

Virginia Cooperative Extension Alexandria/Arlington Programming Updates



**Virginia
Cooperative
Extension**

Virginia Tech • Virginia State University

www.ext.vt.edu

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnis, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Lee Center

**1108 Jefferson Street
Alexandria, VA 22314**

Lee Center

**Updated Hours:
10am-4pm**

Monday - Thursday

Closed Friday's

Office: (703) 746-5546

Fax: (703) 684-5285

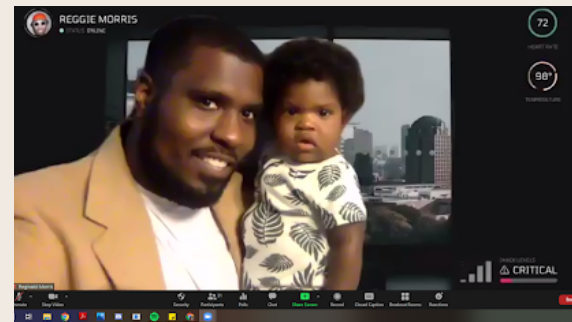
***Arlington Office closed until
further notice**

4-H Youth Development

Alexandria 4-H is partnering with The Molina Foundation for the Book Buddies 2020 Families Learning Together Literacy Program.

**Here's to
making the
best better...**

As a part of this national initiative, during the upcoming back-to-school season our goal is to help stop the “summer slide,” the tendency for children to lose some of the academic gains they made during the school year. Additionally, school closures due to the coronavirus have put children at risk of severe learning loss in addition to the typical summer slide. Book distribution will begin Monday, September 14th.



**For more information and to
arrange a pick-up or drop-off,
contact Reggie Morris, 4-H
Extension Agent at
rbmorris@vt.edu or 703-493-
0610.**

4-H Youth Development

Arlington 4-H prepares "Nature Club in a Box"

Anticipating a socially-distanced fall, the 4-H Club in a Box will allow underserved youth to continue learning about the natural world. Participants will each receive a kit that includes everything necessary to complete six nature-based activities including books, craft supplies, puzzles, stickers and more. Curated by our experienced volunteers, the kits will feature our greatest afterschool hits from both the Junior Master Gardener and Outdoor Explorer 4-H Clubs.

AHC's Fort Henry has agreed to serve as our initial pilot site. The youth in their afterschool program will each receive a kit at no-cost to their families, thanks to generous funding from the Arlington Kiwanis chapter. With additional funding, we hope to expand the program to serve other affordable housing properties and Title I Schools.



**For more information on
this program, please contact
Arlington 4-H Agent
Caitlin Verdu at
cverdu@vt.edu**

Family Nutrition Program SNAP-Ed



Fall Virtual Programming Updates

The Virginia Family Nutrition Program, SNAP-Ed, is currently conducting outreach to school partners for fall virtual programming options. While we know the fall semester is ever-changing due to COVID, we are hoping these virtual nutrition education options will be cohesive with both the teachers and students' schedules. Below are programs being offered virtually this fall to partners:

LEAP - Preschool Ages 3 & 4

Pick a Better Snack - Grades K - 2

Choose Health - Grades 3-5
*Choose Health Flyer

Teen Cuisine - Grades 6-12
*Teen Cuisine Flyer

Nutrition Challenge - Grades K-12

Physical Activity Challenge - Grades K -12
*PA Challenge Flyer



Should you have any additional questions or wish to hear more regarding these programming options, please reach out to:

Kirsten Kelley, MS, CLC
SNAP-Ed Extension Agent
kirstenk19@vt.edu

703-746-5542

For electronic resources, please visit our website at:

www.eatsmartmovemoreva.org



Family Nutrition Program EFNEP



In partnership with different organizations in Alexandria City and Arlington County, the Family Nutrition program has delivered virtual nutrition education and ways to be active while at home to the families in the community. Along with the instructor, participants have cooked easy and healthy recipes while at home that have helped to improve their nutrition habits and cooking skills.

Other topics learned by participants include **planning on a budget** and **shopping with limited options**. After completing the program, participants have received a variety of reinforcements delivered directly to their homes so they can continue applying what they learned in the classes.

We are continually supporting our community by providing free educational resources in nutrition and physical activity. The classes can be set individually or in groups and they can be delivered online or over the phone.

If you or your organization are interested in joining the classes, please contact:

**Milena Montoya
Adult Program Assistant -
EFNEP**

**yira7@vt.edu
(703)-746-5546**



Come join the Family Nutrition Program and get many of these delivered FREE after program completion...



Family & Consumer Sciences

For additional information, please
contact:

Aisha P. Salazar, M.S.

Associate Extension Agent, Family
and Consumer Sciences

Virginia Cooperative Extension

Email: asalazar@vt.edu

Cell: 703-869-3152



· **VCE bids farewell to two employees:** **Dina Hofmann**, our Financial Education Program Associate, left in August to move to Germany. Dina helped in Arlington with our financial coaching program, Money Smarts Pay series, and coordinated our youth financial programs. **Mary Sanders**, our Energy Masters Coordinator will be leaving Extension to work for Arlington's Healthy Community Action Team, a committee of the Arlington Partnership for Children, Youth, and Families. Mary worked in both Arlington and Alexandria by developing some additional training for Energy Masters Volunteers and was instrumental in Energy Masters reaching our *1000th energy efficiency unit milestone* earlier this year. Both will be greatly missed as they provided valuable assistance to Arlington and Alexandria residents and VCE volunteers!

· **VCE Arlington is hiring a Financial Education Program Associate.** Please visit the [job announcement](#) to learn more or email asalazar@vt.edu with any questions.

· **Become an Energy Masters Volunteer!** Volunteers provide energy and water efficiency improvements in low income housing communities in Alexandria and Arlington. Visit our [FAQ](#) page to answer both general and COVID-19 related questions. Our application can be found [HERE](#). We offer needs-based waivers – just ask.

· **Become a Master Financial Education Volunteer!**

Do you have a passion for sharing your financial knowledge with others?

Become a Master Financial Education Volunteer (MFEV) by providing financial classes and assistance to residents of Alexandria and Arlington. Our next training will be in September via Zoom. For more information and to apply, sign up [HERE](#).

- **Student Loans** (rescheduled to October)

Participants will learn about types of student loans, loan servicers, repayment options, payments, and interest. Register at [Student Loans Registration](#) (free)

Money Smarts Pay (MSP) three-part series

This series will be taught in English. You do not need to attend each class but it is highly encouraged as classes build on one another. Once you register, we will send you the link for the class, which will be on Zoom.

Register [HERE](#) for the classes. Free.

Wednesday August 26 - MSP 1 - Goal Setting and Budgeting

Wednesday September 2 - MSP 2 - Credit and Debt Management

Wednesday September 9 - MSP 3 - Savings Strategies & Choosing a Banking Institution

- **1x1 Financial Coaching** – follow the link to apply: [1x1 Financial Coaching](#)

VCE Master Financial Education Volunteers offer free and confidential 1x1 Financial Coaching. Financial Coaches are available to answer your questions about money management, budgeting, debt reduction, retirement, saving strategies and more.



Agriculture & Natural Resources



For additional information, please contact:

Kirsten Ann Conrad

**Extension Agent, Agriculture & Natural
Resources**

Environmental Horticulture

Email: kirsten.conrad@vt.edu

NEW! VCE-MGNV Virtual Classroom public education events for September 2020 are online and open to all. RSVP [HERE](#) to receive the link to participate. Click on the event titles to RSVP for each event. If you can't join us for a live online presentation, video recordings of the sessions will be posted [HERE](#).

Plant Propagation

Friday, September 4, 10:00 – 11:30 am, ONLINE

If you have had a garden for more than 5 years, chances are your plants need thinning, dividing, or splitting. Kirsten Conrad, the Agricultural Natural Resource Extension Agent for Arlington County and City of Alexandria, will discuss some easy plant propagation techniques like division, layering, and cuttings for use with both houseplants and common outdoor garden plantings. Free. RSVP [HERE](#) to receive link to participate.

Roots, Fruits, Nuts, and Leaves: The Glories of Fall Foraging

Friday, September 11, 10:00-11:30am, ONLINE

Fall is a wonderful time of year for foraging. Pawpaws, ginkgo nuts, sassafras and more can be found in our urban surroundings by foraging in the wild (and not so wild) areas. Speakers are Extension Master Gardeners Rebecca Halbe and Jane Longan and longtime gardener and educator Puwen Lee. Free. RSVP [HERE](#) to receive link to participate.

Glencarlyn Library Community Garden AutumnFest

Sunday, September 13, 1:00-3:00pm, Glencarlyn Branch Library Community Garden, 300 S. Kensington St., Arlington 22204

The traditional Glencarlyn Library Community Garden AutumnFest goes (mostly) virtual!

On September 13, view three short educational videos on gardening and Autumnfest traditions by accessing the [YouTube Channel](#) or website [HERE](#).

Native Trees for the Urban Home Landscape

Friday, September 18, 10:00 – 11:30 am, ONLINE

Trees on private residential properties comprise a significant proportion of the urban forest canopy cover for a city or county. The environmental benefits to the community of a healthy well-distributed urban tree canopy depend in no small part upon the efforts of thousands of homeowners to care for mature trees and plant new ones in their own yards. Extension Master Gardener Amy Crumpton will discuss best practices for caring for trees, how to assess your site's conditions for new tree plantings, and how to select from the many native tree species that thrive in our area. Free. RSVP [HERE](#) to receive link to participate.

Native Ground Covers for Sun and Shade

Friday, September 25, 10:00-11:30am, ONLINE

A variety of native plant species, including perennials, ferns, grasses, and even some woody plants, can function as ground covers in multiple landscape situations. Learn which native species may serve as excellent replacements for overused and invasive traditional ground covers such as English ivy, liriope, periwinkle, and creeping euonymus, while providing much-needed food and habitat for our local pollinators and birds. Extension Master Gardener Elaine Mills, a creative force behind the resource Tried and True Native Plant Selections for the Mid-Atlantic, will share her experience growing most of these plants in her own garden and at the Glencarlyn Library Community Garden, a Virginia Cooperative Extension Demonstration Garden in Arlington, Virginia, where she serves as a co-coordinator. Free. RSVP [HERE](#) to receive link to participate.

Demonstration Gardens are OPEN!

Designed and maintained by Extension Master Gardeners to model techniques and plants best for our area, the following gardens are open for visiting. The information in parentheses indicates when Extension Master Gardeners may be working in the gardens and be available to answer questions. *Please wear a mask when visiting the gardens and maintain an appropriate social distance when talking with volunteers!*

Glencarlyn Library Community Garden (Sunday & Monday on alternate weeks 8:30-10:30 am) at 300 S. Kensington St. 22204; **The Teaching Garden**, located behind the Fairlington Community Center and the Master Gardener Tribute Bench Garden in front of the Fairlington Community Center at 3308 S. Stafford St. 22206; **Organic Vegetable Garden** (Wednesday 8:30-10:30 am) at Potomac Overlook Regional Park, 2845 N. Marcey Rd 22207; **Quarry Shade Garden** (Alternate Saturdays 8:30-10:30 am) and **Sunny Garden** (Alternate Saturdays and Mondays, 9:00-11:00 am) at Bon Air Park, 850 N. Lexington St. 22205; **Simpson Garden** (Tuesday 9:00-11:00 am and Thursday 8:30-10:30 am) at Simpson Park, 420 E. Monroe St Alexandria 22301.

For more information, please access this [LINK](#) and click on Demonstration Gardens.

OPERATING! - **The Extension Master Gardener Help Desk** is still answering emails! We welcome your garden-related questions, including those concerning plant and insect identification. Please include photos to assist us with identification. The Help Desk is open weekdays from 9:00 am to 12:00 pm (noon). Contact us at mgarlalex@gmail.com.

Also check out the resources on our website. You'll find Gardening Basics for Arlington & Alexandria, VA listing our hardiness zone and frost dates, a list of problem plants and better alternatives, and an extensive compilation of Tried and True Native Plants for the Mid-Atlantic Area, complete with great color pictures and descriptions.

Our schedule of gardening programs is posted on this website, so be sure to check it often!

Please note the below events have been postponed:



Plant Clinics: Alexandria Farmers Market Plant Clinic, Arlington Central Library Plant Clinic, Arlington Farmers Market Plant Clinic, Beatley Library Plant Clinic, and Del Ray Farmers Market Plant Clinic are *postponed until further notice*.

The **Wednesday Night Garden Talks at Arlington Central Library** runs from March to September 2020. 1015 N. Quincy St, Arlington 22201. Presented with the [Arlington Food Assistance Center \(AFAC\)](#).