Becky McCallister grew up on a small farm in West Virginia. From a very early age she learned that hard work comes in several forms, but that the reward is always worth the sweat.

“I grew up on a farm, a small farm, but a farm. We always had a garden. I have a granny from Boone County and a granny from Lincoln County, and through them and my own family, I learned to can. I learned to cook a lot of different things like that. My dad always had a huge garden. So, I’ve always tried to have a garden,” McCallister explains. “The amount of stress relief of just playing in the dirt is unreal. It’s gratifying when you plant something, and you get back so much from it.”

After retiring from her professional career as an EMT that spanned 37 and a half years, 20 of those spent serving Kanawha County, McCallister sought out agriculture as a chance to reconnect to her roots. That nostalgia became the catalyst for the name of her farm, My Way to My Roots, that’s based out of Leon, West Virginia, a small rural community located just outside of Buffalo.

“Everyone was like when I moved here ‘What are you gonna name the farm?’ And I’m like ‘My Way to My Roots.’ What better? This is what I grew up doing. It’s just now I’m doing it myself,” McCallister says with a grin. “Everybody is like ‘It’s a lot of work.’ ‘I’m like ‘It’s not a lot of work if you enjoy it.’ Yeah, it is a lot of work, but I like to work. I don’t like sitting and not doing.”

McCallister is the first person to be featured in our newly revamped Veterans and Heroes to Agriculture program. Emergency response personnel and first responders have been added to the program along with military veterans. Her interest in the program was sparked from her father who was a veteran.

“My dad was a vet and that kind of got me started with the Vets and Heroes Program,” McCallister says.

McCallister’s resourcefulness has allowed her business to blossom as she’s been able to craft a popular soap developed exclusively from the goats on her farm, My Way to My Roots. That notion to be self-reliant and to provide a good product.

“I think people need to get more education in agriculture. I think they need to get at least the basics. It would help in the long run. There’s a lot of people who just have no idea that they can get ahold of the Department of Agriculture and say, ‘Hey I’m interested in learning about bees.’ “Well, we got classes for that,” she states.

McCallister says something as simple as tree pruning classes or classes to teach you how to can make a difference.

“Without the Department of Agriculture, without the education, where would a lot of people be?” McCallister questions.

The correlations between McCallister’s life as an EMT and her current journey within agriculture are boundless. Being able to give back to the community she’s grown up in is a source of pride.

“We have our farmers’ market now in the loop in St. Albans. The people from the Towers [a senior housing development] love it. It’s in walking distance. A lot of these people that live in the elderly housing don’t drive. You know how much it costs to take a taxi to the store and back? About $10 each way. A bus? How do you carry what you need on a bus, especially if you’re in a wheelchair or using a walker? It’s really hard for them even to just go to a grocery store. The farmers’ market is right there on the other end of the parking lot. They were just like ‘Fantastic! They’re here.’ It brings the produce and the farmers’ markets into the city and available to people who don’t have the room for farms,” McCallister says proudly.

McCallister’s drive in agriculture comes from the notion to be self-reliant and to provide a good product that is all-natural and environmentally friendly. It spurred from the lessons she learned as a child growing up and working in her father’s gardens, serving southern WV as an EMT for 37 and a half years and understanding the importance of being a good steward of the land.

“If I raise my own chickens, raise my own beef, raise my own milk cow, I know where all that comes from. I know what’s in it;” McCallister explains. “The garden, I know what’s in it. I don’t use chemicals in my garden. I know what’s in it. I haven’t bought soap in five years. I use the soap I make. I make my laundry soap. I make my own weed killer. I make my own lotion, shampoo bars, the whole nine yards. The more I can do for myself the better I like it.”
Understanding FSMA Produce Safety Rules – The Agricultural Water Rule (Part 1 – Do I have to Comply?)

In this 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. This article is the first of a three-part series focusing on agricultural water and food safety risks – Subpart E of the FSMA PSR. 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.

Water used during production, harvesting or post-harvest handling of fresh fruits and vegetables represents a potential pathway for contamination with human pathogens. The agricultural water requirements under the PSR establishes microbial quality standards and testing requirements so that when agricultural water makes contact with produce, either during growing activities, and for water used during and after harvest, the risks associated with water are reduced. Only water that is intended to, or likely to, contact the harvestable part of the crop is regulated.

West Virginia growers use different water sources and systems, including municipal sources, ponds, rivers, wells or other sources such as springs, each having a different level of risk of contamination with microbial pathogens. Under the PSR, growers are required to ensure that the water they are using must be safe for use in growing fresh fruits and vegetables in order to reduce the use of contaminated agricultural water and the risk of foodborne illness. These safety protocols include testing to ensure the water meets established microbial water quality criteria, inspecting all agricultural water distribution systems at least once a year to ensure it is intact from possible contamination and taking corrective actions where necessary.

FDA requires growers to periodically monitor the quality of pre- and postharvest agricultural water through microbiological testing. The frequency of agricultural water testing is based on its source. For example, for surface water, FDA requires farms to do an initial survey using a minimum of 20 samples collected as close as practicable to harvest over the course of two to four years; for untreated groundwater, a minimum of four samples during the growing season or over a period of one year; there is no requirement to test agricultural water that is received from public water systems. The microbiological criteria for agricultural water is based on levels of E. coli bacteria, which is a widely accepted indicator of fecal contamination and therefore the presence of human pathogens. We will discuss the testing criteria in Part 2 of this series on “The Agricultural Water Rule.”

For individual small farms, the costs of testing and inspecting irrigation distribution systems and maintaining microbial quality standards may be expensive. Growers want to know the money and time they are investing in water monitoring and testing is helping them make water management decisions that reduce produce safety risks. Moreover, when the FSMA Produce Safety Rule became finalized in January of 2016, it was clear that the water standard was somewhat complicated and difficult to understand. The water standards were also not sufficiently flexible to work for very small farms, making it hard for farms to comply.

In March of 2017, the FDA acknowledged that farmers faced serious challenges in trying to follow the new water standard and indicated they would revisit the standards in an effort to simplify them. Since that time, they have been working with stakeholders to decide on the best approach to address growers’ concerns while still protecting public health.

The FDA has extended compliance dates, now 2024 for very small farms, in order to give farms an opportunity to continue to review their practices, processes and procedures related to agricultural water and how it is used on their farms. Simply put, FDA will be releasing additional information, in the near future, that lays out new grower requirements for the water standard.

AT THIS TIME, NO FARMERS ARE SUBJECT TO THE AGRICULTURAL WATER PROVISIONS OF THE PRODUCE SAFETY RULE. It is important to note that this extension only applies to the agricultural water standards for pre-harvest uses (including irrigation, chemical crop sprays, cooling and frost control); it does NOT APPLY to the special water standards for sprout growers, to water used for post-harvest activities, and to any other standards in the Produce Safety Rule.

So, what should you be doing on your farm in the interim? Of course, farms still have an obligation to prevent against the introduction of contamination into the food supply, and that has bearing on the quality of the water that’s used in pre- and post-harvest operations. This extension only means that you do not have to follow the
Signup under way until Aug. 31 for Gypsy Moth Suppression Program

The West Virginia Department of Agriculture (WVDA) is urging landowners to sign up for the Cooperative State-County-Landowner (CSCSL) Gypsy Moth Suppression program. The program is focused on protecting the landowners’ forested acreage from devastating effects caused by the invasive gypsy moth. The sign-up period runs from July 1 until August 31, 2020.

“West Virginia’s forests are one of our state’s most important resources,” said Commissioner of Agriculture Kent Leonhardt. “As we face more invasive species such as the spotted lanternfly, we hope people will take advantage of programs like these.”

The CSCSL Gypsy Moth program started accepting gypsy moth egg mass survey applications from landowners statewide on July 1. Application forms and brochures are available at the WVDA’s Plant Industries Division website.

Landowners may also obtain applications at local WVU Extension offices and WVDA field offices in Charleston (304-558-2212) or New Creek (304-788-1066). A non-refundable survey deposit of one dollar ($1.00) per acre must be submitted with the application. This deposit will be applied toward payment for treatment if the landowner qualifies.

“The gypsy moth is a non-native, invasive insect that feeds on hundreds of species of trees and shrubs, including West Virginia hardwoods,” said WVDA Plant Industries Assistant Director Butch Sayers.

“Defoliation by gypsy moth caterpillars can weaken trees, making them more susceptible to other pests and diseases. This treatment program helps safeguard our forests from further damage.”

The minimum acreage required to participate in the program is 50 contiguous acres of wooded land. Adjoining landowners may combine their properties to meet the acreage requirement. Once applications and deposits are received, a forest health protection specialist will visit the landowner’s property to determine if the level of gypsy moth infestation meets program guidelines. A final decision to participate in the program must be confirmed by signing a contract with the WVDA by early December 2020.

For more information, contact WVDA Assistant Director Quentin “Butch” Sayers at qsayers@wvda.us or WVDA Gypsy Moth Program Coordinator G. Scott Hoffman at ghoffman@wvda.us.

Two Women Use High Tunnel Programs to Feed Their Community

On a ridge in Northern Marshall County, two women are growing their farm business and helping feed their local community. Mary Meberg and Lisa Gieser have worked with ECOVindaban, a local farming non-profit, for many years. Mary has been growing large productive outdoor gardens for decades and Lisa works with the ECOV diary cows. It wasn’t until a late 2018 meeting with a WVDA Planning Coordinator Kacey Gantzler that they ever considered a high tunnel for their own farm.

“The meeting was the first time I had heard of a high tunnel and Kacey’s enthusiasm and presentation on growing in high tunnels inspired me,” said Lisa when asked why she decided to build a high tunnel. Both women went to their local USDA Natural Resources Conservation Service (NRCS) office for technical and financial assistance through the Environmental Quality Incentives Program (EQIP) and Agricultural Management Assistance (AMA) programs.

“The NRCS office helped me immensely! My local people said you can’t do that, or you can’t handle it. But my NRCS office was so encouraging and a different world. They gave me the strength to fight off negativity,” Lisa explained.

Katie Fitzsimmons is the District Conservationist that helped the high tunnels become a reality. Fitzsimmons explained, “High tunnel programs were developed to fill the gap of locally grown food and increase produce at local farmers markets.”

When asked about working with Mary and Lisa, Fitzsimmons said, “It is always good to see new people come through the door looking for help. From helping them, it has brought in multiple new people we have not worked with before.”

Both women have completed their first spring growing season and are grateful for the help and education they received from their local service providers.

Mary’s high tunnel is located beside her home and beautiful gardens. She has been growing produce and flowers in New Vrindaban since 1972. With the addition of...
Crazy for Corn!

August has arrived and fresh corn is popping up all across West Virginia. Whether you like it creamed, baked or straight off the cob, you’ll be able to find it at farmers’ markets and grocery stores everywhere. This month’s recipes are dedicated to our love of corn here at the Market Bulletin. We hope you’ll whip up one of these mouth-watering creations. If you have a recipe you’d like to see printed in the Market Bulletin, send it to marketbulletin@wvda.us.

Black Bean and Corn Salad

- ¼ cup lime juice, raw
- 1/2 cup oil, olive or other
- 1 clove garlic, raw
- 1 tsp. salt
- ¼ tsp. spices, pepper, cayenne
- 2 cans (15 oz.) Old El Paso Black Beans
- 1 ½ cups corn, unprepared
- 1 avocado, raw
- 1 pepper, raw sweet or red bell
- 2 tomatoes, red, ripe, raw
- 6 onions, spring or scallions
- (tops and bulbs), raw
- ½ cup cilantro, raw

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.

Squash and Corn Sauté

- 2 ears sweet corn, raw
- 2 summer squash, yellow, raw
- ½ cup water
- 2 Tbsp. butter, with salt
- 1 Tbsp. parsley, raw
- 1 pinch salt

Place corn into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 10 to 15 minutes. Drain and cool corn. Cut corn off the cobs.

Place squash into a skillet and add water. Cook squash over medium heat until tender, 5 to 10 minutes. Drain any excess water from skillet.

Stir corn, butter, parsley, salt, and pepper into squash; cook, stirring occasionally, until heated through, about 5 minutes.

Baked Corn on the Cob

- 1 quart water
- ½ cup white sugar
- ½ cup salt
- 2 ears sweet corn

Stir water, sugar, and salt together until the sugar and salt dissolves in a container large enough to hold the corn.

Submerge corn in the brine; soak at least 1 hour.

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

Remove corn from the brine, shake to remove excess liquid, and cook directly on an oven rack for 1 hour.

Always brine foods in a food-grade, non-reactive container such as a stainless steel or enameled stockpot, a brining bag, or a food-grade plastic bucket. Never use ordinary trash bags, plastic trash cans, or metal buckets or containers not meant for food use.

From the VET

Q: Can algae hurt my livestock?

With increasing summer temperatures, livestock and pet owners should be aware of toxic blue-green algae blooms. Blue-green algae, also known as cyanobacteria, can produce toxins that are harmful to livestock, pets, wildlife and people. The bacteria lives in fresh and salt water on the surface and below and thrives in hot, humid climates. They often grow and bloom in warm stagnant pond water with elevated nutrient levels. Large colonies form as scum on or just below the water surface and dead bloom dries on the surface or shoreline. Some cyanobacteria species produce neuro- and liver toxins. In animals, symptoms of neurotoxicity can occur within minutes to hours and include weakness, staggering, muscle tremors, difficulty breathing, convulsions and death. Liver toxicity symptoms include weakness, pale-colored mucous membranes, mental derangement, bloody diarrhea and death. Producers may find livestock dead before observing any symptoms. If blue-green algae toxicity is suspected, producers should check the edges of ponds for dead wildlife. Use clean, fresh water to immediately wash off pets and livestock that contact a bloom and prevent the animal from licking off its fur. Contact your veterinarian if toxicity is suspected. To learn more about protecting yourself and pets from toxic bloom, visit https://www.cdc.gov/habs/pdf/292944-A_CyanoHAB_Facts-508.pdf. To learn more about harmful algae bloom, how to report, and learn where in WV it has been reported, visit https://dep.wv.gov/WWE/watershed/Algae/Pages/Harmful-Algal-Blooms.aspx.

Nutrition Facts

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Vitamin A | 7% | Vitamin C | 1% |
Calcium | 0% | Iron | 2% |
Thiamin | 7% | Riboflavin | 3% |
Vitamin B6 | 1% | Niacin | 1% |
Magnesium | 1% | Phosphorus | 1% |
Zinc | 3% | Copper | 1% |

Potassium | 5% | Phytic Acid | 2% |

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
### WEST VIRGINIA FEEDER CATTLE AND CALF SALES
#### 2020 FALL SCHEDULE
SPECIAL GRADED FEEDER SALES - FARM FRESH CATTLE
SPONSORED BY
WV LIVESTOCK AUCTION MARKETS
WV CATTLEMEN’S ASSOCIATION
WV DEPARTMENT OF AGRICULTURE

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**FOR INFORMATION CONTACT**

Jonathan Hall  
WV Dept. of Agriculture  
1900 Kanawha Blvd. East  
Charleston, WV 25305  
304-541-5460

Kim Nestor  
WV Cattlemen’s Association  
51 Greystone Court  
Belington, WV 26250  
304-614-7150

Additional sale dates and locations will be updated on the WVDA website and in future The Market Bulletins as information becomes available.

Rev. 7/13/20
West Virginia Grown
Rooted in the Mountain State

BARBOUR
- Sickler Farm
- Emerald Farms LLC
- Layne’s Farm

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
- Walnut Hill Farm
- Heron’s Rest Farm

BOONE
- Anna Bell Farms

BRAXTON
- Mary’s K9 Bakery
- Oh Edith/Little Fork Farm
- Rose Petal Soaps

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

CLAY
- Legacy Foods
- Ordinary Evelyn’s
- Sugar Bottom Farm

DOODRIDGE
- Sweet Wind Farm
- Ryan Farms

FAYETTE
- Butcher’s Apiary
- Almost Heaven Specialties
- Five Springs Farm
- Five Springs Farm Guesthouse
- Up The Creek
- Wild Mountain Soap Company

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

HAMPDEN
- Kismet Acre Farm
- Powder Keg Farms
- Quicken Farm

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

HARRISON
- Rimfire Apiary
- Honey Glen LLC
- Sourwood Farm

JACKSON
- Maddox Hollow Treasures
- Boggess Farm
- AJ’s Goats ‘n Soaps

JACKSON
- Out of This World Salsa
- Sassy Gals Gourmet Treats
- Dean’s Apiary

JEFFERSON
- Shalgo Farm

KANAWHA
- Angelos Food Products LLC
- Hamilton Farms
- Harnshaw Farms
- Lem’s Meat Varnish
- T & T Honey
- Vandalia Inc.
- Jordan Ridge Farm
- Larry’s Apisaries
- We B Fryin Snacks

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

LINCOLN
- Hill n’ Hollow Farm & Sugarworks
- Wilkerson Christmas Tree Farm
- Simply Hickory
- Estep Branch Pure Maple Syrup
- Ware Farms

MARION
- Halcomb’s Honey
- Clutter Farms LLC
- Rozy’s Peppers in Sauce

MARSHALL
- Hazel Dell Farm
- Eco-Vindaban, Inc.
- NJ’s Kettle Corn
- Gieser Farm

MASON
- Hope’s Harvest Farm LLC
- Moran Farms
- Black Oak Holler Farm LLC

MERCER
- Hillbilly Farms

MINERAL
- Indian Water Maple Company
- Green Family Farm

MONONGALIA
- The Kitchen
- Neighborhood Kombuchery
- WVU

MORGAN
- Spencer’s Family Farm
- Bee Green

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

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

POCAHONTAS
- Brightside Acres
- Bush Country Bees
- Frostmore Farm

PRESTON
- Mountaindale Apiaries
- Me & My Bees
- Riffle Farms
- Valley Farm, Inc.
- The Vegetable Garden
- Maryland Line Farm
- Binger Farms
- Vested Heirs Farm
- Taylor Grow LLC

PUTNAM
- Sycamore Farms & Primitives
- Grit’s Farm
- Grit’s Midway Greenhouse

RALEIGH
- Bailey Bees
- Appalachian Kettle Corn
- The Farm on Paint Creek
- Sweet Sweeneyburg Honey

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

RITCHIE
- Turtle Run Farm

ROANE
- A Plus Meat Processing
- Mountain State Honey Co. LLC
- R&A Honey Bees LLC
- Seven Islands Farm

TAYLOR
- Cedar Run Farm
- Creekside Farms
- Uncle Bunk’s

TUCKER
- Mountain Roaster Coffee
- Lucky Lucy Farm
- Old Oak Farms
- Zul’s Frozen Lemonade
- Appalachian Acres Inc.

WAYNE
- Elmcrest Farm
- Stilnwr’s Apisaries
- Lovely Creations Handmade Soaps and More

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

WETZEL
- Tusker Run Farm
- Wetzel County Farmers Market
- Thistlefarm
- Wetzel County Farmers Market
- Stone Road Vineyard

WOOD
- In a Jam!
- Stomp-n-Grounds Craft Coffee
- Oldham Sugar Works
- Minner Family Farm

WYOMING
- Tarbilly’s BBQ
- Appalachian Tradition
AD DEADLINES
September 20...
Phone-in ads for the September issue must be received by 12 noon on Monday, August 14.
Written ads for the September issue must be received by 1 p.m. on Tuesday, August 15.

October 20...
Phone-in ads for the October issue must be received by 12 noon on Monday, August 14.
Written ads for the October issue must be received by 1 p.m. on Tuesday, August 15.

To subscribe to The Market Bulletin, email marketbulletin@wvdwa.net or phone 304-558-3708.

Apiry Sales
Honeybees, $250-$300, Janesville, 301 Saddleback Road, 25505; 415-2493; jenneyegelot@youmail.com.

Aipy Events
Barbour Co. Beekeepers Assoc., Monthly Meeting, 7th Thursday, 4 p.m., Barbour Co. Fairgrounds, Quoines Mill, Off Route 219, Newburg.
Contact Ben Fancher, benfancher@gmail.com.

Clay Co. Beekeepers Assoc., Monthly Meeting with beginning & intermediate, 2nd Wednesday of each month, 6 p.m., Big Ott Center, Big Ott, WV. Carol Houchin, 655-8027; gleener1957@yahoo.com.

Highland Apiculture Assoc. Randolph Co. Beekeepers Club, Monthly Meeting, 4th Monday of each month, 6:30 p.m., Randolph Co. Agriculture Extn. Office, Morgantown, WV.
Phyllis Gainor-Voran, 340-2303.

Marion Co. Beekeepers Assoc., Monthly Meeting, 3rd Thursday, 7 p.m., Eldora United Methodist Church, Debbie Abel, 633-5647; debbieabel53@yahoo.com.

North Central WV Beekeepers Assoc., Monthly Meeting, 3rd Monday, 7 p.m., Harrison County Parks & Rec. Ctr., Clarksburg, WV. Contact Kevin Vyening, 212-239-2050; secretary@nchwvb.org.


Tri-State Beekeepers Assoc., Monthly Meeting, 2nd Thursday, 6:30 p.m., Good Zoo Bldg., Olebyg Lake Park, Wheeling. Contact Steve Roth; sroth2020@comcast.net.

West Central Beekeepers Assoc., Monthly Meeting, 4th Saturday, 1 p.m., Commission on Aging Bldg., 110 Madison Ave., Spencer, WV. Contact Dave Cunningham, 354-6276; jangrimah@gmail.com.

All bee colonies must be registered with the West Virginia Department of Agriculture. Please contact the Animal Health Division at 304-558-2214.

Cattle Sales
Angus Bull Galloway cross, $400-$600. Cheerang, 438106, 25401.

Cattle Sales Wanteds
Bull, $250-

All prices must be $250 or higher. All offers will be considered on a case by case basis.

To submit an Ad:
Phone: 304-558-2211
Fax: 304-558-3233
Email: marketbulletin@wvdwa.net
Mail: 1900 Kanawha Boulevard, E.
Charleston, West Virginia 25305

Sheep Sales
Reg. & crossbred sheep & lambs, $250-$400; Reg. & crossbred Suffolk rams, $300/up.
Suffolk rams $400/ob; Lucy Kimbo, P.O. Box 133, Cowen, 26307, 304-565-5766.

To submit an ad, please call 304-546-3383.

Plant Wanted
Old time onions to be planted in the fall, mulips underlying. Forest Anderson, 30358 Rt. 20 S., Frankfort, 20218; 924-8516.

Horse Sales

Plant Sales
No medicinal plants, nursery stock, commercial agricultural seeds unless tested for germination.

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Plant Sales
No medicinal plants, nursery stock, commercial agricultural seeds unless tested for germination.
Now that Lisa is harvesting, her community is supporting her growing and purchasing as much as she can sell. She has decided to make her business official and is now a member of WV Grown and is working to register her new business, Gopi Meadows. She suggested to others who are interested in high tunnel growing to keep it close to your home, making it easier and more desirable to spend time working in the tunnel.

“It is like a tropical island in West Virginia” explained Lisa.

One of the unique features of her high tunnel is composting. Lisa has a center walkway dug out and that is where she is composting plant material combined with red wiggler worms for vermicomposting. Wooden pallets are placed over the walkway for easy access to the plants and compost. She has begun setting up a market stand on her farm and selling from home and to the local temple.

Mary and Lisa are great role models for women in agriculture, and prove that it is never too late or too early to start growing in life and in business.

Homesteading Series providing webinars on wide variety of agricultural topics

The West Virginia Department of Agriculture (WVDA) will continue its series of live webinars on agricultural topics starting Tuesday, August 4. Dubbed the “Homesteading Series,” the webinars connect industry experts with local producers to share knowledge and techniques. Webinars are recorded and are available to view at any time by visiting the WVDA YouTube channel.

“Farmers have always passed their knowledge down to future generations as a way to keep our agricultural heritage thriving. Our Homesteading Series just uses modern technology to connect those industry experts to the rest of the state,” said Commissioner of Agriculture Kent Leonhardt. “As part of our mission, we hope to inspire the next wave of West Virginia Grown producers.”

The first webinars were held in June and July of this year and covered: backyard chickens, canning, preservation and freezing, small fruit production, goat herding, West Virginia dairy farming, farm tool use and maintenance and forest farming.

August webinars will cover: culinary and medical herbs, fresh cut flowers, pasture pork and processing and consumer impact of West Virginia grown products. Speakers presenting these topics will be small business owners, WVDA subject matter experts, as well as WVU and WVSU Extension staff.

Participants can either join by phone or Microsoft teams. Links will be provided on the WVDA website and social media.

For more information, contact Ashley Amos, Planning Coordinator, Business Development Division at 304-558-2210 or by email at aamos@wvda.gov.

GARDEN CALENDAR

AUGUST 2020

Source: WVU Extension Service Garden Calendar

**AUG. 1**
- Water plants deeply; seed beans and peas for fall crop

**AUG. 3**
- Refrigerate or chill spinach seed for 1-2 days before sowing

**AUG. 4**
- Seed spinach; seed fall carrots; plant cabbage for fall crop

**AUG. 5**
- Plant Chinese cabbage

**AUG. 6**
- Seed lettuce for fall crop; watch for downy mildew

**AUG. 7**
- Seed mustard greens and radishes

**AUG. 8**
- Seed fall cabbages; control broadleaf weed; seed collards

**AUG. 10**
- Take note of new varieties; seed beets

**AUG. 11**
- Harvest okra pods every other day; install sod

**AUG. 13**
- Seed Asian greens

**AUG. 14**
- Watch for powdery mildew on pumpkins and winter squash

**AUG. 15**
- Lower Mud River Rd., West Hamlin, 25571; 619-8454

**AUG. 19**
- Seed radishes and leeks

**AUG. 17**
- Plant strawberries

**AUG. 18**
- Seed fall hgers

**AUG. 20**
- Turn compost

**AUG. 21**
- Seed turnips

**AUG. 25**
- Seed lawn

**AUG. 26**
- Apply nitrogen to strawberries

**AUG. 27**
- Seed arugula

**AUG. 31**
- Plant collards

**EQUINE EVENTS**

Central WV Riding Club
- Open Horse Show, September 26, 5 p.m., Holly Gray Park, Sutton, WV
- Allen or Kim Miller, 364-5576; cwvrc@yahoo.com

Central WV Riding Club
- Open Horse Show, October 10, 5 p.m., Holly Gray Park, Sutton, WV
- Allen or Kim Miller, 364-5576; cwvrc@yahoo.com

Equine Events

Central WV Riding Club Open Horse Show, September 26, 5 p.m., Holly Gray Park, Sutton, WV
- Allen or Kim Miller, 364-5576; cwvrc@yahoo.com

Central WV Riding Club Open Horse Show, October 10, 5 p.m., Holly Gray Park, Sutton, WV
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**COMMUNICATIONS DIRECTOR: Crescent Gallagher • EDITOR: Jennifer Smith Poling**