food, and family memories—county fair season will start soon across our area! Local fairs are a great way to celebrate community spirit, showcase youth achievements, and enjoy time-honored traditions. Your support helps keep these community events going strong. So grab your family and friends and make plans to attend one (or more!) of our area county fairs. We invite everyone to come out, support your local fairs, and enjoy everything they have to offer—livestock shows, 4-H exhibits, delicious food, carnival rides, live music, and more!



Augusta County Fair
Fishersville, VA
July 22-26, 2025

Highland County Fair
Monterey, VA
August 23 & August 27-30, 2025

Botetourt County Fair
Buchanan, VA
August 1-2, 2025

Rockbridge Regional Fair
Lexington, VA
September 11-13, 2025



Rockingham County Fair
Harrisonburg, VA
August 11-16, 2025



Bath County Fair
Millboro, VA
September 20, 2025

State Fair of Virginia
Doswell, VA
September 26-October 5, 2025

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OFFICIAL BUSINESS

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