



Greenville/Emporia Extension Office

**Virginia Cooperative Extension
Greenville/Emporia**
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Program Registration:
<https://register.ext.vt.edu/>

NOTICE

The Greenville/Emporia Extension office is open. 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/greenville.emporia.vce

Website: www.greenville.ext.vt.edu

Berry Jams Party Bites

Prep Time: 10 minutes

Total Time: 15 minutes

Servings: 6



Ingredients:

- 6 egg(s), hard boiled and chopped
- 1/3 cup light mayonnaise
- 3 tablespoons pickle relish
- 1/4 teaspoon ground black pepper
- 12 whole-wheat bread slice(s)
- 1/2 head(s) lettuce, roughly chopped
- 1 tomato(es), sliced

- Combine eggs, mayonnaise, relish, and pepper in a mixing bowl. Mash and mix well.
- Broil or toast bread (optional).
- Layer egg salad, lettuce, and tomato between 2 slices of bread.

To view alternate serving size ingredients, go to:
<https://eatSMARTmoveMoreVA.org/recipes/egg-salad-sandwiches/>

Sneek Peek

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What does 4-H have to offer?

By Hannah Parker, Associate Agent
4-H Youth Development



Have you ever wondered...

What is 4-H? OR What 4-H programs are offered in Greenville/Emporia?

4-H is America's largest youth development organization with approximately six million young people participating across the United States. 4-H stands for head, heart, hands and health. The focus of 4-H activities is to educate youth in leadership, citizenship, healthy living, and various other life skills by partnering youth with caring adult volunteers through a variety of hands-on activities that emphasize 4-H's "learning by doing" philosophy. Here at 4-H, we realize that every child has valuable strengths and influence to improve the world around us.

A wide variety of 4-H programs are offered for youth between the ages of 5 to 19 in Greenville/Emporia. 4-H Community and Project Clubs, such as Teen Club, Animal/Livestock Club, and Shooting Sports Club meet monthly throughout the year.

4-H Teen Club focuses on teaching youth citizenship and leadership life skills through a variety of educational opportunities such as, career/college preparation, character education and service learning.

Many youth in the Greenville/Emporia Teen Club serve as Counselors and Counselors in Training (CITs) during our annual week long Jr. Summer Camp at Airfield 4-H Center, which will take place July 18-22, 2022! Joining Teen Club is a great way to start training to become a CIT or Counselor for summer camp! Teen Club typically meets the 3rd Thursday of each month.



Like us on Facebook (GreenvilleEmporia 4-H) and follow us on Instagram (@greenville_emporia_4h) to keep up-to-date on the latest 4-H news in our community

4-H Opportunities in our Community:

- Teen Club (ages 13-19)
- Day Camps/Workshops (Holiday Camp, Apple Pie Workshop, etc.)
- Animal/Livestock Club (ages 9-19)
- Jr. Summer Camp – Week long camp conducted at Airfield 4-H Educational Center in Wakefield, VA
- Shooting Sports Club (ages 9-19)
- After-School 4-H Clubs (Partnership with the Greenville County Public School 21st CCLC program)
- Cloverbuds (ages 5-8)
- In-School 4-H Clubs (STEM and Reading Literacy focus)
- Special Interest Clubs (various topic areas)
- Healthy Living Programs – Yoga for Kids & Food Challenge (Cooking Competitions)
- STEM and Agriculture Programs
- Citizenship/Leadership Programs – Character Counts!
- AND much, much more!!

Fall Lawn Care

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



Caring for garden soil should be as important to home gardeners as it is to farmers. Improving the soil structure is one of the most important aspects of soil care, and adding organic matter is the most effective way to accomplish this. Organic matter also helps maintain the pH balance of the soil and adds nutrients.

Good topsoil is:

- relatively dark in color
- active with microorganisms, plant nutrients, and organic matter
- usually has a pH between 5.5 and 7.5 (for non-acid loving plants)

IMPROVE SOIL STRUCTURE

As the structure of a soil is made more granular and crumbly by decomposing organic matter, the soil absorbs moisture that would otherwise run off, causing erosion and a loss of nutrients in the process. Good soil structure provides channels through which water and air can filter to greater depths. When rain comes after a dry spell, soil that is hard on the surface is much more subject to rapid runoff and erosion than one that is loose and crumbly.

Organic matter in the soil also ensures a continuous food source for soil organisms. As the organisms decompose the organic materials, they help maintain good soil structure, making the soil a more favorable place for root development. The decomposition process improves the soil structure by developing compounds that cement small soil particles together into aggregates, allowing for both increased drainage and moisture retention. Decomposition also changes the organic matter into inorganic nutrients that can be used by growing plants.

Incorporating organic matter aids in sustaining the organic content of the soil. However, organic matter cannot be built up *permanently* in the soil because it continually decomposes and disappears; soil building must be a continual process in the garden.

TEST YOUR SOIL

The first step to improving your soil is to have your soil tested for pH and nutrient levels. Your local Extension agent can provide you with soil test forms and instructions. The soil test report will tell you whether your soil needs lime or nutrients or both. **If the soil test recommends lime, apply it!** Work the lime into the soil with a spade or a tiller to a depth of about 6 inches. Lime changes the pH balance of the soil, which is critical to absorption of nutrients by plants.

ADD ORGANIC MATTER

To improve the soil structure, or tilth, add organic matter in the form of compost, cover crops, or yard waste. Yard waste such as shredded leaves, crop residues, straw, and similar materials should be tilled into the soil in the fall to allow decomposition through the fall and winter. At the same time, grass clippings, manure, or fertilizer should be incorporated to provide the extra nitrogen required to help break down the dry organic materials. This material can be composted and added to the garden in the spring if you prefer.

ADD NUTRIENTS

If your soil test recommends additional nutrients, add them just before planting your main crops. By regularly adding organic matter to the soil, there is less need for chemical fertilizers, since organic matter promotes a gradual release of plant nutrients. Organic matter alone, however, will not provide sufficient nutrients for plants. Animal manures or other fertilizers should also be incorporated into garden soil.

For soil that is *primarily clay or sand*, or that has a *hard surface crust* (water runs off), or is *compacted*, incorporate 2 to 3 inches of organic matter in the top few inches of soil and mulch liberally for several years. Also, plant cover crops each year until the soil is improved.

Raised beds or terraces are good solutions for improving *extremely poor or shallow* (bedrock close to surface or topsoil removed during construction) soil or soil with *poor drainage*. The site can also be graded, then covered with an 8 to 12-inch layer of topsoil – but guard against erosion. Poor drainage can also be helped by installing drainage tile.

For more information on selection, planting, cultural practices, and environmental quality, contact your local Virginia Cooperative Extension Office. If you want to learn more about horticulture through training and volunteer work, ask Sara Rutherford, extension agent, about becoming an Extension Master Gardener. She can be reached by phone, (434) 348-4223, or email, srutherford@vt.edu.

Upcoming ANR Programs

January 27- 6:00pm-7:30m	Southside Beekeepers Association Meeting
February 7- 5:30pm-6:30pm	Master Gardener Meeting
February 24- 6:00-7:30pm	Southside Beekeepers Association Meeting
February 28- 8:30am-3:30pm	Commercial Pesticide Applicator Recertification Class (in-person)
March- Date To be determined	Rain Barrel Workshop (in-person or make-at-home)
March 7- 5:30pm-6:30pm	Master Gardener Meeting
March 24- 6:00pm-7:30pm	Southside Beekeepers Association Meeting



Jessica L. Jones is a true agent of change. Her ultimate desire and mission in life is to encourage and empower people wherever she goes. She is no stranger to southeast Virginia; she graduated from Brunswick High School and obtained her Bachelors in Social Work from Longwood University. After completing college, Jessica initially resided in Richmond, Virginia and was employed as the Coordinator of Residential Services for a therapeutic group home for teenage mothers and babies. During that time, she developed the daycare curriculum that would be formally approved and used to educate children ages 1 – 5. That experience afforded her the opportunity to relocate to Brunswick County and teach kindergarten for 2 years. With a desire to focus more on her degree field, she transitioned to the role of Corrections Rehabilitative Counselor before accepting the role as Social Worker for the Brunswick County Department of Social Services. Within a couple of years, she was promoted to the position of Senior Social Worker with a certification in Child Protective Services.

Jessica established many community partnerships and obtained various certifications while serving as a Senior Social Worker. She holds a certification as a Forensic Interviewer and is certified to teach the Nurturing Parenting Program with the goal of strengthening families and providing security for children. Her care and concern for family and children remained unwavering as she obtained employment with the Virginia Cooperative Extension in 2019. As a Family Nutrition Program Assistant for Youth, Jessica’s bubbly personality and natural gift to teach inspired excitement in children and parents alike to learn more about health and nutrition. Her natural ability to encourage, educate and inspire created consistent and solid community partnerships with local schools, community organizations, stakeholders and local faith-based communities. As evidence of her dedication, in 2021 Jessica received the Outstanding New Program Assistant Award and the Public Health Award from the Family Nutrition Program.

Currently Jessica serves as the Family and Consumer Sciences Agent for the City of Emporia, County of Greensville and the County of Dinwiddie. Her mission to encourage and empower citizens in a greater capacity so they can achieve total life stability continues. Her goal is to provide information, strategies, programs, workshops and access to resources that create conditions for people to thrive individually so that communities are strengthened collectively.