

THE MARKET BULLETIN

“TELLING THE STORY OF WEST VIRGINIA AGRICULTURE”

KENT A. LEONHARDT, COMMISSIONER

www.agriculture.wv.gov

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FARMacy: GOOD FOOD IS GOOD MEDICINE

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FARMacy patients shop for fresh, local produce at a pop-up farmers' market in Sistersville, one of the program's most successful sites.

A trip to the pharmacy usually entails picking up a prescription medication and forking over a hefty amount to cover the cost. But what if filling a prescription was as easy as shopping at your local farmers' market? Now it is for participants in the FARMacy West Virginia program. It's the brainchild of two West Virginia healthcare workers – Dr. Carol Greco and Physician's Assistant Amanda Cummins.

“FARMacy was developed back in 2016 at the Wheeling Health Rite Clinic. Amanda and I were seeing a lot of our patients with chronic diseases – diabetes, hypertension, heart disease – and most of it was caused because of a poor diet and the lack of access to fresh, local produce,” explains Greco. “Basically, what we saw were diabetics and patients with chronic health diseases not know anything about eating healthy. They were eating fast food, foods that were highly processed and nutritionally empty, high fat, high sugar with no nutritional value at all.”

“Our patients were morbidly obese,” adds Cummins. “They were maxed out on

prescription meds. They were unwell!”

Instead of prescribing more pills, the two decided it was time to try a different approach and FARMacy West Virginia was born. That first summer, Greco and Cummins had their patients undergo blood work and fill out surveys about their eating habits to track their progress. They also teamed up with Grow Ohio Valley who set up a mobile farmers' market in the Health Rite parking lot once a week for the program's participants.

“Our patients were given a physical prescription that had their name and their provider's signature. The prescription was redeemable for one week's worth of fresh produce,” explains Cummins.

But the program didn't stop there.

“We decided to help their chronic diseases we needed not only to provide them with the access to healthy foods but also the education to understand why it's important to eat healthy,” says Greco. “The patients took part in six weeks of nutrition and

cooking education in a group setting provided by WVU Extension. The classes taught them how important it is to eat healthy and how to prepare fresh produce. That was the key because our patients were introduced to foods they were not familiar with or didn't know how to cook. They were learning things like how to prepare an eggplant or a butternut squash – things they'd never been exposed to.”

Cummins stresses these group classes were critical to the success of the program because the patients could share their health stories, talk about their successes and failures in the kitchen and encourage one another to stay on a healthy track.

“The results we saw that first year were amazing,” stresses Greco. “We collected their health metric and bloodwork, their hemoglobin A1c and cholesterol levels, which are diabetic and heart disease measures. What we found in that short period of time, 16 weeks, is a lowering of about a half point

— FARMacy: Good Food is Good Medicine,

Cont. on page 8

STATE FAIR
OF WEST VIRGINIA

AUGUST 11-20

The 97th Annual State Fair of West Virginia kicks off August 11, and the West Virginia Department of Agriculture will play a big part in event. The 10-day fair is a celebration of all-things agriculture. From the livestock shows to the dairy birthing center, the Produce Safety Trailer to the West Virginia Country Store, agriculture is at the heart of the State Fair.

“The State Fair is a reminder of the proud place agriculture has in the history of our State. But it also shows how important agriculture is to the security and health of our citizens today,” says Commissioner of Agriculture Kent Leonhardt. “As we continue to face rising inflation, supply chain issues, recover from a pandemic and experience higher energy prices, we as a State must embrace and celebrate our agricultural industries and its farmers.”

The West Virginia Country Store in the Gus R. Douglass Annex is a must-visit. The building will be filled with WV Grown products from all across the state. From jams and jellies made with West Virginia berries to honey collected from Mountain State hives, the Country Store will feature more than 40 vendors who proudly call West Virginia home. Many of those vendors will be on hand during the fair to sample their products, including several wineries. Not only will

you be able to taste-test these products, you can also talk to the folks who make them and find out how they source their ingredients.

State Fair of West Virginia,
cont. on page 3



FROM THE COMMISSIONER:

Agriculture in the Chesapeake Bay is a Success, Not a Goal Post

In the 1980s, I spent most of my time as a young Marine stationed in Maryland. Whenever I was afforded leave, crabbing and fishing in the Chesapeake Bay was a top priority. Sharing stories, buying oysters for \$10 a bushel and attempting to catch a quick bite to eat was quintessential relaxation. Even the famous rock fish was coming back strong, despite there being no restrictions on eating anything from the waters. As much as I enjoyed the bay, according to locals, fishing was not always possible as over-harvest, poor sewage systems and agriculture runoff had a negative impact on the region for decades. It wasn't until the passage of the 1972 Clean Water Act was there any effort by industry and organizations to protect the watershed. Fast forward fifty years later, I would find myself leading an organization deeply involved in meeting the goals, set forth by the federal government, for the continued restoration and improvement of the Chesapeake Bay Watershed.

In June, the WVDA had the honor to host the annual meeting of the Southern Association of State Departments of Agriculture (SASDA). We chose Canaan Valley primarily to showcase the success West Virginia has had in making agriculture, energy and conservation work together. We even took agriculture leaders and attendees trout fishing on a stream removed from the 303d list for impaired streams. The fishing expedition and the meeting

showed the effort our State and partners have made towards meeting the 2025 Restoration Goals for the Chesapeake Bay Program. These efforts have been a tremendous part of returning the natural beauty and tourism to the region. Despite our determination to achieve the original goals, we are now learning the Chesapeake Bay Commission wants to change the model and raise the bar, again.

Under proposed changes, there will be less effort for actual monitoring and use of water quality data to pinpoint remaining sources of bay pollution. Not only does this continue to put an unfair burden and discount the efforts agriculture has made, but it's just bad science. Therefore, immediately following the SASDA conference, I hosted a meeting with the Chesapeake Bay states and their secretaries or commissioners. We were joined by the Virginia Commissioner and Delaware Secretary of Agriculture, as well as staff from Pennsylvania and Maryland. After discussing the methodology and proposed changes, we all agreed the current model works because it is data driven. Where changes need to be made is addressing the other industries that are not pulling their weight to ensure they step up conservation practices. West Virginia farmers and communities have already kept their promises of implementing and maintaining these practices.

If we don't hold every industrial sector accountable and, as a result, expect producers to make up the difference, we risk alienating

all our farmers who have acted as good stewards of the land. In West Virginia, we have built a partnership around voluntary practices and cost-share programs to meet the goals of the Chesapeake Bay restoration. Raising the bar again signals to these producers that their effort was all for naught and is a slap in the face to our farmers. By changing the model, we risk eroding any good will we have created with our producers and risk future conservation efforts. That is why we should focus on imploring others across the watershed to step up and implement conservation.

I know firsthand about implementing conservation practices and have seen their benefits to agriculture and the environment. I don't know a single agriculture leader that doesn't care about the environment and clean water as they are all essential to the success of the American farmer. But if we keep changing the rules, we are doomed to fail. The agriculture commissioners, secretaries and directors will be meeting soon to address our concerns as one voice. We will be working with our state and federal partners to combat this misguided plan and federal overreach. Our fear is, if the federal government is left unchecked, it could impact other watersheds throughout the country. We have sounded the alarm. We hope you share our concerns.

Kent Leonhardt, Commissioner of Agriculture

Animal Health Bulletin

Ticks and Tickborne Diseases

We are well into tick season, and it is important for pet and livestock owners to be vigilant to protect their furry friends and themselves. When a tick bites an animal or a human, bacteria can be transmitted causing a tickborne disease. Some examples of tickborne diseases include anaplasmosis, ehrlichiosis, tularemia, Lyme disease, and Rocky Mountain Spotted Fever. Signs and symptoms of tickborne diseases may include fever, flu-like symptoms, lymph node enlargement, and development of a rash. Additionally, animals may present with joint swelling and lameness. Early recognition of signs and symptoms is critical for treatment which may include antibiotics and, in severe cases, hospitalization. There are effective tick prevention methods for people, pets, and livestock. To learn more about tickborne diseases, tick identification, prevention methods, tick removal, and more, visit: <https://www.cdc.gov/ticks/>



Lymantria Dispar (Gypsy Moth)

Suppression Program Now Open



The West Virginia Department of Agriculture is urging landowners to sign-up for the Cooperative State-County-Landowner (CSCL) Lymantria dispar, formerly Gypsy Moth, Suppression Program. The program is focused on protecting landowners' forested acreage from devastating effects caused by the invasive Lymantria dispar. The sign-up period runs from July 1 through August 31, 2022.

"West Virginia's forests are one of the State's most important resources. From tourism to the timber industry, our forests are an economic driver," said Commissioner of Agriculture Kent Leonhardt. "As we face more invasive species such as the spotted lanternfly, we hope people will take advantage of these programs."

The CSCL Lymantria dispar program started accepting egg mass survey applications from landowners statewide on July 1. Application forms and brochures are available at <https://agriculture.wv.gov/divisions/plant-industries/forest-health-protection/>.

Landowners may also obtain applications at local WVU Extension offices and WVDA field offices in Charleston (304-558-2212) or New Creek (304-788-1066). A non-refundable survey deposit of \$1.00 per acre, not to exceed \$500.00, must be submitted with

the application. This deposit will be applied toward the payment for treatment if the landowner qualifies.

"The Lymantria dispar is a non-native, invasive insect that feeds on hundreds of species of trees and shrubs, including West Virginia hardwoods," said WVDA Plant Industries Assistant Director Butch Sayers. "Defoliation by Lymantria dispar caterpillars can weaken trees, making them more susceptible to other pests and diseases. This treatment program helps safeguard our forests from further damage."

The minimum acreage required to participate in the program is 50 contiguous acres of wooded land. Adjoining landowners may combine their properties to meet the acreage requirement. Once applications and deposits are received, a forest health protection specialist will visit the landowner's property to determine if the level of Lymantria dispar infestation meets program guidelines. A final decision will be made in December of 2022.

For more information, contact Quentin "Butch" Sayers at qsayers@wvda.us or G. Scott Hoffman at ghoffman@wvda.us.

State Fair of West Virginia, cont. from page 1

Whether it's maple syrup for the always popular maple cotton candy or red peppers for a spicy salsa, our vendors will share what makes WV grown products so special.

Also in the annex, you'll find our WVDA apiarists (that's a bee specialist) to explain how honeybees help make agriculture possible. They'll have a demonstration hive (behind glass) so you can get up close and see the bees at work. Our Plant Industries staff will also be on hand to talk about invasive pests impacting our forests.

You can visit the Produce Safety trailer and tent with new interactive games (located directly across from the beer

garden). In addition, growers will be able to sign up for free On-Farm Readiness Reviews or on-site visits to determine improvements to their growing and processing operations. The booth will host daily jeopardy games on produce safety at 10:30, 1:30 and 3:30 (prizes will be awarded). Make sure to visit our Dairy Display (next to the Dairy Birthing Center) where kids can spin a wheel and win prizes while they learn about West Virginia's dairy industry.

Because of the on-going Avian Influenza (AI) outbreak in surrounding states, the Poultry Building will not feature live birds during the fair. However, you'll still want to stop by for our educational displays and to sample poultry products. The Poultry Building hours are 10 a.m. to 8 p.m.

You can't miss the livestock barns! Hundreds of cattle, sheep, goats, pigs, rabbits, llamas and horses will be on

display. Our WVDA Animal Health staff will be on hand throughout the fair checking in the animals, making sure there are no signs of communicable diseases. They also make sure all testing requirements have been met and the proper movement documents are in place. If you have animal health questions, you can contact the WVDA Animal Health Division at 304-558-2214.

We can't wait to see you at the State Fair of West Virginia! Make sure you stop at one of our many buildings and booths to say "Hi," shop, ask a question or just chat. We'll be looking for you!



What's Cookin'?

Garden Grown

There's nothing better than fresh vegetables straight from the garden! According to GreenPal, 25 percent of U.S. families grow some type of garden. And while there's no firm statistics for West Virginia, we're betting that number is even higher here. Whether you grow one tomato plant in a pot on your patio or you have a half-acre filled with a variety of plants, there's a sense of accomplishment in growing your own food. We hope you enjoy this month's recipes that you can source straight from the garden (or the farmers' market). If you have a recipe you'd like to share, send it to marketbulletin@wvda.us.

Tiella

Alisa Perdue, Monongah

This recipe was passed on to me from my mother. It was given to her by a friend whose parents immigrated from Italy to North Central West Virginia. Those first-generation families often came to the U.S. with very little, but they had plenty to eat because they grew large gardens to feed their family. The great thing about this recipe is that you can swap ingredients based on what's ripe in your garden during the summer season. This is my favorite version of the dish. Not only is it delicious, it's easy to make. (You can also add ground beef or sausage to this recipe, if desired.)

Ingredients:

- 1 large potato
- 1 medium zucchini
- 1 bell pepper
- 1 medium onion
- 8 oz. can of tomato sauce or sauce from your garden
- ½ cup mozzarella cheese
- ½ cup Parmesan cheese
- basil
- garlic
- cooking spray

Step 1

Spray the bottom of a casserole dish with cooking spray. Preheat oven to 350 degrees.

Step 2

Thinly slice potato and zucchini (leave the skins on), slice the onion and cut the

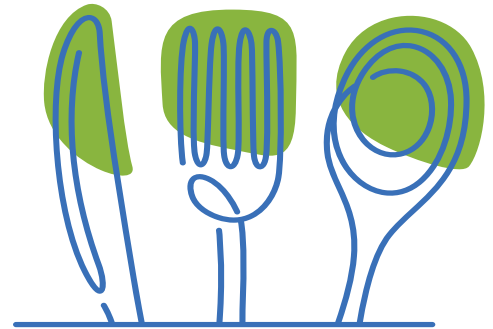
bell peppers into rings (I like to use a green pepper but red and yellow are delicious as well).

Step 3

Start with a layer of potatoes at the bottom of the casserole dish, add a layer of zucchini and then a layer of bell pepper rings. Top that with a layer of onions and add mozzarella cheese (I use about a half cup). Cover the vegetables and cheese with 4 oz. of tomato sauce. Add another layer of potatoes and zucchini and the rest of the tomato sauce. Add basil and garlic to taste and top off with the parmesan cheese.

Step 4

Pop into the oven for 1 hour and 20 minutes. Let cool 5 minutes before serving.



AUGUST 2022

Garden Fresh Salsa

- 3 tomatoes, chopped
- ½ cup finely diced onion
- 5 serrano chiles, finely chopped
- ½ cup chopped fresh cilantro
- 1 teaspoon salt
- 2 teaspoons lime juice

Step 1

In a medium bowl, stir together tomatoes, onion, chili peppers, cilantro, salt and lime juice. Chill for one hour in the refrigerator before serving.

Sweet Corn on the Grill

- 6 ears fresh corn on the cob, husked
- 6 tablespoons sweet butter, softened
- 1 teaspoon fresh thyme
- 1 teaspoon fresh parsley
- 1 teaspoon fresh rosemary
- 1 teaspoon fresh basil
- 1 teaspoon white sugar
- 1 teaspoon salt

Step 1

Soak corn in water for 15 minutes. Drain. Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Step 2

Chop up the herbs. Mix them with sugar, salt and butter. Rub on to each ear and wrap in tin foil. Place on the grill for about 15 minutes or until corn is tender, turning often.

Produce Tip:

To ensure consistent watering, use a watering nozzle at ground level to deliver even moisture to the plants at their roots.

2022 WEST VIRGINIA Women in Agriculture

Today, women make up more than a third of the farmers/producers in West Virginia. In fact, women have been farming in the Mountain State for centuries, mostly without credit. The West Virginia Women in Agriculture (WIA) program celebrates those female farmers past and present and lauds their achievements. We are proud to announce the recipients of the 2022 WIA Awards.



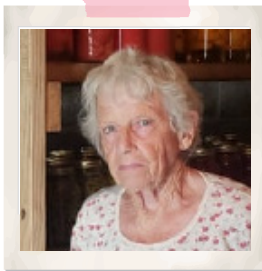
VIOLET MASTON | JACKSON COUNTY

Violet grew up on a dairy farm in Upshur County. Her parents loved the land and taught her to do the same. Her father was always trying new and innovative techniques to improve the family farm, and Violet has followed in his footsteps. She joined 4-H and FFA and started raising sheep for her FFA project. That flock helped put her through college.

Today, Violet raises and sells cut flowers at Sweet Violet Farm in Leroy. She has over 50 different varieties that she markets through direct sales, bouquet subscriptions, farmers markets and to local florists. Her business is blooming.

Violet has honored her parents by making improvements to the family farm and by passing on the love of agriculture to her two children. Her son owns his own farm, and her daughter is pursuing an agri-business degree.

Violet says, "Do what you love. You have to love it to be successful!"



GENEVIEVE MAY | GRANT COUNTY

Genevieve has been a farm girl all her life. From an early age, she was driving the work horses through the fields to gather the hay shocks and riding them to the stream to water them. She was so small that someone had to lift her up on the horses. She remembers when the first tractor came to the farm and having to walk behind the plow to cover the seeds (which she didn't think was very fun).

Genevieve and her husband have been married over 40 years and have five children. From the farm to the kitchen, she has paved the way and taught her children and grandchildren the importance of farming, canning and preserving food. She encouraged them to join 4-H and FFA and helped with numerous projects from leaf collections to market lambs. She has been a mentor to many, helping and educating about the importance of agriculture and life skills like sewing on a button.

The Mays manage 50 stock cows (Herford and Angus), laying chickens and hair sheep. The May Farm is affectionately called Ol' McDonalds Farm. Genevieve is 83 years young and says she has no plans to give up farming.

"Do what you love, and love what you do," stresses Genevieve.



BRANDY BRABHAM | ROANE COUNTY

Brandy is the WVU Extension Agriculture and Natural Resources Agent in Roane County. She received a bachelor's degree in agriculture and natural resources, and a master's in organizational and corporate communications. Brandy has a strong statistical and marketing background from her previous work with the West Virginia Department of Agriculture. Her educational emphasis is on sustainability and profitability for existing, underserved and beginning farmers. She conducts training on risk management, leadership and advocacy, as well as Extension methods for crops, agribusiness development and marketing. She serves as a member of the WV Women in Agriculture team and has served on many state conference planning committees including the Small Farm Conference, Farm Opportunities Day and the inaugural WV Women in Agriculture Conference.

She and her husband, Terry, and their two sons, Garrett and Wyatt, live on her family farm that was established in 1965, where she has been involved in burley tobacco production, specialty crops, bell pepper contract growing and various enterprises since 1988. She and her family now focus on raising beef cattle, hay and honeybees. They also have a high tunnel and a small backyard flock of chickens from which they market eggs. She enjoys working with youth agriculture programs and garden-based learning in schools.

Brandy emphasizes, "Follow your passion in all your agricultural pursuits, and you will realize success!"



JODI RICHMOND | SUMMERS COUNTY

Jodi has served Mercer County for 19 years as a WVU Extension Agent with a primary focus of increasing the profitability and sustainability of small farming operations by providing educational programming in production, agricultural business management and food safety. She is also helping develop curriculum on mental health for rural populations, agritourism and risk management for female audiences. In addition, she offers ag literacy, nutrition and safety programming for youth in southern West Virginia schools and through the 4-H program.

Jodi has a passion for teaching youth about ag literacy, school gardens and kids' farmers markets. She has a B.S. in Animal Science and a M.S. in Education, both from Virginia Tech. However, she admits neither degree prepared her for the finer points of her job, including chasing runaway goats at the fair, identifying snakes left on her desk or explaining to clients that it is not safe to can in the dishwasher.

Jodi tells adults and children alike, "Don't be afraid to try or to fail. You will learn far more from things that don't work than you will from things that work well the first time."

West Virginia Grown

Rooted in the Mountain State



BARBOUR

- Sickler Farm
- Emerald Farms LLC
- Layne's Farm
- Kindred Hollow Farms
- Cellar House Harvest
- Mountain Meadows Farm
- Gray Farms

BERKELEY

- Appalachian Orchard Company
- Cleanse Me with Hyssop
- Cox Family Winery
- Dunham Organics
- Geezer Ridge Farm
- Heron's Rest Farm
- Kitchen's Orchard & Kitchens Farm Market LLC
- Mill Creek Meadows Farms
- Mountaineer Brand LLC
- Mountain Dogs LLC
- North Mountain Apothecary
- Raw Natural
- Romero Ranch
- Sister Sue's
- Sulphur Springs Stables - Orsini Farms LLC dba Warbirds Cattle & Farm
- Taylor's Farm Market
- US Veteran Produced
- Walnut Hill Farm
- West Virginia Pure Maple Syrup
- West Virginia Veteran Produced
- Wildflower
- Willow Bourne Farm

BRAXTON

- Mary's K9 Bakery LLC
- Oh Edith/Little Fork Farm
- Rose Petal Soaps
- Givens' Bison dba Mountain State Farm

BROOKE

- Bethany College Apiary
- Eric Freeland Farm
- Family Roots Farm
- Pike Vue Christmas Trees

BOONE

- Mount Royal Lavender

CABELL

- Appalachian Apiculture
- Amandus Family Farm
- Auburn & East
- Good Horse Scents
- R&R Products dba Down Home Salads
- Stringtown Farm

CLAY

- Legacy Foods
- Ordinary Evelyn's
- Sparks Hilltop Orchard
- Sugar Bottom Farm

DODDRIDGE

- Sweet Wind Farm
- Ryan Farm

FAYETTE

- Appalachian Botanical Co LLC
- Deep Mountain Farm
- Five Springs Farm
- Five Springs Farm Guesthouse
- Wild Mountain Soap Company
- Greenbrier Dairy LLC dba Almost Heaven Specialties dba Up the Creek
- Hughart Farms

GRANT

- Grace Brooke Greenhouses LLC
- Happy Ranch Farm LLC

GREENBRIER

- Arbaugh Farm
- Caring Acres Farm
- Daniels Maple Syrup
- Dry Creek Farms
- Hero Honey - Valley View Farm
- Mountain State Maple & Farm Co.
- Sloping Acres
- T L Fruits & Vegetables
- Spring Creek Superior Meats LLC
- Eagles Landing Farm, LLC
- Sunset Berry Farms & Produce LLC
- Mike's Munchies
- The Hanna Farmstead
- Mt. Harmony Farm
- Mama Faye's Fudge and Confections
- Sunset Berry Farm & Produce LLC
- Taft Cochran Family Farm

HAMPSHIRE

- Kismet Acres Farm
- Good Time Ridge Farm
- Green Smith Farm
- Powder Keg Farms
- Quicken Farm
- Brushy Ridge Farm
- LDR Farm
- McDaniel Farms, LLC

HARDY

- Buena Vista Farm
- Lonesome Ridge Farm Inc.
- Wardensville Garden Market
- Weese Farm
- South Branch Meat and Cattle Company LLC
- Sweet Rose Ice Cream Shop
- Williams Farms & Sweet Corn
- South Branch Valley Produce LLC

HARRISON

- Native Holistics
- Sourwood Farms
- Honey Glen LLC
- Rimfire Apiary
- Just Another Farm LLC
- Hestia's Way Acres

HANCOCK

- Gibson Farm NC

JACKSON

- A J's Goats 'N Soaps
- Sassy Gals Gourmet Treats

- Cave Mountain Soap Company LLC
- Out of This World Salsa
- Overholt Homestead, LLC
- Boggess Farm
- Dean's Apiary
- Maddox Hollow Treasures LP
- One Blessed Farm LLC
- Layne Family Farmstead

JEFFERSON

- Shalgo Farm
- Appalachian Greens
- The Grass is Greener Farm LLC

KANAWHA

- Angelos Food Products LLC
- Appalachian Abattoir
- Country Road House and Berries
- Hamilton Farms, LLC
- Happy Hens Farm
- Hernshaw Farms LLC
- Jordan Ridge Farm
- Larry's Apiaries
- Lem's Meat Varnish
- T & T Honey
- Vandalia Inc.
- We B Fryin Snacks LLC
- Piddlin' Rooster LLC/Tipsy Roo's
- McCutcheon's Rub Company
- Mallory Family Farm
- Oh My Greens
- J Bees

LEWIS

- Garton Farms
- Lone Hickory Farm
- Novak Farms
- Smoke Camp Craft

LINCOLN

- Anna Bell Farms
- Hill n' Hollow Farm & Sugarworks
- Estep Branch Pure Maple Syrup
- Berry Farms
- J & J Bee Farm
- Justice Farms
- Wilkerson Christmas Tree Farm
- Ware Farms
- Simply Hickory
- Ronk Family Farm

MARION

- Clutter Farms LLC
- Holcomb's Honey
- Rozy's Peppers in Sauce
- Anderson Hollow
- Whiteday Hemp, Seed and Lumber Co., LLC
- 310 Soap Co. LLC

MARSHALL

- Eco-Vrindaban Inc.
- American Pie
- Gopi Meadows
- Hazel Dell Farm
- NJ's Kettle Corn
- Struggling Acres Farm
- Providence De Fleur

MASON

- Black Oak Holler Farm LLC
- Hope's Harvest Farm LLC
- Molly Goat Soap
- Moran Farms
- Pure and Simple Sunset Farm

MERCER

- Beautiful Bee
- Hillbilly Farms

MINERAL

- Green Family Farm
- Indian Water Maple Company

MONONGALIA

- Neighborhood Kombuchery
- The Kitchen
- WVU
- Boone's Bees and Trees
- Brown's Choose and Cut Christmas Tree Farm
- Sonny's Peppers

MONROE

- Bee Green
- Bumbling Acres Farm
- Clean Acres Farm
- Greenville Farm Kitchen
- Spangler's Family Farm
- Dovetail Ridge Farm

MORGAN

- Glascock's Produce
- Clarity Homestead and Trading Post
- Mock's Greenhouse and Farm

NICHOLAS

- Dave's Backyard Sugarin'
- Kirkwood Winery
- White Oak Acres
- Woodbine Jams and Jellies, Inc.
- Country Roads Farm
- Windy Meadows Farm
- Wood You Lather

OHIO

- Beeholding Acres/Roth Apiaries
- Fowler Farm
- Grow Ohio Valley
- Moss Farms Winery
- Rock Valley Farm
- The Blended Homestead
- Windswept Farm
- Zeb's Barky Bites
- Windswept Farm
- Apple Core Farms, LLC

PENDLETON

- Brushy Mountain Tree Farm LLC
- Blackthorn Estates Nursery
- Cool Hollow Maple Farm
- M & S Maple Farm
- Rocky Knob Christmas Tree Farm
- Wildmour Farm
- Dean's Gap Farm, LLC
- Swilled Dog
- Authentic Appalachia Maple Syrup

POCAHONTAS

- Brightside Acres, LLC
- Brush Country Bees
- Frostmore Farm
- Wilfong Farms
- Hillsboro Maple Works LLC / Swan Farm
- Bev's Best
- Saffron Flats Farm

PRESTON

- Andor Peppers
- Me & My Bees LLC
- Maryland Line Farm
- Mountindale Apiaries
- Possum Tail Farm
- Riffle Farms LLC
- Ringer Farms
- Taylor Grow LLC
- The Vegetable Garden
- Touch of Greens Farms
- Valley Farm Inc.
- Vested Heirs Farm

PUTNAM

- Gritt's Farm
- Gritt's Midway Greenhouse
- Sycamore Farms & Primitives
- Taste of Country Candles
- WV Ridgerunner Honey LLC
- Morgan Farms DBA Country Roads Hemp
- Feather Ridge Farm LLC
- Leja Produce

RALEIGH

- Bailey Bees
- Daniel Vineyards LLC
- Shrewsbury Farm
- The Farm on Paint Creek/
Sweet Sweeneysburg Honey
- Timboksue Farms
- Butcher's Apiary

RANDOLPH

- Poe Run Craft & Provisions Inc.
- The Bryer Patch
- WV Wilderness Apiaries
- Soggy Bottom Farm & Nursery
- S & T's Bees

RITCHIE

- Turtle Run Farm
- Five Star Beef Co.

ROANE

- Christian Farm
- Grandma's Rockin' Recipes
- Missy's Produce

SUMMERS

- Cheyenne Farm
- Sprouting Farms
- Genesis Mountain Farm LLC
- Wagon Trace Farm

TAYLOR

- A Plus Meat Processing
- Triple L Farms
- Hidden Meadow Farm LLC

TUCKER

- Mountain State Honey Co. LLC
- R&A Honey Bees LLC
- Seven Islands Farm LLC

TYLER

- Cedar Run Farm
- Creekside Farms
- Uncle Bunk's

UPSHUR

- Appalachian Acres Inc.
- Lucky Lucy Farm
- Mountain Pride Farms LLC
- Mountain Roaster Coffee
- Old Oak Farms
- Zul's Frozen Lemonade, Inc.

WAYNE

- Elmcrest Farm
- LC Smith LLC dba Lovely Creations
Handmade Soaps and More
- Stillner's Apiaries

WEBSTER

- Custard Stand Food Products
- Copperhead Row Hemp Farms WV, LLC
- Spillman Mountain Farm Products, Inc.
- Williams River Farm
- Dolar Rancho High Tunnel

WETZEL

- Thistledeew Farm Inc.
- Wetzel County Farmers Market

WIRT

- Appalachian Willows
- Riverbend Farms & Gardens
- White Picket Farm LLC
- Stone Road Vineyard

WOOD

- IN A JAM! LLC
- Minner Family Maple Farm LLC
- Community Resources, Inc. - Hope Grows
- Stomp-n-Grounds Craft Coffees
- Ritchie Family Farm
- Bearsville Bees
- Oldham Sugar Works

WYOMING

- Appalachian Tradition
- Halsey Farm
- Tarbilly's BBQ
- Halsey Farm
- Red Sky Acres
- Cooks Apiary

What is West Virginia Grown?

West Virginia's people take a lot of pride in their heritage. Our farmers and producers are no exception – although they certainly are exceptional.

Developed in 1986, West Virginia Grown was designed to market West Virginia grown and made products to consumers. By placing the West Virginia Grown logo on a product, they are assuring buyers that product was grown or processed, with quality ingredients, in the Mountain State.

More Information:

304-558-2210

wvgrown@wvda.us

<https://agriculture.wv.gov/ag-business/west-virginia-grown/>



WEST VIRGINIA FEEDER CATTLE & CALF SALES

2022 FALL SCHEDULE

SPONSORED BY: WEST VIRGINIA LIVESTOCK AUCTION MARKETS
WEST VIRGINIA CATTLEMAN'S ASSOCIATION | WEST VIRGINIA DEPARTMENT OF AGRICULTURE

TYPE OF SALE	LOCATION	DAY	DATE	TIME	PHONE
C	JACKSON COUNTY	SAT	AUG. 13	11:00AM	373-1269
C	WESTON LIVESTOCK	SAT	AUG. 20	10:00AM	269-5096
B, T	WESTON LIVESTOCK	FRI	AUG. 26	9:00AM	269-5096
C	JACKSON COUNTY	SAT	AUG. 27	11:00AM	373-1269
C, Y	WESTON LIVESTOCK	SAT	AUG. 27	10:00AM	269-5096
BB	BUCKHANNON	TUE	AUG. 30	9:00AM	472-5300

SPECIAL GRADED FEEDER SALES

FARM FRESH CATTLE

TYPE OF SALE KEY

- B - BOARD SALE**
- BB - BOARD & BARN**
- C - FEEDER CALVES**
- CC - CLUB CALVES**
- QA - QUALITY ASSURANCE**
- S - STATEWIDE BOARD SALES**
- ST - STEERS ONLY**
- T - TEL-O-AUCTION AVAILABLE**

FOR MORE INFORMATION, CONTACT:

JONATHAN HALL
WEST VIRGINIA DEPARTMENT OF AGRICULTURE
1900 KANAWHA BLVD. E.
CHARLESTON, WV 25305
304-541-5460

KEVIN S. SHAFFER, PH. D.
WVU EXTENSION SERVICE
2084 AGRICULTURAL SCIENCES BUILDING - PO BOX 6108
MORGANTOWN, WV 26505-6108
304-293-2669

Additional sale dates and locations will be updated on the WVDA website and in future Market Bulletins as information becomes available.

FARMacy: Good Food is Good Medicine, Cont. from page 1

in the hemoglobin A1c levels and about eight points in the cholesterol levels. That is significant! Most diabetic drugs can't promise to do that. Essentially, what we're doing is showing that healthy food is good medicine! That's our mantra."

Since 2016, the FARMacy program has expanded to 23 counties in West Virginia and 25 sites. They've partnered with the WVU School of Public Health, which provides their database to keep track of patient's progress. They've also partnered with multiple healthcare systems in the state to expand the number of physicians, clinics and hospitals taking part in the program. And they are always searching for West Virginia farmers who want to participate in their pop-up markets.

One of the most successful FARMacy programs takes place in the city of Sistersville. FARMacy participants line up outside the Presbyterian Church once a week to redeem their prescription. Under two tents are tables lined with fresh, local produce, everything from onions and herbs to beets and a variety of leaf

lettuce.

Jason Snider, a physician's assistant at Sistersville General Hospital, watches some of his patients make their choices from the farmers' market.

"This is the first step in treating their chronic diseases. This is helping their health. I'm convinced of that," he says. "They are going to have better health outcomes without medication. If they stick with it, they'll have a better quality and quantity of life."

Samantha Farson of Arvilla joined FARMacy on the advice of her doctor.

"I joined because I have Type 2 Diabetes and some other health problems. This is meant for me to get control of some of that, get my blood sugar under control. Eventually, hopefully, I'll get off my meds."

She says the bonus to the program is all the delicious produce she's eating that isn't filled with empty calories or artery-clogging cholesterol.

"I really enjoy the food. It does taste fantastic! And I really enjoy the cooking classes. They help me try new foods that I wasn't familiar with."

Loretta Moore of New Martinsville says her

physician mentioned FARMacy to her because she was struggling with several health issues.

"My weight was up. My A1c was up. My cholesterol was up. So, I thought why not give it a try," she says while filling her shopping basket with onions, kale and beets. "This program is terrific. I recommend it to anyone and everyone."

Currently you need to be a diabetic and have a doctor's order to join the program. But Greco and Cummins want to see FARMacy expand even further.

"Our goal is to get Medicaid and Medicare to cover this program, which would open it up to many, many more patients. The bonus is this helps more than just the person in the program. They go home and share the knowledge they've learned and the food they've made with their kids, their spouses, their neighbors. This program works," stresses Greco.

If you'd like to find a FARMacy program in your area or you're a farmer who would like to take part in the pop-up markets, you can check out the FARMacy website at farmacywv.com.

CLASSIFIED ANNOUNCEMENTS AUGUST 2022

To Submit
an Ad: ▶

Phone: 304-558-2225
Fax: 304-558-2270
Email: marketbulletin@wvda.us
Mail: 1900 Kanawha Boulevard, E.
Charleston, WV 25305

September 2022. . .

Phone-In ads for the September issue must be received by **12 noon on Thursday, August 11.**

Written ads for the September issue must be received by **1 p.m. on, Friday, August 12.**

October 2022. . .

Phone-In ads for the October issue must be received by **12 noon on Thursday, September 12.**

Written ads for the October issue must be received by **1 p.m. on, Friday, September 13.**

To subscribe to *The Market Bulletin*, email marketbulletin@wvda.us or phone 304-558-3708.

Apiary Sales

Honey extractor, macent 3100 motorized model & 9 frame, \$1,000/obo. Mike Johnson, 1919 Pike Road, Ellenboro, 26337; 869-4209.

Bee boxes, 10-frame solid bottom board, hive body, med. super, inner lid w/cover & metal w/frames, \$130/ea. James Wayne, 1425 Loudendale Lane, Charleston, 25314; 342-1273.

Apiary Events

Clay Co. Beekeepers Assoc., Monthly Meeting, 2nd Monday, 6:00 p.m., Big Otter Community Center, Contact Mark Davis, 543-5955; mdavis@dgoc.com.

Barbour Co. Beekeepers Assoc., Monthly Meeting, 4th Thursday, 7:00 p.m., Barbour Co. Fairgrounds in metal quonset hut, Contact Dave Hunt, 456--4500.

Fayette Co. Beekeepers Assoc., Monthly Meeting, last Monday, 6:00 p.m., 401 W. Maple Ave., Contact Rick Forren, 539-1303.

Kanawha Valley Beekeepers Assoc., Bi-Monthly Meeting, 3rd Sat., 10:30 am-1 p.m., Contact Steve May 727-7659.

Marion Co. Beekeepers Assoc., Monthly Meeting, 4th Thursday, 7 p.m.-8 p.m., Eldora UMC, Fairmont, Contact Nancy, 612-9699.

Mountaineer Beekeepers Assoc., Bi-Monthly Meeting, 2nd Monday, 6:30 p.m., Ritchie Co. Library, Contact Justin King, pjustinking@gmail.com.

Mountaineer Beekeepers Assoc., Discussion Meeting, 4th Thursday, 6:30 p.m., Doddridge Co. Library, downstairs meeting room, Union, Contact Justin King, pjustinking@gmail.com.

North Central WV Beekeepers Assoc., Monthly Meeting, August 15, 6 p.m.-8 p.m. Harrison Co. Parks & Recreation Complex, 43 Recreation Dr., Clarksburg, Contact Hudson Snyder, 641-7845.

Potomac Highlands Beekeepers Assoc., Monthly Meeting, 2nd Thursday, 7 p.m., Sept. Bank of Romney Community Center on Main St., Downtown Romney, Contact Kirby Vining, 202-213-2690; secretary.phba@gmail.com.

Southwestern Beekeepers Assoc., Monthly Meeting, 1st Monday, 6:00 p.m., Ronald P. Sharp Alumni Conference Center, WV Osteopathic School, Lewisburg, Contact Rick Forren, 539-1303.

All bee colonies must be registered with the West Virginia Department of Agriculture. Please contact the Animal Health Division at 304-558-2214.

Cattle Sales

Reg. Black Hereford 17-mo. bulls, DNA tested, calving ease, good disp., \$2,000/up. heifers, \$1,100. Steven Dilley, 8351 Browns Crk. Rd., Dunmore, 24934; 799-7434.

Polled Hereford 8-mo. -13mo. bulls, Home Grown & Victor blood, \$1,500/ea. Richard Dunn, 68 Tyrone Avery Rd., Morgantown, 26508; 594-2603.

Reg. Angus, Limousin & Lim/Flex yrlg. bulls, black & polled, passed BSE, \$2,000/up. Kim Getz, 122 Dolly Hill Rd., Scherr, 26726; 749-8043; ralimousin@frontiernet.net.

Reg. Polled Hereford yrlg. bulls, Intime/Boomer, excel. calving ease, good disp., \$1,200; cow/calf prs., reg. & commercial, \$1,600/up. Estil Hughes, 1130 Board Fork Rd., Camden on Gauley, 26208; 226-5834.

Pure Angus 26 mo. bulls, 2, easy calving, \$1,400/ea. Clark Humphreys, 7217 Indian Mills Rd., Peterstown, 24963; 753-9990.

Reg. Black Angus 18-mo. bulls, excel. blood/quality, thick built & proven breeder, \$1,500/up. Justin McClain, 2853 Dry Fork Road, Salem, 26426; 782-3983.

Black Angus yrlg. bull out of low birth wt. bull, \$1,200. Homer Plumley, 351 Plumley Mtn. Rd., Shady Springs, 25918; 573-8799.

Reg. '21 Red Angus bulls, genomic enhanced EPDs, mostly AI sired by President Ranchmaster, Charter, Waymaker, Dawson & Merlin-3500, \$2,000-\$3,500. Dan Stickle, 1404 Kincheloe Rd., Jane Lew, 26378; 884-7993.

Mini Zebu bulls & heifers, 1-yr. dbl. reg. bull, very small; most reg. AMZA 5-mo. or less, all \$1,000/up. Roy Gibson, 1881 Dog Fork Rd., Kenna, 25248; 988-1532.

REGISTERED MINIATURE & MIDSIZE BULL BREEDING SERVICE

You must produce a recent veterinary disease test for negative BVD,
BLV & Johnnes
2579 Sauls Run Rd.,
Buckhannon, WV
Mark Miles, 472-2558.

Equipment Sales

No trucks, cars, vans, campers or other autos; backhoes (except 3-pt. hitch), dozers or other construction equipment; lawn equipment; no parts.

3-pt wench for tractor, operates off PTO shaft & heavy duty 100' 7/8" cable, all for \$1,000; '52 Ferguson side delivery rake, 3-pt. hitch, runs off PTO, extra frame \$150. Darrell Allen, 1283 Missouri Run Rd., Parkersburg, 26101; 489-2901.

Grader blade for 3-pt. hitch tractor, heavy

duty, \$300; set of 2-bottom plows, \$200/ea. Kevin Cummings, 110 Walnut St., Evans, 25241; 372-8615.

NH 356 rake w/dolly wheels, good cond., \$1,800. Steve Feaster, 44 Buckhannon Lane, Keyser, 26726; 790-2999.

MH 35, needs engine, for parts, \$500. Dale Forren, 1636 Willis Crk. Rd., Fayetteville, 25840; 575-3908.

Ford rear mowers, 2, \$650/ea. Bruce Garrett, 1326 Spanish Crk. Rd., Camden, 26338; 269-2092.

Cultipacker 9'dbl. roller w/seed box, \$850; scissors 3-pt. hitch hay lift, \$300; 3-pt. hay spear, \$200; quick hitch, \$275; King Kutter finish mower, \$1,500. Thomas Grimes, 993 Backdraft Rd., Green Bank, 24944; 456-3020.

JD 1950A tractor, new tires/rear-3-pt. hitch, good cond., \$5,000. Jean Hoschar, 150 Buck Run Rd., Mineral Wells, 26150; 481-2664; 489-3097.

Frontier DM1160, disc mower, \$5,500. Charles Hudson, 161 Pickens Ave., Buffalo, 25033; 937-2789.

IH 404 w/mid-mount sickle bar mower, ps, 2-pt. ROP w/sunshade, extra mower for parts, good cond., \$2,500. Tim Ingram, 670 Next Rd., Sistersville, 26175; 652-1231.

MF 1030, 26 hp, 12 speed, 4 WD, 3-cly., diesel, 2-state clutch, ps, rear PTO, 3-pt. hitch, 750 hrs., garage kept, all manuals, \$6,200. Norman Ketchum, 8 Mockingbird Drive, Milton, 25541; 544-1631; 743-9986.

JD 400 grinder/mixer, \$3,000. Steve Kisner, 1051 Freeland Crosscut Rd., Terra Alta, 26764; 698-5105.

Oliver 77 tractor, \$3,500; Farmall, '29 regular, \$3,000, both good cond. Vernon Knotts, 167 Christmas Tree Lane, New Martinsville, 26155; 455-5754.

Int'l Cub tractor sickle bar, center mount, \$500; Troybilt 36" walk behind sickle bar, garage kept, \$350. B. Lewis, Rt. 2, Box 108, Milton, 25541; 743-5128.

TroyBilt tiller, cast iron Kohler 7 hp engine, currently not running but engine is complete, includes tiller/furrower & owners manual, \$125. Lester Lind, 390 Norris Ridge Rd., Philippi, 26416; 457-1420; lmind13@frontier.com.

Int'l TD9 tractor, \$14,500; Ford 2-bottom plow & hay tedder, \$650/ea.; MF sickle bar mower, \$1,800; hay crimper, JD hay tedder, single bottom plow, corn planter, & dump rake, \$325/ea.; more equip. Ron Malus, 3446 Snake Run Rd., Alderson, 24910; 392-5231.

Kubota: front bucket, \$3,000; mower beak, 60", \$2,600; Land Pride brush hog, \$1,100. Dennis Meadows, Rt. 1, Box 457, Milton, 25541; 743-5273.

Ford 5030 4 WD diesel tractor, 64 hp, 2,700 hrs., \$16,500. Harold Metz, 193 Waymans Ridge Rd., Moundsville, 26041.

Kubota '17 LA534 B2650HSD, 4 WD, 72" mower deck, front bucket B2356, 151 hrs, 3-hitch, single plow, good tires, excel cond., \$18,500. Jim Pearson, 214 18th St., Dunbar, 25064; 415-1920.

MF tractors 230, 235, 175, good cond./tires, \$6,500; Zetor 5211 tractor good paint, fair rubber, \$4,500. Dennis Pennington, P.O. Box 103, Lansing, 25862; 574-0248; 663-8435.

Vermeer: R-2300, \$21,600; ; 504R baler, premium signature w/net, twine, silage, moisture sensing \$38,500; Rebel TM700 disc mower, \$16,000; SW-3500 bale wrapper w/side tip

dampner, \$8,000. John Petrich, 600 Rumbling Lane, Morgantown, 26508; 904-607-5007.

Kuhn GF22T hay tedder, \$2,800; Rhino TW120 10' brush hog, \$11,000. Peggy Petrich, 600 Rumbling Lane, Morgantown, 26508' 904-607-5007.

Kubota: M5660 4x4 w/loader, 280 hrs., \$35,000; Bellima F125 baler, 4x4 bales, \$21,000. Tom Porter, 457 Cedar Lane, West Union, 26456; 209-9325.

Equipment Wants

JD front loader for 4510 or 4010 tractors. Harold Farnsworth, 38 Trailer Rd., Buckhannon, 26201; 472-8245.

Int'l Farmall or Super A tractor w/cultivator, must be in good cond., willing to travel up to 3 hrs. from Beckley, you may email pics. Charlene Meadows, 3650 Pluto Rd., Shady Springs, 25918; 222-8747; cmeadows6772@gmail.com.

Ford '20 for parts. Albert Watts, 657 Right Branch, Delbarton, 25670; 475-3208.

Farm Sales

Advertisements for land **MUST** be about farmland that is at least five (5) acres in size & located in West Virginia. Farmland ads **MUST** include accompaniments (house, barn, hayfield, garden, etc.) but no specifics, i.e., new kitchen, family room, etc. Ads for the sale or rental of farmland are acceptable from individuals, but **MUST** include the above. Advertisements for hunting land, commercial or city properties **CANNOT** be accepted.

Cabell Co.: 55 A. w/apartment, 2-car garage, 4, outbdgs., 53' box trailer, 17' wide shed, cattle shed, JD 5210 4 WD tractor w/all garden attachments. \$250,000. Larry Kinnard, 1819 Lee Crk. Rd., Culloden, 25510; 743-9808.

Goat Sales

American Alpine spring doe & kids from milk tested & LA healthy herd, \$200/up. Lynn Benedict, 460 Benedict Lane, Lewisburg, 24901; 645-2365.

Alpine dairy goats kids, \$200/up. Phyllis Hutchinson, 2102 Sunset Dr., Elkview, 25081; 965-3900.

Harmon dairy goats w/reg. papers, \$400. Debora Loudermilk, 1018 Harper Rd., Lewisburg, 24901; 661-0879.

Boer cross 4/22 buck kids, all kids sired by full blooded Boer buck, various colors, \$200/ea./up. Justin McClain, 2853 Dry Fork Rd., Salem, 26426; 782-3983.

Yrlg buck, vacc., parasite resistant, twin birth, \$225. Rachel Moran, 336 Flat Mtn. Rd., Alderson, 24910; 661-0970.

Nigerian Dwarf, \$350/up. Ruth Slater, 869 Dry Branch Rd., Charleston, 25312; 964-2668; 531-1735.

Boer/Nubian & Nubian/Kiko cross 4-mo. buckling, parasite resistant, twin births, \$275/ea. Jeremy Vance, 927 Guy Dice Rd., Harmon, 26270; 704-7667.

ADGA reg. Nigerian Dwarf 7-mo. buck, chamosee w/dark eyes, milk lines, vacc., CAI neg. closed herd, \$200; wethers, 2, \$50/both. Mary Wolfe, 1430 Tribble Rd., Leon, 25123; 458-1992; leslie.wolfe@fronter.com.

Horse Sales

Reg. Tenn./Wilkr. w/1-yr. colt, both black/white spotted, \$3,500/pr. Johnny Johnson, P.O. Box 62, Heaters, 26627; 765-5971.

Plant Sales

No medicinal plants, nursery stock, common agricultural seeds unless tested for germination.

Fresh garlic, \$3.50/lb., approx. 10 bulbs/lb. Rocky Cangemi, Box 515, Glen Daniel, 25844; 860-2474.

Seeds: old-time fat man, Logan Giant, Rattlesnake, brown & white half runner pole bean, more, \$15/100 seed, all tested for germination. Betty Flanagan, 467 Ritchie Farm Rd., Summersville, 26651; 880-0135; allen.flanagan@gmail.com.

Caster beans/mole killer, \$1/12 seed, **SASE** to Jerry McCauley 5519 Seneca Trail, Valley Bend, 26293; 642-9737.

Elephant garlic, \$22/lb., ppd w/planting instruction/recipes, plant in Oct. for July '23 harvest. Chuck Wyrostok, 230 Griffith Run, Spencer, 25276; 927-2978; wyro@appalight.com.

Poultry Sales

Bourbon Red turkeys 4/22 poults, \$25; adult gobbler or hen, \$35-\$60/pr. Ann Burns, 1319 Burns Farm Rd., Grafton, 26354; 265-1402; 6-8 p.m.; burnsfarm1@gamil.com.

Chickens, \$10/ea.; Ducks, \$20. Rodney Haynes, 1025 E. Main St., Mannington, 26582; 365-3888.

Buff Orpington, Black Australorp, Rhode Island Red, 4-mo. roosters, \$5/ea., free range. Melissa Reed, 482 Storm Weather Lane, Philippi, 26416; 457-3459.

Sheep Sales

Hamp/Suff. 2-yr. cross ram, \$500. Jaime Burns, 492 Meadowview Lane, Crawley, 24913; 661-2444.

Lambs \$250ea. Ruth Slater, 869 Dry Branch Rd., Charleston, 25312; 964-1668; 531-1735.

Katahdin/Dorper cross 3-mo. ram lambs, brown/white, parasite resistant, twin births, \$275. Jeremy Vance, 827 Guy Dice Rd., Harman, 26270; 704-7667.

Miscellaneous Sales

No riding habits or other clothes; appliances or furniture; antiques or crafts; hand power tools or equipment; food processing or preservation items or equipment; general wood working tools; firewood. Only dogs recognized by the

Pyrenees/Anatolian 3/22 pups looking for new homes, vacc./wormed, have been w/mini goats, good guard dogs, \$250/neg. Tom Badgett, 6323 Staunton Turnpike, Davisville, 26142; 481-5678.

Hay '22, mixed meadow grass: 1st cut, \$6/bale/loaded out of barn, &1 extra per bale on quantities less than 50, del. service avail. for additional fee. Danny Bainbridge, 104 Kennywood Dr., Fairmont, 26554; 288-1171.

Christmas tree equip.: 18" net baler mounted on 10' table, excel. cond., plus net cartridge, \$275; mail order boxing machine & 3 different funnels, \$375. Bill Beatty, 408 Rocky Knob, Up-per Tract, 26866; 668-9114.

Flemish Giant 3-mo. rabbits, \$50. Margaret Bennett, 934 Tunnel Fork Rd., Gassaway, 26624; 364-2408.

Biothane harness for team of big horses, chrome w/nickle trim, excel. cond., \$500. Ed Bolyard, 278 Ed Arnold Rd., Augusta, 26704; 703-1767.

Blue Heeler/Welsh Corgi cross 6-wk. pups, \$150/ea. John Brenaman, 1198 Gibbstown Rd., Letart, 25253; 882-3458.

Brown eggs, \$2.25/dz. Jerry Cornell, 132

Cornell Dr., Apple Grove, 25502; 576-2785.

CKC reg. Collie pups, the Old Lassie Collie, sable/white & tri-colored, parents on premises, vacc./wormed, male, \$500; female, \$600. Kevin Cummings, 110 Walnut St., Evans, 25241; 372-8615.

Copper apple butter kettle w/stand & paddle, 20-gal., \$700. Al Dotson, 1210 21st St., Vienna, 26105; al_dotson2001@yahoo.com.

Hay '22 1st cut sq. bales, mixed meadow grasses, never wet, conditioned & sprayed for weed, near Summersville, \$4/bale. Charles Wuffy, 53 Hawick Rd., Inwood, 25428; 676-7790.

Hay 6/22 sm. sq. bales, brome, timothy, clover, no weeds, \$4.50/bale. Blaine Fike, 22672 George Washington Hwy., Aurora, 26795; 612-5362.

AKC reg. German Shep. 5/22 pups, black & tan, vacc./wormed, \$900. Elvin Fisher, 1831 Hokes Mill Rd., Ronceverte, 24970' 646-5590; ejfisher03@gmail.com.

German Shep./Border Collie cross pups, \$250. Maria Fisher, 1831 Hokes Mill Rd., Ronceverte, 24970; 92-4369.

Set of 8' cattle racks, good cond., \$60/obo. Merle Fletcher, 375 Annie-O-Dr., Shinnston, 26431; 838-2226.

Doctors buggy, coil spring, garage kept, used in parades, \$2,500. Dale Forren, 1636 Wills Crk. Rd., Fayetteville, 25840; 575-3908.

ABCA Reg. Border Collies, from sheep & cattle herding stock, vacc. & clear on Optimal Selections DNA panel, \$600. Joseph Garland, P.O. Box 785, Cowen, 26206; 618-1606.

Wagon frames, 2, \$750/ea. Bruce Garrett, 1326 Spanish Crk. Rd., Camden, 26338; 269-2092.

Hay 3 1/2x4, 1st cut round bales, stored in barn, \$22/bale. James Hanna, 231 Martin Lane, Craigsville, 26205; 742-8996.

Maple syrup, pure WV: \$20/qt.; \$11/pt.; \$6/1/2 pt.; \$3.25/100ml. Karen Hartman, 1761 Burgess Hollow, New Creek, 26743; 788-1831.

Rabbits, \$5-\$35; chicken cage, 6', \$200/obo. Rodney Hayes, 1025 E. Main St., Mannington, 26582; 365-3888.

Trailer, '05 Adams 2-horse straight load, 7' tall, all polylines matched, new tires/wheels, \$5,500. Dwight Huffman, 7976 Blue Lick Rd., Greenville, 24945; 753-4590; 540-726-7577; 9 a.m. -3 p.m. Tue.-Fri.

Hay round bales, timothy, orchard grass & clover, approx 400 lbs., 20/bale; sq. bales, \$3/bale. Patricia Johnson, 10044 Glendale Rd., Cairo, 26337; 628-3883; 904-945-3883.

Cattle trailer, single axle, bumper pull, \$1,200. Ron Malus, 3446 Snake Run Rd., Alderson, 24910; 392-5231.

Hay '22 4x5 round bales, \$30/bale. Quentin Matheny 444 Hill View Dr., Kingwood, 26537; 864-0804.

Hay 1st cut 4x4 round bales, \$35/bale; 2nd cut sq. bales, \$2.50/bale. Harold Mays, 2455 Huntington Rd., Gallipolis Ferry, 25515; 576-2542.

Rabbits: New Zealand & California breeding, \$30/ea.; Hay, 1st cut round bales, excel. quality, \$30/bale.

Hay '22 1st cut, 4x5 round bales, \$30/bale; '21 round bales, \$20/bale. Harold Metz, 193 Waymans Ridge Rd., Moundsville, 26041; 843-5310.

Hay '21 4x5 round bales, wrapped, \$45/bale. Michael Morris, 151 Morris Hollow Rd., Rosemont, 26424; 627-5064; 612-6677.

Black Walnut Kernels, vacuum sealed 1 lb. package, \$15, plus postage. Calvin Morrison, P.O. Box 877, Jane Lew, 26378; 884-7444.

Acresage: Putnam Co.: 8 A., in Emerald Fields Grandview Ridge, 293' rd. footage, all underground util., \$65,000. Bill Morton, 104 Marble Dr., Eleanor, 25070; 543-4575.

Straw, \$7/bale. Connie Oaks, P.O. Box 127, Waverly, 26184; 464-4008; 483-6071.

Hay '22 lg. sq. bales, quality mixed grasses, easy access, never wet, \$6/bale/out of barn; \$5/bale/out of field. Larry Parsons, 76 Maple Drive, Evans, 25241; 372-4575.

Hay 4x5 round bales newly baled hay, \$40/bale. June Pitcher, 307 Cobun Crk. Rd., Morgantown, 26508; 290-7914.

Doctors 1-horse buggy, black & natural wood, \$2,000; Fred Mueller saddle, made in Denver, Co., tooled 14" seat, black, \$600, both excel. cond. Travis Porter, 424 Travis Dr., Bridgeport, 26330; 612-9566.

German Shep. crossed w/Belgium Malinois, \$700. Floyd Rose, 147 Rosemark Lane, Franklin, 26807; 358-7070.

Hay '22 1st cut 6' round bales, \$65/out of barn. James Rowe, 5196 Malcolm Rd., Barboursville, 25504; 592-3321.

Apples: Macintosh, Gals, Ozark Gold, \$10/bu. -\$12/bu.; peaches, \$25-\$30 bu., bring con-

tainer, call for appointment & picking times, Paula Ruggles, 131 Ruggles Orchard Rd., Levels, 25431; 492-5751.

Hay 4x5 round bales, \$25/bale. M. Shupp, 1651 Stalnaker Rd., Philippi, 26416; 457-1063.

ABCA Border Collie 11/21 pups, male, black/white; female, chocolate/white, both \$500/ea. Ruth Slater, 869 Dry Branch Rd., Charleston, 23512; 964-1668; 531-1735.

Hay '21 4x4 round bales, quality mixed, lots of clover, easy access, will load, \$35/bale. Dave Stephenson, Rt. 129, Keslers Cross Lanes, 26675; 619-8454.

Free mixed grass/clover, you cut on 10 A. & help load/haul, leave us 15-20 bales, D Tiles, 3424 Limestone Rd., Parsons, 26287; 478-3519.

Hay '22 4x4 round bales, \$30/bale. Becky Wilson, 2841 Sellars Rd., Middlebourne, 26149; 771-8135.

Hay '21 sq. bales, \$3/bale, approx. 200 bales, easy access. Sandy Zirkle, 232 Hackney Dr., Mabie, 26278; 591-2552.

Miscellaneous Wants

Shifter for 14" Williams Stone Burr mill; handle for JD 1B floor model corn sheller w/round hole in the handle. Harold Farnsworth, 38 Trailer Rd., Buckhannon, 26201; 472-8245.

SPRAYING

Pasture, hay land & more with herbicide to treat weeds & brush, also spraying fert. & calcium products. Licensed, insured & experienced, \$300/up.
Dennis Burns, P.O. Box 524
Rupert, WV,
304-646-2779.

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THE WVDA IS HIRING!

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<https://wvda.applicantstack.com/jx/openings>

ELDERBERRY: A POTENTIAL VALUE-ADDED CROP FOR WEST VIRGINIA

By Lewis W. Jett, WVU Extension Horticulture Specialist

A native plant with many uses, elderberry has become a popular and profitable culinary and medicinal plant. With the help of a Northeast Sustainable Agriculture Research Education (SARE) Partnership Grant, West Virginia University Extension Horticulture Specialist Lewis Jett is partnering with Chris Yura, owner of WV Harvest from Lewis County, to evaluate production and value-added potential of elderberries in West Virginia.

The American elder (*Sambucus canadensis*), is a woody perennial found across Appalachia, usually in low areas such as fence rows or along the edges of woods or in riparian areas close to creeks or rivers. Elderberries do not compete well with other, taller, forest plants and, therefore, are often seen as an edge plant.



Elderberries have been used for centuries in folk medicine. Today there is a market for elderberries for both medicinal and culinary purposes.

Each elderberry bush can reach 6-15 feet in height and produces new canes each year which flower and produce an abundance of fruit.

The elderberry fruit is shiny and dark, ripening in August and September on flat, umbrella-shaped flowers called a cyme. The fruit is high in Vitamins A, C, as well as phosphorus, potassium and iron. Elderberries have been documented to reduce colds, flu and enhance the overall immune system. Both the fruit and flowers can be ingredients in teas, wines, baked goods, jams and jellies. The berries can be dried or juiced and sold as a wholesale product.

Since West Virginia is approximately 80% forested with mountainous topography, plants with economic value

which grow wild on otherwise fallow, non-timber areas are potentially profitable to landowners. In addition to evaluating domesticated elderberry varieties, we are interested in potentially working with West Virginia landowners who may have elderberries on their property for wild harvest. Any interested landowner can contact Lewis Jett at Lewis.Jett@mail.WVU.edu for more information.



RETURN SERVICE REQUESTED

GARDEN CALENDAR

AUGUST 2022

Source: WVU Extension Service Garden Calendar



- AUGUST 1** Water plants deeply each time. Seed beans and peas for fall crop.
- AUGUST 2** Seed spinach. Seed fall carrots.
- AUGUST 3** Plant cabbage for fall crop.
- AUGUST 4** Plant Chinese cabbage.
- AUGUST 5** Seed lettuce for fall crop. Watch for downy mildew.
- AUGUST 6** Seed mustard greens and radishes.
- AUGUST 8** Seed fall cucumbers. Control broadleaf lawn weeds. Seed collards.
- AUGUST 9** Chill spinach, beet or carrot seed for 1 to 2 days before sowing.
- AUGUST 10** Take note of new varieties. Seed beets.
- AUGUST 11** Harvest okra pods every other day.
- AUGUST 12** Seed rutabagas. Seed Asian greens.
- AUGUST 13** Watch for powdery mildew on pumpkins and winter squash.
- AUGUST 15** Seed radishes and leeks.
- AUGUST 16** Plant strawberries.
- AUGUST 17** Install sod. Seed fall herbs.
- AUGUST 18** Seed bok choy.
- AUGUST 19** Seed winter sprouting broccoli.
- AUGUST 20** Seed turnips.
- AUGUST 23** Plant collards.
- AUGUST 24** Seed lawn.
- AUGUST 25** Apply nitrogen to strawberries.
- AUGUST 26** Seed arugula.
- AUGUST 27** Seed Ethiopian kale as replacement for arugula.
- AUGUST 30** Turn compost.



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