**Know Farmers Who Need Help with Flood Recovery?**

Are you or do you know a farmer who has suffered damage or loss from recent flooding in West Virginia?

If so, call the Farm Bureau office at 800-398-4630 and tell us what your needs are. We can help direct you to the right entity to get the assistance you need. Many state and federal agencies, along with private organizations, are offering a variety of assistance to farmers who have incurred losses from flooding. Farm Bureau can be your central point of contact, with information all in one place. Call us today and get the help you need.

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**Doddridge County Meeting Will Educate Land & Royalty Owners**

Join us September 26th, 6:30 pm at Doddridge County Park (County Rte 50/16 in West Union) as WVFB hosts Nationwide for a discussion on the challenges facing farmers as they prepare for the future of their farm to keep it in the family.

Nationwide succession planning advisors will present *Land As Your Legacy*, a program that forms tailored transition plans. The advisors will talk about the importance of having a succession plan in place. Additionally, information about pipeline issues and understanding your royalty payment will be discussed.

Light refreshments will be provided courtesy of Doddridge County Farm Bureau.

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**Win This Quilt!**

The Hardy County Farm Bureau will auction off this beautiful quilt at their Annual Meeting and Banquet on October 12, 6:30 pm at Moorefield Middle School.

The handmade quilt features 20 barns from around the surrounding area, and proceeds from the auction will benefit HCFB’s scholarship fund.

Not a member? Well, you can be! Anyone can join Farm Bureau! If you want more information on membership or if you’d like to place a bid, call Leona Dove at 304-897-5254.

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*Articles for NewsBytes must be submitted by the 15th of the month prior to publication. Time-sensitive announcements must be submitted no less than 8 weeks prior to the date of the event. Electronic submissions, including photos, are preferred. Send to joanh@wvfarm.org.*
# West Virginia Farm Bureau News

*The Voice of Agriculture in the Mountain State*

**August 2016**

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West Virginia Farm Bureau
62 Farm Bureau Road
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*On the cover*

Tomatoes
Tabby Kuckuck
Brazilian Beef Imports Endanger U.S. Consumers, Cattle

Charles Wilfong, President, West Virginia Farm Bureau

The Obama administration has struck another terrible blow to U.S. agriculture. On August 1, 2016, Secretary of Agriculture Tom Vilsack announced that he was reopening the U.S. market to unlimited amounts of raw Brazilian beef.

Prior to August 1, shipments of fresh beef from Brazil had been blocked due to their continuing battle with foot-and-mouth disease and other dangerous cattle diseases. Our health and safety standards have been lowered to accommodate Brazil. Lowering these standards for Brazil puts U.S. consumers and cattle herds at risk of foreign diseases. Under provisions of this agreement, Brazil will be able to compete with some other foreign countries to send tens of thousands of tons of beef to the U.S. - tariff free. Additionally, they can send unlimited amounts of beef here if they pay an out-of-quota tariff of 26.4%. It seems very likely that they will be willing to pay the tariff so they can have unlimited access to our market.

This action by USDA gives tremendous advantage to multinational meat packers like JBS, which is based in Brazil. JBS controls a huge chunk of our U.S. beef processing.

The move comes at a time when U.S. cattle prices are already greatly depressed, and these actions will likely drive prices down even further. Our domestic cattle herd is the lowest it has been for decades and we continue to witness the loss of more U.S. cattle producers. Feedlots are operating well below capacity due to lack of return on feeding cattle.

Once again the Obama administration has chosen to advance the interests of others over the interests of U.S. producers.

These actions also highlight why we, as producers and consumers, truly need country-of-origin labeling for beef. Consumers deserve to have the ability to know where their food comes from. Our country of origin labeling for beef was struck down because it apparently violated provisions of certain trade agreements. It is amazing that we continue to elect leaders who don’t put the interests and well-being of our people first.

Farmers & Ranchers Are Strongest When We Stand Together

Zippy Duvall, President, American Farm Bureau Federation

Neighbors helping neighbors is a cornerstone on which Farm Bureau was founded. It’s how we get things done. The more I travel across this land, the more I’m convinced we all need to understand the issues our fellow farmers and ranchers are facing, whether ten miles down the road or thousands of miles across the country.

The challenges facing agriculture are very much like a diverse ecosystem, but when you take a closer look, you’ll find that most American farmers are all tackling one common invasive species: a federal system that too often lacks respect for individual property rights, economic competitiveness and fairness in general. From the Waters of the U.S. rulemaking and the Endangered Species Act, to public lands and water rights—the federal government continues to slap burdensome regulations on farmers without considering what it takes to keep an agricultural business up and running.

As your AFBF president, I want to see firsthand what you’re facing on your farms and ranches, so I can tell your stories to our lawmakers on Capitol Hill and to farmers in other regions. On my recent travels

see Duvall, page 26
Around the Dome

Dwayne O’Dell, Director of Government Relations

The crop and livestock update in late July pointed toward large corn and soybean crops, as both have been rated primarily good to excellent with very little heat stress as yet. However, forecasters predict a warm August and September, which may affect final production totals. The futures market has pulled back due to condition reports as well as a late June acreage report. USDA data indicates about 94 million acres of corn and 83.7 million acres of soybeans. Projected yield per acre estimates corn at 168 bushels and soybeans at 46.7 bushels. The average farm price for corn is projected at $3.10-$3.65, and soybeans at $8.75-$10.25 per bushel.

These lower priced feeds have not turned around the livestock arena. Futures reports are at or near a 5-year low for both feeder and slaughter cattle. Slaughter cattle are pegged at 109-112 throughout the fall, with feeder cattle at the 130-140 price level. Cattle on feed numbers in June showed a 3 percent increase over last year. Exports are up nearly 5 percent; however, expansion in the beef sector is expected to continue through 2017 and then flatten out in 2018.

You probably know by now that the United Kingdom has decided to pull out of the European Union at some point. The British pound fell to a 30-year low, as the U.S. dollar strengthened 11 percent and was at a 4-month high as of late July. All of this may affect U.S. markets for agricultural products, as the U.K. represented almost 15 percent of E.U. sales. New U.K. leader Theresa May will face challenges, but she appears poised to provide sound leadership, which should even out market volatility in the coming months. Strength in the U.S. dollar will affect export trends in U.S. corn and soybean markets.

In the United States Congress, Congressman Dan Newhouse will be introducing HR 5685 to clarify congressional intent under the 1976 Resource Conservation and Recovery Act (RCRA). This is important legislation, as a federal judge in Spokane, Washington, sided with environmentalists who brought a lawsuit under this act for what they claimed was inappropriate storage and handling of manure.

This legislation would do three things:
• Reaffirm and clarify congressional intent regarding the inappropriateness of subjecting agricultural by-products to the RCRA
• Codify the EPA’s regulation regarding the treatment of agricultural by-products under RCRA
• Prevent farmers who are already engaged in legal action or are making a diligent attempt to work with state authorities or NRCS to address nutrient management issues from being targeted by citizen lawsuits

This legislation is supported by AFBF, as well as Dairy Farmers of America, NCBA, National Pork Producers and the National Turkey Federation.

GMO disclosure legislation passed the U.S. House of Representatives 306-117. The vote included 205 Republicans and 101 Democrats. The legislation was signed by the President and will prevent state-by-state labeling issues. This will prevent consumer confusion and protect agricultural innovation.

Additionally, Senators Lee and Booker have introduced legislation called the Commodity Checkoff Improvement Act of 2016, which would:
• Prohibit checkoff boards from entering into contracts with lobbyists or special interest groups
• Prohibit conflicts of interest within a checkoff
• Prohibit checkoff funds from disparaging other products

AFBF opposes this bill and believes this issue is being introduced as “place holders” for amendments in the upcoming Farm Bill.

In the US. Senate, Senators Manchin and Capito are championing a bipartisan effort to support rural broadband. They were joined by 24 other senators see O’Dell, page 27
Burglaries increase by 10.5 percent in the summer months, according to a Department of Justice report. July and August are the most frequent months for break-ins, perhaps because so many people leave their homes unattended while they’re on vacation.

Here are ways to prep your house before you hit the road for vacation so it doesn’t look empty and attract the attention of robbers.

1. **Make your house looked lived in**
   Controlling your lights with timers only goes so far in faking activity at your house while you’re on vacation, says Mark Clement, home improvement, landscape and property management expert, and co-host of a home improvement radio show. If you have a neighbor or friend who can help, he says, ask them to drive your car around the block each day and park it in a different spot. If you have a porch or deck, ask your neighbor to move the furniture around a bit to make it look as if you’ve been out there drinking your morning coffee.

2. **Don’t leave clues**
   If you are out of town on trash day, ask your neighbor to put out and bring in your trash cans. “Not putting out your trash is a sign that you’re not there,” Clement warns. If you normally keep your blinds open, keep them open while you’re gone, otherwise you are signaling that no one is home.
3. Hold the newspaper, mail and packages
Be sure to put a hold on your newspaper and mail, and don’t forget about packages. Request a vacation hold from FedEx, hold your U.S. mail and request a hold from UPS.

4. Know which items to keep hidden
If you store a ladder outside, lock it with a chain or cable so no one can use it to break into your house, Clement says. If you have a hide-a-key, bring it inside your house. Check your house from the sidewalk and street to make sure no valuables are visible from the windows.

5. Change your privacy settings
Be careful what you share on social media. Change your privacy settings so you are only sharing posts with friends or, better yet, wait until you return home to post photos from your trip. If you do choose to post photos on social media, disable the GPS on your phone so it doesn’t show your location. If you park your car at the airport, don’t leave a portable GPS device visible on the dashboard or seat, or better yet, take it with you. That device could easily lead robbers back to your unattended house.

6. Ensure everything is locked and secure
Make sure all doors and windows, even second-floor windows, are locked. If you have a garage with a connecting door, make sure it’s locked. If you have an automatic garage door, unplug the power to prevent robbers from using a universal remote to gain access. If you have a sliding glass door, secure it by putting a metal rod or piece of plywood into the track. Put all your valuables in a fireproof safe and, if you have a security system, let the company know you will be out of town.

7. Safeguard your house
In addition to taking steps to prevent burglars, it’s a good idea to take steps to prevent a fire or flood in your home while you’re gone. Unplug all appliances and turn the thermostat up or down a bit, depending on the season. If it’s winter, keep the temperature at 55 degrees; if it’s summer, 80 degrees. If you’re traveling in the winter, make sure your pipes are well insulated and consider asking a neighbor to turn on your faucets every day to ensure the pipes don’t freeze while you’re gone.

Follow these simple steps prior to traveling to deter the attention of robbers. You should also make sure you have the right homeowners insurance to protect your property and valuables. Learn more about different homeowners coverage at www.nationwide.com.
Acclaimed Hearing Doctor Creates a Virtually-Invisible Digital Hearing Aid... And Offers it For a Fraction of The Cost of Other Hearing Aids.

Brian Sather - Staff Writer (Chicago)

Like many board-certified Ear, Nose, and Throat physicians, Sreekant Cherukuri, MD saw too many patients with hearing loss go home without a way to improve their hearing. Why? Because they simply couldn’t afford, needed hearing aids, which often cost hundreds, € even thousands of dollars.

As an attending physician in otolaryngology, Dr. Cherukuri knew the effects untreated hearing loss went beyond simply not being able to hear. Depression, social isolation, anxiety and symptoms related to Alzheimer’s dementia are all common health problems associated with hearing loss.

That’s what led Dr. Cherukuri to create a powerful, small-sized and easily-affordable hearing aid.

After conducting his own quality, size and cost comparison of several hearing aids and sound amplifiers in the $200 and under range, he found that most were large in size, and failed to clearly amplify the human voice, a TV or radio.

So his mission became to develop an ultra high-quality hearing aid that could barely be seen by others, at a price that anyone could afford. The result is the MDHearingAid AIR. Dr. Cherukuri says, “Even as affordable as the Air is, it works as well as hearing aids that cost $3,500 or more. And even better, it satisfies my patients, and millions of other hard-of-hearing people, who don’t want hearing aids because it makes them look “old.”

The MDHearingAid AIR is a virtually-invisible, one-size fits most hearing aid that can easily be used to improve anyone’s hearing.

The digital MDHearingAid AIR is manufactured to exact technical specifications so the normal range of sounds associated with the human voice is amplified, without over-amplifying unwanted background sounds.

Hearing aid ratings on the MDHearingAid AIR by ENT physicians and Audiologists show unanimous agreement that the sound quality and output is surprisingly accurate, even given its small size and low cost.

Dr. Cherukuri adds, “After exhaustive research and testing on older people who had hearing loss, I’m not at all hesitant to say the AIR is the best hearing aid I’ve seen at any price. The best part for most people is, its tiny size makes it easy to keep a secret.”

With scores of reviews praising the MDHearingAid AIR, anyone with hearing loss will likely find success. They’ll also save a considerable amount of money, without sacrificing clear hearing results, and be able to “join the conversation” again.

Dr. Cherukuri backs each MDHearingAid AIR with a full money back guarantee. Readers of this publication can call the toll free number below now and receive a discount on a MDHearingAid AIR purchase.

Call Now: 800-514-6960

The All-Digital MDHearingAid AIR created by Dr. Cherukuri is:

- Ultra-Small
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What Others Are Saying:

“As a physician, I know how much people spend on health care. They should get the best value for their dollar, and this product is just as effective (if not more) than traditional, overly-priced hearing aids. I will recommend MDHearing AIR to my hearing-impaired patients.”
— Dr. Chang

“I purchased an AIR hearing aid for both ears. I couldn’t be more pleased. They are as small and work as well as a $5,000.00 pair I had tried from somewhere else.”
— Dennis

“I received the AIR hearing aid Saturday. I have been wearing it ever since and love it. Great amplification, no ear irritation, no whistling, perfectly comfortable, no problems whatsoever.”
— Ken H

“I put it in and forgot it was there until I went to bed. It has opened a world that has been lost to me for a long time.”
— Laraine

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Bobby S.
High Tunnel Pioneers

A Boone County couple is the first in their area to utilize a high tunnel for vegetable production and reap the many rewards it brings

Tabby Kuckuck

Johnny and Freeda Ball own 35 acres of land in Danville, West Virginia where they grow hay and a variety of vegetables on what was once a family tobacco farm. Two years ago the Balls had a 30x97 foot high tunnel built on their property. Their high tunnel is the first and only one they know of in Boone County, and since adding it to the farm, they have been able to provide fresh vegetables that had not always been available to their community members.

The Balls grow three types of beans, as well as squash, tomatoes, onions, asparagus, cabbage, lettuce, peppers, broccoli and strawberries in their high tunnel, and either sell their produce at local markets or give the food away to friends and neighbors.

“Locals put in their orders and come to the house to pick them up,” said Johnny. “Sometimes people just pull into the driveway and ask to buy beans. It’s kind of intriguing because there aren’t
many high tunnels around here and people will come down the road and lay the brakes to it so they can look.”

Initially the Balls were unsure about whether they wanted to participate in the Natural Resources Conservation Service (NRCS) Environmental Quality Incentives Program (EQIP) to build their high tunnel, but after discussing all of their options with an agent who visited their house, they changed their minds.

“I thought it was going to be expensive,” Johnny said. “But finally we agreed to one and the next thing I knew we were signing papers and the guys came to build it. They got it up in less than two days, and the day after it was up I was plowing and planting inside.”

The Balls already had a well on their property, so running water into their high tunnel’s irrigation system was not a big job. Their irrigation system runs four times a day for 15 minutes at a time and provides the plants with a mixture of water and fertilizer.

They also have an electric fence set up around the perimeter of the high tunnel, as well as some plastic fencing to keep deer and other pests out of the high tunnel when the sides are rolled up during the day to keep the plants cool and circulate air. Johnny sets Japanese beetle traps along the outside of the high tunnel so he does not have to spray the plants inside.

“I have never sprayed anything in the high tunnel,” he said. “The Japanese beetle traps outside take care of it pretty well.”

Additionally, Johnny introduced bumble bees into the high tunnel to pollinate his squash, cucumbers, strawberries and tomatoes.

“I tried honey bees first, but they all flew up to the top of the tunnel and died; bumble bees stay down with the plants and have a good life span,” said Johnny.
Now that Johnny has some experience, he is growing more vegetables faster than ever, but in the beginning he had a few lessons to learn.

“My first year I had to get on an eight foot ladder to pick the beans in my tunnel,” said Johnny. “If you get around guys who have had high tunnels for a couple of years they are great to help you if you listen to their advice.” This guidance, along with expertise the Balls received from NRCS, has helped Johnny learn the best ways to grow in his high tunnel. After his first year climbing ladders to pick his beans, Johnny was advised to cut his beans so they are concentrated to bloom toward the bottom of the plant where he can reach to pick from the ground.

Another tidbit Johnny learned not to do was to put vehicles or equipment in his high tunnel for the winter.

“I didn’t do that,” he said. “I was planting in the winter. I picked beans on Thanksgiving Day. You won’t find an outdoor garden that can produce what a high tunnel can,” Johnny added. “If you like vegetables, this is the very thing to have. It extends the season and produces lots and lots for a long time.”

Johnny explained that he can grow more months out of the year than ever before just by continually planting and staying dedicated. “When I pick an onion, I plant one back in its spot,” he said. “I would suggest people get them (a high tunnel), but you have to be dedicated. You have to be there to make sure the sides don’t fill up with rain if it is raining, and you have to be there to close up if a storm comes in so you don’t have wind damage. It’s fun to have, but you have to want to do it and have to be willing to stick around the house to watch it.”

Through the assistance of NRCS, Johnny is continually learning more about high tunnel production, increasing his ability to grow more for his community and help his friends and neighbors by providing healthy, fresh vegetables.
We offer more than just a few snacks.

You see it advertised all the time—low rates, easy loan processes, quick approvals, etc. Sure, Farm Credit has these things. But Farm Credit brings a lot more to the table. We have 100 years of knowledge and experience. And since 2001, our patronage program has returned more than $198 million to farmers like you. That’s more than just a mouthful.

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Practicing tractor safety prevents accidents

Rollovers, runovers, entanglements and highway collisions involving agricultural tractors kill approximately 250 people a year, making it the leading cause of death and serious injury in the agriculture industry. While rollovers consistently account for more than half this total, falls involving both tractor operators and riders are another major type of tractor accident.

By the numbers

Most tractor accidents occur to people ages 25 to 64; however, operators under age 15 and over age 64 have seven to ten times more accidents per hour of machine use than operators in the 25 to 64 age group. More than 85 percent of all tractor accidents involve members of the farm family. Of the leading sources of fatal injuries to youth on farms, 23 percent involved machinery (including tractors) and 19 percent involved motor vehicles (including ATVs). Few tractor operators, family or otherwise, have had proper training for tractor operation.

Cabs

More and more farmers are recognizing the safety, comfort and utility of a cab. A cab built around a crush-resistant protective frame will give protection from overturns, dust, weather and will reduce fatigue. It should also be designed to keep noise at a safe level.

Rollover protective structure

The use of rollover protective structures (ROPS) and a seat belt is estimated to be 99 percent effective in preventing death or serious injury in the event of a tractor rollover. ROPS are roll bars or roll cages designed for wheel- and track-type agricultural tractors. The ROPS create a protective zone around the operator when a rollover occurs. When used with a seat belt, the ROPS will prevent the operator from being thrown from the protective zone and crushed from an overturning tractor.

The National Institute for Occupational Safety and Health estimates that there are approximately 4.7 million tractors in use on United States farms; unfortunately, one-half of them are without rollover protection for the operator.

Tips

• Be sure that each person who operates a tractor is trained, physically fit and qualified to do the job.

• Don’t allow extra riders and don’t ask to be an extra rider. Tractors are designed only for the drivers, so make this a firm rule.

• Keep power take-off (PTO) shields and guards in place. An unshielded or partially shielded shaft can catch clothing and wrap a person around it in a fraction of a second. Even though only a small part of the shaft or knuckle is exposed, a PTO can maim, cripple and cause death.

– continued on page iii –

Insert provided by WVU Extension Service and Davis College of Ag., Natural Resources, and Design
Discover WVU Extension programs at the State Fair of West Virginia

This year's State Fair of West Virginia takes place from Friday, August 12 through Sunday, August 21. But, did you know that as you walk through the state fair, you're surrounded by the work of the West Virginia University Extension Service?

Our experts and educational programs are scattered around the fairgrounds, and we've got a hand in some essential fair happenings – from animal showmanship to educational activities and blue-ribbon projects to gardens on the grounds. Much like your community, WVU Extension is everywhere in ways that you may not be aware of.

Join us in the barns to see a variety of goats, pigs, sheep and cattle. It's more than just a cute, furry face – it's a demonstration of a 4-H'er's knowledge about animal genetics, nutrition and showmanship. Youth agriculture programs offered through the WVU Extension Service reach a peak at the state fair with some of the largest shows and sales in the state. Youths from all corners of the state work hard year-round to prepare and show their animals at these events.

But, Extension's presence isn't confined to agriculture. In the Cecil H. Underwood Youth Center, you can view more than 2,500 4-H projects on exhibit from West Virginia youths. The projects cover everything from food products to rocketry and all have already won blue ribbons on the county level, so each and every one demonstrates a high level of learning about science, health, agriculture and citizenship.

In addition to traditional exhibits, there is a more interactive component at the talent stage. There, 4-H'ers will display more performance-oriented talents, such as singing, public speaking and acting. You may also catch a glimpse of the 4-H Dance Ambassadors, which celebrate the history of West Virginia's folk dancing culture through performances you can tap your toes along to.

Children can also engage with a variety of educational programs, including hands-on activities that make science, technology, engineering and math fun for all ages.

True to any fair, the fun (and learning) doesn't end there. Head down to the WVU Building to see everything WVU has to offer by visiting with the colleges and representatives from across the University. Rumor has it, you can even catch the new Mountaineer and WVU President Gordon Gee for a selfie.

While learning about WVU programs, you can play a variety of games with Extension faculty and staff, pick up some WVU giveaways and meet face-to-face with faculty and staff that help bring Extension programs to communities around the state.

Once you venture outside the building, be sure to check out the Master Gardener display right across from the building. Master Gardeners from around the state travel to the fairgrounds to volunteer in the garden and provide on-site assistance by providing tours, showing off the displays and answering horticultural questions.

The State Fair of West Virginia offers something for everyone, and we hope that you'll join us in celebrating and discovering the best of what our programs have to offer. You can learn more about the WVU Extension Service at the fair at ext.wvu.edu/events/state-fair.

Barbour County 4-H’ers earn top rankings

West Virginia University Extension Service Barbour County 4-H’ers recently dug deep to find themselves at the top of the rankings at the National Land, Range and Homesite Evaluation Contest held in Oklahoma City, Oklahoma.

Land judging and homesite evaluation programs educate youths about soil properties, management and suitability for homebuilding, proper land utilization and conservation, water and the environment. These practices are used when building homes or for farming and agricultural purposes.

The team, coached by retired Barbour County WVU Extension Agent Roger Nestor, was comprised of Emily Farnsworth, Nathan Baldwin, Ivy Ward and Josh Kaiser.

West Virginia Farm Bureau News
Prevent cabbageworm damage

Gardens around the state are beginning to reach their peak for the summer, which also means peaks in the pests that prey on them. As gardens grow, so do the populations of these pests and without proper identification and control, their affects can be devastating.

Even though these soft-bodied, worm-like pests are collectively referred to as cabbageworms, there are several species. Cabbageworms, which belong to the Lepidoptera family, start as caterpillars and become moths or butterflies as adults. The pests feed on brassicas (also known as cole crops or crucifers), such as cabbage, broccoli, cauliflower, kale, Brussels sprouts, collard greens and kohlrabi.

If there’s cabbage or other brassicas left in your garden or if you’ve seeded a fall crop and have young plants, chances are you’ve encountered some type of cabbageworm by now.

Imported cabbageworm – This velvety, green caterpillar grows to a length of 1¼ inches and blends in well with the surrounding leaf. It can often be found near the veins of leaves. As an adult, the imported cabbageworm is a white butterfly with black spotted wings. Like many pests, it overwinters in garden debris.

Cabbage looper – Typically referred to as an inch worm, this off-white to pale green caterpillar can reach lengths of 1½ inches and feeds on the undersides of leaves. Adult cabbage loopers are semi-nocturnal moths, most active at dusk. The moths overwinter in the south and travel north with storm fronts.

Cross-striped cabbageworm – Full-grown cross-striped cabbageworms are a little longer than ½ inch, making them much smaller than the imported cabbageworm or the cabbage looper. They have numerous horizontal black stripes across bluish-gray backs. Along each side of the back is a longitudinal black stripe and with a bright yellow stripe below. The underside of the body is light green, mottled with yellow. Like imported cabbageworms, cross-striped cabbageworms also overwinter in garden debris.

Diamondback cabbageworm – Relatively small compared to other cabbageworms, the diamondback cabbageworm is no more than ½ inch in length. White changing to green, these caterpillars are the juvenile form of slender, small moths. With poor overwintering ability, diamondback moths invade the eastern United States and Canada with the help of southern winds.

Preventing damage

- Cabbageworm damage can be prevented by creating a barrier (i.e., row cover) between your plants and the adult butterflies and moths.
- Planting early-maturing varieties can reduce exposure as populations of pests will not be at their peak.
- Till under or remove plant debris each year.
- If pesticide control is needed, consider using Bacillus thuringiensis (Bt), which controls cabbageworms but not beneficial insects such as parasitic wasps.

For more information about cabbageworms and damage prevention, contact your local WVU Extension Service office.

By Michael Shamblin, WVU Extension Agent – Clay County

Practicing tractor safety prevents accidents

- Get on and off the tractor safely. Set brakes if there is the slightest chance of rolling. Don’t mount or dismount when the tractor is moving. Do not jump from the tractor. Keep the mounting steps, handle holds and operator platform clean and dry.
- Hitch to the drawbar only. Never hitch to the axle or seat bracket, as it can cause a backward upset.
- Engage the clutch smoothly and avoid sudden acceleration. Tractors are not designed for recreation, nor for use as a tow truck or to run errands, herd cattle, etc.
- Stay clear of ditch and embankment edges. Edges may be undercut or weakened and not be able to support the weight of the equipment. Implements that slip over the edge will pull the tractor with them.

For more information on tractor safety, contact the WVU Safety and Health Extension at 1-800-626-4748.

By Tom Stockdale, WVU Extension Specialist – Safety and Health
Grow heat-loving vegetables this summer

As temperatures increase throughout the summer gardening season, gardeners may consider growing plants that can tolerate, or even thrive, in high temperatures. In most regions of West Virginia, the period from August through early October provides sufficient time and heat to grow many heat-tolerant plants.

Greens

Malabar spinach is a new salad green that is being grown by some West Virginia gardeners. The spinach can be green- or red-stemmed and thrives in high temperature. Although it is not a true spinach, it produces dark green and succulent leaves like spinach. The vegetable is very high in both vitamins A and C.

New Zealand spinach is a warm-season substitute for spinach. Often referred to as perennial spinach, it produces tender leaves in late summer.

Senposai is a cross between cabbage and komatsuna, which is an Asian green mustard. Senposai produces a large plant with leaves similar to collard greens. The texture is very similar to cabbage, and it is an excellent cooking green.

Batavian lettuce, such as ‘Sierra’ and Nevada,’ are excellent heat-tolerant lettuce varieties for late summer and early fall. These heading bibb lettuces do not get tip burn or bolt in hot weather.

‘Toscano’ or Tuscan kale tolerates warm weather better than most other kale varieties. While most kale varieties have a strong flavor and flower in warm weather, Tuscan kale stays tender and possesses excellent flavor.

Herbs, such as basil, are heat-loving herbs that can also be established in late summer from transplants and harvested before frost.

Legumes

Lima beans and Romano beans are extremely productive in warm weather; however, in most regions of West Virginia, August is too late to plant lima beans.

Romano beans, or flat potted beans, can be seeded in early August for harvest in October before frost. If row covers are used, Romano beans can be protected from light frost and harvested in October. With Romano beans, the pods are edible and do not get tough in hot weather.

Other heat-loving vegetables

Okra, eggplants and melons are other heat-loving vegetables that can be established before August. Okra should be continually harvested while the pods are smaller than 4 inches.

Eggplants can be grown on black plastic mulch to increase the soil temperature. The plants should be staked when they reach about 18 inches tall.

Melons should be grown on black plastic mulch and harvested by the end of September. These popular vegetables will continue to bear until frost providing nutritious, fresh vegetables for the home garden.

For more information, contact WVU Extension Specialist Lewis Jett (Lewis.Jett@mail.wvu.edu; 304-293-2634).

By Lewis Jett, WVU Extension Specialist – Commercial Horticulture
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“What Does Farm Bureau Do For Me?”

Joan Harman

When encouraging folks to join Farm Bureau, the question is often asked, “What does Farm Bureau do for me?” Well, one of the many benefits of a Farm Bureau membership is saving money!

Who doesn’t like to save money? One of the most popular discounts offered through Farm Bureau membership is Nationwide Insurance. WVFB members get an exclusive 7% discount on insurance! WVFB membership has grown as people recognized the substantial savings over and above the cost of membership dues.

But the savings certainly don’t stop there. Farm Bureau members can save $500 on the purchase of a new GM vehicle. Looking for an ATV instead? Check out the Farm Bureau discount offered by Polaris!

Want more? Well, another source of savings is offered to members through BenefitHub. WVFB members can receive thousands of deals and discounts on restaurants, department stores, auto parts and more! One of the most popular is Sam’s Club - WVFB members can receive a rebate, in the form of a gift card, on their Sam’s Club membership with proof of membership in WVFB presented along with a coupon from the BenefitHub portal on our webpage’s members-only site.

Like to travel and save money at the same time? WVFB members enjoy 20% discounts with Wyndham Hotels and Choice Hotels!

There are terrific discounts for farmers and handymen (and women) too – like a $300-$500 incentive from Case IH on tractors and implements, and savings from Grainger – including a 10% discount and free shipping on orders!

You can get the full scoop on all Farm Bureau discounts on the WVFB website, but here’s a quick listing of some other discounts: HP & Dell computers; Farm Bureau Bank; Bowles Rice Attorneys; ScriptSave prescription discounts; Farm Bureau Medical Alert; Beltone Hearing. And members also receive the monthly West Virginia Farm Bureau News, a full-color magazine with lots of interesting articles, stories, recipes and more!

Visit www.wvfarm.org or call 800-398-4630 x. 300 now for info on Farm Bureau membership and start saving today! Remember, you can save far more than the cost of your membership with Farm Bureau discounts!
I’ve heard from more people than I can count that they have missed my article in this magazine over the last few months. It has been beyond flattering to have so many tell me how much they enjoy what I have always considered ramblings, and sometimes even rants. It is an eerie experience to be in a gas station in Hardy County and for a perfect stranger to approach me to ask why I haven’t been writing anything lately!

I don’t really have a good excuse. I could blame work. I could blame two truly precious nephews. I could blame my involvement with too many volunteer organizations. I could blame a new house. I could blame a lot. Sometimes life just gets in the way. Sometimes life just goes so fast that you can barely keep up.

Young farmers struggle a lot with keeping up and keeping balance. We are working our farms, starting careers, building homes, starting families or looking forward to starting families, and being asked to get more involved with church and community organizations. Finding time for things like Farm Bureau is a constant battle.

There are four things that matter the most to me. Four things that I put above everything else -- my faith, my family, my farm, and my friends. Everything else happens in the very rare spare time outside of that. Balance in life is a precarious thing. Sometimes one thing in life will take precedence over everything else. And in a few months, that might change for something else.

As long as we remember a verse from Matthew 6:21, that’s ok. Matthew reminds us that “for where your treasure is, there your heart will be also.” Be sure that your treasure is worthy of your heart and your time.

Think about what you are making your treasure. Take some time to slow down and enjoy an afternoon on the front porch with your family and friends. Sometimes you have to say no to something else demanding your attention, but time missed with the people you love and care about is time you can never get back.

Susan Wilkins, YF&R Chair
Fighting the drug epidemic and reversing its deadly consequences are some of the most important challenges we face in the Mountain State. That is why I’m pushing a best practices initiative that will help West Virginia reduce its use of opioid painkillers by at least 25 percent.

The statistics are ominous and demand an aggressive response.

West Virginia tallied the nation’s highest drug overdose death rate in 2014 at 35.5 deaths per 100,000 people. That’s more than double the national average and depicts a trend that continued into 2015, when the state recorded an estimated 686 drug overdose deaths, including 598 opiate-related fatal overdoses.

But beyond those staggering numbers are the human faces of substance abuse.

Every West Virginian knows a face of substance abuse. Whether that person is a family member, friend, neighbor or colleague, his or her battle should drive each of us to action.

My office is committed to winning this fight. However, we need a different approach than what the State has seen in the past – quite frankly, we have to tackle this epidemic holistically from a supply, demand and educational perspective.

A multi-disciplined approach is crucial to eradicating both the demand and supply of opioid prescription drugs. It is my hope that our recently unveiled best practices initiative and other aggressive actions can reduce West Virginia’s use of opioid painkillers by at least 25 percent.

Our goal is simple – help patients experience the relief they need without the risk of becoming addicted to a drug that shares many characteristics with heroin.

Through emphasis of best practices, we seek to dramatically reduce the use of opioids as a first-line therapy in pain treatment. This means we must significantly increase use of non-opioid alternatives and empower patients to question the necessity of any opioid prescription they receive.

The draft initiative offers recommendations for prescribers and pharmacists to reduce misuse,
while preserving legitimate patient access to necessary treatment. The guidelines urge pharmacists to verify the legitimacy of each patient, prescriber and prescription, in addition to ensuring the medication, dose and quantity of a product used is safe and appropriate.

Prescribers are also encouraged to regularly monitor their patient’s use of opioid drugs; utilize physical exams and urine tests to spot evidence of misuse; and educate each patient about the risks of opioid treatment, only then approving such a prescription after a screening and consideration of non-opioid alternatives.

The draft best practices initiative further urges both professions to expand the use of the West Virginia Controlled Substance Monitoring Program; educate patients about safe use, storage and disposal of opioid drugs; and incorporate naloxone into opioid treatment discussions.

When opioids prove appropriate and necessary, the initiative seeks to ensure these highly addictive painkillers are prescribed and dispensed at the lowest effective dosage rate, consistent with expert medical advice. The proposal applies exclusively to adult patients and does not impact those suffering pain associated with active cancer treatments or palliative and end-of-life care.

I believe these prescribing and dispensing guidelines balance the need for safe and effective pain management treatment for West Virginians, while addressing our state’s serious opioid epidemic.

Our initiative is gaining steam every day. Currently, we have received support from a broad coalition of experts, including the state’s Boards of Medicine and Osteopathic Medicine, the Professional Registered Nurses Board, law enforcement groups and many health care societies and professionals. Everyone will need to work together if we truly want to take back our communities.

My office remains committed to that mission.

Together with the best practices initiative, I recently unveiled plans to purchase four drug incinerators to assist in the disposal of unwanted and expired medication. I’ve also teamed with the state’s Boards of Medicine and Osteopathic Medicine for a series of public service announcements to empower patients to question their need for opioid therapy.

In May, I partnered with Ohio Attorney General Mike DeWine for a large conference in Williamstown to engage the faith-based community. I hope success from that event will result in similar faith-based conferences across West Virginia.

All of that follows efforts to transfer $10 million from my office’s Consumer Protection Fund in hopes the Governor’s Office and state Legislature could use the money to spur drug abuse treatment and reduce the backlog of drug tests at the West Virginia State Police crime lab.

On other fronts, a partnership with the U.S. Attorney’s Office recently netted its fourth criminal drug conviction in northern West Virginia. This partnership, along with our aggressive enforcement actions against entities within the supply chain and through the state’s efforts to attack this problem holistically, will help rid West Virginia of this terrible epidemic.

Our state’s people are dying at an alarming rate.

The time is now for all of us – government officials, medical professionals, law enforcement, faith-based leaders and the community at large — to do everything possible to put an end to these senseless deaths.

Generations of West Virginians are at risk if we don’t do everything imaginable to make progress now.

*Patrick Morrisey serves as attorney general for West Virginia.*
Patriot Project Helps Vets Who Want to Farm

Are you a military veteran beginning farmer or a Farm Bureau member who is interested in mentoring a new farmer? West Virginia Farm Bureau is now one of four state Farm Bureaus participating in American Farm Bureau Federation’s Patriot Project.

West Virginia, Texas, Arkansas and Indiana are piloting the Patriot Project. The Patriot Project is developed as a six-month program which facilitates an educational and professional relationship between military veteran farmers and experienced farmers.

The military veteran must have their own resources to get started, and must apply for a mentor online by filling out a survey at http://www.strongruralamerica.com/patriot_project/. The military veteran, or mentee, should be actively farming and using their own resources to succeed. They should be willing to learn and be open to suggestions and primed for success.

The mentor’s role is to take interest in the military veteran’s skills, interests and resources to guide them toward success. The most effective mentors develop trust and friendship with their mentee over common bonds, and help the mentee achieve their business and farming goals. Effective mentors listen and challenge the mentee to think about things differently.

Both the mentor and mentee need to be flexible and take time to schedule meetings face-to-face in the beginning months of working together. As the relationship progresses, emails, phone calls and other means of communication can take the place of physical meetings. In rural areas this can be difficult, but it is extremely important to the success of the team. Developing a friendship is the beginning of a strong mentorship.

If you or someone you know would like to participate in the Farm Bureau Patriot Project, or if you would like more information, contact Tabby at West Virginia Farm Bureau via phone or email. (304) 472-2080 ext. 302 or tabbyb@wvfarm.org.
The West Virginia Agriculture and Forestry Hall of Fame (WVAFHF) Foundation inducted eight outstanding individuals at the annual banquet at Jackson’s Mill, Saturday, July 16.

Enshrinement in the WVAFHF is reserved for those individuals, businesses, organizations, institutions and foundations that have made outstanding contributions to the establishment, development, advancement and improvement of the agricultural, forestry and/or family life of West Virginia. The Hall of Fame Foundation was chartered in 1974. In 1976, the Board of Governors voted to include forestry professionals.

Inductees for 2016 are: Jenny Carder, Edmond Collins and Dr. Larry Watson, Agriculture; Gerald W. Huffman, Barbara McWhorter and Lannes “Lanny” Williamson, Forestry; Jean Woloshuk and Vivien Woofler, Family Life.
through the West, I saw the impact of regulatory overreach. I saw how public lands are withering under federal constraints and mismanagement. Ranchers are being trampled by federal agencies that want to drive them off public lands their families have used—and helped care for—for generations.

Overpopulation of wild horses and burros is just one example of how the government is serving neither man nor beast out West. Instead of the public image of strong, wild horses galloping free, with beautiful manes flying in the air, most of these animals barely survive. Dehydrated and starving, they have devastated the landscape and local ecosystems through severe overgrazing. The Bureau of Land Management by law must control the excess population or give ranchers the license they need to help mitigate the problem. BLM has done neither.

Time and again farmers and ranchers have used their ingenuity and tireless work ethic to preserve natural resources and build up local communities. But when agriculture is pushed out, natural resources often go to waste.

Western forests have suffered crushing losses from the destructive mountain pine beetle. Yet federal agencies have allowed nature to run its course, wiping out millions of acres of Western trees, rather than working with local farmers and businesses to establish best practices to stop the pests, reduce fuel for wildfires and preserve forests and local timber industries. The result is bare mountainsides and depressed rural economies where businesses have been forced to pull out. Farmers and ranchers use good business sense to conserve natural resources, but when we’re driven out, who’s left to care for these lands that were meant to be a source of national pride?

The challenges facing agriculture are significant, but not insurmountable. Our Farm Bureau strength comes through when we reach across regions to help our neighbors from all walks of agriculture. Our Creator, in many passages throughout the Bible, instructs us to love our neighbors and treat them as we want to be treated. When Southerners needed support in their efforts to strengthen the safety net for cotton growers, farmers from across the country united behind their neighbors in the South. One of my proudest moments as a Farm Bureau member was when voting delegates from other regions were debating cotton policy at the AFBF Annual Convention last January and said, in effect, we stand for all of agriculture—we must help each other.

Through my travels and conversations with farmers and ranchers in every region, I hope to raise awareness of regional challenges, such as the Western problems I have seen recently, and give Farm Bureau members more examples of how they can help their neighbors and stand united for all of agriculture.
in a letter to the FCC urging updates to fund the Universal Service Mobility Fund, which is critical for precision agricultural technology. The senators will focus on strengthening broadband infrastructure, promoting broadband deployment and consumer adoption.

As we move into late summer, political activity is set to accelerate by Labor Day. The presidential election is now set after both Republican and Democratic conventions occurred in Cleveland and Philadelphia. The Republican ticket of Trump/Pence will face Democrats Clinton/Kaine. AFBF has established a website (Election16.fb.org) to provide information and analysis on election issues that may be important to farmers and rural communities.

West Virginia politics have started to heat up. Republican Bill Cole will face off against Democrat Jim Justice in the governor’s race. Also, Mountain Party candidate Charlotte Pritt has filed for the office. Lots of money will be spent in this election. Both Cole and Justice will try to position themselves as the candidate who can change West Virginia’s economic conditions, with heavy concentration on jobs, taxes, revenue, and energy issues. A recent study indicates the coal industry will continue to struggle due to electric generation to be based on natural gas.

In the State Senate, Democrat incumbents Kessler, Laird, and Snyder chose not to run; therefore, these races, along with a number of other senate races, will receive much attention. Also, with Republican Bill Cole running for governor, his senate seat is up for decision.

The attorney general’s race pits incumbent Patrick Morrissey against Doug Reynolds, a member of the House of Delegates from the Huntington area. State Senator Kent Leonhardt will challenge incumbent Agriculture Commissioner Walt Helmick.

Also, Mac Warner will challenge Natalie Tennant for Secretary of State. With Glen Gainer’s early retirement, Republican J. B. McCuskey will face Democrat Mary Ann Claytor for State Auditor. All 100 seats of the House of Delegates will be elected this fall.

Please start to review the candidates’ positions on issues. The WVFB will be making its endorsements in mid-August! Many believe it is a time for change in the direction that West Virginia will take. As we look to the future, maybe it’s time for a new type of leader. Dave Thomas, founder of the Wendy’s fast food chain, said he had an MBA. No, he didn’t have a master’s in business administration, but Mr. Thomas often could be found mopping the floor at the close of the business day. Maybe it’s time for people in decision-making positions to have an MBA—mop bucket attitude—in getting the work done and understanding the needs of the people in West Virginia.

We recently stopped at Antietam National Battlefield. One of the monuments in the cemetery has this quote etched in stone: “Not for themselves but for their country.” Maybe it’s time to place in office those who want to serve with this kind of attitude.

Have a great day!

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Potatoes Perfect for a Party
Perfect as a crowd-pleasing appetizer or side dish at any festive party, simply grill or bake Wisconsin potatoes and top them with your favorite flavors, like bruschetta or a combination of ingredients such as Greek yogurt, cheese, herbs, olives and tomatoes. Find more potato recipes at eatwisconsinpotatoes.com.

- Festive Papas Tapas
- Prep time: 10 minutes
- Cook time: 20 minutes
- Servings: 6
- 2-4 medium Wisconsin russet or gold potatoes
- 2 tablespoons olive oil
- 1/4 teaspoon pepper
- 1/2 teaspoon sea salt
- Heat grill or oven to 400 F. Thinly slice potatoes lengthwise to 1/4-inch thick, discarding ends.

Toss with olive oil, salt and pepper.
Place on grill or prepared baking sheet in single layer. Cook 10 minutes on each side. Add toppings.

Nothing beats a meal filled with flavorful ingredients fresh off the farm – unless you add a table filled with your closest friends to enjoy the bounty. From sides to main dishes to desserts, these recipes show you how to transform wholesome farm-raised foods into a crowd-pleasing menu you can enjoy from start to finish.
Make Chicken the Centerpiece
Center your home-cooked meal around a hearty dish such as Pan Roasted Maple Dijon Chicken with Butternut Squash and Brussels Sprouts to ensure that none of your guests leave the table hungry. To find more main dish ideas for entertaining, visit eatchicken.com.

Pan Roasted Maple Dijon Chicken with Butternut Squash and Brussels Sprouts
Servings: 4

1  tablespoon olive oil
4  chicken thighs
4  chicken drumsticks
3/4 teaspoon kosher salt
1/2 teaspoon freshly ground pepper
1  tablespoon unsalted butter
16  Brussels sprouts (about 8 ounces), bottom trimmed, outer leaves removed and halved
2  cups diced (1/2 inch) butternut squash
1 1/2 cups chicken stock
2  tablespoons maple syrup
2  teaspoons Dijon mustard

In sauté pan large enough to hold chicken in single layer, heat olive oil over medium-high heat. Season chicken with salt and pepper. Add chicken to pan, skin side down, and sauté about 4-5 minutes per side, or until chicken is browned. Remove chicken from pan and reserve. In same pan, add butter. Allow butter to melt over medium heat. Add sprouts and squash to pan and sauté, tossing occasionally, until outsides are golden brown, about 3-4 minutes. Remove from pan and hold separately from chicken.

Turn heat to high and add stock, syrup and mustard. Stir and bring to boil, stirring to scrape up brown bits on bottom of pan. Add chicken back to pan, cover and reduce heat to medium-low. Cook over medium-low heat 20-25 minutes, or until chicken registers 170 F with instant read thermometer.

Add vegetables back to pan, cover again and cook another 8-10 minutes until vegetables are tender. Move chicken and vegetables to serving platter, placing vegetables around chicken. Turn heat to high and boil sauce until it is reduced and slightly thickened, about 2-3 minutes. Spoon sauce over chicken and serve.

Better with Berries
When dinner settles, end your gathering on a high note with Mixed Berry Shortcakes. These palate-pleasing pastries combine sweet strawberries and blueberries, fluffy biscuits and a dollop of ice cream. For more delicious dessert ideas, visit nestleusa.com/nestle-kitchens.

Mixed Berry Shortcakes
Recipe courtesy of Nestlé

2  pounds fresh strawberries, sliced (about 6 cups total)
2  containers (6 ounces each) fresh blueberries (about 2 1/2 cups total)
7  tablespoons granulated sugar, divided nonstick cooking spray
2  cups all-purpose flour
1  tablespoon baking powder
1/2 teaspoon salt
1/4 cup cold unsalted butter, cut into pieces
2/3 cup lowfat milk
1/4 cup lowfat Greek yogurt or sour cream sparkling sugar (optional)
3  cups light Vanilla Dreyer’s or Edy’s Slow Churned Light Ice Cream

In large bowl, combine strawberries, blueberries and 3 tablespoons granulated sugar; stir gently. Let stand, stirring occasionally, for 30 minutes.

Heat oven to 425 F. Spray baking sheet with nonstick cooking spray. In large bowl, whisk flour, remaining granulated sugar, baking powder and salt; cut in butter with pastry blender or two knives until mixture resembles coarse crumbs. Add milk and yogurt; stir just until moist dough forms.

Turn dough onto floured work surface. With floured hands, knead 6-8 times until dough is smooth. With rolling pin, roll dough into 9-by-6-inch rectangle, or about 1/2-inch thick. Cut into six 2 1/2-inch circles. Transfer to prepared baking sheet. Sprinkle with sparkling sugar. Bake 10-12 minutes, or just until golden. Transfer biscuits to individual plates; split open. Top each with about 1 cup berry mixture and 1/2 cup vanilla ice cream.
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