State Fair of West Virginia Edition

Sassy Gals Gourmet Treats
M & S Maple Farm LLC

Good Times
Kirkwood Winery

Leavitt Farm
Blackwell’s Catering

Appalachian Milk Soap LLC
Candies by Linda

West Virginia Maple Syrup Producers Association
Mountain State Honey

Local Food: Why it Matters

Rimfire’s Apiary
Dry Fork Maple Works LLC
Taste of Heaven Bakery & Cheese Shop

Chestnut Ridge Winery
Candies by Linda

Plain Jane’s Country Cookin’

Food! Fun! Family-friendly activities! We’ve got it all at the Agriculture Annex.
The State Fair of West Virginia has arrived! This year’s theme is “Start Your Traditions.” Tradition is what makes fairs special as they pass down history, lessons and principles to the next generation. Given tradition is already an essential part of our fairs around the state, what could this year’s theme mean? The interpretation we concluded, at the West Virginia Department of Agriculture, is we need to start some new traditions in West Virginia. We need to forge promises that we will keep to ourselves, our neighbors and our fellow West Virginians. Here are some traditions I hope you will join me in.

First, we need to start buying local to support West Virginia businesses. This is crucial for rural areas as we continue to see more and more retail giants pull out. Grocery stores, that were dying to get into these areas just a few years ago, are closing shop leaving a food desert behind. Without a local grocer, residents find themselves driving over an hour to buy food to feed their families. This is not sustainable for low income families. What are they supposed to do? One area that is forging a new tradition through local food is McDowell County. When Walmart pulled out in 2016, residents were left speechless and heartbroken. The good news is local farmers are fighting back to provide food in Walmart’s wake. For McDowell County, local food not only fills a void, but keeps monies local, supports small businesses and provides healthy food options for the community. A tradition, even born out of necessity, will pay dividends years down the road.

Second, we must start the tradition of inspiring our young people. I recently spoke at the 89th West Virginia FFA Convention, which had in attendance over 450 students and their families for the 3-day event. I was blown away by how strong our FFA community is in West Virginia. The good news is this community is growing! More and more young people are realizing the huge potential we have for agriculture here in the Mountain State. The older generation must help the next follow their dreams and become the leaders of tomorrow. Beyond agriculture, we need to instill strong traditions in our young people and teach them how to lead so they can guide West Virginia into a brighter future.

Last, but not least, we must start believing in West Virginia. Politics today is hyper-partisan with very few elected officials working across the aisle for compromise. When media outlets give our state poor reviews or breaks a story that casts a negative shadow, we point fingers. Did you see West Virginia is now ranked the worst state for business according to CNBC? If West Virginia is ever going to be a state where our children and grandchildren want to raise their families, we must start working together, fighting back against the negative stereotypes and selling the state to the rest of the world. Let’s start a tradition of functioning as a unit to help West Virginia reach her potential. You would be surprised at what we can accomplish.

We at the department encourage you to visit the State Fair August 10th through the 19th. Pack up your family, head down to Lewisburg and take in the best West Virginia has to offer. While you are there, forge some traditions and some promises that will make the Mountain State a better place. Let’s get to work West Virginia. I know we can do it.

Semper Fi,
West Virginia Women in Agriculture stand out in their field! Whether they’re tapping maple trees for sweet water or raising a herd of cattle, this year’s four honorees work hard to make their agribusinesses a success.

The West Virginia Department of Agriculture began honoring Women in Agriculture in 2010. Since then 42 women, including this year’s honorees, have been recognized for their significant contributions to the agriculture industry.

“Now more than ever, women are pursuing opportunities in agriculture at a higher rate than their male counterparts. From traditional livestock operations, to floriculture, agribusiness, agritourism and specialty crop operations, women are strongly leading in many emerging agricultural fields. This is a chance to honor their hard work, entrepreneurial spirit and innovation,” said Commissioner of Agriculture Kent Leonhardt.

Commissioner Leonhardt will recognize this year’s recipients at a reception on August 13 during the State Fair of West Virginia.

AMY MARTIN
LOVERS LANE FARMS/ MOUNTAINVIEW VETERINARY SERVICES
HARDY COUNTY

Amy grew up on a poultry, beef and crop operation in Old Fields. Early on, Amy was actively engaged in beef cattle marketing operations through the South Branch Valley Livestock Exchange. She also worked full-time as a broiler service technician for Pilgrim’s Pride Corporation. Mrs. Martin and her husband Bill operate Lovers Lane Farm, one of the largest family diversified agricultural operations in the state of West Virginia.

Amy soon noticed the need for additional professional veterinary services and amenities in the cattle-rich Eastern Panhandle. Working with Doctors Isaiah and Anna Smith, Amy opened another branch of Mountain View Veterinary Services, providing a full line of competitively priced animal medicines and vaccines as well as bulk and custom feeds, minerals and supplements. Amy is widely known through the surrounding counties for her knowledgeable and dependable customer service.

Amy’s future goals include implementing the use of computerized record keeping and data analysis that will ultimately improve the efficiency of not only the farm’s herd, but those of her customers.

Amy resides in Moorefield with her husband and sons Will and Wyatt.

PAMELA YOST
PLEASANT VALLEY FARM
NATURAL RESOURCE CONSERVATION SERVICE
MONONGALIA COUNTY

Pam began her agriculture career at an early age when she gathered black walnuts to sell. She used the money to purchase a horse. Knowing that she wanted a career in agriculture, Pam attended WVU and graduated with a Bachelor’s Degree in Natural Resources and a Master’s in Agriculture Economics.

Pam is the 4th generation to operate Pleasant Valley Farm. Charolais cattle, horses, backyard poultry and hay are her current enterprises. Pam also enjoys gardening and donates the garden and orchard surplus to the local food pantry.

A Watershed Economist with NRCS for 27 years, Pam utilizes her expertise to benefit rural and agricultural communities by managing several different kinds of water resource infrastructure projects in WV through the Small Watershed Program. Among her list of accomplishments is the Dunlap Creek Voluntary Floodplain Buyout located in Fayette County which is used as a national model.

Pam serves as a board member, treasurer, and public information chair with the Monongalia County Farm Bureau, is a member of the Monongalia County Fair Board and secretary of the Barn Committee and a member of the FFA Advisory Committee for University High School. Pam also serves as a WV Envirothon judge.

Pam resides on the family farm and enjoys gardening, canning, quilting and sewing.

BETTY HICKEY
VALLEY BEND FARM
MARSHALL COUNTY

At a young age, Betty recalls working alongside her father on the family farm, in operation since 1760. The family dairy operation was dismantled in the 1990s but with the help of her son and the support of her daughter, Betty has transformed the acreage into produce production and an agritourism destination. Sweet corn is the predominant vegetable. Betty is also known for her ability to produce the hard to find WV63 tomato variety from seed. Her U-pick pumpkin patch features 20-plus varieties of pumpkins and gourds and is a field trip destination for local Head Start programs and Sand Hill Elementary School students.

Betty became a Master Gardener in the first class held in West Virginia. She served as the director of the All-American Rose Garden at the Hare Krishna’s Palace of Gold for 28 years until retirement in 2011. Under her direction, the garden was awarded the “High Maintenance Award” for 10 consecutive years.

Betty was involved in 4-H as a child and the Marshall County Fair remains an important part of her summer. An active member of the Community Educational Outreach Service, Betty works diligently to promote the organization.

Betty resides in Wheeling.

BRITNEY FARRIS
FAMILY ROOTS FARM
BROOKE COUNTY

Following her graduation from Waynesburg University, Britney moved back to the family farm which has been in the Hervey family since 1775. She is the 7th generation to manage the farm and established the Family Roots Farm brand in 2012 with 40 maple taps. The operation has expanded into an agritourism destination with more than 1,000 maple taps, six acres of produce, a one acre u-pick strawberry patch, a crop of sweet sorghum and two high tunnels. Produce is marketed directly to customers at farmers’ markets, fairs and festivals. She also offers a small-scale CSA to customers.

Many doors have opened for Family Roots Farm after winning the International Maple Sugar Award in 2015.

Britney began managing the Brooke County Farmers' Market in 2015, expanding the number of vendors and doubling the customer base. She assists with the Brooke County Agriculture Day for all 5th graders in the county. This two-day event reaches approximately 230 students. She is also actively involved with the Brooke County Kids Garden.

Britney resides in Wellsburg with her husband, Charlie.
Take a bite out of summer!

What to do with all that fresh produce from the garden? August is the month to enjoy the bounty! Rev up your recipes with yellow squash, zucchini, cherry tomatoes, corn and rhubarb. If you don’t have your own garden, then make sure and stop by one of the state’s many farmers’ markets. Not only will you find the freshest food available, you’ll be supporting local farmers. What can beat that?

Roasted Balsamic Chicken with Baby Tomatoes

- ¼ cup balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard, or more to taste
- 1 clove garlic, or more to taste, minced
- salt and freshly ground pepper to taste
- ½ cup balsamic vinegar, olive oil, mustard and garlic together in an oven-safe baking dish; season with salt and pepper. Lie chicken breasts in the vinegar mixture. Marinade chicken in the refrigerator for at least 4 hours.
- Preheat oven to 400 degrees. Roast chicken for about 30 minutes. Add tomatoes to the baking dish and continue cooking until the chicken is no longer pink in the center and the juices run clear, about 10 minutes. An instant-read thermometer inserted in the center should read at least 165 degrees. Sprinkle lemon zest and drizzle lemon juice over the chicken.

Kale Salad

- 1 bunch kale, stems removed
- and leaves thinly sliced
- 1 large carrot, shredded
- ½ orange, juiced
- ½ lemon, juiced
- Toss kale with carrot, orange juice, lemon juice, salt and black pepper in a large salad bowl, using your hands to rub orange and lemon juice into kale leaves. Let stand a few minutes to absorb flavors.
- Fill a bowl with ice water. Bring a saucepan of water to a boil and stir onion into boiling water; cook just until starting to soften, 15-30 seconds. Drain and transfer vegetables to a large bowl.
- Bring to a rolling boil. Add yellow squash, zucchini and onion; bring back to a boil and cook vegetables until tender, about 15 minutes. Drain and transfer vegetables to a large bowl.
- Mix Cheddar cheese, baking mix, butter, eggs, sugar and salt with the cooked vegetables using a large spoon; stir until butter has melted and baking mix has dissolved. Fold crushed crackers into the mixture until the liquid has been absorbed. Pour mixture into a 1 ½ -quart casserole dish; top with bread crumbs.
- Bake until topping is lightly browned and cheese is melted, 30 minutes.

Cheesy Squash and Zucchini Casserole

- 1 pound yellow squash, sliced
- 1 pound zucchini, sliced
- ½ onion, diced
- 1 cup shredded Cheddar cheese
- ½ cup biscuit baking mix (such as Bisquick)
- ¼ cup biscuit baking mix (such as Bisquick)

Preheat oven to 325 degrees. Fill a large pot with water and bring to a rolling boil. Add yellow squash, zucchini and onion; bring back to a boil and cook vegetables until tender, about 15 minutes. Drain and transfer vegetables to a large bowl.

Mix Cheddar cheese, baking mix, butter, eggs, sugar and salt with the cooked vegetables using a large spoon; stir until butter has melted and baking mix has dissolved. Fold crushed crackers into the mixture until the liquid has been absorbed. Pour mixture into a 1 ½ -quart casserole dish; top with bread crumbs.

Bake until topping is lightly browned and cheese is melted, 30 minutes.

Corn on the Grill

- 5 cloves garlic, minced, or more to taste
- ½ cup butter
- 1 slice cooked bacon, chopped
- 3 tablespoons mayonnaise
- 1 tablespoon olive oil
- salt and black pepper to taste
- Preheat an outdoor grill for medium heat and lightly oil the grate. Heat the garlic and butter in a small saucepan over low heat for 5 minutes to infuse the butter with the flavor of the garlic. Do not let the butter simmer. Stir together the sugar, salt, black pepper and cumin in a small dish. Stir into the butter mixture along with the lime juice and hot sauce until evenly blended. Brush the ears of corn generously with the garlic butter; reserve remaining butter.
- Cook the corn on the grill, rotating occasionally until the corn is hot and tender, 10-15 minutes. Brush the corn with the remaining butter as the corn cooks.

Rhubarb Cobbler

- 1 ½ teaspoons baking powder
- ¼ teaspoon salt
- ¼ cup butter
- ¼ cup milk
- 1 egg, beaten
- 2 tablespoons white sugar
- Preheat oven to 400 degrees. Lightly grease a 9-inch square baking dish. In a saucepan, mix 1 ½ cup sugar and cornstarch. Stir in rhubarb and water. Bring to a boil. Cook and stir for 1 minute. Transfer to the prepared baking dish. Dot with butter and sprinkle with cinnamon.

In a medium bowl, sift together flour, 1 tablespoon sugar, baking powder and salt. Cut in the butter until the mixture resembles coarse crumbs.

In a small bowl, mix the milk and eggs. Add all at once to dry ingredients, stirring just to moisten. Drop by teaspoonfuls on top of the rhubarb mixture. Sprinkle with sugar.

Bake for 20 minutes until crisp and lightly browned.
**Animal Health: Know the Facts**

Pigs, cattle and llamas, oh my! The barns at the State Fair of West Virginia are a hubbub of activity during the 10-day event. All creatures great (bulls) and small (chicks), must meet the West Virginia Department of Agriculture (WVDA) Animal Health Requirements. The WVDA Animal Health staff will be on hand every day throughout the fair to inspect animals that enter the grounds to ensure there are no signs of contagious or communicable diseases. They also make sure all testing requirements have been met and proper movement documents are in place.

“The animal movement and entry requirements are important for multiple reasons,” explained 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 risk of animal disease outbreak and spread.”

The 2017 WVDA Fairs/Festivals regulations concerning livestock health requirements are available at: http://www.agriculture.wv.gov/divisions/animalhealth/Documents/Fair%20and%20Festival%20Regulation%202017.pdf.

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**Veterans and Warriors to Agriculture Stakeholder Meeting**

**August 16th 10am-12pm**

IN THE ADMINISTRATION BUILDING CONFERENCE ROOM
AT THE STATE FAIR OF WEST VIRGINIA

“This is a program that saves lives!” That’s how Director James McCormick describes the West Virginia Veterans and Warriors to Agriculture initiative. Commissioner of Agriculture Kent Leonhardt invites those already involved in the program and those interested in joining to attend a stakeholders meeting on Wednesday, August 16 at 10 a.m. at the State Fair of West Virginia.

“Over the past three years, the WV Veterans and Warriors to Agriculture program has assisted dozens of veterans who have transitioned from the battlefield to field work. As well as providing a new career path, agriculture has been proven to help veterans heal from the wounds of war. We have seen that right here in the Mountain State as eight of our vets have said farming saved their lives. With this meeting, we hope to reach even more veterans. Sometimes all it takes is a hand up and a new direction,” stressed the commissioner.

The Veterans and Warriors to Agriculture program will also have a booth in the Gus. R. Douglass Agriculture Annex during the fair. Veterans can stop by and learn more about the program and find out how they can sign up.


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**Farmer's Market Stakeholder Meeting**

**August 11th 2pm-4pm**

IN THE ADMINISTRATION BUILDING CONFERENCE ROOM
AT THE STATE FAIR OF WEST VIRGINIA

Local food is thriving in West Virginia through the more than 100 farmers’ markets operating throughout the Mountain State. From big to small, these markets act as hubs for entrepreneurship and social gatherings. The West Virginia Farmers’ Market Association in conjunction with the West Virginia Food and Farm Coalition is holding an open discussion with the West Virginia Department of Agriculture during the State Fair of West Virginia. Topics of conversation for the meeting include how the state can better promote WV-grown food and expand markets into underserved areas. The meeting will take place Friday, August 11 from 2 to 4 p.m.

“Local foods in West Virginia is a growing movement that not only creates jobs and keeps money in our local communities, but also promotes healthier eating and celebrates our Appalachian heritage and traditions,” said Parween Mascari, executive director of the West Virginia Farmers Market Association.

Commissioner of Agriculture Kent Leonhardt is a strong supporter of West Virginia’s farmers’ markets and urges stakeholders to attend the meeting and voice their ideas on how to improve the local food movement. For more information, contact the WV Farmers’ Market Association at http://wvfarmers.org/.
Cattle Sales
Reg. Black Angus: cows w/12 calves, $2,000; Reg. Jersey, $1,500; Reg. Charolais & Simmental & Sim/Angus bulls, AI service, 4, hives, $200/ea. Bill Warrington, 188 Sunrise Lane, Glenwood, 25520; 762-2318; bgd3kins96@gmail.com.

Reg. Simmental & Sim/Angus bulls, Al sire, $2,500; Beefmaster, $1,500. Dottie Finley, Rt. 2, Box 344, Milton, 25541; 743-9348.

Pure Reg. Black Herefords: 2-yr.; 3-yrs. Southern Bull Test graduate, both BSE, $2,500; daveo_002@gmail.com.

Charolais 12-mo. bull, $1,400, in Ritchie furrowing crate, good cond., $450. Robert Evmans, 3591 Doolittle Rd., Buckhannon, 26201; 472-0543.


October i
Classified Announcements
To Submit an Ad:
Phone: 304-558-2225
Fax: 304-558-3131
Email: marketbulletin@wvuae.org
Mail: 1300 Kanawha Blvd., E., Charleston, 25305

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## WEST VIRGINIA FEEDER CATTLE AND CALF SALES 2017 FALL SCHEDULE

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

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**FOR INFORMATION, CONTACT:** Jonathan Hall, WVDA 304-558-2210 or Kevin Shaffer, Ph.D., WVU Extension 304-293-2669

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**WEST VIRGINIA AGRI-WOMEN SUMMER QUARTERLY MEETING**

Delaware Valley Llama Farm
August 27, 2 p.m.
4146 Mountain Drive
Pennsboro, WV 26415

Farm tour, quarterly meeting and picnic

Reservations: davishi26415@gmail.com
Plant Sales
No medicinal plants, nursery stock, common agricultural seeds unless tested for germination. Seed of great nontoxic, Logan Giant & Railtes Turkey, Crow Tray, Oct. tender hull, brown & white half runner, Oct. Bush, pole bean, more, $13/100 seed. Betty Flanagan, 467 Ritchie Dr., Summersville, 26551; 880-0135; allen.flanagan@gmail.com.


Sheep Sales

Miscellaneous Wants
Flemish Giant or French Lop rabbits or giant chinchillas, I would like to get 2 unrelated females & unrelated males. Michael Bills, 1680 Rd. Run, Mannington, 26582; 986-1103.

Crop Care

**Source:** WVU Extension Service

**2017 Garden Calendar**

August 25. Seed lawn.
August 28. Apply nitrogen to strawberries.

September 2017

Sept. 1......Order spring-flowering bulbs, seed fall carrots.
Sept. 2......Seed spinach, plant crocus, dig late potatoes, turn compost.
Sept. 4......Renovate lawn or reseed bare spots, seed cover crop.
Sept. 5......Prepare root cellar, aerate lawn.
Sept. 6......Save seeds, seed lettuce for fall crop.
Sept. 7......Plant fall turnips and radishes, divide peonies, build a high tunnel.
Sept. 8......Build a cold frame, seed carrots in high tunnel or cold frame.