




MINORITY & VETERAN FARMERS OF THE PIEDMONT

MONTHLY NEWSLETTER - MAY 2021

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- MVFP BOARD MEMBERS**
- RALPH MORTON
EUGENE TRIPLETT
BRIAN THOMPSON
DONALD JENNINGS
SARAH MORTON
JOHN CLARK



Farmer Profile: Cattle Run Farm

Cattle Run Farm is a third-generation veteran-owned and operated farm. Our mission is to provide fresh and local foods to families and communities while contributing to the health and wellness of our future. Creating access to fresh and healthy food is the impetus to bridging the nutritional divide. Cattle Run Farm contributes to building healthy sustainable and resilient communities as we are committed and responsive to engage, educate and empower small farmers to diversity and find new niche markets that build economic equity.

Cattle Run Farm believes in creating a community of practice which includes: establishing a purpose, teaching, learning and supporting each other. Supporting the buy fresh - buy local movement is vital sustaining the small farmer. Small Farmers Matter while local foods build strong communities, small farmers feed all communities. Take a moment and strengthening your connection between the consumer and grower. <https://www.mvfpva.org/> Sarah Morton, of Cattle Run Farm, is featured as one of the female leaders in Agriculture in the [April Issue of Virginia Farm Bureau](#).



MVFP volunteers work effortlessly to prepare beds to bear fruit harvest for the community. The plants were donated by Windmill Heights <http://www.windmillheights.com/>.

Volunteers included: Board member John Clark and Eugene Triplett community volunteers: Loretta Cummings, Lucy Clark, Sheila Jackson. Many thanks for their commitment and hard work.

Report Noninsured Crop Disaster Assistance Program (NAP) Losses

NAP provides financial assistance to you for crops that aren't eligible for crop insurance to protect against lower yields or crops unable to be planted due to natural disasters including freeze, hail, excessive moisture, excessive wind or hurricanes, flood, excessive heat and qualifying drought (includes native grass for grazing), among others.

To receive payment, you had to purchase NAP coverage for 2021 crops and file a notice of loss the earlier of 15 days of the occurrence of the disaster or when losses become apparent or 15 days of the final harvest date.

For hand-harvested crops and certain perishable crops, you must notify FSA within 72 hours of when a loss becomes apparent.

Eligible crops must be commercially produced agricultural commodities for which crop insurance is not available, including perennial grass forage and grazing crops, fruits, vegetables, mushrooms, floriculture, ornamental nursery, aquaculture, turf grass, ginseng, honey, syrup, bioenergy, and industrial crops.

For more information on NAP, contact the Fredericksburg Area USDA Service Center at 540-899-9492 ext 2 or visit fsa.usda.gov/nap.



George Washington Carver Program for Graduate Students

George Washington Carver Assistantships are awarded annually to encourage students from historically black colleges and universities, Hispanic-serving institutions, tribal colleges and universities, students from the Appalachian region, and nontraditional students to enroll in a graduate program in the College of Agriculture and Life Sciences at Virginia Tech.

The Assistantships are awarded to students who have demonstrated excellence in academic achievement, scholarship, and community service.

Recipients are students seeking master's degrees or doctorates who aspire to a career in higher education or in the agricultural or life sciences industries.

The graduate program was established in honor of Carver, a noted American educator, scientist, innovator, and servant of mankind.

The Assistantship Award recipients receive full tuition and competitive graduate student stipends for their first academic year. Master's candidates may renew their scholarships for one additional year; doctoral candidates can add two more years. Students are also eligible to participate in funded research projects during the summer months.

The awards are renewable contingent on satisfactory progress in the student's academic program and availability of funds.

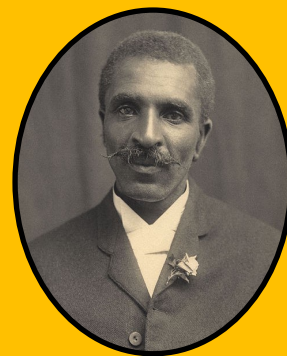
Applicants Must:

- Be a U.S. citizen or permanent resident alien.
- Be in the final year of an undergraduate program or they must have received their first undergraduate degree no more than five years prior to applying for a Carver assistantship.
- Be from a group that is under-represented in the chosen field of study or interests.
- Have a grade point average of 3.0 or higher from their undergraduate studies.
- Be eligible for admission to a graduate program in the College of Agriculture and Life Sciences at Virginia Tech.
- Be willing to participate in and contribute to programs and activities in the college that promote and enhance diversity.
- Demonstrate superior academic achievement and scholarly abilities.

[Click Here for the Application Process](#)

[Click Here for the Selection Process](#)

[Click Here for Assistantship Award Terms and Conditions](#)



BACON-AND-SWEET ONION JAM RECIPE

- 4 uncooked thick applewood-smoked bacon slices, chopped
- 1 tablespoon butter
- 2 medium-size sweet onions, chopped
- 4 large shallots, chopped
- 1/2 cup balsamic vinegar
- 3 tablespoons light brown sugar
- 2 1/2 teaspoons kosher salt
- 2 tablespoons chopped fresh chives
- 2 teaspoons chopped fresh thyme

1. Cook bacon in a medium skillet over medium-low heat, stirring occasionally, 8 to 10 minutes or until crisp. Remove bacon, and drain on paper towels, reserving drippings in skillet.
2. Add butter to drippings, and stir until butter melts. Increase heat to medium; add onions, and sauté 10 to 12 minutes or until tender. Add shallots, vinegar, sugar, and kosher salt, and cook, stirring constantly, 1 to 2 minutes or until sugar dissolves.
3. Reduce heat to low, and cook, stirring occasionally, 20 to 25 minutes or until onions are very tender and brown. Remove from heat; stir in chives, thyme, and bacon. Cool completely (about 20 minutes), or refrigerate in an airtight container up to 3 days.



COMMUNITY EVENTS

- **Beef Cattle Vaccination**
May 15, 2021 @ 9 AM - 12 PM
Culpeper Enterprise
- **Poultry Production and Processing**
May 22, 2021 @ 9 AM - 12 PM
Lakota Ranch, 9272 Big Horn Rd,
Remington, VA
- **Skill-Share Workshops 2021**
Presented by: Black Church Food
Security Network
- Food Safety 101
May 2, 2021 @ 6 PM
- Operating a Farmers' Market
Jun 6, 2021 @ 6 PM
- Community Outreach 101
Aug 1, 2021 @ 6 PM
- Food Preservation: Crash Course
Sept. 5, 2021 @ 6 PM
[Click Here to Register for Upcoming Workshops](#)



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