



FARM AND GARDEN

Fall 2015

PLENTIFUL HARVESTS WITH GREEN THUMBS, HEALTHY JOINTS

The Green Thumbs, Healthy Joints program funded a variety of accessible gardening projects around the state during the 2015 growing season. Nonprofit groups bought and used ergonomic tools and practical gardening methods to help make gardening more accessible for people with arthritis, osteoporosis and joint limitations. Green Thumbs, Healthy Joints encourages community service and volunteerism.

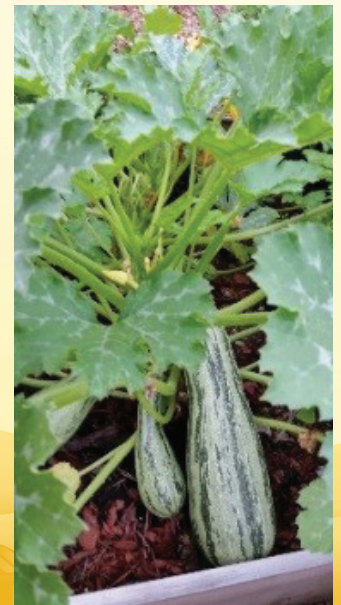
One example of a successful project this season is the Hardy County Health and Wellness Center. The group built raised garden beds at their wellness center, which is next door to a local senior center in Moorefield, West Virginia. They often worked in the morning to help prevent stiffness and beat the summer heat. Participants planted cucumbers, zucchini, tomatoes, Swiss chard, lettuce, squash, beets and pumpkins. They had a plentiful harvest, and enjoyed eating healthy foods they grew themselves.

The project provided grip sticks and seating to make it easier for the volunteers to pull weeds, as well as stakes and wires to allow the plants to grow so people would not have to bend over. When asked what advice the group would give to others who are thinking about doing a Green Thumbs, Healthy Joints project, they wrote, "DO IT!! It has been great for our community!!"

We appreciate everyone who took part in all of this year's Green Thumbs, Healthy Joints projects. Thanks so much for your hard work, energy and enthusiasm!

To find out how your nonprofit organization can apply for a Green Thumbs, Healthy Joints mini grant project for the 2016 growing season, call **800-841-8436** or visit **www.greenthumbs.cedwvu.org**.

Green Thumbs, Healthy Joints is funded by the West Virginia Bureau for Public Health, Division of Health Promotion and Chronic Disease.



Photos courtesy of the Hardy County Health and Wellness Center

2015 GREEN THUMBS, HEALTHY JOINTS AWARDEES (CONT.)

WEST VIRGINIA URBAN AGRICULTURE CONFERENCE



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The West Virginia Urban Agriculture Conference was held September 17-19, 2015, at West Virginia State University in Institute, West Virginia. Workshops were offered on topics like horticulture, homesteading, conservation, marketing, livestock and adaptive gardening. Staff from

the West Virginia Assistive Technology System, WV AgrAbility and West Virginia University Extension were invited to co-present a session about the Green Thumbs, Healthy Joints program and adaptive gardening.

The conference had the slogan “Farming: It’s so citified”, and was planned as a “dynamic gathering of farmers, gardeners and homesteaders”. To learn more about this conference, visit www.urbanagwv.com or call **304-720-9887**.

NEW AGRABILITY FACT SHEET

West Virginia AgrAbility and Maine AgrAbility, in connection with the International Society for Agricultural Safety and Health (ISASH), collaborated to create a new fact sheet about the safety and health of older farmers. The fact sheet called “Aging Farmers Tips for Your Health and Safety”, was designed to share nationwide during National Farm Safety and Health Week (September 20-26, 2015).

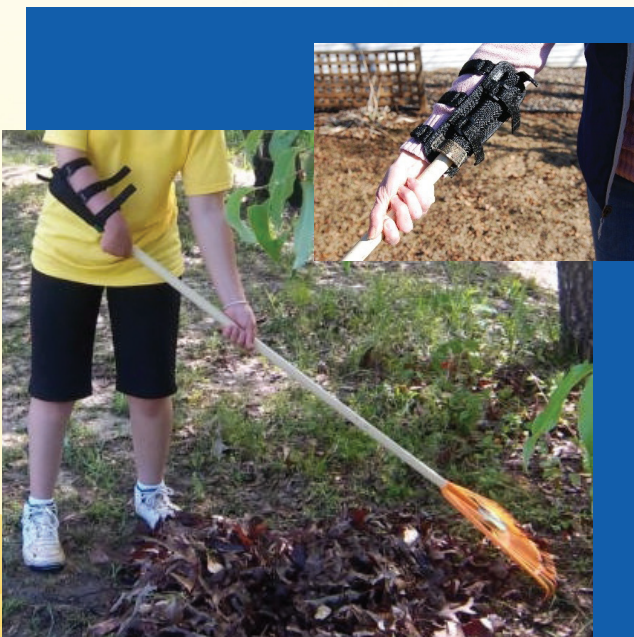
The fact sheet offers tips like getting yearly health screenings (e.g., for vision, hearing, balance, muscular range, mobility and skin cancer), using personal protective equipment (e.g., hearing protection, protective sunglasses and sunscreen) and increasing lighting levels in barns and other buildings to accommodate the vision needs of older farmers. To learn more, call West Virginia AgrAbility at **304-771-8747** or **800-841-8436**.



NUTRIENT MANAGEMENT CERTIFICATION PROGRAM IN WV

To help farmers make sure they apply the right amount of nutrients to the land, the West Virginia Department of Agriculture (WVDA) has developed the Nutrient Management Certification Program. This is a “voluntary program available to individuals with the expertise to provide nutrient management technical assistance to the agricultural community.”

WVDA has an exam that allows a qualified person to become a Certified Nutrient Management Planner. The person must meet requirements to take the certification exam. To learn more about the certification program and find a list of suggested resources to prepare for the exam, visit the www.wvagriculture.org and click on “Nutrient Management”. The exam is generally given twice a year. To find out more about the exam, contact Jerry Ours, West Virginia Nutrient Management Program Coordinator at **304-538-2397**.



LEND-A-HAND CUFF

The Lend-A-Hand is a cuff held in place by Velcro clasps. It can be used to strap a tool handle, like a rake, broom, fishing pole or gardening tool to your arm. The Lend-A-Hand can give arm support, leverage and the option to do tasks one-handed, e.g., raking, sweeping, painting, shoveling, fishing and gardening. When using a tool with one hand or arm, the tunnel of the Lend-A-Hand cuff supports the base of the handle, so the person's hand can grip further down the handle to control and move the tool.

For more information, www.disabilityworktools.com or call **888-354-3289**.

PUMPKIN COOKIES WITH BUTTER FROSTING

Directions

Heat oven to 375°F. In large bowl, combine 2/3 cup sugar, 2/3 cup brown sugar, 3/4 cup butter and 1 teaspoon vanilla. Beat with electric mixer on medium speed. Beat in pumpkin and eggs. On low speed, add in flour, baking soda, cinnamon and salt. Mix well.

Drop heaping tablespoonful of dough for each cookie onto ungreased cookie sheet.

Bake for 10 to 12 minutes. Transfer cookies from cookie sheet to cooling rack. Cool for about 45 minutes.

In medium bowl, place 3 cups powdered sugar, 3 tablespoons milk and 1 teaspoon vanilla. In a 1 quart saucepan, heat 1/3 cup butter over medium heat; stir constantly, just until light brown. (Do not use margarine because it might burn.)

Pour browned butter over powdered sugar mixture. Beat on low speed for about 1 minute until smooth. Gradually add just enough of the remaining 1 tablespoon milk to make frosting spreadable and creamy. Frost cooled cookies. Enjoy!

(Adapted from Betty Crocker)



Cookie Ingredients

2/3 cup sugar
2/3 cup packed brown sugar
3/4 cup butter
1 teaspoon vanilla
1/2 cup pumpkin
2 eggs
2 1/4 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt

Butter Frosting Ingredients

3 cups powdered sugar
4 tablespoons milk
1 teaspoon vanilla
1/3 cup butter

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Visit WVATS Farm & Garden at
www.vvats.cedwvu.org/farm-and-garden.

