

September 2023

Vol. 8, No. 5

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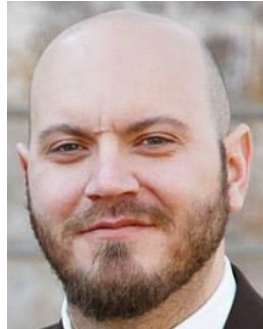
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There's something to be said for longevity

Well, we finally made it through summer. I know, I'm just as happy to see those 100 degree days leave as you are. Now as the leaves start changing, we're heading into my favorite time of year: fall. It's by far my favorite season. You've got college football, right down the road at Hampden-Sydney. You've got church fall festivals, celebrations here in town and everyone starts making pumpkin treats.

It's also a good time to look back and pay tribute to people who have been around for a while. One thing we tend to do, if something or someone has been around for a while, we almost take it for granted. We know the business exists or that the person is doing a great job, so we kind of just set it out of mind. It's almost comforting in a way, because we trust that company X will always be there, ready to help.

But it's that longevity we need to spotlight at times, reminding people that operations like this still exist. It's not just about chain stores and franchises. I've mentioned before this is one of the things I like about Farmville, that you don't see national shops on every corner. There are still



Brian Carlton,
Editor

family owned and operated stores not just surviving but thriving here. And I feel like that's a bit of what we can do here with *Farmville the Magazine*, spotlight folks who deserve praise for what they've accomplished through the years.

And that's what you'll find in this month's edition. Reporter Rachel Austin will help tell the story of Rochette's Florist, still owned and operated by the same family, going on 54 years now. We'll also do a profile on Terri Atkins Wilson. Now many of you may know Terri as a result of her current job as an attorney, but she's worn a few hats during her time here.

Then shifting gears a bit, you can learn a bit about edimental flowers from Dr. Cynthia Wood. That means plants that are both edible and ornamental in your garden. Now I'm decent at keeping plants alive, but when it comes to making them look eye catching, you can scratch that. It's definitely something I could use some tips in.

Finally, we hear from Alexa Massey, who shares a perfect fall recipe for pasta salad, something to try in between watching football and heading to a church homecoming.

So pick up a copy, read about some of the folks here around town and when you're done, send an email to Editor@FarmvilletheMag.com. Let me know if there's anyone you think we should spotlight in a future edition.

*Brian Carlton is Editor of Farmville the Magazine.
He can be reached at Brian.Carlton@FarmvilletheMag.com.*



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Farmville the Magazine is published eight times annually by Farmville Newsmedia LLC. Copies are available free at businesses throughout the Heart of Virginia. For convenient mail delivery of each issue, cost is \$30 per year.



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HELPING THE COMMUNITY: *With a Flower and a Smile*

By Rachel Austin

Photos submitted and by Staci Bridge

Located on South Virginia Street, Rochette's Florist has served Farmville for 54 years providing smiles and love with every flower.

The shop is currently run by Sidney Allen, a third-generation florist in the shop. His grandmother made silk flowers from her home until she was 98 years old. She was widowed fairly young in her 40s and this helped bring in extra money to support their dairy farm. Her passion for flowers was passed on to her daughter, Rochette Webb Allen, the namesake of the shop.

In 1969, Rochette Webb Allen, also known as Rochie, bought a storefront on Main Street where One19 currently sits. In 1985 it moved to its current location at 100 South Virginia Street. During the shop's many years of operation, it reached a point where Rochie was doing wedding flowers for the grandchildren







There are a wide variety of arrangements for customers to pick from in Rochette's.





Rochette "Rochie" Webb Allen ran Rochette's for many years and is the namesake of the flower shop.

of those she had done flowers for earlier.

"It's nice to have a generational business to serve the many generations of families here in Farmville," said Sidney Allen.

Sidney Allen worked alongside his mother in the shop until she passed in January 2023. The store is still a family business as he runs the shop now with occasional help from his brother Glenn and some aunts during the peak times.

The shop does custom orders for whatever folks may need. According to Allen, the hardest thing to do is make two identical pieces as every flower is different. They do bouquets, arrangements, tributes, corsages, boutonnieres and whatever one may need. Allen puts his heart into his work whether it's celebrating the highs in life, expressing heartfelt sympathies and mourning or anything in between.

Along with flowers, Rochette's loves to find creative ways to give back to the community. Before the pandemic, each year sometime during the second week of September they would have Good Neighbor Day. On this day, while supplies last, anyone

could come to get a dozen roses for free. The catch was they could only keep one and give the others to 11 different people. This event was so successful that other local shops started doing the same. The annual promotion took place for over 20 years.

"It's a wonderful thing to be a part of and foster goodwill," said Allen.

Even though it was free, some people and businesses wanted to pay to contribute to the cause. Looking to do more good with what they had, Rochette's took the money to give to local charities, including Meals on Wheels, Christmas Mother, Virginia Children's Book Festival, Heart of Virginia Free Clinic and other local groups.

With the pandemic and rising prices, the event hasn't been able to come back. However, they now have a similar promotion. Every day on their social media, folks can check to see if their name is up there for the name of the day. Anyone with that name can come in and receive a free flower of their choosing.

"There is truly nothing like a smile generated from an unexpected gift of a flower,"



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said Allen, as he has seen from experience delivering many of their flower arrangements. "It's so pure and beautiful, I'm addicted to it."

Showing how pure these smiles are, the name of the day winners, with permission, have their picture taken for Facebook. Many times they make this photo their personal profile picture. Allen believes it's because there is something special about that smile it brings.

Another event includes a photo opportunity they provide around Christmas time. For the past 15 years, the shop gave folks an opportunity to come in and get their picture taken with the Grinch. Much like Good Neighbor Day, the event was free but people wanted to give a donation. All donations from these pictures go to Christmas Mother for the next year as the organization usually has their shopping done at this point.

"It's a good way to give back to the community that has supported us for the past 54 years," he said.

Looking forward, Allen is looking for new ways to use the shop to help the community. He is looking now for ways to support various churches and organizations that help the young people in the community. But for now, Rochette's Florist will continue providing Farmville with flowers and smiles.



A picture that appeared in *The Farmville Herald* on August 31, 1994 with a caption that read "Three generations of florists; Sidney Allen, Jennie Webb and Rochette Allen."



Mr. and Mrs. Allen with Alicia Barbrey at the 41st Good Neighbor Day celebration.



Good Neighbor Day 2005



This line drawing of Rochette's Florist was given to the Allen's by the artist Deborah McClintock.



Another item sold at Rochette's besides flowers are Lamp Berger air purifiers.



Sidney Allen with a beautiful large arrangement for the opening of the Mougans Alumni Center at Longwood University.



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Living a Life of Service: in and out of the office



Terri Atkins Wilson, at center, with her family, Savannah E. Wilson, Zachary A. Wilson, G. Nelson Wilson, Nicholas H. Wilson and Victoria Wilson Najjar.

By Rachel Austin
Photos submitted

Terri Atkins Wilson has practiced law in Farmville for many years. As a lifelong resident, she is happy to be able to give back in many ways, in and outside of her office.

Wilson owns her own practice on North Main Street in Farmville. She specializes in real estate law as she helps individuals and business owners with contracts and closures. She also works with clients to do estate planning and business-related cases.

Wilson received her license to practice law in October 1985 though she didn't activate it until 2007. During that time, she did a few different things including working alongside her father, Landon G. Atkins, who owned his own real estate agency and practiced until his death in 1999.

"The Atkins name has been associated with

real estate in our area since 1946," said Wilson. "I am pretty proud to be his daughter and he was my hero and mentor."

Along with working as a real estate broker, Wilson also worked in finance and is a certified public accountant (CPA). She became interested in finance when she was only 13 years old and saw her father work with CPAs in his real estate career. Being good at numbers, this was something Terri wanted to do.

When Terri was 16 years old she became interested in law. Her dad was called as an expert witness and seeing the process, as he worked to make sure those losing their homes to a highway expansion got a fair deal, piqued her interest. After high school, she decided to go to the University of Richmond since it offered good programs for both finance and law.

In 2008, Terri opened her law practice Terri

Atkins Wilson & Associates, P.C. at 1112 S. Main St. In 2016 she bought Jill Dickerson's law practice, taking on Dickerson's clients, moving to her current location and changing the name to Terri Atkins Wilson, P.C.

One of the things she loves most about her job is the opportunity to give back to the community she's grown up in. She was born here and attended Prince Edward Academy as part of the class of 1978 and always wanted to open an office in Farmville.

"I have a heart for people and do what I can to help them," she said. "It's rewarding to do this in the county I grew up in with the people I grew up with."

Terri shared that she was able to help her kindergarten teacher with her estate planning. She enjoys having an opportunity to use her knowledge to help however she can.



Terri Atkins Wilson designed flowers for International Women's Day in March 2020 with Sidney and Rochette "Rochie" Allen of Rochettes Florist.



Savannah E. Wilson, Victoria Wilson Najjar, Dilan E Najjar, Terri Atkins Wilson, G. Nelson Wilson, Nicholas H. Wilson, Elaine Lavergne and Zachary A. Wilson attended the Longwood Center for the Visual Arts Gala 2022.

Looking forward, her goal is to build her business to be as successful as it can be. She doesn't do this for personal gain, but she wants to help as many people as she can.

"I recognize that I can't be everyone's attorney, but I want to be the best I can be through expanding my education and working to serve people," she said.

When asked about her family Terri shared that she met her husband G. Nelson Wilson IV through the Farmville Jaycees. They were married at Farmville Baptist Church on Sept. 22, 1990. The Wilson's have four children, two girls and two boys. Victoria Najjar was born in 1992 followed

by Zachary in 1994. Their youngest son Nicholas was born in 1996 and Savannah in 2000.

Today daughter Victoria and her husband Dilan Najjar reside in Waynesboro and are the parents to the much loved granddaughter, Artemis. Oldest son Zachary lives in Cumberland, is employed as a mechanic and helps with running the family farm. Nicholas lives in Chesterfield and is both a student at the University of Richmond in their paralegal program and also works for Old Republic Title Company, doing title work. Savannah is a senior at Bridgewater College and is an art major, with an equine minor, and will graduate in May

2024.

Terri noted that Victoria and Zachary were active in all of her and Nelson's activities when they served in the Farmville Jaycees. Terri also helped both girls as they participated in Pegasus 4-H Horse and Pony Club and Nelson helped the boys as they achieved their Eagle Scout rank in the local Boy Scout Troop. "The whole family was active in Church activities growing up with Farmville Baptist and Farmville United Methodist Church."

Terri is passionate about giving back to her community and helping it grow. She has given her time as part of the YMCA founding board, Habitat for Humanity, the Farmville Jaycees, Farmville Lions Club, the Farmville Downtown Partnership and The Longwood Center for the Visual Arts to name a few. She also serves as the county attorney for Prince Edward County.

"I like to volunteer my time and resources to make a better county, it's important to me," said Terri.



Terri Atkins Wilson stands in front of her practice on Main Street in Farmville.



Terri Atkins Wilson giving of her time at The Salvation Army donation stand at Christmas time.

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Recipe



My Ultimate Antipasto Pasta Salad is delicious, colorful and perfect for when the weather can't decide what season it is. Serve it warm or cold and it will still be fantastic.

ULTIMATE ANTIPASTO PASTA SALAD

A dish best served warm or cold

Story and photos by Alexa Massey

In September we look forward to the weather cooling down slightly. This shift in temperature can be a tricky time for any home cook who must now make a difficult decision each day of whether to serve hot or cold food for supper.

This month, I've decided to give readers my recipe for the Ultimate Antipasto Pasta Salad. Derived from the Latin root "anti" meaning "before" and "pastus" meaning "meal," antipasto often includes olives, cured meats and other traditional fare commonly featured before the main meal in Italian cuisine.

My Ultimate Antipasto Pasta Salad is more of a meal than an appetizer or side dish, and best of all, it has the superpower of tasting amazing

whether served warm or chilled. This pasta salad features every color of the rainbow and has some unique and exciting ingredients like cheese-stuffed tortellini and melt-in-your-mouth mozzarella pearls. And while the ingredient list is on the longer side, the recipe doesn't get any more complicated than chopping up a few veggies and throwing some pasta in boiling water. You can also customize the pasta salad by adding or subtracting ingredients based on your personal preference, and though I'd argue the homemade dressing takes this meal to the next level, feel free to substitute with some store bought Italian dressing if you'd like to save a few minutes.

This pasta salad recipe was written for a crowd in mind. The ingredients list found below yields

around a whopping seven pounds of food, or around 15 portions. Feel free to half the recipe if cooking for a smaller crowd or if you're not a fan of leftovers.

Check out the recipe below!

PASTA SALAD INGREDIENTS:

- 20 oz. package cheese-stuffed tricolor tortellini
- 6 oz. (half a box) tricolor rotini pasta
- 10.2 oz. jar of green olives
- 10.2 oz jar of Kalamata olives
- 1 cup mozzarella pearls (or substitute with your favorite cheese cubes)
- ½ cup shredded parmesan cheese
- ¼ cup fresh basil, chopped
- 2 cups grape tomatoes, sliced in half
- One each red, orange and yellow bell peppers, diced



Using tricolor, cheese-stuffed tortellini pasta makes for a colorful and unique edition to this antipasto pasta salad. The tortellini I used in this recipe contained fresh ricotta and mozzarella cheeses, but you could also use tortellini stuffed with other cheeses and even meats like chicken or sausage.

- ½ red onion, diced
- 7 oz. salami (I'm using Citterio Soppressata Salami)
- ½ lb. prosciutto
- Optional: pepperoncini peppers, for garnishing

DRESSING INGREDIENTS (CAN SUBSTITUTE WITH 1 CUP STORE BOUGHT ITALIAN DRESSING, IF DESIRED)

- ¼ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tbs. Italian seasoning
- 2 tbs. Lemon juice
- 1 tbs. Dijon mustard
- 1 pinch red pepper flakes
- 1 pinch sugar or 1 tsp. honey
- Salt and pepper, to taste
- 1 splash of the juice from your pepperoncini jar, if desired

To begin making this Ultimate Antipasto Pasta Salad, start by filling a large pot with water and a generous pinch of salt and place the pot on the stove to boil. While you wait for the water to boil, slice your tomatoes in half and dice up your bell peppers, fresh basil and red onions. If you don't like the intense bite of a raw red onion, add the diced onion to a bowl of ice water and allow it to soak for ten minutes to get rid of the sharp flavor. Another tip: if you're like me and chopping onions makes you cry, guilt a less emotional family member or friend into chopping the onion for you. You can also dice up your prosciutto and salami into bite-sized pieces.

Next, add your pasta to the boiling water. Your tricolor rotini pasta will likely take longer to cook than your tortellinis. You can avoid having to boil the two pastas in two different pots of water by simply factoring in the different cooking times. For example, my rotini needed to cook for seven minutes while my tortellini only took two minutes to cook. After pouring my rotini into the boiling water, I waited five minutes before adding my tortellini into the water to join the rest of the pasta for the last two minutes of cooking.

As your pasta is boiling, combine your dressing ingredients into a cup or small bowl and whisk vigorously until all ingredients are incorporated. I love to add a splash of the juice from my jar of pepperoncini peppers for an extra bit of flavor.

Once the tortellini and rotini pastas are done cooking, drain the pasta and rinse it in cold water if you desire a cold pasta salad. If you're in the mood for a warm dish, simply move the pasta straight from your colander to a large mixing bowl.

Now comes the last and most fun part of the cooking process! Simply combine all of your pasta salad ingredients, including the home-made dressing, into an extra large bowl and mix, mix, mix until your colorful pasta salad has a bit of every delicious ingredient in every bite!

Don't forget to garnish your pasta salad with some pepperoncini peppers and some extra swirls of tender, thin-sliced prosciutto. This pasta salad can be served chilled or slightly warmed. If you're serving this dish for a party, you may choose to refrain from mixing all of the ingredients together until you place the dish on the table and prepare to serve your guests. I really love being able to see all of the ingredients sitting in the bowl together before being mixed, and dinner is always a little better with a show, isn't it?



I like to include a “gourmet” medley of grape or cherry tomatoes in my pasta salad recipes to keep things colorful and appealing to the eye. In the grocery store world, “gourmet” just means “multicolored,” at least when it comes to tomatoes!



If you're entertaining guests, consider mixing the pasta salad right at the dinner table for an added bit of entertainment. It's fun to see all of the ingredients nestled together in the bowl before being mixed up. A fair bit of warning, though: you may see an olive or two roll right across the table!



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From the Ground Up

EDIMENTALS: *Edible and Pretty Too*

Swiss chard leaves add vibrant jewel tones to a mixed planting.

Photos and story By Dr. Cynthia Wood

During the past few years, there has been increasing interest in growing fruits and vegetables. Many new gardeners find, however, that it's not easy. They may have a very limited amount of space or be subject to the restrictions of their homeowners' associations. Others are intimidated by the idea of planning and planting a traditional vegetable garden. It can seem like an endless amount of work.

There is a creative and practical solution that's been around for years, but has become popular again. It even has its own name now. What to do? Plant edimentals, plants that are both edible, relatively easy to grow, and aesthetically pleasing. Interplant them with traditional ornamentals. Hence, edimentals.

Choices are only limited by the gardener's imagination. Consider edible flowers, leaves, fruits, and even roots. Banana trees and lemon grass add a tropical flare to an existing perennial border. Banana trees probably won't yield fruit here, but the leaves are perfect for wrapping and steaming fish and tamales. They also make attractive place mats. Young lemon grass stalks add a subtle lemony flavor to stir fries and stews.

Most traditional herbs can be added to perennial borders. Rosemary is especially tough and grows well in pots or in the ground. Mature rosemary stems can be stripped of their leaves and used as flavor-infusing skewers for small chunks of lamb. The leaves can be chopped and added to marinades. Sage, chives, thyme, and basil also work well in borders and pots.

Leeks, onions, chard, and various kinds of kale add textural interest to flower beds, while extending the fall gardening season. Dinosaur kale, Tuscan kale, curly kale, and sea kale are all easy to grow and tasty. Beets and Swiss chard add color to the front of flower beds. Both the leaves and roots of beets are edible.

There are many types of edible flowers that can be incorporated into a garden too. Consider violets, nasturtiums, chicory, roses, dahlias, and even common daylilies, often called ditch lilies. Petals from these flowers make interesting additions to salads. Violet blooms can also be used to make a deep purple-colored syrup for adding to white wine or club soda. Daylily buds are tasty dipped in tempura batter and fried.

For edible roots, the Jerusalem artichoke is an excellent addition to the back of a border. It's a tall, dramatic plant with attractive yellow flowers



Onions planted close together at the front of a perennial bed are ready for harvest.

and tasty roots.

And don't forget those southern favorites, okra and salsify. Okra plants produce beautiful yellow flowers and tasty seed pods that can be fried or pickled. Even a few sugar snap pea and potato plants can be tucked into a perennial border or row of shrubs.

Adding edimentals to an existing garden doesn't require a huge amount of work. Just

check an existing flower bed for pockets of empty space throughout the plantings. At the same time, check to see if there is a bit of free space at the back of the beds and along the front. Begin by tucking in a few edible plants here and there. Herbs, lettuce, leeks, onions, and peppers are easy choices for beginners. As the seasons change, add new edibles. Edimentals are a great way to extend the fall growing

season,

Gardening is fun, practical, and good for the soul. As plant ecologist, poet, and author Robin Kimmerer says, "Plant a garden. It's good for the health of the earth, and it's good for the health of the people. Something essential happens in a vegetable garden." Mix edibles and ornamentals in the same bed. Make magic happen. Feast.

The flowers and young leaves of chicory can be added to salads.



Shishito peppers can be added to small spaces and also used to underplant taller plants.



*We believe that
women deserve
excellent care
close to home.*



Centra Southside's Women & Children's Health Team is here for you!

Whether you are bringing new life into the world, need routine wellness care or have been struggling with women's health issues, our experienced team of obstetricians & gynecologists, nurse-midwives and practitioners are here for you. At Centra, we believe that all women deserve excellent compassionate care close to home.

To learn more about the women's health and maternity services that are available in the Farmville area, please call **434.315.2950** or scan the QR code.



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