



Prince William 4-H

Our Clubs, Our Community



May 3, 2023

Upcoming Events

- Apr 26-May 7** - TSC Paper Clover
- May 13** - PW 4-H Cloverbud Club
- May 19-21** - VA 4-H Spring Teen Summit
- May 24** - Fundraising Committee Meeting
- May 25** - PW 4-H Teen Club
- Jun 10** - Market Day #1
- Jun 26-30** - Virginia 4-H State Congress
- Jul 15** - Market Day #2
- Jul 23-27** - Prince William/Stafford 4-H Junior Camp
- Aug 5** - Market Day #3
- Aug 14-18** - Prince William 4-H Fair Camp
- Sep 2** - Market Day #4
- Oct 14** - Market Day #5
- Nov 24-28** - National 4-H Congress

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Click to Visit



Prince William 4-H Children's Barn & Fair Camp Updates



CLUB PHOTOS NEEDED!

DeeAnn Strand is working on poster displays for the Prince William 4-H Children's Barn at the PWC Fair. Please submit a group photo of your 4-H club and pictures highlighting your club activities over this past year. Photos can be emailed directly to

[DeeAnn Strand](#).



PW 4-H FAIR CAMP WORKDAY WEDNESDAYS START JUNE 21ST

It's time to use your helping hands, earn volunteer hours, and ensure the success of the Prince William 4-H Fair Camp! Workday Wednesdays are every Wednesday from June 21st to August 2nd from 10 am - 2 pm. Volunteers can come and go as your schedule permits. Be sure to bring a lunch and water.



COMMUNITY SERVICE OPPORTUNITY - PAINTING AT THE FAIRGROUNDS

Interested in a community service project for your club? The Prince William Fairgrounds is in need of a little touch-up paint. The fairgrounds will provide the paint and brushes. You provide the volunteers. The work may begin anytime, but needs to be completed prior to the fair in August. [Please contact MaryBeth Lerch for more information.](#)

Let's Put the FUN in FUNdraising!



Prince William 4-H Association Finance Committee Meeting

Date: Wednesday, May 24th, 6:30 pm

Location: McCoy Conference Room, Prince William 4-H Office

Who Should Attend: All 4-H youth and adult members interested in helping fundraise to support Prince William 4-H activities, camps, and scholarships. Each club should also send an adult and youth 4-H member to relay information back to their club.

Help support our local youth with your creative ideas! Cost should not be a deterrent to participate in 4-H. Help make our programs, activities, and events affordable and accessible to all by creating and implementing simple and FUN fundraising events. Your Prince William 4-H Association Finance Committee has researched many ideas and needs your input to select and implement programs...each with a little extra FUN for all!



Kettle Run 4-H Club is at TSC this Saturday!

Stop by TSC on Saturday, May 6th from 3-6 pm and support 4-H and Kettle Run 4-H Club!

TSC Paper Clover Campaign Dates: April 26th - May 7th
Location: 10870 Balls Ford Rd, Manassas

Prince William 4-H Summer Camp Registration is OPEN!



PRINCE WILLIAM - STAFFORD 4-H JUNIOR CAMP: ADVENTURE WITH 4-H
Registration Fees increase by \$50 after JUNE 1st! We cannot guarantee camp t-shirts after June 1st.

Dates: July 23rd - 27th

Location: Northern Virginia 4-H Educational Center, Front Royal, VA

Who Should Attend: Youth ages 9-14

[Click here to register for Prince William/Stafford 4-H Junior Camp.](#)

Save the Date: 1st Time Junior Camp Parent/Camper Meeting, July 11th on Zoom

Prince William-Stafford 4-H Junior Camp is our premiere camp for youth in 4-H as well as youth interested in 4-H. Camp will consist of morning classes, daily swim and recreation time, as well as evening programs and campfire. When registering on April 1st, youth will be able to select a program Track for morning activities. Classes will include archery, arts and crafts, canoeing, performing arts, ropes course, and so much more. New this year is a Taste of Camp program for those who are first time campers. This track provides the opportunity to sample some of the most popular classes available, such as STEM, campfire cooking, low ropes, swim, and outdoor living skills.



PRINCE WILLIAM 4-H FAIR CAMP: THRIVE WITH 4-H

Dates: August 14th - 18th, 9 am - 12:30 pm

Location: Prince William County Fairgrounds, Manassas, VA

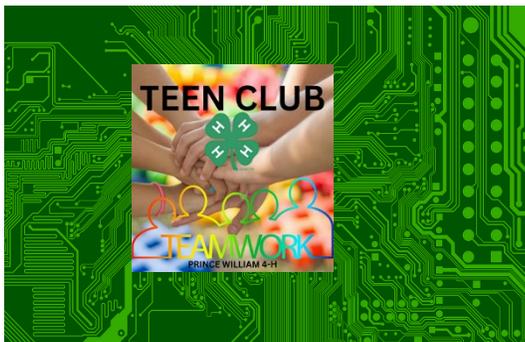
Who Should Attend: Youth ages 5-12

Cost: \$50 and includes activities, a healthy snack, and a camp t-shirt

[Click here to register for Prince William 4-H Fair Camp.](#)

4-H Fair Camp is a day camp held during the week of the annual Prince William County Fair. Youth learn and grow in a safe and exciting environment through creating arts projects, exploring fair exhibits, and enjoying team games and activities. This year's theme is "Thrive with 4-H", with activities in the areas of STEM, arts and crafts, potato scenes, and the opportunities to take advantage of special fair programming.

Prince William 4-H Teen Club Explores STEM



PW4-H TEEN CLUB: FOCUSING ON THE 4-H PILLAR OF STEM

Date: Thursday, May 25th

NEW DATE!

Time: 7-8:30 pm

Location: McCoy Conference Room

[Click here to register.](#)

Join us for an electrifying exploration of photovoltaic technologies (aka solar panels) and squishy circuits.

ALL PRINCE WILLIAM JUNIOR 4-H'ERS 12 AND UP ARE INVITED TO ATTEND THIS TEEN CLUB MEETING.

Prince William 4-H Tree Seedlings Project Grows

4-H offers tree seedlings to youth educators for planting projects in the community each spring. The Kindergarten at Rosa Parks Elementary School in Woodbridge, Virginia, took their environmental responsibility to a whole new level - planting 115 tree seedlings! *Maybe they'll consider starting a 4-H Environmental Science SPIN Club at their school?*

We're so proud of our Prince William youth!



Prince William 4-H Young Entrepreneurs Schedule Changes



WORKSHOPS

McCoy Conference Room, 7987 Ashton Ave., Manassas

~~May 9~~

May 23 6:30 - 8 pm

May 30 6:30 - 8 pm

MANASSAS FARMER'S MARKET FIELD TRIP

Commuter Car Park, 9024 Prince William St., Manassas

May 20 9 - 10 am

MARKET DAYS

Commuter Car Park, 9024 Prince William St., Manassas

June 10 7:30 am - 1 pm

July 15 7:30 am - 1 pm

August 5 7:30 am - 1 pm

September 2 7:30 am - 1 pm

~~September 9~~

October 14 7:30 am - 1 pm



May Prince William 4-H Cloverbud Club



Date: Saturday, May 13th

Time: 10 AM - 12 PM

Location: 4-H Children's Barn, PWC Fairgrounds

Who Should Attend: All greater Prince William youth ages 5-8 with an interest in 4-H

[Click here to register.](#)

Prince William 4-H Cloverbuds will learn about sound waves and how, even though we cannot see them, we know they are there. We hope to welcome some special musical guests and make our music through the instruments we create!





PRINCE WILLIAM 4-H FOOD CHALLENGE

Day 2

Virginia 4-H Spring Teen Summit

Dates: May 19th - 21st

Location: W.E. Skelton 4-H Center

Cost: \$50, made out to the Virginia Tech Foundation

Register through 4-H Online. **Register by May 8th.**

Virginia 4-H State Cabinet Elections



Who Should Apply: All Prince William 4-H Teens in Leadership Positions

Applications Due by Friday, May 5th at 5 pm.

Up to 4 youth 4-H members from each of the 5 VCE Districts will be elected.

The State 4-H Cabinet is a youth/adult partnership in which youth and adults work together to promote and carry-out specific programmatic functions of the Virginia 4-H program. Serving as a State 4-H Cabinet member is designed to be a competitive and engaging leadership development experience within the Virginia 4-H program. The youth members of the Cabinet (Officers, Ambassadors, Mentors, Liaisons and the Past-President), serve as the 'voice' for 4-H youth across the Commonwealth. The adult members of the Cabinet provide additional Extension experience, help the youth members to see the larger context of Virginia Cooperative Extension and the Virginia 4-H program, and help the youth members to be successful.

- [Click here for PDF Application](#)
- [Click here for MSWord Application](#)
- [Click here for Current 4-H Congress Bylaws](#)

Virginia 4-H State Congress - Register Early!

Dates: June 27th - 30th

Location: Virginia Tech, Blacksburg, VA

Who Should Attend: All Prince William 4-H'ers ages 14-18

Registration Fee: \$270

Click here to register through 4honline. Registration closes May 26th.

REGISTER EARLY - workshop sessions fill quickly.

Virginia 4-H State Congress is the premier, statewide annual 4-H event for outstanding 4-H teens and adult volunteer leaders. Its mission is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities.

[Click here for the full information packet.](#)

[Click here for more information and details on the Virginia 4-H Website.](#)

SAVE THE DATE

VA 4-H Teen Summit



WHAT IS THIS ABOUT?
FOCUSED ON SOCIAL JUSTICE AND EQUITY + INCLUSION ISSUES SUCH AS RACIAL JUSTICE, LGBTQ+ RIGHTS, THE ENVIRONMENT, MENTAL HEALTH, TEEN VOICE, AND EMPOWERMENT

LOCATION:
W. E. SKELTON 4-H CENTER, WIRTZ, VA

COST: \$50

INFO SESSION: A ZOOM MEETING EXPLAINING MORE ABOUT SUMMIT

DATE: APRIL 17 @ 6 PM

<https://forms.gle/MLQOgvnPT3G3JLjSA>

WHO SHOULD ATTEND?
TEENS (14-18) WHO WANT TO LEARN HOW TO CREATE CHANGE IN THEIR COMMUNITIES

REMINDEES!
REGISTRATION STARTS ON APRIL 3RD ON 4-H ONLINE

THE DEADLINE IS MAY 8TH!

DATES: MAY 19 - MAY 21

PARTICIPANT SHOULD ARRIVE ON FRIDAY FROM 6:30-7:30 PM AND DEPART ON SUNDAY @ 12 PM



Virginia 4-H Youth Animal Science Updates

VIRGINIA YOUTH LIVESTOCK PROGRAMS



JUDGE LIKE A CHAMPION LIVESTOCK JUDGING CAMP

Dates: June 4th -6th

Location: Rockingham County Fairgrounds, Harrisonburg VA

Who Should Attend: 4-H Youth ages 9-19 with all animal judging level experience

Registration fee must be received by June 1st.

[Click here for more information and to register.](#)

Two days of Camp instruction (Sunday & Monday) followed by a Contest (Tuesday). The Camp registration fee is \$175/person. This includes dinner on Monday night and all meals through Lunch on Tuesday, and entry into the Tuesday contest. The registration fee does NOT include lodging. Attendance is limited to the first 75 youth to register.

VIRGINIA STATE 4-H HORSE SHOW

Date: September 7th - 10th

Location: Lexington, VA

[Click here for more information and registration information.](#)

[Click here for the Show website.](#)

This year's Declaration Process will be the same as last year and will be completed electronically via 4HOnline. That system should open on May 1st and will close on July 1st. Instructions and details will be sent out when the system opens. This fully electronic process does not require you to print paperwork for an Agents signature, as the Agent in your Unit will "approve" those declarations within the system.



Virginia 4-H Horse Program

Franklin County Youth Livestock Show



Registration Packet
3 Ways to Access

Scan the QR Code
email: cmartel@vt.edu
call: 540-483-5161



Virginia Tech • Virginia State University

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.

Declaration Portal Available in 4HOnline: OPEN
State Show Entry System will Open: June 1st
Declaration Deadline: July 1st
State Show Entry Deadline: July 17th

Please check the Virginia 4-H Horse Program website for District Qualifying Events:

- Qualifying Clinics: <https://ext.vt.edu/4h-youth/horse/events/district-qualifying-clinics.html>
- Qualifying Shows: <https://ext.vt.edu/4h-youth/horse/events/district-qualifying-shows.html>
- Horsemanship Skills Opportunities: <https://ext.vt.edu/4h-youth/horse/events/horsemanship-skills/skills-calendar.html>

2023 STATE 4-H HORSE SHOW SILENT AUCTION
Please **DONATE**
Last year's silent auction brought in over \$13,000 for the Virginia 4-H Horse Program! If you are able to donate an item for the auction, raffle, or cash donation to offset costs, please contact Rose McDonald, 4-H State Horse Show Silent Auction Chair, 540-877-4935.

IMPORTANT LINKS

➔ [Click here for the Virginia Youth Animal Sciences Calendar](#)

➔ [Click here for the Virginia Youth Animal Sciences Facebook Page](#)

2023 June Dairy Month 4-H Poster Contest

Posters Due June 15th.

[Click here for more information and to apply.](#)

June is Dairy Month! This year's theme is "Around the Dairy in Seven Days." The purpose of the contest is to learn more about milk and milk products and their importance to human health. All Virginia 4-H'ers are invited to participate.

Awards are provided based on age group:

Junior: 9 to 11 years old (as of September 30, 2023)

Intermediate: 12 to 13 years old

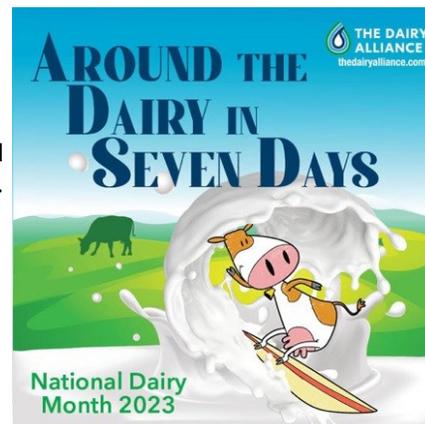
Senior: 14 to 19 years old

Virginia State Prizes for each age group:

\$100 First Place

\$75 Second Place

\$50 Third Place



2023 YADAPP Kickoff Conference

Dates: July 17-21

Location: Longwood University, Farmville, VA

[Click here for more information and to register.](#)

An annual peer leadership opportunity fostering the prevention of substance use, YADAPP begins with a kick-off conference July 17-21 at Longwood University in Farmville. Participation requires the registration of a team of four high school student participants and one adult sponsor. During the conference, students attend topical workshops facilitated by peer leaders, hear from well-known motivational speakers, learn peer leadership and prevention best practices and develop a Strategies To Act Now Plan to address substance use among their peers.

Adult sponsors participate in their own track throughout the conference, receiving resources and training on topics that help them support their team. Adult sponsors are eligible for continuing education units and professional development hours; law enforcement officers are eligible for partial in-service credits.



2023 National 4-H Congress - Applications OPEN!

Date: November 24th - 28th

Location: Atlanta, Georgia

Who Should Apply: Prince William Senior 4-H'ers ages 14-18

[Click here for application flyer and more information.](#)

Applications are due by May 26th.

For more than 100 years, National 4-H Congress has served as the premiere educational and recognition event for senior 4-H members. National Congress provides participants an exciting opportunity to explore careers, engage in a variety of quality learning experiences, and have great fun by getting to know other 4-H members from across the country. Outstanding 4-H members will be selected to represent Virginia at National 4-H Congress. Candidates for selection must be senior 4-H members in the current 4-H year who are able to demonstrate outstanding achievement as a 4-H member in the areas of leadership, citizenship, and personal development.

NATIONAL 4-H CONGRESS
UNFORGETTABLE
PAST INNOVATIVE
FUTURE

Austrian Exchange Youth Seeking Prince William 4-H Volunteer Family



Help "Bring the World" to your 4-H club by hosting an international exchange student! Virginia 4-H is hosting an (IFYE) International 4-H Youth Exchange representative from Austria June 19-August 14. She will arrive at Dulles International Airport and participate in orientation and be ready to stay with a family on June 19th. She is scheduled to travel to Virginia Tech for the Virginia 4-H Congress June 26-30. Prince William 4-H families are needed to host the delegate for 1-2-3 weeks at a time.

About the Delegate: Jasmin is a 19 year-old from Austria and asked to come to Virginia so she could improve her English language skills and learn more about the state. She is fluent in German and pretty good in English. As a college student studying mechatronics (electrical, informatics and mechanical applications), Jasmin is interested in learning about technical connections and more about farming and cooking. She can drive a tractor, does land judging, and organizes events. She likes nature and likes to hike. She wants to improve her "English" and learn more about Virginia. She also likes to play the clarinet. "My host family can expect a young and powerful woman who wants to learn more about the world."



Please respond by April 27th if you are able to host Jasmine for a week or two this summer. Families will need to complete an application, provide references and have a background check. Please contact [MaryBeth Lerch](#) for more information.

Virginia 4-H: 2023 States' 4-H Exchange ISO 17 Host Families

States' 4-H International Exchange Programs
2023 INBOUND PROGRAMS
Host a delegate in your home this summer and give your family a global perspective!



Host a Japanese youth in Summer 2023 through States' 4-H International!

Invite an international youth into your home for three and a half weeks and share an American experience. Expand your family's cultural understanding, learn about new foods and customs, and possibly a new language all while sharing your own. Your children will build lifelong friendships and will gain new perspectives on their own country too!

Open your home to an exchange student and open your lives to the world!



HOSTING PERIOD: 3 1/2 weeks from late July to mid August

- You can host a youth aged 12-18 or an adult chaperone
- Youth have a range of English language abilities, so host families should be prepared to communicate imaginatively

HOST FAMILY REQUIREMENTS

- You must have a child of the same gender who is within 3 years of the hosted youth (children aged 9+ are eligible to host)
- Families without children of the appropriate age may host an adult chaperone
- No special activities need to be planned since these youth want to experience American culture, make new friends, and improve their English by staying with your family
- You don't need to be involved with 4-H to host

For more information - Visit: <http://www.states4hexchange.org>
Email: exchange@states4h.org Call: 1-800-407-3314

Virginia Contact: Wendy Herdman Email: wherdman@vt.edu Call: 1-804-493-8924



Facebook: <https://www.facebook.com/states4hexchange/>, Instagram: [@states4hinternational](https://www.instagram.com/states4hinternational)

Please note: Host family selection is dependent on completion of an application and screening process as well as student availability and personality compatibility



Please consider hosting a young Japanese delegate in your home this summer!

Virginia 4-H is looking for families to host 16 Japanese youth delegates during summer 2023 and 1 adult delegate. Host family applications are available now. Please consider this amazing opportunity to grow your cultural competencies! **So far we have 11 families with applications submitted - need 6 more by May 19th!**

Summer Program FAQs

[2023 Online Application Link](#)

[Click here for the Virginia 2023 States' 4-H Exchange](#)

[Facebook Page.](#)

- Program runs July 24 through August 19
- No previous 4-H experience is required
- Japanese delegates will be aged 12-18
- Youth have a range of English language abilities.
- Host family receives no stipend to host a delegate.
 - To host a delegate, a family must have a child who is 9+ years old.
 - Families will be matched with a delegate of the same gender who is within 3 years of the host youth's age.
 - Families without youth can host adult chaperones.
 - Delegates are here to experience every day American life. No special activities need to be planned.
 - Host Families will receive support before, during & after the exchange
 - Host families will be screened and interviews as part of our risk management protocol.



#opportunity4all

PRINCE WILLIAM 4-H CLUBS

Our clubs encourage growth in friendships, leadership and life skills by providing opportunities for all youth in the 4-H Pillars of Citizenship, Healthy Living, STEM and Agriculture. We learn by doing! Using research-based curriculum resources, we participate in community service, contests, skills-based projects, and so much more, on local, district, state, and national levels. Prince William 4-H currently has 8 active clubs, and encourages the greater Prince William area to grow and establish new clubs to serve their interests.

<p>Nokesville 4-H Club <i>Nokesville-Based Community Club</i></p> <p>An active and thriving community club, Nokesville 4-H Club focuses on 4-H Projects and has regular opportunities for community service, club-level activities, and county and state activities.</p>	<p>Kettle Run 4-H Club <i>School-Based Community Club</i></p> <p>Kettle Run 4-H Club is a group of Cloverbud, Junior 4-Hers, and their parents who strive "to make the best better" through many exciting activities and community service.</p>	<p>Linton Hall 4-H Club <i>School-Based Community Club</i></p> <p>Linton Hall 4-H Club is a one of Linton Hall School's Signature Programs. As a school-based club, members must attend Linton Hall School.</p>	<p>NEW 4-H Club Forming! <i>Manassas-Based Community Club</i></p> <p>This club is currently applying for a charter and hopes to be actively meeting Spring 2023. Youth members will determine the club's focus and elect officers. Youth ages 9-19 are welcome to join and help form the project direction and club focus.</p>
<p>Nokesville Equestrian 4-H Club <i>Special Interest Club</i></p> <p>Nokesville Equestrian 4-H Club is a special interest club open to members aged 8 to 18, with primary emphasis on all things horse. Members compete at local, state, and regional contests in both riding and horse knowledge. <i>Members are not required to own a horse.</i></p>	<p>Trigger Time 4-H Club <i>Special Interest Club</i></p> <p>Trigger Time 4-H Club was started in 1993 and is our longest running club. Working to develop youth teamwork, responsibility, self confidence and decision making skills through shooting education, the club participates in local, state, and national competitions. Trigger Time 4-H Club conducts safety and education programs for air rifle, small bore rifle, archery, skeet and trap, black powder, hunter education and wildlife conservation for youth ages 9-19.</p>	<p>Prince William 4-H Teen Club <i>Special Interest Club</i></p> <p>Prince William 4-H Teen Club is a 4-H enrichment club with monthly meetings, activities and opportunities to further engage youth ages 14-19 with leadership, socializing, citizenship, health living, STEM and agriculture opportunities. The club encourages teens to take advantage of the many local, regional, state and</p>	<p>Prince William 4-H Cloverbud Club <i>Special Interest Club</i></p> <p>Prince William 4-H Cloverbud Club hosts monthly meetings during the school year to introduce youth ages 5-8 to 4-H. Through hands on activities, we focus on exploring the 4-H pledge, motto, and pillars of Citizenship, Healthy Living, STEM, and Agriculture.</p>

Contact MaryBeth Lerch at mblerch@pwcva.gov for more information and to connect to a 4-H Club.



National 4-H Curriculum: April Showers Bring May Flowers!



[Click here for CLOVER by 4-H free curriculum.](#)

Learn about plant hardiness zones and areas where certain kinds of plants can grow, which help gardeners and farmers decide what to grow based on the climate in which they live. Check out these free online curriculums:

- Food Systems for Thought and Change, Grades 6-12, 8 Activities
- Grow Your Own Herb Garden, Grades 3-8, 30 Minute Activity
- Food Fun: Growing and Making Your Own Food, Grades 3-12, 6 Activities
- Grow Your Own Microgreens, Grades 3-12, 30 Minute Activity
- My Food Journal, Grades 3-12, 30 Minute Activity
- Groceries and Household Products, Grades Pre-K - 5, 30 Minute Activity

Celebrate Waste and Recycling Workers the Week of June 17th



Reprinted Media Release by PWC Dept. of Public Works, Solid Waste Division

Prince William, VA, April 28, 2023 –Prince William County residents, businesses, and organizations are encouraged to celebrate National Waste and Recycling Workers Week, June 11-17, and recognize the men and women that work daily to keep our communities and streets clean and safe.

What began as National Garbage Man Day recognition- June 17, 2012- became a National Waste and Recycling Workers Week celebration. A week gives communities, companies, and organizations more time to show appreciation for their trash and recycling collectors' critical contributions to public health.

In addition to collecting trash, the employees of the solid waste industry are also pioneers in advancing technologies such as recycling, renewable and sustainable energy, and reducing our dependence on fossil fuels. Match that with the clear impact on community cleanliness and hygiene; the modern-day waste and recycling worker deserves more than our garbage every week.

National Safety Month is also in June. The goal of this National Safety Council designation is to increase awareness of the leading safety and health risks facing employees and decrease the risk for workplace injuries and deaths in the U.S. According to the U.S. Bureau of Labor Statistics, waste and recycling workers rank 7 out of 10 on the list of fatal job injuries in 2021. The most common cause of death for these workers is being struck by a garbage truck or other vehicle, which makes safety an essential focus for Waste and Recycling Workers Week, too.

On June 15 and 16, the Prince William County Solid Waste Division will show its appreciation to industry workers with a special treat and a safety reminder message.

During the week of June 17, households and businesses are encouraged to recognize the solid waste industry members serving them. There are lots of ways to show support and appreciation for the people doing these dangerous and vital jobs:

- Safety First -slow down and pay extra attention when approaching or passing a collection vehicle.
- Follow the guidelines for size and weight limitations and types of materials discarded in the regular trash, recycling, and yard waste bins.
- Make sure all household trash is in a bag, and bags are securely closed.
- Do not set trash bags outside the cart.
- Do not put hazardous materials, including batteries, in the trash.
- Use caution when putting harmful items in the trash, such as glass or hot ashes.
- Consider ways to reduce, reuse and recycle things at home, school and work instead of throwing them in the garbage.
- Wave to your collector (keep six feet distance) to show your awareness and appreciation of their efforts.
- Express thanks and appreciation with a chalk drawing on the sidewalk or driveway, a cardboard sign, or a banner taped to your trash cart/can.
- Leave a snack or bottle of water for your collection crew.
- Give the landfill and compost facility attendants an air "high five."

Many of these suggestions are appropriate to practice year-round. To learn more about National Waste and Recycling Workers Week and how to show your support, go to <https://www.wasterecyclingworkersweek.org/>. You can also send your celebration ideas and photos to PWCRecycles@pwcgov.org.

Gardening Season is Here! Register for Free Classes

The gardening season is here and Virginia Cooperative Extension is offering free classes on Zoom and in-person on a variety of lawn and garden topics. [Click here for class descriptions and to register.](#)

UPCOMING ZOOM CLASSES

Wednesday May 3, Invasives
Wednesday, May 17, Diseases of Tomatoes and Solanaceous Plants

IN PERSON CLASSES

- Spring Turf Maintenance @ Teaching Garden (9535 Linton Hall Rd.), Thursday, May 11, 6:30 pm
- Lawn Design Basics @ Potomac Library, Potomac Community Room, Saturday, May 13 11:00 am to 12:30 pm

SATURDAY IN THE GARDEN (Teaching Garden, 9535 Linton Hall Rd., Bristow)

May 6, Turtles and MGPW Spring Plant Sale, 9 am - noon
June 3, Women in Agriculture/Horticulture, 9 am - noon
July 8, All About Bats in Prince William, 9 am - noon
Aug 5, Groundcover Lawn Alternatives, 9 am - noon
Sept 9, Cover Crops/Installing a Meadow, 9 am - noon
Oct 7, Identifying and Removing Invasives, 9 am - noon



**Virginia
Cooperative
Extension**

Virginia Tech.
Virginia State University

Join the VA Soil Health Coalition for Show & Tell Farm Visits

[Click here for more information and to register.](#)

Are you an agricultural service provider or conservation professional? Do you want to learn more from some of the most innovative producers in Virginia? Join us for one of three Soil Health Show & Tell Farm Visits to learn about how soil health champion farmers across Virginia are implementing soil health on their operation, what challenges and opportunities they are realizing, and how you can most effectively work with producers to implement holistic soil health systems.

The visits are led by the Virginia Soil Health Coalition in partnership with the Virginia Association of Biological Farming with funding from Southern SARE.

Sessions are scheduled from 10:30 am - 2 pm, and to be held:

- May 18: Broadfork Farm
- June 6: Radical Roots Farm
- July 18: Bramble Hollow Farm

2023 SOIL HEALTH SHOW & TELL FARM VISITS

Are you an agricultural service provider or conservation professional? Do you want to learn from some of the most innovative producers in Virginia?
Join us for an on-farm soil health field day to learn how farmers across Virginia implement soil health in their operation, what challenges and opportunities they are realizing, and how you can effectively work with producers to implement holistic soil health systems.

May 18: Broadfork Farm, 9501 Deer Range Road, Moseley, VA 25120
June 6: Radical Roots Farm, 3083 Flook Lane, Keezletown, VA 22852
July 18: Bramble Hollow Farm, 2108 Hutchens Road, Montvale, VA 24122

- Exploring soil health practices and approaches on the farm
- Problem solving on-the-ground with soil health champion farmers
- Networking with other service providers/professionals
- FREE LUNCH!

SCAN TO REGISTER OR VISIT WEBSITE BELOW

REGISTER NOW, SPACE IS LIMITED!

<https://www.virginiasoilhealth.org/training>

Led by the Virginia Soil Health Coalition in partnership with the Virginia Association of Biological Farming with funding from Southern SARE

Solar Energy Workshop

[Click here for more information and to register.](#)

Please join us for an introductory educational workshop exploring solar photovoltaic (PV) systems. Session speakers will include representatives from Virginia Cooperative Extension, Azimuth Solar Training, and others. Space is limited and registration is required (\$20), and includes lunch. The sessions are made possible with support from the Virginia Department of Energy.

Sessions are scheduled from 10 AM - 3 PM, and to be held:

- Wednesday, May 31: Eastern Shore Agricultural Research and Extension Center in Painter, VA
- Thursday, June 1: Seafood Agricultural Research and Extension Center in Hampton, VA
- Friday, June 2: Clermont Farm in Berryville, VA



BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
May 2023 Newsletter

Buzz

STEPS TO SUPPORTING LOCAL FOOD AND FARMING

- 1) Take a trip to a local farm or farm stand to learn what the farm produces.
- 2) Learn what foods are in season and try to build your menu around them.
- 3) Visit and learn what's available at local farmers markets.
- 4) Encourage your favorite grocery stores and restaurants to source food locally.
- 5) Experiment with drying, canning, jamming, or otherwise preserving fruits and vegetables.
- 6) Start a conversation with local farmers, agricultural and elected officials about how to shape policies that strengthen agriculture and the local food landscape.



Growing, Buying, and Eating Local Food: The What, Why, and How?

There are many reasons to support local agriculture and food producers. People's reasons may vary depending on their individual and household situations. When interest in local foods surged in the early 2000s and after the financial crisis of 2008, there was a significant effort to define, and possibly debate, what local food means. Early definitions of "local food" centered on food miles and proximity to one's home. Defined boundaries ranged from 30, 100, 250, to 400 miles, while others defined local food by geographic or watershed boundaries. Nutritionist Joan Gussow, a professor and an early proponent of local, organic food and gardening, proposed trying to buy local food within a leisurely day's drive of our homes with a goal of maintaining a thriving countryside of farms.

With any decision, even the smallest, we are in a tangible way building the world we want to see and experience. Our decisions and choices matter – support of local food and farming is relational and one strategy to deeply root people in a place and solidify farming as integral to local history, landscape, and culture. Ultimately, the goal of food and farming is (or should be) to advance the health and well-being of individuals and the population as a whole. In growing, buying, and eating local, I recommend starting small and in manageable chunks of time, effort, and financial resources for yourself and household. You know your context and capabilities. Growing a container garden or small plot of tomatoes and peppers may be a good first manageable step and what can be more local than planting, growing, harvesting, cooking, and eating your own food. Once you succeed at that level, you might then plant a garden and grow as much of your own food as possible.

Growing, buying, and eating local is simply practical, and does not need to be complicated and overwhelming – even a small amount of change and investment in your local community can have a big impact. Virginia Cooperative Extension can help you learn more about the local food landscape and informational resources such as Virginia Grown and Buy Fresh Buy Local.

By: Eric S. Bendfeldt, Ph.D., Extension Specialist, Community Viability and Food Systems, Virginia Cooperative Extension

Vegetarian Enchilada Casserole



A delicious take on a favorite Mexican food classic. This meatless dish is full of colorful vegetables.

Source:
dinnertonight.tamu.edu/recipe/vegetarian-enchilada-casserole

Ingredients (Makes 8 servings):

- 2 teaspoons canola oil
- 1 medium red onion chopped
- 1 medium zucchini grated or diced
- 1 (15.5 oz) can low sodium black beans rinsed and drained
- 1 (15 oz) can low sodium diced tomatoes rinsed and drained
- 1 ½ cup frozen, canned or fresh corn kernels (thaw if frozen)
- 1 teaspoon ground cumin
- 12 corn tortillas quartered
- 1 (10 oz) can red enchilada sauce
- 1 cup reduced fat cheddar or fiesta

Instructions:

1. Preheat oven to 400 F, lightly coat a 9x13" baking dish with cooking spray.
2. Cook the onion in the oil until browned. Add zucchini, beans, tomatoes, corn, cumin and salt. Cook vegetables are heated through (3 - 5 minutes).
3. Scatter half of the tortillas in the baking dish. Top with half the vegetables, half the enchilada sauce, and half the cheese. Repeat to form another layer.
4. Cover with foil and bake for 15 minutes. Remove the foil and bake until the casserole is bubbling around the edges and the cheese is melted.

Body

Achieving the Physical Activity Guidelines

Step : Strength Training

Muscle strengthening exercises should be done at least **2 days per week**.

Muscle strengthening exercises make the muscles do more work than they are used to doing during daily activities.

No specific amount of time is recommended, but you should repeat each exercise to the point it is difficult to do another repetition.

A variety of activities are necessary to achieve balanced muscle strength.

Aim to engage a variety of muscles - *shoulders, arms, abdomen, legs, hips, chest, and back.*

You can lift weights, use resistance bands, climb stairs, and more.

Check out this exercise video for exercise ideas:

Scan with your iPhones camera to access link



Mind Games

FARM

Circle the hidden words. Remaining letters spell a farm animal.

H A Y E S E E H C B A L E R
 E T U R K E Y S H O R S E L
 N B E S O W I N G S E E D I
 R U C C F E N C E O E W S V
 E T F H U W H S W N D E R E
 M T I E H D U G A O L L E S
 R E C E R O O V U B L L T T
 A R A N H T R R A O H P S O
 F T T B I E I T P A R H O C
 C D A R H A S L R P A T O K
 S R A T A L R V I R W G R L
 N E A I I C E G R Z O O K I
 E E E O R S T O M A E R C M
 W N S D T Y W O T S N R O C
 E R U T S A P S R W E E D S

WORDS

BALER HAY
 BARN HEN
 BUTTER HORSE
 CAT HOUSE
 CHEESE LIVESTOCK
 CORN MILK
 COW PASTURE
 CREAM PIG
 DAIRY PLOW
 DOG PRODUCE
 FARMER ROOSTER
 FENCE SEEDS
 FERTILIZER SOILS
 GOATS
 GRAIN
 HARROW
 HARVEST

RESOURCES

Buy Fresh, Buy Local

<https://buyfreshbuylocal.org/virginia>

Virginia Department of Agriculture and Consumer Services - Virginia Grown

<https://www.vdacs.virginia.gov/vagrown/index.shtml>

Virginia Cooperative Extension - Food Preservation

<https://ext.vt.edu/food-health/home-food-preservation.html>

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