

# Virginia Cooperative Extension, Goochland Office Quarterly Newsletter



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

First Quarter, Winter/Spring 2016

## 12th Annual Spring Garden Fest

Mark your calendars! The 12th Annual Spring Garden Fest, sponsored by the Goochland-Powhatan Master Gardeners in cooperation with Reynolds Community College and Virginia Cooperative Extension, will be held rain or shine on Saturday, April 23rd from 8am to 4pm at the Western Campus of Reynolds Community College in Goochland.

The Fest will offer classes for home gardeners who are growing or thinking about growing vegetables, fruits, herbs, native plants, ornamental plants and flowers. Topics will cover interesting, easy and effective techniques for successful gardening. Hands-on workshops will present simple projects that will become attractive additions to the landscape. Vendors will be selling a variety of plants and garden items, horticultural demonstrations and Master Gardeners available to answer your questions will round out the day's activities. Even if not attending scheduled educational sessions, the public is invited to stop by any time during the event to browse, shop and learn.

For more information and to sign-up for classes and workshops, visit the website [www.gpmga.org](http://www.gpmga.org) after February 1st.



## Horticulture Help Line:

**Residents with questions regarding gardens, lawn care, pruning and more are invited to contact the Goochland Extension Office for free advice. The Goochland-Powhatan Master Gardeners are available at the office every Thursday beginning in March through September from 1pm until 4pm. You can reach them at 804-556-5874 or stop by the Goochland Extension Office.**

## Would you like to learn more about Goochland County?

The Goochland Leadership Enterprise informs and educates interested citizens about issues facing the County to foster involvement in making Goochland a desirable place to live, work and enjoy. The goal of the GLE is to develop as a group of County citizens who will be motivated to participate in current and future County activities. Program begins in September and concludes with graduation in March. For further information about this program, and for current price, please contact the Goochland Extension Office at (804) 556-5841 or visit the Extension website at [www.ext.vt.edu/goochland](http://www.ext.vt.edu/goochland).



**Facebook:** <https://www.facebook.com/pages/Goochland-Leadership-Enterprise/282584751894928>

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# Backyard Chickens in Winter

By Charlotte Maxwell, Extension Agent -  
Agriculture & Natural Resources

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## 5 Things to Consider with Backyard Chickens During the Winter

\*The decreasing day length will cause hens to molt. Molting is a natural process where the hen replaces her feathers.

\*Your hens may also stop laying eggs due to the shorter days. If you want to extend egg production through the winter months you will need to provide 14-16 hours of light each day.

\*Predator pressure may increase through the winter as it gets harder for them to find food. Keep an eye on your birds and make sure their coop is secure when they are up at night.

\*Monitor their food and water. As it gets colder, you may consider giving them ad libitum access to feed so that they can adjust their consumption to the temperature or provide an additional feeding in the evening when the temperature is dropping. Water is essential for the birds, check them daily to make sure they are not frozen; water heaters are also an option.

\*Chickens can get frostbite in the case of extremely low temperatures. Combs, wattles and toes are the most at risk. A well ventilated coop with dry bedding can help keep the chickens warm when the temperatures drop.



Picture taken by Charlotte Maxwell, ANR  
Agent Goochland & Chesterfield

**\*\*This February, we are planning for a backyard poultry workshop in Goochland. If you are interested in the workshop, contact Charlotte Maxwell at [mcharley@vt.edu](mailto:mcharley@vt.edu) or 804-556-5872.**

## Upcoming Pond Workshop

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Coming to Goochland County on **March 22, 2016**- A Pond Workshop

If you have a pond, manage a pond or think you might want a pond, come join us on March 22, 2016 for a workshop! Specialists from Virginia State University will be covering topics ranging from weed control to aquatic life. The event will run from 9am-Noon with the location revealed at time of registration. The cost to attend is \$5, the event will be cancelled upon insufficient registration. Please contact **Charlotte Maxwell** at [mcharley@vt.edu](mailto:mcharley@vt.edu) or **804-556-5872** with any questions!

## Upcoming Extension Events:

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### January

**4-H Great Equestrian Club** - Next meeting - **Jan 5th, 6:30pm**. Contact the Goochland Extension office at (804) 556-5841 for more information.

**4-H Thunderhooves Club** - Next meeting - **Jan 14th at 6:30pm** at the Goochland Extension Office.

**4-H Animal Science Club** - Next Meeting - **Jan 8th at 7pm** at the Goochland American Legion.

**4-H Trailblazers Club** - Next Meeting - **Jan 12th at 6:30p** at the Goochland Parks and Rec Classroom.

**4-H Cloverbuds Club** - Next Meeting - **Jan 12th at 5:30p** at the Goochland Parks and Rec Classroom.

### February

**4-H Great Equestrian Club** - Next meeting - **Feb 2nd, 6:30pm**. Contact the Goochland Extension office at (804) 556-5841 for more information.

**4-H Thunderhooves Club** - Next meeting - **Feb 11th, 6:30pm** at the Goochland Extension Office.

**4-H Animal Science Club** - Next Meeting - **Feb 12th, 7pm** at the Goochland American Legion building.

**4-H Trailblazers** - Next Meeting - **Feb 9th, 6:30pm** in the Goochland Parks and Rec Classroom.

**4-H Cloverbuds Club** - Next Meeting - **Feb 9th at 5:30p** at the Goochland Parks and Rec Classroom.

**Master Gardener Educational Talk** - **Feb 4th, 9:30-10:30am FREE**. Join the Master Gardeners for their association meetings to hear about different horticultural topics from a range of speakers. For more information visit the Goochland Powhatan Master Gardener website at [www.gpmga.org](http://www.gpmga.org).

### March

**4-H Great Equestrian Club** - Next meeting - **Mar 1st at 6:30pm**. Contact the Goochland Extension office at (804) 556-5841 for more information.

**4-H Thunderhooves Club** - Next meeting - **Mar 10th, 6:30pm** at the Goochland Extension Office.

**4-H Animal Science Club** - Next Meeting—**Mar 11th, 7pm** at the Goochland American Legion building.

**4-H Trailblazers Club** - Next Meeting - **Mar 8th, 6:30p** at the Goochland Parks and Rec Classroom.

**4-H Cloverbuds Club** - Next Meeting - **Mar 8th at 5:30p** at the Goochland Parks and Rec Classroom.

**Master Gardener Educational Talk** - **Mar 10th, 9:30-10:30am FREE**. Join the Master Gardeners for their association meetings to hear about different horticultural topics from a range of speakers. For more information visit the Goochland Powhatan Master Gardener website at [www.gpmga.org](http://www.gpmga.org).

**Healthy Eating From Your Own Backyard** - **Mar 5th, 9a-1p, \$45** at the Goochland Parks and Rec Classroom. Come learn and build a Salad table to grow salad greens in your own backyard. Best of all you will be gardening at waist height.

**Vegetable Gardening Workshop** - **Mar 19th, 9a-1p, \$10 (optional notebook fee)**, at the Goochland Library. Come learn what you need to know about raising your own vegetables.

**\*\*Please call the Extension Office prior to these meeting dates to verify that the clubs will be meeting on these dates and times.\*\***





## 4-H CAMP!

### 4-H Junior Summer Camp

Mark your calendar and join us July 11-15, 2016 at Jamestown 4-H Educational Center for a week long summer camp. Jamestown offers canoeing, riflery, crafts and much more. More information about summer camp 2016 will be available after the first of the year. Don't miss a minute of the fun!



### STEM/Maker Spring Break 4-H Camp

March 29-31 and April 5-7, 2016 at Jamestown 4-H Center, ages 9-12, contact [www.jamestown4hcenter.org/specialty-camps/](http://www.jamestown4hcenter.org/specialty-camps/) or call the Jamestown 4-H Educational Center at 757-253-4931 for more information.

### STEM & Leaf Club

**Junior Club: Ages 9-12      Senior Club: Ages 13-18**

This special interest club is for youth who love nature & all things STEM (Science, Technology, Engineering, and Math). In this program, youth will be transformed into scientists working to solve real-world environmental problems. Participants will spend time outdoors learning about local environmental issues and exploring Goochland's natural resources. Next, participants will work in teams to design and build technologies to solve environmental problems. Learn how to generate electricity using mud, and much more!

Cost: \$5 per session or \$20/whole year, meets year-round (4 sessions)

Begins April 2016

3:30pm to 5:30pm      Multiple Locations

### Chemistry in the Kitchen      Ages: 9-12

Do you enjoy science? Do you like to cook? If so, join us for a weekly workshop where youth will learn the science behind cooking! Participants will explore different chemical changes that happen while in the kitchen and will practice using the scientific method to create new, delicious dishes!

Cost: \$15 for 6 weeks

Tuesdays, February 2 - March 8      6 Week Session  
3:30pm to 5:30pm at the VCE-Goochland Office



**\*\*If you are interested in registering for either of these great opportunities please call the Goochland Extension Office at 804-556-5841 or email [sarahc89@vt.edu](mailto:sarahc89@vt.edu)\*\***

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## See what 4-H has to offer for you!! Here is a list of our 4-H Clubs:



The Goochland County 4-H program is growing throughout the county. 4-H provides “learn by doing” opportunities for youth to receive “hands on experiences through work or activities. 4-H is for all youth, both boys and girls between the ages of 5-18 years of age regardless of race, color, religion, national origin, handicap or political affiliation. For further information or questions regarding any of these programs please contact the 4-H office at 556-5841.

### **Goochland 4-H Shooting Education Club: Ages 9-18**

The Shooting Education Club focuses on teaching responsible handling of any firearm, including safety, cleaning and proper storage. The youth will have a chance to compete in several 4-H sponsored shooting event throughout the year. The 4-H club is lead by qualifies, trained 4-H volunteers who are certified instructors in the following disciplines; archery, rifle, shotgun, pistol, air rifle.

### **4-H Trailblazers: Ages 5-18**

Youth will learn about a variety of subject areas such as geocaching, photography, science and more. Meetings are usually held in the Goochland Parks and Recreation Building Classroom.

### **Great Equestrian 4-H Club: Ages 9-18**

The 4-Hers will participate in equine workshops, visit farms and show equine at local 4-H horse shows. Youth do not need to have a horse to be a member, just interest in the equine industry. The 4-H members meet once a month on the first Tuesday at 6:30pm.

### **4-H Thunderhooves: Ages 9-18**

The Thunderhooves are an equine club that focuses on learning more about the equine industry. The 4-Hers will participate in equine workshops, visit farms and show equine at local 4-H horse shows. Youth do not need to have a horse to be a member just interest in the equine industry.

### **Goochland 4-H Animal Science 4-H Club: Ages 5-18**

The Animal Science 4-H club focuses on learning about livestock animals and agriculture. Throughout the year, the youth participate in workshops on different species of livestock; have guest speakers within the industry and show at the local 4-H livestock shows. Youth do not need to have a livestock animal to be a member just an interest. Youth 5-8 years of age, can be a part of this club as Cloverbuds until they reach the 4-H age of 9. This 4-H Club meets once a month on the second Friday at 7 pm at the American Legion building in Goochland.



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### As a 4-H Volunteer, You can:

- \*Lead youth within school-based and after-school programs, camp settings or 4-H clubs.
- \*Serve as a chaperone, board member, or judge for a 4-H contest
- \*Develop and support community service opportunities for youth to make a difference in Goochland County.
- \*Teach youth using research-based university curricula
- \*Work with other adults to create fun, new programs for youth.
- \*Make a difference in the lives of youth

4-H is a great volunteer opportunity that allows you to share your interests, skills and time available with the youth in Goochland County. Interested in learning more? Contact Sarah Crews, 4-H Youth Development at 804-556-5873 or sarahc89@vt.edu for more information.

“When adults take time to help young people through 4-H, they exert an enormous, positive influence on the lives of youth.”  
– Retired General Colin Powell

## Tips for Saving at the Grocery Store

By: Ann Vargo

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Holidays shopping and family gatherings can further challenge food budgets that are already stretched! Smart shopping can help you get the most nutrition for your food dollars, while still allowing for healthy, nutrition meals for your family. Here are 10 simple tips.



- \*Make a grocery list and stick to it!
- \*Have a small snack before shopping. It will help you stick to your list.
- \*Buy store brands. They can be less expensive than name brands and often taste just as good.
- \*Check the Unit Price--usually listed on the grocery shelf, the unit price shows the cost of the item per ounce, quart, gallon or pound or other unit of measure. Use it to compare different products or sizes.
- \*Buy fruits and vegetables in season- Citrus fruit, apples, pears, leafy greens, root vegetables and winter squash are in season now. Fresh fruits and vegetables cost less when they are in season. Buy fresh what you can use quickly. Look for sales on canned or frozen produce. These can last longer, but still are good sources of vitamins and minerals.
- \*Products that are individually packed for one serving can cost more. For example, separately wrapped cheese slices can cost more than cutting slices off of block cheese.
- \*Buy the whole chicken or pork loin and cut it yourself to save money.
- \*Less tender cuts of beef such as round, chuck and shoulder usually cost less. These cuts of meat taste good braised or in soups and stews.
- \*Pasta is a good buy for the price and nutritious. Choose whole grain which is higher in fiber to help you feel fuller.
- \*Buy milk in the largest size you will use in four to five days. Gallons or half -gallon containers are usually less expensive per cup than smaller sizes.

Ann F. Vargo, FCS SNAP-Ed Agent

Tips adapted from VCE Publication, [20 Ways to Save at the Grocery Store](#)

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## Upcoming Horticulture Programs

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### Healthy Eating From Your Own Backyard

Location: Goochland Parks & Rec Classroom B

Fee: \$45.00

Sat, March 5, 2016

9am to 1pm

Come learn and build a Salad table to grow salad greens in your own backyard. Experience the satisfaction of growing your own fresh salad greens from April to November. Best of all you will be gardening at waist height and avoiding the pesky salad loving critters.

### Vegetable Gardening Workshop

Location: Goochland Library

Fee: \$10.00 (optional notebook fee)

Sat, March 19, 2016

9am - 1pm

Come learn what you need to know about raising your own vegetables. The following topics will be discussed: planning your garden, soils and soil amendments, diseases and pests of commonly grown vegetables, minimal pesticide use and more.

\*Contact the Goochland Extension office to register for either of these programs at 556-5841 or sgrayson@vt.edu.

## A Case of Mistaken Identity

By: **Bob Whitehead, Horticulture Associate**



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Visit our website at:  
[http://offices.ext.vt.edu/  
goochland/](http://offices.ext.vt.edu/goochland/)  
For more programs and  
information!  
Also search Virginia  
Cooperative Extension  
Goochland on Facebook!

Fears have been stirred lately by news reports about a blood feeding insect spreading a potentially deadly parasitic disease (Chagas) in the United States. That insect has been dubbed the “Kissing Bug” or the “Eastern Blood-sucking Conenose”. Kissing bugs are referred to as “true bugs” (in the Order: Hemiptera) and are in the family Reduviidae. The Reduviidae family has approximately 7000 species worldwide. Of the eleven species of Kissing Bug in the United States, one species has been found in Virginia (*Triatoma sanguisuga*). Many of the species in the family Reduviidae are referred to as assassin bugs and are considered beneficial insects. Thus, the kissing bugs belong to a family that contains a large number of beneficial insect species. At this point it is important to note that the purpose of this article isn’t to re-present information already reported concerning the kissing bug, but to point out potential cases of mistaken identity.

Assassin bugs are predatory insects with approximately 3000 species worldwide and over 160 species residing in the United States. They feed on undesirable insects such as aphids, caterpillars and other plant pests. Some physical characteristics common to the beneficial assassin bugs and the kissing bug can result in misidentification without close inspection. One species frequently mistaken for a kissing bug is the Wheel bug (*Arilus cristatus*). The most distinguishing characteristic to differentiate the wheel bug from the kissing bug is the “semi-circular crest behind the head which resembles half a cogwheel (thus the name wheel bug)”. There are also color differences. The kissing bug has “alternating black and orange/red (sometimes even pink in hue)” stripes on the abdomen and thorax, while the wheel bug is primarily gray or brownish black. Other species of assassin bugs have characteristics that may be mistaken as well. Taking the extra time to identify unknown insects may protect a beneficial species and your favorite garden plants.

To learn more about the Kissing bug, wheel bug and other insect species potentially mistaken for kissing bugs, please see the following web links for useful information:  
[https://pubs.ext.vt.edu/3104/3104-1585/3104-1585\\_PDF.pdf](https://pubs.ext.vt.edu/3104/3104-1585/3104-1585_PDF.pdf)  
<http://ncsupdicblog.blogspot.com/2015/11/kissing-bugs-and-chagas-disease-in-nc.html>  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4264683/>  
<http://ipm.ifas.ufl.edu/pdfs/AssassinBug.pdf>  
<http://www.uky.edu/Ag/CritterFiles/casefile/insects/bugs/assassin/assassin.htm>  
If you are curious about the identity of an insect species in your home and landscape, you can submit a picture or a sample to your local extension office for identification. For more information, call the Goochland Extension office at 804-556-5841.



Kissing Bug  
(*Triatoma sanguisuga*)



Wheel Bug  
(*Arilus cristatus*)



Bee Assassin  
(*Apiomerus crassipes*)



