



Virginia Cooperative Extension

Virginia Tech • Virginia State University

Spring 2025

BATH-HIGHLAND NEWS



FAMILY AND CONSUMER SCIENCE TOPICS

Becky Gartner, Extension Agent, Family & Consumer Science—rebes13@vt.edu—540 564 3080

SPRING SNACKIN'

Spring is here and things are getting busy. With more daylight comes more outside chores and your mealtimes may be pushed back. Snacks are a good way to hold off the hunger and can provide nutrients to boost your energy level.

Snacks should be part of a daily healthy eating plan. Snacks should supplement meals, not replace them. They can help curb the appetite by preventing overeating at the next meal. But, eating ultra processed snacks that contain added salt, sugar and fats can lead to weight gain if eaten often as a snack. Stay away from chips, cookies, and soda.

Snackin' takes plannin'

The most satisfying snacks are a combination of protein and carbohydrates. Choose whole grain carbs and fresh fruit and veggies to get a boost of fiber in your day. Try one of these combinations:

- Cheese and crackers
- Veggies with hummus or peanut butter
- Graham crackers with peanut butter
- Cereal or granola bar with milk
- Yogurt with fresh fruit
- Nuts and fruit
- ½ turkey sandwich on whole wheat bread
- Hard-boiled egg and crackers



Prepare and portion snacks a day or two ahead of time, so they are ready in a time crunch. This also helps with portion control and over-eating. Place your snack bags in the pantry or on refrigerator shelves where family members can see them and take them with them. Put non-perishable snacks in the car so the kids can enjoy a snack on the way to practice or community event. Replace sugary drinks with water and you will stay hydrated while saving a lot of money.

Enjoy spring and keep on snackin'!

Source: New Jersey Cooperative Extension

UPCOMING EVENTS

Diabetes Prevention Program

Virtual Program, FREE Information session

April 17, 12 noon – 1 pm

Do you have prediabetes or has your doctor told you your A1c is high? The DPP is a year-long program for people with prediabetes or those who are at high risk for type 2 diabetes and want to lower their risk. For more information or to register, contact Becky Gartner, rebes13@vt.edu or call 540-564-3080.

ServSafe Manager Certification Class

May 5, 9 am – 5 pm, Rockingham Extension Office, 965 Pleasant Valley Rd., Harrisonburg

Cost: \$160 includes book and exam

One day class with exam which meets the requirement for having a certified manager in foodservice establishments.

Registration deadline: April 21

Registration link: <http://tinyurl.com/SSMGR-RH-25-PU>

Dial Gauge Pressure Canner Testing

- July 8, 12 noon–3 pm, Windy Cove Presbyterian Church, 102 Windy Cove Rd., Millboro
- August 1, Highland Farmers Market, Monterey

ADDITIONAL PAGES INCLUDE

4-H UPDATES & EVENTS

AGRICULTURE & NATURAL RESOURCES TOPICS

EXTENSION STAFF SERVING YOU

If you are a person with a disability and desire assistance or accommodations to participate in programs listed in this newsletter, please contact the VCE--Bath at (540) 839-7261 or Highland Unit Office at (540) 468-2225 during business hours to discuss accommodations. (TDD 800-828-1120)

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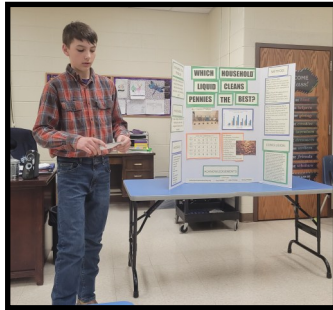
4-H HAPPENINGS

Ben Hindman, Associate Extension Agent 4-H, Bath/Highland—benjaminh@vt.edu—540 839 7261



Recent Highlights

- The Bath and Highland 4-H Science Fairs provided an exciting opportunity for young scientists to explore the world of science through hands-on learning. Fourth and sixth grade students at Millboro and Valley Elementary Schools in Bath County and sixth grade students at Highland Middle School participated in the fairs. Each student conducted a science experiment at home using the scientific method, constructed a display board, and presented their findings to guest judges from the community. These events celebrated student creativity, curiosity, and communication skills while promoting STEM learning.



- Highland 4-H Contest Day took place on February 28th at The Highland Center, bringing together 15 talented youth participants. Members competed in a variety of contests, including Share the Fun, Presentations, and Table Setting, showcasing their creativity, public speaking skills, and attention to detail. The event provided a valuable opportunity for youth to build confidence and express themselves. Special thanks to our guest community judges—Scott Smith (Allegheny Mountain Radio), Mary Beth Gutshall (The Highland Center), and Tammy Minnigh (The Recorder)—for their time and support of Highland 4-H.
- Highland 4-H members represented our county at the MC Livestock Stockman's Challenge –Livestock Judging Contest on Saturday, March 22nd, and the State Skillathon Contest on Wednesday, March 26th at the Rockingham County Fairgrounds in Harrisonburg. It's exciting to see our youth expanding their participation in livestock events beyond the annual Show and Sale. These contests help members sharpen their knowledge, build confidence, and gain valuable experience in livestock evaluation and management.

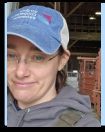


Looking Ahead

- Members of Bath and Highland 4-H are planning to attend Virginia 4-H Congress will take place June 24–27 on the campus of Virginia Tech in Blacksburg. This event, open to senior 4-H members ages 14–19, provides an opportunity for youth from across the state to come together. Participants will experience campus living while engaging in workshops, service projects, and leadership development activities. The event fosters learning, community involvement, and personal growth in a supportive, educational environment.
- Bath and Highland 4-H programs will participate in Junior 4-H Camp at the W.E. Skelton 4-H Center the week of July 7–11. Junior 4-H Camp provides youth with opportunities to develop leadership skills, explore outdoor activities, and engage in hands-on learning. Campers will take part in team-building exercises, environmental education, arts and crafts, and other activities designed to encourage personal growth and teamwork. This experience offers youth a chance to connect with peers and gain skills that will benefit them both personally and in their communities.
- Three senior 4-H members from Highland will participate in the Virginia 4-H Service Trip to the Dominican Republic this July. One member will be returning for his third year, continuing his commitment to service and cultural exchange. During the trip, participants will engage in community service projects such as building infrastructure, teaching, and environmental conservation. They will also experience the local culture, interact with community members, and work alongside peers from across the state. This opportunity provides a unique chance for leadership development, cross-cultural learning, and contributing to meaningful projects that benefit both the participants and the community.



Contact Ben Hindman if you or someone you know is interested in any 4-H opportunity.



AGRICULTURE & NATURAL RESOURCES

Kari Sponaugle, Extension Agent, Ag & Natural Resources, Highland & Bath—Cell: 540 679 9664—Email: karis@vt.edu

Invasive Plant Control Program

County of Highland Board of Supervisors has approved an invasive plant control program for 2025 once again to assist landowners offset the cost of herbicides for invasive plants including multiflora rose, barberry and autumn olive. The incentive is a set amount for landowners with at least 50 acres of open land, owned or leased with landowner's approval, and a minimum of 10 percent infestation of the targeted invasives. Payment incentives are based on acres to be treated and percent(%) infested. Qualified participants will be selected on a first come, first served basis. A list of approved herbicides is provided with the sign-up packet. Sign ups are open through April 30th; receipts are due in September with reimbursement to follow in October. For more information or a packet, please call or email the Extension office.



Autumn Olive



Japanese Barberry—Spring flower clusters



Multiflora Rose

DON'T GUESS, SOIL TEST!

VCE BATH & HIGHLAND SHIP SOIL SAMPLES
THE 10TH OF EACH MONTH FOR FREE!

Find out what your hay field or garden needs before next season with a soil analysis from the VT Soils Lab.

WHAT WILL THE TEST TELL ME?

SOILS ARE ANALYZED FOR PLANT-AVAILABLE NUTRIENTS TO DETERMINE APPLICATION RATES OF FERTILIZER AND LIME FOR OPTIMUM PLANT GROWTH.

ROUTINE ANALYSIS INCLUDES:

SOIL PH, P, K, CA, MG, ZN, MN, CU, FE, & B.

SOLUBLE SALTS AND ORGANIC MATTER (OM) RESULTS ARE AVAILABLE FOR ADDITIONAL FEES. RESULTS AND RECOMMENDATIONS ARE EMAILED TO THE CLIENT. FOR MORE INFORMATION, VISIT THE VT SOILS LAB WEBSITE AT

[HTTPS://WWW.SOILTEST.VT.EDU/](https://www.soiltest.vt.edu/)

BOXES AND FORMS ARE AVAILABLE FOR FREE AT YOUR LOCAL VCE OFFICE.

Crop Samples (crop/hay/pasture) = FREE routine
Home Lawn & Garden Samples = \$10 each



Thanks again to all the partners and participants who came out to the March 31 **Pasture Management Workshop** in Monterey. We had a beautiful day!



SHEEP PRODUCERS

Save the Date



Highland Wool Pool will be July 15.
This year, the wool pool is combined with Augusta, Rockbridge, Orange, and Madison Counties.
Take up locations will be
Highland County Fairgrounds in Monterey and
Augusta Cooperative's GVS Warehouse in Verona.



4-H & ANR PROGRAM EDUCATOR

Jordan Alexander, Bath & Highland—Phone: 540-839-7261—Email: jordan98@vt.edu

Calling all Virginia Women in Agriculture!

Virginia Cooperative Extension offers two great programs, Women in Agriculture Gathering (WAG) and Women Increasing Skills and Education (WISE), both fostering female farmers in Virginia.

The WAG event occurs in the spring and focuses on equipping female farmers, landowners, and agriculture enthusiasts with opportunities to network with peers, hone technical skills, and discuss solutions to the unique challenges they face. Most recently, this event was held on March 28 and 29 at the Meadow Event Park (State Fairgrounds) in Doswell, Virginia. The two-day event had a variety of focuses: fruit and vegetable production, agribusiness, and livestock production along with networking during meals. If interested, stay tuned to hear where and when the 2026 WAG event will be!

The WISE event occurs in the fall and is an opportunity to gain hands-on cattle and equipment skills, taught by women, for women. Since 2021, over 130 women in Virginia have attended WISE conferences created by female Virginia Cooperative Extension Agriculture and Natural Resources Agents. As more female principal operators enter agriculture, WISE aims to boost their confidence and teach safety measures for machinery and livestock through this two-day event. This event will be on **November 7 and 8 in Abingdon, Virginia.**

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Deseray Chaplin, Administrative Fiscal Assistant, Bath County
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Virginia Cooperative Extension

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OFFICIAL BUSINESS

We are happy to provide this newsletter. However, if you prefer to receive this a different way (email/hard copy) or to be removed from the list, please call 540-468-2225 or 540-839-7261.