KNOX COUNTY FARM BUREAU®

Promoting the understanding of agriculture in our community to improve the profitability of farmers and enrich the quality of life in Knox County

VOL. XCVI USPS 297-360 May 2019

IDOA DEDICATES PLAQUE TO FORMER DIRECTOR JOHN R. BLOCK

Block also served as Secretary of the U.S. Department of Agriculture

SPRINGFIELD, IL - John R. Block is a name many in agriculture know. He served as the Director of the Illinois Department of Agriculture from 1977-1981 and is the only Illinois Director to go on to serve as the Secretary of the U.S. Department of Agriculture. He held that position from 1981-1985 under President Ronald Reagan, where he played a key role in the development of the 1985 Farm Bill.

Growing up on a farm in Knox County, Illinois, Block participated in 4-H and FFA and showed Duroc hogs at the county and Illinois State Fair. His passion for agriculture runs deep in his roots.

In 2012 legislation was passed to rename the Illinois Department of Agriculture (IDOA) administration building the John R. Block building. Former Representatives Raymond Poe and Don Moffitt

were instrumental in helping to get signage on the front of the IDOA building designating it as the "John R. Block" building.

With today's unveiling, plaque with his likeness is now located inside the IDOA building where employees and visitors can see it as they enter for meetings in the auditorium.

"John Block played a significant role in agriculture-first in Illinois, then in Washington, DC and ultimately across the entire country," said John Sullivan, Director, Illinois Department of Agriculture. "Secretary Block set the bar high as a leader, educator, and fighter for agriculture, and I'm honored to a part of the dedication as we present this plaque to him."

"It's a privilege to be part of this occasion to recognize Secretary Block for his accomplishments," said Moffitt, former Representative and former Assistant Director of IDOA. "Mr. Block is from



my area of the state and it has been amazing to see his passion for agriculture and the path it has taken him on."

"I am humbled and appreciative of the effort of all those involved for this recognition," said Block. "All of my accomplishments have been a labor of love for agriculture, beginning with my roots in the wonderful black soil of Illinois."

WELCOME NEW MEMBERS

The Knox County Farm Bureau would like to welcome the following to our organization:

AKA Manufacturing Joel Bjorling Andrew Carlson Denise & Paul Cates Tillie & Brandon Hall Amanda & Marshall Hendricks

Whitney & Jordan Howe Courtney Howard & Zachary

Heather & Doug Sanders Wheels-A-Turnin, LLC Williamsfield Area Food Pantry And Resource Center

ALOT Helps Ag Leaders Today!

Illinois Farm Bureau® (IFB) created Agricultural Leaders of Tomorrow (ALOT), an agricultural leadership development program designed to give participants a head-start on tackling tomorrow's responsibilities.

Twenty-one IFB members representing seventeen counties have successfully completed the 40th ALOT program. Tyler Main, Katie Grady and John O'Connor represented Knox County. The 2019 ALOT sessions were held in Oglesby, Cambridge, Polo, Springfield, and Bloomington.

To date, over 1000 participants have graduated from program.

The nine-week training program allows participants to study and develop leadership skills in the areas of communication, political process, agricultural economics, and global issues. The 2020 ALOT program will be held in Central Illinois.

This opportunity was made possible by West Central FS, GROWMARK, and the Knox County Farm Bureau.

Free Hunter Safety Course -June 28 & 29 Area residents, 8 years old and Hunter Education Certification card

above, will have an opportunity to learn basic principles of safe hunting at a Department of Natural Resources hunter safety course sponsored by the Knox County Farm Bureau Young Farmers. This free course will be held at the Knox Agri-Center, 180 S. Soangetaha Rd, Galesburg, on Friday, June 28, 2019 from 5:30-9:00 pm and Saturday, June 29, 2019 from 8:00 am-3:00 pm. Participants must attend both session days. A snack will be provided on Friday evening and lunch provided on Saturday.

Participants must be 8 years old and above. A 1996 state law requires that all hunters born on or after January 1, 1980 must successfully complete the hunter education course before they can receive their first hunting license. Participants completing the hunter education course will receive a verifying that they have passed the course of instruction.

Classes are free and taught by volunteer instructors. The programs are primarily designed to train young people between the ages of 12-18 and materials are based on a sixth-grade reading level.

The minimum ten-hour course includes instruction in wildlife management, firearms safety, hunter ethics, game identification, first aid, survival techniques and regulations. You must preregister by visiting knoxcfb.org or by calling the Knox County Farm Bureau office at 309-342 2036. This course is limited to 40 participants and will be filled on a first come, first served basis.

This course is sponsored by the Knox County Farm Bureau Young Farmers and Knox County Pheasants Forever.

Steve Johnson's Marketing Seminar June 18th

Dr. Steve Johnson, Farm & Ag Business Management Specialist State University from Iowa Extension, will be at the Knox Agri-Center on Tuesday, June 18, 2019 at 7:00 p.m. to present a marketing seminar titled "Crop Marketing Strategies to Survive the Current Farm Economy.

Steve serves as the Farm & Ag Business Management Specialist in Central Iowa for Iowa State University Extension. presents annually at nearly 100 meetings, workshops, seminars and conferences across the Corn Belt and interacts with more than

10,000 producers.

He holds BS and MS degrees from Iowa State University and his Ph.D. from Colorado State University. Steve specializes in topics related to grain marketing, government farm programs, crop insurance, farmland leasing and other risk management strategies.

Steve posts monthly free newsletters, webcasts and updates on both ISU Extension Ag Decision Maker and the Polk County Extension Farm Management web sites. To reserve your seat, visit knoxcfb. org or call the KCFB office at 309.342.2036.

CALENDAR OF EVENTS

<u>May</u>

- Young Farmers, 6:30 PM, KAC
- 16 KCFB Board Mtg, 8 PM, KAC
- 21 PrimeTimers Hidden Hills Winery Tour, 12 PM, Knoxville
- KCFB Office Closed, Memorial Day

<u>June</u>

- 13 Young Farmers, 6:30 PM, KAC
- PrimeTimers Luncheon, 12 PM, KAC Steve Johnson Seminar,
- 7 PM, KAC KCFB Board Mtg, 8 PM,
- 26 Marketing Club, 12:30 PM, Pizza Ranch

KAC



Pictured are (left to right): Steve Stallman, IAA District 16 Director; Katie Grady; and Randy Poskin, IAA District 6 Director. (Back; Left to Right-John O'Connor; Tyler Main)

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Members are always welcome at Knox County Farm Bureau's Board of Director meetings. They are held the third Thursday of each month. Please call for times.



May 2019

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KNOX COUNTY FARM BUREAU,

Inc.

cooperating with the ILLINOIS AGRICULTURAL

ASSOCIATION

and the

AMERICAN FARM BUREAU FEDERATION

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Telephone: 309-342-2036

Office Hours

Monday thru Friday 8:00 a.m. to 4:30 p.m. We reserve the right to reject any or all news material or advertisements offered to this paper.

PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE.

Thank You KNOX COUNTY FARM BUREAU



Reminder: Keep safety foremost on the farm

My brained turned on at 3:22 a.m. I took a trip to the bathroom, then slipped back under the covers only to close my eyes like a curtain on a sunny day. I heard my husband's every breath, the clock ticking in the next room and my heartbeat in my ear against the pillow. All the while, my mind reviewed the farm safety thoughts that awoke me at that predawn hour.

Every planting and harvest season, worries tend to interrupt my sleep, and Mother Nature only adds to the stress this spring season. Overly saturated

soils and cool temperatures push spring fieldwork across the state into something like a procrastinator's cram session for a big final project. Fertilizer application, tillage, spraying, seeding and the need to plant both corn and soybeans collide into a short window with exhausted manpower. Soon after, the hay will need cut, and the yards mowed before that. Safety must accompany each farm activity to spare injury from an occupation ranked among the most 10 dangerous in America, according to the Bureau of Labor Statistics.

Appropriately timed, my kids in March

attended the county 4-H Lawnmower and Tractor Safety School. This annual tradition dates back at least 30 years to my childhood, and the safety messages remain as clear to me today. Over the years, the event has exposed farm kids to lessons on tractor rollovers, grain entrapment, downed electrical wires threats, PTO (power takeoff) dangers, mower blade risks, sharing roads with tractors, and four-wheeler driver responsibility. A farmer with a close call taught those sessions. One told the tragic story of his father not surviving a tractor

rollover. Those sobering safety lessons never left me.

My kids listened well at safety school that night, with proof in that they passed my oral exam on the way home. As the guest speaker indicated, farms are one of the best, yet most hazardous places to grow up. By putting safety first, we can minimize those dangers. I give our kids frequent safety reminders (often verbal quizzes) on days tractors and implements fill the barnyard and fieldwork ensues. The kids help remind our guys, too, which diminishes the perceived nagging from the wives.

This spring, our farm's youngest generation continues a tradition to send snacks and treats to the field. On the baggies, we affix homemade labels with safety messages, some as basic as ABC: Always Be Careful. Because no one wants an incident that keeps them up at night.

About the author: Joanie Stiers, a wife and mother of two farm kids, writes from west-central Illinois, where her family grows corn, soybeans and hay and raises beef cattle.



By Mary Beth Bowman

Mrs. Green and Ms. Farmer attended the spring district meeting in Monmouth on April 9. The coordinators discussed upcoming events and then share ideas for the classroom. Everyone went back to their counties with new ideas for the Ag lessons they teach.

Ms. Farmer talked about pollinators to the third and fourth grade classes in April. Students learned that there are several pollinators that help plants produce the food we eat. They also learned that the wind and water are also pollinators. Students then made a model of a flower using a juice jug, straw and paper flower. To pollinate their flower students ate Cheetos to get the orange dust (pollen) on their hands to fall off on the flower petals. The students enjoyed being pollinators. Food is always a big hit.

The fifth grade lesson was about fruit pizza. Even though many fruits can be used for fruit pizza, blueberries and oranges became the focus of their pizza study. Students learned that blueberries are indig-

enous to North America. Blueberries were a wild berry that early settlers used for food and medicine. Oranges originated in Asia. Most oranges grown in the United States are raised in Florida and California. Students learned that most of the oranges grown in Florida are used for juice and most of the oranges grown in California are the fresh oranges in our grocery stores. The students had a tasting of Pineapple, blueberries and oranges. Many of the students had never tried fresh blueberries before.

Baseball was the topic for the Hedding

Fourth Graders before they headed to the ball park for their annual field trip to a baseball game. The students were surprised by how many things at the ball park are connected to Agriculture.

The month ended with Mrs. Green and Ms. Farmer presenting a lesson for the Pheasant Forever Pollinator Habitat Day on a very windy day. The students learned about Monarch butterflies and played a game to show the effect the habitat has on the population of the Monarch Butterfly.

Don Teel Scholarship

The Don Teel Scholarship is a product of many who were privileged to experience the contribution Don made to agriculture. Members of Knox County agricultural organizations and individuals have joined together in hopes of helping provide an opportunity for young people to pursue higher education in an agricultural or related field.

Each year applicants will be considered for one \$500 scholarship. Applicants must

have a home address within Knox County and be a past or present 4-H member. They must be enrolled as a full-time student in a university or community college with a declared agriculture or related course

Applications are available at the Knox County Farm Bureau. Completed applications must be submitted no later than May 31, 2019 to the Knox County Farm Bureau.

Clean Water Rule Action Request

Thank you to everyone who participated in the Clean Water Rule Action Request!t Jennifer Beard, Tara Bohnert Yoder, Terry Boydstun, Shelby Carlson, James DeSutter, Drew DeSutter, Adrienne DeSutter, Kevin Engel, Lori Engel, David S. Erickson, Daniel Erickson, Phillip Goedeke, KathrinGrady, Jeffrey Grady, Matthew Hennenfent, Blake Hennenfent,

Matthew Hulsizer, Rebecca King, Nathan Link, Kelsey Litchfield, Tyler Main, Tim Main, Carolyn Moffitt, Rollie Moore, Susan Moore, Beverly Nelson, Keith Nelson, Brian Nelson, Abby Newell, John O'Connor, Thomas O'Connor, David Serven, Monica Stevens, Grant Strom, Doug Strom, Brett Swanson, Krista Swanson, Todd West, Hailey Weyhrich

Knox County Cattlemen's Association

Scholarship Opportunity for graduating seniors who live and own cattle in Knox County.

Deadline: November I, 2019

Applications are available at the KCFB Office.

Call 309.342.2036

Getting To Know Your Farm Bureau Policy

How well do you know Farm Bureau policy? In order to better understand it, KCFB will run monthly excerpts from the 2019 policy book. Interested in learning more about how our policy system works? It all starts with you! For more info contact the office!

30. ORGANIC NUTRIENT MANAGEMENT Manure is a plant nutrient material. It is a valuable resource and, when combined with bedding material, a residue source.

We believe:

1. County Farm Bureaus should develop a better understanding among farmers and the public of issues concerning organic nutrient management.

2. Ongoing research should be encouraged to determine air quality and odor parameters that provide scientifically-proven levels for livestock health and worker safety.

3. There must be no direct discharge from manure storage systems or livestock facilities to surface waters, drainage ditches, or field tiles due to negligence, poor management, and faulty structural design. Direct discharges due to natural causes should be exempt from civil and punitive penalties and damages.

4. Research on manure management is a high priority including such topics as odor reduction, waste and nutrient management, and artificial wetland remediation of nutrients. Some flexibility should be allowed in wetlands management.

These area businesses are proud to be a part of our 2019 Discount Program for members of the Knox County Farm Bureau®

The Knox County Farm Bureau does not intend the Membership Discount Program as an endorsement of any business or products/services on which discounts have been obtained, and assume no liability for any service rendered under the Membership Discount Program. Benefits may change without notice and some restrictions may apply.



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First time users:

•Click Register button

GIFTS

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AGENT SPOTLIGHT



Name: Michael J. White Years with COUNTRY: 36 years

Office Address: 415 N. Henderson St., Galesburg, IL 61401 Phone: 309-342-3177 office; 309-621-3088 cell: Text

eMail Address: michael.white@countryfinancial.com

Designations: MDRT; Million Dollar Round Table 2014 and 2016.

Life Underwriting Training Council Fellow; LUTCF

Community Service: Mike is a past President of Western Illinois Estate and Financial Planners. He is a member of the Galesburg Rotary, Paul Harris Award recipient and has been active in many community organizations in the past. He is US Jaycee Senator, and past President of the Galesburg Jaycees. He coached baseball

ocally for 16 years and served as Commissioner of the Babe Ruth Leagues for 6 years. He is a ast President of the Galesburg Athletic Booster Club. For several years he served Chrysallis and

Awards: Mike was inducted to COUNTRY Financial's Hall of Fame in February 2014. Mike as qualified for the All-American Award from COUNTRY 23 times. He was recognized by COUNTRY for his community service in 1996 with the Award of Excellence.

Mission Statement: "I help people remove worry from their lives. My goal is to help my clients olan to live to 100 and prepare for a crisis in their life tomorrow."

Be Prepared For Tornado Season

Tornado season begins in April and lasts through June, but actually tornadoes can and do occur in every month of the year. That's why it is important to always be prepared.

The first step of tornado safety is to know the difference_between a watch and a warning. These terms often confuse people. A watch always comes before a warning and indicates weather conditions are ideal for the development of a tornado. A warning means a tornado has definitely formed and has been sighted. The best way to remember the difference is to think of a watch as an advisement to be on guard.

The best time to take action is during a tornado watch. Once a tornado warning has been issued, you may not have enough time to get to safety.

If a storm hits while you are outside

 NEVER try to outrun a tornado.

Tornadoes can change directions quickly and can easily lift vehicles and toss

and can easily lift vehicles and toss. them around, making vehicles potential deathtraps. Always get out and away from vehicles.

•Take shelter inside a building immediately, if possible.

•Find the lowest point possible. Lie in a ditch, ravine or low area or crouch near a strong building and cover your head and neck, if you cannot take shelter inside.

•Leave mobile homes and get to a safe place. Mobile homes, like vehicles, can be tossed around by heavy winds.

•Be aware of potential flooding

Once you have taken shelter in a building

•Go at once to the basement, storm cellar or lowest level of the building. Go to inner hallways or smaller inner rooms without windows, such as bathrooms or closets if the building has no basement.

•Stay at the center of the room and

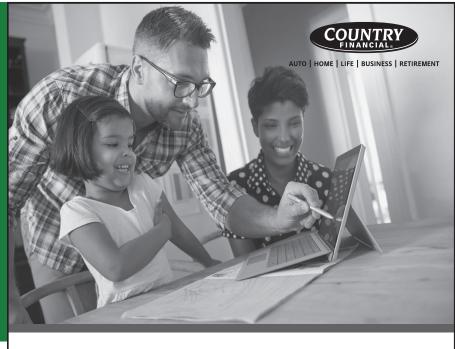
away from corners because they tend to attract debris.

•Be mindful of where there is heavy furniture or appliances on the floor directly above you because heavy winds can weaken walls and floors.

•Get under sturdy furniture (i.e. workbench, heavy table) and hold on to

•Use your arms to protect your head and neck.

Monitor the news from your local radio station for emergency information



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0415-560HC-02723-4/17/2018

and instructions. Make sure the storm is completely over before leaving shelter. Tornadoes often hit in groups, and it is possible that only one of many tornadoes has passed.

For more information on tornado safety visit the COUNTRY Financial website at www.countryfinancial.com.

BOARD HIGHLIGHTS

The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on April 18, 2019.

Education & Outreach – Becky King

The Education & Outreach Task Force met on March 21 for the yearly Program of Work planning meeting. The winner of the Poster Contest from the AITC Ag Day for Kids was from Williamsfield and the 1st, 2nd, and 3rd place winners were featured in the Bulletin.

Farm Business – Todd West

Steve Johnson Seminar is June 18 and Marketing Club will start June 26.

Government and Policy - Joe

Lamont Robinson Jr. is our new adopted legislator. KCFB will send him a Knox County themed basket to his office.

Member Relations – Jennifer Beard

The Knox County Farm Bureau made their second quarter goals for the 2019 Quota Program. Tickets for the Craig Morgan concert at the Knox County Fair on July 11 are being sold at the Farm Bureau office. Tickets for the track, standing room only, are \$30 and tickets for the grandstand are \$20.

Foundation – Hailey Weyhrich

Scholarship winners were announced, and the internship interviews have been scheduled. The next Foundation meeting is May 28.

PrimeTimers - Hailey Weyhrich

The April meeting was Tuesday, April 16 with Representative Dan Swanson discussing current issues to 20 committee members. The next meeting is May 21 at Hidden Hills Winery in Knoxville.

Young Farmers - Jeff Grady

The Young Farmers have been awarded \$5,000 for their cover crop introduction program through the Illinois Farm Bureau Nutrient Stewardship Grant. Applications went out in the Bulletin Newsletter to all members on March 15.

KAC - Terry Boydstun

Spring clean-up day in March went well. The parking lot pole lights were grounded due to overhead power lines. Security cameras were installed and working.

OLD BUSINESS

Membership ideas and promotions available through IFB were discussed.

Lamont Robinson Jr. is our new adopted legislator.

NEW BUSINESS

encouraged to sign Directors were up for the Galesburg Area Chamber of Commerce 2019 Local Elected Official Luncheon.

Drew DeSutter and Jeff Grady attended the 2019 Ag Industry Tour in Texas. Some of the highlighted tours were cotton, alfalfa, pecans, and honeybees. Border Patrol has many challenges.

A golf outing is planned for the end of summer for the COUNTRY Agent Appreciation Contestants.

Orion Wind Farm has been aggressively advertising. Knox County is not against wind farms; however, it encourages those to seek processional guidance or join the landowner's group.

Knox County will participate in the IAA financial study.

The office will be rearranging furniture.

PRIMETIMERS NEWS

The April meeting was held at the Knox Agri-Center and 20 committee members attended. Representative Dan Swanson gave an update on current legislative issues. The May meeting is Tuesday, May 21st at Hidden Hills Winery, Knoxville. The winery tour starts at 12 PM and potluck dinner planned for 12:45 PM. Please bring your favorite dish to pass

and your own table service. Iced tea, lemonade, and water will be provided by hosts Janet & Dale Malone and KCFB. Wine tasting is available at \$3.00 per person. RSVP by Friday, May 17th by calling Janet at 309.368.6741 or KCFB at 309.342.2036. The PrimeTimers invite all members 55+ to attend.





Board Meeting Attendance

NAME	Feb	Mar	Apr	NAME	Feb	Mar	Apr
Beard, Jennifer	Р	Р	Р	Hulsizer, Matt	Α	Р	Α
Bewley, Beau	Р	Р	Р	King, Becky	Α	Р	Α
Bohnert Yoder, Tara	Р	Р	Α	Link, Jeff	Р	Р	Р
Boydstun, Terry	Р	Р	Р	Link, Nathan	P	A	P
Cain, Jarid	Α	Р	Р	O'Connor, Tom	Р	P	Р
DeSutter, Drew	Р	Р	Α	Stevens, Monica	P	A	Р
Engel, Lori	Р	Р	Р		г Р	P	P
Erickson, David S	Р	Р	Р	Strom, Grant			
Goedeke, Phil	Р	Р	Р	Swanson, Brett	Р	Α	Р
Grady, Jeff	Р	Α	Р	Webel, Joe	Р	Α	Р
Hennenfent, Matt	Р	Р	Р	West, Todd	Р	Р	Р

Hailey's Manager Update

Well, we sure are getting a slow start to this 2019 planting season. This isn't necessarily good news, but it sounds like we are not alone. Through multiple Illinois Farm Bureau meetings I have been to this Spring already, managers across the state are reporting that it is just too cold and wet to plant. I saw a graphic on Facebook that says right now, the beginning of April, we are 15% behind our 5-year planting progress average. I have hope that we will get caught up soon- and that the snow can officially be done!

On a more positive note, I had the pleasure of finally meeting John Block on April 22 in Springfield at a dedication ceremony. Don Moffitt, George Inness, and Lance Humphreys worked together to get a bronze plaque hung at the Illinois Department of Agriculture John R. Block Building. That Monday, IDOA Director John Sullivan and John Block accepted the

plaque. I had talked to John Block the phone to interview for our 100th Anniversary President's video thought I had



really made it big. But then, I met him in person! He was so humble... I asked him to take a picture with me after everyone else had gotten a chance and I told him how excited Jackie was when he stopped by one day at the office. His response was "I don't know why!" He told me he sees this update in the Bulletin so if you see this one John, thanks for making me one of the coolest 24 year old's for knowing a past US Secretary of Agriculture!



Purchase Craig Morgan Tickets at the KCFB Office General Admission \$20 Holding Pen (standing room only) \$30



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Mike McKim

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Think LINK Graduation

Think LINK (Local Information, News, & Know- How) targets relatively new county Farm Bureau managers and is intended to raise their awareness, understanding and comfort level with local government—and ultimately their involvement. To help achieve these goals, Illinois Farm Bureau staff spends a year working with the participants. Much of that time is spent in the county with learning

exercises aimed at producing results that have practical application. Each of these managers did an outstanding job and have successfully completed the program that focuses on local government awareness and involvement. A big thanks to Knox County Farm Bureau members who attended in county meetings to help Hailey understand Knox County local government better!



From left to right; Kevin Rund- IFB Senior Director of Local Government, Ashley Beutke-Manager, Mason & Menard County Farm Bureaus, Hailey Weyhrich- Manager, Knox County Farm Bureau, Anna Emm- Manager, Stark County Farm Bureau Victoria Wax- Manager, Kendall-Grundy County Farm Bureau, and Brenda Matherly- IFB Assistant Director of Local Government.

Robinson Cattlemen's Scholar

Knox County Cattlemen's scholarship winner is Anna Robinson, from Galesburg, IL. Anna is the daughter of Brian and Jennifer Robinson. She



Anna Robinson

currently studying at the University Illinois, with a major in Animal Science, and Pre-Vet. She was a 10-year member of the Henderson Aggies club. Nutrition, reproduction, genetics

are some of her passions about farming. Anna says that "being a veterinarian would provide her a way to connect with the animals, farmers, and community members". Health, medicine and agriculture are important to her, and she wants to be able to share them with both producers and consumers of the agriculture industry. Anna would like to be able to relay medical information about agriculture to the community, with hopes of expressing food security and safety. The Knox County Cattlemen's is proud of the goals Anna has set and feels honored to have her as the 2019 scholarship winner.

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Health on the Farm

By the Knox County Health Department



Practice Safety in All That You Do; Everyone Depends on You!

Now that we're finally starting to have some beautiful weather, let's talk about food safety! Food safety is always something to be careful of, but it is especially important during the summer months when foodborne illness cases tend to be more common. The combination of warmer weather, which causes foodborne bacteria to multiply more quickly, and having food out for extended periods of time (roadtrips, camping, cookouts, picnics, potluck get togethers, etc.) creates the perfect situation

Who is at risk?

Everyone is at risk! Each year, 1 in 6 Americans get sick from eating contaminated food. Children under 5, pregnant women, and older adults are at higher risk for foodborne illness, as are people with weakened immune systems (such as those with HIV/AIDS, cancer, diabetes, kidney disease, and organ transplant patients). They are also more likely to be hospitalized by the more severe symptoms of foodborne illnesses.

Symptoms and treatment:

The most common symptoms of food poisoning are: fever, loss of appetite, stomach cramps, vomiting, nausea, and diarrhea. Food poisoning usually doesn't need any medical treatment, you just need rest and to make sure that you stay hydrated. (Pedialyte and Gatorade are good for replacing electrolytes.) If you can't keep any food or drinks down, try allowing ice cubes to melt in your mouth. If that doesn't work and you get severely dehydrated, you may need to go to the hospital for treatment. Call your doctor if: you have any signs of dehydration, blood in your stool, blurry vision, muscle tingling or weakness, a fever over 101.5 F, or your symptoms persist for more than 3 days.

Common food poisoning culprits:

Raw/undercooked meat, fish/shellfish, and poultry, unwashed fruits and vegetables, raw & unpasteurized eggs, and raw/unpasteurized milk and milk products. It is important to know that while certain foods are more likely to make you sick, any food can get contaminated. Use caution while preparing food for loved ones.

What are the right temperatures for safe ood?

Use a food thermometer to ensure foods are cooked to a safe internal temperature, sanitizing between uses if not up to temperature.

145°F for beef/veal, pork, fish, and lamb

155°F for ground meats 165°F for poultry, leftovers and casseroles Keep hot foods in slow cookers or warming dishes at least 135°F, and cold foods on ice (below 40°F)

Bacteria that cause foodborne illnesses tend to grow at any temperature between 40°F and 135°F, also known as the **danger zone**. REPLACE empty platters rather than adding fresh food to a dish that already had food in it and throw food away after it has been sitting out for 2 hours.

Storing Leftovers:

One of the most common causes of foodborne illness is improper cooling of cooked foods. Bacteria can be reintroduced to food after it is safely cooked. Refrigerate or freeze leftovers within 2 hours or sooner in clean, shallow, covered containers to prevent harmful bacteria from multiplying. Most leftovers should be thrown out after 3-4 days.

When cooking on the grill:

Use separate cutting boards/utensils for raw meat and ready-to-eat items like vegetables or bread.

Never reuse items that touched raw meat or poultry to serve cooked food.

Use a food thermometer to make sure meat and poultry are cooked to safe temperatures.

When bringing food on the road:

If you are traveling with perishable food, place it in a cooler with ice or freezer packs.

When carrying drinks, consider packing them in a separate cooler so the food cooler is not opened frequently.

Pack meat and poultry while it is still frozen; that way it stays colder longer.

When serving food outdoors:

Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.

Serve cold food in small portions and keep the rest in a cooler.

After cooking meat and poultry on the grill, keep it hot until served.

If you think you or someone you know got sick from something you ate or drank, please report it to the Knox County Health Department. Reporting an illness can help our public health officials identify a foodborne disease outbreak and keep others from getting sick.

For more information contact us at 309.344.2224.

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MEMBERSHIP RECRUITER OF THE MONTH



Jason Lumberry

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Jason Lumberry as the top membership recruiter in April. Jason signed one new voting member and four new associate members.

Call your COUNTRY Representative for all your insurance and financial needs.

~ CLASSIFIED ADS ~

To place ads in the Bulletin or on the website, you must be a Knox County Farm Bureau member. Call 309-342-2036 or e-mail us at ireedy@knoxcfb.org by the last Friday of each month to place the ad.

FOR SALE: 22+ total acres, includes 3 +/- acres tillable or bldg. site, 2 +/- acre pond, the rest in timber. Copley township. Call 309.879.2932 5/19

Mayfield's **Backhoe** Service: Improvements/Repairs, Drainage Trenching, Grading, and more. Call Eric 309.351.9520 4/19

FOR SALE: Very nice LP gas stove. New dining room table w/leaf, seats 10 people. Call 309.509.2659. 4/19

FOR SALE: 2011 Bennington pontoon boat, 20 ft with 25 hp motor. Si fish finder with two live wells, around 400 hours, full cover docking light, horn, and radio. Call 309.368.8513 4/19

FOR SALE: 1964 Chevy Classic C-10 1/2 ton pickup, blue in color, 350 cu.in. motor with 4 bbl.carb. 4 spd. trans. chrome wheels, with white lettered tires, bucket cloth seats, hurst shifter, lots of newparts, everything works. Call 309.368.2733 after 6 PM. 4/19

FOR SALE: Esteban's Granada Classical Guitar & 15 watt amp. Case & 10 ft amp cable. 2 Instru. DVD & Lesson books. Extra strings \$200.00. Call 309.368.2733 after 6 PM. 4/19

FOR SALE: St. Croix Pro 55 Fly fishing rod & reel \$85.00 Call 309.368.2733 after 6

FOR SALE: Plex-O-Glass sheets 4 ft x 8 ft x 1/10 in thick. 4 each \$60.00 or 4 for \$200.00. Call 309.344.2358. 4/19

FOR SALE: 9 large, round, grass hay bales, stored outside, baled 2017. 1000 small, square, twine, grass hay bales, stored inside, baled 2017. Orange TWP, Knox County. Call Steve Litchfield at 319.931.6730 or litchfield@iowatelecom. net. 3/19

HELP WANTED: 2200 Acre Grain/250 Sow Farrow-Finish Farm seeks full-time, experienced employees. Health care, dental, pension, & housing available. Resume & references required. Email: DSEngland@mymctc.net 3/19

FOR SALE: Cattle Equipment-14 corral gates, 2 hay rings, 1 catch chute, 2 creep feeders, 1 hay rake, 1 mower conditioner, 1 corn pro trailer, 1 castrator, OB chains, 2 three point bale carriers, 100 gal water tank. Maquon area. Call 309.333.6209

WANTED: Broken concrete or bricks. Call 309.484.2160 3/19

If you sell your items, please contact the Knox County Farm Bureau office at 309-342-2036 or email jreedy@knoxcfb.org, so we can provide our readers with up-to-date information.

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Wednesday, June 5th 3:00-5:30 Knox Agri-Center

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Looking Back

TAKEN FROM THE MAY 1929 BULLETIN

Soy beans are the richest protein-producing crop on Illinois farms, recommended particularly for balancing cattle and hot rations. Beans produce a high nitrogenous roughage adapted to most all farms. Soy beans have an advantage as soil builders, because the are legumes. Soy beans are a fair cash crop and fit in well with the Illinois system of rotations.

TAKEN FROM THE MAY 1939 BULLETIN

The number of cattle on feed for market in eleven corn belt states on April 1 was about 13 percent larger than a year earlier, it is estimated by the Bureau of Agricultural Economics. This increase was equivalent to about 160,00 head. Though the increase of 13 percent this year follows an estimated increase of 20 percent on April 1, 1938 over April 1, 1937, the number on feed in early April this year is not yet back to the number on the corresponding date in most of the 15 years prior to 1934.

<u>TAKEN FROM THE MAY 1949 BULLETIN</u>

To keep lard from spoiling, render it at a low temperature, says Prof. Bull. Then store it in a clean can or jar. Lard spoils fast in rusty cans. Third, have a tight cover for the container. This keeps most of the air out, and air helps lard spoil. Finally keep lard stored under refrigeration.



Chicken Tot Pie

Ingredients

- 2 lbs roasted chicken, shredded
- 4 cups low-sodium chicken stock
- 1 cup water
- 1 lb frozen tater tots (about 4 cups)
- 4 tablespoons unsalted butter
- 2 large shallots, finely diced
- 1 teaspoon fresh thyme leaves
- 1/4 cup all-purpose flour
- 1 cup half-and-half
- $\frac{1}{2}$ cup frozen petite peas

Hot sauce **Preparation**

Make the glaze

- 1. Preheat the oven to 425°F.
- 2. In a large saucepan, combine the shredded chicken, stock and water (the liquid should just cover the chicken) and bring the liquid to a simmer over medium-high heat. Reduce the heat to medium-low and gently simmer, uncovered, until the chicken is warmed through. Transfer meat to a large bowl and set aside to cool slightly (leave the liquid in the saucepan).
- 3. Return the liquid in the saucepan to medium-high heat and bring to a boil. Boil until it has reduced to 2 cups, skimming off any foam that rises to the

surface, about 20 minutes.

- 4. Bake the tater tots on a baking sheet until crisp, about 15 minutes; set aside. Keep the oven on.
- 5. In a large skillet, melt the butter over medium heat. Add the shallots and a pinch of salt and cook, stirring occasionally, until tender, 4-5 minutes. Add the carrots, celery and a pinch of salt and cook, stirring occasionally, until the carrots are tender, 9-10 minutes. Stir in the thyme and flour and cook, stirring continuously, for 1 minute more. Stir in the reduced stock and half-and-half, increase the heat to high to bring the liquid to a boil, then reduce the heat to low and simmer, stirring frequently, until thickened, 4-5 minutes. Turn off the heat and stir in the shredded chicken and the peas. Season the mixture with salt, pepper and hot sauce to taste.
- 6. Transfer the tater tots to a large bowl and wipe off the baking sheet. Place a 2-quart baking dish on the baking sheet and fill it with the chicken mixture. Arrange the tater tots in an even layer over the top, and then bake until the filling is bubbling, and the tater tots are very crispy, 20-25 minutes. Let stand for 5 minutes before serving.

If you would like to submit a family-favorite recipe, please provide the recipe with a picture to the KCFB office.

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