

# FARMVILLE

*the Magazine*

May 2023  
Vol. 8, No. 3  
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  - Black Raspberry
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## Take a closer look

I had to laugh. The original point of this column was to say something about summer, but as I'm writing this, it's 44 degrees outside and the National Weather Service has just put out a freeze warning. Old Man Winter isn't going away without a fight, it seems.

But regardless of the weather conditions, this time of year offers an opportunity. After the first few weeks of May, college seniors have graduated, high school students are done with testing and it's a brief period in between spring sports and summer camps for your kids. It's the perfect time to take a look at some things that maybe you ignored the first time around. That's basically what this edition is about.

We start with Ireland Seagle's story on Pineview Bulk Food and Deli. It's about more than just a great place to eat and shop. Ireland tells the story of how Omer Petershiem put the project together and where he got the idea. It's definitely a unique place to visit, even if you're not hungry at the time. Then Sarah McCormick shares what it's like to work with the Friends of High Bridge Trail State Park, detailing their projects and efforts to help



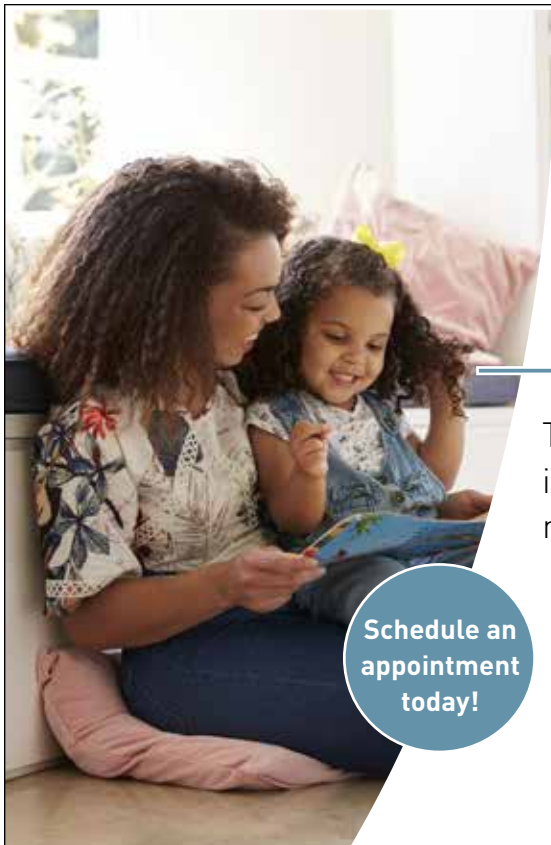
**Brian Carlton,**  
Editor

keep a local landmark looking good.

Or maybe you don't want to learn more about new places to go or people to see. Maybe you'd prefer to learn more about irises and other flowers, courtesy of Dr. Cynthia Wood. Or maybe you just want to try your hand at a couple of new recipes, while you've got the time. We can help with that too. Well, rather we can help by giving you the recipe, providing instructions on how to put it together. I'm not sure you or anyone else in this area want me to actually get in the kitchen and cook something, sight unseen. When it comes to grilling, I've got that down pat, but cooking is still a work in progress.

In any case, now is a time to press pause before summer schedules hit. We can read about new places and head over to see them, try out new recipes or find groups to join. And that's where this month's edition will hopefully come in handy. So my wish is that you'll read up here with Farmville the Magazine and then use your free time to check out some of the suggestions we've put in place. It's a great time to explore, even if it is colder than normal.

*Brian Carlton is editor of Farmville the Magazine.  
She can be reached at [Brian.Carlton@FarmvilletheMag.com](mailto:Brian.Carlton@FarmvilletheMag.com).*



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Publisher — Betty J. Ramsey  
Betty.Ramsey@FarmvilletheMag.com

Designer — Troy Cooper  
Troy.Cooper@FarmvilletheMag.com

Director of Operations — Staci Bridge  
Staci.Bridge@FarmvilletheMag.com

### EDITORIAL

Brian Carlton  
Brian.Carlton@FarmvilletheMag.com

Crystal Vandegrift  
Crystal.Vandegrift@FarmvilletheMag.com

Alexa Massey  
Alexa.Massey@FarmvilletheMag.com

Rachel Austin  
Rachel.Austin@FarmvilletheMag.com

### ADVERTISING

Director — Jackie Newman  
Jackie.Newman@FarmvilletheMag.com

Debbie Evans  
Debbie.Evans@FarmvilletheMag.com

Tyler Whirley  
Tyler.Whirley@FarmvilletheMag.com

### CONTRIBUTORS

Dr. Cynthia Wood

Ireland Seagle

Cover Photo by Ireland Seagle

On the web: [www.FarmvilletheMag.com](http://www.FarmvilletheMag.com)

To subscribe, contact  
Circulation@FarmvilletheMag.com

Farmville the Magazine  
P.O. Box 307  
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(434) 392-4151

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On the cover: Glenda Yates enjoys lunch at Pineview Bulk Foods and Deli's indoor seating area.



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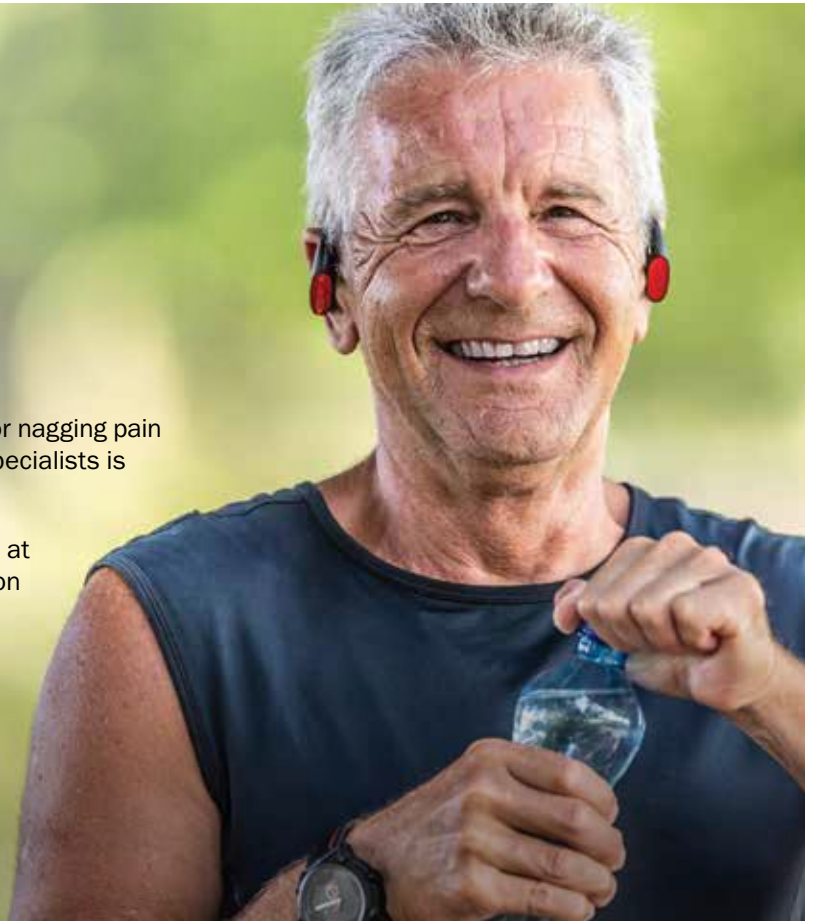
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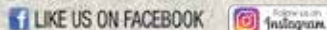


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# PINEVIEW BULK FOOD & DELI:

*A unique experience for all ages*



**Story and photos by Ireland Seagle**

As you drive down Plank Road, a modest country store catches your eye. Gravel crunches under your vehicle's tires as you drive up to the store. All different kinds of vehicles, including a few Amish buggies, sit in the gravel parking lot.

The store is designed like an old-fashioned barn with a mixture of red and gray siding and small wooden shutters. Brightly colored birdhouses, finely crafted patio furniture and hanging flower baskets decorate the store's porch area. As you exit your car, a child laughs as a guardian watches them play on a nearby swing set. In the porch area, people are sharing stories as they eat their lunch together.

As you enter the store's automatic sliding doors, you see a range of items, including herbal products from Pennsylvania and handcrafted soaps from Appomattox. Welcome to Pineview Bulk Food & Deli.

Owner Omer Petershiem and his wife grew

up in Lancaster, Pennsylvania surrounded by the Amish country store experience. "My dad had a store, and her parents had a store." Petershiem's brother, Melvin, also owned and managed an Amish deli store like Pineview in Lancaster for 22 years.

Melvin eventually sold his store and moved to the Farmville area. He then encouraged Petershiem and his family to move to Virginia. In spring 2017, Petershiem and his wife visited properties in the area and eventually bought a settlement where Pineview now sits.

Leaving his brother to attend to his own properties, Petershiem returned to Pennsylvania to continue moving things between Lancaster and Farmville. The next day, the Tuesday following Easter Monday in April 2017, Petershiem received a phone call. Melvin, his guide in the bulk foods business, had suddenly passed away. "We just kind of started from scratch . . . He (Melvin)

had all the contacts." Petershiem did not feel entirely confident in this new venture but decided to pursue his business idea.

After a year of preparations, Pineview Bulk Food & Deli opened on April 11, 2018. The business' name originates from the pine trees that filled the land where the business now sits. During Pineview's first few months of business, local customers flocked to the new establishment to purchase all kinds of bulk foods, including baked goods. In 2018 alone, Petershiem said that he sold over 2,000 cases of cinnamon rolls to customers.

Following a successful business opening, Petershiem experienced several financial obstacles. "I finally found the right refrigeration guy, and that ended up costing us more than what I anticipated." The number of customers visiting Pineview also decreased. "Everybody was here for the first three to four months and after that





Above are, from left, William Sines, Dwayne Sines and Marques Revely enjoying lunch on Pineview's outdoor patio.



Pineview offers a selection of homemade pies.



Along with patio furniture, Pineview also sells Amish-made swing sets and outdoor furniture for every member of the family to enjoy.

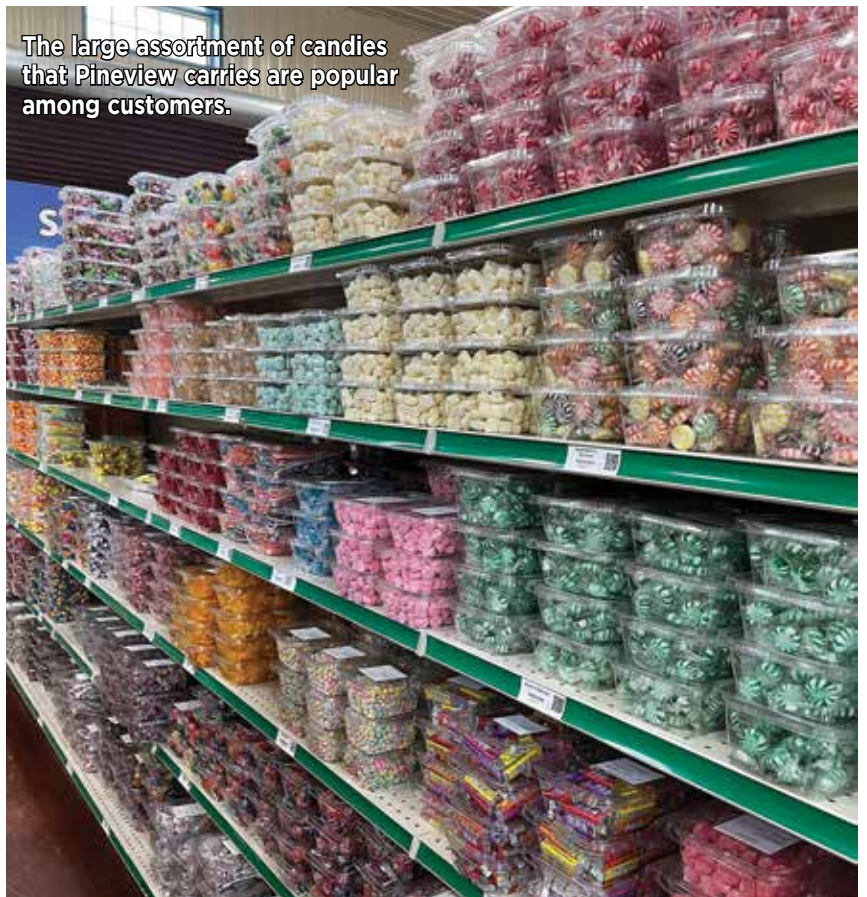


... people went back to their original stores.”


In addition to these initial uncertainties, Petershiem and his wife also navigated managing a business while respecting their Amish traditions. They do not use cameras and refrain from having their pictures taken, a tradition that has been passed down through several generations. “I (also) respect that we don’t use computers. We don’t have cell phones ... we spend time at home playing with the kids outside and playing games.”

Rather than using computers or similar technology, Pineview employees utilize paper records and a fax machine. While Pineview does have a Facebook page, an individual who does not identify as Amish manages the business’ Facebook account for Petershiem. “I don’t even know how to get on it,” he jokes.


Despite these continuous challenges, Pineview received great success, especially during the height of the COVID-19 pandemic. “Nobody wanted to go to Food Lion or Walmart, then we were so busy it was unbelievable.” Regularly sanitizing the store, including the floors and bathrooms, was an additional challenge; however, the success from coronavirus-related isolations and shutdowns boosted the business’ sales. “It (COVID-19) bailed



The large assortment of candies that Pineview carries are popular among customers.





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us out; it really did.”

Today, the business currently boasts a diverse range of products. Fresh produce is offered, and countless varieties of jarred jams and jellies line one side of the store. Homemade baked goods, such as pies and bread, and a large selection of pre-packaged candies and snacks are available. While Pineview offers several kinds of bulk foods, including ribeye steaks and applewood and hickory-smoked bacon, the store carries gluten-free food options and natural vitamins and supplements. Petershiem said a popular item among customers is the deli sandwich combo special, which consists of a sandwich, chips and a drink.

Along with providing specialty bulk foods from other areas, Petershiem also supports fellow small businesses by carrying local products, such as Richlands Dairy milk and GMO-free eggs. Specialty ice cream from Lancaster is sold at Pineview, and all the raw-milk cheeses are made by a Petershiem family friend in Lancaster.

This wide assortment of products typically attracts a range of diverse individuals from Farmville and surrounding areas. Families, college students and professionals are the most frequent visitors to Pineview as “95% of our customers are not Amish.” However, “A lot of them (Amish families) will still stop and . . . if they do a lot of baking, get 50-pound bags of flour, sugar and oats.” Regardless of customers’ diverse backgrounds, Petershiem enjoys speaking with all of them. “I’m a people person. I enjoy going to the cash register and taking care of customers.”

One such customer is Cumberland County Administrator Derek Stamey. Regarding his first visit to Pineview, Stamey said, “I was amazed at how great the food was, and the staff was friendly. It struck me as a hidden gem in the county.” Stamey adds that the store’s sandwich wraps are his favorite. “My wife and I actually made a special trip out there. It’s about a 45-minute drive for us, just so I could share it with her and show her the kind of food they have.”

Stamey also greatly values Pineview’s presence in Cumberland County. “It’s part of our Amish community, which we greatly value in Cumberland. It’s what I would consider a landmark for that area of the county . . . It adds to our identity and the common thread of community.”

Farmville Area Chamber of Commerce Executive Director Anne Tyler Paulek still remembers her first visit to Pineview in 2018.



**Tabatha Scott picks out a few hanging baskets for her parents and for herself.**

She recalls her amazement at the amount of options the store offered, especially at the deli. “My personal favorite is the snack aisle. They have so many options of different crackers and uniquely gourmet things . . . My mom will come from Richmond to buy their frozen pot pies and make it at home.”

In addition to supporting the business as a customer, Paulek also assists Pineview through her role in the Farmville Area Chamber of Commerce. Since Pineview is a member of the chamber, they are promoted on the chamber website, “which gets 16,000 hits a month with people looking for different places,” Paulek said. “It’s a great way to, especially for a small business, get some notoriety and some credibility.” Paulek and the Chamber of Commerce staff also support Pineview by promoting their events on

Facebook. “They’ve been really great about sending us information they want us to share, and we just try to stay on their radar and promote them when we can.”

Paulek also recognizes Pineview’s impact and value in the Farmville community. “It’s an ideally located spot for people over in the Buckingham/Prince Edward line but also for the community at large because they’re offering something that’s unique and different from what any other stores are offering . . . It’s wonderful to have that unique Pennsylvania Dutch flavor to the area. It’s special that we have the Amish in our community.”

Petershiem ensures customers’ 2023 experiences at Pineview will remain consistent in the years to come. “We (will) do our best at what we’re doing and try to give everybody the best customer service and satisfaction that we can.”



Pineview offers a selection of fresh sliced meats and cheeses at the deli. One of the most popular being the applewood and hickory-smoked bacon.



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# From the Ground Up |

## THE OTHER IRISES

Irises have been called the poor man's orchid.



Japanese irises have been grown in Japan for over 500 years and have large blooms with highly variable forms. (Photo by William Shear)

**Story and Photos by Dr. Cynthia Wood**

Irises have been an integral part of human history. They are depicted in drawings in Egyptian tombs and in frescoes at Knossos. The iris has been called the poor man's orchid and has been a popular garden plants for many years.

During the late 1600 and 1700s, *Iris pallida dalmatica*, a bearded iris, was brought to Virginia and transported west and south as settlers moved to new areas. These fragrant, pale blue irises were tough, easy to transport, and grew well in the Virginia climate. Even today, it's not unusual to find healthy clumps of these heirloom beauties blooming near abandoned houses.

While the bearded iris continues to be one of the most popular perennials used in home gardens, there are other irises that are just as beautiful and easy to grow.

Siberian irises (*Iris siberica*) are native to Eurasia. They were collected by medieval monks who grew them in monastery gardens. Eventually Siberian irises spread to home gardens throughout Europe; by the



The blooms of Louisiana irises resemble those of Japanese irises. (Photo by William Shear)

1600s, they had arrived in Virginia with early settlers. Just before the American Revolution, the Philadelphia-based plantsman, John Bartram, was offering them for sale in his catalog.

Siberian irises bloom just after bearded irises. They typically grow two to four feet tall and have narrow, upright foliage and blooms that are smaller than those of Japanese and bearded irises. They are extremely hardy and well adapted to a variety of growing conditions, but prefer moist, well-drained, slightly acidic soil and either full or partial sun. They tend to form dense clumps that must be divided every three to four years to prevent die back in the center of the clump, as well as diminished blooming. Siberian irises are not as prone to rot and infestations of borers as other irises.

While blue and purplish blue are the most common colors of Siberian iris blooms, new hybrids are available in pink, white, yellow, orange, brown, and dark red. Popular cultivars include 'Eric the Red,' 'Blueberry Fair,' and 'Caesar's Brother.' Siberian irises are excellent choices for use in cut flower arrangements.

Japanese irises (*Iris ensata*) resemble their Siberian relatives, but the foliage has a distinctive, raised central rib and the blooms are larger and showier, with colors ranging from blue and purple to white and pink. There are single, double, and peony forms, as well as bicolors. Some are marbled with gray or white. Because of the shape of the flowers, Japanese iris blooms are sometimes referred to as butterfly flowers.

Japanese irises grow best in full sun and in rich, slightly acidic, consistently moist soil. Adequate moisture is especially important just prior to and during the bloom period. Rhizomes should be planted two to three inches deep and mulched to retain moisture. They are heavy feeders and benefit from applications of compost and aged manure.

Japanese irises offer blooms in an array of forms and colors. Some cultivars to consider include 'Bellender Blue,' 'Lion King,' and 'Queen's Tiara.' Japanese irises are excellent choices for extending the boom period of irises in the garden.

Louisiana irises are native to the wetlands of the Gulf Coast. They include five species known as the Louisianans. Their bloom form resembles that of Japanese irises but is much larger; they have very wide petals and sharp crests. Like Japanese irises, they prefer moist, rich soil and full sun. It's a common misperception, however,



**While this iris is often commonly called the Japanese iris, it's actually *Iris sanguinea*, a Siberian iris. A taxonomic revision in 2020 indicates that previously distinguished taxa of *Iris sanguinea* and *Iris sibirica* bear no phylogenetic nor morphological distinction. The name *I. sanguinea* is now considered synonymous with *I. sibirica*. (Photo by Staci Bridge)**



that they must be grown in bogs or water gardens.

Plant the rhizomes of Louisiana irises about an inch below the soil level in an area where they will receive six to eight hours of sunlight per day. Provide a layer of mulch, such as leaf mold or pine straw to help regulate the temperature of the soil and prevent sun scald of the rhizomes.

Cultivars of Louisiana irises have blooms in many colors, including blue, purple, red, yellow, pink, and white. There are also bicolors. Some cultivars to consider for the home garden include 'Black Gamecock,' 'Geisha Eyes,' and 'Sinfonietta.'

While bearded irises are wonderful in the garden, be adventurous and try something different, the other irises.

**Iris pallida dalmatica, an heirloom bearded iris first recorded in the late 1500s, is still a lovely, easy to grow choice for the home garden.**

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# EVERYONE NEEDS FRIENDS, EVEN A STATE PARK

By Sarah McCormick  
Photos from Farmville Newsmedia archives

Virginia is home to some of the most wonderful state parks in the country – 41, to be exact – but one quite literally stands tall above the rest. Nestled within Prince Edward County, you’ll find the High Bridge Trail State Park. Rich in history and natural wonder, this little slice of heaven on earth has survived the test of time thanks to the help of caring individuals known as the Friends of High Bridge Trail State Park.

High Bridge Trail State Park boasts 1,206 acres of pristine,

untouched forestry. The old bridge, situated over the Appomattox River, was built in 1853 to serve the purpose of a railroad until 2005, when the railway decided it was too expensive to keep up with the costs of repairs and maintenance and stopped all operations. Since, High Bridge Trail State Park has become a wonderful arena for biking, jogging, walking, horseback riding and sightseeing, boasting 31 miles of trail for residents and visitors to enjoy.



High Bridge Trail State Park has been given a National Register of Historic Places designation and belongs to the Virginia Landmark Register.

### MAINTAINING THE PARK

Such a large park and long trail no doubt requires a significant amount of upkeep, which is where the Friends of High Bridge Trail State Park step in. Friends of High Bridge State Park was established in February of 2009 as a means to organize volunteers, accomplish fundraising efforts and foster advocacy. In 2011, Friends of High Bridge Trail State Park became a 501(c)3 not for profit organization.

“We actively participate in the mission of the park – to conserve the natural, cultural, scenic and recreational resources of the park,” said Becky Fisher. She serves as secretary for the Friends of High Bridge Trail State Park group. “(We help) to provide a variety of recreational and educational opportunities and to promote environmental stewardship.”

The organization aims to bring people into the presence of nature from all walks of life, such as fitness enthusiasts, historians, railway enthusiasts and astronomers alike. In addition, the organization has donated many different pieces of equipment to the park to aid in maintenance, such as two tractors, a backhoe and two bicycles for park rangers to traverse throughout the park.

“It’s been exciting watching the trail evolve and being able to contribute to that evolution,” added Ann Ligon, a former president and charter member of the group.

### PUTTING TOGETHER PROJECTS

Friends of High Bridge Park State Park have achieved many other important things for the good of the park and all who visit, from setting up bicycle repair stations, to implementing mile markers along the entirety of the trail, to donating three benches for those seeking to rest. Additionally, the Friends group wants to preserve the history of the trail.

The Friends group relies heavily on membership dues, various fundraising events and generous donations from the community. One of the yearly fundraising events members of the community and even across the state look forward to is the Firefly Festival, where, for two evenings in June, visitors can witness the magic of fireflies dancing about in the night from the bridge.

One of the organization's proudest accomplishments is the acquisition of the Willis Vail



glass negatives, along with publication of these negatives in the book titled ‘High Bridge: The End of Our Fifteen Months’ Labor.’ The negatives belonged to the resident engineer who constructed the 1914 bridge. Some of the members of the Friends group who took part in the creation of the book were Bob Flippen, Rodney Vance, and Bruce and Karen Bellenir.

### HOW CAN I HELP?

Now, here’s where the rest of us come in. The Friends are desperately in need of more

members.

“Not only does this allow for better participation in events and activities, but volunteer hours, which are recorded in the State Park System, are an indication of Park usage to Virginia legislators,” Fisher said. “We offer critical support to the park and enhance visitor’s park experiences.”

In addition, there are other various ways in which the community can get involved. For example, events slated for this year include the National Trails Day 5K on June 3, the Firefly Festival as previously spoken about June 16 and

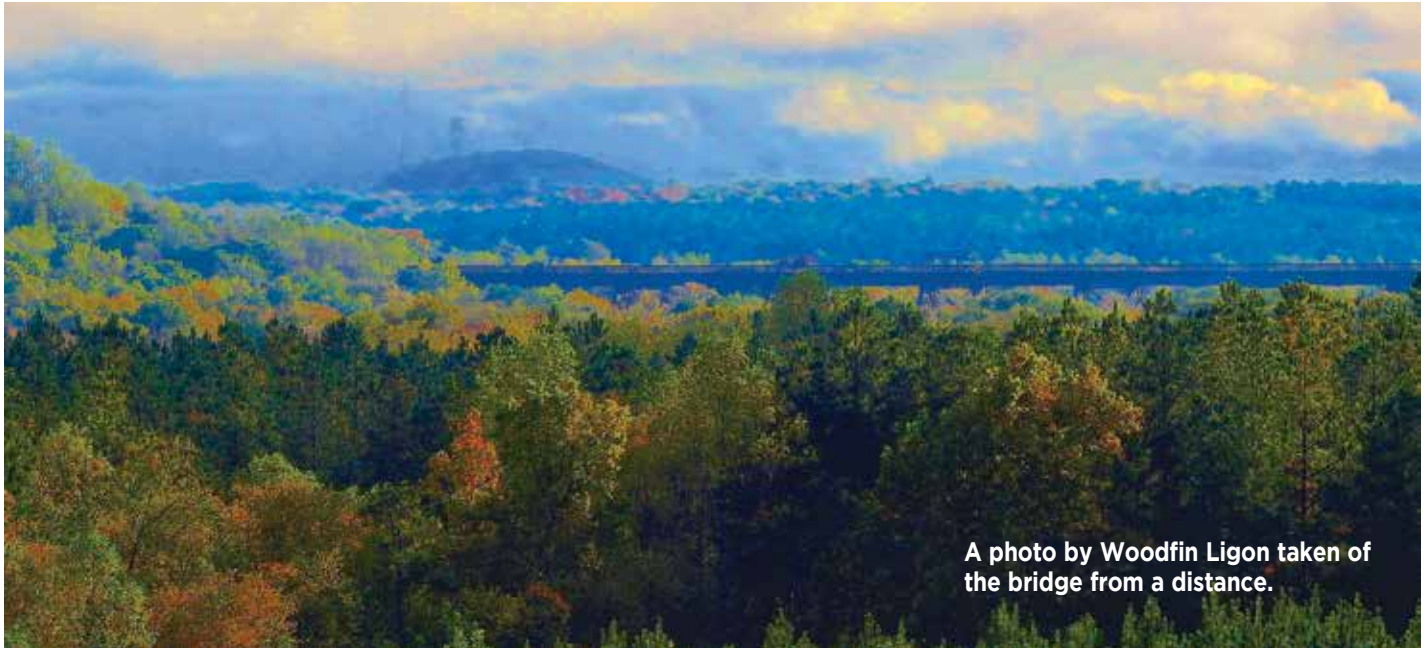
17, the Night Train 50K, half marathon and 5K June 24, The Veterans Tribute Dinner and Dance at Pamplin Depot further down the road on November 4, and the Freight Train Half Marathon 50K and 100K on December 2.

Anyone interested in helping with volunteer opportunities, obtaining membership and or

interested in learning more about the park can visit the Friends' website at <https://sites.google.com/site/friendsofhighbridgetrail/>, where there is also a posted calendar of events and Friends' group meeting dates.

As time wears on, one thing's for certain: the love of nature will continue to press onward,

and the Friends of High Bridge Trail State Park will undoubtedly be there to ensure all is well within the park for a long time to come. With over 85,991 visitors in attendance so far in 2023 alone, there is still plenty of room for adventure – and volunteer opportunity – at High Bridge Trail State Park.



A photo by Woodfin Ligon taken of the bridge from a distance.



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# Where Am I?

The Heart of Virginia offers beautiful scenery and architecture throughout downtown Farmville. "Where Am I?" offers residents a chance to identify one of our hidden gems across town. If you think you know where this photo was taken, email your answer to [WhereAmI@FarmvilletheMag.com](mailto:WhereAmI@FarmvilletheMag.com). We'll draw one lucky name from among the correct answers for an annual subscription to *Farmville the Magazine*.

Recipe



# Strawberry donut pudding

An indulgent dessert for strawberry season

Recipe, story and photos by Alexa Massey

There comes a time in every food aficionado's life in which they accidentally craft a recipe that is so gloriously tasty but so debilitatingly indulgent that they wonder if their creation should ever see the light of day. They wonder to themselves if it is perhaps illegal to put together a dish with so much butter, sugar or salt that it could very well bring an army to its knees.

This is my version of that dish.

It's a well known fact to any family member or friend of mine that I am positively obsessed with strawberries and strawberry flavored things. May is my birthday month, and it also marks the beginning of strawberry season here in Virginia. In preparing for my birthday, I set out to craft a dessert like no other; a dish that would pay homage to my strawberry obsession while topping any simple birthday cake or strawberry pie.

I came up with an idea for a strawberry twist on the traditional Southern-style banana pudding. However, that just wasn't daring enough.

I needed something different. Something revolutionary. Something so decadent (and loaded with sugar) that it should only be consumed once a year.

And what, my friends, is more decadent than a Krispy Kreme donut?

Thus, my strawberry donut pudding recipe was born. This dessert combines creamy whipped topping, banana pudding, sweetened condensed milk and strawberry pie filling to create a velvety-smooth mixture. We layer in fresh strawberries, vanilla wafers and—yes—Krispy Kreme donuts, sending your taste buds straight to heaven. And we'll layer everything in a trifle bowl to turn this dessert into a showstopper that'll be perfect for your next gathering. Oh, and did I mention there's no baking necessary?

Is it a sugar bomb? Yes. Is it a bit over the top? Yes. But it just might be the most special treat you've ever tasted.

Here's the recipe:

**STRAWBERRY DONUT PUDDING**

**Prep time: 5 minutes**

**Assembly time: 25 minutes**

**Total time: 30 minutes**

**Servings: 10-12**

**Ingredients**

- 1 dozen glazed donuts (preferably Krispy Kreme!)
- 5 oz. package instant vanilla pudding mix
- 32 oz. fresh strawberries
- 2 cups milk
- 14 oz. sweetened condensed milk
- 1 tsp. vanilla extract
- 16 oz. frozen whipped topping (such as Cool Whip), thawed
- 21 oz. strawberry pie filling
- 11 oz. package vanilla wafer cookies

**Recipe:**

I said once in a previous recipe that I do not bake because baking is a science and I am no scientist. Luckily for us, this recipe requires zero baking whatsoever! Begin by whisking together your pudding mix and milk for three minutes.



Once mixed, allow the pudding to set for five minutes before adding in your 14 ounce can of sweetened condensed milk and your teaspoon of vanilla extract. Gently stir the mixture until combined.

After your pudding, vanilla and sweetened condensed milk have been properly mixed, gently fold in your thawed whipped topping. Don't overmix the topping like I did or you'll mix all the air out and the mixture will become the consistency of cake batter. We want to keep things airy if possible!

At this point, separate half of your mixture into a bowl and stir in half of your canned strawberry pie filling. This will turn the pudding mixture into a very pretty pink color, while the other bowl will remain an off-white color. Place both of the pudding mixtures into the freezer to firm up.

While the pudding chills in the freezer, slice 50% of your fresh strawberries in half. Take the remaining strawberries and slice or dice them as you see fit.

Now it's time for the fun part! To really make this dessert pop, we'll layer everything in a trifle dish or large glass bowl. The order of the ingredients is ultimately up to you, but I suggest beginning by first ladeling in the remainder of your gooey, bright-red strawberry pie filling. Cut a few of your glazed donuts in half and place them against the wall of your trifle dish so that you can see a nice arch shape on the other side of the glass. Dice up a few more of your donuts and stuff the donut pieces into a layer at the bottom of the trifle dish.

After establishing your "donut" layer at the bottom of the trifle, I recommend pouring some of your plain pudding mixture over top of the donuts before layering in some vanilla wafers and fresh strawberries. Pressing the wafers and halved strawberries up against the glass walls of the trifle makes for beautiful and fun patterns. After a few layers of donuts, vanilla wafers and strawberries, you can switch over to your pink pudding mixture to add a pink color to the trifle. Then, continue with layers of donuts, wafers, strawberries and pudding until you reach the top.

Once your trifle is filled to your liking, decorate the top with more wafers, strawberries or donuts! There's really no wrong way to put together your trifle.

After completing your trifle, place the dish into the refrigerator for at least 2 hours (if you can wait) to allow the wafers to soak up some of the pudding mixture. This dish is wonderful served cold and tastes great even after a day or two in the fridge.

And there you have it! This strawberry donut pudding will be a hit at your next birthday party or potluck. It's decadent. It's divine. It's chock-full of donuts. I recommend following it up with a cup of coffee and a big nap, and maybe after that... a few miles on the treadmill. But hey! It is strawberry season after all. Why not treat yourself?



**Here's an example of one way to layer your strawberry donut pudding trifle. Begin with a layer of gooey strawberry pie filling and glazed donuts. Follow with a layer of pudding. Top these layers with vanilla wafers and sliced strawberries. Repeat this process until your glass dish is filled to the top.**

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Centra Medical Group Orthopedics welcomes William Andrews, MD, FCCP, and William Fluker, PA-C. They join John Kona, MD, in the practice located at Centra Southside Medical Center.

Dr. Andrews earned his medical degree from Duke University. He completed his internship and surgery residency at University of Virginia Hospital and served his orthopedic residency at Duke University.

William Fluker, holds bachelor of science degrees in biology from the University of Kentucky and from the physician assistant program at James Madison University.



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