



Virginia Cooperative Extension

Virginia Tech • Virginia State University

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Greensville/Emporia Extension Office

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Greensville/Emporia**
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Program Registration:

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

NOTICE

The Greensville/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/greensville.emporia.vce

Website: www.greensville.ext.vt.edu

Summer Vegetable Salsa

Prep Time: 10 minutes

Total Time: 40 minutes

Servings: 6



Ingredients:

- 3 tomatoes, diced
- 1 onion, diced
- 1 zucchini, diced
- 1 jalapeño pepper (optional), minced
- 4 garlic cloves, minced
- 1/2 cup fresh cilantro, chopped
- 1/2 teaspoon salt
- 1/4 cup lime juice
- 3 cups your favorite vegetables, sliced

- 1. Mix all ingredients into a mixing bowl
- 2. Chill in the refrigerator for at least 30 minutes before serving to allow flavors to marinate.
- 3. Serve with your favorite sliced vegetables.

To view alternate serving size ingredients, go to:
<https://eatSMARTmoveMoreVA.org/>

Sneek Peek

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Greenville/Emporia Summer Intern

Hi, I am Allison Reiter and I am working as an intern at the Greenville/Emporia Extension office this summer. I am a rising junior at the University of Mount Olive where I am majoring in Agriculture Education. I am mostly working with the 4-H program this summer in order to see if it is a career option I want to pursue in the future. I am going to be helping with day camps, summer camp, and other 4-H functions throughout this internship. I am going to share with you some of the many goals that I want to achieve throughout the summer.

One goal that I have this summer is for me to plan and run my own day camp. A day camp is where kids come for a day of learning about a certain subject or theme. For my day camp I have planned to have an outdoors/ environmental theme. The day camp is going to be for children between the ages of 5 and 13, on August 3rd from 9AM-1PM. During this camp the children will learn about wildlife tracks and habitats, predator/prey relationships, soil layers, and how to identify venomous and nonvenomous snakes. There will be a short lesson given on these topics and after each lesson there will be a fun activity or game to play. I am looking forward to having fun while teaching children about nature and the great outdoors.

Another goal of this internship is to help establish a Junior Minorities in Agriculture, Natural Resources, and Related Sciences (Jr. MANRRS) program here in Greenville/Emporia. This program is meant to encourage minority groups to study careers in agriculture and related sciences in order to have a more diverse workforce in the future. Jr. MANRRS also focuses on teaching kids about healthy living, how to set goals, character development, and leadership. This program will help students in this community with exploring what career options are out there while also helping to prepare them to go to college or enter the workforce after high school. Some future plans I am going to be helping with for this program include planning and taking students on tours of universities that offer agriculture programs such as Virginia Tech and Virginia State University. Other plans are to take students on tours of local agriculture related businesses to give them a sense of possible career options in the industry.

I look forward to accomplishing these goals throughout the summer, while learning more about what 4-H and Virginia Cooperative Extension has to offer this community.





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

Diagnosing Stink Bug Injury to Vegetables



In the mid-Atlantic U.S. vegetable crops are attacked by several different stink bug species. The primary pest species include the invasive brown marmorated stink bug (BMSB), which has become the dominant species in most landscapes, brown stink bug, which is the most common species attacking tomatoes; green stink bug, and harlequin bug, which is primarily a pest of brassica vegetables only. All stink bugs are piercing-sucking feeders that insert their stylets into the fruit, pods, buds, leaves, and stems of plants. While feeding, stink bug adults and nymphs inject saliva into the plant tissue to facilitate its break down and consume the liquid contents, resulting in injuries that can manifest themselves in different ways depending on the crop.

Feeding on the fruit of tomatoes and peppers will produce characteristic white or yellow scars on the skin where the feeding stylets were inserted into the fruit, or sunken in areas from the internal fruit tissue collapsing. These injuries reduce the economic value of tomatoes and peppers significantly. Additionally, colored peppers can be more attractive and injured by stink bugs.



The primary pest of brassica crops such as collards, broccoli, and cabbage is the harlequin bug. Adults and nymphs of this species feed on aboveground plant tissues. Their injury cause characteristic white blotches on the leaves, which turn necrotic over. Harlequin bugs feeding on young plants cause more damage, resulting in larger areas of necrotic tissue, extensive wilting, or plant death under heavy pest pressure.



Harlequin Bug



In corn, the feeding stylets of BMSB nymphs and adults are inserted through the husk and pierce the tender kernels, which may cause them to become aborted, collapsed, or discolored. The brown stink bug feeds mostly on leaves causing discolored spots, plant stunting, and misshapen ear production. Stink bugs can feed on all aboveground parts of bean plants, but most species prefer developing or mature pods. Feeding injury to beans may result in scarred, faded-out sunken areas, as well as deformed pods and browned seeds.

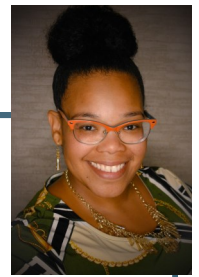


Harlequin Bug Damage

For the full article by Lorena Lope and Tom Kuhar (Virginia Tech), visit pubs.ext.vt.edu and search for publication [ENTO-173NP](#).

Upcoming ANR Programs

June 29- 1:00pm-3:00pm	Increasing Yield by Improving Soil Health
July 5- 5:30pm-6:30pm	Master Gardener Meeting
July 22- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
July 28- 5:30pm-7:30pm	Tobacco and Forages Field Day- Blackstone, VA
Aug 1- 5:30pm-6:30pm	Master Gardener Meeting
Aug 26- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
Sept 6- 5:30pm-6:30pm	Master Gardener Meeting
Sept 23- 6:00pm-7:30pm	Southside Beekeepers Association Meeting



Every bite counts

“Make every bite count” is the current theme of the ninth edition of the Dietary Guidelines for Americans. Every 5 years a Dietary Guidelines Advisory Committee is selected to evaluate evidence-based nutrition studies and write a scientific report summarizing recommendations to the federal government. The ninth edition’s goal is to promote health and prevent disease, as more than half of American adults have one or more diet-related chronic diseases, such as obesity, Type 2 diabetes, heart disease, and stroke. These Guidelines also provide a framework for federal nutrition programs, including SNAP and SNAP-Education, designed for the public.

Healthy choices create healthy changes! Consider the Dietary Guidelines listed below as you choose better health.

1. Promote a healthy dietary pattern at every stage of life. For the first time, the Guidelines include recommendations for every stage of life – infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations. Another key addition to the new Guidelines is that just about everyone, and not just healthy individuals, can benefit from shifting towards a more nutrient-dense eating pattern.
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits. A continued focus within the Guidelines is to promote nutrient-dense foods and beverages as they provide vitamins and minerals and have little added sugars, saturated fat, and sodium.
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages. A healthy dietary pattern within calorie limits does not leave much room for extra added sugar, saturated fat, sodium, or alcoholic beverages.

For more information please visit www.dietaryguidelines.gov

Move Your Way challenge

Did you know that adults need at least 150 minutes of moderate-intensity activity each week? That means, doing anything that increases your heart rate.

And, did you know that adults need at least 2 days of muscle-strengthening activity each week? That means doing activities that make your muscles work harder than usual.

Your challenge this month is to “Move Your Way”! Whether it’s walking your dog, working in your garden, going for a walk, dancing during the commercials as you watch TV or swimming—JUST MOVE! Anyone can be active! No matter your age, size, or health status, you can find fun ways to get more physical activity. For more information, check out <https://health.gov/moveyourway>

FCS Upcoming Programs

Pressure Canning Dial Gauge Testing Day at Greensville/Emporia Cooperative Extension is July 18th from 10:00am - 11:00am

Do you struggle with Diabetes? High Blood Pressure? Asthma? Anxiety? COPD? Fibromyalgia? COPD? Heart Disease or any other chronic condition? Or, does someone that you care about struggle with a chronic condition? Join our 2nd Session of Living Well with chronic conditions program to learn what YOU can do to manage your health. The Living Well program is currently being offered for FREE through Greensville/Emporia Cooperative Extension regardless of age or income level (all materials provided). **Space is limited to 12 participants each session.** Day time and Evening Sessions are available. For more information contact Jessica Jones at jessicaj19@vt.edu or 434-878-0987