

THE MARKET BULLETIN

“TELLING THE STORY OF WEST VIRGINIA AGRICULTURE”

KENT A. LEONHARDT, COMMISSIONER

www.agriculture.wv.gov

JOSEPH L. HATTON, DEPUTY COMMISSIONER

August 2019

STATE FAIR OF WEST VIRGINIA

The State Fair of West Virginia returns to Fairlea August 8-17, and the West Virginia Department of Agriculture (WVDA) will be there too. The 10-day event is filled with activities for all ages. From the livestock shows to the WV Country Store, the WVDA will play a big part in this year's fair.

The WV Country Store in the Gus R. Douglass Agriculture Annex returns with old favorites as well as some new companies. In 2018, fair-goers purchased more than \$67,000 worth of West Virginia grown goods. This year, 30-plus vendors from across the state will have their products up for sale. From popcorn to pet treats, salsa to soaps, you can purchase products from local farmers and producers.

“West Virginia agriculture is small and family owned,” said West Virginia Commissioner of Agriculture Kent Leonhardt. “That is what these West Virginia grown producers exemplify. They are our neighbors, friends and family, and we are proud of all the work they do advancing our state's agriculture industries.”

You'll be able to sample many of the products up for sale and talk with the folks who make them.

“WV Grown is important to people. Many of us want to know where our food is grown and how it is produced,” stressed WVDA Business Development Division Director Cassey Bowden. “The WV Grown Country Store provides the ‘meet your producer/farmer’ type experience. This is an opportunity to learn more about the product, where it's made, how it's made and get to know the faces behind the product. We encourage patrons to stop by and talk with those sampling to learn more about the producers, their products and their companies.”

The WV Country Store will be open Thurs, Aug 8 from 11 am to 7pm. During the rest of the fair it opens at 9am and closes at 7pm.

Over in the barns, the WVDA Animal Health staff plays a major role in the fair. The staff will be on hand every day throughout the fair to inspect animals that enter the grounds to make sure there are no signs of communicable diseases. They also ensure all testing requirements have been met and proper movement documents are in place.

“The animal movement and entry requirements are important for multiple reasons,” stressed WVDA State Veterinarian Dr. James Maxwell. “They protect West Virginia animal industries from diseases that could have significant impact for interstate and international movement, or even result in trade restrictions from other countries. Basically, these requirements are preventative measures and limit the risk of animal disease outbreak and spread.”

If you have animal health questions, you can call the WVDA Animal Health Division at 304-558-2214.

The WVDA's Poultry Building is another great place to visit while you're at the fair. It's filled with feathered friends like ducklings, chicks, turkeys and roosters.

“Poultry is a \$305 million business for West Virginia,” said WVDA Poultry Specialist Jerry Ours. “That includes commercial poultry houses and backyard flocks. Most West Virginians don't know that poultry is the largest sector of agriculture in our state.”

The poultry building also features interactive learning.

“There's the duck slide, always a fan favorite. We have chicks hatching almost every day. There are coloring sheets for our younger guests and information for the adults on how to start a backyard flock. Visitors can also sample poultry products produced here in WV. There's something for every-



one,” stressed Ours.

The poultry building opens at 10 a.m. and closes at 8 p.m. each day of the fair. It's located just behind the rabbit hatch near the barns.

You'll also want to visit the Soil Tunnel Trailer parked between the Ag Annex and the West Virginia Building. The trailer gives kids and adults alike a look at what goes on in the soil beneath our feet.

The Ag Annex will also play host to some educational activities. August 8-10 the WVDA Apiary Staff (those are the bee experts) will be on hand to talk about the importance of our honeybee population and how honey is made. On August 11-13 and the 16-17, the WVDA READ staff will highlight farmers markets and produce safety. August 14-15, you can learn about the invasive pest Spotted Lanternfly and why it's important to stop its spread from the WVDA Plant Industries staff.

“We have a little bit of everything going on in the Ag Annex. From educational opportunities to introducing consumers to West Virginia Grown products, we encourage folks to stop by and see us. You will not be disappointed,” said Commissioner Leonhardt.

Come visit us at the State Fair of West Virginia. We can't wait to meet you!

Kent's Reflections – West Virginia Must Do More to Support Children

As the state battles the ongoing opioid crisis, West Virginia's institutions, communities and groups are being pushed to new bounds with many taking on expanded roles or missions. We have seen older generations push off retirement to replace gaps in the family structure. Foodbanks, once in service of the neediest, now serve huge swaths of the population. Teachers are being asked to play social worker. Churches now act as rehab facilities.

Faced with these new and ever-growing problems, the potential for children to fall through proverbial social safety net grows. At no fault of their own, the people growing up in West Virginia are experiencing higher rates of hardship than any generation before. Many must tackle hunger, homelessness and addiction every day. When young people have to focus their energy on basic survival, its obvious other priorities are going to fall by the wayside. We can't expect them to care about homework or studying for that upcoming test crucial to their future.

These students, who struggle to meet the grades in school, then become less prepared for or do not even attempt to obtain advanced degrees. They miss out on life skills which are crucial in their

future careers. Many of these same students lack confidence and support as they navigate today's world almost unsupervised. To preserve the next generation, we must provide more support services and quickly.

There is no silver bullet to fixing the problems the next generation faces. From expanded education options to increased wraparound services, there is a plethora of different policy ideas to better education in West Virginia. One that is being overlooked is funding for our school's extracurricular programs. From band to club sports, these activities help young people hone their skills and interests, as well as keep them around positive group experiences. Keeping these programs funded and school sponsored ensures they remain open to everyone, especially children from low-income families.

The critical need of such programs is no better exemplified than through the success of our FFA and 4-H chapters. With 6,649 members in 83 local chapters, FFA has reached an all-time high in West Virginia at a time when our state's population and the national agricultural workforce continue to shrink. The growth clearly cannot be attributed to pure population numbers; something else must be driving

membership. Talk to any of your local FFA members about the benefits of being involved and you will realize what the answer - community.

Kids watch out for one another in FFA and 4-H. The students, not the adults, are the ones who hold everyone accountable. Just like in a herd, if one strays too far away, the others wrangle them back in. The members see true value they can bring to their communities as they work on supervised agricultural experiences. Most importantly, they are molded into leaders while learning valuable life skills. The leaders of tomorrow are created today through these experiences.

Any good doctor knows we must focus on prevention as well as treatment. Extracurricular activities like FFA and 4-H are building a sense of community while teaching life skills. They are also inspiring students to use their free time wisely by focusing on goals that will better their lives down the road. These programs are helping fill crucial gaps in the community and family structures of our state. It is time West Virginia does its part to support these activities by properly funding these types of programs. We owe it to our children.



PRODUCE SAFETY: TRACEABILITY & RECALL

We just wrapped up a productive recall training this month with members of the West Virginia Farm Food Safety Team and industry addressing traceability and recall needs within the state's food system. The course was applicable to fresh produce as well as processed foods.

Taught by Virginia Tech's Dr. Robert Williams and Joell Eiffert, the program focused on the difference between traceability (establishing a system of identifying where products are in the food chain) and the development of a sound recall plan (how your firm plans to locate and withdraw products from the marketplace in a timely manner). Prevention at the field and packing levels (FSMA Grower and GAP training modules such as employee education and monitoring) helped participants understand most produce outbreaks happen after harvest.

Providing technical assistance to establish produce traceability and recall plans through a multi-agency approach (WVDA, WV DHHR, and WVU) to growers was emphasized on the service provider contingent, and hands-on work with growers and processors was made possible in the instructional format. Firms have begun to incorporate the concepts of traceability and recall into their production schemes.

For those in the production chain, five important steps will help your firm develop an effective traceability and recall strategy.

1. Collaborate with suppliers. Are there packaging materials available that would lend themselves to a simple coding system that fit your cost of production targets? Are there new innovations available through your suppliers to ease implementation of traceability? Are you able to trace (one step back) all of your inputs including soil amendments and applications?
2. Implement tracking systems and software. For smaller growers, integration of traceability through lot codes can be made a part of your invoicing system. Other low cost options exist including incorporation of cellphones and other electronic devices.
3. Integrate traceability with existing technology. Consider using and incorporating methods used by your suppliers and customers for a seamless distribution of your produce from the field to market.
4. Create an alert system. Can you monitor critical factors such as intrusion, refrigeration and cooling area temperatures remotely? Has your staff been trained to know conditions where an alert would be warranted due to a threat to your product? Are your buyers comfortable and know how to contact you in case

your product has deteriorated at the marketplace (one step up)?

5. Communicate with your customers. Food recalls can be very daunting and jeopardize your produce enterprise. Communication across the entire marketplace is essential in both the prevention and implementation of a product recall.

It's not too late. We are accepting affidavits for Basic and Qualified Exemptions under the Produce Safety Rule. Worksheets and affidavits can be sent or emailed by contacting produce@wvda.us.

UPCOMING TRAINING

Save the Date---Preventive Controls training for processed and fresh foods on September 24, 25, 26, 2019 at the Bridgeport Courtyard by Marriott. The course cost is \$250 and includes instruction and materials for future use and implementation. This course is of particular interest to mixed facilities (fresh food production and processing at the same location) and those looking to increase food safety awareness and outbreak prevention. Register at:
<http://survey.constantcontact.com/survey/a07eghf6t3ojyejrcth/start>

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WEST VIRGINIA FEEDER CATTLE AND CALF SALES 2019 FALL SCHEDULE

Special Graded Feeder Sales – Farm Fresh Cattle

SPONSORED BY: West Virginia Livestock Auction Markets, West Virginia Cattlemen's Association,
West Virginia Department of Agriculture

Y-B-T	WESTON	FRI	AUG. 23, 9:00 A.M.	1200	269-5096
Y-BB-T	BUCKHANNON	TUE	AUG. 27, 9:00 A.M.	1000	472-5300
Y-C	CATTLEMEN'S LIVESTOCK EXCHANGE				
		FRI	AUG. 30, 2:00 P.M.	1000	647-5833
Y-T	WESTON	SAT	AUG. 31, 10:00 A.M.	300	269-5096
Y-B-T	RIVERTON	THU	SEPT. 5, 1:00 P.M.	800	567-2267 567-2551
C	PARKERSBURG LIVESTOCK EXCHANGE				
		THU	SEPT. 12, 11:00 A.M.	125	681-797-5518
C-T	WESTON	THU	SEPT. 12, 9:00 A.M.	1200	269-5096
Y-C-T	MARLINTON	FRI	SEPT. 13, 7:00 P.M.	500	799-6593
Y-T	WESTON	SAT	SEPT. 14, 10:00 A.M.	400	269-5096
CC-T	JACKSON'S MILL	SUN	SEPT. 15, 10:00 A.M.	400	296-5100
C-T	BUCKHANNON	TUE	SEPT. 17, 9:00 A.M.	1000	472-5300
C-T	WESTON	THU	SEPT. 29, 9:00 A.M.	1200	269-5096
	SOUTH BRANCH	SAT	SEPT. 21, 10:00 A.M.	1000	538-6050
Y-C	JACKSON CO.	SAT	SEPT. 21, 11:00 A.M.	500	373-1269
C-T	BUCKHANNON	TUE	SEPT. 24, 9:00 A.M.	1000	472-5300
C	PARKERSBURG LIVESTOCK EXCHANGE				
		THU	SEPT. 26, 11:00 A.M.	125	681-797-5518
C-QA-B-T-S	BUCKHANNON	FRI	SEPT. 27, 1:00 P.M.	4200	472-5300 472-7955
Y-C	CATTLEMEN'S LIVESTOCK EXCHANGE				
		FRI	SEPT. 27, 2:00 P.M.	1000	647-5833
Y-C-T	MARLINTON	FRI	SEPT. 27, 7:00 P.M.	500	799-6593
C-T	TERRA ALTA	WED	OCT. 2, 10:00 A.M.	500	789-2788
C-T	WESTON	THU	OCT. 3, 9:00 A.M.	1000	269-5096
C-T	HARRISVILLE	FRI	OCT. 4, 9:00 A.M.	500	643-2636
Y-C-T	MARLINTON	FRI	OCT. 4, 7:00 P.M.	500	799-6593
Y-C	SOUTH BRANCH	SAT	OCT. 5, 10:00 A.M.	1000	538-6050
Y-C	JACKSON CO.	SAT	OCT. 5, 12:00 P.M.	400	373-1269
C	PARKERSBURG LIVESTOCK EXCHANGE				
		THU	OCT. 10, 11:00 A.M.	200	681-797-5518
Y-C-B-T	WESTON	FRI	OCT. 11, 9:00 A.M.	300	269-5096
Y-C	SOUTH BRANCH	SAT	OCT. 12, 10:00 A.M.	1500	538-6050
Y-C-T-BB	BUCKHANNON	TUES	OCT. 15, 9:00 A.M.	1000	472-5300
Y-C-T	MARLINTON	FRI	OCT. 18, 7:00 P.M.	500	799-6593
Y-C	TERRA ALTA	FRI	OCT. 18, 2:00 P.M.	350	789-2788
Y-C	SOUTH BRANCH	SAT	OCT. 19, 10:00 A.M.	1500	538-6050
Y-C	JACKSON CO.	SAT	OCT. 19, 11:00 A.M.	500	373-1269
Y-C	SOUTH BRANCH	SAT	OCT. 27, 10:00 A.M.	1200	538-6050
C	PARKERSBURG LIVESTOCK EXCHANGE				
		THU	OCT. 24, 11:00 A.M.	200	681-797-5518
Y-C	CATTLEMEN'S LIVESTOCK EXCHANGE				
		FRI	OCT. 25, 2:00 P.M.	1000	647-5833
Y-C	SOUTH BRANCH	SAT	OCT. 26, 10:00 A.M.	1200	538-6050
C	PARKERSBURG LIVESTOCK EXCHANGE				
		THU	NOV. 7, 11:00 A.M.	125	681-797-5518
Y-C-T-BB	BUCKHANNON	FRI	NOV. 8, 9:00 A.M.	1000	472-5300
Y-C-P	JACKSON CO.	SAT	NOV. 9, 12:00 P.M.	300	373-1269
Y-C	CATTLEMEN'S LIVESTOCK EXCHANGE				
		FRI	NOV. 15, 2:00 P.M.	1000	647-5833
C	PARKERSBURG LIVESTOCK EXCHANGE				
		THU	NOV. 21, 11:00 A.M.	100	681-797-5518
Y-C-T-BB	BUCKHANNON	WED	DEC. 4, 2:00 P.M.	1000	472-5300
Y-C	CATTLEMEN'S LIVESTOCK EXCHANGE				
		SAT	DEC. 7, 2:00 P.M.	500	647-5833
C	PARKERSBURG LIVESTOCK EXCHANGE				
		THU	DEC. 12, 11:00 A.M.	100	681-797-5518

KEY:

- B** Board sale
 - BB** Cattle available both in Barn & Board/Tel-O-Auction sale
 - C** Feeder Calves (dehorned and bull calves castrated)
 - CC** Club Calves (halter broken and weaned)
 - H** Heifers Only
 - P** Pre-conditioned
 - S** Statewide Board Sale
 - ST** Steers Only
 - T** Tel-O-Auction available
 - Y** Graded yearling cattle
- * Friday Special Sale with Regular Sale

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State Park Farm to Table Dinners

Eat Local Eat Fresh

TWIN FALLS STATE PARK
August 16, 2019; 304-294-4000

HAWK'S NEST STATE PARK
August 17, 2019; 304-658-5212

NORTH BEND STATE PARK
August 22, 2019; 304-643-2931

CHIEF LOGAN STATE PARK
August 23, 2019; 304-855-6100

CASS STATE PARK
August 29, 2019; 304-456-4300

CACAPON STATE PARK
Sept. 10, 2019; 304-258-1022

CANAAN VALLEY STATE PARK
Sept. 12, 2019; 304-866-4121




SAVE THE DATE
NOV. 15-16, 2019
Women in Agriculture Conference

Stonewall Resort
Roanoke, West Virginia

For more information contact:
Emily Wells at Emily.Wells@mail.wvu.edu,
304-728-7415 or go to
extension.wvu.edu/agriculture/women-in-agriculture

EXTENSIONSERVICE

2019 WV Women in Agriculture

More and more West Virginia women are entering the agriculture field. Whether they're raising cattle or poultry, teaching the basics of agriculture through FFA or protecting the future of our farm lands, they are making a difference. This month we celebrate West Virginia's female farmers and honor those who have left behind a legacy.

"Women now make up 38 percent of our state's farmers. As more women consider agricultural careers, a lot of thanks is due to those who paved the way. These five women have had a tremendous impact on our state's agricultural sector, as well as helped inspire the next generation of farmers," said Commissioner of Agriculture Kent Leonhardt.

Commissioner Leonhardt will host a reception at the State Fair of West Virginia honoring this year's Women in Agriculture recipients on August 11 at 11:30 a.m. The event will take place in the tent next to the fair ticket office. The public is invited to attend.



BETTY BOSLEY



LOIS CARR



PENNY GRITT GOFF



CAROL TAYLOR



JOANN WATTERSON

Betty Bosley

Elizabeth "Betty" Bosley spent her childhood on Buena Vista Farm. The Farm itself was constructed in the 1800's and boasted West Virginia's largest barn. In her early years, Betty was a true farm girl, helping on the family farm. "Corn, cattle and kids" was the farm's logo. She participated in 4-H showing cattle and taking agriculture/home economics projects. After attending college, she raised two daughters while teaching for over 40 years in the Hardy County School system.

In 1980, Betty and her husband started their own farm. It grew into a poultry production business, with two large poultry houses. They have won "WV Pullet Producers of the Year." Now owning over 50-plus acres, they are raising purebred registered Simmental and Simental/Angus cross cattle. Betty has a keen eye for beautiful, high producing stock.

Betty has not only grown her own family farm into a purebred cattle and poultry production business, she continues to show others how to learn from the bottom up and the ins and outs of running a farm. She and her husband live in Hardy County and are the proud grandparents of four.

Lois Carr

Lois Kisamore Carr is a third-generation farmer in Pendleton County. Her grandparents purchased the farm in 1906, and it has remained in the family. Lois began farming with her dad in the late 60's and continued after she married. When her parents passed away, Lois and her husband, Roy Carr, were able to purchase the family farm. It consists of 180 acres and an additional 310 acres of pasture land, rented for cattle and sheep to graze.

The Carr operation consists of 80 head of Angus and crossbred cow and calf pairs, 125 head of ewes and

lambs, hogs, goats and chickens. They have installed conservation practices including pasture divisions and access control fencing, prescribed grazing, pasture and hay planting, critical area planting, forage harvest management and streambank protection.

Lois and Roy are the parents of two. Douglass and his family live on the farm and help with the operation. Mark passed away at the age of eight from leukemia. The family avoids pesticides and chemicals due to cancer causing elements.

A highlight for Lois has been the opportunity to mentor young people through the local 4-H and FFA agriculture programs. Lois received the highest FFA Award, Honorary Chapter Degree in 2016, for her work with the FFA chapter at Petersburg High School. She is very dedicated to conservation and improving the land for generations to come.

Penny Gritt Goff

Gritt's Midway Greenhouse (GMG) was established in 1944 by founder Tony Gritt, Jr., who peddled his fresh produce in Charleston. Three generations of Gritts have since contributed to expanding the enterprise, including Penny Gritt Goff. She learned from both her grandfather and father about the greenhouse business and further enhanced her training by studying ornamental horticulture at the Ohio State University (Bachelor of Science, 1983). Penny is now the owner and General Manager of Gritt's Midway Greenhouse. Penny helped spearhead the production of hydroponic tomatoes, lettuce and herbs under 1.5 acres of greenhouses. Penny and her husband, Matt Goff, currently manage six acres of production greenhouses, with 2 acres of outdoor growing space. They employ approximately 40 people.

As the General Manager of GMG, Penny oversees and coordinates all activities, including scheduling and

buying. Penny sells her produce within a 150-mile radius to Kroger stores, independent grocery stores, produce vendors and through the company's own retail outlet. During the last five years, GMG has sold over \$340,000 worth of produce through the Child Nutrition Office of the Putnam County School system.

Penny is a member of the West Virginia Greenhouse and Landscape Assoc., LLC and is a new member of the RCBI Agriculture Innovation Leadership Council. Each spring and fall, Penny provides starter plants for school gardens and donates seeds for the students to plant.

Carol Taylor

Carol Taylor did not come from a farming background but married a farmer at the age of 22. She learned the ins and outs of a working farm while working closely with her family. Cottage Hill Farm is home to a registered Polled Hereford operation nestled in the Potomac Valley of Petersburg. The farm runs approximately 200 head of Hereford cows on 1,000 acres. The farm is family owned and operated by Carol and her husband along with their three sons and their families. Carol treks the hills of the operation daily checking for new babies during calving season. Her role is making sure everyone has what they need to carry out their part in the operation.

Along with caring for the livestock Carol has taken a particular interest in advertising and promoting the operation. She handles the bookkeeping and records and runs totals of calves at the sales. The farm now works with embryo transfer programs in conjunction with their sons' operation, Triangle T Farm.

In addition to the cattle, Carol became a full partner with her husband, W.C., when contract poultry began on the farm in 1992. The Taylors have received numerous awards for poultry, including the 2001 Pilgrim's Pride Corporation

Environmental Excellence, 2005 WV Poultry Association Environmental Award, 2007 National Poultry and Egg Association Eastern District Award Winner and 1995 Broiler Producer of the year.

Carol worked 27 years serving as a cook in the Grant County School system and embedded herself in the community serving as a 4-H leader.

JoAnn Watterson (dec.)

JoAnn Watterson was a true pioneer for women in agriculture and helped pave the way for other young women to become established in agriculture related industries. She was heavily involved in the local Holstein-Friesian Association, the Dairy Herd Improvement Association and the Mason County Fair.

In 1960, JoAnn's father died leaving her and her mother the nearly 2,000 acre Kanawha River Valley farm. JoAnn was 18 years old at the time and by the next year, she started managing the operation. She milked the cows, raised and fed the calves, raised and harvested the crops, managed the financial affairs and did all the rest of the farm chores along with the hired farm workers. JoAnn managed the farm by herself until she was married in 1965 to her husband Bob Watterson. In 1973, they went from a mixed grade operation to a completely registered Holstein-Friesian operation.

Even while managing the farm, she maintained a home, was president of the Farm Women's Homemaker club and mentored young people. The farm was sold. After the sale, she attended Marshall University in Food Service Management.

JoAnn received various ribbons, trophies and awards at the local fair for showing dairy cattle. Then in later years her culinary abilities earned her many awards and job offers from some of the best chefs in the area, even a job offer from the Greenbrier. JoAnn passed away on July 19, 2018.

Summer's Finest

There's no lack of fresh vegetables in the summer here in West Virginia. Whether you're growing veggies in your garden or purchasing them at the farmers market, now is the time to enjoy peak flavor. Zucchini, tomatoes and corn are great on their own, but how about mixing it up? This month's recipes feature flavors straight from the garden. They're delicious, easy to make and a great addition to your summer recipe box. Eat up! If you have a recipe you'd like to share, send them to marketbulletin@wvda.us.



Roasted Tomato Salad

- | | |
|---|--|
| 3 tomatoes, cut into wedges | 1/2 teaspoon dried marjoram |
| 1 onion, thinly sliced | kosher salt and ground black pepper to taste |
| 3 cloves garlic, minced | 3 tablespoons extra-virgin olive oil |
| 3 tablespoons very thinly sliced fresh basil leaves | 1 tablespoon balsamic vinegar |
| 1/2 teaspoon dried oregano | 1 head Boston lettuce, leaves separated |
| | 4 romaine lettuce leaves, thinly sliced |
| | 3 ounces freshly shaved Parmesan cheese |

Preheat oven to 350 degrees. Mix tomatoes, onion, garlic, basil leaves, oregano and marjoram in an 8x8-inch baking dish; sprinkle with salt and pepper. Drizzle with olive oil and balsamic vinegar and toss to combine. Roast in oven until tomatoes and onion are soft and the juices turn brown and sticky (about 20 to 30 minutes.) Set aside to cool. Place a Boston lettuce leaf onto 6 serving plates and sprinkle romaine lettuce over each leaf. Divide the warm roasted tomato mixture among each salad; top salads with shaved Parmesan cheese. If any caramelized tomato juices remain in the pan, spoon over the salads.

Black Bean and Corn Salad

- 1/3 cup fresh lime juice
- 1/2 cup olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/3 teaspoon ground cayenne pepper
- 2 (15oz) cans black beans, rinsed and drained
- 1 1/2 cups corn kernels
- 1 avocado, peeled, pitted and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- 1/2 cup chopped fresh cilantro (optional)

Place lime juice, olive oil, garlic, salt and cayenne pepper in a small jar. Cover with lid, shake until ingredients are well mixed. In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions and cilantro. Shake dressing and pour it over the salad. Stir to coat vegetables and beans with dressing, serve.

Zucchini Pizza Bake

- | | |
|-------------------------------------|---|
| 4 cups shredded unpeeled zucchini | 1/2 cup chopped onion |
| 1/2 teaspoons salt | 1 (15oz) can Italian-style tomato sauce |
| 2 eggs, lightly beaten | 1 teaspoon Italian seasoning |
| 1/2 cup grated Parmesan cheese | 1 green bell pepper, chopped |
| 2 cups shredded mozzarella cheese | 1/2 cup sliced fresh mushrooms |
| 1 cup shredded Monterey Jack cheese | 1/2 cup sliced black olives |
| 1 pound ground beef | |

Preheat oven to 400 degrees. Place the zucchini in a colander and sprinkle with salt; let drain for 15 minutes then squeeze out the moisture. Combine the zucchini, eggs, Parmesan, 1 cup mozzarella and 1/2 cup Monterey Jack in a large bowl. Press the mixture into a greased 9x13 inch baking dish. Bake, uncovered, in oven for 20 minutes. While zucchini crust is baking, heat a large skillet over medium-high heat and stir in ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in tomato sauce and Italian seasoning. Spoon sauce mixture over baked zucchini crust. Top with the bell pepper, mushrooms, black olives, and the remaining mozzarella and Monterey Jack cheeses. Return to oven and bake for 20 minutes or until heated through. Let sit 5 minutes before serving.



Message from **THE VET**

With animal exhibition season upon us, it's a great time to be reminded about the potential for zoonotic diseases that can be passed from the animals to humans. E. coli, salmonella and campylobacter are all intestinal bacteria that cause illness to humans through fecal-oral transmission. One strain of E. coli has the potential to produce toxins which can destroy the body's red blood cells, affect the kidneys and in rare cases, cause death. In a recent case in California, three young children became ill and one child died after an E. coli infection, which is suspected to be from contact with animals at a public exhibition event. Diseases causing visible skin lesions such as ringworm and sore mouth (ORF) are also a concern for human health. In addition, swine exhibitions pose a risk to attendees becoming ill with swine influenza viruses transmitted from show pigs' respiratory systems. People attending animal exhibitions are reminded to wash their hands frequently after having contact with animals and before touching their food. Adults should pay special attention to make sure young children are appropriately washing their hands. With proper hygiene, attending animal events can be enjoyed by all. More information about zoonotic infections can be found here: <https://www.cdc.gov/onehealth/basics/zoonotic-diseases.html>

Veteran of the Month: Sierra Cox



Sierra Cox is a native of West Virginia who decided to join the Navy and see the world. But her love of West Virginia brought her back home after two deployments. She established Wonder Valley Farm in Roane County in 2018. Lavender is already growing on the property, and Cox has 35 honeybee hives. She's in the process of building a high tunnel to expand her business. To learn more about Cox, you can find her story at agriculture.wv.gov.

West Virginia Grown

Rooted in the Mountain State



BERKELEY

- Cox Family Winery
- Geezer Ridge Farm
- Kitchen's Orchard & Farm Market
- Mountaineer Brand
- Raw Natural
- Sister Sue's
- Taylor's Farm Market
- US Veteran produced
- West Virginia Pure Maple Syrup
- West Virginia Veteran Produced
- Wildflower

BRAXTON

- Mary's K9 Bakery

BROOKE

- Family Roots Farm
- Bethany College Apiary
- Eric Freeland Farm

CABELL

- Appalachian Apiculture
- Down Home Salads

CLAY

- Legacy Foods
- Ordinary Evelyn's

DODDRIDGE

- Sweet Wind Farm

FAYETTE

- Up The Creek

GREENBRIER

- Arbaugh Farm
- Sloping Acres
- TL Fruits and Vegetables

- Mountain State Maple

HAMPSHIRE

- Kismet Acre Farm

HARDY

- Buena Vista Farm
- Wardensville Garden Market

HARRISON

- Rimfire Apiary

JACKSON

- Maddox Hollow Treasures
- Out of This World Salsa
- Sassy Gals Gourmet Treats

KANAWHA

- Angelos Food Products LLC
- Hamilton Farms
- Hernshaw Farms
- Lem's Meat Varnish

LEWIS

- Lone Hickory Farm
- Smoke Camp Craft

LINCOLN

- Hill n' Hollow Farm & Sugarworks
- Wilkerson Christmas Tree Farm
- Simply Hickory
- Ware Farms

MARION

- Holcomb's Honey
- Rozy's Peppers in Sauce

MARSHALL

- Hazel Dell Farm

MINERAL

- Indian Water Maple Company

MONONGALIA

- The Kitchen

MONROE

- Spangler's Family Farm

MORGAN

- Glascock's Produce
- Mock's Greenhouse and Farm

NICHOLAS

- Kirkwood Winery
- Woodbine Jams and Jellies

OHIO

- Grow Ohio Valley
- The Blended Homestead
- Moss Farms Winery
- Rock Valley Farm
- Windswept Farm
- Zeb's Barky Bits

PENDLETON

- M & S Maple Farm
- Cool Hollow Maple Farm
- Rocky Knob Christmas Tree Farm

POCAHONTAS

- Brightside Acres

- Brush Country Bees

PRESTON

- Mountindale Apiaries
- Me & My Bees
- Riffle Farms
- Valley Farm, Inc.

PUTNAM

- Sycamore Farms & Primitives
- Taste of Country Candles
- Gritt's Midway Greenhouse

RALEIGH

- Bailey Bees
- Butcher's Apiary
- The Farm on Paint Creek
- Daniel Vineyards
- Shrewsbury Farm

RANDOLPH

- The Bryer Patch
- WV Wilderness Apiaries

RITCHIE

- Turtle Run Farm

ROANE

- Christian Farm

TAYLOR

- A Plus Meat Processing

TUCKER

- Mountain State Honey Co. LLC

TYLER

- Cedar Run Farm
- Creekside Farms

- Uncle Bunk's

UPSHUR

- Mountain Roaster Coffee
- Old Oaks Farm
- Zul's Frozen Lemonade

WAYNE

- Elmcreech Farm
- Stiltner's Apiaries

WEBSTER

- Williams River Farm

WETZEL

- Thistledeew Farm
- Wetzel County Farmers Market

WIRT

- Stone Road Vineyard

WOOD

- In a Jam!
- Stomp-n-Grounds Craft Coffee
- Oldham Sugar Works

Join the growing list
of WV Grown companies to-day!

Email wvgrown@wvda.us or
visit our website at agriculture.wv.gov
for application packet.

WVDA Highlights Electronic Cattle Tagging Systems

The West Virginia Department of Agriculture (WVDA) and All Flex Inc. hosted a learning session on electronic tagging systems for livestock Monday, June 24 at the WVDA Pruntytown State Farm. The session covered new USDA requirements for disease traceability, as well as electronic tagging systems available to livestock markets, expos and livestock producers. Both the WVDA and WVU Davis College are already utilizing the electronic tags to assist managing their respective herds.

The event was organized by WVDA's Animal Health Division and led by Animal Disease Traceability Coordinator Jayme Garrett.

"Cattle walk by the scanners which then pick up the animal's ID number which appears on screen. Participants also used hand held devices to read the tags," Garrett said. "Employing this technology is important for faster disease traceback in animal agriculture and improves our ability to participate in global trade."

The "tag" itself is a quarter size button which omits a low frequency radio wave. The frequency output can be read by a scanner to update livestock recordkeeping software. Those who attended the class were given the opportunity to watch the technology in action, as well as have a hands-on-experience with scanners and screen monitors. In addition to showcasing the new electronic tagging systems, session participants also heard from experts about best practices that improve livestock handling efficiencies and overall herd management.

"Many domestic and international trade partners are moving towards electronic disease traceability. This is due to a demand from consumers who want to know the complete history of their food," said WVDA Deputy Commissioner Joe Hatton. "This is good for food safety as we can trace the products back to the farm. By utilizing these tags, the beef industry will help consumers identify the source of the beef they purchase."



WVDA Animal Health Inspector Tatle High reads an electronic ID tag in the cow's ear with a reader wand and transmits the tag number onto her tablet for record keeping purposes. The wand uses Bluetooth capability to transmit the tag number to the tablet.

Union, 24983; 772-5214; beegreengrowers@yahoo.com.

Artificial insemination tank, carrying case & a few supplies, \$50; feeding troughs for cattle, 2, \$25/ea.; watering troughs, good cond., various sizes, \$200. Marge Davis, 11457 Pullman Rd., Pennsboro, 26415; 659-3577.

Acraege: Harrison Co., 48 A., pasture, woods, sm. stream that runs through it, easy access, good fence, has a sm. 3 sided shed, \$80,000. Mike Davis, 2327 Mineral Rd., Jane Lew, 26378; 884-7473.

Acraege: Wayne Co., 5.87 A., woods, stream, 2, level lots, city water & elec., \$36,000. Guy Dillon, P.O. Box 547, Fort Gay, 25514; 417-5257.

AKC Aust. Shep. pup, male, black tri, vacc./wormed, \$500. Patti Fitzwater, 43 Old Place Lane, South Charleston, 25309; 533-6362; cowgirlaussies@gmail.com.

Acraege: Putnam/Jackson Co., 125 A., woods, pasture, sm. pond, hay, semi paved rd., elec., free gas, septic, drilled well, stream, Liberty area, \$1,500/A/neg. R. Good, 8818 Sissonville Dr., Sissonville, 25320; 336-573-9475.

Hay, '19, 4x4, net wrapped, \$35/bale/out of field; \$40/bale/out of barn, cheaper if you take all. Phil Haller, 29 Proudfoot Rd., Philippi, 26416; 457-1477.

Trailer, '00, Featherlite, 24', dovetail, manual head gate, \$5,500. Dwight Hanson, 1334 Gray Gables Rd., Crawley, 392-5076.

Maple syrup, pure WV, \$16/qt., \$10/pt., \$6/1/2 pts. Karen Hartman, 1761 Burgess Hollow, New Creek, 26743; 788-1831.

Worm castings, natures plant food, \$17/10 lb.; \$27/25 lb., discount bulk sales; red worms for vermicomposting, \$24/lb., all plus S&H. David Lester, P.O. Box 216, Enterprize, 26568; davidplester@aol.com; 592-2693.

Hay, 10 A., grassy meadow area, ready to now, you cut, \$5/A. Ron Malus, 2446 Snake Run Rd., Alderson, 24910; 392-5231.

Gravity wagon, heavy duty, \$2,200; NI, 323

corn picker, \$1,750; Gehl, 95 grinder/mixer, \$2,200, all kept inside. Justin McAtee, 72 Mountain Meadows Lane, Mill Creek, 26280; 642-9043.

Karakachan Bulgarian livestock guardian dogs, sire & dam reg. w/AKDA & PennHip cert., raised on a working farm, known for minimal barking, not roaming & stellar guardian ability, \$575. Quincy McMichael, General Del., Renick, 24966; 992-2922.

Apple press, 2-basket w/lots of new wood, \$500/firm. Gary Meadows, 3473 Guyan Crk. Rd., Glenwood, 25520; 576-2345.

Black walnut kernels, vacuum sealed 1 lb. bag, \$12/bag, plus postage. Calvin Morrison, P.O. Box 877, Jane Lew, 26378; 884-7444.

Trailer, '11, Adam, 14', bumper pull, cattle w/divider gate, 10 ply tires, full size spare, excel. cond., only used 12 times, \$4,000. Roger O'Quinn, 822 Spruce Grove Rd., Mt. Nebo, 26679; 618-4526.

Aussie Collie cross bred pups, males & fe-

males, tri sable & copper, \$200/ea. Doris Parks, Box 24, Liberty, 25124; 988-2877.

Cider mill, \$350. David Proudfoot, 341 Perry Goode Rd., Belington, 26250; 704-4225; dp-proudfoot@hotmail.com.

Old wooden wheel farm wagon w/ long wooden tongue, barn kept, \$1,500/obo. Alan Rudley, 441 Falling Springs Farm, Renick, 24966; 497-2261.

Apples: Summer Rambo, Ginger Gold, Gala, Macintosh, \$7-\$10/bu., bring containers, call for picking dates. Paula Ruggles, 131 Ruggles Orchard Rd., Levels, 25431; 492-5751.

Peaches & nectarines, avail. 7/25 thru 9/7, \$25-\$30/bu.; Summer apples, avail. 8/1, \$15-\$20/bu. Garry Shanholtz, 1328 Jersey Mtn. Rd., Romeny, 26757; 822-5827.

Blue Heeler 5/19 pups, females w/o tails, 3 & a male w/tail, \$200. Tony Smith, Rt. 3, Box 364, Milton, 25541; 963-1929.

Hay, '19, 4', round bales, quality mix w/lots of clover, never wet, shed kept, easy access, will

load, \$25/bale. Dave Stephenson, 134 Dogwood Lane, Keslers Cross Lanes, 26675; 619-8454.

Hay, 50 lb. bales, never wet, clean hay, great for horses, \$5/bale. Shirley Titus, 1071 Big Run Rd., Burton, 26562; 889-2650.

Miscellaneous Wants

Great Pyrenees from their farms genetic line. Our current Pyrenees are unable to breed. If you have purchased from us or know anyone who has please call. Shae Kirk, 2824 Carroll Hill Rd., Lewisburg, 24901; 910-322-3677.

5TH ANNUAL PRESTON CO. TRACTOR & MACHINERY SHOW

August 3 & 4
Craig Civic Center
\$5/adults; kids 12/under free w/adult admission.
Contact, Brandy Spadafore 203-3305.

Helping Farmers Grow: WVDA Rural Rehabilitation Loan Program

The West Virginia Department of Agriculture's Rural Rehabilitation Loan Program provides loans up to \$250,000 to individuals or businesses for starting, purchasing or expanding a farm operation; to assist farmers who have suffered financial setbacks from natural disasters or who need additional

resources with which to redirect or maintain profitable farming operations; or for other agricultural businesses. Loans are made for a term of up to 20 years and must be fully secured. The application is available on the West Virginia Department of Agriculture's website at: <https://agriculture.wv.gov/divisions/executive/Pages/Rural-Rehabilitation-Loan-Fund.aspx>. The loan committee meets quarterly to review loan applications. Questions about the program or application can be directed to Susan Baxter, loan program coordinator, at (304) 558-2221 or sbaxter@wvda.us.

Farmers Market Inspections Underway

The West Virginia Department of Agriculture (WVDA) has started legislative mandated inspections of farmers markets in the state. Only 30 out of nearly 200 registered in time to meet the March 1 deadline. Chad Linton, Assistant Director of Regulatory and Environmental Affairs Division, said there's a good reason for the inspections. "Not only is it the law, but we want to keep consumers safe. That's the bottom line."

The inspections were part of a bill passed by the legislature in 2018. The WVDA's job is to make sure all farmers markets and vendors of potentially hazardous foods are registered each year with the WVDA.

"We'll be making sure famers markets are registered and have proper handwashing stations, if needed. We'll also check to make sure the necessary vendors are permitted and all farmers market products have proper labeling," explained Linton.

For farmers markets who have yet to register, they can do so for free online at the West Virginia Department of Agriculture Website under Forms at Regulatory and Environmental Affairs Division at <https://agriculture.wv.gov/forms/formsreg/Pages/default.aspx> and email the application to farmersmarkets@wvda.us. If you have any questions, please contact Regulatory and Environmental Affairs Division at 304-558-2227.



GARDEN CALENDAR

AUGUST 2019 Source: WVU Extension Service Garden Calendar

- | | | | | | |
|--------------|---|---------------|---|---------------|---|
| AUG 1 | Seed lettuce as a companion plant to tomatoes. | AUG 10 | Begin control measures for squash vine borer. | AUG 19 | Pinch back garden mums. Seed dill. |
| AUG 3 | Seed snap beans and carrots. Seed summer squash and corn for late crop. | AUG 11 | Seed sweet corn and beets, Seed pumpkins and winter squash. | AUG 20 | Treat lawn for white grubs using systemic insecticide. |
| AUG 4 | Seed parsley. Seed cabbage, cauliflower and broccoli for fall crop. | AUG 12 | Begin bagworm control. | AUG 21 | Seed pole limas and snap beans. Prune pine trees. |
| AUG 5 | Seed pumpkins and winter squash. Seed leaf and Bibb lettuce. | AUG 13 | Side-dress sweet corn that is knee-high with additional nitrogen. | AUG 22 | End asparagus harvest. Seed or transplant savory. |
| AUG 6 | Plant celery. Monitor for garden pests. | AUG 14 | Deadhead annuals to encourage more flowers. | AUG 24 | Harvest beet greens. Turn compost. Plant late tomatoes and peppers. |
| AUG 7 | Mulch garden to control weeds and conserve moisture. | AUG 15 | Transplant thyme. Pinch blackberry canes. Plant peppers. | AUG 25 | Add non-seed-bearing weeds to compost. |
| AUG 8 | Plant tomatoes. Seed bush limas. Summer prune apples and peaches. | AUG 17 | Prune spring - flowering shrubs. | AUG 26 | Seed peppers. Plant basil. |
| | | AUG 18 | Renovate (e.g., leaf removal, fertilize, etc.) strawberries after last harvest. | AUG 27 | Stake peppers. Transplant rosemary. Plant cilantro. |
| | | | | AUG 28 | Harvest summer squash. Seed basil. |
| | | | | AUG 29 | Fertilize asparagus shorter than 6 inches in length. |