

SFOP Quarterly NEWSLETTER

WINTER 2023



small

ducational outreach program

Dear Small-Scale Farmers, Ranchers and Veterans,

Happy New Year! We hope 2023 is off to a great start and will be a prosperous year for you and your agricultural endeavors.

Remember the Small Farm Outreach Program can help you thrive by providing agricultural education, training, outreach services and technical assistance to meet your needs.

In this issue, you'll discover seasonal ag tips, learn about free workshops and get a glimpse into an exciting new online certification program launching this spring. The new program enables those who successfully complete the course to apply for an FSA loan since VSU is licensed to conduct this FSA prerequisite training.

We'd like to encourage you to stay safe by implementing farm-safety protocols and following the Centers for Disease Control (CDC) guidelines.

For more information, view the SFOP calendar of events at https://www.ext.vsu.edu/small-farm-outreachprogram or visit the Small Farm Resource Center at https://www.ext.vsu.edu/small-farm-resource-center.

> Keeping you informed, William Crutchfield, SFOP Director

Petersburg League of Urban Growers Helps the Community Flourish

By Tyrone Cherry

With a focus on the community and black, indigenous, and people of color (BIPOC) farmers and youths, the



Petersburg League of Urban Growers, a not-for-profit organization, fosters food security, helps farmers grow thriving enterprises, and prepares youths for the future by planting seeds of knowledge and providing access to land.

"P.L.U.G. empowers the people of Petersburg, Virginia, to practice healthy lifestyles, self-sufficiency, and sustainability through gardening, education, and skills training," said Tyrone Power Cherry III, social entrepreneur and advocate for education.

The organization manages a quarter-acre community garden and co-manages smaller community gardens with local neighbors to make nutritious seasonal foods available. Also, in partnership with Agrarian Trust, P.L.U.G.



Tyrone Cherry

Petersburg League of Urban Growers continued from page 1

recently developed the Petersburg Oasis commUNITY Farm. These five acres serve as an incubator farm to help BIPOC farmers develop their farm enterprises and navigate the urban-agriculture industry.

P.L.U.G. designed and developed the Petersburg Oasis Youth Farm, a small outdoor learning space for local youths to learn and implement regenerative farming techniques.





Furthermore, P.L.U.G. offers the Learn, Grow, Eat, & GO! program to students 4-18 years old via Virginia State University College of Agriculture and Virginia Cooperative Extension. This interdisciplinary program uses a research- and evidence-based curriculum developed by the International Junior Master Gardener® Program, and combines academic achievement, gardening, nutrientdense food experiences, physical activity, and school and family engagement. Upon completing the 10-week Junior Master Gardener® Program (2 lessons/week), students become certified Jr. Master Gardeners.

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Miles J. Jones Elementary School Partners with Small Farm Outreach Program to Help Children Develop Science Skills

By Sonya Shaw, principal at Miles J. Jones Elementary School

Miles J. Jones Elementary School is thrilled about its upcoming partnership with Virginia State University College of Agriculture and the Small Farm Outreach Program.

Miles Jones is an urban-based, Title I elementary school in the city of Richmond, Virginia, that serves over 550 students, the majority of whom are currently living below the national poverty line.

After touring the expansive agricultural facilities at VSU's Randolph Farm, two of my associates and I met with William Crutchfield, director of SFOP, and James Gibson, SFOP program assistant for Central Virginia to design a way to introduce small farming to our students.

"SFOP is always happy to partner with organizations, especially schools, to help advance young people's understanding of agriculture," said Crutchfield.

Many of the students have very limited, if any, experience with farming and Virginia's natural resources. We are concerned that despite rigorously teaching the Virginia Science Standards of Learning each year, students cannot seem to apply the concepts to the real world. This partnership will help alleviate those concerns by connecting the SOL concepts with VSU projects and research. This real-world experience will support our learners in a fresh, new way.

It is our hope that forming a partnership with the Small Farm Outreach Program will not only help our students academically but also will inspire them as they make <section-header>

James Gibson, SFOP regional program assistant, and Sonya Shaw, Miles J. Jones Elementary School principal.

future decisions regarding higher education and their career paths.

"This partnership is indicative of Greater Happens Here at VSU," said Dr. Robert N. Corley III, interim dean and 1890 administrator for the College of Agriculture and vice provost for Academic and Student Affairs. "Greater Grows Here at the College of Agriculture where stellar academics till the soil of fertile minds, state-of-the-art research helps develop evidence-based best practices and outreach programs positively impact Virginia's students, youths, small farms, local communities and economy."

Petersburg League of Urban Growers

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To introduce the benefits of urban agriculture to the local community, throughout 2023, P.L.U.G. is hosting an educational experience, "How to Survive in the Food Desert," monthly at the Petersburg Oasis Youth Farm 535 Beech Street, Petersburg. "We are using a paywhat-you-can campaign," said Cherry. "Participants make an impact investment that they can afford and proceeds go towards our commUNITY action projects."

For more information about P.L.U.G., email growwiththeplug@gmail.com.



Small Farm Outreach Program's 2022 Annual Conference Celebrates and Educates

More than 200 people gathered at the 2022 Small Farm Outreach Program's annual conference, "Farming in Challenging Times," at the Renaissance Hotel in Portsmouth. Attendees were empowered by expert speakers and panelists, gathered information from vendor exhibitors and gleaned insights from other farmers during bus tours. Panelists discussed financial fitness, crop insurance, marketing, farm safety, mental health, soil health, and disaster preparedness.

Four buses went to Slade Farm in Surry, Dayspring Farm in Cologne, and Bees Knees Farm in West Point. The ride offered an opportunity to network. The tours provided insights into the operation of these award-winning farms and an opportunity to ask questions.

The conference culminated with the announcement of the 2022 SFOP award winners Luke Hallman, Farmer of the Year; Clifton Slade, Volunteer of the Year; Grace Summers, Program Assistant of the Year; Alston Hilliard, Star Award; and USDA NRCS 2022 Minority Farmer of the Year, Thelonius Cook. In a surprise twist, the SFOP Advisory Board presented William Crutchfield, director of SFOP, with its Outstanding Leadership Award.

With an unwavering commitment to restoring and maintaining the soil naturally, Dennis and Sarah Williams of Bees Knees Farm & Creamery ensure their chickens, goats, pigs, rabbits and turkeys are rotated regularly to graze on fresh pasture and woodland. This process benefits the animals, the land and consumers.





First row, left to right: Dr. Robert N. Corley III, interim dean/1890 Extension administrator of Virginia State University College of Agriculture and vice provost for Academic and Student Affairs, joins the 2022 SFOP and USDA NRCS award winners on stage, including Thelonius Cook, USDA NRCS Minority Farmer of the Year; Luke Hallman, SFOP Farmer of the Year; and Grace Summers, Program Assistant of the Year. Second row, left to right: Herbert Brown Jr., assistant director of the VSU Small Farm Outreach Program; Clifton Slade, Volunteer of the Year; William Crutchfield, SFOP director and Outstanding Leadership Award recipient; Alston Hilliard, Star Award recipient.





Charlie and Miriam Maloney, owners of Dayspring Farms, expressed their commitment to sustainable agriculture and the environment while providing for themselves and their community.



A third-generation farmer who retired as both an Extension agent and an SFOP program assistant, Clif Slade, shared tips on growing sweet potatoes and elephant garlic. His approach to farming is clear: "Responsible farming with profitable results!"

The Carver Center's Harvest Nourishes the Community and Future Generations

By Emily Oaks*

A bustle of activity animated fields in the shadow of Cedar Mountain while the fall sunshine smiled upon dozens of volunteers harvesting sweet potatoes, peanuts and cotton at Culpeper County's Carver Center.

Minority and Veteran Farmers of the Piedmont, with members from Culpeper, Orange, Madison and The three siblings traveled all the way from Maryland to help.

Sarah Morton, MVFP board member and director of workforce development for Virginia Career Works, said the involvement of youngsters is critical for



Rappahannock counties, grew the crops in honor of George Washington Carver, the namesake of the former regional high school-now the Carver Center-that served African American students during segregation.

MVFP volunteer Sheila Jackson demonstrated how to use a pitchfork to gently loosen a peanut plant, lift it from the soil and reveal the nuts in its root system.

Under Jackson's supervision, nine-year-old Drew Stephens carefully dug around a plant until his brother, Shawn,12, and sister, Savannah, 8, helped pull the plant out of the ground.

"It's really cool to see the peanuts," said, Shawn as the black soil fell away from the light brown shells. farming. "These kids are the next generation of the agrarian workforce," she said. "Seeing them out here learning about growing and harvesting peanuts, sweet potatoes and cotton creates a community of unity."

MVFP recently received a \$25,000 grant from the PATH Foundation to help the nonprofit agricultural group in its community-building efforts.

The organization works with Empowering Culpeper to distribute food grown by MVFP farmers to those in need. MVFP also worked with Ebenezer Baptist Church in Charlottesville to source holiday boxes from local farmers.





Jackson said the second annual MVFP harvest yielded more than 458 pounds of sweet potatoes and 95 pounds of peanuts. Harvest volunteers were invited to take home a portion of the food. The remainder went to local food banks or the free clinic.

"It was a great success!" Jackson said. "Thank you to all who helped in any way!"

For more information see <u>mvfpva.org</u>, or <u>gwcrhsaa.org</u>.

Chase City Community Gardens Flourish Vacant lots are transformed into beautiful, functional spaces.

Like a plant that puts out runners multiplies its fruitfulness, so one person with vision, passion and expertise, has the ability to reach out, develop supporters and make a huge difference in a community. Wanda Johnson is such an individual.

This Small Farm Outreach Program state program assistant yearned to transform derelict vacant lots in Chase City, Mecklenburg County, Virginia, into valuable community gardens that provide fresh seasonal herbs and vegetables to neighbors, beautify the area and foster pride and enjoyment. But, she needed help.

Partnering with the Town of Chase City, Virginia State University College of Agriculture, Virginia Cooperative Extension SFOP, and colleagues from VSU and Virginia Tech, made her dream a reality. Her efforts also rapidly earned support from local individuals and businesses.

Dusty Forbes, town manager not only identified suitable town properties but also spoke with property owners with green spaces.

Fifth Street Community Gardens

A town-owned double lot on Fifth Street was selected for the first community garden. Leonard Elam, SFOP regional program assistant, and VSU Randolph Farm staff helped plan, prepare and plant the garden with help from several community members.

During the summer harvest, residents were invited to take some of the corn, tomatoes, green beans, peas, sweet potatoes, peppers, gourds, flowers and herbs. Passers-by smiled, waved, honked horns or stopped to offer positive comments. 93-year-





old William Carter, a veteran and former barbershop owner, volunteered to give the garden a professional edge.

As the summer faded, organic material was added to the soil to nourish it, including spent plants from the garden. Fall plantings included purple & green kale, turnip greens, mustard greens, Florida broadleaf mustards, collards, purple & green cabbage, Brussels sprouts, Bok choy, cauliflower and broccoli.

Mary Wood Food Forest

The Mary Wood Food Forest was established on a double lot donated to the town in honor of its namesake.

A food forest is a low-maintenance, sustainable, plant-based food production and agroforestry system based on woodland ecosystems that takes several years to become well established. Designed to mimic nature, it consists of edible plants, such as fruit and nut trees, shrubs, herbs, vines, mushrooms, root vegetables, and perennial vegetables. A list of potential native plants is under consideration.

Community support is tremendous. Asplundh Tree Service donated a large quantity of wood .chips. Lumber, sawdust, mulch, logs, cardboard boxes and pallets were also donated. These items will be useful in establishing the food forest, developing a

> permaculture design, building raised beds, and growing mushrooms. Colleagues from VSU and SFOP will conduct demonstrations of the processes required to

ensure this community food forest is beautiful and bountiful.

Johnson expressed appreciation for everyone who has supported these projects.

"The community, including individuals, local officials and businesses, enabled the establishment of this garden and food forest in Chase City," said Johnson. "We always welcome ideas, partnerships, and donations."

For more information, to volunteer or to donate, contact Wanda Johnson at <u>wjohnson@vsu.edu</u> or 434-632-9701.

Winter Ag Tips from SFOP Program Assistants

Livestock / Fish / Poultry

The season for lambing and kidding is upon us, and small ruminant producers should remember these fundamental reminders for success:

- Prepare your lambing/kidding facilities. Ensure they are clean and dry.
- Have all essential lambing/ kidding supplies availableincluding colostrum.
- Watch for birthing problems and know when to intervene, as well as when to call your veterinarian.
- Monitor the general health of the lambs and kids. Make sure kids are getting ample milk.
- Watch to make sure the feeding area is safe to prevent kids and lambs from being trampled.
- Place feed hay in different areas in the pasture to help distribute the nutrients found in manure.

General Farming

• Follow your nutrient-management plan's recommended splitapplication rates for your crops during the growing season. By providing a small, steady supply of nutrients at the right time, you'll meet your crops' needs and reduce nutrient losses. • Participate in an ag workshop and develop a network with other farmers.

Planning / Preparing / Planting

- Prepare your seed beds.
- Plant a good cover crop to add nutrients to the soil and help prevent soil erosion.
- Obtain quotes now for next year's fertilizer, plants and seed. Booking early usually results in lower prices and better selections of seeds and plants.
- Assess and address your soil's nutrient needs now for the spring growing season.
 - o Take soil samples of each of your growing areas.
 - o Soil test results that are up to three years old may be used to develop a crop-specific nutrient-management plan.

o Remember that pelletized lime activates in four to five months.

Business Management Profits

- If you are growing crops for grain, check the futures market to determine if prices are good for next year's delivery.
- Check to see if seed companies are still having year-end sales before supplies run out.

Insurance

- Although election changes for 2023 are optional, producers must enroll through assigned contracts each year. Agriculture Risk Coverage (ARC) and Price Loss Coverage. Through the USDA Farm Service Agency, producers can now do the following:
- Make 2023 crop-year elections.
- Enroll in Agriculture Risk Coverage and Price Loss Coverage programs.



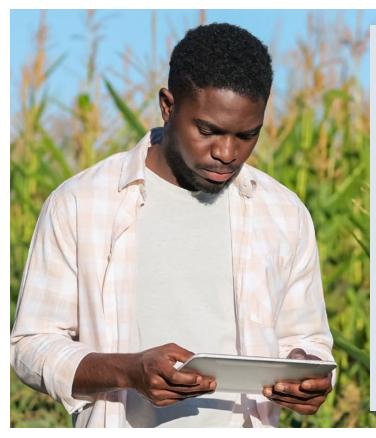
What is the AgriStress Helpline?

The AgriStress HelplineSM is a free, confidential 24/7 crisis-support line that you can call or text for mentalhealth support. Interpretation services are provided in 160 languages.

How does the AgriStress Helpline differ from 988? Both the AgriStress Helpline and 988 offer quality suicide or crisis services; however, the AgriStress crisis specialists have extra training. They understand the culture, values, stressors, and lived experiences of agriculture, forestry, and fishing workers, and can provide you with state-specific agricultural and health resources.

Good health, including mental health, is a key factor in your ability to earn a living and enjoy life. If you're overwhelmed, having trouble sleeping or showing other signs of mental distress, get the confidential help you need from people you can trust:

Call or text the AgriStress Helpline at 833-897-2474.



Agribusiness Production & Financial Management Course Goes Online

Due to the amount of interest in our Agribusiness Production & Financial Management Class, we will be offering this course online. You will learn about financial management, balance sheets, cash flow, income statements and more.

Those who successfully complete the course, which consists of seven modules plus quizzes, qualify to apply for an FSA loan since VSU is licensed to conduct this FSA pre-requisite training.

"We look forward to this opportunity to provide our farmers with the education they need in a format that may be more convenient and cost-effective," said Herbert Brown Jr., assistant director of SFOP.

This course will be launched in early spring, so keep an eye out for more details.

The Virginia Agriculture Mobile Education Unit is now accepting reservations for March 2023 and beyond

The Virginia Agriculture Mobile Education Unit is an interactive educational tool that showcases the Commonwealth's largest private industry– agriculture and forestry–while demonstrating the valuable role it plays in our daily lives.

Ideal for K-12 students, and adults across the

Commonwealth, this agriculture classroom will be a welcome addition to your school, business or community event.

Reservations are currently free and must be made six months prior to the scheduled event. To reserve the unit for August 2023 and beyond, call 804-524-2551 or email coamobileedu@vsu.edu.



On behalf of Colonial Farm Credit, its president, Paul Franklin, presents an annual donation to SFOP Director William Crutchfield to support SFOP's efforts.



SFOP Workshops: February-March 2023*						
Date	Workshop	Time	Location	Program Assistant	Limit	Cost
2/9/23	Changes to Livestock Antibiotic Regulations in 2023	7-8 pm	Virtual	Mandy Fletcher		
2/14/23	Preparation for a Successful Growing Season-Hispanic Farmers	10 am-1 pm	VSU Randolph Farm Pavilion, 4415 River Rd, Petersburg, VA 23803	Leonel Castillo & Tammy Holler	10	
2/14/23	USDA Information Session	10 am- noon	Charlotte County, VIrginia	Leonard Elam		
2/15/23	USDA Information Session	1:30-3:30 pm	Virtual	Dennis Hatch		
2/15/23	Drones In Agriculture	10 am- noon	Mecklenburg County Extension Office, 311 Washington Street, Boydton, VA, 23924	Leonard Elam & Leonel Castillo		
2/15/23	QuickBooks for Farmers	10 am- noon	Virtual	Herbert Brown	20	
2/15/23	DCR Information Session	10 am- 12:30 pm	Virtual	Derrick Cladd		
2/16/23	Preparing A One-Page Business Plan	10 am- noon	Prince Edward County Extension Office, 100 Dominion Drive Farmville, VA, 23901	Leonard Elam & James Gibson	20	
2/21/23	Small Farm Orientation	9-11 am	Virtual	Herbert Brown	40	
2/21/23	Pruning Fruit Trees for Beginners	10 am- noon	Unionville, Virginia	Roland Terrell & Leonard Elam		
2/23/23	Taste of Farming–Sheep & Goat Production	7-8:30 pm	Virtual	Mandy Fletcher		
2/23/23	Pruning Thornless Blackberry Canes	10 am- noon	Mecklenburg County Extension Office, 311 Washington Street, Boydton, VA, 23917	Leonard Elam & Roland Terrell	10	
2/24/23	Let's Get ready for your 2023 Farmers Market Display!	12-1 pm	Virtual	Marilyn Estes		
2/28/23	Pruning Fruit Trees for Beginners	10 am-1:30 pm	Salem, Virginia	Brent Noell	10	
3/1/23	Planting and Caring for Spring Flowers: From Seeds and Starts to Beautiful Blooms	10 am- noon	Virtual	Roland Terrell		
3/2/23	Prep for a Successful Growing Season	10 am-1 pm	VSU Randolph Farm Pavilion, 4415 River Rd, Petersburg, VA 23803	Derrick Cladd & Tammy Holler	25	

SFOP Workshops: <i>February–March 2023*</i>						
Date	Workshop	Time	Location	Program Assistant	Limit	Cost
3/8/23	Starting and Growing in Beekeeping	9 am-12 pm	VSU Randolph Farm Pavilion, 4415 River Rd, Petersburg, VA 23803	Dennis Hatch	35	
3/8/23	Making Dollars and Sense Out of Backyard Poultry	10 am- noon	Virtual	Leonard Elam		
3/9/23	DCR/Three Rivers Soil and Water Conservation District Information Session	noon-1:30 pm	Virtual	Dennis Hatch		
3/9/23	USDA Information Session	10 am- noon	Virtual	Michael Carter Sr		
3/11/23	Small Engine Maintenance	10 am-12 pm	VSU Agriculture Engineering Building, 101 Myster Macklin Street, Ettrick, VA	Roland Terrell	20	
3/14/23	DCR Information Session	6-8 pm	The APEX Center, 200 Apex Drive, Wytheville, VA 24382	Brent Noell		
3/15/23	QuickBooks for Farmers	10 am- noon	VSU Randolph Farm Pavilion, 4415 River Rd, Petersburg, VA 23803	Herbert Brown	20	
3/16/23	Preparation for a Successful Growing Season	10 am- noon	Staunton River Memorial Library, 500 Washington Street, Altavista, VA, 24517	Leonard Elam & Tammy Holler		
3/21/23	How to Bed Sweet Potatoes for Spring Slip Production	10 am- 12:30 pm	Surry, Virginia	Dennis Hatch		
3/21/23	Small Farm Orientation	9-11 am	Virtual	Herbert Brown	40	
3/21/23	Novel Endophyte Tall Fescue Renovation Workshop	8:30 am-4 pm	VSU Randolph Farm Pavilion, 4415 River Rd, Petersburg, VA 23803	Tim Sexton		\$40
3/21/23	Drones In Agriculture	10 am-1 pm	Carver Center, 9432 N James Madison Hwy, Rapidan, VA 22733	Roland Terrell & Leonel Castillo	40	
3/23/23	Small Ruminants: Wisdom for Weaning	5-7:30 pm	Southwest VA Agricultural Research & Extension Center, 12326 VPI Farm Rd, Glade Spring, VA 24340	Mandy Fletcher		
3/29/23	Wildlife Management	9 am-3 pm	VSU Randolph Farm Pavilion, 4415 River Rd, Petersburg, VA 23803	Derrick Cladd		
3/30/23	Get More From Your Milk	1-4 pm	Alberta, Virginia	Marilyn Estes	12	

For more information and to register, visit <u>www.ext.vsu.edu/calendar.</u>



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Leonel Castillo | 804-731-0230 | <u>lcastillo@vsu.edu</u> Hispanic Outreach, Drone Pilot

Derrick Cladd | 804-892-4489 | <u>dcladd@vsu.edu</u> Beginning Farmers **James Edwards** | 804-720-2588 | jtedwards@vsu.edu Military Veteran, AgrAbility

Tammy Holler | 804-229-2730 | <u>tholler@vsu.edu</u> Nutrient Management

Wanda Johnson | 434-632-9701 | wjohnson@vsu.edu Community Gardens, Food Services

Grace Summers | 804-712-0093 | gsummers@vsu.edu NRCS, SFOP High Tech Tunnel

*lf you have any difficulty figuring out which region is yours, please call 804-524-3292 for clarification.



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Where Virginia's small and beginning farmers and ranchers access comprehensive resources to help make their farm businesses profitable and sustainable.

vasmallfarm.org

Education & Training Resources · Diverse Models of Farm Production & Operation · Ag-Related News & Events · Federal, State & Local Agency Contacts Agro-Equipment Rental Programs · Expert Advice Online or by Phone

...and More

The Virginia Small Farm Resource Center is developed and supported by Virginia State University's Small Farm Outreach Program.



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Small Farm Outreach Program office at smallfarm@vsu.edu or call 804-524-3292/TDD 800-828-1120 during business hours of 8 am. and 5 p.m. to discuss accommodations five days prior to the event.



VSU COLLEGE OF AGRICULTURE

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