

THE MARKET BULLETIN

“TELLING THE STORY OF WEST VIRGINIA AGRICULTURE”

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www.agriculture.wv.gov

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SPRINGING FORWARD –

Quality the Foundation of Family Farm



Eli and Misty Cook own and operate one of the largest farms and orchards in West Virginia, Spring Valley Farm. The pair are well-known for their work ethic and the quality of the food that they grow. The couple says their measure of success all comes down to their customers.

“We don’t wake up and want to be the biggest and the best,” explains Eli. “We want to keep our customers happy, and to keep our customers happy, we have to make sure we keep them in produce and fruit. That’s our number one goal!”

The pair were both go-getters from early on. “I started farming at an early age,” says Eli. “I was 12 years old when I expanded our family’s garden and started doing a little farmers’ market in Shepherdstown. That kind of snowballed from there. Every summer I’d grow a little bit more. By the time I was 17, I was farming about 20 acres.”

Meanwhile, Misty was growing up on a cattle farm in Augusta. “I was used to working cattle and making hay. It was a different kind of farming. My work ethic was always there.”

The pair met in college at WVU. Misty was an agriculture ed major and Eli was majoring in business and was still farming on the side.

“I continued to do farmers’ markets in the summer. I would always hire people from college and have them come home on the weekends to help,” says Eli. “Misty happened to be one of those people. She came to help with the markets and help on the farm and a year later we were married.”

The couple knew they wanted a farm of their own, but property in Berkeley Springs where Eli grew up was just too expensive. Instead they looked for land closer to Misty’s family in Hampshire County. They purchased 52 acres in Augusta and named it Spring Valley Farm and Orchard.

“That first year Misty and I farmed about 17 acres,” says Eli. “We hired a couple young kids to help us out, but we were basically doing it on our own. We sold our produce in two or three farmers’ markets in the Washington, D.C. area.”

In order to expand, Eli knew they needed more help, but finding reliable labor was difficult at best. They hired a man working at a local poultry plant to help out on the farm. He told his friends about the job and soon the Cooks had the labor they needed to expand.

“We’ve grown very rapidly from around 2005 up until today. We farm about 700 acres. About half of that is in fruit and half in produce,” explains Eli. The farms’ fields are filled

with everything from asparagus to zucchini.

“We grow lettuce, corn, broccoli, cauliflower, basil, beans, you name it. We do a lot of fruit – peaches, nectarines, apples, plums, cherries, berries, watermelon, cantaloupe, rhubarb. Pretty much anything you can grow in this area, we grow,” says Eli.

During the summer and fall, Eli and Misty sell their fruits and vegetables at eight farmers’ markets in the D.C. area and two roadside stands – one in Romney, the other in Winchester, VA. They hire college and high school students.

“We meet here early, early in the morning starting at about 1:45 a.m.,” explains Misty. “It takes 34 kids to do the Saturday markets and 37 to do the Sunday markets. We all meet at the farm and load the box trucks. Then it’s about two hours to D.C. It takes two hours to set up and then the bell rings and everybody busts their butt selling our produce for four hours. Then it takes about an hour and half to tear it down. Then we turn around and come home.”

The markets are the farms’ money maker. Eli says they’ve created a brand that people recognize.

“We have a tight brand – red tents, red tables, red shirts. All our people are young, energetic and smile with manners. Whether you walk into Alexandria or Dupont or Arlington markets, you can recognize our Spring Valley stand. People recognize Spring Valley wherever they go and expect the same quality, the same courtesy and the same customer service,” says Eli.

Currently, the farm employs 90 workers during peak

season and they continue to expand. But Eli says it’s not something they set out to do.

“We’ll sit down in January and say, ‘We ran out of beans a lot. We ran out of corn a lot. We ran out of this a lot.’ We figure out how many more acres we need to grow the next year. That’s been the backbone of our growth, filling the void of those shortages that we had the previous year. We’ve kept that model.”

Eli gives a run down of last year’s numbers.

“We pick between 15,000 and 20,000 bushel of peaches, 20,000 bushels of apples. We sell about 3,000 dozen ears of corn a week. It normally takes us 500 to 800 bushel crates of tomatoes a week, 100 bushels of beans a week, 80 to 100 bushels of cucumbers, squash and potatoes. We sell 55,000 lbs. of lettuce a year. That’s a lot of lettuce!”

This season they added even more to their plate. When COVID-19 hit, they began selling seasonal market boxes through their website.

“We’ve never done a CSA (Community Supported Agriculture) before but now we’re selling 2,000 to 3,000 boxes a week,” says Eli.

The Cooks keep in touch with their customers through the internet.

“We keep in contact with 50,000 to 60,000 of our customers through our newsletter. We put our personal cell numbers on there. If they want to text me, I’ll answer them. Even though we have thousands and thousands of customers, they still feel a connection to us,” stresses Eli.

On top of the farms, the orchards and growing their business, the Cooks are raising three children who are involved on the farm. Their life is never boring. Eli says they couldn’t make it work without a staff they rely on.

“That’s how it all gets done. I have good people under me who get stuff done,” says Eli.

“We don’t think of ourselves being that big because we do this day in and day out. We’re just hard-working farmers like everybody else,” says Misty.

Eli’s advice to young farmers who want to do what he’s done, “This business is very doable for a young farmer. You can get in for not a whole lot of money, not a whole lot of ground. But...you have to be willing to work!”

To learn more about Spring Valley Farm and Orchard, log on to www.freshfarm.org/farmers/spring-valley-farm-and-orchard.

“I was 12 years old when I expanded our family’s garden and started doing a little farmers’ market in Shepherdstown. That kind of snowballed from there. Every summer I’d grow a little bit more. By the time I was 17, I was farming about 20 acres.”

– Eli Cook | Spring Valley Farm

Pandemic Shows Where to Invest

Six months into this pandemic, many of us are trying to regain normalcy while adjusting to the realities now facing us. As we grab hold of these new challenges, state leaders need to start planning for the societal adjustments that will move the country forward. Like any good after-action plan, we need to determine successes and failures, and start planning for future emergencies. Events like the COVID-19 pandemic show us how we can do more to invest for better outcomes. We know that state leaders will be motivated to tackle these problems head on, as they will have federal resources at their disposal. With an abundance of issues to overcome, leaders will have to make some tough policy calls. There are three sure-fire areas in which the state should consider investing: healthy food initiatives, broadband and crisis response infrastructure.

Good nutrition is vital for populations to overcome any type of pandemic. This became abundantly clear when many people with underlying health issues were proven more susceptible to COVID-19. While poor health issues can stem from various factors, lack of healthy lifestyles seems to be at the top. Living healthier lives begins with eating better foods and choosing locally-grown products, and the best way to do this is to source more food from West Virginia farmers. Many of us have already turned to local farmers as the national

food system experienced bottlenecks. As demand increases for these products, West Virginia must foster growth to increase the availability of locally grown foods. This means further development of in-state processing, in order to become independent from centralized, national food systems.

The pandemic forced many businesses and organizations to experiment with the work-from-home concept, as offices were shut down to reduce the spread of Covid-19. At the same time, urban populations saw rampant spreads which led to many city residents to consider moving to rural locations. WVU's economic expert John Deskins argues that this is an opportunity for states like West Virginia to capitalize on our built-in social distancing; and for that to happen, we will need access to reliable broadband services. Between Zoom meetings and many projects being handled virtually, our state will never be able to take advantage of this cultural shift if people cannot work from their hills and hollers. Simply stated, there is no work-from-home without good internet.

With the pandemic, it became evident that our state lacked crucial personnel and resources to act efficiently. As testing and traceability became essential tools to safeguard our citizens, it became increasingly clear how outdated and inadequate West Virginia's government laboratory facilities have become. Lack of investment from our state's

leaders left those same leaders scrambling to find testing options to ensure citizens' safety. At the same time, there were huge backlogs for supplies and reagents for our laboratory equipment, which limited the work our staff could accomplish. It is time the state invests in its own resources to guarantee that we are not in a similar situation ever again. We must invest in crisis response, especially within our state-run laboratories, to better prepare for future emergencies.

The COVID-19 pandemic will bring significant cultural shifts and many other changes to our lives. More importantly, it will also dominate policy decisions for years to come. National and state leaders will spend countless hours and resources learning how to better prepare for the next potential outbreak. Those decisions will determine how billions, if not trillions of dollars are ultimately invested. To reiterate, regardless of where those conversations are headed, West Virginia leaders should spend a lot of time focusing on healthy food initiatives, broadband technology and crisis response infrastructure. By making the right choices, we can save thousands of lives.



Kent Leonhardt, Commissioner of Agriculture

Understanding FSMA Produce Safety Rules – The Agricultural Water Rule (Part 3 – Postharvest Water Management for Shelf Life and Food Safety)

In this food safety article, we will continue to simplify some of the seemingly complex food safety requirements under the FDA's Food Safety Modernization Act (FSMA) Produce Safety Rule (PSR), to help raise awareness of and encourage action in managing food safety risks. These articles are meant to help you to be more proactive rather than reactive by focusing on high risk food safety areas and identifying hazards within your individual operations. Again, we remind you that these articles do not replace attending a food safety training course to learn about the 'whole-farm' approach to managing food safety risks; these trainings are available in WV through the WV Food Safety Training Team.

This article is the third of a 3-part series focusing on agricultural water and food safety risks – Subpart E of the FSMA PSR. In the previous two parts of this series, we discussed whether you have to comply with the requirements of the Agricultural Water Rule under the PSR, and how to manage water used during the production phase. In this article, we will discuss post-harvest water management. Postharvest water is any water that is used during and after harvest, including during packing and

holding activities such as rinsing/washing, moving produce, cooling, ice making, applying postharvest fungicide, waxing, handwashing and cleaning and sanitizing food contact surfaces. Postharvest water can be contaminated with human pathogens, after which the water can contaminate (via cross-contamination) fruits and vegetables during postharvest activities. Although the Agricultural Water Rule under FSMA's Produce Safety Rule is currently under revision, the following guidelines may be used to understand and maintain the quality of your well or municipal water source that is applied to fruit and vegetable crops during postharvest operations. Note that untreated surface water (ponds, reservoirs, cisterns) are not acceptable for use as post-harvest water.

Water used for harvest and postharvest activities must be potable, that is, have no detectable generic E. coli per 100 milliliter sample. This helps to extend the shelf life of the produce and improves its safety to the consumer. If not properly managed, washing produce can amplify a small problem into a big one. This means that single-pass postharvest water is used at 0 CFU of generic E. coli/100 mL,

and recirculated and batch begins with 0 CFU of generic E. coli/100 mL, and safe and sanitary quality is maintained throughout its use. For produce washing, single-pass water (e.g. spray from a hose, conveyer or barrel washer) is less risky than recirculated or batch water (e.g., from a recirculating conveyer or dunk tank). Recirculating water can become contaminated and present a cross-contamination risk, and must be maintained at adequate quality. Sanitizers can help reduce the risk of cross-contamination in recirculated water and can help reduce the build-up of microbes and biofilms in single pass systems. Be aware, though, that sanitizers kill microbes (they are pesticides) and must be labeled for their intended use and handled and monitored carefully. Growers must follow the product label; the label is the law.

Understanding FSMA Produce
Safety Rules, cont. on page 3

Understanding FSMA Produce Safety Rules, cont. from page 2

If you detect any E. coli in your postharvest water (either in single-pass water or recirculated water), you must immediately stop using that water. You cannot use that water for any postharvest activities until you determine the source of contamination and eliminate it. Once the source of contamination is eliminated, it is important to sanitize your water distribution system, and then re-test your water to ensure that you have successfully lowered the level of E. coli in your water to potable water standards. In addition to starting with potable water, when using recirculated or batch water, it is important to manage other variables that impact water quality including; A) pH: some sanitizers (e.g., chlorine) are most effective at a specific pH. Therefore, the pH must be monitored using pH test strips, handheld pH meters or titration kits. The pH must then be adjusted using an approved food grade product, such as citric acid or acetic acid, as needed. B) Temperature: temperature is important, as it can impact the effectiveness of sanitizers. A 10 degree or higher

difference between the temperatures of harvested produce and postharvest water can cause infiltration (for example, apples, cantaloupes, mangoes and tomatoes are susceptible to infiltration), and this can introduce pathogens to the interior of the produce if the water is contaminated. If postharvest water temperature is too high and pH is too low, toxic chlorine gas may be formed and become a health hazard. The temperature of postharvest water may be monitored using properly calibrated thermometers to minimize potential risk. C) Turbidity: turbidity (the level of cloudiness caused by dirt) reduces the effectiveness of sanitizers and is an important indicator of when to change postharvest water. Turbidity can be monitored using turbidity meters and the level of turbidity must be considered when developing your water-change schedule. Although turbidity does not mean your water has microbial contamination (clear water can be contaminated, and dirty water can be free of pathogens), you should not attempt to clean produce with dirty water.

As always, remember to keep records of what you did to manage or fix any post-harvest water issues and of any sanitizers that you used to clean your water distribution system.

Contact Dee Singh-Knights at 304-293-7606 or dosingh-knights@mail.wvu.edu if you have any questions, or to register for a Grower Produce Safety Training Course to learn more about this and other trainings on how to comply with the FSMA PSR food safety requirements.



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/Rural-Rehabilitation-Loan-Fund>. 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.**

FUN FARM FACTS

Fun Farm Fact:

Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.

Fun Farm Fact:

Americans eat on average 20 lbs. of onions per year!

Fun Farm Fact:

The average size of a farm in West Virginia is 155 acres.



Veteran of the Month: Joe Blackhurst

For Joe Blackhurst of Ravenswood, his life as a beekeeper and the 12 years he spent in the United States Marine Corps as an artillerymen and career retention specialist share many similarities.

“I learned in the military about being organized and being disciplined, having a set schedule, of getting certain tasks accomplished,” Blackhurst said.

In beekeeping, Blackhurst points out, that same mentality is fundamental to yielding a healthy and stable hive.

“We have to start planning out weeks in advance. We have to have stands. We have to have the equipment ready and everything has to be set and painted and just so. Everything must be covered in a line and set just right,” he explained. “Every stand must look identical before we start, because if you do that, your process will go very smoothly and without frustration. If you don’t do that, you will work yourself to death all day long and not get anything accomplished.”

His business, Bee Haven Supply, is a testament to that meticulousness. It serves not only as a retail space where consumers can purchase locally produced honey and bee-related products, it also allows Blackhurst to educate those who are interested in bees. Whether he’s speaking on the positive impacts

of bees at elementary schools or he’s helping mentor an aspiring beekeeper, he says sharing what he’s learned with others is what motivates him.

“I like to see people be successful with what they’re doing, and if I can help them be successful, it makes me feel like I’ve been successful,” he states

Much of the success Blackhurst has achieved has derived from a willingness to not only educate others but to educate himself.

“I try to learn something new every day. Whether my bees teach me something new or a customer teaches me something new, I try to learn something new every day,” he said proudly. “And that’s what I used to tell my troops. Even if, even if you don’t know how to do that today, you will tomorrow.”

To learn more about Blackhurst and Bee Haven Supply, you can find them on Facebook, call the shop at (304) 512-5511 or visit them at 809 Walnut Street in Ravenswood, WV.



WVDA Confirms and Controls Population of Spotted Lanternfly in WV

Spotted lanternfly (scientific name *Lycorma delicatula*) is an exotic and invasive insect rapidly spreading through the Mid-Atlantic region. It was first discovered in eastern Pennsylvania in 2014 and since has been found in eight additional states, including West Virginia.

Despite the insect being beautiful with its striking red hindwings, it has the potential to severely damage West Virginia’s grape and fruit crop industries. Spotted lanternfly is a sap feeding insect, which means it stabs its straw-like mouth part into the tree or vine it is infesting and sucks out necessary water and sugars the tree needs to grow fruit and maintain a healthy canopy. When hundreds of spotted lanternflies all feed on one tree or vine, it can greatly reduce the yield of the tree and eventually the tree or vine will be so weakened that it can die if the spotted lanternfly population is not controlled.

In 2019, a small population was found in Bunker Hill, WV in Berkeley County. In August of 2020, the West Virginia Department of Agriculture and USDA APHIS discovered a population

of around 100 spotted lanternflies near Interstate 81 in Inwood, about two miles from the sighting last year. Both agencies worked together and took immediate action to control the population with both physical capture and killing of the insects and pesticide treatments on the insect’s preferred host, tree-of-heaven (scientific name *Ailanthus altissima*). Both insecticide, to kill the actual insect, and herbicide, to kill tree-of-heaven, were used. In September of 2020, a noticeable reduction of the insect was discovered after treatments. Spotted lanternfly populations almost always establish on tree-of-heaven before spreading to nearby secondary hosts like apple, grape, black walnut, willow and maples. Once established, the insect is known to feed on more than 100 species of plants in North America, including both native and exotic horticultural plants. This is why it’s important to try to remove the invasive tree species from the landscape.

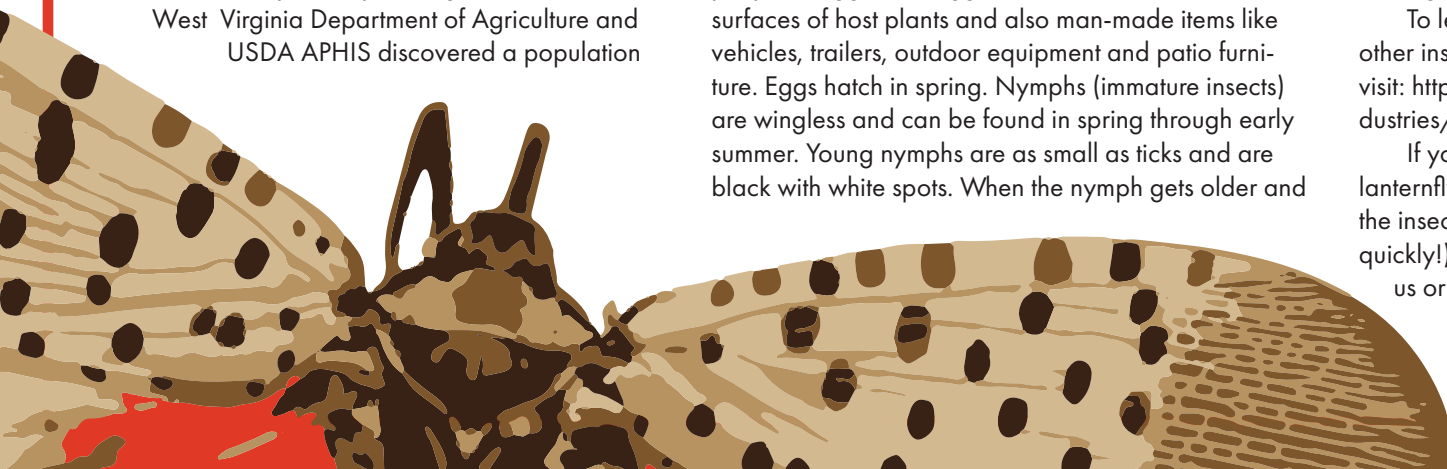
Spotted lanternfly overwinters as eggs, in a gray putty-like egg mass. Egg masses are laid on smooth surfaces of host plants and also man-made items like vehicles, trailers, outdoor equipment and patio furniture. Eggs hatch in spring. Nymphs (immature insects) are wingless and can be found in spring through early summer. Young nymphs are as small as ticks and are black with white spots. When the nymph gets older and

molts it becomes bright red with white spots. That red nymph will molt into a large (~1 inch) winged adult in late July. The adults congregate on trees to feed and mate from late July to October. There is one generation of this insect per year.

The WVDA and USDA are continuing to monitor for new infestations throughout the state, especially in the Eastern Panhandle, the Northern Panhandle and Monongalia county due to the increased thru-traffic in these areas and large populations of tree-of-heaven. Monitoring consists of visual surveys, mapping high density tree-of-heaven locations and testing out new trapping methods for the insect. Landowners are encouraged to look for clusters of adults and/or nymphs on vegetation throughout the growing season. Extra attention should be given to the monitoring of and the removal of tree-of-heaven on your property. Also, inspect outdoor equipment and vehicles before driving or moving items to a new location.

To learn more about spotted lanternfly and other insect pests in the state of West Virginia please visit: <https://agriculture.wv.gov/divisions/plant-industries/forest-health-protection/>.

If you suspect you have found a spotted lanternfly, please take a picture before trying to kill the insect (they can jump far and disappear very quickly!) and email the photo to bugbuster@wvda.us or call (304) 558-2212.



Pumpkin Treats

October has arrived. That means chilly mornings, football season and a craving for something pumpkin, whether it's pumpkin pie, pumpkin lattes or pumpkin bread. It's the flavor of the month! But instead of the tried and true, why not whip up something new? We have three pumpkin recipes for you to try this month, including one that's for the dogs, literally! If you love pumpkin as much as we do, one of these recipes will hit the spot! If you have a recipe you'd like to share (we'd love to see your favorite Thanksgiving and Christmas dishes), send them to marketbulletin@wvda.us.



Roasted Pumpkins

- 4 small sugar pumpkins, seeded
- 2 cups applesauce
- ½ teaspoon ground cinnamon
- salt and pepper to taste

Step 1

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium baking dish.

Step 2

In a small bowl, mix applesauce, cinnamon, salt, and pepper. Spoon 1/2 cup mixture into each pumpkin.

Step 3

Place pumpkins in the prepared baking dish. Cover with foil, and bake in the preheated oven 1 hour and 45 minutes, or until pumpkins are tender.

Pumpkin Chili

- 2 pounds ground beef
- 1 large onion, diced
- 1 green bell pepper, diced
- 2 (15 ounce) cans kidney beans, drained
- 1 (46 fluid ounce) can tomato juice
- 1 (28 ounce) can peeled and diced tomatoes with juice
- ½ cup canned pumpkin puree
- 1 tablespoon pumpkin pie spice
- 1 tablespoon chili powder
- ¼ cup white sugar

Step 1

In a large pot over medium heat, cook beef until brown; drain. Stir in onion and bell pepper and cook 5 minutes. Stir in beans, tomato juice, diced tomatoes and pumpkin puree. Season with pumpkin pie spice, chili powder and sugar. Simmer 1 hour.

Pumpkin and Peanut Butter Dog Treats

- 2 ½ cups whole wheat flour
- 2 large eggs
- ½ cup canned pumpkin
- 2 tablespoons peanut butter
- ½ teaspoon salt
- ½ teaspoon ground cinnamon

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Whisk together the flour, eggs, pumpkin, peanut butter, salt, and cinnamon in a bowl. Add water as needed to help make the dough workable, but the dough should be dry and stiff. Roll the dough into a 1/2-inch-thick roll. Cut into 1/2-inch pieces.

Step 3

Bake in preheated oven until hard, about 40 minutes.

From the VET



Varroa destructor, an ectoparasitic mite of the honey bee, and the viruses which they carry, are widely considered to be the number one cause for colony losses within West Virginia apiaries. The Varroa mite, which originated in Asia, arrived in the United States as an invasive species in 1987 and is now prevalent in every state excluding a few of the islands of Hawaii. The effective management of the population growth of this mite is one of the essential concepts to understand and master on the journey to maintaining a sustainable apiary. Several methods of sampling the honey bee colony for the presence of these mites, along with treatment options for your colonies, can be found at <https://honeybeehealthcoalition.org/varroa/>.

If Varroa mites become too prevalent in a hive, the colony is in danger of leaving the hive or collapsing from viral loads within the colony's population. Integrated pest management tools are discussed in the link above, including the success rates of each tool/medication. Autumn is a great time to check the Varroa mite counts within your colonies and treat with approved medications, if necessary, as part of your seasonal preparations. Failure to successfully manage your Varroa mite population within your personal apiary not only affects your colonies, but also has the potential to harm surrounding apiaries within range of your bee yard. Fight the Mite!

YATES RECEIVES HONOR

Trey Yates received quite the honor earlier this year. He was named Young Entrepreneur Business of the Year by the West Virginia Small Business Administration. The 23-year-old from Rainelle knows the meaning of hard work. Yates is the owner and operator of Greenbrier Dairy. The business, which will be up and running this fall, started as a 4-H project.

"I was showing dairy cows and I wanted to be a dairy farmer, but they don't make any money. So, I decided to go the value-added side of

that. The dairy will be a creamery which will offer butter, milk and cheese," said Yates.

But that's not all that's on Yates plate. He is also the owner of Up the Creek Mustard, a dry spice company called Mix-in Magic and a gift box business called Almost Heaven Specialties.

"There's no better time to do all this than now. The more time I have to grow these companies, the better off they'll be," explained Yates. "Everybody says you have to leave West Virginia to find work. That's not true. I'm proof of that."



"As close to the farm as you can get"

West Virginia Grown

Rooted in the Mountain State



BARBOUR

- Sickler Farm
- Emerald Farms LLC
- Layne's Farm

BERKELEY

- Appalachian Orchard Company
- Cox Family Winery
- Geezer Ridge Farm
- Heron's Rest Farm
- Kitchen's Orchard & Farm Market LLC
- Mountaineer Brand LLC
- Raw Natural
- Sister Sue's
- Sulpher Springs Stables - Orsini Farms LLC
- Taylor's Farm Market
- US Veteran Produced
- Warbirds Cattle & Farm
- West Virginia Pure Maple Syrup
- West Virginia Veteran Produced
- Wildflower
- Walnut Hill Farm
- Heron's Rest Farm

BOONE

- Anna Bell Farms

BRAXTON

- Mary's K9 Bakery LLC
- Oh Edith/Little Fork Farm
- Rose Petal Soaps

BROOKE

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

CABELL

- Appalachian Apiculture
- Down Home Salads
- Good Horse Scents
- R&R Products

CLAY

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

DODDRIDGE

- Sweet Wind Farm
- Ryan Farms

FAYETTE

- Almost Heaven Specialties
- Butcher's Apiary
- Deep Mountain Farm
- Five Springs Farm
- Five Springs Farm Guesthouse
- Greenbrier Dairy LLC
- Up The Creek
- Wild Mountain Soap Company

GREENBRIER

- Arbaugh Farm
- Caring Acres Farm
- Daniels Maple Syrup
- Hero Honey Valley View Farm
- Mountain State Maple Farm & Co.
- Sloping Acres
- TL Fruits and Vegetables

HAMPSHIRE

- Kismet Acres Farm
- Powder Keg Farms
- Quicken Farm

HARDY

- Buena Vista Farm
- Happy Ranch Farm LLC
- Wardensville Garden Market

HARRISON

- Honey Glen LLC
- Native Holistics
- Rimfire Apiary
- Sourwood Farm

JACKSON

- AJ's Goats 'n Soaps
- Boggess Farm
- Dean's Apiary
- Maddox Hollow Treasures
- Out of This World Salsa
- Sassy Gals Gourmet Treats
- Dean's Apiary

JEFFERSON

- Shalgo Farm

KANAWHA

- Angelos Food Products LLC
- Hamilton Farms, LLC
- Hernshaw Farms LLC
- Jordan Ridge Farm
- Larry's Apiaries
- Lem's Meat Varnish
- T & T Honey
- Vandalia Inc.
- We B Fryin Snacks

LEWIS

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

LINCOLN

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

MARION

- Clutter Farms LLC
- Holcomb's Honey
- Rozy's Peppers in Sauce

MARSHALL

- Eco-Vrindaban, Inc.
- Gieser Farm
- Hazel Dell Farm
- NJ's Kettle Corn

MASON

- Black Oak Holler Farm LLC
- Hope's Harvest Farm LLC
- Moran Farms

MERCER

- Hillbilly Farms

MINERAL

- Green Family Farm
- Indian Water Maple Company

MONONGALIA

- Neighborhood Kombuchery
- The Kitchen
- WVU

MONROE

- Bee Green
- Spangler's Family Farm

MORGAN

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

NICHOLAS

- Dave's Backyard Sugarin'
- Kirkwood Winery
- White Oak Acres
- Woodbine Jams and Jellies, Inc.

OHIO

- Beeholding Acres/Roth Apiaries
- Fowler Farm
- Grow Ohio Valley
- Moss Farms Winery
- Rock Valley Farm
- The Blended Homestead
- Windswept Farm
- Zeb's Barky Bits

PENDLETON

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

POCAHONTAS

- Brightside Acres, LLC
- Brush Country Bees
- Frostmore Farm

PRESTON

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

PUTNAM

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

RALEIGH

- Appalachian Kettle Corn
- Bailey Bees
- Daniel Vineyards
- Shrewsbury Farm
- The Farm on Paint Creek/
Sweet Sweeneysburg Honey

RANDOLPH

- Poe Run Craft & Provisions Inc.
- The Bryer Patch-
- WV Wilderness Apiaries

RITCHIE

- Turtle Run Farm

ROANE

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

SUMMERS

- Cheyenne Farm
- Sprouting Farms

TAYLOR

- A Plus Meat Processing
- Triple L Farms

TUCKER

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

TYLER

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

UPSHUR

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

WAYNE

- Elmcrest Farm
- Lovely Creations Handmade Soaps and More
- Stiltner's Apiaries

WEBSTER

- Custard Stand Food Products
- Spillman Mountain Farm Products, Inc.
- Williams River Farm

WETZEL

- Thistledeew Farm Inc.
- Wetzel County Farmers Market

WIRT

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

WOOD

- IN A JAM! LLC
- Minner Family Maple Farm LLC
- Oldham Sugar Works
- Stomp-n-Grounds Craft Coffees

WYOMING

- Appalachian Tradition
- Tarbilly's BBQ

JOIN OUR LIST!

📞 304-558-2210

✉️ wvgrown@wvda.us

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





FALL FARMS OPEN FOR 2020

- | | |
|---|--|
| Bumgarner Pumpkins - Letart | White Oak Farm - Renick |
| Chandler Pumpkin Patch - Clendenin | Brookedale Farms - Fort Ashby |
| Cooper Family Farms - Milton | Cherry Brooke Farm - Mount Storm |
| Gritt's Farm - Buffalo | CW Corn Maze - Cass |
| Stoll Farm - Milton | MJM Farms - Mullens |
| Byrnside Branch Farm - Union | Snyder Farms - Huttonsville |
| Lewisburg Lanterns - Lewisburg | Old McDonald Pumpkin Patch & Corn Maze - Inwood |
| Okes Family Farms - Beckley | Orr's Farm Market - Martinsburg |
| Sunset View Farms - Ballard | Town and Country Nursery - Kearneysville |

Check individual farm websites for COVID-19 guidelines and operating hours

**TO ADD YOUR FARM TO THE WVDA LIST, CONTACT
 AGRITOURISM@WVDA.US OR 304-558-2210**



MOUNTAIN ROOTS MARKET INC.
 Consignment Farmers Market • Year round
 Mon.-Sat. • 8am-6pm • 148 W. 2nd Street • Weston, WV
*Local WV produce only, fresh baked goods,
 crafters & artisans of WV.*
 David Townsend, 269-8619;
 Townsendproduce@gmail.com.

2ND ANNUAL COUNTRY ROADS SALE
 Oct. 31; 1 p.m.
 Braxton Co. Fairgrounds
 Selling: Angus, Simmental, Club Calf prs., opens, as well
 as club calf steers & heifers;
 Contact, Chris Brown ,290-8383;
 John Spiker, Auctioneer, License # 184, 884-7915.

2020 PA FALL CLASSIC SIMMENTAL SALE
 Oct. 24; 1 p.m.
 Green Co. Fairgrounds, Waynesburg, PA
 Selling: Simmental & Sim-Influenced cow/calf prs., breds,
 open replacement heifers, open show heifers, bulls,
 pregnancies & embryos
 Contact, Chris Brown ,290-8383;
 Dalton Lundy, Consultant, 502-727-6898;
 John Spiker, Auctioneer, License # 184, 884-7915.

GARDEN CALENDAR

OCTOBER 2020

Source: WVU Extension Service Garden Calendar

- OCTOBER 1** Cure onions for storage. Build a high tunnel.
- OCTOBER 2** Dig canna, dahlia, gladiolas and tubular begonias.
- OCTOBER 3** Harvest green tomatoes and Gourds before frost.
- OCTOBER 5** Harvest sweet potatoes. Seed carrots for overwintering in high tunnel.
- OCTOBER 6** Cure sweet potatoes. Divide perennials.
- OCTOBER 7** Harvest late pumpkins before frost.

- OCTOBER 8** Remove old crop residue and seed winter cover crop
- OCTOBER 9** Harvest winter squash
- OCTOBER 10** Store winter squash in cool, dry location.
- OCTOBER 12** Plant multiplier or potato onions. Plant spring bulbs.
- OCTOBER 13** Plant or transplant lilies that flower July 15 to Sept. 15
- OCTOBER 14** Seed spinach for overwintering
- OCTOBER 15** Have garden soil tested.
- OCTOBER 16** Top Brussels sprouts to size up sprouts

- OCTOBER 17** Prepare landscape bed for spring planting
- OCTOBER 19** Plant or transplant deciduous trees and shrubs after leaves drop.
- OCTOBER 20** Save wildflower seeds for spring planting
- OCTOBER 21** Mow lawn for last time.
- OCTOBER 22** Prune roses and root cuttings.
- OCTOBER 23** Plant garlic.
- OCTOBER 24** Turn compost.
- OCTOBER 27** Mulch greens (chard, collards, etc.)

