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VIRGINIA COOPERATIVE EXTENSION RVA

COMMUNITY CONNECTIONS

APRIL 2020

WHAT'S GOING WITH RVA VCE? COVID19 UPDATES

During this unprecedented time, we hope all are remaining safe and active so we can press forward past COVID19. Below is a statement on the status of our office operations during this time. Our office is closed to the public but we are still accessible via email. All email contacts have been provided on the side of the newsletter.

UPCOMING EVENTS Family & Consumer Sciences: Contact: Twandra Lomax-Brown Twandra@vt.edu

4-H Positive Youth Development:

Contact: Brittany A. Council-Morton bcouncil@vt.edu

Agriculture & Natural Resources:

Contact: Brittany A. Council-Morton bcouncil@vt.edu

Food Nutrition Programming:

Contact: Kim Logan klynl41@vt.edu Saundra Laws saundral@vt.edu

DUE TO COVID19, ALL VCE PROGRAMS
HAVE BEEN POSTPONED UNTIL
FURTHER NOTICE.

PLEASE CONTINUE TO CHECK OUT
OUR UNIT WEBPAGE AT

VCE City of Richmond
Unit Office
FOR MORE UPDATES.

Virginia Cooperative Extension City of Richmond Office located

701 N 25th St. East District Initiative-1st Floor Richmond, VA 23223

> Phone: (804)-786-4150 Fax: (804)-786-7718

> > https://richmondcity.ext.vt.edu/

For more details on how Virginia
Cooperative Extension is navigating through
COVID19 in addition to resources you can use at home, please visit:
VCE COVID19 Resource

VCE COVID19 Partner Resources

VA Farm Bureau
VA Department of Health
VDACS





NOTICE

Office closed to the public due to COVID-19 pandemic

For your safety and the safety of VCE staff, the Extension office is temporarily closed to walk-in clientele. If you have specific questions please call (804)786-4150 and we will do our best to assist you

We urge you to take all necessary steps to stay healthy and follow guidelines outlined by local health departments.

We look forward to continuing to serve the community in new and innovative ways.

Visit www.ext.vt.edu for resources on the COVID-19 pandemic.

Contact Info

https://richmond-city.ext.vt.edu/ VCERichmondCity@vt.edu 804-786-4150

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Effective Spending During COVID19

Twandra Lomax-Brown, Family and Consumer Sciences Agent

SPENDING PRIORITIES DURING COVID-19

Virginia Cooperative Extension



MAKE A

Most of us are unable to work in the traditional way that we just were 2 weeks ago. This is the time to be more aware of the money you currently have in your pocket. Create a spending plan for the next month that allows your money to

Now is the time to get serious about the most important expenses for your family. Prioritize what must be paid over the next month that you can't live without. Things such as food, water, shelter, electricity, and even internet could be non-negotiable during this time





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SPENDING PRIORITIES DURING COVID-19

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STOP UN-NEEDED

Figure out what expenses are not priority and stop or limit payment. Expenses such as online subscriptions (Amazon, Netflix, Boxy Charm, etc) can be cancelled or postponed to save more money for the month. These spending leaks are expenses that cause your money to disappear right out of your account without any question.

A lot of companies are offering extensions on bills during this difficult time. Now is a great time to call your lenders to see if they are offering any payment extensions because of COVID-19. Some companies are delaying payments for up to 3 months! Take advantage!





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Healthy Habits When Working From Home

Kim Logan & Saundra Laws, Food Nutrition Programming Assistants

With many working from home and tackling homeschooling in the absence of childcare, finding strategies to still be productive while fostering a loving environment may prove to be a challenge. However, we have some great resources







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Richond Public Schools is distributing food for families located in the City of Richmond. Find details below or at https://www.rvaschools.net/covid-19-food.

4-H DOES WHAT?

4-H is the youth development education program of Virginia Cooperative Extension. Filled with robust learning experiences where young people partner with caring adults and volunteers in a fellowship unlike any other. Within 4-H, young people are encouraged to participate in a variety of activities that emphasize 4-H's "learning by doing" philosophy of youth development.

4-H Mission

The mission of 4-H is to assist youth, and adults working with those youth, to gain additional knowledge, life skills, and attitudes that will further their development as self-directing, contributing, and productive members of society.

4-H Motto: "To Make the Best Better."

4-H camp is <u>STILL</u> being planned in the midst of COVID19. Our camping dates are July 13th-17th, 2020 at Jamestown 4-H Center in Williamsburg, VA. All teen and adult volunteer trainings will be conducted virtually until further notice and if you are interested or have <u>ANY</u> concerns, please contact Brittany A. Morton at <u>bcouncil@vt.edu</u>.

<u>CALLING ALL VOLUNTEERS & TEEN LEADERS!</u> If you are interested in becoming a 4-H volunteer, you are or know of any teens that demonstrate exceptional leaderships skills please contact Brittany A. Morton at <u>bcouncil@vt.edu</u> so we can discuss various opportunities.

4-H Program Wrap-Up for the City of Richmond

4-H embryology was delivered in 17 Richmond City Public Schools classrooms where youth got to witness firsthand the incubation period of baby chickens! Approximately, 340 eggs were fertile and resulted in an 80% hatch rate of baby chicks that have been relocated to farms. We were even fortuante enough to receive a shoutout from the RVA Schools Instagram page. Check us out at VCE Richmond City 4-H as we share some unique ways to keep the minds of our young ones actively

engaged at home.





If you would like to learn more about these programs and how you can get involved, please contact Brittany A. Morton at becomes description or via phone at (804)-786-4150.

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Spring Horticulture Tip: Staying Active

Tip courtesy of <u>"A Virginian's Year-Round Guide to Yard Care: Tips and techniques for healthy lawns and gardens."</u>

Spring planting needs can vary based on the plants you intend to grow. Keeping these few tips in mind can prove quite helpful and essential.

- 1. Tilling the soil and mixing organic matter helps enhance soil fertility and at times can result in little use of fertilizers.
- 2. Each plant has different needs. Be mindful of plant spacing, companion planting, and soil type favorability. Example.) If tomatoes are fertilized heavily with nitrogen into the summer, the plants will be vines with no fruit.
- 3. Fertilizer application methods based on the lay of the land.
 - a. Broadcasting
 - b. Banding
 - c. Side Dressing
 - d. Foliar Application
- 4. Effective Irrigation, watering during the morning hours allows plants to absorb more water than at the mid-to-late day range when the sun is at its peak. Watering during the suns high time, will result in leaf scalding on plants. Wet foliage overnight makes the primary ground for disease to set in.
- 5. Have little ones at home? Now is the PERFECT time to get them outside and engage in the gardening process. Allow them to assist with seed starter trays or just direct in-ground planting. Have them make plant labels out of popsicle sticks and create fun ways to keep Peter Cottontail and Bambi out of your garden.

Spring Lawn Care

Been wanting to fix your lawn up a bit but just didn't have the time? Take a look at this <u>VCE</u> <u>publication for spring lawn care</u> and take advantage of these helpful tips.

<u>Fertilization for Spring Lawns</u>





Why Test My Soil?

Soil testing provides details on the proper amount of lime and fertilizer to apply to your lawn, garden and other sections of your landscape. By following the recommendations identified with a soil test, homeowners, farmers, and gardeners are reducing the amount of nutrient runoff, enhance plant growth, and saving money. Applying lime and fertilizer as necessary and at the right time can also optimize crop production and avoid potential nutrient defencies. Although, soil testing can be done at any time of the year, the best time is after the growing season has ended so you can make the appropriate soil amendments for ideal pH and an overall best management practice.

It's never too early to soil sample your yard or farm! Soil test are available at all of the public libraries in the City of Richmond as well at the local VCE City of Richmond Extension office. If you happen to visit a library and they are low on soil test kits, give us a call and we will have them available for you at our office.

East End Branch West End Branch Broad Rock Branch
North Avenue Branch Westover Hills Branch Ginter Park Branch

Belmont Branch Hull St. Branch Main Branch

Due to COVID19 many buildings are closed to the public. Please contact Brittany A. Morton via email at bcouncil@vt.edu and we will find the best safe way to provide you with a soil testing kit. Stay safe and stay active!