Distinguished Service Award Winner, 70-year WVFB Member Albert Wilfong Dies

Albert Lincoln Wilfong, 86, of Dunmore, West Virginia, passed away Thursday, May 16 at the University of Virginia hospital. He was born December 20, 1926, a son of the late Charles and Orpha Lindsay Wilfong.

Mr. Wilfong was a lifelong farmer, and loved the hard work that accompanied it. He was a 70-year member of Farm Bureau.

Other activities included serving on the Pocahontas County Commission 1984-1990; as well as membership in the West Virginia Cattlemen’s Association; West Virginia Shepherds Federation; and National Wild Turkey Federation. He served several terms as a board member of the Pocahontas Producers Livestock Market.

Mr. Wilfong received many honors for his work in farming. Among those were: FFA Star Farmer, 1947; WV FFA Established Farmer, 1960; Statewide Winner of Farming for Better Living Award, 1965; National Efficiency Award for Sheep Production, 1974; and Master Farmer Award, 1979. He was inducted into the West Virginia Ag & Forestry Hall of Fame in 1995 and received the West Virginia Farm Bureau Distinguished Service Award in 2001.

He is survived by his wife, Helen; sister, Ruth Horner; three children, Shirley Wilkins and husband Jack; Charles Wilfong and wife Linda; and Patricia Wilfong; six grandchildren, Susan Wilkins, Jonathan Wilkins of Hillsboro, Sarah (Wilkins) Brown and husband, Lee of Woodrow; Nicole (Wilfong) Sattler and husband, Silas; Kristine (Wilfong) Sharp and husband, Arthur; and Charles Albert Wilfong II, all of Dunmore; and two great-grandchildren, Trey Sattler and Noah Sharp.

Grow Christmas Trees for Fun & Profit

Do you have two to five acres of gentle sloping land to spare? A Christmas tree growing project may be a viable option. Currently, there are more than 20 West Virginia counties without a “choose and cut” Christmas tree farm. Christmas trees can be grown successfully and profitably in WV.

A series of free workshops sponsored by the WV Department of Agriculture, the WVU Forestry Extension Service and the West Virginia Christmas Tree Growers Association are being offered throughout the state, covering the basics of growing high quality trees. A financial analysis will be provided. Discussion of wreath production will also be included.

Currently workshops are scheduled for Pocahontas County (July 20th), Gilmer County (August 24th), Mercer County (September 7th), Tucker County (September 14th), and Lincoln County (September 28th). For more information, contact Ed Grafton at (304-765-3014).
What Does Farm Bureau Do For Me?

Running for Office? WVFB Campaign Seminar Helps Candidates Make Their Mark

YF&R Farm Tour Showcases Preston County

Marshall County Salutes Women in Agriculture

Farmers’ Markets a “Win-Win-Win”

Get Your Grill On

On the cover

Calf and rainbow
Megan McGee
A Remembrance

Charles Wilfong, President, West Virginia Farm Bureau

May 16, 2013 will always be a day of remembrance for me. That was the day that my dad, Albert Wilfong, passed away from complications from a fall that occurred a couple of months earlier. Not only did I lose my earthly father, mentor, and guide, but I also lost my business partner as well. We had farmed together all of my life, just as he had with his father. Those of us who have had the opportunity to farm with our parents know the special privilege it is to be able to spend your life working with your parents. Sure, there were disagreements from time to time, but we both had the same goal of making the farm constantly better. When there were differences, my mom always seemed to be the peacemaker and made things alright.

My parents would have celebrated their 60th wedding anniversary on May 31st. It has been a blessing to have been raised by parents whose commitment and love for each other was always clear. My mom continues to be an inspiration to our family.

The amount of change my dad saw in farming during his lifetime was huge. He saw farming evolve from the use of horses when he was a young man, to the computer-operated equipment of today – no minor transformation.

I also think of the dozens of men who, over the years, developed a strong work ethic by working on our farm. Dad always expected a lot, but he cared deeply about them as well. Thinking back, I probably spent much of my life trying to impress him with how much work I could do on the farm, along with agriculture-related activities. My dad probably did as much work as ten men during his lifetime. But he truly enjoyed the hard work of farming. While in the hospital, the hope of getting home to mow hay and run errands this summer is what kept him going.

In addition to farming, my dad loved to hunt. Turkey hunting was his great weakness. Anytime you didn’t know where he was, you could assume he was out watching for turkeys. When he was younger, he also loved to hunt raccoons. Sometimes I used to think he would turkey hunt all day and ‘coon hunt all night if he could. I think of him so much when I look at the mountains behind our farm, where he often took me hunting as a boy. These are the same mountains where he hunted and had trap lines when he, too, was a boy. The mountains seem unchanged with his passing, but I know they won’t be the same.

The most important thing about my dad was his unwavering faith in God. Not going to church was never an option. Other than feeding livestock, working on Sunday was something that rarely happened. Shortly before he passed away, dad told us that his dad, who died in 1970, appeared at his bedside with his hand outstretched to him, saying, “Son, just look how green the pastures are here.” Today, I’m sure my dad is enjoying those green pastures of Heaven. And if those pastures need some lime or fertilizer, I’m sure he will make some recommendations.

My dad is receiving his well-deserved rest from this world. May God care for him and those of us left behind until we meet again.
Excellence in Action –

Last month Lacey Radabaugh (Farm Credit), Kevin Ellis (Antero Resources) and I had the opportunity to judge and witness some incredible young talent during Ritchie County Farm Bureau’s annual youth speech competition. I have assisted judging the event over the years and thought I had likely seen the best overall group of speakers in 2012 – ten youth ranging from middle through high school. I was wrong! While that group was most impressive, the sixteen young performers this year established a new benchmark with their knowledge and understanding of agriculture, and amazing presentation skills. Several of the speakers presented their five-to-seven minute speech without the use of notes – truly remarkable! One such speaker was Anna Cokeley of Harrisville, a junior at Ritchie County High School. She won the first place prize of an iPad 2 donated by Antero Resources and Hall Drilling. Selica Kopshina of Pennsboro, also a junior at RCHS, captured second place and a Kindle Fire HD 7 donated by Dominion Resources Services, Inc. Placing third was Mykayla Garrett of Harrisville, a senior at RCHS. She received an iPod Touch 32GB donated by McCullough-Rogers & Raiguel Funeral Homes.

The sixteen exciting young performers in the 2013 youth speech competition were each winners in their own right. Their commitment to excellence resulted in a delightful and enlightening experience for all involved. West Virginia Farm Bureau applauds the efforts of those who made this display of talent possible – contestants, parents, teachers (particularly one very dedicated speech teacher/coach, Roberta Goff), award donors, judges, and the Ritchie County Farm Bureau folks who annually host the event. People of all ages fear public speaking. Some estimates indicate that up to 75% view public speaking as their greatest fear. To have sixteen speakers in a county event is truly amazing.

On the legislative front it has been anything but normal with the announced departure of House Speaker Rick Thompson to become the next Cabinet Secretary for the Department of Veterans Assistance. There has been much discussion and speculation about who will be his replacement. By the time you read this article a frontrunner will have been identified, and possibly elected, depending on when Governor Tomblin calls a Special Session for this purpose. Depending on the outcome, we could see business somewhat as usual, or a significant shakeup resulting in new directions with many new faces in leadership positions – stay tuned!

Farm Bureau lost several friends recently, among them were: Bayard Butler, father of WVFB Executive Secretary Steve Butler; Mary Hartman, wife of Delegate Bill Hartman; Dolan Irvine, Ned Martin and Dwight Moyers – former and/or retired agriculture teachers; and Albert Wilfong, father of WVFB President Charles Wilfong. Our friends will be missed. A quote from a friend says it best – “When those we care about become a memory, that memory truly becomes a treasure.” Until next time, take care FRIENDS, God bless and KEEP SMILING.
New and Improved AgriChoice® Farm Insurance Policy

In 2012, Nationwide® Agribusiness updated its state-of-the-art farm policy to better meet the needs of the 21st century farmer and rancher. As part of the process, we listened...a lot. We listened to our customers, agents, our internal experts and the leaders of our sponsor Farm Bureaus. Ultimately, we improved the policy and enhanced our special offer to Farm Bureau members.

AgriChoice Base Policy Enhancements
More than 55 property and liability enhancements have been added to the base policy at no additional cost including:

125% Replacement Cost coverage for owner-occupied dwellings with no co-insurance penalty

Newly constructed farm building limits were increased from $100,000 to $250,000

Borrowed farm equipment limits were increased from $10,000 to $75,000 (30-day limit)

Automatic coverage for replacement farm machinery limits were increased to $250,000

$2,500 in coverage was added for arson, theft or crime information rewards

Plus more enhancements

New Farm Bureau Member Benefits
Nationwide Agribusiness has made being a Farm Bureau member even better for farmer members. As the number one insurer of farms in the United States, we have updated our Farm Bureau exclusive membership coverages, available at no additional cost to Farm Bureau members to include coverages specifically for your farming operation.

Emergency Roadside Assistance for Farm Machinery – up to $500 for towing and labor costs when covered farm machinery or equipment becomes disabled on a public roadway

Deductible Waiver – a waiver of your property deductible if a loss greater than 50% of your coverage limit happens to your home

Farm Coinsurance Waiver – a waiver of the coinsurance penalty for farm personal property, farm equipment and farm building losses under $10,000

Refrigerated Farm Personal Property – up to $2,000 for loss of farm personal property due to mechanical breakdown or loss of power to a freezer or refrigeration unit

Landlord Furnishings – up to $10,000 for your appliances and other household property used with a home rental on your farm

Accidental death coverage for pets

Accidental coverage for youth organization livestock projects

Identity fraud expenses

Lock replacement coverage

Arson and Crime Information Reward – a $5,000 reward for information leading to conviction of a person responsible for loss from arson, vandalism or theft to your farm

Talk to Your Farm Insurance Agent
Work with the #1 farm insurer in the U.S., a company that’s as passionate about agriculture as you are, and benefit from savings and coverages especially for Farm Bureau members. To locate a farm insurance agent, visit nationwide.com/WVFB or call Nationwide Agribusiness at 1-800-255-9913.
Call us about financing for:
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• Book at ChoiceHotels.com or 800.4CHOICE and after your second qualifying trip with arrival between May 23 and August 21, 2013 you’ll receive enough Choice Privileges® points to redeem for a $50 gift card of your choice for a participating dining, shopping, or gas retailer; corporate travelers can book through a travel agent or corporate booking system.

• Trips at Econo Lodge®, Rodeway Inn®, Suburban Extended Stay Hotel®, or MainStay Suites® hotels must be a minimum of two consecutive nights.

• Visit ChoiceHotels.com/giftcard for a list of participating gift cards; redeem by November 1, 2013.

Use your WVFB member number to access the special discount code on our website - www.wvfarm.org or call 800-398-4630 x. 300.

ChoiceHotels.com

Choice Privileges®

*Members must register at ChoiceHotels.com before arrival and book their trips at ChoiceHotels.com or 800.4CHOICE at qualifying rates. Members may also book through a travel agent or corporate online booking system. Choice Privileges member number must be provided upon check-in. After a second qualifying trip with arrival between 5/23/13 and 8/21/13, member will be awarded enough bonus points to reach the 8,000 point level, which can be redeemed until 11/1/13 for one (1) $50 gift card at defined retailers on ChoiceHotels.com/giftcard. Only members earning this bonus qualify to redeem for the $50 gift card. Only members who register for the promotion are eligible to earn the defined promotional gift cards during the promotion. Terms and conditions apply to $50 gift card options. See card for details. Choice Privileges Diamond and Platinum members can book directly with a hotel; however those who register and book through ChoiceHotels.com will receive an additional 100 Choice Privileges bonus points with every qualified trip during the promotional period. For Comfort Inn, Comfort Suites, Quality, Sleep Inn, Clarion, Cambria Suites, or Ascend Hotel Collection hotels, a trip is defined as a stay that is any number of consecutive nights at one hotel regardless of check-ins or check-outs. For Econo Lodge, Rodeway Inn, Suburban Extended Stay Hotel, or MainStay Suites hotels, a trip is defined as a stay that is two (2) or more consecutive nights at one hotel regardless of check-ins or check-outs. Allow 72 hours from check-out for points to post. You must maintain an address in the U.S. (including U.S. territories) or Canada to be eligible for this promotion. For Choice Privileges program details, eligible rates, eligible countries and point redemption rules, visit choiceprivileges.com.

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Case IH and American Farm Bureau Announce Tractor and Equipment Incentive Program

Thanks to a membership value program partnership between Case IH, the American Farm Bureau Federation (AFBF) and American Farm Bureau, Inc. (AFBI), Farm Bureau members can now take advantage of farm equipment discounts. Eligible Farm Bureau members will receive an incentive discount – from $300 to $500 – when purchasing qualifying Case IH products and equipment from participating dealerships.

“We selected Case IH as a member benefit program partner because they offer product expertise and field support, as well as the resources of a leading tractor manufacturer,” says Ron Gaskill, Executive Director of AFBI. “The program’s goal is to provide Farm Bureau members with greater value when they purchase or lease eligible equipment.”

“We are proud to support the American Farm Bureau and its mission of building strong, prosperous agricultural communities,” says Zach Hetterick, Case IH Livestock Marketing Manager. “The organization unifies farmers to make farming more sustainable and the community a better place to live in a way that could not be accomplished on an individual level.”

How it Works

Farm Bureau members from participating states can receive the manufacturer’s incentive discount when an eligible tractor or implement is acquired.

“There is no limit to the number of incentive discounts that a Farm Bureau member may use as long as it is no more than one per unit and the equipment included provides opportunities for small landowners to larger, professional producers,” says Hetterick. “This discount is also stackable, meaning it can be used with other discounts, promotions, rebates or offers that may be provided by Case IH or a Case IH dealership.”

see Case IH, page 10
A current Farm Bureau membership verification certificate must be presented to the Case IH dealer in advance of product delivery to receive the incentive discount. Certificates may be obtained by visiting fbadvantage.com and selecting the Case IH offer.

Eligible individuals, family or business members will receive the following discounts on purchases of these qualifying products:

- Case IH Farmall® Compact Tractors (A & B) – $300 per unit
- Case IH Farmall® Utility Tractors (C, U, J Series) – $500 per unit
- Case IH Maxxum® Series Tractors – $500 per unit
- Case IH Farmall® 100A Series Tractors – $500 per unit
- Case IH self-propelled windrowers – $500 per unit
- Case IH large square balers – $500 per unit
- Case IH round balers – $300 per unit
- Case IH disc mower conditioners – $300 per unit
- Case IH sickle mower conditioners – $300 per unit
- Case IH Scout™ utility vehicles – $300 per unit

Case IH is a global leader in agricultural equipment, committed to collaborating with its customers to develop the most powerful, productive, reliable equipment designed to meet today’s agricultural challenges - like feeding an expanding global population on less land, meeting ever-changing government regulations and managing input costs. With headquarters in the United States, Case IH has a network of dealers and distributors that operates in over 160 countries. Case IH provides agricultural equipment systems, flexible financial service offerings and parts and service support for professional farmers and commercial operators through a dedicated network of professional dealers and distributors.

Productivity enhancing products include tractors, combines and harvesters, hay and forage equipment, tillage tools, planting and seeding systems, sprayers and applicators, site-specific farming tools and utility vehicles. Case IH is a brand of CNH (NYSE: CNH), a majority-owned subsidiary of Fiat Industrial S.p.A. (FI. MI).

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*See site for details
Running for Office? WVFB’s Campaign Seminar Helps Candidates Make Their Mark

Are you a current officeholder facing re-election? Are you planning or thinking about running for a political office now or in the future? If so, the West Virginia Farm Bureau Campaign Seminar may hold the keys to your success!

This two-day workshop is jam-packed with information to help you win your election. Candidates, their spouses and their campaign managers are encouraged to attend and work together as a team toward their goal.

WVFB’s bipartisan campaign management training seminar was developed by the American Farm Bureau Federation, with input from political consultants and staff members of both political parties. Videos, PowerPoint presentations, a case study and a computer simulation have been developed to assist in the presentation of the seminar. The current national success rate is 74% for those who have attended these seminars. This year’s seminar will be led by Linda Himmel, Director of Policy Implementation Programs for the American Farm Bureau Federation. Prior to joining American Farm Bureau in September 2002, Himmel served as Director of Government Relations for the Washington Farm Bureau Federation, worked as a field coordinator/special assistant for former U.S. Senator Slade Gorton and was a coalition director for Washington Citizens for World Trade. Himmel has built effective coalitions and activated successful statewide grassroots organizations for issues and candidates.

This year’s Campaign Seminar will be held September 30 & October 1 at the Bridgeport Conference Center in Bridgeport, WV. Enrollment in this exclusive seminar is limited. If you would like more information, contact Joan Harman, WVFB Director of Public Relations at 800-398-4630 x. 306 or joanh@wvfarm.org.
YF&R Farm Tour Showcases Preston County

Above: The tour group meets in Terra Alta to lay out plans for the day and get a history lesson on the area from Tom McConnell. Right: Corey Lambert carries a bouquet of dandilions freshly picked by two of his daughters.

Above: This stop on the tour featured the Stemple brothers’ maple syrup operation at Valley Farm, which is comprised of a staggering 16,000 taps.
Left: The group paid a visit to Montcroft Farm, producers of potatoes and beef - a delicious combination!

Right: Tom McConnell, Director of West Virginia Small Farm Center at WVU Extension, speaks to the group at the Preston Farmer’s Market during a hearty lunch of many locally-sourced foods.

Above: A visit to Green Glades Creamery gives the tour participants a lesson in the fine art of cheesemaking.
THE NEXT GENERATION OF BALING HAS ARRIVED

New Holland introduces eleven new ways to make the perfect bale — the NEW B97000 Series round bales. Eleven distinct models use the patented Fielt-Belt® design to produce uniform, dense bales weighing from 300 to 2,200 pounds. Stop by to learn more about these innovative features and options:

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Marshall County Salutes Women in Agriculture

Joan Harman

Marshall County’s 4th annual Women in Agriculture Day was held on May 23 in Moundsville at the former state penitentiary. Sponsored by FSA, NRCS, Northern Panhandle Conservation District, WV Department of Agriculture and the WV Conservation Agency, the event seeks to highlight the contributions of women in agriculture while providing educational and networking opportunities.

This year, attendees learned about high tunnels, starting a small business, making wine and cut flower production.

Organizer Joy Riggle is the event’s biggest cheerleader, and beams with enthusiasm. “I love helping people succeed in their farming operations,” she says with a grin. Women in Agriculture Day in Marshall County has seen steady growth in attendance each year – with more than 260 registered for 2013. Organizers feel that people keep coming back because they can learn and have fun at the same time.

Twelve volunteers begin work each February to plan and organize the event, using evaluation sheets from the previous year to guide them. Riggle hopes more counties will hold their own Women in Agriculture observances. “One-third of West Virginia farms are owned or operated by women,” she said.

That’s certainly a number that shouldn’t be ignored.
Memorial Day weekend semi-officially marks the beginning of summer, but in many parts of the country, summer seasonal farmers’ markets have been open for one or two months and people are flocking to them.

The Agriculture Department reports that there were 7,864 U.S. farmers’ markets in 2012, an increase of 28 percent in just two years and more than 4.5 times the number of markets in 1994. Of those, 1,864 are winter farmers’ markets, which increased 52 percent in just the last year. They have grown so popular that in May, USDA’s Agricultural Marketing Service released a Farmers’ Market Application Programming Interface – geek-speak for a computer program designed to help developers easily create computer and phone apps to provide foodies and farmers with accurate, up-to-date information about local markets.

The meteoric growth in the number and popularity of farmers’ markets correlates to numerous consumer food, health and shopping trends. Perhaps unspoken is the feeling that farmers’ markets provide the solution to the frustrations that many consumers cite with traditional grocery stores.

Consumers are encouraged to shop for “healthy foods” at the outer circle of supermarkets and to avoid the “center store.” Fresh products – produce, meats, dairy, baked goods, plants and flowers – are featured in the outer circle. Processed foods, snacks, canned goods and carbonated beverages dominate the center store.

There is no center store at farmers’ markets; the entire market is the healthy outer circle. The perception of freshness, great taste and access to “local” foods are among the top reasons consumers like to shop at farmers’ markets. The most popular draws are fresh fruits and vegetables; herbs and flowers; honey, nuts and preserves; and baked goods. Most also have some meat and poultry selections, as well as artisanal cheeses and some crafts.

With few exceptions, most consumers say grocery shopping is an unpleasant life necessity, but a trip to the farmers’ market is a joyful experience and social event that may be shared with friends and family. Larger markets can have more than a hundred vendors, complemented by live music, theatrical performances, games and events for kids. Consumers will happily shop for hours at the farmers’ market, in a sensory treasure hunt that entices them to linger, look, smell, taste and talk.

Farmers’ markets are becoming tourist destinations, with tour writers consistently promoting a top 10 list of “must-see” markets in all parts of the country. As many as 10 percent of shoppers drive at least 20 miles to visit their nearest farmers’ market; some drive 50 or more miles for the opportunity to feel “greenish” and buy local.
Access to farmers’ markets is a corporate benefit or perk for some employees. Medium-sized markets set up for a couple of hours weekly in parking lots of large corporations and office buildings, bringing the experience to busy workers.

Another appeal of farmers’ markets is also, potentially, one of the greatest risks as they become more popular – access (or lack of access) to farmers.

Consumers have questions about where their food comes from, how it is grown, safety, quality, and how to prepare it. With few exceptions, workers at grocery stores don’t have the answers. Consumers believe farmers do.

In his top 10 food predictions for 2012, “Supermarket guru” Phil Lempert said consumer interest in knowing where their food comes from and how it is produced would shift the emphasis from celebrity chefs to a different kind of food celebrity – the farmer.

Between two-thirds and three-fourths of markets require vendors to sell only what they grow, but farmers increasingly are hiring other workers to operate their stands. In his 2013 predictions, Lempert acknowledged the increasing popularity of farmers’ markets but noted that shoppers are growing frustrated as they discover that the people behind the tables may not always be farmers, or able to answer their questions.

It’s clear that farmers’ markets are a win for farmer with goods to sell. They’re also an experiential engagement opportunity that more farmers may want to consider taking advantage of, regardless of whether they have goods to sell.

More broadly, farmers’ markets represent a win-win-win for farmers, consumers and communities. Staying on that winning path will require farmers to remain knowledgeable about what consumers want, including representing agriculture, farming and food…in person.

Robert Giblin is an occasional contributor to the Focus on Agriculture series. He writes, speaks and consults about agricultural and food industry issues, policies and trends.
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Firing up the grill is an American tradition. The farm families who produce the food so many people enjoy at backyard cookouts want to share some of their favorite grilling recipes, as well as an appreciation for how food gets from the farm to the table.

Farmers like Amanda Folkens, from Iowa, Danell Kalcevic, from Colorado, and Nicole Small, from Kansas, have joined with more than 70 other farmer volunteers across the country in the CommonGround program as a way to talk with home cooks about how food is grown and raised.

“On our farm, animal care is top priority, as it is for thousands of other family farms in the U.S.” said Amanda. “By keeping our animals indoors, we make sure they are protected from predators, disease and bad weather.”

To learn more about family farms and facts about your food, visit www.FindOurCommonGround.com.

Here are some of Amanda, Danell and Nicole’s favorite grilling recipes.

**Safe Minimum Internal Temperatures**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Meats and Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>145°F</td>
<td>Beef, pork, veal and lamb (roasts, steaks and chops)</td>
</tr>
<tr>
<td>160°F</td>
<td>Ground meat</td>
</tr>
<tr>
<td>165°F</td>
<td>Poultry (whole, parts or ground)</td>
</tr>
</tbody>
</table>
Things to Know Before You Shop the Meat Case

- There’s no need to pay extra for poultry or pork that’s labeled hormone-free. USDA prohibits farmers from using hormones to raise chicken and pigs.

- Nearly all beef cattle, whether raised organically or conventionally, spend the majority of their lives on pastures eating grass.

- Purchasing organic, grass-fed and free-range meats does not make them safer to consume. These labels refer to how the animals are raised, but all meat and poultry can contain bacteria that could cause illness.

- Most cases of foodborne illness can be prevented with proper processing, handling and cooking of food to destroy bacteria.

Grilled Hawaiian Ham Sandwich
By Amanda Folkens
Serves: 1
1 tablespoon brown sugar
1/2 tablespoon seasoning pepper
1 to 2 1/4-inch thick ham slices (about the same thickness as the bread)

Cooking spray
Pineapple slices (can be fresh or canned)
2 slices sourdough bread

Preheat grill for high heat.
Mix brown sugar with pepper to create a rub mixture. Using your hands, massage the rub onto both sides of the slices of ham. Ham slices should be completely covered (front and back) with brown sugar mix.

Place ham slices on sheet of lightly greased foil, then place onto grill. On separate sheet of greased foil, lay pineapple slices out, uncovered.

Cook for 6 to 8 minutes or until brown caramelization appears around edges of ham and pineapple. Remove ham and pineapple from heat and assemble onto toasted sourdough bread.

Beef Rack of Ribs
By Danell Kalcevic
Serves: 4 to 6
Salt (to taste)
1 tablespoon black pepper (to taste)
1 tablespoon seasoned garlic salt (to taste)
Cayenne pepper (optional)
1 to 2 racks of beef ribs (number of racks based on number of people)
1 tablespoon yellow mustard
1/3 cup brown sugar

One bottle of favorite barbeque sauce

The night before serving, prepare rub for beef ribs (salt, pepper, seasoned garlic salt and optional cayenne pepper). Sprinkle both sides of ribs and then rub vigorously. Wrap in plastic wrap and refrigerate overnight.

In the morning, place on medium temperature grill and spread yellow mustard and brown sugar on each side of the ribs. Grill for 5 to 8 minutes until each side is slightly browned and caramelized.

Remove ribs from grill and slice with sharp knife. Place individual ribs in a crock pot on low. Add one bottle of your favorite barbeque sauce. Let simmer 6 to 8 hours.
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