The Market Bulletin

“Telling the story of West Virginia Agriculture”

KENT A. LEONHARDT, COMMISSIONER
www.agriculture.wv.gov

JOSEPH L. HATTON, DEPUTY COMMISSIONER

October 2019

Local Lunch

Students Feast on WV-Grown Foods

What’s better than a back-to-school picnic? A back-to-school picnic made with ingredients sourced from right here in West Virginia. The cafeteria staff at Robert L. Bland Middle School in Weston put on quite a spread for students as they returned to class back in August. The “Farm to School” luncheon included hamburgers, baked beans, a fresh garden salad and fruit. It was the idea of Lewis County Child Nutrition Director Chris Derico.

“We always have an end of summer picnic with this specific menu,” explained Derico. “I got to looking closer and thought, there’s the potential we could do every product from scratch using local, West Virginia sources. The idea sprang from that.”

Derico met with the cafeteria staff at Robert L. Bland and they worked out the details.

“All the cooks and the cafeteria manager have embraced it!”

Robert L. Bland isn’t the first to jump on the local foods trend in school here in West Virginia. Many schools already use local produce, some from their very own high tunnels. But Commissioner Leonhardt said Derico and the cafeteria staff have shown an all-local meal is possible.

Students at Robert L Bland Middle School filled their plates with locally grown food for their Back-to-School picnic.

In fact, Janice Collins, the cafeteria manager, said she didn’t leave anything to chance.

“We practiced the recipes to get it right. We did the beans a couple of times. They’re still not where I want them to be, but I’m a perfectionist.”

On the day of the meal, Derico invited school board members, Commissioner of Agriculture Kent Leonhardt and the press to stop by to see their experiment in action and taste it for themselves.

“This kids are really enjoying this meal,” said Commissioner Leonhardt. “Their plates are coming back empty. They’ve got smiles on their faces. This is a success, and I couldn’t be happier.”

Derico agrees. He says it wouldn’t have been possible without the full cooperation of the cafeteria staff.

“All the cooks and the cafeteria manager have embraced it!”

“West Virginia agriculture is good health. It’s good health for our citizens. That’s what’s happening here with these students. They’re eating fresh fruits and vegetables that taste good and are good for them,” said Leonhardt. “Agriculture is also good for the economy. The school system is paying local farmers for their products, and that money goes right back into West Virginia’s economy. It’s also good for the environment. Instead of shipping the ingredients for this meal from half way across the country, it’s coming from right down the road, cutting the carbon footprint. There’s no other industry in West Virginia that can claim good health for the body, the economy and the environment at the same time.”

While creating an all-local lunch isn’t possible every day, Derico hopes to add more local growers to their Farm to School program and offer as many local options as possible.

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In a global economy, trade is king and often the centerpiece of international disagreements between nations. Because strength is often tied to a nation’s ability to export goods, trade agreements can either bond countries together or act as the catalyst for war. Nowhere is this more evident than in the United States, as capitalism combined with globalization gave rise to the America we know today. Over the years, these same forces changed our nation’s economy from a manufacturing powerhouse to one more focused on services and technology. However, throughout America’s history, one thing has remained a constant, powerful force: Agriculture.

American farmers continue to feed the world as they have since our nation’s humble beginnings. Even with a workforce that has been cut in half in the last twenty years, the United States and its farmers continue to show our agricultural might is not disappearing anytime soon. Of course, this strength does not come without its drawbacks, as our farmers are a prime target for foreign nations. For other countries and their farmers to compete, they must create an uneven playing field. This means shutting out American farmers from their markets or slapping hefty tariffs on U.S. agricultural goods. As a result, our farmers must either find other consumers or see profit margins shrink.

These punitive practices have gone on for too long. Congress must join President Donald Trump and stand up for the hardest working people in our country. First Congress must ratify the United States-Mexico-Canada (USMCA) trade agreement, as negotiated by our President. Having a unified North America working together can only benefit, as well as increase the United States leverage on trade negotiations with China and the European Union. Frankly, if we cannot find common ground with our neighbors, how are we supposed to reach agreements with the rest of the world?

Ratifying trade agreements like the USMCA will have a tremendous impact even on small states like West Virginia. The Mountain State alone exports $1.7 billion worth of products to Mexico and Canada annually. If the USMCA agreement became law, it would mean new markets for many of our farmers including dairy, livestock and poultry operations. The dairy industry is a prime example of an industry that is in desperate need of a boost. West Virginia dairy operations have shrunk to only 60 producers statewide. Ratifying the agreement will bring a much-needed economic opportunity to an industry struggling to stay alive in West Virginia.

Livestock and poultry make up 80 percent of West Virginia’s agricultural production. Most ship their products right here in the United States, mainly because past trade agreements have made it impossible to compete with the prices coming out of Mexico. With new trade agreements, West Virginia farmers will benefit when highly sought-after genetics are made available to a greater audience. West Virginia must focus on quality over quantity. That will only work if our specialty products can be shipped across the globe to customers willing to pay premium prices.

West Virginia farmers, as well as all the rest of the hard-working men and women who grow our food in the United States, are proud people. They do not ask for a lot, just the ability to sell what they grow at a sustainable price. The President’s efforts to level the playing field are a welcome change from administrations’ past, and it’s time Congress shows the same support to our farmers by ratifying the USMCA agreement. We can no longer allow foreign nations to use the American farmer as a trade pawn. The farming community has waited long enough.

Kent A. Leonhardt
West Virginia Commissioner of Agriculture

PRODUCE SAFETY & ESTABLISHING A COLD CHAIN: MITIGATING FIELD HEAT

Establishing and maintaining a cold chain is an important step in ensuring the quality of your fresh produce from field to table. Participating in a cold chain will increase revenues through improved sales, expanded markets and improved work efficiency. A cold chain is simply a system where temperature and humidity are managed in order to slow the ripening process of fruits and vegetables. Lower temperatures and proper humidity prevent moisture loss and slow microbial growth. A good resource for storage temperatures of a variety of fruits and vegetables is the “Small-Scale Postharvest Handling Practices: A Manual for Horticultural Crops (5th Edition) 2015” by L. Kitinoja and A. Kader. This publication is available as a free download from the University of California, Davis Postharvest Technology Research and Information Center (http://ucce.ucdavis.edu/files/datastore/234-1450.pdf).

Understanding, identifying and mitigating field heat is the first step toward achieving a better product. Ambient temperature is measured in the shade to prevent calculation errors. Any mass that is lying in the sun (including a thermometer) will collect solar radiation and warm up. The object will retain that heat emitting and losing it as the sun goes down and evening turns to night. The rate is dependent on the shape and size of the body. Your fruits and vegetables are no exception. Not only are they warm from the temperature, they are additionally warm from the radiant energy they absorb from the sun. This is what is referred to as “Field Heat.”

The goal is to remove that field heat as quickly as possible through simple methods of pre-cooling. For every hour delay in reducing field heat, one day of shelf life is lost. Those losses can quickly add up for a small producer and really make a dent in the piggy bank. It is recommended that pre-cooling of fruits and vegetables be 88% of the difference of the product temperature and optimal storage (see Rodrigues and Fernandes 2012). For example: optimal storage temperature for Honey Dew melons is 45°F. The melons I just picked and boxed in the field are at 98°F. I need to cool those melons as quickly as possible to 88% of the difference: 98° – 40° = 58°. 88% of 50° = 44°. I need to get those melons down to 44°F to prep them for two weeks of cold storage and maintain shelf life.

Pre-cooling methods can be free or exceedingly cheap to implement but the benefits are significant. Some methods are behavioral changes you can implement immediately. Here are six simple suggestions that are readily available and cost effective:

1. Harvest in the morning after the radiant energy has dissipated and before it starts to accumulate (not recommended for green beans).
2. Move your harvest to the shade – this can be a pop up tent, the shadow of a structure, the vehicle or a tree.
3. Place your produce in a cooler with ice or ice down your boxed produce – make sure you are icing products that can withstand freezing temperatures i.e. broccoli, cauliflower.
4. Hydro cool your produce by running cold potable water over it. Be aware of the possibility of infiltration and minimize that risk accordingly.
5. Evaporative cooling – place a damp towel over your boxed fruits and vegetables. The evaporation of moisture from the towel will cool the product beneath it.
6. Construct a cool room or cool trailer. Electronic devices such as a CoolBot®, when combined with a window air conditioner and an insulated space, make this effort cost effective.

For additional information on West Virginia State University’s Cold Chain Programming or additional technical assistance contact: Annette G. Erickson, Ph.D. Assistant Program Director Agriculture and Natural Resources, West Virginia State University.
anette.erickson@wvstateu.edu / 614-271-3005.
Recently we came across a neat find—a copy of the WVDA’s Old-Fashioned Cookbook from the mid-50’s. The pages are dog-eared, there are notes in the margin and it’s falling apart, but that just proves it was much-loved by the previous owner. This month, we’re taking a trip back in time with recipes from that Old-Fashioned Cookbook. The recipes are a little different than what you might see today. However, they’re still delicious. We hope you enjoy! If you have a recipe you’d like to share with us, send it to marketbulletin@wvda.us.

### Applesauce Stack Cake

2 1/2 cups sifted cake flour  
1 cup granulated sugar  
2 teaspoons baking powder  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 teaspoon salt  
1/4 teaspoon soda

Sift dry ingredients, except brown sugar, into large bowl or mixer. Add brown sugar, shortening, eggs, flavoring and 1 cup of milk and mix thoroughly. Then add 1/4 cup milk and beat 2 minutes or until batter is smooth and light.

Pour batter 1/4 inch thick into 8 inch layer cake pans which have been greased, floured and lined with waxed paper. Spread evenly. Bake in preheated oven, 400 degrees, about 13 minutes or until brown. Turn out on plate and spread each layer with applesauce which has been sweetened and flavored with desired flavoring. Leave top layer plain. If decoration is desired, use maraschino cherries.

### Chicken Scrapple

1/2 stewing hen cooked and boned  
3 cups water  
2 teaspoons salt  
1 teaspoon onion salt  
1/4 teaspoon pepper  
1/4 teaspoon thyme  
1 cup corn meal  
2 eggs  
1/4 cup shortening or salad oil  
1/4 cup butter or margarine

Cook in saucepan to boiling point, chicken, salt, onion, pepper and thyme. Reduce heat and continue cooking 10 minutes longer. Transfer the mixture to a large rectangular tray and level the surface. Chill and cut into 2 inch squares. Dip each square into slightly beaten eggs and fry in hot melted fat until brown. Serves 6-8.

### Pumpkin Butter

4 pumpkins  
Sugar, to taste  
Salt, to taste  
Desired spices, to taste

Pare a pumpkin, remove seeds and soft spots, cut in small pieces and steam until tender. Cut 3 other pumpkins and cook. When quite soft, put into cheese cloth bag and press out the juice. (If pumpkins are not plentiful, this pulp may be used for pies.) Add the juice to the first pumpkin. Simmer on the back of the stove or set the kettle on bricks. Reduce to the consistency of apple butter. When half done, add a little sugar, salt, and spices to taste.

### Veteran of the Month: Thomas King

Thomas King has spent most of his life just outside of Princeton, down a quiet road, surrounded by family. “Every time I had the chance for a promotion at work or other job opportunities presented themselves, something just kept pulling me back here,” King said while standing in his driveway.

One of the only times King, who goes by Don, lived somewhere else, was during his time in the United States Army. King enlisted in the Army in 1968 and served until 1971. He spent 12 months in Vietnam.

“I had just finished West Virginia Business College and was reclassified,” said King. “It was just a matter of time before I was going to be drafted, so I just decided to enlist.” While he was in Vietnam, King was promoted to Sergeant and awarded the Army Commendation Medal.

“I spent most of my time in Cam Ranh Bay, but of course, sometimes you had to venture out a little bit,” King said of his time in Vietnam.

After his tour of duty, King spent the rest of his time in the army working at Valley Forge General Hospital outside of Philadelphia. King was granted a two month early out so he could go back to school.

“I enrolled at Concord and graduated there in 1974 with a degree in accounting,” King continued.

After graduation, King decided to go in a different direction and worked in safety for an engineering company. However, through all of King’s different paths, he always came back to his farm.

“I was born here,” King said. “I have just always enjoyed the earth, mother nature and wildlife.” King raised two daughters on his family farm.

“I got into 4-H when I was younger,” King said of his love for agriculture. “One of my passions was field crops, specifically potatoes and strawberries.”

King was the strawberry and potato king in Mercer County. He was also the West Virginia state champion in field crops in 1964. He represented the Mountain State at the National 4-H Club Congress in Chicago that same year.

Currently King has Romney sheep on his farm. He has also planted apple and chinquapin trees. King says he hopes to improve the farm some and has a few different ideas on what he’d like to do with his property.

“I’d like to get the land back to its roots and heritage. It’s all about giving back,” King said.
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

HAMPSHIRE
- Mountain State Maple

HAROLD
- Rasmussen Garden Market
- Wardensville Garden Market

HARRISON
- Kemper Apiary

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

KANAWHA
- Angelos Food Products LLC
- Hamilton Farms
- Herrshaw Farms
- Lem’s Meat Varnish

LEWIS
- Lone Hickory Farm
- Smoke Camp Craft

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

MARCUS
- Holcomb’s Honey
- Rozy’s Peppers in Sauce

MARSHALL
- Hazel Dell Farm

MINERAL
- Indian Water Maple Company

MONONGALIA
- The Kitchen

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 Baryl Bits

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

POCAHONTAS
- Brightside Acres

PRESTON
- Mountaineadle 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

RITCHIE
- The Brier Patch
- WV Wilderness Apiaries

ROAD
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ROANE
- Christian Farm

TAYLOR
- A Plus Meat Processing

TUCKER
- Mountain State Honey Co. LLC

TYLER
- Cedar Run Farm
- Creekside Farms
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UPSHUR
- Mountain Roaster Coffee
- Old Oaks Farm
- Zul’s Frozen Lemonade

WAYNE
- Elmcrest Farm
- Stilliner’s Apiaries

WEBSTER
- Williams River Farm

WETZEL
- Thistlewied Farm
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WIRT
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WOOD
- In a Jam!
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Locations & Times TBA

Join One of Our Maple Houses for a Pancake Breakfast, Tapping Demonstration, or to Learn More About This Growing WV Industry
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Women in Agriculture Conference
Stonewall Resort
Roanoke, West Virginia
For more information call Ext 413 for 304-728-7413 or email Emily.Wells@mail.wvu.edu
extension.wvu.edu/agriculture/women-in-agriculture

Kanawha Family Opens Pumpkin Patch to Public

Brandy Chandler loves pumpkins. “Who doesn’t love pumpkins, right? Fall’s the best time of year,” she says. She’s putting that love of all things pumpkin to the test this autumn by opening up the family farm to agritourism.

“We planted pumpkins before, a much smaller patch. We decided to do it this year on a much larger scale,” she says pointing to a large patch with pumpkins just waiting to be picked from the vine. “I wanted an even larger patch, but my husband said we’d start with this.”

The patch is filled with Gladiator, Jack Be Little and Cinderella pumpkins. Chandler estimates they’ll harvest well over 600 before the season is over. The pumpkin patch is surrounded by corn pits, apple sling shots, a petting zoo, a giant slide and more attractions which opened to the public on September 28.

“I’ve always wanted to do something more with the land. We have 157 acres. This was an opportunity to give local kids a chance to do something fun. They can come and play and have a great time,” Chandler explains. She was expecting a good crowd of local kids, but then the word got out.

“We’re hosting school field trips. Church youth groups and Girl Scout troops are all scheduled to visit. I never thought we’d get this big, this fast!” But Chandler is embracing the controlled chaos. She hopes every child who stops by will have a lot of fun but also take home some lessons.

“We want to teach them how things grow, like the pumpkins. At the beginning of the season there was too much rain. We had a hard time getting the seeds in the ground. Late this summer, it’s been so dry so we had to haul out water to give the plants a drink. Kids don’t get to see all the hard work that goes into this. We want to show them it takes time and effort to make something like this happen.”

Chandler Pumpkin Farm will be open Tuesdays, Saturdays and Sundays throughout the month of October. They’re located five miles off the I-79 Clendenin exit. For more information, call 304-989-4011.

BRANDY CHANDLER AND HER FAMILY PLANTED THE PUMPKIN PATCH ON THEIR 157-ACRE FARM NEAR CL-ENDENIN.
All bee colonies must be registered with the West Virginia Department of Agriculture. Please contact the Animal Health Division at 304-558-2214.
Hancock & Twoeye Jack, blood, $1,800, all good Rd., Waverly, 26184; 679-3446.

Hancock & Twoeye Jack, blood, $1,000; '19, 3854.

Meeks, 2435 Elk Know Rd., Hinton, 25951; 466-3950.

42 Sinnett Run Rd., Ivydale, 25113; 286-2897.

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Equine Events

Pony Express 4-H Open Horse Show, Oct. 12, 9 a.m., Mineral Co. Fairgrounds, Fort Ashby, Wv. Ginny Conrad, 785-2441; ginnycor@comcast.net.

26th Annual Mule & Donkey Show, Sept. 7, 4 p.m. & Sept. 8, 10 a.m., Flatwoods, WV.

Horse Events

3 Embroiderers, 42 Old Snowe Rd., Augusta, 26704-703-1767.

Horse Sales


WV Farm Museum Has Antique Tractor Pull Set for Nov. 2

A host of antique tractors will put their horsepower to the test during an Antique Tractor Pull at the West Virginia Farm Museum north of Point Pleasant on Saturday, Nov. 2 starting at 5 p.m.

New at the State Farm Museum is the Christopher H. Bauer Wildlife Museum, which contains a large collection of mounted and prominently displayed hunting trophies in the main hall. Another display room contains an extensive collection of firearms, knives and other hunting accessories.

Other attractions include authentic log cabins, an early farmhouse, an operational 19th century blacksmith shop, turn-of-the-century doctor and newspaper offices and a mounted body of “General,” the third-largest horse ever recorded. When alive, he stood 19 ½ hands tall [6’ 6”] and weighed 2,850 lbs.

The museum also has outdoor and climate-controlled indoor areas for private gatherings.

For more information, call the office at 304-675-5737 9 a.m. - 5 p.m. weekdays, email wvsfm@wvfarmmuseum.org, or visit www.wv-farmmuseum.org.

GARDEN CALENDAR

OCTOBER 2019 Source: WVU Extension Service

| OCT 1 | Cure onions for storage. |
| OCT 2 | Build a high tunnel. |
| OCT 3 | Dig canna, dahlia, gladiolus and tubular begonias. |
| OCT 5 | Harvest green tomatoes and gourds before frost. |
| OCT 7 | Harvest sweet potatoes. |
| OCT 8 | Cure sweet potatoes. |
| OCT 9 | Harvest late pumpkins before frost. |
| OCT 10 | Remove old crop residue and seed winter cover crop. |
| OCT 11 | Harvest winter squash. |
| OCT 12 | Store winter squash in cool, dry location. |
| OCT 14 | Plant multiplier or potato onions. |
| OCT 15 | Plant sprout bulblets that flower July 15 to Sept. 15. |
| OCT 16 | Speed spinach for overwintering. |
| OCT 17 | Turn compost. |
| OCT 18 | Top Brussels sprouts to size up sprouts. |
| OCT 19 | Prepare landscape bed for spring planting. |
| OCT 21 | Plant or transplant deciduous trees and shrubs after leaves drop. |
| OCT 22 | Save wildflower seeds for spring planting. |
| OCT 23 | Mow lawn for last time. |
| OCT 24 | Prune roses and root cuttings. |
| OCT 25 | Plant garlic. |
| OCT 26 | Have garden soil tested. |
| OCT 27 | Fertilize lawn according to soil test. |
| OCT 28 | Mulch greens (chard, collards, etc.). |

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