



Newsblast

VIRGINIA
Beginning Farmer & Rancher
COALITION PROGRAM

October 11, 2020

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A Message from VBFRC

We hope you, your families, communities, farms, and gardens are well as the season shift. Below you will find a number of webinar offerings in October and November.

If you are interested in a listed event, you can find more details by clicking the hotlink titles, or by visiting the Virginia Beginning Farmer & Rancher Coalition website ([Click here](#)). Not all events announced in this email are sponsored by the VBFRC, and not all events in Virginia may be included in this list.

Please share this flyer with your networks. If you would like your event added to our newsletter, website, and calendar, send an email with the event details to the coalition coordinator, Katie Trozzo, at ketrozzo@vt.edu

Wishing you well!

Partner Highlights

Partnering with the Farm Safety, Health, and Wellness Initiative, the Coalition hosted a webinar on Mindfulness and Self-Care for Farmers on September 30 led by Kara Dodson of Full Moon Farm. The webinar covered ways farmers can take care of themselves to protect their physical and emotional health through the seasons. A recording is available on our website at the link below where Kara shares yoga postures, movements, and mindfulness and self-care practices.

[Click here](#) for link.

Note: Green underlined text is a link

October Events

October 12: Global Agricultural Productivity Report: Productivity in a Time of Pandemics

The 2020 Global Agricultural Productivity Report (GAP Report) from the Virginia Tech College of Agriculture and Life Sciences explores the impact of disease and pest outbreaks on agricultural productivity, food security and nutrition, livelihoods, and environmental sustainability. For this virtual GAP Report Launch, we will travel to Kenya, Burkina Faso, India, Peru, and the U.S. to hear from agricultural producers and researchers on the front lines of battling the pandemic-scale outbreaks threatening our agriculture systems.

October 13: Pulaski Farm Transition Webinar – Legal Issues & Estate Planning

Farm Transition webinar featuring Jennifer Friedel, Esq. In addition to teaching agriculture law and environmental law courses at Virginia Tech, Jennifer serves as the Director of Virginia’s Land Use-Value Assessment Program which provides estimates of the use valuation for agricultural and horticultural land within the Commonwealth.

October 14: Sharing Experiences and Considerations for Utility-Scale Solar Projects in Virginia

“Solar Farms”- Also known as “utility-scale solar photovoltaic (PV)” projects, are increasing across Virginia. Many projects have been developed and many more proposed, each presenting its own set of unique challenges and opportunities, ranging from public outreach to permitting and engineering. This informational webinar will highlight Virginia-based information and experiences to help provide more information on aspects of utility-scale solar energy project development in Virginia. Please join us to hear these presentations, learn more from these experiences, and ask your questions.

October 15: Ribbons of Okra: The Black Cooks of the Federal Era

Charlottesville’s Dr. Leni Sorensen will share some of her life’s work with moderator Duron Chavis during this session — what she has gleaned through cooking the recipes of enslaved and free cooks of the early 1800s. Watch her demo a divine beef and okra stew recipe from *The Virginia House-wife* as we learn about this era, and see the VMHC’s 1824 copy of *The Virginia House-wife: Method is the Soul of Management*.

October 20: Beef Risk Management Interactive Discussion

The Knowledge Center will be hosting a Beef Risk Management Panel with Dr. John Currin, Dr. Isaiah Smith, Jason Wisecarver and Andy Smith. Each panel member will discuss methods that can be used to help manage and mitigate risk in the beef industry including topics like healthcare, nutrition, LRP and other financial tools. Registered participants will receive the informational recordings prior to the live discussion panel. Participants can submit questions prior to the event or ask them during the live discussion.

October 20: Fall Pasture Walk at the Adams Farm

Everyone is invited to attend and learn how the Adams family developed a rotational grazing system and is using novel fescue technology to improve cattle performance. This fall pasture walk will be held at the Adams Farm in Red Oak, VA (Charlotte County) at no cost.

October 21: Becoming a Radical Gardener: Building Queer Roots and Resilience Through Chicanx and Indigenous Histories with Rob Nelson

Offered by Virginia Tech as part of American Indian and Indigenous Heritage Month

October 22: It's Illegal to Grow in Europe, But Its Roots Are in Richmond

Author Todd Kliman revisits the tale of Richmond's Daniel Norton, who 200 years ago cultivated what is considered the first true American grape in his Carver neighborhood backyard. Who grows it in Virginia? And what's next for the Norton story? Kliman will be joined by moderator and Master Sommelier Robert Jones.

October 29: Tending the Fire

Black pitmasters and their rich traditions have been eclipsed by history and scholar Adrian Miller has spent years traveling the country, interviewing and collecting research for his upcoming book, *Black Smoke*. Richmond was one of his research field trips last year. The session will be moderated by *Southern Grit's* Debra Freeman.

November Events

November 9-12: 2020 National Young Farmers Leadership Conference

The Young Farmer's annual Leadership Convergence is online from November 9 through 12. This year's program is very exciting, with a theme of "Achieving Equity through Agriculture." While Convergence 2020 is an invite-only event, they will have limited public tickets available for the two keynote addresses by Leah Penniman and Chris Newman. Stay tuned on their website for those links!

November 17: AgCast—Industry Broadcast News

Mark your calendars! Starts November 17th at 9:00am EDT. November's guest speaker: Eric Snodgrass, Principal Atmospheric Scientist for Nutrien Ag Solutions, where he develops predictive, analytical software to help agricultural producers manage weather risk. Eric will be discussing weather outlooks and its effect on agriculture productivity.

Recent Webinar Recordings

Preventing the intoxication of farm operators from nitrogen dioxide during silage handling

Nitrogen dioxide is a silent or invisible hazard in dairy and beef farms. Nitrogen dioxide is an extremely toxic gas produced during the ensiling process. Exposure to nitrogen dioxide is not a hazard under normal environmental conditions. However, occupations in agriculture can have a great exposure to nitrogen dioxide. This video, which was funded by the Southeast Center for Agricultural Health and Injury Prevention, explains the main concepts to be known by workers when working around silos. The overall intent of the video is to increase the awareness of nitrogen dioxide as an occupational hazard in dairy and beef cattle farms.

Mindfulness and Self Care for Farmers [Sept 30]

This webinar will cover the ways farmers can take care of themselves to protect their physical and emotional health through the seasons. Here, Kara Dodson will review yoga postures, movements, and other forms of bodywork that can help to relieve stress; heal tired, aching muscles and tendons; and restore energy. Dodson will also cover the reasons why self-care should be a priority for all farmers and the ways that taking care of one's body and mind can improve the vitality and viability of life on a farm.

Spotlight on the Farm Safety, Health, and Wellness Toolkit for Managing Farm Stress and Mental Health [Sept 16]

This webinar covers the most recent resources developed for farmers and service providers by Virginia Cooperative Extension's Farm Safety, Health, and Wellness Initiative. Here, we'll share our toolkit that includes discussion-based, decision making, and "best practice" resources for addressing the growing concerns about farm stress and wellbeing, specifically as they pertain to the current coronavirus crisis. These resources address several issues and themes that build upon each other, including: how to identify and manage farm financial stress, understanding stress and grief in farm families, and ways to improve mental health communication and referral strategies with farmers and farm organizations. We will also raise awareness about our current programs led by VCE agents and AgrAbility Virginia field staff for continued education and community outreach.

Using the Farm Financial Stress Assessment Tool: A Webinar for Extension Agents [Sept 9]

Extension agents are closely involved in advising farmers and farm families on identification and mitigation of financial risks unique to the agricultural industry. Financial decisions are often time-sensitive and complicated, and the source of many sleepless nights to farmers and advisors alike. This webinar provides agents with an overview and demonstration of our Farmer Financial Health and Wellbeing Assessment. This tool is intended for use as a communication aid to foster safe, productive conversations between farmers and agents. This webinar is designed to complement related resources aimed at supporting the mental health of our farmers who make tough decisions under conditions of uncertainty on a daily basis. All agents are welcome to join us!