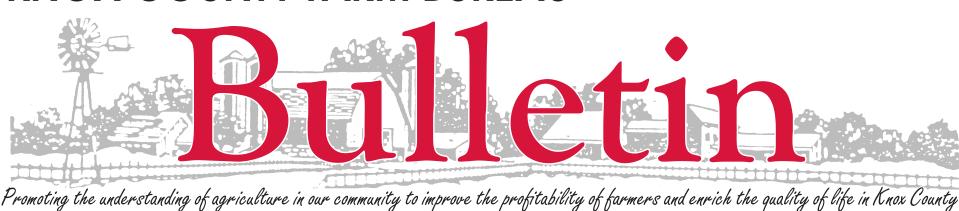
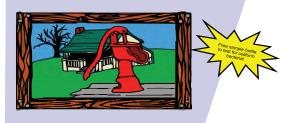
KNOX COUNTY FARM BUREAU®

USPS 297-360



Well Sealing Demonstration

Time: 10 a.m. Date: Tuesday, June 23, 2020 Location: 1017 Moss St., Gilson, IL **Knoxville Community Fire Protection District** (at the corner of Moss and Harding St.) **Haw Creek Township, Section 7**



Learn about the risks posed by abandoned water wells, how to seal an abandoned well yourself, and how to apply for 75% cost-share assistance (up to \$400 per dug well sealed)

Short presentations given by the

- Knox County Health Department—Sarah Willett
- * Knox County Soil & Water Conservation District (SWCD) Kara Downin
 - · Owner's experience—Tom Hoben

Knox County SWCD 233 S. Soangetaha Rd Galesburg, IL 61401

VOL. XCVII

(309) 342-5138 ext. 3

https://knoxcountyilswcd.wixsite.com/knox



Steve Johnson Webinar June

June 2020

ing Strategies will be presented on Tuesday evening, June 16 at will be Dr. Steve Johnson, Extension Farm Management Special-

pre-registration.

Steve will review both old & 7 pm CDT. The featured speaker new crop supply/demand & cash price projections, highlight crop marketing strategies & tools and ist with Iowa State University. The feature written crop marketing

A webinar titled Crop Market- webinar is free but does require plans for 1,000 acre row-crop example farm. The webinar will last one-hour followed by ques-

No. 6

The link to pre-register can be found at www.knoxcfb.org

25th Anniversary Knox County Farm Safety Day Cancelled

Due to the health and safety of Day that was scheduled for June our participants and volunteers 27, 2020. The committee has refrom COVID-19, the planning scheduled the event for next year committee for the 25th Anniver- on June 26, 2021. Please mark sary Knox County Farm Safety this date on your calendars and Day has made the difficult decision we hope everyone stays safe and to cancel this year's Farm Safety heatlthy this summer.

WELCOME NEW **MEMBERS**

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

Ellen & Kevin Faubel Julie Hazekamp Miranda & Shawn Hedden Katie Hennenfent William Peterson Katrina & Rodney Warner



Page 2 · KCFB Bulletin · June 2020

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



June 2020

Published Monthly KNOX COUNTY FARM BUREAU, Inc cooperating with the ILLINOIS AGRICULTURAL ASSOCIATION and the AMERICAN FARM BUREAU **FEDERATION**

The Knox Co. Farm Bureau Bulletin (ISSN 0892-1156) is published monthly with a subscription price of \$.50 per year. Periodicals Postage paid at Galesburg, IL 61401-9998. POSTMASTER: Send address

changes to KNOX CO. FARM BUREAU, 180 S. Soangetaha Rd., Galesburg, IL 61401.

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

PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE.

Thank You KNOX COUNTY FARM BUREAU



Raise a glass to **Dairy Month**

While the COVID-19 pandemic prompted many Americans to noard toilet paper, I chose milk. panic-purchased five gallons in late March for our family of four in case I needed to freeze some. Rather, we made smoothies and milkshakes to consume it before the best-by date.

I couldn't imagine my fridge without milk. I routinely start my day with a big glass of ice-cold 2% milk and sometimes end it with a small serving of the chocolate variety. You could say I raise my glass at dawn and dusk for dairy farmers, most fitting with the Dairy Month of June upon us. Worthy óf celebration.

dairymen represent some of the most committed farm families in America. Cows need milked two to three times a day regardless of holidays or pandemics. Thankfully, advancements in technology provide labor flexibility on dairy farms where robots milk cows and automated systems deliver feed. vote was allowed to be called by

The FY21 budget, passed with

no Republican votes, spends roughly

\$42.9 billion even though the State

only expects to bring in a little under

\$36.8 billion, \$5 billion of which

comes from additional borrowing (to

be paid back over the next decade).

The Governor anticipates borrowing

\$5 billion from the Federal Reserve.

The Federal Reserve, for the first time

ever, will allow state governments to

borrow money. The FY21 budget spends over \$2 billion more than the

FY20 budget that passed last year,

Speaker Madigan.

Dairy farmers also have upgraded cow comfort, from better bedding for joints to backrubs from barnmounted brushes. Some even use FitBit-like collars to track individual cow activity.

Meanwhile, my FitBit shows a little less physical activity now that our household advanced to an electric ice cream maker. When I plug it in, I think about Grandpa, who used to hand-crank our familyrecipe homemade ice cream for every grandkid's birthday party.

The tradition of National Dairy Month started the month of Grandpa's 6th birthday in 1937. Throughout the nation, groups celebrate with ice cream

I always like to look for at least

some positives, though. One positive

from the budget is fully funding of the

\$5 million Ag Education item for fund-

ing ag education from middle school

through college. It funds a Three

Circle grant which supports local

school funding with state funds to pay

FFA teachers to continue working with

students and their projects through the

summer months. Many of our local

FFA teachers take advantage of this

Additionally, working with local producers and livestock associations

and as minority spokesperson for the

Food Accessibility Working Group,

we were able to secure a new line

great opportunity.

socials, dinners at dairy farms, and promotions that tell of the nine essential nutrients in dairy products. While the satisfying taste puts milk cheese, and yogurt on our regular grocery pickup order, the nutritious punch of calcium and protein justifies that decision.

Our household's consumption alone proves far short of the demand needed to reverse the struggles for today's dairy farmers. Oversupply from COVID-related shutdowns' has forced dairymen to dump milk by the tanker full. Milk that supplied restaurants, schools and institutions suddenly had no place to go. Even before the COVID crisis, declining milk

consumption and oversupply had led to the demise of some dairy farms and processors.

While Dairy Month provides reason to celebrate, it also should bring pause to take notice and act. Add more dairy to that grocery pickup order. Ask for extra cheese on that take-out pizza. Plan ice cream for dessert, serve milk with dinner, and toast support to this long-time staple of American life.

About the author: Joanie Stiers' family grows corn, soybeans and hay and raises beef cattle and backyard chickens in West-Central

item of \$5 million for the Livestock Fanext day the cility Management Act. We are still Illinois House working out details with DCEO but is scheduled are looking at helping producers that to be in Sesthey had loss due to depopulation or sion is Tuesmarket disruption holding animals day, Novemon farm longer than expected due to ber 17, two packing plant closures. As the rules after get set, I will be sure to update you weeks all. Another important measure is that the Presiden- Rep. Dan Swanson funding levels remained at the same Election (R-Alpha) tial level for Soil Water Conservation Dison November

3rd. The only two people in the State

of Illinois who have the authority to call the House back into Session before that date are Governor JB Pritzker and Speaker Michael Madigan.

Spring Legislative Session Yields Budget **Built on Borrowing**

As you know, Jerry Costello wAs the Spring Session of the Illinois General Assembly fades as quickly as it came to be, we are left reflecting on where things stand with many parts of our economy, but importantly for our region — our agricultural economy.

The Illinois House adjourned its Spring Session several hours after passing the Budget at O-dark thirty hours Sunday of Memorial Day weekend. Despite calls from Republicans for an up or down vote on the Governor's Restore Illinois Plan, no

Getting To Know Your

Farm Bureau Policy

Bureau policy? In order to better un-

derstand it, KCFB will run monthly

excerpts from the 2019 policy book.

Interested in learning moré about

how our policy system works? It all

starts with you! For more info contact

To ensure quality education for all

Illinois children, we endorse the prin-

ciples of accountability, adequacy,

and equity and will actively work to

include these principles in any com-

mission, task force, or legislative pro-

Accountability is the efficient use

It includes the size and structure of

school districts, the operation/admin-

istration of school districts and perfor-

mance of school districts in achieving

1. Seeking significant long-term

solutions to the problems of financing

a quality education for all students

through 'political, legislative, or judi-

2. Seeking full funding for general

state aid and transportation funding

of school district reorganization.

with the School Recognition Process.

5. Seeking the removal of tenure

of taxpayers' dollars to provide a

comprehénsive education to achieve

goals with measurable outcomes.

desirable educational outcomes.

We support:

to school districts.

the office.

posal.

8. EDUCATION

How well do you know Farm

even though state tax revenues have swan dived. and replacing it with a merit program

for teacher evaluation.

6. The goal of preserving and strengthening local control of schools.

7. School district reorganization when determined locally by each district and if approved by front door referendum. The requirements of a reorganization vote should consist of the following: A. Either each board of education initiate the reorganization vote or petitions requesting the reorganization vote from 10 percent of the registered voters in each district be required for a referendum.

B. A majority of those voting on the reorganization be required for passage in either a unit or dual district.

Referendum consideration should be restricted to general elections only.

D. Taxpayers in the proposed consolidation area should be given the property tax implications of the proposed consolidation in advance of the referendum vote.

8. Efforts to allow school district annexation proceedings to occur through approval of the Regional Board of Trustees provided public notice and hearing requirements are

9. The formation of co-operative high schools when such co-operatives would broaden and enhance academic opportunities and will result in economic efficiencies.

10. Innovative pilot efforts that include creative partnerships with busishould include, but not be limited to, Charter Schools, Distance Learning,

and new approaches to Vocational Education, Special Education, and transitioning to a new educational model centered on classrooms that emphasize creativity, innovation and teamwork while helping individual students identify their passions earlier in their educational experience.

11. Policies allowing local initiatives to increase academic time such as restructuring the school day, calendar and schedule.

12. County Farm Bureaus to establish programs which assist members in understanding and participating in their schools. Such programs may include meetings with school boards and school administration to establish open communications about district operations, curriculum development, budgeting and finance.

13. Full funding of state and federal education mandates by the entity proposing the mandate and a full review of those mandates every three

14. Seeking legislation limiting the requirement for schools to fund special education to the education component only. The State of Illinois should be required to provide student housing and medical care within state or federal agencies.

15. Requiring a hearing by local school boards before levying a tax for Life Safety and Energy Conservation bonds if such bond issues exceed

16. Evaluating the legislation and each request on its own merit.

Adequacy is financing education at a level sufficient to fund a compre-

1. The concept of using a foundation level of funding as determined in the Education Funding Advisory Board report. This level should be recalculated annually and be based on the desired level of outcome.

tricts as the previous year's budget.

That being said, the budget is built

on borrowing and a prayer that the

Federal Government will offset some

of that borrowing in recognition of

the hardship states are suffering. The

2. The use of prior year Equalized Assessed Valuation (EAV) to provide accurate information for school budgeting and fiscal management.

3. Retention of categorical grants that address special needs and allow all schools to benefit. Revenue from other categorical grants, which are competitive, should be included in the general state aid formula.

4. A State funded capital program to assist school districts in modernizing existing facilities. This program should include funding for the Americans With Disabilities Act.

Equity is fairness in educational opportunities for students and fairness in the way education is funded.

We support:

1. The concept of leveling up (defined as reducing overall variation by increasing the expenditure/revenue per student at the lower end of the distribution).

2. A local individual income tax for education, by front door referendum. The local income tax rate should be a fixed flat rate for all school districts. The revenues from such a tax could be used as local tax effort, to replace property tax revenues, to enrich educational opportunities above the foundation level or some combination

3. Requiring an equitable local tax effort in every school district as an important part of achieving fairness in educational opportunities for students 4. Increased State investment in

technology to increase productivity, enhance student achievement, expand learning time and staff devel opment. 5. Efforts to improve and expand

the curriculum and delivery of services in small and rural schools through development of a statewide two-way telecommunication system or other means of communication technology.

Cooperation between school districts through inter-governmental

Working with the State Board of Education to simplify grant application requirements.

8. The general concepts of the Education Funding Advisory Board (EFAB) of the Illinois General Assembly relating to property tax relief, adequate funding for schools, and school

reorganization. 9. Teaching concepts of Science, Technology, Engineering and Math (STEM) in public schools in the State of Illinois. We support amending these teaching concepts to include agriculture: Science, Technology, Engineering, Agriculture, and Math

(STĚAM). 10. Monitoring the work of the Vision 20/20 elementary and secondary education reform coalition.

11. Increasing engagement of students in local, state, and federal activities in an effort to gain a better understanding and knowledge of the political process and the importance of civic engagement.

We oppose shifting responsibility for the state's contribution to the Teachers Retirement System (TRS) on the local school districts.

3. Timely delivery of meaningful state incentives to support voluntary school consolidation and other forms 4. Teacher/staff professional development to improve teaching quality and to address challenges associated

ness and industry, higher education and government; encourage exploration of new ideas and new approaches to make schools more effective and efficient. Ideas and approaches

\$100,000. rules concerning the waiver of man-dates requested by local school districts. The legislature needs to evaluate

hensive educational program.

and fairness in the way education is

Health on the Farm

By the Knox County Health Department



Before gardening, hiking, or just playing outdoors, make tick bite prevention part of your plans. Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

Ticks are commonly found on the tips of grasses and shrubs. Ticks crawl they cannot fly or jump. The tick will wait in the grass or shrub for a person or animal to walk by and then quickly climb aboard. Some ticks will attach quickly, and others will wander, looking for places like the ear, or other areas where the skin is thinner.

The best way to protect against Lyme disease and other tickborne illnesses is to avoid tick bites. This includes avoiding tick-infested areas. However, if you live in or visit wooded areas or areas with tall grass and weeds, follow these precautions against Lyme disease and other tickborne diseases like Rocky Mountain spotted fever, ehrlichiosis and tularemia:

protective clothing-longsleeved shirts, long trousers, boots or sturdy shoes, and a head covering. Tuck transmit a tickborne distrouser cuffs in socks. Tape the area where pants and socks meet so ticks cannot crawl under clothing.

- Apply insect repellent check them for ticks, too. containing 10 percent to 30 percent DEET primarily to clothes. Apply sparingly to exposed skin (do not spray directly to the face; spray the insect repellant onto hands and then apply to face. Avoid sensitive areas like the eyes, mouth and nasal membranes). Be sure to wash treated skin after coming indoors. Use repellents containing permethrin to treat clothes (especially pants, socks, and shoes)—but not skin. tions; do not misuse or overuse insect repellents. Always supervise children
- against you.

every two to three hours for ticks. Most ticks seldom attach quickly and rarely ease until they have been attached for four or more hours. If your pets spend time outdoors, regularly

Remove any tick promptly. Do not burn the tick with a match or cover it with petroleum jelly. Do not use bare hands. The best way to remove a tick is to grasp it with tweezers as close to the skin as possible and gently, but firmly, pull it straight out. Do not twist or jerk the tick. If tweezers are not available, grasp the tick with a piece of tissue or cloth or whatever can be used as a barrier between your fingers and the Always follow label directick. If the mouthparts do break off, do not become alarmed; once the mouthparts are removed from the in the use of insect repel- rest of the tick, the tick can no longer transmit the Lyme Walk in the center of disease bacteria. If you trails so weeds do not brush want to have an intact tick identified, put it in a small Check you, children vial of rubbing alcohol and • Wear light-colored, and other family members contact your local health around your home is unat-

Budget Tight? Are you pregnant or have a child under the age of five? Even when it is difficult to make ends meet proper nutrition is vital for pregnant women, infants and children. Let WIC offer a helping hand! The WIC program helps with the foods you need. WIC is available to women who are pregnant, breastfeeding or postpartum. WIC is available for infants and children up to the age of five who meet current eligibility guidelines. * Pregnant women count as 2 people. Number in Monthly Annual Household Income Income \$31,284 \$2,607 \$39,461 \$3,289 \$47,638 \$3,970 \$4,652 \$55,815 \$5.333 \$63,992 \$6,015 \$72,169

Call us or stop by to see if you qualify!



Knox County Health Department 1361 West Fremont Street • Galesburg, Illinois 309-344-0319

Monday-Friday • 8:00 a.m. to 4:30 p.m.

www.knoxcountyhealth.org

"This institution is an equal opportunity provider"

department for assistance.

- Wash the bite area and your hands thoroughly with soap and water and apply an antiseptic to the bite site.
- Make sure the property

grass mowed and keep ticks/ or the Illinois Departweeds cut.

on ticks or Lyme disease, call the Knox County Health visit the Centers for Disease Department at 309-344-Control and Prevention

tractive to ticks. Keep your at https://www.cdc.gov/ ment of Public Health at For more information www.dph.illinois.gov 2224.

Please call

Income info

2020 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.



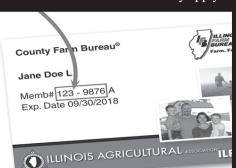
ONE STOP SAVINGS

Log in to our new membership benefit platform using your county Farm Bureau® membership number at https://ilfb.abenity.com

HOW TO:

First time users:

- Click Register button
- Membership Number, do not include any letters



NEWS FROM COUNTRY FINANCIAL





AGENT SPOTLIGHT

Name: Jason Lumberry

Office Address: 180 S Soangetaha Rd, Ste 103, Galesburg,

IL 61401

Phone: 309-342-1647

eMail Address: jason.lumberry@countryfinancial.com Family: Wife - Brianna, Daughter - Collins, Son - Jackson Education: A.A Lincoln College; M.A. Western Illinois Univer-

Designations: Investment Solutions Representative

Mission Statement: My goal is to help my clients achieve true financial security. When they go to sleep at night, I want them to know that their family is truly protected if something should happen to them.

Community Service: St. Jude Research Hospital Volunteer, Big Brothers Big Sisters Volunteer, Boys and Girls Clubs of America Volunteer

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 pre-

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

- tornado. Tornadoes can change directions quickly 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 pos-
- •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
- •Be aware of potential

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.

- •NEVER try to outrun a such as bathrooms or closets if the building has no base-
 - •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
 - Get under sturdy furniture (i.e. workbench, heavy table) and hold on to it.
 - •Use your arms to protect your head and neck.

Monitor the news from your local radio station for emergency information 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 COUN-TRY Financial website at www.countryfinancial.com.

Family Scholarship. Case

Hennénfent was 'awarded



Be sure you can rebuild your home.

If your home was destroyed by a storm, would you be able to rebuild the same home in the same location? Does your coverage level protect those marble countertops you put in last year? Make sure it does.

We're just one of a few insurance companies that offers an Additional Replacement Cost policy that helps you rebuild your home if it's destroyed by a covered loss — even if the cost to rebuild is more than the limits on your policy*.

Call us to chat about Additional Replacement Cost. If disaster strikes, we want to help you make sure you're covered.

JASON LUMBERRY 309-342-1647

JOHN RYNER

IOE YOUNGMAN AGENCY MANAGER 309-686-7050

ED JOHNSON 309-342-1646

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JEREMY KLEINE 309-342-3177

MICHAEL WHITE

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0819-500HC-13581-4/15/2020

BOARD HIGHLIGHTS

Education & Outreach Tara Bohnert Yoder

Local food bank information provided.

Farm Business - Todd West

The Steve Johnson Marketng Program is still scheduled but possibly by podcast.

Government and Poli-

cy - Jeff Link

Representative Hammond said 150-day extension is meeting resistance.

Member Relations -Matt Hulsizer

May 31 is the end of Quota Quarter 3. Grain bin stickers are available.

Foundation - Hailey

Weyhrich

Veyhrich
The 2020 Summer Ag the KCFB Foundation Scholarship and Madelyn Main was awarded the O'Connor Institute is cancelled. applications were submit-Family Scholarship. There ted for scholarships. Emma will be another scholarship Hawkinson was awarded to offer next year from the the Thomas Lincoln Scholar-Raymond Krieg Family. ship and Christina Seiboldt was awarded the O'Connor Weyhrich

PrimeTimers - Hailey

Nothing to report currently.

Young Farmers – Jeff Grady

After June 1, Young Farmers will meet to decide how to proceed with summer events; possibly virtually. The cover crop project is ongoing.

KAC - Hailey Weyhrich Nothing to report currently.

OLD BUSINESS

The Bulletin has a new lay-

NEW BUSINESS

Task Force Programs will be re-evaluated. Photos of the cover crop program were

HAILEY'S MANAGER UPDATE



Manager's Update June 2019.... Talk about gloomy!

I talked about the rain and the sense of feeling helpless and how the year was just dragging on. Who would have thought we would be staying safe while one event give us a break!

now? Here we are in June; better and full of optimism yet we are facing something we of never could have imagined. While there were no major planting delays as bad as last year, farmers have more issues to worry about because of COVID-19. Members and their families are worrying about their loved ones and

dealing with what we are after another is cancelled. Our office has been closed 2020 was supposed to be since March 19 and that does not even seem possible. But the end is in sight for when we re-open on June 8. As always, there is a light at the end of the tunnel, and we must continue to stay positive to get there! I think I will look back at this Manager's Update and see how gloomy June 2020 was as well-hopefully 2021 will

BOST ANNOUNCES FARM CORPS PROGRAM

CARBONDALE, IL – U.S. Representative Mike Bost (IL-12), the Farmer Veteran Coalition of Illinois, the Illinois Farm Bureau, and the Illinois AgrAbility today announced a partnership to provide job 'opportunities for Illinois veterans. Farm Corps will pair furloughed or unemployed veterans with agricultural producers who have an immediate need for on-the-farm labor.

"The ongoing COVID-19 pandemic has caused a number of problems for producers across my district, including a shortage of on-the-farm labor," said Bost. "COVID-19 has also caused many veterans to be furloughed because of businesses being shuttered. Not only will Farm Corps provide job's for Illinois veterans, but it We feel this program could be

will also help fill the need for on-the-farm labor so that Illinois farmers can continue their important job of feeding our nation during this pandemic. I'm proud to have worked with our public and private partners to get this program off the of Farmer Veteran Coalition ground for both our veterans of Illinois. "We believe Farm and agricultural producers."

of Food Systems Development at the Illinois Farm Bureau. "At this time, as farms work to keep employees safe, the demand is greater than ever. The Farm Corps program serves dual roles by allowing farms to post positions and hopefully identify workers and connect veterans and servicemen that are furloughed with agriculture.

of great assistance to our state and are excited to assist."

"The primary mission for Veteran Coalition of Illinois is to connect our veterans with agriculture," said Caynan Sherwood, President Corps is a huge opportunity. "Labor is a continual need for agriculture," said Raghela Scavuzzo, Associate Director is to support servicemen and is to support servicemen and women and agriculture. We are proud to host this database on our website."

Farm Corps is also supported by the Illinois Pork Producers, Illinois Specialty Growers Association, the Illinois Department of Agriculture, the Illinois Department of Employment Services, and the Illinois Department of Veterans





THANK YOU!

Over \$21,000 raised to aid the Feeding Illinois food banks during COVID-19, thanks to the support of our members and friends!



This will help secure 252,000 pounds of food that's equivalent to210,000 meals – for







- CRP / CREP Prairie Grass and Tree Planting Field Maintenance.
- Township ROW clearing and chemical application.
- Pasture ground and field borders reclamation.
- Pond treatment
- Removal and follow up chemical treatment of large stands of Honeysuckle, Autumn and Russian Olive, Locust, and
- Tree spade, grapple and tilling service.

Herbaceous invasive plants can be mechanically removed and treated any time of the year. Follow-up chemical maintenance is required to bring your land back to its original state.

Mike McKim

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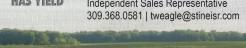
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ONLINE DIRECTORY PROVIDES ENHANCED MARKETING OPPORTUNITIES, ADDED E-COMMERCE OPTIONS

BLOOMINGTON. As consumer demand for local food access and summer and fall market seasons approach, local supply access is more important than ever. The Illinois Farm Bureau, Illinois Specialty Growers Association (ISGA), Illinois MarketMaker and several other farm and specialty groups encourage farmers, ranchers, specialty growers, value-added producers, processors and food businesses to utilize FREE online marketing opportunities to enhance and expand their reach in communities across the state.

Prairie Bounty, a directory of over 900 farms, businesses and specialty groups across the state, is available online at specialtygrowers.org/shoplocal. Users can create an account or edit an already

established account profile from their website. Illinois Farm Bureau and ISGA most recently partnered with the Illinois Department of Agriculture and 10 of the leading Illinois food and farm organizations to create Buy Fresh Buy Local Illinois, a statewide local food promotional program.

Existing participants of Prairie Bounty now have the opportunity to update their profile to include the Buy Fresh Buy Local Illinois affiliation, Illinois Farmers Markets Association affiliation, and/or the Homegrown by Heroes affiliation to appear on their websites for free as well. Participants manage one profile but can be found on multiple websites for promotion depending on their choice affiliations.

"By combining resources and funding, we're cre-

ating a comprehensive food resource for Illinois shoppers and a cohesive local food marketing campaign," said Raghela Scavuzzo, Illinois Farm Bureau associate director of food systems development.

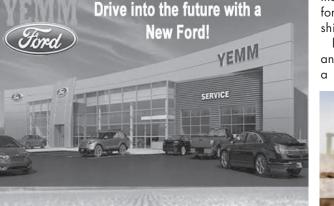
The Prairie Bounty directory contains contact information and locations for farmers of fruits, vegetables, meat, dairy and herbs as wells as listings for breweries, wineries, farmers markets and processors throughout Illinois. The directory provides consumers with contact information, products available, method of sale, growing practices and in some cases, an online store.

New in 2020 is the integration of e-commerce through LocalLine. Farms and businesses can now set up e-commerce stores or post product listings in the MarketMaker buy/sell forum. This unique partnership

between MarketMaker and LocalLine includes a cost of 5 percent per transaction, rather than traditional subscription fees. Users have flexibility in setting prices, delivery/pick-up methods, packaging and ordering deadlines based on their needs. If the user has an already established online store, they can embed the link on their profile.

"This is now more than ever an important free tool for local farms and businesses to reach consumers," said Scavuzzo. "The more comprehensive information a grower can add to their profile, the better, as they will be more searchable to the consumer. This also applies to adding organizational affiliations, as a listing will then appear in those associated directories, databases and websites."

Visit the Illinois Specialty Growers website at specialtygrowers.org/shoplocal for additional instructions on how to register. Contact Raghela Scavuzzo at 309-557-2155 or email at Rscavuzzo@ilfb.org.



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ANTIBIOTICS IN YOUR MILK



If a cow gets sick, farmers work with veterinarians on the right medicine to use.



Milk from cows treated with antibiotics is discarded.



All milk must test free of any trace of medication before it is used.



All milk at the grocery store is antibiotic-free, label or not.



Ed Johnson

MEMBERSHIP RECRUITER OF THE MONTH

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Ed Johnson as the top membership recruiter in May. Ed signed 2 new associate members.

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

PRIMETIMERS NEWS

The committee did not meet in May.



RECIPE OF THE MONTH

SHOULDER

Ingredients

- 4 lb pork shoulder
- 2 Tablespoons kosher salt
- 2 1/2 Tablespoons smoked paprika
- 2 1/2 Tablespoons Lemon Pepper
- 1 Tablespoon cayenne pepper 1 Tablespoon smoked garlic
- powder (regular garlic powder will work!)
- 1/2 Tablespoon ground black
- Yellow mustard (approximately 1/2 cup
- Liquid Smoke (approximately 2-3 Tablespoons)
- Worcestershire sauce (approximately 2-3 Tablespoons) plastic wrap
- 1/2 cup apple cider vinegar 1/2 cup apple juice
- 1/2 cup water
- 2 cups hickory smoking chips 2 cups mesquite smoking

Instructions

Rinse pork shoulder under water;

Pat dry;

Combine salt, smoked paprika, lemon pepper, cayenne pepper, smoked garlic powder and black pepper in bowl. Place pork shoulder on cookie sheet.

Take worcestershire sauce (if using)band pour all over pork shoulder ensuring it is thoroughly covered. Repeat with the liquid smoke. Take yellow mustard and pour all over pork shoulder ensuring it is thoroughly covered. Take spice mixture and start sprinkling/rubbing in generous amounts all over pork shoulder ensuring that a thick

layer is created - every nook and cranny.

SMOKED PORK

Completely and tightly wrap pork shoulder in plastic wrap. Then double bag it in plastic bags and put in fridge for a minimum of 12 hours.

After a minimum of 12 hours has passed, remove pork shoulder from fridge, unwrap and let come to room temp. Start smoker and bring up to 250 degrees.

Soak smoking chips in water in a bucket by the smoker. Combine apple cider vinegar, apple juice and water and put in spray bottle.

Once smoker reaches 250 and pork shoulder is at room temp, put handful of smoking chips into the smoking basket and put pork shoulder in smoker.

Spray every 45-60 minutes with spray bottle all over. Add additional smoking chips about every hour. Smoke until pork shoulder reaches a minimum of 165 internal temp or go up to 190 for better ease of shredding. A 4 lb pork shoulder should need about 4 hours of smok-

Let rest for an hour (wrap in foil) before shredding and serving

This can a also be made in a slow cooker (it won't taste QUITE as amazing, but it is great for meal prep!). Follow directions 1-9 then place in slow cooker at cook on low for approx. 8 hours or until fully cooked. You don't need to add any liquid! Shred once it is done cooking.

Recipe taken from thewoodenskillet.com

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

STANSON SEEDS

Looking Back



Taken from the June 1990 **Bulletin**

Innovations in management systems, such as integrated pest management (IPM) and integrated crop management (ICM), have resulted from cooperative efforts of university and industry specialists, crop consultants, and growers to make best use of available resources.

Taken from the June 2000 Bulletin

Pamela Wilcoxson will serve as Summer Intern. The Foundation is providing \$300 total in scholarships to the Summer Ag institutes to be divided among those teachers attending.

Taken from the June 2010 Bulletin

Students from Ms. Crock's fourth grade class at Gale School enjoyed eating pizza, while also learning about how the crust, sauce, and topping are all related to agriculture. Isabelle Rhee was selected as the winner of the poster contest and earned her class the pizza party.

FOR SALE

2018 **Knox County Plat Books** \$30 for members

2018 **Knox County** Wall Plat Map \$50 for members

KCFB Past President's Interview DVD

~ 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: 3 bag grass **WANTED:** catcher for cub cadet concrete or bricks. Call 25 horse riding lawn 309.484.2160 5/20 mower. Will fit other mowers. \$350.00. Call 309.337.0564 6/20

Broken

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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The Dirt on Perspective-taking

May 2020 By: Adrienne DeSutter

What is dirt?

To the ordinary person, dirt is icky. It's stains mean more laundry, and it's trails lead to extra mopping. To most, it's filthy, unwanted, and inconvenient.

precious. The farmer spends hours each day surrounded by dirt. They eagerly pick up dirt and run it through their fingers. The farmer looks at dirt and sees opportunity. Potential. Growth. Life.

Farmers have a refreshing ability to look at something as common as dirt- something most of the world views as unfavorable- and by embracing a creative and hopeful perspective, they see something worth-

While so many things are beyond our control in agriculture, our perspective is something we own. We get to choose how we're going to view an imperfect situa-But to the farmer, dirt is tion, and how we're going to respond to it. It's within our control to look at something as an obstacle, or to look at it as an opportunity.

> For example, an equipment breakdown is undoubtedly frustrating. It interrupts your day, throws off your plans, and costs you money.

But it can also allow you time to work on a different project, or head home early to spend time with your family (that chances are, you haven't felt able to prioritize

in awhile). All of these outcomes are true, and it's fair to be frustrated about the negative aspects of the situation. Choosing optimism isn't the same as "just being positive." It's acknowledging those valid, negative outcomes, but then recognizing that there are ALSO positive outcomes. You get to choose what perspective to focus on most (and since realistic optimism leads to

higher productivity, less de-

pression, and generally bet-

ter health, there are obvious

benefits to choosing the lat-

Developing an optimistic perspective is a tool that takes effort and practice, especially when it's not something you've made a habit of in the past. Start by making a small goal to challenge a negative thought- right in a moment of chaos- once a week. Give one coworker or family member permission to help you identify when you could be looking at something in a new way.

Take a moment each morning to reflect on the stressful parts of the previous day, and think about how you could have approached them differently. Whatever efforts you make to practice

spective puts you one step closer to making optimism a habit. But remember, making an effort to "be better" becomes more and more difficult if you neglect your mental health. Stress weighs us down, and we can grow irritable, cynical, impulsive,

forgetful, or careless. At that point, decision-making can feel like an exhaustive burden, and changing your perspective turns into a much harder choice.

If we create a habit of finding the good in difficult situations, we build a personal defense against the blow of defeat.

And as the farmer sees

taking control of your per- good in the dirt, so too can they see hope in the struggle, if only they make the

Resources:

Controlling attitudes/per

https://www.ag.ndsu. edu/publications/kids-family/farm-stress-fact-sheetsstress-management-for-farmers-ranchers

How stress affects us

https://www.ilfb.org/resources/mental-health-wellness/how-stress-affects-you/

Optimism

http://positivepsychology.org.uk/optimism-pessimism-theory/

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