West Virginia
Farm Bureau News
March 2014

Take Our Member Survey!
See center insert
**It’s Time for Summer Ag Institute for Educators!**

The 2014 Summer Agriculture Institute for Educators will be held June 12-13 at the Hilton Garden Inn in Morgantown.

Content for this year’s event will be new, so if you’ve attended before, you can again! Graduate and professional credits are available through West Virginia University.

In a big change from previous years, the Institute plans visits to several facilities on Thursday.

Online registration and full information is available on the WVFB website at wvfarm.org.

Registration and rooming costs paid to West Virginia Farm Bureau will remain the same as 2013; fees to WVU for graduate or professional credits have risen only slightly. Mailings have been sent to all West Virginia schools and boards of education offices.

Many county Farm Bureaus offer scholarships; for more info call Joan Harman at 800-398-4630 x. 306.

**USDA Offers Farm To School Grants**

The U.S. Department of Agriculture is requesting applications for the third round of Farm To School (FTS) grants, including the addition of a new funding track.

Grants will be awarded to assist FTS planning, implementation and support services, along with a new category to support meetings, events and training sessions. Proposals are due at 11:59 p.m. EST, April 30, 2014.

USDA expects to distribute approximately $500,000 in additional funds to support at least one statewide or regional meeting in all seven Food and Nutrition Service regions and at least one national conference. Letters of Intent are due at 11:59 p.m. EST, April 2, 2014.

Application details can be found at www.fns.usda.gov/sites/default/files/FY2015_FSGP_RFA_2182014.pdf. For more information on FTS in West Virginia, visit www.groweducatesell.com, www.fns.usda.gov/farmtoschool/farm-school, or contact WVDA FTS coordinator Buddy Davidson at 304-541-5932, bdavidson@wvda.us.

---

*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.*
Walker Poultry Recognized
Young Farmer & Rancher Update
Turning Lemons into Lemonade
Lines to the Ladies
Feed Sacks: Retro Chic
2014 Food Check-Out
Nutritious Homemade Meals

On the cover
Fresh snow on spring plant
istockphoto.com/fivelakes-photos

West Virginia Farm Bureau News
The Voice of Agriculture in the Mountain State
March 2014
Volume 22 Number
West Virginia Farm Bureau
62 Farm Bureau Road
Buckhannon, WV 26201

PRESIDENT
Charles Wilfong
VICE PRESIDENT
John Pitsenbarger
SECRETARY/TREASURER-ADMINISTRATOR
Steve Butler
EDITOR
Joan Harman

West Virginia Farm Bureau News is published monthly by the West Virginia Farm Bureau, Inc. Annual subscription rates: $3.32 (included in annual dues). Advertising rates and circulation information furnished upon request. Periodicals postage paid at Buckhannon, WV and additional mailing offices. Postmaster: return all forms 3579 to West Virginia Farm Bureau, 62 Farm Bureau Road, Buckhannon, WV 26201. (ISSN 1076-8556) (USPS 011-537) Printed by Ralston Press, Inc. Buckhannon, WV.

© 2014 West Virginia Farm Bureau
No portion of this publication may be reproduced in any manner without prior written permission
web site: www.wvfarm.org
email: joanh@wvfarm.org
phone: 800.398.4630
The Facts About Immigration Reform

Bob Stallman, President, American Farm Bureau Federation

People often argue with others’ opinions. In fact, we tend to enjoy it. The comments section of any news website is evidence of that.

It’s much more difficult (and pointless) to argue with the facts. So it’s great when farmers have economic data that bears out what they are seeing on their farms and ranches. “Don’t take my word for it,” they can say. “See for yourself.”

On the issue of immigration reform, we have the facts. As congressional leaders debate an immigration overhaul, Farm Bureau has released an economic study that lets us see for ourselves how labor shortages are hurting agriculture and the impacts of various immigration reform proposals on food production and prices.

We All Pay the Price

The study shows that if Congress goes the enforcement-only route, America would lose about $60 billion worth of its food production. Of course, when production goes down and demand is the same or growing, prices go up, and that’s exactly what would happen with food. The report shows that food prices would rise by 5 or 6 percent on top of normal price increases if Congress focuses solely on stepped-up enforcement. We’ll all pay a price, farmers and consumers alike, if Congress does not couple immigration enforcement with measures to create a more stable labor supply.

Farmers depend heavily on an immigrant labor force – not because they want to, but because often those are the only workers they can get for seasonal and physically demanding farm work. We know that of the estimated 11 million undocumented individuals in the United States, about 525,000 of them are part of the agricultural workforce. We also know this situation can’t continue. We want to fix the problem. But we don’t want to – and don’t have to – lose food production in the process.

No Half Measures

The report released by Farm Bureau shows that anything less than comprehensive reform is just a half-measure. With a redesigned guest worker program and the opportunity for skilled laborers now working in agriculture to earn an adjustment of status, food prices would remain stable and the drop in food production due to more immigration enforcement would be less than 1 percent. Seems like a no-brainer.

When all Congress has to work with is opinions, you can understand legislators’ reluctance to act. On the issue of farm labor, we have facts and they all point in the same direction: Farmers and consumers both need comprehensive immigration reform.
Something to Think About

Don Michael, WVFB Director of Governmental Affairs

One for the Ages – The 2014 Legislative Session is quickly becoming one for the ages. At this writing one week remains in the Regular Session, a session characterized by frequent party caucuses, intensity, compassion and devisiveness. I told one staffer I had not seen such a session since I joined Farm Bureau in 2007. The reply was, “I have been here 30 years and haven’t seen anything like it!” Comments from both sides of the aisle are revealing. One legislator noted, “The wheels are coming off the cart!” Another commented, “You have to be able to move vertically, horizontally and diagonally to survive down here!” The atmosphere is “charged” and the process for the dedicated public servant is nerve-racking and non-stop. For the devoted lawmaker the 60-Day Regular Session marks a period of long hours, little sleep and poor nutrition. The normal work day can involve 14-16 hours. Why do they do it? Because they care! Be sure to take time to let your legislators know how much you appreciate their efforts.

Water continues to be the hot topic “under the Dome.” As I reported last month, the Senate completed action (33-0) on a water resources protection bill – SB 373, which provided appropriate exemptions for agriculture. The bill received a major overhaul in the House and it is questionable how many exemptions will survive. The legislation appears destined to a Conference Committee involving House and Senate members. We are hopeful the final product, if agreement can be reached, will address the issues related to the chemical industry and not provide a host of unintended consequences for others.

For the devoted lawmaker the 60-Day Regular Session marks a period of long hours, little sleep and poor nutrition.”

A Committee Substitute for Senate Joint Resolution 12 passed the Senate by a 33-0 vote and is presently being considered by the House. The purpose of the resolution is to propose a constitutional amendment to claim the state’s water resources for the use and benefit of its citizens. The primary focus of SJR 12 is to protect West Virginia’s waters from any out-of-state water-grab! Farm Bureau was able to work with Land and Mineral Owners to secure language in the Committee Substitute approved by the Senate which protects landowner water rights – “It shall be the policy of the State of West Virginia that the water resources of this state shall be protected, conserved, utilized and developed for the benefit, enjoyment and general welfare of its citizens consistent with and subject to the riparian rights and groundwater rights of the owners of real property.” We are hopeful the House will concur.

Many Farm Bureau members and stakeholders (WV Royalty Owners, WV Surface Owners, etc.) raised questions and concerns when pooling legislation was introduced late in the session. As a result the legislation died in committee. Farm Bureau is committed to working with industry and stakeholder friends to secure reasonable and responsible legislation in the future. Special thanks to Ron Hayhurst, WV Royalty Owners’ Association, who has worked closely with Farm Bureau throughout the session.

There is much more to report on legislation – stay tuned next month. Although the session has been intense and divisive, the system works! Can it be improved? You bet! But one thing I trust will never change about our system is the protocol of both chambers opening their sessions with prayer (and the House follows with the Pledge of Allegiance) . . . Of course, this is “Almost Heaven, West Virginia.” During these challenging times I leave you with my favorite church marquee of the month from Wood County – “Don’t give up! Moses was once a basket case.” KEEP SMILING FRIENDS, God bless you and your loved ones, and God bless America.
Cattle Shot in Randolph County; Reward Offered

A reward has been offered for the arrest and conviction of those responsible for shooting cattle in Randolph County.

Herb, Pam and Mike Kwasniewski, who operate the Charm Farm in Randolph County, were alerted on February 8th to the sighting of a dead cow in one of their pastures, located near the Georgetown Road. That in turn led to the discovery of a second cow. Both cows, which were pregnant, had been shot.

The purebred Belted Galloways, or “Oreo cookie cows” as they are often called because of their distinctive markings, were believed to have been killed sometime between midnight and 12:30 a.m on February 7th. One was found near a feeding trough and the other was found in a wooded area nearby. There was no evidence to indicate that any attempt was made to harvest the meat, which suggests that poaching was not the motive.

The Randolph County sheriff’s office is investigating. A $1000 reward is being offered in the case.
“My Friends all hate their Hearing Aids.
I love mine!” Here’s why...

“Hearing aids cost thousands of dollars! That’s too expensive!” Not with MDHearingAid®. Our FDA Registered hearing aids have the same digital technology and advanced features as the expensive brands to provide clear sound and effortless natural hearing for a fraction of the cost.

“A hearing aid will make me look old.” ‘Old’ isn’t what you see in the mirror, ‘Old’ is asking people to “say it again” or cupping hands behind your ears, and always missing the punch line. With the nearly invisible MDHearingAid® AIR you act and feel years younger.

“You need to go back to the office so often for adjustments.” MDHearingAid® hearing aids come shipped to your door pre-programmed for the most common types of hearing loss. You simply choose the volume settings that best suit your needs in the comfort of your home.

“My friend had hearing aids that whistled all the time. It was embarrassing!” MDHearingAid® AIR has advanced feedback technology that virtually eliminates whistling.

“You have to change the batteries every few days.” Batteries last up to 3 weeks in the MDHearingAid® AIR (amongst the longest in the industry).

“I don’t want anyone to know I am wearing hearing aids.” MDHearingAid® AIR fits discreetly behind your ear. With clear tubing and a small size, no one will know you are wearing them.

“My friend just put her hearing aids in the drawer and never wears them.” At MDHearingAid®, we want our customers to hear everything they have been missing and love their new hearing aids. Which is why we have doctors, audiologists, and hearing instrument specialists available 24/7 to help you get the best possible result.

“What if they don’t work for me?” With MDHearingAid® you have the reassurance of a generous 45-Day return policy. If you are not fully satisfied with your MDHearingAid®, you are eligible for a 100% refund. Even the shipping is free!

Don’t miss out any longer!
Try MDHearingAid® AIR RISK-FREE in your own home. Call Today!

800-873-0541
Phone Lines Open 24 Hours EVERY DAY
www.MDHearingAid.com/XE13

Use offer code XE13 for FREE Batteries for a Full Year!
**Military Zoom Binoculars**

From a mile away – Used by federal agencies and armed forces throughout the world, these Military Zoom Binoculars by Spion bring life 20 to 140 times closer. Ideal for bird watching, boating, surveillance – even star gazing! They are the only binoculars with the power and precision to bring the world right to you with just a touch of your finger. Feel like you’re in the middle of the action at sporting events. See the distant world with such sharpness and clarity that you’ll forget you’re miles away.

*Measures:* 12” x 9” x 4”

*Features:*
- 70mm Precision Lens System
- One-Touch 20x to 140x optical zoom

**SPECIAL LIMITED TIME OFFER!**

Coupon Code: NF9CFN6
Be one of the first 500 to order and Save $50.00 off your SPION Military Zoom Binoculars!

**Military Zoom Binoculars**
TC243 ............................................. $149.95
**Now** $149.95

**Binocular Tripod**
TC243TP ........................................ $25.95

Coupon Code: NF9CFN6

** NOTICE!**
Oil & Gas Royalty Owners 2014 ANNUAL MEETING!

NARO - Appalachian Chapter
National Association of Royalty Owners
*Speakers, Networking, Fun!*
The Greenbrier Hotel Resort
September 7-9, 2014
1-800-558-0557 Toll Free

---

**Stalnaker Equipment**
*We take vehicles in on trade*

**Stalnaker Used Cars**
*We take equipment in on trade*
1144 Old Rt. 33, Weston, WV 26452
304-269-2345
www.stalnakerequipment.com
ATLANTA, GA – Walker Poultry Farm in Fort Seybert, W.Va., was one of six farms across the United States to receive U.S. Poultry & Egg Association’s Family Farm Environmental Excellence Award during the International Poultry Expo, part of the 2014 International Production & Processing Expo, in Atlanta. U.S. Poultry & Egg Association (USPOULTRY) sponsors the annual awards in recognition of exemplary environmental stewardship by family farmers engaged in poultry and egg production.

Applicants were rated in several categories, including dry litter or liquid manure management, nutrient management planning, community involvement, wildlife enhancement techniques, innovative nutrient management techniques, and participation in education or outreach programs. Applications were reviewed and farm visits conducted by a team of environmental professionals from universities, regulatory agencies, and state trade associations in selecting national winners in six regions.

Walker Poultry Farm is a second-generation farm, owned and operated by Dale and Melinda Walker. The farm is comprised of six broiler houses with a maximum capacity of 191,000 birds per flock. The farm also supports a 10-head cow/calf operation, along with 10 sheep and a horse. The Walkers are growers for Pilgrim’s and were recognized as a finalist in the 2013 USPOULTRY Family Farm Environmental Excellence Award program.

Walker Poultry Farm is committed to environmental stewardship and protecting the environment through best management practices. The farm was recognized with the Golden Feather Award for environmental stewardship from 2006 through 2008 by the West Virginia

see Walker, page 28
Call us about financing for:
Land and farms
Lots and homes
Recreational property
Refinancing
Buildings, fences and equipment
And much more!

LOANS FOR FARMS, HOMES & LAND.
Whether you’re a full-time operator, part-time farmer, or just want a house and land in the country, we want to do business with you.

Give us a call today to find out more about how we can help finance the rural lifestyle you love.

Offices located throughout West Virginia
800.919.FARM
FarmCreditofVirginiias.com

LOANS FOR FARMS, HOMES & LAND.
Nationwide Focused on Making Insurance Simpler

I am On Your Side®

Steve Uhlman | Sponsor Relations Sales Manager
Nationwide Insurance
614-332-4945
uhlmas@nationwide.com

Insurance is complex. At Nationwide, we want to help make insurance easier for consumers to understand.

Results of a recent survey commissioned by Nationwide Insurance and conducted by Harris Interactive show that just 40 percent of consumers have read their current insurance policy in its entirety, while just seven percent described their insurance policy as simple. We want our members to be fully informed and confident that they have made the best insurance decisions for their needs. We also want them to feel comfortable that they understand how to use their policies. But that may not be possible as long as the words consumers most often use to describe the policies, according to our survey, are “too long,” “complicated,” “overwhelming,” and “confusing.”

Nationwide is taking action right now to help make insurance easier to comprehend. Below are some of the things we are doing to improve our members’ understanding of their policies and help them feel safer and more secure in the choices they make regarding insurance.

Greater readability

Some of the complex language required by states makes it difficult for even consumers who take the time to read the contracts to really understand what they say. According to the survey, only one in five consumers believe they completely understand the details in their insurance policy. To improve the readability of our contracts, we used the Flesch Reading Ease Formula and conducted internal research and focus groups to assess how well we communicate with our members. Using this data, we are working with legislators and regulators to simplify the language.

Technology, on your terms

Finally, as smartphones and other mobile devices become an increasingly dominant means of communication, we’d like to reach out to our members through the channels that are most convenient for them.

Regulatory guidelines and restrictions in some states currently call for handwritten signatures on contracts, paper notifications from insurers, and require motorists to carry hard copies of insurance forms in their vehicles. While these guidelines were put in place to protect companies and consumers, the ability to use electronic signatures and notifications and display proof of insurance on their devices would make it easier for consumers. Nationwide is working with policymakers to approve legislation that would allow use of electronic notifications and signatures on insurance documents.

Change never comes easy. But when our survey tells us 57 percent of consumers know more about their favorite prime-time television shows than they do about their insurance policy, anything we can do to help them better understand their insurance policy is an important step to take.

Contact your local Nationwide agent, call 1-877-OnYourSide, or visit nationwide.com/WVFB.
Young Farmer and Rancher Update

February saw young farmers and ranchers from across the country – and the world – converge on Virginia Beach, Virginia for the 2014 AFBF YF&R Leadership Conference. Fourteen folks attended from West Virginia. As Secretary of the national YF&R Committee, I had the very special privilege of opening up the conference at our General Session on February 8th and giving remarks to the 1,000+ attendees.

Our theme for the conference was “All Hands on Deck.” As each of us know, farming is truly a family effort and it takes everyone lending a hand on our farms to make them successful. The same is true for Farm Bureau. Our work is a lot easier and our voices a lot stronger when we all come together. In my welcome, I used Lois Alt’s story as an example of the power of being “all hands on deck” for the farming industry and the type of advocate that we each need to be for agriculture.

Consumers today have a lot of questions about the food and products they are purchasing, and we have to be able to answer those questions. Agriculture is doing more than ever to meet the needs of Americans and people around the world. If we hope to pass this lifestyle on to our children, we have to help more people understand why agriculture is so important.

Throughout the conference, we learned new ways to use our voices and our stories to ensure a bright future for the ag industry – we learned how to become more involved in the policy development process in our states, gained new business tools to try on our farms, and networked with other farmers and ranchers. We also attended workshops focusing on what we can do after the YF&R program and using the leadership skills we’ve gained for the Farm Bureau organization as a whole.

A highlight of the conference was the Collegiate Discussion Meet. We were very proud to have a member of the West Virginia University Collegiate Chapter represent our state in the competition. Amber Huiet, an agriculture and extension education major, competed in the first two rounds of the Discussion Meet.

Some extremely special additions to this year’s conference were guests from the Canadian Young Farmers Forum, as well as a group of young farmers from Russia. When people from around the world were flocking to Sochi, Russia for the Winter Olympic Games, this group of farmers chose to visit the United States to attend our conference instead! The Russian delegation was accompanied by an interpreter as most of them knew very little – if any – English.

On Monday of the conference, we traveled by buses to tour a variety of farms, ag businesses, and historical sites around Virginia Beach. My group happened to include the Russian delegation and we visited the early settlements of Jamestown and Yorktown. As a proud American, I was a little awe-struck by visiting Jamestown and standing on the exact ground where the history of our country truly began. In fact, the history of the Wilkins family began in this place in 1618, when John Wilkins arrived in Jamestown on the ship “Marygould”. A few years later, he married Bridget Craft who had just arrived with a group of prospective brides hoping to help settle the new world. I couldn’t help but marvel at the fact that despite my having vacationed in the Virginia Beach area for the last fifteen years I had never been to Jamestown. And when I finally did, I went with a group that included international visitors on their very first trip to our country!

I always leave this particular conference feeling motivated and excited about the YF&R program, but this year was especially unique because of the added international perspective. Throughout the day of riding around on the bus,
two friends of mine from the Virginia Young Farmers and I exchanged questions, jokes, cell phone pictures, and even songs with the Russian farmers. Some of the questions I answered made me feel more than a bit spoiled because of the life we take for granted here.

We really are blessed to live where we do, and we are fortunate for the ancestors who came before us to settle and farm this great land.
Turning Lemons into Lemonade

Change can be tough. Especially for farmers.

Jake Carter
I come from a long line of Georgia farmers who faced both ups and downs throughout the generations, but that’s par for the course with farming. It takes a special breed of person to farm thanks to the many challenges that Mother Nature, the markets and public opinion throw our way. It’s how we navigate those bumps in the road that show what farmers are made of. It’s how we adapt to change.

I am the fifth generation of my family to farm our land. We started out as a dairy, which lasted for four generations. But, right around the time that I returned home from college to take over the family farm, urban sprawl began taking over our neck of the woods. Our farm, which had been in our family since 1938, was on the verge of being taken for development.

I knew that one of my first decisions as entrepreneur of our farm would be my toughest. I was being forced to either hang it up or to change. But for me, not farming was never an option. Like many farmers, I grew up knowing there was no other career for me. I studied business at the University of Georgia so I could return home and be the best farmer I could be. Farming is a business and I wanted to treat it that way.

So, when it came time for me to make a tough decision about selling the farm, the businessman in me—the farmer in me—instead took it as an opportunity to go in a new direction. My wife and I turned our dairy farm into an educational opportunity for suburban and city kids to learn what farming is all about. Through school tours and agri-tourism, we are putting a face on farming. We turned the dairy from production agriculture to educational agriculture and added a u-pick fruit operation.

As the old cliché goes, we took lemons and made lemonade.

Our Southern Bell Farm, a 320-acre agri-tourism destination, offers u-pick strawberries, blueberries and blackberries, a fall corn maze and educational school tours year-round. Most importantly, it offers kids hands-on experiences with agriculture.

I wholeheartedly believe that farmers need to put a face on farming and show people what we do, how we do what we do, and also why we do certain things. I consider myself lucky that I can make that connection in person with the people who visit our farm. I also realize that in-person farm visits are not an option for most farmers and ranchers. But there are always other ways to connect with consumers, such as through social media. It doesn’t matter how we make those connections, just that we do.

Times are definitely changing, especially for agriculture. My advice to both young and older farmers is that instead of being afraid of change, we should embrace it. You never know, it can lead to wonderful things. In my case, it definitely led to lemonade.

Georgia farmer Jake Carter is chair of the American Farm Bureau Federation’s Young Farmers and Ranchers Committee. Learn more about him and his family’s farm at: http://southernbellefarm.com/.
Whatever your needs, we have the trees.

Orders accepted through April only! All trees are graded.
Order online at www.wvcommerce.org/clementsnursery or call 304-675-1820.

You invest your business’ trust in us, so we’re giving loyal Farm Bureau members like you the ultimate return on investment: $500 toward the purchase or lease of nearly any new Chevy vehicle— from Equinox to Express! Plus, if you’re a business owner, purchase or lease any eligible Chevrolet truck or van for business use through GM Business Choice and receive even more great benefits, like a gift card or cash allowances toward vehicle accessories or upfitting.

Claim your $500 Farm Bureau authorization number at fbverify.com/gm and visit gmbusinesschoice.com for Business Choice details.

Offer available through 4/1/14. Available on all 2013 and 2014 Chevrolet vehicles. This offer is not available with some other offers, including private offers. Only customers who have been active members of an eligible Farm Bureau for a minimum of 60 days will be eligible to receive a certificate. Customers can obtain certificates at www.fbverify.com/gm. Farm Bureau and the FB logo are registered service marks of the American Farm Bureau Federation and are used herein under license by General Motors.

Spring is tree-planting season. Clements State Tree Nursery has the tree selection you want at prices you can afford.

Choose from a selection of bare-root seedlings, including:

- Sugar Maple
- White Oak
- Black Walnut
- Tulip Poplar
- Sycamore
- Black Locust
- Redbud
- Scotch Pine

16 West Virginia Farm Bureau News
Sydney Hudson, a senior at Pendleton County High School (PCHS) and president of the Pendleton County FFA, won first place in the 2013 West Virginia Farm Bureau Youth Speech Competition at Flatwoods on Nov. 8.

Hudson was one of ten contestants who were judged on speech content (50 percent) and speech delivery (50 percent). Contestants chose among three assigned topics—how government regulations help and hinder agriculture, the impact of technology on agriculture in West Virginia and genetic engineering in crops and animals.

Hudson chose genetic engineering in crops and animals as her topic and delivered a speech on the subject of “Genetically Modified Organisms (GMOs) and Their Labeling.” Hudson’s first-place showing earned her a $500 prize. The second-place runner-up won $300, and the third runner-up received a $200 prize.

The speech contest is intended to promote stronger interest in and clearer understanding of agriculture’s various aspects. It is sponsored by the West Virginia Farm Bureau’s women’s leadership committee and Southern States Cooperative.

Hudson, who also is the West Virginia State FFA secretary, has earned her state FFA degree and is working toward her American FFA degree in diversified livestock production and agricultural education.

The 17-year-old Hudson has participated and organized many FFA activities on the local, state and national levels. She plans to attend WVU and major in elementary education.

She is the daughter of Ron and Jamie Hudson of Franklin. — Courtesy of The Pendleton Times
Lines to the Ladies

Pam Hessler, WVFB Women’s Leadership Committee Chair

For those of you who don’t know much about me, I’ve always been a gal who loves her four seasons and believes there are few states in this nation that truly experience each of the seasons and all the beauty that comes with them. West Virginia is one of those special states in which the beauty of each season is so prevalent. So, yes, in general, I enjoy winter. But I will have to say, I’m quite finished with this one. I remember hard winters as a child and the joy of sled riding, building snowmen, and snow caves, but well, at my age now, I don’t do a lot of that anymore. I now worry about getting to my off-the-farm job and not falling on the snow and ice and breaking bones or putting my car in a ditch. This has been an above average winter for both below average temperatures (and at times down right frigid) as well as snow, at least in the Eastern Panhandle. At the time of this writing, we are seeing temperatures going above freezing and could be close to 60 degrees by the end of the week. Although I can’t wait for some warmer weather, let’s hope it comes gradually so all the piles and piles of snow stacked everywhere can slowly absorb into our farm ground and not flood our state, as has happened many times in our state’s history.

AG IN WEST VIRGINIA POSTER CONTEST UPDATE: With all this winter, our kids and grandkids have missed a lot of school, so it was decided to extend the deadline for the Ag in West Virginia poster contest from April 1st to May 1st. Some of the schools were asking for this extension so children have time to complete their posters. If you are a county who has already collected your posters, go ahead and judge and send your winning poster to the state office; but for those who would have been collecting and judging in late March to get the poster to the state office by April 1st, please let your schools know about the extension. You might see more posters turned in with this extra time.

FOOD CHECK-OUT WEEK CHANGE: I know by the time you are reading this edition, the February shopping dates for the three Ronald McDonald Houses will have passed, but we have another change and I hope those affected were contacted of the change. The Charleston shop date was moved from Friday, February 21 to Friday, April 11. Because of the weather and lack of volunteers, coordinators felt the date needed changed. I hope to have much to tell you next month about how much we raised and delivered to both the Huntington and Morgantown Houses.

Next year, a significant change will take place from celebrating Food Check-Out during one week of the year to year-round programs through Our Food Link. The WV Women’s Leadership Committee will be discussing this and changing when we shop and collect for the RM Houses. With that said, it will be necessary to communicate with the RM Houses about their needs. They have been accustomed to our deliveries of perishable and non-perishable food in February now for over ten years and in most cases, their pantries and freezers are really getting bare by the time we visit them, so I think any change in our shop date will probably be in March or early April. I will keep you updated on this event in the future.

PHOTO CONTEST NEWS: The committee was so pleased with the number of photos submitted in the contest at the Annual Meeting in November and we want to share these pictures with others who don’t attend the annual meeting. The Women’s Leadership Committee is asking you to have all your photos not only matted, but to also have them put on a CD wherever you get them developed. In fact, Joan Harman, WVFB Director of Public Relations, may want to use your “Rural Scene” photos for the front of the WVFB News magazine. New for this year’s contest, we will be asking that any photos include a signed media release as well as include your WVFB membership number. The reason behind asking for your membership number is to be sure photos that are submitted and perhaps chosen as a winner are from a member in good standing. Contest rules and the media release will be sent out to each of you very soon and will also be available on our website in the coming months.
So, what should you be doing? Taking lots of pictures throughout each of our beautiful seasons and events. The categories for this year’s contest will be the same, so take your rural scene, Farm Bureau activity photos and keep your camera really handy for those funny, comical, and whimsical photos. I can’t wait to see the photos this year!

**AG AT THE LEGISLATURE:** Despite the weather, I actually was able to get to Charleston this year for this event. We had a great turnout at the Capitol visiting with our legislators but the highlight was definitely our Taste of West Virginia Reception. It has always been a well-attended event by our legislators but this year we had a change in venue. The old Charleston House Holiday Inn has changed hands and is now a Sheraton, and is undergoing renovations. So, the state office had to find a new location. I will have to personally say I felt the change of venue may have been a blessing. The room was packed, bright and welcoming. The food from all across our state was prepared by the chefs at the Marriott and was absolutely delicious.

Remember, the state office is busy this time of the year with the legislature in session. They are watching the many bills in both the House of Delegates and Senate as they pertain to our policies that originate from each of you in your counties. So, when they send out legislative updates, it’s up to all of us to contact our Delegates and Senators. They do tend to listen when they receive large numbers of emails and calls from constituents on issues. So we can’t afford to become complacent and think others will do this; we each have to stay abreast of the issues and contact them when necessary.

**NATIONAL AG DAY:** National Ag Day is March 25, 2014. This is a great time to spend a morning or afternoon reading an ag book to elementary students. So, make contact with your local school today, if you receive this edition in time to schedule. If not, any day is a good day to read about agriculture to children. Tie a little hands-on activity to whatever book you choose to read to them and watch their eyes light up. Trust me, you will receive more of a blessing from this than they do.

So now, I hope we all begin to see our temperatures across the state stay above freezing and the beauty of rebirth we see each Spring. I am so ready to see buds, robins and GREEN, not WHITE everywhere.

Blessings from my home to yours!

*Pam*

WVFB Women’s Leadership Chair

pjhessler@aol.com

304-839-6335

---

**FEED EFFICIENCY BULL AND FEMALE SALE**

Friday • APRIL 25, 2014 • 5:30 p.m. • at the farm, Louisa, VA

40 Bulls - Angus, Simmental & SimAngus® Many coming 2-year-olds

100 Females - Registered Angus & Commercial

Fall Pairs, Spring Pairs and Bred Heifers

**Quaker Hill Farm**

5728 Poindexter Rd • Louisa, VA 23093

Farm 540.967.1045 • Fax 540.967.1674

Charles cell 540-894-3523

E-mail: crosson@quakerhillfarm.com

Please visit www.quakerhillfarm.com for more information and to view the book online.
South Branch Valley Livestock Exchange

Moorefield, WV
Spring Graded Feeder Cattle Sales
April 5, April 12, April 19, April 26

Sales start at 10:00 on each Saturday morning.

Sale Barn: 304-538-6050
Gary Vance: 540-622-4889

South Branch is the biggest seller of in barn cattle in the state.
We are expecting a large number of feeder cattle for our sales.
Smooth. Agile. And flexes its muscle for HEAVY lifting.

MASSEY FERGUSON is a worldwide brand of AGCO.

INTRODUCING the Massey Ferguson® 4600 Series. Our new mid-range tractor was designed with the unique combo of power and maneuverability so vital for hay, livestock and poultry operations. At its core is the new power shuttle transmission. During loader work, it lets you go forward and reverse over and over without clutching. Just another example of how we’re using global innovation to help you farm your world. Discover the new 4600 Series at your dealer or masseyferguson.us.

The power shuttle control lever is well within reach for easy operation.

Lemon’s Farm Equipment
42 Lemon Lane, Parkersburg, WV
304-863-3469 • www.lemonsfarmequipment.com

Quality. Affordable Travel since 1967!

Best of Ireland Tour
Discover Irish Landmarks

12 days from $1399*

Departs July 24, 2014. Start in historic Dublin with a city tour. Travel to Cork, stopping at the Rock of Cashel and Cobh along the way. Then visit Blarney Castle, and perhaps kiss “The Blarney Stone; Woollen Mill and Muckross House & Gardens en route to Killarney. Drive the “Ring of Kerry” offering stunning scenery, and tour Bunratty Castle & Folk Park. Visit the Cliffs of Moher, Galway, the Connemara region, Kylemore Abbey and the Bundoran area. Enjoy a guided tour of Belleek Pottery, visit Ulster American Folk Park, & explore the “Giant’s Causeway.” Finally take a sightseeing tour of Belfast that includes the impressive Parliament buildings plus you will visit the newly opened “Titanic Belfast.” Tour includes 16 meals.

*PPDO. Plus $299 tax/service/government fees. Alternate departure dates available June-September. Seasonal charges may apply. Add-on airfare available.

Call for Details! 888-817-9538

Travel with other Farmers!

TRACTOR SPECIAL!

TM

TRACTORS
5 year Warranty
Second to None!

Now is the time to have your tractors repaired during the off season!

• Engines
• Clutches
• Transmissions

Lemon’s Farm Equipment
42 Lemon Lane, Parkersburg, WV
304-863-3469 • www.lemonsfarmequipment.com

Mcconnellsburg Motor & Implement
875 Lincoln Way East • McConnellsburg, PA • (717) 485-3181
lylemm@earthlink.net • www.mcmoim.com

While conventional emergency generators can cost you $10,000 or more installed, a solar array with sealed battery backup pays you thousands more.

In federal and state tax credits or grants. In electric bill savings. In added property value.
And with no moving parts, a sealed high-tech battery bank and a 25-year manufacturer’s warranty, you should never have to pay a penny for repairs, maintenance or refueling.
So why pay thousands for an emergency generator when there’s an emergency generator system that pays you?

Milestone Solar Consultants LLC
866-688-4274
www.MilestoneSolar.com

While conventional emergency generators can cost you $10,000 or more installed, a solar array with sealed battery backup pays you thousands more.

In federal and state tax credits or grants. In electric bill savings. In added property value.
And with no moving parts, a sealed high-tech battery bank and a 25-year manufacturer’s warranty, you should never have to pay a penny for repairs, maintenance or refueling.
So why pay thousands for an emergency generator when there’s an emergency generator system that pays you?

Milestone Solar Consultants LLC
866-688-4274
www.MilestoneSolar.com

West Virginia Farm Bureau News 21
For over 100 years, Morton Buildings has provided quality products and exceptional service to our customers. Our commitment is evident as you drive around the country and see the Morton “M” proudly displayed on countless farm buildings. Over the years our building offerings have expanded, and Morton now has a building for every budget and building use.

If you’re ready to get started on a new building, contact your local Morton Buildings sales consultant or visit our website for more information.

In the Spring of 2013, I tried SumaGroulx, SumaGrow Inside on one Wheat & Hay Field, while my father did his field the regular way. At harvest, the SumaGroulx, SumaGrow Inside Wheat field went 82 bushel while Dad’s field went 74 bushel. We also baled 840 bales of straw off 110 acres which is EXTREMELY good. We seeded two Hay fields. Dad’s field was done two weeks prior to my field, but with SumaGroulx on my field, mine had already passed Dad’s field in height and looked overall, healthier. I am VERY impressed!

Lawrence Hurst, Plymouth, Ohio

SumaGroulx can be used for better water infiltration. Back in field sooner.

Benefits:
- Increase Carbon Sequestration
- Prevents Fertilizer runoff
- Reduces Soil Erosion
- Converts Bound Soil Nutrients into Available Nutrients
- Better Stress Tolerance Drought, Transplant & Wind
- Better Water Retention
- Builds Soil Organic Matter
- Increases Plant Nutrient Levels - Brix - Chlorophyll - Proteins & Minerals

Call: (800) 547-6859 for more Information and testimonials
www.sumagroulx.com
www.rrrsupply.com
Fax: 989-659-2694
Order Your WVFB Cookbook Today!

Cookbooks are $15 each, plus $3 shipping & handling for up to 3 books. Add $1 s/h per book for each additional book over 3. Allow 7-10 days for delivery.

Yes! Send _____ cookbook(s) to:

Name_________________________________________________________
Address________________________________________________________________
City/State/Zip_____________________________________________________

Enclosed is my check made out to WVFB, or charge to my credit card:

☐ VISA ☐ MASTERCARD ☐ DISCOVER

Card #___________________________________________________________

Exp. date___________________ Security code_________

Mail to: WVFB Cookbook, 62 Farm Bureau Road, Buckhannon, WV 26201 No phone orders, please.

WEST VIRGINIA ROYALTY OWNERS ASSOCIATION

WVROA

We need YOUR help!

Legislation that will take away surface owner’s and mineral owner’s rights has been introduced

HB3151 - introduced by Tim Manchin
HB 616 - introduced by Brooks McCabe

THESE BILLS ATTACK PROPERTY RIGHTS

Stop the “big gas corporation” agenda! JOIN US!

WVROA
PO Box 5010
Fairmont, WV 26555
304-363-0239 - WVaMOA@gmail.com - wvroa.com
If I squint and think hard I can retrieve dreamlike memories of my Grandmother Hatcher’s kitchen. She and Grandfather lived on the Old Bluefield-Princeton Road in a little house surrounded by fruit trees, cows, chickens, and big fields of corn. Calendars were layered on one nail on the kitchen wall with spidery inked notes showing the morning temperature and number of eggs gathered each day. The white enamel cook stove roared in the center of the room, keeping it cozy and warm and smelling like cinnamon and chess pie and bread rising. Near the woodstove, in the tall pantry, there was a drawer full of soft clean folded aprons and bonnets made from feed sacks. She had dish towels made from flour sacks, too, and quilts made from scraps of just about any fabric. I bet she had dresses and children’s clothes made from feed sacks, too, though I never recognized them as such. She and others who lived through the depression were geniuses at reusing the items at hand.

Early on, brand names and logos were part of the feed sack fabric and were used for seldom seen items like underwear. A joke of the era tells about the young lady who was embarrassed at the laughter when the wind exposed her “Southern Best” bloomers at a church outing. The wife who made her husband’s underwear with “Self-Rising” flour sacks had a sense of humor, too. Later on, the feed and flour companies used water-soluble ink to print their brand names on the fabric sacks allowing it to disappear when the material was washed. A little later, paper labels were sewn in the seams of the sacks and could be ripped off so as to leave the cloth unflawed. I wish corporate America today had such sensitivity to consumer needs and recycling.

Decades later, our flour sacks are made of all paper and sacks of feed for pets and livestock aren’t cotton fabric, having been replaced by durable crinkly plastic. I have used them as garbage bags, tarps, as waterproof containers of firewood for camping trips, and for drippy boot mats at the back door. My favorite use, however, is as repurposed tote bags for groceries. There are several instructional websites available, but here are my simplified directions.

Needed: Feed sack, any size; sewing machine with thread; scissors; ruler; straight edge (yardstick works well); marker.

Open the bottom of the sack by removing the reinforced strip and string. I can’t tell you how many times my cold fingers have fumbled in the feed house searching for the magical stitch that unravels to open the bag. It is rather joyful to do so seated and warm. Smooth out the bag. Measure 3 or 4 inches from the top or

Feed Sacks: Retro Chic

What was once a practical answer for the family budget is now a highly sought-after collectible.

Becky Crabtree

If I squint and think hard I can retrieve dreamlike memories of my Grandmother Hatcher’s kitchen. She and Grandfather lived on the Old Bluefield-Princeton Road in a little house surrounded by fruit trees, cows, chickens, and big fields of corn. Calendars were layered on one nail on the kitchen wall with spidery inked notes showing the morning temperature and number of eggs gathered each day. The white enamel cook stove roared in the center of the room, keeping it cozy and warm and smelling like cinnamon and chess pie and bread rising. Near the woodstove, in the tall pantry, there was a drawer full of soft clean folded aprons and bonnets made from feed sacks. She had dish towels made from flour sacks, too, and quilts made from scraps of just about any fabric. I bet she had dresses and children’s clothes made from feed sacks, too, though I never recognized them as such. She and others who lived through the depression were geniuses at reusing the items at hand.

Early on, brand names and logos were part of the feed sack fabric and were used for seldom seen items like underwear. A joke of the era tells about the young lady who was embarrassed at the laughter when the wind exposed her “Southern Best” bloomers at a church outing. The wife who made her husband’s underwear with “Self-Rising” flour sacks had a sense of humor, too. Later on, the feed and flour companies used water-soluble ink to print their brand names on the fabric sacks allowing it to disappear when the material was washed. A little later, paper labels were sewn in the seams of the sacks and could be ripped off so as to leave the cloth unflawed. I wish corporate America today had such sensitivity to consumer needs and recycling.

Decades later, our flour sacks are made of all paper and sacks of feed for pets and livestock aren’t cotton fabric, having been replaced by durable crinkly plastic. I have used them as garbage bags, tarps, as waterproof containers of firewood for camping trips, and for drippy boot mats at the back door. My favorite use, however, is as repurposed tote bags for groceries. There are several instructional websites available, but here are my simplified directions.

Needed: Feed sack, any size; sewing machine with thread; scissors; ruler; straight edge (yardstick works well); marker.

Open the bottom of the sack by removing the reinforced strip and string. I can’t tell you how many times my cold fingers have fumbled in the feed house searching for the magical stitch that unravels to open the bag. It is rather joyful to do so seated and warm. Smooth out the bag. Measure 3 or 4 inches from the top or
bottom and cut that strip off. It will be used for handles. I look at the pattern on the front of the bag to decide what I want to show on the finished product – I like pictures of animals. Remember that there will be several inches on the bottom of the bag, so aim for a design that is printed high. This will make more sense after the nesting hen design you wanted on the front ends up on the bottom, out of sight.

Turn the sack inside out. Wipe with a wet soapy rag if feed crumbs are still obvious. This is a good job for grandkids and/or husbands.

Sew a seam across the bottom about a half inch from the edge; then do it again close to the first seam to double lock it. I was worried that the sewing machine needle would break, but I went slowly and eased off a little on the tension and it went fine.

Fold the sack bottom in the middle and mark a line across each corner, making equal sized triangles. Stitch on each line and fold corners inward. This is the hardest part. Turn bag right side out and straighten out the corners. It should stand up on a rectangular bottom like a paper grocery bag.

Make straps for handles. Use the 3-4 inch strips that were trimmed at the start. Cut in half (2 straps). Fold each in the middle; then fold each edge to the middle. I use paper clips to hold it in place. Sew one stich near the outside edge. Voila, handles.

Fold down the top edge of the bag twice, center and insert the straps underneath the folded top, one on the front and one on the back and sew twice around the top catching the straps in place. When you sew the handles, this is the thickest material to be sewed, so be sure and take your time.

Reinforce the straps with extra stitching, a box, an X, or just a couple of short parallel lines. Trim stray thread ends. Presto, you have a tote!

If no one interrupts you wanting food or you don’t sew your finger and have to stop for a band aid, you can finish the tote in an hour. It is retro-chic, I am told and sells for $10 and up on etsy.com. I use them to carry books to school or groceries (because I haven’t yet thought up a good way to repurpose plastic grocery bags) AND I give them as gifts to friends who laugh with delight (I hope it’s delight…). Grandmother Hatcher would probably smile, too.

Becky Hatcher Crabtree lives on Peter’s Mountain in Monroe County. She is retired as a school principal from the North Slope of Alaska and is currently a substitute teacher at Peterstown Middle School. She coaches girls’ basketball and enjoys her grandchildren and numerous pets.


For other, possibly better, directions on how to make tote bags: http://www.communitychickens.com/2012/06/diy-chicken-feed-sack-tote.html#.Uv91Bv3uell [THE BEST]; http://www.instructables.com/id/Feed-Bag-Tote-Bag
2014 Food Check-Out

- Big Success!
- Wood County FB donated Book Barn to Huntington Ronald McDonald House
- Monongalia County FB donated 2014 AFB Foundation Book of the Year, adding to the collection & Book Barn donated in 2013 to the Ronald McDonald House in Morgantown
- LOTS of volunteers helped shop at Kroger stores in Huntington & Morgantown
- Charleston Food Check-Out Day will be held April 11!
Walker, continued

Poultry Federation. Walker Poultry Farm was recently awarded the 2013 West Virginia Poultry Association Environmental Farm of the Year, based on the Walker’s implementation of extensive voluntary environmental practices. The Walkers maintain a nutrient management plan for litter management, with 98 percent of the farm’s litter sold to third parties. The remaining two percent is utilized as an organic fertilizer and soil conditioner for the farm’s pasture and hay fields. Proper bird disposal is accomplished via composting for mortality.

With an appreciation for wildlife, the Walkers have set aside 25 acres of their 66-acre farm for wildlife habitat development and management. The Walkers practice an intensive rotational grazing program for the pasture and use flash grazing on the stream bank. This limits the amount of time and access livestock have to the stream, protecting it from erosion and nutrients, while allowing managed grazing.

Elton Maddox, 2014 USPOULTRY chairman and president and CEO of Wayne Farms, Oakwood, Ga., presented the award to the Walker family.

“I keep a jar of Steuart’s Pain Formula by my bed and reach for it at night when my knee pain flares up. It knocks the pain right out,” says Mike Marsden of Mabel, Minn. Marsden’s been using Steuart’s Pain Formula for about 4 years and says he’s constantly recommending it to other people.

Steuart Laboratories originally developed Steuart’s Pain Formula for race horses. Over the years, it has gained a following for treating other animals and humans. Rickey D Snow of Hood, Calif., says, “I hurt my shoulder January 18, 2013, and had constant pain through the middle of March-doctors could do nothing. Within 10 minutes of applying Pain Formula, the pain was completely gone.” The cream contains extract of the herbs comfrey and arnica in a liposome base that penetrates the skin rapidly, says Gary Steuart, who founded the company in 1982. “People now use the product to relieve joint and muscle pain associated with arthritis and injuries,” Steuart says.

Rose Johnson of Hazleton, Iowa, uses Steuart’s Pain Formula to relieve the tissue pain caused by fibromyalgia, a disorder characterized by widespread pain and tenderness in joints, muscles, tendons, and other soft tissues. In addition to pain relief from Steuart’s Pain Formula, she appreciates that the product causes no side effects.

Betty Brooks, Buhl, Idaho, read about Steuart’s in a farm magazine reported. “I put the Pain Formula on my knees about 10 AM this morning, and it’s now 9 PM and I’m still pain free. I’ve had knee surgery-and tried just about every product on the market-this works—I’ve had a very good day! I could feel it working as soon as I put it on.”

Warren Ward of Pemberton, Minn., says his knees ached so terrible at night that he couldn’t get to sleep without taking painkillers. “An orthopedic surgeon told me both my knees were shot, I had bone rubbing on bone, and I needed knee-replacement surgery. Then someone told me about Steuart’s Pain Formula. I started using it and in three days I had no pain in my knees, I went right to sleep at night, and I haven’t taken a pain killer since.

“I like Steuart’s product because there’s no odor, it doesn’t stain your clothes, and you don’t feel a thing when you apply it. It’s an excellent product and I know it works,” Ward says.

Steuart Laboratories, P.O. Box 306, 203 N. Main St, Mabel, Minn. 55954 (ph 507-493-5585; 877-210-9664; www.steuartlaboratories.com).

5 oz. Pain Formula: $29.90
Shipping or Mailing: $8/order
Plant seeds of Healthy Living

Enrollment Deadline is March 31

No matter where you live, you may buy insurance from private health plans that cover a comprehensive set of benefits, including doctor visits, hospital stays, preventive care, and prescriptions.

With a single application, you also will find out if you qualify for Medicaid or the Children’s Health Insurance Program or savings you can use right away to lower your health insurance premiums.

All plans in the Marketplace offer the same set of essential health benefits.

These are many of the benefits that people need when getting care. They cover things like doctor’s visits, prescriptions, hospitalizations, pregnancy, and more. Plans can offer other benefits, like vision, dental or medical management programs for a specific disease or condition. However, specific benefits may be different in each state. Even within the same state, there can be small differences between plans. As you compare plans, you’ll see what benefits each covers. This will be helpful if you have specific health care needs.

Private plans are put into three categories.

If you live in West Virginia and compare plans in the Marketplace, you’ll find they’re put into three categories based on how you and the plan can expect to share the costs for health care: Bronze, Silver and Gold.

The category you choose affects how much your premium costs each month and what portion of the bill you pay for things like hospital visits and prescriptions. It also affects your total out-of-pocket costs - the total amount you’ll spend for the year if you need lots of care. The categories don’t reflect the quality or amount of care the plans provide.

Having health coverage is important to assure you and your family have financial security. Take time to learn more at www.healthcare.gov. Open enrollment closes March 31, 2014. In general, when choosing your health plan, keep this in mind: The lower the premium, the higher the out-of-pocket costs.

Enroll and pay your premium by the 15th of the month for coverage to begin the 1st of the following month. Visit healthcare.gov to enroll by March 31, 2014.
Nutritious Homemade Meals FOR EVERY OCCASION

FAMILY FEATURES

Whether you’re preparing a quick breakfast for the family, feeding a crowd at dinner or looking for a light lunch for yourself, the key to a delicious, nutritious homemade meal is just minutes away thanks to the canned foods in your pantry. “Canned fruits and vegetables are a must in my pantry. They are picked and canned at the peak of ripeness, hours after they’re harvested, locking in their flavor, freshness and nutrition,” says Kelsey Nixon, host of “Kelsey’s Essentials” on Cooking Channel and Food Network. “Having canned fruits and vegetables on hand means a healthy snack, meal or side dish is achievable anytime.”

In addition to nutrient-rich staples like tomatoes, corn and beans, Nixon recommends stocking up on ingredients such as canned olives, tuna, artichokes, pumpkin and chiles. These canned foods can elevate the flavors of a dish and breathe new life into some of your favorite recipes.

Here are some more great tips and delicious recipes from Nixon:

- Keeping a well-stocked pantry, or “Cantry,” will help you avoid unnecessary trips to the grocery store after a long day.
- Tomato-based canned ingredients, like diced tomatoes and tomato sauce, are the most versatile when it comes to making a wide variety of recipes like chili, salsa, marinara sauce, soups or casseroles.
- Canned fruits add an unexpected twist to savory dishes, and can transform recipes in exciting ways. Just add canned peaches to homemade barbecue sauce or canned pineapple to curries and stir-fry recipes for a healthy and flavorful upgrade.

For more information and to learn how you can get cooking with canned foods, visit: www.CansGetYouCooking.com.
**Chicken Pozole**

Prep Time: 20 minutes  
Cook Time: 15 minutes  
Serves: 4  
1 1/2 cups of chicken, shredded from a store bought (3- to 4-pound) rotisserie chicken  
3 tablespoons vegetable oil  
1 large yellow onion, chopped (about 2 cups)  
4 garlic cloves, minced  
1/4 teaspoon oregano  
3 teaspoons ground coriander  
1 1/2 teaspoons ground cumin  
1 can (4.5 ounces) chopped green chiles  
1/2 (14.5-ounce) can chopped tomatoes  
1 can (7 ounces) salsa verde  
2 cans (15 ounces each) hominy, drained  
2 cans (14 ounces each) low-sodium chicken broth  
Kosher salt and cracked black pepper  
Garnishes (optional)  
1 red onion, finely chopped  
1 lime, cut into wedges  
1/2 cup crema or sour cream  
Crushed tortilla chips  
1/2 cup fresh cilantro leaves, chopped  
Thinly sliced radishes  
1 avocado, diced  

Remove meat from chicken and shred into 1-inch pieces; discard skin and bones. Set aside about 1 1/2 cups of meat for soup; reserve remaining chicken for another use. In large Dutch oven or saucepot set over medium heat, heat oil. Add onion and cook until translucent and fragrant, about 8 minutes. Add garlic and cook for 3 to 4 more minutes. Add oregano, coriander and cumin, and cook until slightly darkened and fragrant, 2 to 3 minutes. Add green chiles, chopped tomatoes, salsa verde and cook until it just comes to a boil, about 2 minutes. Add hominy and chicken broth and return to a boil. Reduce heat to medium and simmer for at least 10 minutes to allow flavors to develop. Season with salt and pepper. Add shredded chicken and cook until heated through, 3 minutes. To serve, divide among 4 bowls and garnish as desired.

**Slow Cooker Ragu**

Prep Time: 15 minutes  
Cook Time: 6 hours (depending on heat setting)  
Serves: 8 to 10  
2 tablespoons olive oil  
1 yellow onion, finely chopped  
1 celery stalk, finely chopped  
3 cloves garlic, minced  
Kosher salt and cracked black pepper  
1/4 cup canned tomato paste  
1/2 teaspoon dried thyme  
1/2 cup low-sodium beef broth (canned)  
2 cans (28 ounces each) crushed tomatoes  
1 pound ground pork  
1 pound ground beef sirloin  
1 can (14.5 ounces) sliced carrots, drained  
1 can (4 ounces) sliced mushrooms, drained  
Cooked pasta, such as spaghetti, for serving  

Heat oil in large saute pan over medium-high heat. Add onion and celery and saute for 1 minute just to soften. Add garlic and season with salt and pepper, cooking for about 3 minutes. Add tomato paste and thyme and continue cooking for another 2 minutes. Slowly add beef broth to deglaze bottom of pan, stirring with wooden spoon. Season with salt and pepper. Carefully transfer mixture to slow cooker. Stir in canned tomatoes. Mix pork and sirloin together in separate bowl, using your hands, until combined. Stir meat into slow cooker, spreading out evenly and avoiding any large clumps. Cover and cook on high for 4 to 6 hours or on low 8 to 10 hours.  

During last two hours of cooking, add canned carrots and mushrooms to ragu. Skim accumulated grease from top before serving. Serve over pasta with crusty bread for soaking up sauce.
WE STAND FOR YOU.
And for doing the little things right.

Farm safety means doing the little things right so that the big things go smoothly. That’s why Nationwide Agribusiness, the nation’s number one farm insurer, partners with the West Virginia Farm Bureau Federation®.

United, we value taking the time to teach and learn safety in all aspects.

Call 866-670-1765 or visit nationwide.com/wvfb to learn more.