



Prince William 4-H

Our Clubs, Our Community



August 2, 2023

Upcoming Events

- Aug 5 - Market Day #3
- Aug 12 - 4-H Northern District Shoot
- Aug 14-18 - Prince William 4-H Fair Camp
- Sep 2 - Market Day #4
- Sep 8-10 - VA 4-H State Shoot
- Sep 22 - Oct 1 - 2023 State Fair of Virginia
- Sep 30 - PW 4-H Open House
- Oct 1 - Happy New 4-H Year!
- Oct 14 - Market Day #5
- Nov 24-28 - National 4-H Congress

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Click to Visit



Garden Cleanup at the Fairgrounds



Date: Friday, August 4th
Time: 9 am - noon
Location: PWC Fairgrounds
Who should attend: all Prince William 4-H'ers! Earn community service hours!

It's time to tidy up the gardens at the Prince William 4-H exhibits at the fairgrounds! If you have a few hours to spare this Friday, August 4th from 9 am - noon, please lend your helping hands to this important effort. The fairgrounds are providing mulch for each garden. Please bring your hand tools (gloves, small shovels, rakes, and clippers) and a water bottle to stay hydrated.

If you have any questions, please contact DeeAnn Strand at dstrand@pwcgov.org or 703-792-4762.

Please Commit to Volunteering!

THRIVE WITH 4-H



We need YOU! Volunteers are starting to sign up for the 4-H activities at the Prince William County Fair from August 11th-19th. *Volunteers receive free entry into the Prince William County Fair when volunteering.*

WORKDAY WEDNESDAY

We had a group of enthusiastic youth that helped cut and sort items for Fair week. They enjoyed their time together talking about last fair camp and plans for this year. Thank you to the youth for taking time out of their summer vacation to help get things ready for another great week of Children's Barn fun and Fair Camp! [Click here to signup.](#)

CHILDREN'S BARN VOLUNTEERS

We need A LOT of youth and adult volunteer support at the PWC Fair for our exhibits to be successful. The Fair is only weeks away...please signup so we can solidify our plans. See more information on [Page 6](#) as well as in the signup. [Click here to signup.](#)

4-H FAMILY FUN NIGHT AT THE FAIR

We need teen leadership to help plan and run 4-H Family Fun Night at the Fair on August 14th from 5-8 PM. If you have a teen interested in volunteering, please contact DeeAnn Strand, dstrand@pwcgov.org or 703-792-4762

NEW! Please sign up to run a game station at 4-H Family Fun Night:
<https://www.signupgenius.com/go/4090C4DAAAF29A4FF2-4hfamilyl>



Bowling ★ Ring Toss ★ Knock 'em Down ★ Catapults ★ Face Painting ★ Plinko
 Sticky Tic Tac Toe ★ Paper Airplanes ★ Bean Bag Toss



THIS SATURDAY!



FARMERS MARKET

SATURDAY

AUGUST 5TH, 8 AM - 1 PM

Come out and support our Prince William 4-H Young Entrepreneurs and see how much we've grown!

**Manassas
Farmer's Market**
9024 Prince William St.
Manassas, VA



Featuring:
Ayden & Lexi, Tonchi,
Koa, Xanthe, Aisling,
Amari, Zaynab,
Ruqayyah, Diallo, Lyra
& Cora, and Nisanur

Prince William 4-H | www.pwcva.gov/4-H | 4HPWC@pwcva.gov

PRINCE WILLIAM 4-H

At the PWC Fair, August 11-19, 2023



4-H CHILDREN'S BARN

Daily Activities, 2-8 pm

THRIVE WITH 4-H through a series of thought provoking activities focusing on STEM, Healthy Living, Ag, and Civic Engagement. Participate in daily special presentations from community partners. They're all free, hands-on and captivating!

4-H AGRICULTURE BARN

Daily Exhibits, 2-8 pm

Explore Prince William 4-H through fascinating exhibits, take part in a community service project to support our deployed military, pet chicks from our embryology project, and discover how you can **THRIVE WITH 4-H!**

4-H FAMILY FUN NIGHT AT THE SHOW BARN

Monday, August 14th, 5 pm

Join in the excitement of family-friendly games and activities hosted by Prince William 4-H.

PRINCE WILLIAM 4-H FAIR CAMP

August 14th-18th, 9 am-12:30 pm, \$50 fee includes activities, snacks, and a camp t-shirt. Prince William 4-H Fair Camp is a day camp for youth ages 5-12 held during the week of the annual PWC Fair at the PWC Airgrounds South Barn and grow in a safe and exciting environment with fun activities, games, and art projects and more, in the 4-H Pillars of STEM, Health Living, Agriculture and Civic Engagement. Visit www.pwc4h.org for more information and registration links.

Discover a world of opportunities in Prince William and **THRIVE WITH 4-H!**



CAMP IS FULL



VOLUNTEER

and THRIVE
with 4-H!

Prince William 4-H at the County Fair

4-H YOUTH VOLUNTEER OPPORTUNITIES

Workday Wednesdays

Dates: Every Wednesday from June 21st - August 2nd

Time: 10 am - 2 pm; bring a bag lunch

Location: PWC 4-H Office

Who Should Volunteer: All middle school and high school 4-H'ers (bring a friend!)

[Click here to signup.](#)

Youth volunteers will be planning the activities, cutting, pasting, organizing, bagging, and more, for the enrichment activities at the 4-H Children's Barn at the PWC Fair and Prince William 4-H Fair Camp. Whether you're crafty, strong at lifting, good at organizing, innovative, or a worker bee, we need you to help us prepare!

Join the fun!

PWC Fair 4-H Children's Barn & Ag Barn - Youth Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts available

Location: PWC Fairgrounds

[Click here to signup.](#)

Youth volunteers are needed to assist youth and families with their activities as well as help direct the community service activities, assist with activities, share their 4-H stories and more.

ADULT VOLUNTEER OPPORTUNITIES

4-H Summer Fair Camp Chaperone

Dates: August 14th - 18th

Time: 8:30 am - 1 pm

Location: PWC Fairgrounds

Signup coming soon.

Camp Adult Volunteers are necessary to ensure our youth have a fun, safe camp experience. Adults are primarily chaperones, group facilitators, or help to distribute snacks. Any time that you can offer is welcome!

PWC Fair 4-H Children's Barn & Ag Barn - Adult Volunteer

Dates: August 11th - 19th

Times: 2-5 pm or 5-8 pm shifts

Location: PWC Fairgrounds

[Click here to signup.](#)

Visitors to the 4-H Children's Barn will be greeted by the Barn Manager and directed to activities. Adult volunteers will be on hand to answer any questions, assist with activities, and assist youth volunteers with community service and Ag Barn activities.



Fair Camp Counselor Two-Part Training Sessions

Prince William 4-H Fair Camp Counselors must attend a two-part training session for counselors to prepare for their leadership roles at camp. All camp counselors must attend a Part 1 and Part 2 session. Check your email for sign-up link. There are two dates for each part to choose from:

Part 1: ~~Aug 1, 10-12pm~~ - or - Aug 8, 5-7 pm

Part 2: Aug 3, 5-7pm - or - Aug 7, 10-12pm



Location: Jean McCoy Conference Room, 7987 Ashton Ave. Manassas, VA 20109

Prince William County Fair Contests

Prince William County Fair, August 11 - 19

[Click here for the Prince William County Fair website.](#)



2023 HOME ARTS

Farm & Garden Produce, Flowers & Gardens, Food Preservation, Baked Goods, Handicrafts, Ceramics, Art, and Photography. **Junior Special Awards for 4-H and FFA youth.** [Click here for contest rules and entry forms.](#)



4-H PROJECT BOOKS

4-H youth may submit last year's or this year's (if complete) project book in the Youth Home Arts Educational category (see page 72 in the Fair Contest Catalog). [Click here for contest rules and entry forms.](#)



2023 FAIR PAGEANT

Miss and Mister competition categories from 1 month to 22 years. [Click here for more information and entry form.](#)



2023 FAIR MULLET CONTEST - THURSDAY, AUGUST 17TH

Entries must be postmarked by August 9th. [Click here for more information and entry form.](#)



2023 POWER WHEELS DERBY - TUESDAY, AUGUST 15TH

Entries must be postmarked by August 9th. [Click here for more information and entry form.](#)



**Calling All 4-H
Junior Camp
Photographers!**

**Camp Staffer Pam
Hardin
encourages you
to submit your
photos under the
Home Arts
Category to the
PWC Fair!**

**It's FREE and
your photos were
AMAZING! Show
the county how
much you've
grown in 4-H!**

Virginia State Fair 4-H/FFA Contests

[Click here for 4-H/FFA fair information.](#)

All registrations are due September 15th by 5 PM.

September 22nd: [Lawn Tractor Operators](#)
September 25th: [Junior Dairymen's](#)
September 26th: [Agriscience Poster](#)
September 27th: [Junior Forester's](#)
September 27th: [State Fair Crops](#)
September 29th: [State Fair Hippology](#)



Become a Healthy Living Ambassador!

Are you passionate about Healthy Living and would like to share about it with others?

If so, being a Healthy living Ambassador may be just right for you!



What we do

- Meet monthly
- Plan the annual state Healthy Living Summit
- Write the Buzz, Body and Bites for Teens newsletter
- Be a teen voice for Healthy Living
- Educate others about Healthy Lifestyles

Application Process

Written questions about your Healthy Living experience and leadership skills

Interview



Become a Virginia 4-H Healthy Living Ambassador!



Who Should Apply: Prince William 4-H teens (ages 14-18) that have an interest or passion for Healthy Living and are looking for an opportunity to develop and practice leadership skills in an environment where they can thrive and grow. **Application deadline: September 1st**

[Click here for the Virginia 4-H Healthy Living Ambassador Application.](#)

[Click here for the Ambassador Application Reference Form](#) (Prince William 4-H'ers should request a reference from [MaryBeth Lerch](#)).

It is with excitement that we once again open applications to teen 4-H members who have an interest in healthy living to apply to serve as a Virginia 4-H Healthy Living Ambassador. As a Healthy Living Ambassador, meeting virtually once a month, participants will work together to plan a statewide Healthy Living Summit as well as develop the monthly Buzz, Body, and Bites newsletter for teens.

Specifically, the expectations for serving in this role include:

- Actively participating in monthly meetings (date and time will be determined as a group after Ambassadors are selected). More frequent meetings may be needed as we get closer to the Healthy Living Summit.
- Helping to plan and implement the Virginia 4-H Healthy Living Summit (date will be determined by the Ambassador team).
- Helping to write and edit the monthly Buzz, Body, and Bites Newsletter for Teens.
- Embodying the role of a Healthy Living Ambassador by being the youth voice in your community to advocate for healthy living.
- Informing 4-H youth, volunteers, and other interested persons about 4-H Healthy Living opportunities and resources.
- Sharing program ideas and resources with peers that will help strengthen and expand 4-H Healthy Living programs.
- Representing 4-H in a positive manner.

To qualify to serve as a Virginia 4-H Healthy Living Ambassador, you must:

- Be a teen 4-H member (between the ages of 14-18) and active in 4HOnline.
- Have a passion for and active engagement in 4-H Healthy Living.
- Have an interest in sharing knowledge to enhance youth educational experiences.
- Be willing to be a team player working with local, district, and state level professionals to share resources and opportunities.
- Be able to communicate effectively both written and verbally.

The benefits one will receive by becoming a Healthy Living Ambassador include:

- Enhancing your 4-H Healthy Living understanding and skills.
- Networking with peers and healthy living leaders around the state and nation.
- Assisting in moving forward the 4-H Healthy Living mission.
- Enhancing your professional development opportunities.
- Increasing your knowledge and skills for implementing and managing 4-H Healthy Living programs.

The deadline to apply is September 1st and candidates will be notified the week of September 4th. Interviews will be held the following week (September 11th) and the first meeting will be held on October 3rd at 7:00



PM.



Virginia 4-H Youth Animal Science Updates

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.](#)

IMPORTANT DEADLINES: August 10th – Deadline for Orientation Meetings and Payment Submission

HORSE SHOW ART/PHOTOGRAPHY, RECORD BOOK AND PORTFOLIO COMPETITIONS

[Click here for Art Contest Entry Information and Entry Form.](#)

[Click here for Photography Contest Entry Information and Entry Form.](#)

Art and Photography Contests are open to any enrolled Virginia 4-H Youth, not just those entered in the State 4-H Horse Show. Entries must be delivered to the State 4-H Show. See entry forms for deadlines.

Record Book and Portfolio Contest entries are limited to ONE entry/category/age division/Unit – Youth may enter a Record Book or Portfolio and each Unit is limited to One Junior Record Book, One Senior Record Book, One Junior Portfolio, and One Senior Portfolio. All Record Book and Portfolio entries MUST come from the Unit Extension Office.

HORSE SHOW SILENT AUCTION

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.

HORSE SHOW HEROES

The Horse Show Hero Program is an extremely important and beneficial sponsorship opportunity for our State 4-H Horse and Pony Show and allows families and participants to gather support and sponsorships from friends, family, and local businesses. These supporters are recognized in the Show Program as Horse Show Heroes and the funds are utilized to help provide prizes, awards, and cover the costs of operating the Show.

The Horse Show Hero sponsorships that each participant gathers are cumulative and allows exhibitors to earn scholarships towards their entry fees, special awards, and priority stalling for the Units (County/Independent City) or Clubs that gather the most sponsorship dollars, so this is a great opportunity for you to help the show, while also working towards some cool incentives for you and your fellow club members.

Please contact [MaryBeth Lerch](#) if you or your business is interested in sponsoring a 4-H rider.

FIELD DAYS OF THE PAST 4-H RABBIT SHOW AND CLOVERBUD CLINIC SEPTEMBER 16TH, 2023

Join us for the first annual 4-H Rabbit Show and Cloverbud Showmanship Clinic!

The show and finals competition is open to any current 4-H members and non-members ages 5-18

Clover buds ages 5-8 can exhibit their rabbits in a showmanship clinic

All entries must be received by September 1, 2023. Late entries will not be accepted.

Event's Contact on Show Guide can be found at <https://www.4-h.org/showguide>

REGISTER HERE: <https://my4h.org/4hrra/bbk>

Use link above for entry form, payment information, and 4-H Online instructions.

For questions please contact Mackenzie Gunn at mgunn@vt.edu or (802) 661-2481

Virginia Cooperative Extension
Virginia Tech • Virginia State University

Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, and the U.S. Department of Agriculture and local governments. Funding is provided by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and state and local governments. For more information, visit www.4-h.org.

VIRGINIA 4-H RABBIT SHOW AND CLOVERBUD CLINIC

Date: September 16th

Location: at [Field Days of the Past](#) event in Amelia, VA

Registration Deadline: September 1st. [Click here to register.](#)

[Click here for the 4-H Study Guide.](#)

First Annual 4-H Rabbit Show and Showmanship Clinic will be held at the 2023 Field Days of the Past in Amelia County. All Virginia 4-H youth that might be interested in participating or attending to learn more about Rabbit Shows and Rabbit Showmanship are invited. There will be a Showmanship Clinic for Cloverbud youth (ages 5-8), so this is an excellent opportunity to get those "littles" involved at an early age and grow them into the program. If you have questions, please contact Mackenzie Gunn (mgunn@vt.edu) or Terry Abston (tabston@vt.edu).

VA 4-H Youth Animal Science Updates *continued*

2023 STATE FAIR OF VIRGINIA YOUTH LIVESTOCK (BEEF CATTLE, MEAT GOATS, SHEEP, SWINE)

Dates: September 22nd - October 1st

Location: The Meadow Event Park, Doswell, VA

Then State Fair Entry System is open and accepting entries until August 21st at 5 pm.

NEW FOR 2023 – Supreme Overall Showman Competition!

[Click here for full details on the State Fair of Virginia Youth Livestock Show website.](#)

[Click here for the State of Virginia Youth Livestock website.](#)

VIRGINIA YOUTH LIVESTOCK PROGRAMS



"Don't limit your challenges. Challenge your limits" 2012-2013

IMPORTANT LINKS

→ [Click here for the most recent Virginia Youth Animal Sciences Newsletter](#)

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

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



Good luck to Prince William 4-H'ers Competing at Southern Regional 4-H Horse Championship this weekend in Georgia!
Lauren Byrd, Katelyn Kellum, Elena Guallar Thompson, Samantha Whysong, & Sierra Nicole Wimer

Virginia 4-H Shooting Education Updates

2023 VIRGINIA 4-H STATE SHOOT

Date: September 8-10

Location: Holiday Lake 4-H Center

[Click here for more event information.](#)

[Click here for information on how to register.](#) **Registration due August 7th.**

Portfolio Certification Deadline: August 28th.

All attendees over the age of 4 must be registered: "Match Participants" (youth competitors) and "Non-Participants" (parents, coaches, siblings, etc.). There are numerous changes to the rules for 2023.

THE 2023 R.L. HARRIS JR. MEMORIAL SHOTGUN CHAMPIONSHIP

Date: September 23rd

Location: Arrowhead Gun Club, 834 Arrowhead Rd, Victoria, VA

Entry Fee: \$70 Seniors, \$35 Juniors

[Click here for more information and to register.](#) **Entries due September 10th.**

- 200-target championship for Seniors: 75 American Skeet, 75 American Trap, 25 5-Stand and 25 Wobble Trap
- 100-target event for Juniors: 25 American Skeet, 25 American Trap, 25 5- Stand and 25 Wobble

VIRGINIA 4-H SHOOTING EDUCATION AMBASSADOR PROGRAM

Who Should Apply: Prince William 4-H'ers age 14-19 involved in Trigger Time 4-H Club

[Click here for more information and to apply.](#) **Applications due August 28th at 5 PM.**

The Virginia 4-H Shooting Education Ambassador Program offers teens the opportunity to demonstrate and build upon their skills in citizenship, leadership, and public speaking as they travel around Virginia serving as advocates and spokespersons for 4-H Shooting Education. The function of this group is to help build the shooting education program in Virginia, to help its members increase their knowledge of the sport and to meet like-minded youth. This is a service organization for which it is an honor to be chosen and is only as strong as its participants.



National 4-H Updates



COMING SOON! 2023 4-H STEM Challenge Kit: Power Protectors

The 2023 4-H STEM Challenge, Power Protectors, teaches kids about the exciting topic (world) of renewable energy. The activity kit, available in August 2023, is perfect for youth ages 8 to 14 and consists of three activities that provide them with the knowledge to address real-world issues and explore careers in energy.

Learn more about this year's STEM Challenge at our live informational webinar for educators or anyone interested in learning about the 2023 kit on August 9th at 2 PM. [Click here for more information and to register.](#)



SAVE THE DATE: 2024 IGNITE BY 4-H

Ignite by 4-H, an inclusive teen event, returns March 13-17, 2024, to Washington, D.C. Join us for four days of inspiring and engaging panels, respected speakers, hands-on workshops, experiences, networking and connections. The summit will provide high-school-aged youth from across the country the opportunity to explore the best 4-H has to offer in STEM, Agriscience, Healthy Living, Career Readiness and Emotional Well-Being. [Click here for more information.](#)



TINY GARDEN, BIG HAPPINESS

Grades 3-12; 30 minutes

In this activity, you will grow a variety of lettuces and edible flowers in a greenhouse-style, windowsill garden setup. You will learn how to take care of your plants, track growth, and harvest for your family dinner. [Click here to access this FREE activity and curriculum.](#)



DESIGN YOUR OWN FARM

Grades 3-5; 60 minutes

Imagine you were given some land and had to grow your own food. What fruits and vegetables would you plant? How would you grow them? In this activity, you will get answers to those questions and much more. [Click here to access this FREE activity and curriculum.](#)

**You must have an existing CLOVER account or create a free account to complete these activity.*

Adopt a Cow through DiscoverDairy.com

[Click here for more information and to register.](#) **Register by August 30th.**

A year-long FREE experience in your classroom! Forget the guinea pig. How about adopting a 100-pound dairy calf for your classroom mascot by joining the Adopt A Cow program? Don't worry about finding a pen big enough to hold her. The photos and stories we'll send you about her life on the farm will make her "come alive" for your students! The best part? It is FREE!

- Use it for virtual or in-person instruction
- Mini lessons follow Next Generation Science Standards and Common CORE standards in math, reading, and science
- View calf updates 3 times throughout the school year through the Adopt A Cow portal and Discover Dairy app
- Enjoy additional bi-monthly dairy resource emails to enhance your classroom experience



Virginia Farm to School Toolkit Webinars



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

This webinar series is designed to support and explain each chapter of the Virginia Farm to School toolkit. This Toolkit is intended to guide VCE Extension agents, school division administrators, school nutrition professionals, educators, school garden coordinators, and others toward using farm to school practices as a means to increase equitable access to fresh, healthy, Virginia grown food while providing hands-on learning opportunities in a variety of educational settings. Upcoming Webinars:

- **SEPTEMBER 5 - DELIVERY AND DISTRIBUTION:** In this session, we will highlight the multiple ways food can be delivered and distributed as part of the farm-to-school value chain. This will include best practices you could use depending on your role in a beginning or established local food procurement program.
- **OCTOBER 3 - CONNECTING SCHOOL GARDENS AND FARMS TO STUDENTS AND CAFETERIAS:** School gardens and farms are where food comes to life for many students. Learn how being involved in the growing process not only heightens students' interest in nutrition but can also bring in garden-based lessons in math, science and many other SOL subjects.
- **NOVEMBER 14 - SPARKING A LOVE OF LOCAL FOOD AND FARMING: CLASSROOMS, EARLY CARE SITES, AND SUMMER PROGRAMS:** This webinar will focus on how farm to school programming spans schools, early care sites, afterschool programs, and summer programs in fun and interactive ways so students gain food literacy while pursuing scholastic goals and serving their community.

VPOST STEM Opportunities for Educators and Youth



BECOME A TEEN SCIENCE CAFÉ FELLOW! Teen Science Cafés are a free, fun way for teens to engage in lively conversations with STEM experts that explore the advances in science and technology that affect their lives. In these events, teens socialize over teen-friendly food and drink and have lively conversations with local scientists and engineers about current cutting-edge developments in their fields, all in a relaxed and informal out-of-school setting. Teen Science Cafés are for teens, by teens. Teen Science Cafés are not just for the science geeks; they are for all curious teens. Along the way, teen

organizers gain a host of leadership skills. Cafés are typically run about an hour and a half once per month during the school year. A \$2,500 stipend is provided to selected participants to support the implementation of Teen Science Cafés. [Click here for more information and to apply.](#)



STEM FLIGHTS: STEM Flights is a national nonprofit organization that combines STEM education with a free flight experience for middle and high school students. They pair students with Pilot Mentors in their geographic area to receive a flight experience, learn about aviation and STEM careers, and connect with local aviation enthusiasts. Students complete the STEM Flights application, study online aviation and STEM curriculum, and submit a letter of recommendation before they are matched with a pilot. Student applications are accepted year-round and in all 50 states. If you know a 6th-12th grade student who is

interested in the world of aviation, encourage them to apply today! [Click here for more information and to apply.](#)

For High School Teachers: Mapping with Drones Workshops

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

The 2-day virtual workshop will prepare participants with the knowledge necessary to take the FAA Remote Knowledge Aircraft Test (aka Part 107). Participants are provided with an overview of federal regulations, and an overview of best flight operational strategies and safety. The workshop has been well received by educators, state & federal agency employees, the private sector (ranging from engineers to realtors), and a slew of folks from various NGO's. This workshop is a great place for individuals who are considering using drones to support business applications, or for managers who want to make solid decisions regarding drone data collection options moving forward. **There are a limited number of discounted registrations available for VCE personnel, and fulltime high school teachers.**

Workshop options include: December 14-15, 2023 - or - January 4-5, 2024



BUZZ, BODY & BITES

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

Buzz

WHAT CAN AND CANNOT BE COMPOSTED

Can be composted:

- Coffee grounds and filters
- Fruits and vegetables
- Egg shells
- Tea bags with staples removed
- Yard trimmings, leaves, grass clippings
- Paper and cardboard
- Nutshells

Should not be composted:

- Fat, grease, oil, lard
- Dairy products
- Eggs
- Diseased plants
- Meats, fish, bones
- Pet waste, cat litter
- Plant trimmings with pesticides

For information on how to compost at home see:

<https://eri.iu.edu/tools-and-resources/fact-sheets/at-home-composting.html>



Composting at Home

Every gardener knows about the soil improvement benefits of either store-bought or compost that is produced at home. Even if you are not a gardener, you can save your plant-based trimmings and organic waste from your kitchen, your houseplants, some pet bedding, and other indoor and outdoor sources to compost at home or give to compostable recycling centers that are increasingly being offered in urban areas like Alexandria VA and Arlington County VA. Regularly adding compost to soil will benefit the soil and us in a number of ways.

- Composting helps to recycle plant material and return nutrients to the garden or landscape that might otherwise be sent to landfills.
- The soil's structure will improve because compost contains substances that encourage aggregation. If you have sandy soil, compost will increase its water holding capacity. If you have clay soils, adding compost will help the soil drain better, and will make water and nutrients more easily available to plants.
- Compost increases nutrient holding capability (i.e., cation exchange capacity) and the buffering capacity of the soil. This prevents rapid leaching of lime and nutrients and ameliorates the detrimental effects of over liming and overfertilizing.
- Compost can help make garden soil ready to use earlier in the season.
- By helping to make soil more porous, compost reduces soil erosion because it promotes water infiltration into soil and decreases the bulk density of the soil, making it easier for roots to penetrate the soil.
- Compost provides food and habitat for earthworms, soil insects, and microorganisms like mycorrhizal fungi that help make nutrients more available to plants.
- Compost contains decaying plant and animal refuse that provide trace elements as well as humic and other organic acids that provide needed nutrients to plant growth and can reduce plant drought stress.
- Compost promotes healthy plants that are less susceptible to diseases and insect pests, reducing the need for pesticides.

Contributed by: Kirsten Conrad, ANR Agent, VA Cooperative Extension, Arlington County

Bites

Summer Peach Drink



Refreshing, fruity, and flavorful, this quick and easy recipe makes a refreshing summertime drink.

Source: Home Cooking Adventure - homecookingadventure.com

Basic Ingredients:

- 4 peaches, peeled and cut into slices
- 2.5 cups of water
- 1 lemon
- 5 Tbsp sugar
- Peach slices
- Mint leaves
- Ice cubes

Instructions:

1. Place peach slices in the bowl of a food processor or blender. Add lemon juice, sugar, water and ice cubes. Puree until smooth.
2. Add ice to serving glasses and fill each glass with peach juice. Garnish with peach slice and mint leaves.

Body

Exercise Safety in the Heat

As you strive to achieve the recommended 150 minutes of physical activity a day, it's a good to get outside in new surroundings and fresh air. During the summer months, however, it can be hot. Follow these steps to keep safe:

1. Avoid the hottest parts of the day. Workout before 10am and after dusk.
2. Apply sunscreen, even on cloudy days. Re-apply every two hours.
3. Stay hydrated. Drink plenty of water before and after exercise.
4. Wear loose-fitting clothing to insure air circulation. Light-colored clothing reflects the sun's rays to keep you cool.
5. Pay attention to how you feel! If you feel dizzy, faint or nauseous. Find shade, sit down, and drink water until you feel better.

Mind Games

COLOR THE COMPOST



RESOURCES

Environmental Protection Agency Composting at home.

www.epa.gov/recycle/composting-home

Composting FAQs

mgnv.org/wp-content/uploads/2021/04/Compost-FAQs.pdf

What and What Not to Compost

vtechworks.lib.vt.edu/bitstream/handle/10919/48088/HORT-49-PDF.pdf?sequence=1&isAllowed=y

Safety tips for exercising outdoors

health.ucdavis.edu/blog/cultivating-health/5-tips-to-exercise-safely-when-its-hot-outside/2022/06

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**PRINCE WILLIAM
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Click to Visit Online:

[PCW 4-H](#)
[Virginia State 4-H](#)
[National 4-H](#)



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Portfolio Records

[Member Record](#)
[Cloverbud Sheet](#)
[Project Record Ages 9-10](#)
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