



MINORITY & VETERAN FARMERS OF THE PIEDMONT

MONTHLY NEWSLETTER - FEBRUARY 2021

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- MISSION, VISION STATEMENT, & GOALS
- MVFP AWARDED GRANTS TO AID MINORITY, SOCIALLY DISADVANTAGED, & VETERAN FARMERS
- EDUCATION & TRAINING OPPORTUNITIES FOR THE MINORITY & SOCIALLY DISADVANTAGED FARMERS IN THE PIEDMONT
- LOCAL FOOD BANKS STOCKED WITH LOCALLY GROWN PRODUCE FROM MVFP FARMS
- COMMUNITY UPDATES
- RECIPE HIGHLIGHTING LOCAL PRODUCE & BEEF



MVFP BOARD MEMBERS

RALPH MORTON
 EUGENE TRIPLET
 BRIAN THOMPSON
 THUNDER LANE
 DONALD JENNINGS
 SARAH MORTON
 JAMES ARRINGTON

MISSION, VISION STATEMENT, & GOALS

Minority & Veteran Farmers of the Piedmont (MVFP) is a Grassroots Non-profit Organization established in July 2019, to develop educational hands-on, experiential learning opportunities as well as promote trainings, mentoring, outreach, and coaching programs for all minorities, veterans, farmers, rural, and urban youth. Our vision statement is to create awareness on rural living and environmental benefits to ensure local food access and security to build strong youth, and healthy families.



2021 GOALS OVERVIEW

- ⇒ Increase the awareness of issues impacting Minorities and Veterans.
- ⇒ Build horticultural therapy program for Veterans
- ⇒ Develop long-term strategies to encourage minorities and veterans to participate in outreach, mentoring and leadership programs
- ⇒ Recruit women farmers
- ⇒ Provide access to fresh and local foods across the Piedmont Region
- ⇒ Mitigate local food inequities

GRANTS AWARDED TO AID IN SMALL FARM OUTREACH

MVFP was awarded two grants from VSU Small Farms Outreach program to help impacted socially disadvantaged, minority, and veteran farmers across Virginia by providing them with educational training, outreach and technical assistance. Additionally, MVFP serves as an educational and training provider for Virginia State University Small Farms Outreach Program.



Oak Springs Garden awarded the MVFP grant to incentivize farmers to grow for local food banks. Because of their great work and contributions the Path Foundations awarded the MVFP \$10,000 to continue their great work to help mitigate the food insecurities.

EDUCATION AND TRAINING OPPORTUNITIES TO SOCIALLY DISADVANTAGED, MINORITY, & VETERAN FARMERS IN THE PIEDMONT

- Education and Training
- NRCS (Conservation Programs and Grant Opportunities for Farmers)
- VSU Small Farms Outreach (Nutrient Management & Small Engine Repair)
- Farm bureau (Insurance Programs and Savings for Farmers)
- Farm Credit (Funding Availability for Farmers)
- Hydroponics by Chris Mullens
- Fauquier Education Farm (Best Practices)
- Raised Beds and Irrigation
- Exhibited the Culpeper Annual Farm Tour



Contact mfarmersofthepiedmont@gmail.com for more information regarding these programs

LOCAL FOOD BANKS STOCKED WITH LOCALLY GROWN PRODUCE FROM MVFP FARMS

Donated over 9000 lbs to the following food banks: MESA, Rappahannock, Fauquier Culpeper Salvation Army, Culpeper Free Clinic, Mount Olive Baptist Church in 2020!



COMMUNITY UPDATES

- Anita Roberson and Eugene Triplett serve on the advisory board for Virginia Beginning Farmers and Ranchers Program
- David Carter from Old Hickory Building donated a storage building for supplies
- Sarah Morton was selected to represent MVFP in the State wide VALOR program
- MVFP collaborates with the School of Agriculture at Virginia State University to support the Animal Science and Pre-Vet programs through beef cattle project
- MVFP board member, Brian Thompson, donates a hog to the Rappahannock food bank

GROUND BEEF STUFFED GREEN BELL PEPPERS WITH CHEESE

Ingredients

- | | |
|-------------------------------|---------------------------------|
| 6 large green peppers | 1 cup water |
| 1 lb. ground beef | 1 teaspoon salt |
| 1/2 cup chopped onion | 1 teaspoon Worcestershire sauce |
| 1 (16 oz) can tomatoes, diced | 1 cup cheddar cheese, shredded |
| 1/2 cup long grain rice | |

Directions

- Cut off the tops of green peppers; discard seeds and membranes.
- Chop enough of the tops to make 1/4 cup, set aside.
- Cook the whole green peppers, uncovered in boiling water for about 5 minutes; invert to drain well.
- Sprinkle insides of the peppers lightly with salt.
- In a skillet cook ground beef, onion and 1/4 cup chopped pepper till meat is browned and vegetables are tender.
- Drain off excess fat. Add drained tomatoes, salt, Worcestershire, and a dash of pepper.
- in a separate pot put water bring to boil add rice cook until rice is soft. if needed add more water.
- add rice to beef mixture.
- Stir in cheese. Stuff peppers with meat mixture. Place in a 10x6x2 baking dish.
- Bake, covered in a 350 degree oven for 30 minutes. in the last 5 minutes add any remaining cheese to the top of the peppers

