

Bulletin



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

Steve Johnson Seminar Nov. 15

Dr. Steve Johnson will be at the Knox Agri Center on Tuesday, November 15 at 7PM to present a marketing seminar titled "Managing '23 Crop Margins".

Topics will include estimating crop costs, using your own budgets to determine breakevens, utilizing risk management tools, and outlook for crop prices.

To reserve your seat, please call the Knox County Farm Bureau at 309-342-2036 or visit knoxcfb.org



ALOT Applications Now Available

Are you, or someone you know ready to take the next step in their leadership development? The Illinois Farm Bureau has a program to help with that. The Agricultural Leaders of Tomorrow (ALOT) provides participants with the tools they need to reach their full potential and emerge as a leader in agriculture. Whether they are on your county Farm Bureau board, county Farm Bureau committee, or a leader in agribusiness or your local community, they'll benefit from ALOT just as the over 1,200 previous graduates have.

Classroom studies cover leadership, communication & professional skills, political process, agricultural economics, and global issues, and are taught by experts in a variety of fields. Classes will be conducted over a nine-week period in a different region of the state each year, so there's sure to be one near you.

In 2023, there will be six weekly sessions held at one of the following locations:

ALOT

AGRICULTURAL LEADERS OF TOMORROW
Jacksonville, Springfield, and Bloomington, Illinois as well as two sessions on Zoom. Of those in person sessions, two overnight sessions will be in Springfield and one in Bloomington.

The ALOT program is limited to 25 participants, who are chosen following *interviews conducted on December 15th* by the ALOT advisory committee. There is an \$800 tuition fee, which includes meals, lodging, and instructional materials.

Applications are available online at www.ilfb.org and are due by November 15. For more information about the program, contact the Knox County Farm Bureau, visit the Illinois Farm Bureau® website at www.ilfb.org under "Get Involved," or contact the IFB Training and Development Department at 309-557-3943.



Prime Timers October

For the October Meeting, the PrimeTimers group visited The Belted Cow Orchard for a tour and then lunch at Patton Block Grill and Brewpub. What a fun day to a neighboring county!

Members Save on THOUSANDS of Hotels

Family vacations and weekend getaways just became even more affordable for Illinois Farm Bureau members. Thanks to the addition of TravelSherlock, which offers THOUSANDS of hotel options, the Illinois Farm Bureau membership benefit package just got a little sweeter! Members can now save up to 30% on

overnight stays across the country.

Whether it's a quick road trip or a longer vacation, this Illinois Farm Bureau member benefit helps make travel more enjoyable for everyone. Members can visit ILFB. Travelsherlock.com to search hotel options for their location of choice. Members can obtain the discount code by contacting their county Farm Bureau office.

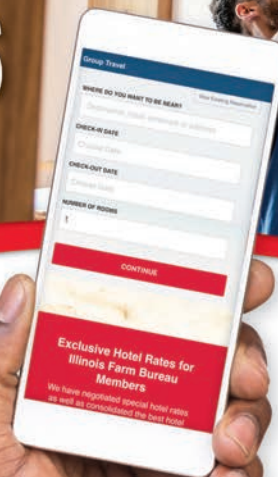
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Members are always welcome at Knox County Farm Bureau's Board of Director meetings. They are held the third Thursday of each month. Please call for times.



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Thank You
KNOX COUNTY FARM BUREAU



Farmers feed the need for nutrients

Like humans, crops have dietary needs. And just as food prices have soared, fertilizers that provide nutrients for crops have nearly tripled since 2020.

Farmers take great responsibility in managing the land under their care, including the need, timing and placement of fertilizer that provides essential nutrients for crop growth and development. Skyrocketing costs accelerate the motivation to use them effectively to maximize profitability and minimize environmental impact.

The goal: Make the desired nutrients available and accessible when crops need them yet keep those necessary nutrients out of groundwater, lakes, streams and rivers. On our farm, we drink from the former and play in the latter.

Improving nutrient retention in the soil is the premise of the Illinois Nutrient Loss Reduction Strategy, a statewide, voluntary effort to improve water quality. The science-based initiative uses research, technology and industry experience to assess and reduce nitrogen and phosphorous losses to Illinois waters, the Mississippi River and the Gulf of Mexico.

Armed with generations of experience,

evolving research and modern technology, today's farmers have more tools than during Grandpa's farming career to finetune management of soil nutrients. A significant part of that effort focuses on the 4R strategy, or placing the right fertilizer source, at the right rate, right time and in the right place. Success combines these specific fertilizer targets with agronomic and conservation practices.

Cover crops grow on a larger base of Illinois land, including our own, to provide a groundcover to hold nutrients between growing seasons. Grass waterways and buffer strips in our fields filter nutrients from water that moves across the land. Reduced tillage and no-tillage practices inhibit loss of soil and nutrients.

Global-positioning technology allows us to variably apply nutrients across soils based

on defined, site-specific needs, which vary by crop, by field and soil types within a field. Our tests with the evolving market of biologicals shows promise to use soil microbes to enhance fertilizer's availability to plants while supporting yield.

Nutrient retention proves the right decision both economically and environmentally. Illinois Farm Bureau believes so, too, and since 2015, the organization has committed more than \$2.4 million of its own funding through county-level Nutrient Stewardship Grants and other efforts to support implementation of the Illinois Nutrient Loss Reduction Strategy.

Illinois is blessed with some of the best soil and water resources in the world, and farmers assume great responsibility to protect them as they feed the soil that helps feed the world.



Legislative Update

"Wrapping Up Harvest: Remain Safe"

By Rep. Dan Swanson

When it comes to fall harvest, there is a lot to be done in a short amount of time. Top that off with shorter days and colder weather and you get a developed sense of urgency among farmers, which can lead to injury and death. A new tradition I have noticed the past few years is the Blue and Gold Corduroy jackets visiting the corn and bean fields with a "harvest bag" of food, snacks and drinks. Mallory Swanson Tolley, FFA Advisor Knoxville FFA said in a Knoxville FFA Facebook Post, "Thank a Farmer! We did, by delivering harvest bags to the field. Wishing everyone a safe end to the harvest season on behalf of the Knoxville FFA Chapter." I know many FFA programs provide a similar "harvest bag". We appreciate and acknowledge your efforts in thinking of us during the stressful harvest season.

I am amazed at the growth and determination in our local FFA organizations. When not in session, I attend as many FFA banquets as I can and if I can't my wife Tammy attends. I am proud to see the commitment of these young men and women as the FFA Leadership team conducts the official business session awarding members with their Greenhand, Star Farmer awards or recognizing members for participating in many contests or events. FFA helps establish a foundation for our young leaders. My



Dad, Ron Swanson, along with 30 other AIWood "vocational agriculture students," the FFA Advisor, George Lewis, State FFA President and Bob Herriott, State FFA Secretary signed the Original AIWood Future Farmers of

America Incorporated Charter the eighteenth day of January 1949.

2022 was another interesting growing season. On our farming operation we were blessed with rain. Talking with farmers in southern Knox County, the rains were few. But, even in areas with below normal rainfall, yields were in some cases more than what was expected. Today, I'd like to say thank you and recognize the agronomists and others who continue to research and test for resilient hybrid crops that can produce in extreme conditions. Each year, crop selection is a balancing of growing conditions, field selection, and in-field management that can bring up some tough questions to navigate when working for bigger yields. The variable field environments, weather, and fertility all are part of the extensive equation of developing better yields.

We must all continue to help educate

the public about where their food actually begins - The Farm. Those of us in the agriculture community all know that food doesn't just come from a grocery store. Somewhere there is a farmer, who produced the fruits and vegetables in the produce section, the dairy products, and the frozen meat in the freezer section. Farm Bureau does an excellent job through the "Adopt a Legislator" program to inform and educate legislators on farm life and business.

I'd like to remind landowners of the Illinois Department of Agriculture's Bicentennial, Sesquicentennial, and Centennial Farm Recognition program. Knox County has 98 Centennial farms, beginning with the Barnum Family Farm in Galesburg that has been in the same family since 1833; and 17 Sesquicentennial farms with the Dunlap Family farm the oldest on the list from 1836. Help preserve our rich farming history by applying for these designations when your farm is eligible. We received our Centennial recognition this year.

Thank you to all of you fellow farmers and related industry members who help support the farming production process in Knox County! Please contact me any time about your issues, concerns, and suggestions to help keep agriculture the top industry in Illinois.

Getting To Know Your Farm Bureau Policy

20. FARMING METHODS

We support farming methods that result in:

1. Profitability.
2. Environmental stewardship.
3. The production of a safe food supply.
4. An adequate supply of high-quality agricultural commodities to meet current and

future demand.

We support:

1. Research aimed at reducing overall inputs needed to sustain a profitable farming operation.
2. Incentives that encourage farmers to accept the risk of testing non-traditional means of farming.
3. Efforts to provide information to farm-

ers on proven means of improving the efficiency of inputs.


4. Research to study soil health and its future productivity.
5. The use of an integrated pest management program to control pests in crop production.

We oppose any attempt to mandate low input methods of farming.

These area businesses are proud to be a part of our 2022 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.

<h2>New discounts coming soon!!!!</h2>	 <p>1964 N. Henderson St. Galesburg, IL 61401 (309) 344-3121</p> <p>\$2.00 Off Any Large Pizza \$1.00 Off Any Medium Pizza (one use per day)</p> <p>(not good in conjunction with any other offer)</p>	<h3>KNOX - GALESBURG SYMPHONY</h3> <p>309.341.7268 Visit KnoxGalesburgSymphony.org</p> <p>10% discount on Adult Single Tickets 5% discount on Subscription Packages</p>
 <p>Four Seasons Pest Control, Inc. Call 309-342-9644</p> <p>10% Discount of Initial Services</p>	<h3>ClearSound Hearing</h3> <p>FREE Remote Mircophone 2 with Premium Level Aids</p> <p>383 East Simmons St., Galesburg, IL 61401 Tel: 309-342-0458 www.KnoxCountyHearingCenter.com</p> <p>Deborah J. Dyer, BA, HIS Licensed Hearing Instrument Dispenser</p>	 <p>10% Off Lawn Care Applications to New Customers Their First Year. 10% Off Tree & Shrub Feeding first time service for Current Customers.</p> <p>309.341.0800 • 800.339.5546</p>
 <p>50% Off YMCA Membership Joining Fee!</p> <p>1324 West Carl Sandburg Drive • Galesburg 309-344-1324</p>	 <h3>LINDSTROM'S</h3> <p>VALUE PRICING & QUALITY IN-STORE SERVICE</p> <p>25% Off Serta Perfect Sleeper Mattress - Majestic Crown Collection! 10% Off Any Crosley Home Appliance!</p> <p>400 East Main St., Galesburg • 309.342.2181</p>	<h2>FIRST GLASS</h2> <p>AUTO • HOME • BUSINESS 46 Public Square • 342-2001</p> <p>Lifetime Chip Repair with each Windshield Replacement - \$89.95 Value!</p>
<p>Discounts up to \$500 on Select Equipment!</p> <p>Visit www.ilfb.org or call your County Farm Bureau</p> 	<h2>Henn House BBQ</h2> <p>BBQ Sauce ~ Catering ~ Events ~ Weddings ~ Parties ~ Contests</p> <p>Phil & Johanna Hennenfent phil@hennhousebbq.com 309-335-1671 • Altona, IL www.hennhousebbq.com</p> <p>10% Off Catering or Bulk Meat Purchases!</p>	<p>Your Full Service Hometown Jeweler</p>  <p>\$8.00 WATCH BATTERY FREE RING CLEANING & INSPECTION</p> <p>370 East Simmons St. 309.344.EVER M-Th 9-5:30, Sat 9-5</p>
 <p>BARD OPTICAL</p> <p>Eye Exams Only \$48 Save 25% On Frames. Lenses & Add-Ons Are Discounted 10%-30%.</p> <p>21 Offices in Illinois Call Today for the Office nearest you 800-752-3295 or Visit our Website at www.bardoptical.com</p>	<h2>New discounts coming soon!!!!</h2>	 <h3>The Great Outdoors</h3> <p>205 East Main St. Knoxville, IL 61448 (309) 388-0159</p> <p>10% Off New Firearms for Farm Bureau Members</p>
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 <h3>TicketsatWork.com</h3> <p>Fun. With benefits.</p> <p>Visit TicketsatWork.com Click become a member, create an account, company code: KCFB</p>	 <h3>Sabrina's</h3> <p>224 E. Main St., Galesburg 341-0842 • 342-7913 M-F 1:00-6:00pm</p> <p>Bridal, Prom & Formal Wear</p> <p>• \$10.00 OFF with a \$100.00 Purchase • Not be combined with any other discount.</p>	<p>They're the only eyes you'll ever have, trust Gailey to make sure they last a lifetime.</p> <p>Your Trusted Vision Care Provider For:</p> <ul style="list-style-type: none"> ☑ LASIK ☑ Laser Cataract Surgery ☑ Glaucoma Treatment ☑ Retina & Macula Care ☑ Cornea Disease ☑ Routine Eye Exams <p>Gailey Eye Clinic GaileyEyeClinic.com 309.343.6000</p>
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COUNTRY FINANCIAL NEWS FROM COUNTRY FINANCIAL COUNTRY FINANCIAL

When Do I Need Life Insurance?

You'll likely reach a few milestones when you and your family may think about the value of life insurance coverage. A recent COUNTRY Financial Security Index survey found that 3 in 10 Americans don't have life insurance for themselves or a spouse. While it may not be a priority, meeting with an insurance agent to see how life insurance could protect your loved one is an important part of achieving your financial goals.

We all know life is unpredictable. To protect your family from the unthinkable, consider five life milestones that should prompt you to check in with your insurance agent and ask about life insurance"

1. Going to college -- Life insurance can help pay for those college loans if something happens to you. Depending on the type of loan, parents may be responsible for student loans.

2. Getting married -- Your spouse may need help paying for expenses if something happens to you.

3. Having a child -- If you're married

and have kids, the money from a life insurance death benefit could help your family carry on financially if they no longer had your income. In fact, more than one-third of households say they'd feel the financial impact within one month if the primary income earner passed away.

4. Buying your first house -- If anyone relies on your income to help pay the mortgage, the money from a life insurance death benefit could help ensure your family stays in their home well after you're gone.

5. Becoming an empty-nester -- whole life insurance can provide benefits while you're still living, such as supplementing retirement income or making a down payment on a vacation home.

Take the time to reflect on the changes you experienced this year, and what may be down the road. Reach out to your insurance agent for information about how they can help you protect the things that matter most and plan for your future.



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Patrick Young, Galesburg (309)686-7050; Ed Johnson, Galesburg (309)342-1646; John Ryner, Galesburg (309)342-1625; Jeremy Kleine, Galesburg (309)342-3177; Michael White, Galesburg (309)342-3177; Joe Youngman, Agency Manager Peoria (309)686-7050

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AGENT SPOTLIGHT



Name: Patrick G. Young, CFP, CLU, ChFC
Years with COUNTRY: 20 years
Office Address: 635 N. Seminary St., Galesburg, IL 61401
Phone: 309-342-5316
eMail Address: patrick.young@countryfinancial.com
Spouse: Kimberly
Education: University of Illinois at Urbana-Champaign
Designations: CERTIFIED FINANCIAL PLANNER, Chartered Life Underwriter, Chartered Financial Consultant, Investment Solutions Representative
Mission Statement: Provide financial security to help clients reach their goals.

October Board Highlights

The meeting of the Board of Directors of the Knox County Farm Bureau was held on October 20, 2022

Education & Outreach – Lori Engel
 An adult Ag in the Classroom Program is coming soon.

Farm Business – Brian Nelson

A 2022 Plat Book is available for sale in the office. Plat Books are \$30 for members and \$50 for wall maps for members. Steve Johnson will be held on November 15.

Government and Policy – Drew DeSutter

Sign up for FB Act text alerts by texting the word FARM to 52886.

Member Relations – Jeff Grady

The 2023 quota program has been released.

Young Farmers – Tyler Main

Young Farmers will meet November 10 for their monthly meeting.

PrimeTimers – Hailey Hennenfent

PrimeTimers will be taking an orchard tour on October 18 to Belted Cow Orchard. Their November meeting will be November 15.

Foundation – Hailey Hennenfent

Nothing new to report.

KAC – Hailey Hennenfent

The Agri Center Board met on August 23 and is accepting nominations for the Meritorious Service to Ag Award.

OLD BUSINESS

There are 3 vacancies on the Knox County Farm Bureau Board. Directors are looking to fill the spot in District 2, 3, and 5.

IFB Vice President Brian Duncan is being contacted to be the keynote speaker at the KCFB Annual Meeting.

NEW BUSINESS

No new business.

KCFB Board Attendance 2022

	August	September	October	
Beard, Jennifer	A	P	P	(P) Present
Bewley, Beau	P	A	P	(A) Absent
Bollivar, Jason	A	P	P	(C) Cancelled
Courson, Dustin	P	A	A	
DeSutter, Drew	P	P	P	
Emken, Kurt	P	A	P	
Engel, Lori	P	P	P	
Goedeke, Phil	P	A	P	
Grady, Jeff	A	A	A	
King, Becky	A	A	A	
Link, Cory	P	P	P	
Link, Nathan	A	P	P	
Nelson, Brian	P	P	P	
O'Connor, Tom	P	P	P	
Shea, Damon	P	A	A	
Stevens, Monica	A	P	A	
Underwood, Kyle	A	P	P	

Dollars Lead to Discovery through Illinois Agriculture in the Classroom

The IAA Foundation proudly supports local ag literacy. This year \$647,000 in grants are being awarded to 80 ag literacy coalitions serving 89 Illinois counties.

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**WELCOME
NEW MEMBERS**
The Knox County
Farm Bureau would like
to welcome the
following to our organization

- Kathy Bell
- Erica Bettisworth
- Andrew & Tammy Hendricks
- Connie & Gilbert Leath
- Amanda Morgan
- Ben Shepherd
- Max & Anna Thurman
- Delbert & Shirley Price
- Justin & Kristen Cree
- Austin Edmunds
- Willis & Minnie Parker
- Ethan & Autumn Rapp

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WOMEN IN AGRICULTURE CONFERENCE



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Health on the Farm

By the Knox County Health Department



What Parents Need to Know

If you have young kids, you are probably a germ-fighting ninja during the flu season. And as the holidays approach, the flu and COVID-19 are not the only viruses' parents need to be on the lookout for - respiratory syncytial virus (RSV)?

RSV is incredibly dangerous for little kids, but most people have never even heard of it. According to the Centers for Disease Control and Prevention (CDC), this virus puts an estimated 58,000 kids younger than age 5 in the hospital each year in the U.S. Just like the flu, it has a season: November and December are the worst months for contracting RSV.

So why are people not talking about RSV? For adults and even

older children, RSV infection presents much like an allergy or a common cold, and it is easily dismissed. Most people who get RSV will never know that's what they had. It hardly seems like a problem to most of us, but that is exactly what why it is so important to know about it. When you are not aware of the risk, transmission to infants and young children is all too likely to occur.

The virus affects the upper respiratory system with a runny nose, cough, or sore throat. When it moves into the bronchi or the lungs, it can cause pneumonia or bronchitis. The virus is transmitted through the air, similar to how the flu and COVID are spread. Therefore, it is not easy to know if a child has

RSV, the flu, or COVID based on symptoms alone.

The most at risk for catching RSV are infants, children under 5 and seniors. Young children, especially infants, do not have mature immune systems to fight it off like adults, they also have smaller airways.

Knox County and surrounding counties have already seen an increase in cases of RSV or other winter viruses. This could be in part because children have largely been apart, out of school and wearing masks for two years. Parents should look for such symptoms as:

- Changes in how the child is eating
- Difficulty breathing
- Gasping or wheezing

preventative measures by following the 3C's-

Clean – wash your hands

Cover- cover your cough and sneeze

Contain- contain your germs- **stay home if you are sick**

The Knox County Health Department is offering flu and COVID vaccines **by appointment only**. The cost for the flu vaccine is \$35, \$70 for high-dose and Medicaid, Medicare, cash, check, and credit card are accepted. Health Department staff will be practicing masking and social distancing during your visit and all patients are being asked to wear face coverings as well.

If you have any questions about RSV, seasonal flu or COVID or would like to make an appointment, call us at 309-344-2224.

- Uncontrollable coughing
- Irritability

The only way to know if a child or adult has RSV, the flu or COVID is to be tested, and unlike COVID, there are not at home tests for RSV and flu.

Remember that it is not too late to get a flu shot and everyone 6 months and older should get a flu vaccine. Also, getting a COVID vaccine continues to be the best way to protect yourself, your family, your friends, and your community. Increasing the rate of COVID-19 vaccination and boosters in our communities will help protect against COVID-19. Contact the Knox County Health Department or your family health care provider to schedule an appointment for either of these vaccines.

To help prevent RSV, the flu, and COVID individuals should continue to consciously practice



Junk 4 Jingles

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To schedule a donation pick up, please call or message us at (309) 351-9520 / <https://www.facebook.com/junk-for-jingles>

FARMER'S MARKET PERMIT FEES

Public Meeting

Wednesday, November 30, 2022

3 pm – 5 pm

Knox County Health Department

1361 W Fremont St, Galesburg, IL 61401

The Knox County Health Department is soliciting public input on determining initial fees for a Farmer's Market Permit



Products Requiring a Farmer's Market Permit

- Frozen, potentially hazardous foods
- Meat, poultry, dairy, and eggs
- Milk and Milk Products

Products Not Requiring a Farmer's Market Permit

- Non-potentially hazardous foods
- Fresh whole produce
- Cottage Foods



Recipe of the Month

Fall Harvest Salad

Ingredients:

For the salad –

6 cups greens (arugula, spinach, romaine, kale)

1 green or red apple, thinly sliced

¼ cup pomegranate seeds

¼ cup dried cranberries

½ cup feta cheese

For the walnuts or pecans –

1 cup raw walnuts or pecans

3 tablespoons white sugar

1 tablespoon unsalted butter

½ teaspoon cinnamon

Pinch of nutmeg



For the vinaigrette –

1/3 cup extra-virgin olive oil

2 tablespoons apple cider vinegar

½ tablespoon white sugar

½ teaspoon salt

Dab of Dijon mustard (1/8 of a teaspoon)

Instructions:

Candy the walnuts or pecans -

Heat a skillet over medium heat. Add butter and let melt completely. Reduce heat to medium low. Whisk in sugar, cinnamon, and nutmeg. Add walnuts or pecans and stir to coat. Cook for 4 to 5 minutes until they are a toasted deep brown, stirring frequently to avoid the walnuts/pecans sticking together. Remove them to a piece of parchment paper and let cool.

Assemble the salad –

In a large bowl, toss the ingredients for the salad together. In a small bowl, whisk together the ingredients for the vinaigrette. Drizzle over the salad and top with cooled candied walnuts/pecans.

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- Gain confidence

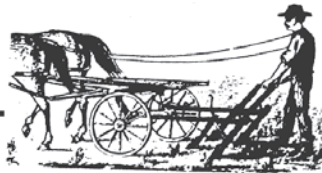
Applications found here:



itfb.org → Get Involved



Looking Back



November 1981

ROVA 5th graders toured Jerry King's hog confinement facilities as part of the Ag-Education program provided by the Knox County Farm Bureau Women's Committee.



PrimeTimers News

The November meeting will be held on **November 15** at Cherry Street Brewing Company at noon for the Holiday Meal. Please call the office to be added to the mailing list if you would like to join. Members 55 and older are welcome to join!

MEMBERSHIP RECRUITER OF THE MONTH

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative, Jeremy Kleine as the top membership recruiter in October. Jeremy signed three new Associate Members. Call your COUNTRY Representative for all your insurance and financial needs.




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~ 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 email us at assistant@knoxcfb.org by the last Friday of each month to place your ad.

HAY FOR SALE: First, Second, and Third cutting of grass and grass and alfalfa. Round bales- \$60-\$80/bale; Small square bales- \$5-\$7/bale. Call 309-368-0561

FOR SALE: Bicycles - Buy, Sell, Trade Repair - All Kinds and Sizes. Call (309) 335-5947

FOR SALE: Monarch Metal Lathe #4 MT Model 18» CBB - 201/2» Swing - 72» between centers. Aloris Tool Post CA - 1-2-3-4, #20 Jacobs 3/4" Chuck #4 M-T, 4 Jaw Chuck, Boring Bar. \$4,500.00 - Call (309) 368-0666

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FOR SALE: New 1/2» Concrete Re-Bar - 50 Lengths or 1000». \$250.00. Call (309) 368-0666

WANTED: 10ft - Pull Type Disc. With or without cylinders. Preferably with decent tires. Call (309) 344-1704

FREE: Two American Beauty Roosters (Easter Eggers) First Come, First Serve. Call (309) 635-5251

FOR SALE: Troy-Bilt Generator, 5000 watts, 6250 starting watts, electric start. \$300 OBO - Call (309) 483-6482

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



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