

Cumberland Extension Office

February 2019
Newsletter
Vol. 4



Agriculture and Natural Resources:

Buckingham/Cumberland 4-H Youth Livestock

Judging Team: Plans for this team to meet at the Cumberland Extension Office on Thursdays at 6pm. The team has plans to compete in the Virginia Tech Block and Bridle show on March 2nd. The team also plans to compete in the show at State Congress in June. If you are interested—come on out!

Planning for Spring Weed Control—

Buttercups:

Buttercups are cool-season, perennial weeds that takes over pastures, lawns, hay fields and areas of turfgrass. Buttercups pose a problem to pastures in our area because they compete with beneficial pasture forages such as tall fescue and orchard grass. Not only do buttercup species choke out necessary forages, they are also toxic to some livestock. Livestock species that are most affected are horses and cattle. Toxicity levels are also determined by the amount consumed by the livestock, the stage of growth of the plant, environmental conditions, and buttercup species. Naturally, livestock species will avoid consuming buttercups if other forages are readily available. However, if there is not enough forage in pastures, livestock have been known to consume the buttercup. Producers are hesitant about using broadleaf controls because of the loss of valuable legumes, such as clover or lespedeza. Other control options are: 2,4-D Clarity/Banvel, Crossbow, Chaparral, Grazon Next HL or Grazon P+D, Metsulfuron, Milestone, Overdrive, Pasture-gard, Remedy, Roundup/Glyphosate, Stinger, Surmount, and various combinations of those listed



above. The best time to spray is in the early bud stage, which is 2 weeks prior to flowering OR in the fall. When applying herbicides, **ALWAYS** follow the instructions listed on the label. For more information about reading labels, weed identification, weed control, forage identification, and other agricultural needs, contact your local Extension Agent.

4-H and Youth Development:

Books across America Project:

Because of a wonderful partnership between Virginia 4-H and the Molina Foundation Books Across American Project, Cumberland 4-H was able to gift some amazing students with their very own books. Cumberland 4-H also has been able to organize a small lending library for 4-H'ers!! Come by and take a look!! I am very excited to promote one of my passions; reading!!!



Virginia 4-H Natural Resource Weekend:

NRE Weekend took place, February 2 – 3 at the Holiday Lake 4-H Center. 4-H'ers from across the state participated in a variety of classes related to our natural resources, which included composting, introduction to owls and owl pellet dissection, wildlife tracks, edible insects, decoy painting, shotgun and archery. NRE Weekend offered something fun and educational for everyone.



Family and Consumer Sciences:

Family Fitness Calendar:

The Cumberland County Extension Family and Consumer Science Program will be offering a monthly food and activity calendar to involve individuals and families in health and wellness activities. The goal of this program is to involve adults and children in fun activities, help them make healthy food choices and to be more physical active.

If you are interested, call the Cumberland extension office and request a copy of the health and fitness calendar, complete at least 20 of the activities on the calendar, check boxes off -of each one you completed. You can also make notes on the back. Please return to Cumberland Extension Office to receive a small incentive. Thanks, Pauline Stokes, FCS SNAP-ED Agent

February Awareness Month:

- Black History Month (United States and Canada)
- American Heart Month (United States)
- Gang Prevention Awareness Month
- Oral Hygiene Awareness Month
- Teen Dating Violence Awareness Month
- Eating Disorder Awareness Month
- Turner syndrome awareness month

Upcoming Programs & Dates:

| Date | Event |
|---|--|
| Feb 12 th | Southside Fruit Tree School @ SPAREC in Blackstone. 2-5:30pm Contact Nottoway Extension Office 434-645-9315 |
| Feb 12 th | Landowner Breakfast Series: What to know when Planning to Build a Pond 9:00-10:30 @ Crewe Vol. Fire Dept. Call Charlie Wooton @ 434-392-3782 ext 128 |
| Feb 12 th | Beginning Beekeeping Class HOV Beekeepers @ PE Extension. 7-9pm Cost: 50\$. Register 434-315-1433 |
| Feb 12 th | Type 2 Diabetes Program To register J. Miles or N. Dean @ 434-767-5588 or Ndean@PSRAA.ORG |
| Feb 15 th | VA Cow-Calf Conference. 8am-3pm @ Weyers Cave Community Center |
| Feb 20 th | Southeast VA Fruit and Vegetable Conference @ ODU. Contact 757-382-6348 |
| Feb 20 th | Organic Fruit Study Group @ Farmville Lib. 6:30-8:30pm. Contact 434-392-4246 |
| Feb 20 th - 21 st | Food Safety Workshop for Produce Growers. \$10. 9-5pm Contact: 804-687-4058 |
| Feb 26 th | Market Ready—Farm to Restaurant Training. \$15. @SVCC 9am-3pm |
| Feb 27 th | Setting up LLC Workshop @ Randolph VFD. 1:30-4:30pm. Contact 804-492--4390 |
| March 8 th | Area Beef Conference @ SPAREC. \$20 8am-3:30pm. Contact: 434-848-2151 |
| March 11 th | Novel Tall Fescue Renovation Workshop @ SPAREC 8:30-5pm. \$70 before March 1 |
| March 12 th | Industrial Hemp Workshop @ BARN 1-4pm Register @ https://goo.gl/forms/n9PdOaYByc2eYUun1 |

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. The material is funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides the assistance to people with low income. It can help you buy more nutritious food for your diet. To find out more contact your county or city Department of Social Services or to receive your own copy, call toll free 1-800-552-3411 (4-8:5-8:00) except holidays. If calling you'll need to provide your name, address, phone number, and a return address. Virginia Cooperative Extension programs and employees are open to all regardless of age, color, disability, gender, genetic information, national origin, political affiliation, race, religion, sexual orientation, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Cumberland County Extension Family and Consumer Sciences -SNAP-ed Family Health & Fitness Calendar
 February 2019

Feel Free to Contact Us!

Cumberland County Extension Office
 P.O. Box 80, 1548 Anderson Hwy,
 Cumberland, VA 23040
 O: 804-492-4390
 F: 804-492-5718
 M-F 8:00am- 4:30pm
<https://cumberland.ext.vt.edu>

If you would like to be added to our 4-H OR Agriculture email list for program and office updates, please email dplumley@vt.edu

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