



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, If you are unvaccinated.

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: 5 minutes

Total Time: 5 minutes

Servings: 1



Ingredients:

- 1 whole-wheat English muffin
- 2 teaspoons apple butter
- 2 teaspoons peanut butter
- 1/8 cup your favorite fruit
- 1 teaspoon raisins or nuts (optional)

- Halve and toast an English muffin.
- Spread apple butter and peanut butter on each half.
- Top with your favorite fruit and raisins or nuts, if using.

To view alternate serving size ingredients, go to:

<https://eatsmartmovemoreva.org/recipes/berry-jams-party-bites/>

Sneek Peek

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4-H Tech Changemakers: Empowering Local Teens to Teach Digital Skills to Adults in Greenville/Emporia

By Hannah Parker, Associate Agent
4-H Youth Development



In 2021, Greenville/Emporia 4-H was selected to participate in the National 4-H Tech Changemakers (TCM) program. This program uses a teens-as-teachers approach with teen leaders learning digital skills to teach to adults. Teens become certified Tech Changemakers and work in partnership with their 4-H educators to use prepared lesson plans to virtually teach digital skills to adults in their communities. The lesson plans focus on digital skills that help drive economic opportunity, like using Microsoft Word to create resumes or learning to safely navigate the internet to find job search websites.

Tech Changemakers across the country are expected to reach about 50,000 adults in rural communities over the next year and enable them to use the skills they learn to achieve greater economic opportunity. The TCM program is a collaboration between the National 4-H Council, Verizon, Microsoft, Land O' Lakes and land-grant universities. As stated by Dr. Chantel Wilson, 4-H STEAM Extension Specialist with the Cooperative Extension at VSU, "The TCM program not only helps youth become leaders and adults become computer literate, but it also helps bridge the technology gap, generational gap and foster greater collaboration between youth and adults."

The program will first be implemented in Greenville/Emporia in the Fall of 2021. Teen trainings will begin in October and adult educational programs will begin in November/December 2021. If you are a teen (or adult volunteer) looking to build your resume, learn new skills, network with peers nationally, and want to advocate for digital equity, please consider joining our fabulous group of teens that make up our 4-H Tech Changemakers team!

Additionally, if you are a community member, community organization, or workplace and would like for our teens to present a training for your group of adults, please contact the Extension Office so we can discuss your needs and schedule a training with our Teen Tech Changemakers.

For more information, contact Hannah Parker at (434) 348-4223 or hdp2513@vt.edu. 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!

Upcoming events. For more information about these and other Upcoming events contact Hannah Parker at 434-348-4223 or by email at hdp2513@vt.edu:

- Central District Young Entrepreneur Workshop – October 23rd from 9AM-2PM @ Prince Edward Extension Office
- Central District (Virtual) 4-H Book Club (2021-2022) – Register by October 29th 4-H International Club (Virtual) – 3rd Tuesdays of each month from 7-9PM (October 19, November 16, December 21)
- Livestock/Animal Club – 2nd & 4th Monday of the month – Extension Office – from 6-8:00PM (Oct 25, Nov 8, Nov 22, Dec 13)
- Teen Club – 5:30-7:00PM – Extension Office (October 21, November 18, December 9)
- Game Changineer SPIN Club (Video Game Coding) – 4-6PM @ Richardson Memorial Library (Nov 1, Nov 8, Nov 15) ages 10-19
- Teen Cuisine @ Home Virtual Cooking Club – Meeting once per month starting in November (Dates/Times TBD)
- 4-H Homeschool Club – COMING SOON!
- Virtual Apple Pie Workshop – November 23 from 5:30-7PM OR November 24 from 9-11:30AM
- Traditional Holiday Camp – December 18 from 9AM-3PM @ Extension Office
- Sweet Holiday Treats Baking Workshop: Juniors (9-13) - December 21st from 8AM-12PM @ Extension Office
- Sweet Holiday Treats Baking Workshop: Cloverbuds - December 21st from 1-5PM @ Extension Office
- Teen Cuisine Workshop (In-Person): December 20th from 9AM – 3PM (grades 6-12th) @ Extension Office

Fall Lawn Care

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



The first step toward correcting an existing lawn problem or establishing new turf is to test your soil. This very cost-effective diagnosis of your soil's fertility and pH status is quite often the answer to the question "Why did my turf fail?" Many of Virginia's soils are very acidic and probably require a supplemental lime application. The fall and winter months are ideal times to make lime applications because it takes weeks to months to fully realize the benefit of the treatment. The fall provides a great time to test your soil to determine nutrient levels and pH. It is a good idea to test your soil at least once every three years to determine if supplemental nutrients other than nitrogen are required. Since growing conditions are ideal at this time of year, grasses respond quickly to soil-test recommended applications of fertilizer and lime. For help with how to properly sample your soil, consult "Soil Sampling for the Home Gardener," Virginia Cooperative Extension publication 452-129 at <https://resources.ext.vt.edu>. Residents can pick up soil sample boxes, and forms, at the Extension Office in Emporia Monday through Friday from 8:00am - 5:00pm.

Warm-season turfgrasses (Bermuda grass and zoysia grass across much of the commonwealth, in addition to St. Augustine grass and centipede grass in the Tidewater area) will go dormant after the first killing frost. However, there is time to benefit from nitrogen fertility in the early fall. The cooling temperatures of fall provide warm-season grasses the opportunity to increase carbohydrate reserves and root production as leaves continue to photosynthesize but overall shoot and leaf development rates decline. A responsible nitrogen fertility program keeps the plant active, but not to the extent of increasing its winterkill potential or possibly contributing to water quality issues. The last application of N for most heavy N-use grasses like Bermuda grass or St. Augustine grass lawns should be made no later than one month prior to the anticipated frost date. Grasses with minimal N requirements, such as zoysiagrass and centipedegrass, should only be fertilized during the most active growing months. As before, only apply P when needed according to soil tests for established lawns. A key to success is ensuring that other nutrients, particularly the winterizing nutrient potassium, are present in satisfactory quantities. The benefits of potassium in warm-season turfgrass winter survival are quite often more pronounced than those realized with cool-season turfgrasses, so be sure to periodically conduct soil tests to evaluate where soil K levels are prior to winter's arrival.

Also, late summer to mid-fall is the best time to establish cool-season turfgrass. Warm days and cool nights provide ideal conditions for seed germination and establishment of tall fescue, Kentucky bluegrass, fine-leaf fescues, and perennial ryegrass. Sod establishment is also favored at this time of year. On Virginia Cooperative Extension's Resources Web page, located at <https://resources.ext.vt.edu>, look for the Lawn & Garden resources list to find publications and articles on how to make the best selection of a grass to fit your needs. These resources also provide instructions on soil and preplant preparations, seeding rates and establishment, and post-planting care. When you have decided on a recommended blend of cultivars within a species or possibly a specific mix of different species, you will next need to choose the best cultivars available.

For cool season grasses, you can make supplemental nitrogen applications later in the fall after establishment if you want a boost in growth or color. Remembering the acronym "SON" (representing the months of September, October, and November) can help you make a smart decision on when to apply nitrogen to cool-season turfgrasses. This fertility program is ideal for maximizing the benefits of nitrogen fertilization on cool-season grasses with one exception — NEVER apply fertilizer to a frozen soil. The fall presents growing conditions conducive for improving turf density through the development of new shoots and stems, increased carbohydrate storage (i.e., food for the plant), and enhanced root production. Applications of up to 0.7 pound of readily available (i.e., water-soluble) nitrogen per 1,000 square feet per four-week intervals are very beneficial during this time, much more so than programs that emphasize heavy spring fertility. Similarly, an early September application of a controlled-release nitrogen source (a material that contains ≥ 15 percent water-insoluble nitrogen) at levels up to 1 pound of nitrogen per 1,000 square feet per application provides similar benefits. This slowly available nitrogen is expected to provide for up to a six-week feeding period. In many cases, it is possible that a single fall application on well-established cool-season lawns will suffice to meet the turf's needs. One important change in philosophy regarding turfgrass fertilization programs in the 21st century is the importance of using soil test data for making phosphorus (P of the N-P-K) applications to established turf. Excessive phosphorus applications are known contributors to reduced water quality, so there is a strong focus on only applying phosphorus when indicated by a soil test. This strategy is not to minimize the importance of phosphorus fertilization because if a soil test indicates that it is needed, then it would be environmentally irresponsible NOT to apply the phosphorus.

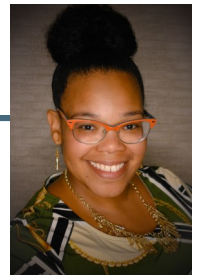
To view the entire article above, visit <https://resources.edt.vt.edu> and enter 430-520 into the search bar.

Upcoming ANR Events—(All program formats are subject to change. Registered participants will be notified of changes.)

October 4- 5:30pm-6:30pm	Master Gardener Meeting
October 9- 9:00am-12:30pm	Backyard Orchards: Cultivate Health (in-person)
October 28- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
November 1- 12:30pm & 5:15pm	Well Water Testing Kickoff Meetings (in-person)
November 2- 5:30pm-6:30pm	Master Gardener Meeting
November 3- 7:30am-9:30am	Well Water Testing Kit Drop-off (in-person)
November 17- 9:30am-12:30pm	Alternative Ways to Improve Soil Health (in-person)
November 25- 6:00pm-7:30pm	Southside Beekeepers Association Meeting
December 11- 1:00pm-3:00pm	Master Gardener Holiday Wreath Class (in-person/take home kits available)

Breaking the Fast: Benefits of Breakfast

By Jessica Jones,
Program Assistant - Youth
Family Nutrition Program



Breakfast is usually known as “the most important meal of the day.” However, people still make excuses as to why they don’t eat breakfast. This phrase is not just an empty saying. There are several reasons as to why people should commit to eating in the morning.

Brain Power

Eating a good breakfast allows people to have good focus throughout the day. Glucose feeds the brain to have the ability to concentrate. It is important to properly feed yourself in the morning to focus on early morning tasks at school or work. Eating in the morning also improves your mood by producing the hormone serotonin.

Control Appetite

Eating breakfast can reduce hunger throughout the day. Skipping breakfast may tempt a person to snack or eat a larger meal later in the day because they feel starving. Doing this regularly could lead to unwanted weight gain.

Stronger Body

People who eat breakfast typically have stronger bones, healthier hearts and better metabolisms. Eating in the morning boosts the metabolism by restoring glycogen levels, allowing you to burn more calories throughout the day. It is important to incorporate vitamin D and calcium in your breakfast as it helps maintain bone strength. Also, people who consume breakfast are less likely to snack on unhealthy foods later in the day, decreasing bad cholesterol and fats, improving the health of the heart.

Reduce Illness

Choosing to eat in the morning can decrease the risk of obesity or type two diabetes. This is because you are more likely to make better food choices throughout the day after eating a good meal in the morning.

How to Make Breakfast a Priority

Even if you do not wake up hungry or do not have “time” to make breakfast, it is still important to find a way to fuel yourself in the morning. Finding appetizing and satisfying options can take several tries. Eating something small that is packed with nutrients is a great option for an easy, on-the-go breakfast. You can make pre prepared foods for breakfast such as low-fat yogurt with low-sugar granola. Finding food options with high fiber, protein, a variety of vitamins and nutrients, and whole grains can set your day off to a great start.

Check out the recipes at <https://eatsmartmovemoreva.org/recipes>

<https://eatsmartmovemoreva.org>

