

Virginia Cooperative Extension
Campbell County
163 Kabler Lane – PO Box 67
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Staff:

Karen Tanner - Unit Coordinator -
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[https://campbell.ext.vt.edu/index.
html](https://campbell.ext.vt.edu/index.html)

Office Hours: Mon. - Fri. 8AM - 5PM



Spring 2023 – Newsletter

Working For You



2023 4-H Summer Camp -

Summer Camp runs **June 26-30 at Holiday Lake 4-H Educational Center. Space is limited!** We are limited to 40 boys / 40 girls. Those registering after we have reached our maximum numbers will be added to a waitlist.

Your registration is not complete until the deposit is paid and 4-H Online enrollment is complete. 4-H Camp is open to all youth residents of Campbell County who are 9-13 years old. Those placed on the waitlist will be notified after May 15th of additional spots available.

Cost: 1st child in family \$250

2nd child in family \$245

3rd child in family \$240

(To ensure family discount, please pay by check or money order.)

\$100 deposit due at registration (Check or Money Order only. No Cash Please) Use link below for credit card payment. Payment may be made in full at any time. However, if you need spread out the payments, the schedule is below:

\$75.00 payment due by April 18

\$75.00 (balance) due by May 12

Make checks payable to: TREASURER OF VIRGINIA TECH - in
memo line put Campbell

Payments can be mailed to:

VCE Campbell

Attn. Camp Registration

163 Kabler Lane / PO Box 67

Rustburg, VA 24588

Continued

Virginia Cooperative Extension
Virginia Tech • Virginia State University

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Notes from the Field:

2023 Consumer Supported Agriculture (CSA):

2023 is the 2nd year of the CSA program. The cost is \$485 and the program runs May – Aug. Those with SNAP benefits can apply. Visit: puckettefarms.com



This year there are beef and egg options!

Scan Me:



2023 4-H Summer Camp -

The cost for teen leaders is \$100. If you have not already done so, but wish to apply to be a Teen Counselor please contact Karen Tanner: karent76@vt.edu

Spots are limited, camp registration, 4-H online enrollment with Health History, and Deposit will reserve your spot! Incomplete registrations will be bumped to the waitlist after 7 days.

Summer Camp Registration: <https://tinyurl.com/3h4h2446>

4-H Online Enrollment: <https://va.4honline.com/>

Camp Payment (Credit Card): <https://register.ext.vt.edu/> Use Course Code: CE-CAMP-4HCAMP-01

Scholarship: 4-H Camp Scholarship:

<https://www.holidaylake4h.com/4hscholarship.html>

Campbell Scholarship: Applications available at the Extension Office in Rustburg. Forms must be completed by parent/guardian and camper.

Local Planting Guide

Recommended Planting and Harvest Dates

Hardiness Zone 7a

Refer to the legend at the bottom of the chart to determine when it is appropriate to plant and harvest each vegetable, based on the last and first killing frost date for your region. Actual last and first killing frost dates will vary due to local conditions and yearly temperature fluctuations. Planting and harvest periods are represented as a 10-day range. You may wish to favor earlier or later planting dates within the given range based on local data or experience.

Note: The use of row cover fabric and cold frames may extend the expected planting and harvest window by two to four in the spring and fall.

Crop	Last Spring Frost: 4/15 - 4/25																First Fall Frost: 10/15 - 10/25																									
	2/5	2/15	2/25	3/5	3/15	3/25	4/5	4/15	4/25	5/5	5/15	5/25	6/5	6/15	6/25	7/5	7/15	7/25	8/5	8/15	8/25	9/5	9/15	9/25	10/5	10/15	10/25	11/5	11/15	11/25	12/5	12/15	12/25	1/5	1/15	1/25	2/5	2/15	2/25			
Asparagus***					x	x	x	#	0	0	0	0	0	0																												
Beans, bush								x	x	x	x	x	#	#	#	#	#	#	0	0	0	0	0	0	0	0																
Beans, pole								x	x	x	x	x	x	#	#	#	0	0	0	0	0	0	0	0	0	0																
Beans, lima									x	x	x	x	x	x	x	x	#	0	0	0	0	0	0	0	0	0																
Beets				x	x	x	x	x	x		0	0	0	0	0	0			x	x	x	x			0	0	0	0	0	0												
Broccoli*					x	x	x	x	x			0	0	0	0	0			x	x	x	x				0	0	0	0	0												
Brussels Sprouts*																			x	x								0	0	0	0											
Cabbage*					x	x	x	x	x	0	0	0	0	0	0	0			x	x	x	x				0	0	0	0	0												
Chinese Cabbage*					x	x	x	x	x			0	0	0	0	0			x	x	x	x				0	0	0	0	0												
Carrots				x	x	x	x	x		0	0	0	0	0	0	0	x	x	x	x					0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cauliflower*					x	x	x				0	0	0						x	x	x					0	0	0	0	0												
Chard, Swiss				x	x	x	x	x	x	0	0	0	0	0	0	0	0	#	#	#	#	#	#	0	0	0	0	0	0	0												
Collards, Kale				x	x	x	x	x	x	0	0	0	0	0	0				x	x	x	x	x		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cucumbers								x	x	x	x	x	#	#	#	#	#	0	0	0	0	0	0	0	0	0	0															
Eggplant*								x	x	x	x	x	x	x	x	#	#	0	0	0	0	0	0	0	0	0																
Kohlrabi				x	x	x	x	x		0	0	0	0						x	x	x	x	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Leeks*					x	x	x	x				0	0	0	0	0	0	x	x	x	x							0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lettuce, head*					x	x	x	x	x	#	0	0	0	0	0				x	x	x	x	#	0	0	0	0	0	0	0												
Lettuce, baby salad					x	x	x	x	#	#	0	0	0	0	0					x	x	x	#	#	0	0	0	0	0													
Muskmelons								x	x	x	x	x	x	x	#	0	0	0	0	0	0	0	0	0	0	0	0															
Mustard				x	x	x	x	#	#	0	0	0	0	0					x	x	x	x	#	#	0	0	0	0	0	0												
Okra									x	x	x	x	x	x	x	x	#	0	0	0	0	0	0	0	0	0	0															
Onion (bul- bing)**				x	x	x	x	x	x			0	0	0	0	0	0	0																								
Peas, garden				x	x	x	x		0	0	0	0	0																													
Peppers*								x	x	x	x	x	x	x	#	#	#	0	0	0	0	0	0	0	0	0	0	0	0													
Potatoes					x	x	x	x	x	x	x	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0															
Pumpkins									x	x	x	x	x	x	x		0	0	0	0	0	0	0	0	0	0	0	0														
Radish				x	x	x	x	#	#	#	0	0	0							x	x	x	#	#	0	0	0	0	0	0												
Rutabega																			x	x	x						0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Southern Pea										x	x	x	x	x	x	x	#	#	0	0	0	0	0	0	0	0	0	0														
Spinach				x	x	x	x	#	0	0	0	0	0							x	x	x	#	#	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Squash, summer								x	x	x	x	#	#	#	#	#	#	#	#	#	#	0	0	0	0	0	0															
Squash, winter								x	x	x	x	x	x	x	x	#	0	0	0	0	0	0	0	0	0	0	0															
Sweet Corn								x	x	x	x	x	x	x	#	#	#	#	0	0	0	0	0	0	0	0	0															
Sweet Potato									x	x	x	x	x	x	x	x				0	0	0	0	0	0	0	0															
Tomatoes*								x	x	x	x	x	x	#	#	#	#	0	0	0	0	0	0	0	0	0	0															
Turnips					x	x	x	x	x		0	0	0	0						x	x	x	x	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Watermelon									x	x	x	x	x	x	x	#	0	0	0	0	0	0	0	0	0	0	0															

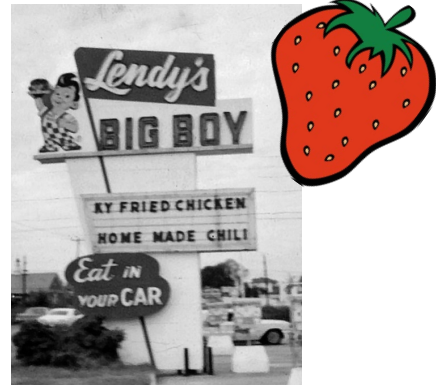
x = Planting Period; 0 = Harvest Period; # = Plant and Harvest Period

* = Transplant; ** = Set or Seed; *** = Do not harvest asparagus in first year

Local Recipes

Lendy's Strawberry Pie:

- 1 c. sugar
- 2 tbsp. cornstarch
- 1 c. water
- 1/4 c. strawberry gelatin
- 2 drops red food coloring
- 1 qt. sliced strawberries
- 1 (9-inch) baked pie shell
- 1 c. whipped cream



Mix sugar and cornstarch in heavy pan; add water. Cook, stirring constantly until thick and clear. Stir in gelatin and food coloring. Chill until partly set. Place berries in shell, cover with gelatin. Chill 4 hours and then add cool whipped cream.

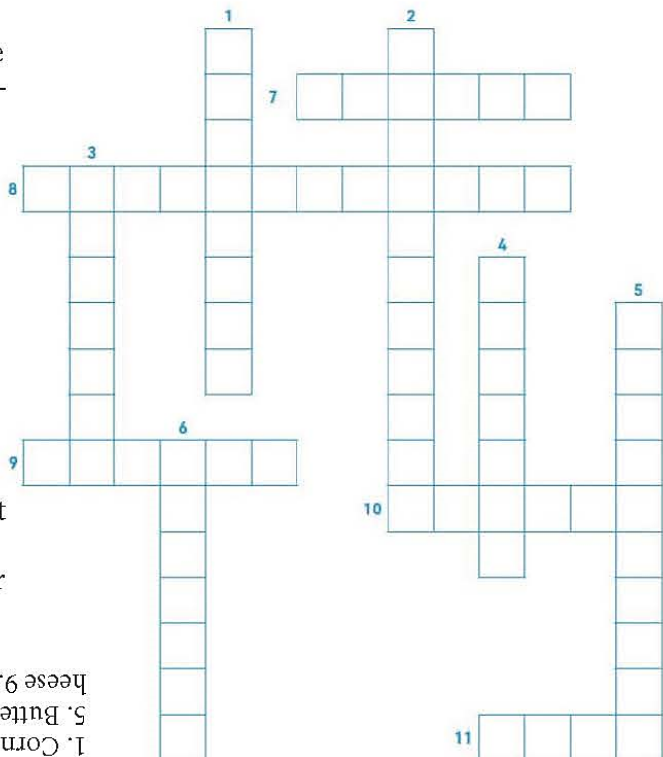
Shirley Johnson– Lynchburg, VA (Chestnut Hill United Methodist Church)

DOWN:

1. Dried and processed corn
2. A berry that has a color in its name
3. This fruit is a cross between a pomelo and a tangerine.
4. A fish often used in Cajun cuisine or breaded and baked or fried.
5. A slightly sour dairy beverage.
6. The main ingredient in guacamole.

ACROSS:

7. A quick-cooking wheat kernel used in pilaf and tabbouleh.
8. Popular dairy snack for children.
9. A vegetable eaten raw or cooked and used to make sauces or pasta.
10. Seeds that are the main ingredient in tahini.
11. This game bird is found on dinner tables during the holidays.



Answers:
 1. Cornmeal 2. Blueberries 3. Tangelo 4. Catfish
 5. Buttermilk 6. Avocado 7. Bulgur 8. String-
 cheese 9. Tomato 10. Sesame 11. Duck

GET IN TOUCH

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