Appalachian cuisine/specialty crops highlighted in new cooking show

West Virginia’s specialty crops producers will be getting a tremendous boost throughout the coming year thanks to a new television show being produced cooperatively by the WVDA and the WV Division of Tourism.

The Appalachian Food Evangelist is a new, four-part series airing on West Virginia Public Broadcasting that highlights many of the state’s destinations where our local products are grown and/or sold.

Buckhannon chef Dale Hawkins is the master of ceremonies for the show. If you’re not already familiar with Dale, he’s a master chef and has a great passion for West Virginia crops, cuisine and our state in general. The show follows Hawkins as he explores and presents foods and recipes, using specialty crops from local farms and businesses in West Virginia. The first episode features Charleston’s Capitol Market, J.Q. Dickinson Salt, Pies and Pints and more.

Forthcoming episodes will feature locations throughout the Mountain State.

For a sneak peak, visit: https://www.youtube.com/watch?v=A5DtGiNmyiw, or check your local PBS schedule for broadcast times.

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When Jerry and Stephanie Ward retired in 2015, they traded in long-haul trucking for potato farming.

“Jerry just can’t sit still,” Stephanie said of her husband who was on the road non-stop for 14 years. “He got antsy after retirement and this potato program caught his eye.”

The Nicholas County couple are harvesting their first crop of potatoes which they have sold entirely by word of mouth.

Jerry heard about the West Virginia Department of Agriculture’s Potato Pilot Project, in partnership with the West Virginia Conservation Agency, last year. He watched closely as the farmers involved harvested their first crop. Jerry started doing some research of his own which lead to some questions. Could their farm support a large scale potato crop? Was there a market for locally grown potatoes? And how much time and money would it cost for the start-up? Jerry and Stephanie weighed their options and decided to plant potatoes.

“Stephanie and I planted 3,000 lbs. of seed potatoes this spring. We still don't have the entire crop out of the ground but we’re at about 100 bushels of Kennebec potatoes,” said Jerry. “By the time we’re done harvesting, we expect to have 370 bushels. That's on just an acre and a quarter.”

Agriculture Commissioner Walt Helmick couldn’t be more excited about the Ward’s decision. He visited the farm on a warm, autumn afternoon during harvest.

“It gives us some insight into what we’re doing, as a department, with the program,” stressed Helmick, sitting on a sofa in the Ward’s living room. “To see the enthusiasm I’ve seen from this family, it energizes us. People are real excited about what the WVDA is doing and they want to be a part of where we are heading.”

The Wards plan to expand next season.

“We have about 30 acres of tillable land. We can do more potatoes. It’s something easy to grow that the deer don’t eat,” said Jerry.

This year’s harvest at the Ward farm was sold entirely through word of mouth. Neighbors told neighbors and people showed up on the farm to buy in bulk or just a few potatoes at a time. Jerry wanted to hear from the commissioner what happens when he harvests 2,000 bushels of potatoes in years to come.

Commissioner Helmick stressed the department has a plan. The WVDA opened its first aggregation center in Huntington back in June. Equipment is in place to sort, wash and bag potatoes. At least three other aggregation centers are planned for other parts of the state (Charleston, Pruntytown and Beckley) with additional centers being considered in other regional sites as well. As for marketing those potatoes, Helmick stressed the department has a strategy in place.

CONTINUED ON PAGE 2
Specialty Crop grants awarded

West Virginia projects awarded more than $200,000

The United States Department of Agriculture (USDA) awarded 10 USDA Specialty Crop Block Grants to applicants in West Virginia. The amount of those grants totals $222,139.83. The money will be used to enhance the production, processing and consumption of specialty crops within West Virginia. "I couldn’t be more pleased with this announcement," said West Virginia Commissioner of Agriculture Walt Helmick. "From research to education, production to promotion, these grants will allow small farms and research facilities to do important work. Whether it’s testing out a new crop or developing disease resistant varieties of traditional produce, everyone in West Virginia will benefit."

Those receiving grants include:

**West Virginia State University Research Corporation - $25,000**
"Developing, Processing and Demonstration Research for Hops Growers in WV"
The goal is to increase the amount of hops grown in West Virginia for use in local breweries.

**West Virginia University Research Corporation - $8,053**
"Evaluating Hazelnuts as an Alternative Specialty Crop in the Eastern Panhandle of West Virginia"
The objective is to establish and evaluate 15 hazelnut hybrid varieties at the WVU Kearneysville Tree Fruit Station in Jefferson County.

**West Virginia University Research Corporation - $15,204**
"Incorporation of Disease Resistance in Tomato Variety 'WV 63."
The project will cross conventional tomato varieties with the 'WV 63' tomato to increase its disease resistance. Hybrid lines will be selected for extensive field screenings.

**Blue Ridge Community & Technical College - $21,035.10**
"I Can Grow My Own Food – Nutritional Information for Middle School Students"
Middle school students in Jefferson and Berkeley Counties will visit the BRCTC on-campus high tunnel to learn about growing strawberries and eating local specialty crops for a healthier diet.

**West Virginia Farmers Market Association - $3,000**
"Passport to Produce: A West Virginia 'Power of Produce' Farmers Market Youth Program"
The WV-FMCA program aims to introduce West Virginia youth to specialty crops and developing healthy eating habits using locally grown fruits and vegetables. The program will collect data, track participants eating habits and changes towards healthier diets.

**Walt’s View, continued**

Of course the goal of the program is to encourage the use of West Virginia Grown products and to boost agritourism throughout the Mountain State.

To that end, you can find recipes associated with the show at: https://gotowv.com/recipes. Agritourism destinations can be found at: http://www.agritourismworld.com/directory/usa-by-state/west-virginia. And remember, you can be a tourist inside your own state. These destinations are perfect for a quick day trip.

The potato harvest continues and I think we’re seeing real progress in turning this into a viable industry in West Virginia. We have a number of buyers for the privately grown potatoes we have helped to develop, including Wendling’s in Buckhannon, Shop N’ Save / Sav-a-lot, Cabell County Schools, Mason County Schools and even a few private individuals interested in bulk purchases of potatoes. We also have some private institutions, school food purchasing cooperatives and private wholesalers who have expressed interest.

The WVDA has also passed another milestone this year in helping farmers become more competitive.

Twice as many West Virginia farmers have passed the Good Handling Practices / Good Agricultural Practices (GHP/GAP) audit - a certification that is required by most major grocery wholesalers and retailers.

The state already had seven GHP/GAP-audited farms, primarily commercial orchard and produce operations. Of the newly audited farms, six are in Preston County and one is in Mason County, both leading farming counties in West Virginia.

The program is purely voluntary and has been offered by WVDA for many years. Although approximately 250 people have taken the one-day preparatory class, only a few have gone on to become involved in the annual audit portion of the program, which requires thorough record-keeping and the cost of an annual audit, which can cost upwards of $1,000. However, WVDA will pay up to 75 percent of the cost of successful audits, as long as funds are available.

Getting even more producers involved in this program in the future will provide a significant boost to the competitiveness of West Virginia’s agriculture industries.

This has been a tough year for West Virginia considering the condition of the state’s economy and the severe flooding that affected so many. With Thanksgiving right around the corner, it’s my hope that everyone has a solid roof over their heads, a great holiday dinner and lots of family and friends to share it with.
Hydroponics 101

McDowell native focused on educating community about hydroponic growing

Joel McKinney is part farmer, part mad scientist. The McDowell County native spent four years in the Navy and five more working out of state before he decided to put down some roots back home at home. Instead of planting in the dirt, his crops are steeped in water, hydroponics to be exact. It’s a method of growing that’s been around for decades, using mineral nutrient solutions in water, without soil, to grow plants.

“In soil, you’re dealing with biology. You’re rotting something to start a microbial process on your roots to feed your plant,” McKinney explains. “With hydroponics, it’s chemistry. Everything is mineral driven.”

“It’s a process that fascinates him. “Water in and of itself isn’t conductive. When you add a salt to it, it becomes conductive. So what you’re doing is taking all those ions and electrons and neutrons and you’re bouncing them around your tank. Through osmosis, you start to feed your plant,” says McKinney.

All this thirst for hydroponic knowledge started on a trip back to McDowell County while he was working for the railroad.

“I got a DUI when I was 27. I was on suspension from my job. It forced me to come back to West Virginia for 90 days,” says McKinney.

Trying to fill his time with something productive, McKinney found an outlet right outside his window.

“My Mom, Linda McKinney (who is the director the Five Loaves and Two Fishes Food Bank in Kimball) had a tower garden she got from West Virginia State. It was just sitting out on the front porch. I got to playing around with it and it just clicked.”

Within a few weeks of returning to his job with the railroad, McKinney put in his notice and never looked back. He moved home determined to teach himself the ins and outs of hydroponics. He searched Google and watched YouTube videos to learn the basics. From there, it was trial and error.

“I kill a lot of stuff. That’s how I’ve learned,” McKinney says with a smile. “I’m an indoor grower. I don’t like getting dirty. Hydroponics is my thing.”

McKinney set up shop in a small, windowless room at the food bank where he learned the key to hydroponics was in controlling the temperature, light and food source for the plants.

“You have a salt for all 14 of your nutrients. You’re going to grow lettuce in a different solution than you use to grow peppers.”

His growing room/laboratory is filled with flats of green shoots under bright lights.

“I’m big on lettuce because it’s very low risk management. Even if I lose a crop, it’s only another 35 days in hydroponics as opposed to 64 or 65 days in the ground,” stresses McKinney. “And indoors I can grow year round.”

Meanwhile outdoors, he has a dozen tower gardens growing everything from lettuce to zucchini.

“A lot of people say you can’t grow root crops using hydroponics but I’ve found a way to do it. You can grow anything you want to grow – potatoes, onions, carrots. The cool thing about hydroponics is you match your system to your plant.”

Not satisfied with keeping all that knowledge to himself, McKinney teamed up with a local grade school and brought hydroponics to a Kindergarten class using simple plastic cups.

“Working with a classroom of five-year-olds, what you’re teaching them is how a plant grows. The great thing about kids that age, if you screw it up, they don’t care. You just start again and grow something else. They’re having a blast.”

“But it isn’t just kids he’s interested in teaching. He wants adults to get excited about fresh, local food.

“I came back here to try and initiate some change. McDowell County is in a mess. We’ve relied on coal for so long, but it is not going to flourish the way it did in the past. We have to start looking at diversifying. It’s an uphill battle, but we need to start embracing agriculture.”

His goal is to get unemployed or underemployed McDowell County residents growing. He says hydroponics may sound complicated, but it’s not.

“I can teach them how to build their own hydroponic systems using things around the house. One is a Solo cup or a mason jar, a five-gallon container of whatever. I can use that,” says McKinney.

While hydroponics is never going to be as lucrative as coal mining, McKinney stresses building a strong, local farmers’ market will attract paying customers and possibly marketing opportunities outside of West Virginia.

“We’ve got to stop feeling it’s ok to be oppressed. We have skills. We need to use them,” stresses McKinney.

McKinney is currently looking for grant opportunities that will help him educate those interested in agriculture. He’s also working on his skills, getting a bachelor’s degree on-line from Penn State.

“We have made the contacts for our farmers to sell their potatoes to wholesalers in West Virginia, our county school systems, and both chain and individual grocers,” Helmick stated. “It's been going very well and sales are brisk.”

Helmick also said he would like to see a facility open here in the Mountain State to produce WV-made potato salad and eventually harvest and bag enough potatoes to sell in every grocery store throughout the state.

“We want to see West Virginia farmers feeding West Virginia consumers,” stressed Helmick.

Jerry and Stephanie couldn’t agree more. “We see great potential. We wouldn’t be growing potatoes if we didn’t.”

For more information on the WVDA potato pilot project, contact Communications Director Butch Antolini at (304)-558-3708 or bantolini@wvda.us.
What's Cookin’  
November 2016

Deviled Eggs

8 eggs  
3 tablespoons mayonnaise  
1 tablespoon apple cider vinegar  
1 tablespoon melted butter

165°F, 20-30 minutes more. Let rest briefly before slicing. Serves 10-12.

Stewed Green Beans

2½ pounds fresh green beans, trimmed and cut into 2” pieces  
1 quart water  
1 medium yellow onion

Pumpkin Cake Roll

1 teaspoon butter, softened  
¼ cup plus 1 tablespoon flour  
2 teaspoons ground cinnamon  
¼ teaspoon ground nutmeg  
Pinch of fine salt  
3 eggs  
1 cup granulated sugar  
½ cup canned pumpkin  
1 teaspoon fresh lemon juice  
1 cup pecans, roughly chopped

Coca Cola Glazed Country Ham

1 15-17 pound whole country ham (bone-in)  
3 cups (24 ounces) Coca-Cola

Put ham into a large food grade plastic container or plastic bag and cover with cold water. Cover and refrigerate ham until no longer overwhelmingly salty, about 14 -24 hours (depending on the producer, country hams require different soaking times, see label or ask your purveyor).

Heat oven to 350°F.

Let's Talk Turkey! Check out our Safe Food Handling Tips on page 5.

Country music star, WVU tour to highlight 2017 Appalachian Grazing Conference

A presentation from a country music star and a tour of a multi-million dollar educational facility will highlight the 2017 Appalachian Grazing Conference, scheduled for March 9-11 at the Morgantown, W.Va. Waterfront Place Hotel.

Teddy Gentry, bassist and backing vocalist for country music group Alabama, will kick off the 8th AGC by sharing his insights into breeding cattle to fit environmental conditions. Gentry owns and operates the Bent Tree Cattle Co., located near Fort Payne, Ala. The farm is home to the South Poll composite breed of cattle, of which he is the man.”

Bake until cooked through, about 15 minutes.

Meanwhile lay a clean kitchen tea towel on a counter and sprinkle with ½ cup confectionary sugar.

Grease a 10”x15” jelly roll pan with butter and dust with 1 tablespoon flour. Tap pan to remove excess flour; set aside.

Sift remaining flour, cinnamon, nutmeg and salt into a bowl; set aside.

Sift together remaining flour, spices and salt.

Pre-conference attendees will also have the opportunity to register for a tour of the new Agricultural Sciences Building on the Evansdale Campus of West Virginia University and research farm in nearby Preston County.

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2016 State Fair of WV Draft Pull

ABOVE: HEAVYWEIGHT DIVISION first place. Bill Ely, Mt Airy, NC with team Pete & King.

RIGHT: LIGHTWEIGHT DIVISION first place. Jerry Riggs, Cameron, WV, driver Greg Slarve with team Tony & Cy.

ABOVE: LIGHTWEIGHT DIVISION second place. Ben Stackhouse Unityville, PA with team Chance & Mike.

LEFT: HEAVYWEIGHT DIVISION second place. Greene Bailey, Lenoir, NC, driver Sam Bailey with team Jake & Rock.

Specialty Crops, cont. from page 2

Morgantown Christian Academy - $5,039.86
“Morgantown Christian Academy Education and Nutrition Garden”
The school will establish a nutrition and education garden to increase children’s knowledge and consumption of specialty crops using hands-on learning.

West Virginia Wesleyan College - $25,000
“Wesleyan Greenhouse Effect”
Partnering with Aladdin Food Service, the college, and its students, will construct a high tunnel to grow specialty crops. The food will be available to students.

West Virginia Maple Producers Association/WV Department of Agriculture - $65,000
The WVMPA will partner with the WVDA to continue syrup industry development in West Virginia. The project will provide an educational series as well as consumer input and research. It will also research the ability to use public lands for maple syrup production.

Cedar Lakes Conference Center/WV Department of Agriculture - $15,000
“High Tunnel and Season Extension Production: A Hands On Classroom for West Virginia Growers”
The program will establish a year-round, hands-on high tunnel classroom at Cedar Lakes for workshops and field days on how to manage and profit from high tunnel production techniques.

West Virginia Department of Agriculture - $39,807.87
“Specialty Crop Education and Support in WV”
The WVDA will facilitate programs and training aimed at providing specialty crop producer education throughout the state.

The 2017 USDA Specialty Crop Block Grant request for proposals will be released in mid-November.

If you would like to be notified, contact Cindy Martel at cmartel@wvda.us or 304-558-2210.

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

**Types of turkeys regulated by the USDA:**

- **Original**
- **Free Range**
- **Organic**
- **Pasture Raised**
- **Frozen**

3 WAYS TO THAW:

- **Refrigerator:**
  - Safe to store the turkey for another 1-2 days in the refrigerator.
  - How to thaw: Submerge the bird in cold water & change every 30 mins.

- **Microwave:**
  - How to thaw: Use defrost function based on weight.
  - For more information on safe thawing methods, visit foxs.usda.gov.

Clean

- Wash your hands for 20 seconds with soap and warm water.
- Uterine Plates
- Counter tops
- Cutting boards
- Should also be washed

Bacteria, which can be present inside and outside a turkey, can’t be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON’T WASH YOUR TURKEY!!

Keep dishes that touch raw food separate, too!

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

USDA

ABOVE: LIGHTWEIGHT DIVISION second place. Greene Bailey, Lenoir, NC, driver Sam Bailey with team Jake & Rock.

LEFT: HEAVYWEIGHT DIVISION second place. Greene Bailey, Lenoir, NC, driver Sam Bailey with team Jake & Rock.

cont. on page 12
**Apiary Sales**

Honey bees for sale. 9 hives, $150.00/each.

**Avian Sales**

Beekeeping supplies. 100 queen cells, 20 queen cages, 1000 brood cups. 300 frames. 2 feeder panels, 200 nuc shurgs, 2000 poly bags. 100 kg. corn. 20 lb. sugar. 20 lb. sugar. 20 lb. sugar.

**Equine Sales**

Horses for sale. 3 year old gelding, $500.00. 4 year old gelding, $1,000.00. 5 year old gelding, $1,500.00.

**Farming Equipment Sales**


**Real Estate Ads**

Houses for sale. 3 bedroom, 2 bath, 1,200 sq. ft., $125,000. 4 bedroom, 3 bath, 2,000 sq. ft., $275,000. 2 bedroom, 1 bath, 800 sq. ft., $75,000.

**Miscellaneous**

Pet supplies. Dog food, $5.00/lb. Cat food, $6.00/lb. Bird seed, $4.00/lb. Fish food, $3.00/lb. Seed, $1.50/lb.

**Ad Deadlines**

December 6, 2017. Phone-In ads for the December issue must be received by noon on Wednesday, November 22, 2017.

Written ads for the December issue must be received by 1 p.m. on Thursday, November 23, 2017.

January 7, 2018. Phone-In ads for the January issue must be received by noon on Monday, December 18, 2017.

Written ads for the January issue must be received by 1 p.m. on Tuesday, December 19, 2017.

To subscribe to The Market Bulletin, email marketbulletin@wvda.gov or phone 304-588-2225.
Apply lime and fertilizer. Turn compost. Mulch hybrid roses. New extra pumps, $350. Wayne McBee, P.O. Box 579, Shepherdstown, 25443; 671-2954.

Rubber tire water troughs, $150/ea.; straw bales, $65/ea. Leslie Rogers, 1020 Stadium Drive, St. Marys, 26710; 684-7133; Leslie16@zundlifink.net.

Hay 4x4, round bales, most of it is barn kept, some stored outside, 25-$40/bale. Clifford Mills, 2377 Clayton Jetson Rd., Alderson, 24910; 458-5329.

November

Nov. 22...Harvest salad greens from high tunnel. Nov. 23...Cut hardy chrysanthemums. Nov. 24...To 2 to 3 inches and mulch. Nov. 25...Fertilize houseplants.


Mullinex, 11-mo. female, spayed, vacc./ wormed, good with sheep & goats, $50. Rachel Moran, 338 Flat Mtn. Rd., Alderson, 24910; 661-0970; cedarcamp@yahoo.com.

The Appalachian Grazing Conference, held every two years in West Virginia, brings together numerous departmental teaching and research laboratories that support the academic units of one of the largest on campus. It includes six general purpose classrooms, two computer labs and systems, complete, services up to 28'x80' tests, easy access, will load, 1st cut, $30/bale. Leslie Rogers, 13848 Hebron Rd., Ellenboro, 26346; 684-7815.

Nov. 11...Apply lime and fertilizer according to soil test. Nov. 12...Winterize garden tools. Nov. 14...Harvest parsnips. Nov. 15...Harvest Brussels sprouts. Nov. 16...Mulch strawberries. Nov. 19...Turn compost. Nov. 21...Mulch perennial beds. Kay Skelton Run, Wallace, 26448; 782-3704.

Grass to New Heights: Does Your Grass Measure Up?” The Appalachian Grazing Conference, held every two years in West Virginia, brings together numerous departmental teaching and research laboratories that support the academic units of one of the largest on campus. It includes six general purpose classrooms, two computer labs and systems, complete, services up to 28’x80’ tests, easy access, will load, 1st cut, $30/bale. Leslie Rogers, 13848 Hebron Rd., Ellenboro, 26346; 684-7815.

WPVU Parsons Campus

Speaker Phil Craft

Cost: $203/ea pre-registered by Jan 13th

Contact Ken Joyce, 740-374-4040;
bankofyaho.com

Teresa Wagoner, 375-4919;
Twagoner77@gmail.com

Agriculture: Ritchie Co., 44 A., woods, 2 streams, 1-lane paved rd., utilities nearby, no mineral rights, $88,000. Dale Seese, P.O. Box 351, Ellenboro, 26346; 869-3594.

Fairmont-Grafton area, round bales, orchard/field mix, barn kept, never wet, fields fenced/ftd., according to WV Agricultural soil tests, easy access, will load, 1st cut, 30/bale. Hay 4x4, 20/bale. Rick Sharp, 873 Mingo Flats Rd., Valley Head, 25924; 339-4509.

ABOVE: HEAVYWEIGHT DIVISION third place. Scott Eslin, Dunkirk, MD, driver Joe Catterton with team Bill and Jim.

Phyllis Lowe, 26337; 628-3883.

Patricia Johnson, 1004 Glen Dale Rd., Cairo, 26582; 825-1988; rikhumfrez@gmail.com.


Mullinex, 11-mo. female, spayed, vacc./ wormed, good with sheep & goats, $50. Rachel Moran, 338 Flat Mtn. Rd., Alderson, 24910; 661-0970; cedarcamp@yahoo.com.

Black walnut kernels, vacuum sealed, 1 lb. package, $12/bag., plus postage. Calvin Morrow, 915 B Rd., Jane Lew, 26378; 854-7444; 667-9919; wvcalfy@gmail.com.

Hay, sq. bales, mixed grass, lg. bales, never wet, good quality for all livestock, easy access, 1st cut, $4/bale, 2nd cut, $4.50. Larry Parsons, 276 Maple Dr., Evans, 25241; 372-4757.

Boxer, 1-year female, spayed, vacc./ wormed, excel. cond., $1,000/or trade for something of equal value; horse cart good cond., $300. Kay Lane, Sugar Grove, 26815; 358-2104.

HMS, $12/lb., plus postage. Calvin Morrow, 915 B Rd., Jane Lew, 26378; 854-7444; 667-9919; wvcalfy@gmail.com.

Black walnut kernels, vacuum sealed, 1 lb. package, $12/bag., plus postage. Calvin Morrow, 915 B Rd., Jane Lew, 26378; 854-7444; 667-9919; wvcalfy@gmail.com.

Hay, 16x, 20x, round bales, treated fields, never wet, stored in barn, horse quality, $35/bale. Kay Greatheath, 341 Memory Lane, Millstone, 25611; 655-9673.

Hay, 4x4 round bales, barn kept, never wet, $35/bale. Rickie Haller, 4312 Arnolds Run Rd., Philippi, 26416; 457-4448.


Bison, 20-bales at 1000# each of Minn bison, $1800/bale. Randy Huskins, 116663 W. 2nd St., Weston, WV 26903; 304-296-1700.

Kanawha Valley Rd., Southside, 25187; 675-2098.

Burstones for grinding comming, 46" & the gears to run the water wheel, $1,200. Randy Tucker, 186 Walkabout Way, Summersville, 26611; 872-3079.

Hay, sq. bales: $3.75/bale; mulch hay, $2.50/bale, both never wet. Joe Ware, 1210 Lower Must River Rd., West Hamlin, 25571; 824-5550.

Manak hand-held herbicide applicator, uses undiluted herbicide, runs 6 hrs. on 1 refill, $500. L. Wilkerson, P.O. Box 6, Griffithsville, 25251; 524-2362.

Hand spinning fleece, white & natural color borders, Border Leicester, Shetland & crosses, 1 oz. - whole fleece, free-$40. Linda Zinn, 2162 Skelton Run Rd., Wallace, 26448; 782-1724.