



Virginia Cooperative Extension

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OCT 2024

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Greensville/Emporia Extension Office

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Program Registration:

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

Upcoming Workshops and Events

For more information contact 434-348-4223:

Master Gardener Volunteer Information Session	October 17th
How to Sell Your Timber Workshop	November 6th
Apple Pie Workshop	November 27th
Holiday Camp	December 14th

Clubs and Association Meetings

Call 434-348-4223 for times and locations

4-H Archery Club Meetings	TBD
Master Gardener Meeting	2nd Monday of every month
4-H Teen Club Meets	3rd Thursday of every month
4-H Animal/Livestock Club Meetings	4th Monday of every month

If you are a person with a disability and desire assistance or accommodation, please notify the Greensville/Emporia Extension Office at (434) 348-4223 during business hours of Monday – Friday 8:00 a.m. and 5:00 p.m. *TDD number is (800) 828-1120.

Pumpkin Dip recipe

Pumpkin Dip is a tasty fall treat. It's perfect for an afternoon snack, an after-dinner dessert, or a party snack.

Prep Time 10 minutes Total Time 10 minutes Servings 4

Ingredients

- 8 ounces canned pumpkin
- 6 ounces low-fat vanilla yogurt
- 4 ounces reduced-fat cream cheese, softened
- ½ teaspoon pumpkin pie spice

Instructions

Blend together pumpkin, yogurt, cream cheese, and pumpkin pie spice until smooth.

- Serve with apple slices, ginger snaps, graham crackers, or your other favorite fruits.

Sneek Peek

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How can YOU help Greenville/Emporia 4-H youth?

By Hannah Parker, Associate Agent
4-H Youth Development



The Impact of 4-H Volunteers

4-H volunteers are more than advisors; they are role models, mentors, educators, life coaches and friends to the 4-H youth in their communities. Every 4-H project and program involves youth collaborating with caring adult volunteers where kids are encouraged to explore their interests and receive constructive, positive support.

When families come together, communities can reap the benefits. As you may already be aware, October is the start of a new 4-H year. Last year alone, our volunteers, including teens and adults, volunteered over 500 hours of their time in 4-H activities. These volunteers impacted the lives of more than 300 youth in the Greenville/Emporia community.

With a new 4-H year comes new 4-H opportunities for youth and adults. We are always looking for volunteers to help with our 4-H programs. We need club leaders, chaperones, and one-time volunteers for almost all of our events. If you are interested in starting a club, sharing your passions, teaching about a specific subject matter, holding a day camp or even just volunteering your time, let us know!

Specific topics currently in need of volunteers includes: Riflery, Archery, Sewing, STEM, Computer Science/Coding, Cooking, Gardening, Teen Leadership, Cloverbud Club (ages 5-8), and Wildlife/Outdoor Living Skills.

Help us #InspireKidsToDo in Greenville/Emporia by volunteering your time and talents! Please contact me if you are interested at 434-348-4223 or hdp2513@vt.edu.



4-H teens teaching 3rd graders about water quality at the annual Fall Farm Day.



Adult volunteer assists cloverbud camper during the annual 4-H Apple Pie Workshop.

Building Character Through 4-H

In 4-H, we focus on positive youth development. We want our community youth to learn leadership, citizenship and many other life skills that will benefit them throughout the rest of their lives. One of the most important life skills that we focus on is character education. Character education is incorporated into all 4-H programming.

So, what is character? Well, according to the Merriam-Webster, the definition of character is: “one of the attributes that make up and distinguish an individual; the complex of mental and ethical traits marking and often individualizing a person, group or nation.” Our character is what makes each of us who we are and it helps guide us when making decisions.

There are Six Pillars of Character developed by the Character Counts!® program that help to guide us in making ethical decisions. These Six Pillars are: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship. In 4-H programming, we strive to always incorporate each of the Six Pillars into our lessons and activities.

As each of you are working in your daily lives, school work, 4-H clubs, and other activities, please try to remember these Six Pillars of Character. Do you incorporate the Six Pillars into your daily life and follow them as a guide when making decisions? Are you being honest, reliable, loyal and **trustworthy** in all of your daily activities? Do you treat others with **respect** by following the Golden Rule, having manners, and accepting differences? Do you do what you are supposed to do by taking **responsibility** for your actions, using self-control, thinking before you act and setting a good example for others? How about treating others **fairly**? Are you open-minded? Do you take turns and share? Don't forget to be **caring**! Are you kind, compassionate and forgiving? Are you a good **citizen** by being a good neighbor, staying informed and doing your share to make your school and community a better place?

“Autumn is a second spring when every leaf is a flower.”

– Albert Camus

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



Fall is here and it's never too early to plan for spring. Now is the time to plant your spring blooming bulbs before the soil begins to freeze. Plant tulips, hyacinths, daffodils, alliums (ornamental onions), crocus, gladiolus, snow drops, etc. now for a beautiful display come spring. Some easy to maintain and pest resistant bulbs are daffodils, grape hyacinths, alliums, gladiolus and snowdrops.

For the vegetable grower, now is a good time to take note of what happened during the past growing season. Did a late spring frost damage early planted seedlings? Did squash bugs come early and wipe out your crop? Did you have the tastiest tomatoes you've ever grown? Are you going to plant cole crops this fall? Write down the good, the bad and the ugly as a reference to prepare for next year's garden.

Also, remember to keep your lawn free of all those falling leaves! If allowed to pile up and become dense, leaves can prevent light from reaching your lawn as it tries to soak up and store the sun's energy before going dormant. Leaf litter also prevents air from circulating through live turf and can promote diseases and ultimately lead to damage or complete death of the lawn. So, remove leaves and leaf piles from your lawn regularly to maintain its health.

For those who put indoor plants outside for the summer, remember to watch the forecast carefully as the nights become cooler. You need to bring them inside for the winter when temperatures are forecasted to be around 45 to 50 degrees for more than 3 nights in a row. Some tropical plants we keep as indoor specimens can endure colder temperatures and some cannot. Make sure you know the minimum temperatures they can tolerate and bring them inside at the appropriate time. Doing this will ensure you are able to enjoy them year after year.

Lastly, fall is an excellent time to prepare for our aviary friends, the birds. Once seeds, insects and other resources diminish into winter birds will search for alternate provisions. Clean, repair or replace seed feeders now and consider providing water for drinking and bathing as rainfall becomes less frequent. Doing these things in preparation for the imminent changes in weather will benefit you, your garden, and your natural surroundings. Take a stroll, enjoy the cooler temperatures and the spectacular display of fall color as Mother Nature prepares for winter.

For more information or to register for the following events call (434) 348-4223.

Master Gardener Meeting	October 7th	5:30pm - 6:30pm
Extension Community Council	October 21st	3:30pm - 5:00pm
Southside Beekeepers Association Meeting	October 24th	6:00pm - 7:30pm
Southern Piedmont AREC 50th Anniversary	November 1st	10:00am - 2:30pm
Master Gardener Meeting	November 4th	5:30pm - 6:30pm
Well Water Kick-Off Meeting (#1)	November 5th	9:00am
Well Water Kick-Off Meeting (#2)	November 5th	12:00pm
Well Water Kick-Off Meeting (#3)	November 5th	5:30pm
Well Water Sample Kit Drop-off	November 6th	7:30am - 9:30am
Southside Beekeepers Association Meeting	November 28th	6:00pm - 7:30pm
Master Gardner Meeting	December 7th	5:30pm - 6:30pm
Annual Holiday Wreath Workshop	December 14th	1:00pm - 3:00pm
Southside Beekeepers Association Meeting	December 26th	6:00pm - 7:30pm

Keys to Staying Healthy During the Holidays

By Jessica Jones,
Program Assistant - Youth
Family Nutrition Program



The holiday season is a time of celebration, family gatherings, and often a lot of indulgent food and festivities. While it's important to enjoy this time, it can also be easy to lose focus on maintaining good health. Here are 3 keys to help you stay healthy, both physically and mentally, during the holidays.

1. Prioritize Balanced Eating

Indulging in holiday treats is fine in moderation, but try to maintain balance by eating mindfully, loading up on fruits and vegetables and staying hydrated. Accomplish this by taking time to savor your food and avoid overeating by listening to your body's hunger cues. Be sure to include nutrient-rich options to balance heavier holiday meals. Remember sometimes thirst can be mistaken for hunger, so drink plenty of water throughout the day.

2. Stay Active

It can be tempting to skip your regular exercise routine during the holidays, but staying active is key so incorporate movement daily and get active with family and friends. Whether it's a brisk walk after meals, dancing at a holiday party, or playing with kids, find ways to keep moving. Turn physical activity into a fun social event by doing group walks or playing sports together. The holidays are a great time for game of limbo or musical chairs (play at your own risk of course).

3. Be Prepared for Cold and Flu Season

With the holidays coinciding with colder weather, it's essential to take precautions to stay healthy and strong. You can accomplish this by washing your hands frequently, staying up to date on vaccinations and listening to your body. Washing your hands for 20 seconds with soap and warm water is one of the best ways to prevent the spread of germs.

As cases of respiratory illnesses begin to rise, consider getting a flu shot and if applicable other recommended vaccinations. Sickness often increases after holiday gatherings so give your immune system a boost by staying up to date on your vaccinations. If you have questions about vaccinations, you can contact our office and speak with our FCS Agent to obtain the latest information on current viruses and vaccinations. Lastly, listen to your body and if you feel unwell, prioritize rest and avoid exposing others.

The holidays don't have to be perfect to be enjoyable. Focus on the moments that bring you joy, whether it's spending time with family, enjoying a peaceful winter walk, or indulging in your favorite holiday tradition you will find a way to find joy in the holiday season.

By focusing on these key health tips, you can enjoy a fun, balanced, and healthy holiday season!

Upcoming Programs

To register for the following programs call 434-348-4223

Food Preservation 101, November 14th, 10:00am - 12pm, Free

Healthy Holidays Made Easy, November 15th, 12pm— 12:30pm (Virtual), Free

Parenting Classes, November 26th, December 3rd, 10th and 17th, 9:00am - 12pm, Free