



Greensville/Emporia Extension Office

**Virginia Cooperative Extension
Greensville/Emporia**
105 Oak Street
Emporia, VA 23847
434-348-4223

Sara Rutherford

Associate Extension Agent
Agriculture and Natural Resources
Unit Coordinator
srutherford@vt.edu

Hannah D. Parker

Associate Extension Agent
4-H Youth Development
hdp2513@vt.edu

Jeff Karow

4-H Program Assistant
jkarow16@vt.edu

Kimberly Martin

Associate Extension Agent
Family and Consumer Sciences-SnapEd
kimartin@vt.edu

Jessica Jones

Program Assistant
Family Nutrition Program -Youth
jessicaj19@vt.edu

Tia S. Powell

Senior Program Assistant
Family Nutrition Program- Adult
tia01@vt.edu

Sammi Kent

Unit Administrative Assistant
sammi@vt.edu

Website:

<http://offices.ext.vt.edu/greensville/>

Facebook:

<http://www.facebook.com/greensville.emporia.vce>

Program Registration:

<https://register.ext.vt.edu/>

NOTICE

The Greensville/Emporia Extension office reopened to the public on Tuesday, July 14, 2020. With the reopening of public offices, we will limit the occupancy of public spaces, and ask that all members of the public wear a facial covering and adhere to social distancing as required by Governor's Executive Order 63.

We ask that when visiting our office that you wear a face covering.

We urge you to take all necessary steps to stay healthy and follow guidelines outlined by local health departments.

Visit <https://ext.vt.edu/> for resources on the COVID-19 pandemic.

For further information please visit:

Facebook Page: www.facebook.com/greensville.emporia.vce

Website: www.greensville.ext.vt.edu

Breakfast Egg Burrito

Prep Time: 6 minutes
Total Time: 12 minutes

Ingredients:

4 eggs
2 tablespoons 1% milk
1/2 teaspoon canola oil
1/2 onion, diced
1 tomato, diced
4 whole-wheat tortillas



- ▶ Spice it up by adding jalapeños or bell peppers.
- ▶ You can also garnish this dish with cilantro or green onions.
- ▶ Try adding black beans or avocado for a more flavorful dish

Instructions:

- Beat eggs and milk until blended in a bowl. Set aside.
- Heat oil in a skillet over medium heat until hot. Add onion and tomato to the skillet and cook until tender.
- Pour in egg mixture. As eggs begin to set, slowly pull the spatula across the pan until big, soft lumps form.
- Continue cooking by pulling, lifting, and folding eggs until thickened and no visible liquid remains.
- While eggs are cooking, wrap tortillas in paper towel and warm in the microwave, about 45 seconds.
- Split egg mixture into 4 equal servings and spread on each tortilla. Roll tortillas and serve warm.

Sneek Peek

Contacts	1
Notice	1
Recipe	1
Agriculture and Natural	2
4-H	3
Family Nutrition Program	4

Greenville/Emporia 4-H Gives the Gift of Reading This Holiday Season

By Hannah Parker, Associate Agent
4-H Youth Development



Thanks to The Molina Foundation and Virginia 4-H, our local extension office and 4-H program was able to provide nearly 1,000 new children's books to the Greenville/Emporia community. Free book kits were created and distributed to local youth, families, youth groups and organizations within the community. In partnership with Greenville County Public Schools' new Reading Ride program, free books will be available to every student at their home.

In addition to book donations, Greenville/Emporia 4-H will be hosting several book clubs utilizing the new books provided as an effort to inspire good reading habits in 2021. Our book clubs will include reading sessions, discussions, journaling, artwork, games, activities, and much more. We hope to inspire new and advanced readers through an engaging book club experience.

The goal of our book donations and 4-H literacy project is to provide resources to help children, parents, and caregivers in Greenville County and the City of Emporia to create word-filled homes through reading and learning together. We are extremely excited and thankful to have been given this opportunity, especially now during this remote learning time period.

If you or someone you know is interested in the 4-H literacy and book donation project, please contact us at the Extension Office at 434-348-4223 or hdp2513@vt.edu for more information. We still have several middle and high school reading level books available.



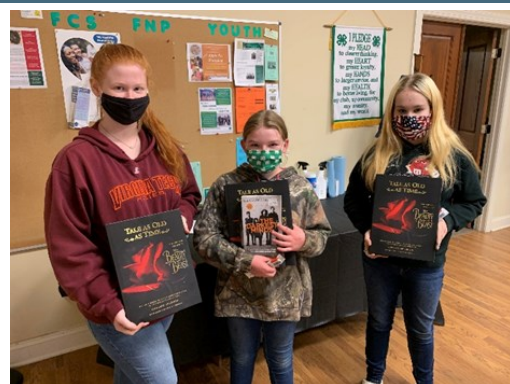
Greenville/Emporia 4-H donates books to local youth organizations, including the Care Kids Community Center.



Greenville/Emporia 4-H donates books to local youth organizations, including TopHand Academy.



Greenville/Emporia 4-H donates books to Greenville County Public Schools' new Reading Ride program.



Mackenzie Delbridge, Emily Ridout, and Samantha Delbridge (left to right) smile for a photo with their new books received from the Molina Foundation and Virginia 4-H.

Managing Farm Financial Stress for a Healthy Farm and a Healthy Farm Family

(Virginia Cooperative Extension Publication ALCE-220)

By Sara Rutherford, Associate Agent
And Unit Coordinator
Agriculture and Natural Resources



Photo: Pixabay.com

Farm financial situations cause stress, depression, and with limited mental health professionals, farmers are likely to take drastic measures in addressing their mental health and wellbeing. Not only do these measures determine the health of the farm, business, or operation – they affect the health of the farmer and his/her/their family. The farm economy is in crisis, and farmers are under immense stress. Due to the often volatile and unpredictable nature of farming, farmers, particularly minority farmers, encounter various threats. These threats can be classified under social (family, community), economic (land loss, financial stress), political (systemic discrimination, racism, policy), and environmental (droughts, floods, pest infestation) and often affects the mental health and general well-being of farmers.

Generally, signs of stress can be experienced physically (body), psychologically (mind), and through actions. Often, there are some non-verbal and less detectable cues that are subtle indications of stress such as lack of eye contact, fidgeting with the hands, having a distant look in the eye or even a twitch of the eye. These cues should not be overlooked by the family, friends, and neighbors of farmers. Also, most farmers may not willingly accept or admit that they are stressed since most would view mental health issues or stress as an urban office or corporate world concept and may choose to ignore early signs of depression and anxiety.

Unrelieved financial stress is a leading cause of premature death among adults and is considered a precursor to conditions and illnesses such as heart disease, hypertension, stroke, diabetes and possibly suicide. Mental health professionals point to the volatile nature of farming as a potential cause of increased depression, substance abuse and both completed and uncompleted suicide among farmers.

Also, the isolated environment, self-reliant, and independent nature of most farmers make them highly unlikely to ask for help, which exacerbates the tendency to take one's own life as a final resort. As people who prefer to keep their struggles to themselves, farmers worry about their privacy and the perceptions community members may have about them and their business, they choose to tough their way through stress, deprioritizing their health and well-being to get the job done. Thus, farmers need to be able to turn to trusted financial advisors and friends for support.

There are many resources to assist farmers experiencing financial and emotional stress. Below are a few resources listed in VCE publication ALCE-220:

Virginia Foundation for Agriculture, Innovation and Rural Sustainability (Virginia FAIRS): Provides financial assistance to rural folks and promotes cooperative and business development. More information available at <https://www.vafairs.com/>

Farm Aid's Hot Line: 1-800-FARM-AID: It is a non-profit organization aimed at keeping families on their farms. Their hotline provides 24 hours service to distressed farmers and ranchers who are at risk of losing their farms through financial stress.

National Suicide Prevention Lifeline: Dial 800-273-8255 or www.suicidepreventionlifeline.org/talk-to-someone-now A national hotline for anyone going through stress or having suicidal thoughts. They provide nondisclosure assistance whereby your information is kept anonymous.

Below is a list of farm finance tools:

Interpreting Financial Statements and Measures (IFSaM): This online self-paced tool is designed to assist farmers in learning how to utilize financial statements in their day-to-day management, understand how to interpret common financial statements, acquire skill sets to enhance their farm business and help gain self-confidence in finance. This resource can be found at <https://ifsam.cffm.umn.edu/>

Evaluating Financial Record System and Farm Financial Health: A webinar organized by the Virginia Cooperative extension on evaluating and managing farm financial records. The link to the webinar is found here <https://www.youtube.com/watch?v=Ju1S7WwwQvY&feature=youtu.be>

Excerpts used for this article are from VCE Publication ALCE-220. To read the entire publication, including all resource tools, visit www.pubs.ext.vt.edu and search for publication ALCE-220.

Upcoming ANR Programs

January 4- 5:30pm-6:30pm	Master Gardener Meeting
January 7- 1:00pm-4:00pm	Private Pesticide Applicator Recertification Class (in-person)
February 1- 5:30pm-6:30pm	Master Gardener Meeting
March 1- 5:30pm-6:30pm	Master Gardener Meeting
March 27- 9:00am-12:00pm	Backyard Orchards (Tentative date)

Healthy Resolutions for Your Body and Mind

By Jessica Jones,
Program Assistant - Youth
Family Nutrition Program



The New Year is usually the perfect time to make changes toward a healthier lifestyle. However, this last year was anything but ordinary, and we're not quite close to getting back to normal. So many of us are facing challenges that make every day more difficult, so it's understandable if making a resolution to eat better or move more is out of reach. But if your body and mind are in the position to make healthy changes now, here are a few places to start.

Swap processed snacks for fresh produce or whole grains

If homemade hummus is one of your favorite snacks, swap out chips or pretzels for carrots, peppers or whole grain crackers. Buy a bunch of whole carrots instead of baby carrots and chop them yourself for a more budget-friendly option.

Take a few minutes every day to move

Moving more could be as simple as walking to and from the mailbox a few times before getting the mail. Although it may look a little strange to your neighbors, it's an easy way to get in more steps. Another idea is to do squats or other body weight exercises while waiting for a pot of water to boil. If you have kids, get outside and play a game of hide and seek, or find a new walking path in your community to explore (socially distanced, of course).

A puzzle is a great family activity for when it's a little too cold to get outside..



Make time for a hobby or activity that brings you joy

Whether you're a frontline worker or working from home, it's so important to do something that you love for your mental health. Don't pressure yourself to find an activity that's productive all of the time. Puzzles or crosswords are a great way to flex your brainpower. Try dedicating a little time each week to read for pleasure, whether it's a book, or an online magazine or blog. Or, set aside screen-free family time once a week to make dinner together and play games.

Learn something new

Learning a new skill, game or subject improves how your brain functions. Is there a card game you've always wanted to play, but didn't know how? Now is the time to learn! Start planning out a small garden for your yard, or start a window box for herbs and learn how to take care of the plants from the beginning to the end of their growing season. You could even have your kids teach you their favorite lesson from school. Last, no matter what your schedule looks like, you could begin a virtual nutrition education program with your local Virginia Family Nutrition Program educator to learn all about living a healthier lifestyle.

Remember: the New Year isn't the only time you can make changes; you can start new goals at any time of the year. What are you most looking forward to in 2021?

<https://eatsmartmovemoreva.org>