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KENTUCKY FARM BUREAU NEWS

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Cover Photo by L. Joe Cain

A scene from a farm in Lincoln County, near Junction City.

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The annual observance of National Farm Safety and Health Week is set for September 15-20 with a strong message about the importance of using safety precautions on our farms. This year's theme is "Working Together for Safety in Agriculture." This emphasizes that we can protect the lives and livelihoods of our rural families through increased cooperation, communication, awareness and educational initiatives.



Farmers and farm workers probably do not put a lot of thought into safety precautions, but the facts indicate that they should. The National Institute for Occupational Safety and Health reports that agriculture continues to rank among the most dangerous industries and that more than 200 agricultural workers suffer a lost-work-time injury each day.

With an estimated 1.8 people working fulltime jobs in agriculture, we cannot overlook the importance of safety precautions. In Kentucky, accidents involving tractors and the handling of livestock continue to be a great concern, but have been overshadowed by the alarming number of accidents involving all-terrain vehicles.

Farm safety specialists from extension, federal and state government and various farm groups have worked hard to ensure that more farmers equip their tractors with a Roll Over Protective Structure (ROP) or seat belt. These measures have indeed saved lives. In a state where most farms lie on hilly terrain, we should never rest until every tractor is properly equipped to protect the driver from a rollover. Thankfully, we're close to meeting that goal.

Once used solely for recreational purposes, ATVs have become popular for farm chores. Much of the problem with ATVs can be attributed to children operating units designed for adults and the failure to wear protective gear. Nearly a third of ATV fatalities involve those under 16 years old, according to the Consumer Product Safety Commission.

In recent years ATV fatalities have declined but the number occurring on public roads has soared. And the number of highway accidents involving farm machinery is still troubling.

While much progress has been made, there's still plenty of work to do to deliver the safety messages to those working on our farms. National Farm Safety and Health Week not only is a special occasion to underscore the importance of safety precautions, but it's also a time to recognize our farmers for their hard work, diligence and sacrifices.

Mark Haney

President

Kentucky Farm Bureau

Beef and pork names have changed

The pork and beef industries have retooled more than 350 names of meat cuts, ostensibly to give them more sizzle and consumer appeal.

The move has evoked mixed feelings from the farm community, particularly those riled about eliminating the "pork chop" in favor of traditional beef names such as "porterhouse," "ribeye" and "sirloin."

Now, if you ask for a ribeye, the reply might be "beef or pork?"

But that may not be happening often because it doesn't appear that many consumers are aware of the changes, say KFB leaders and staff.

"There are not many people who know about this," said KFB Commodity Division Director Mike Tobin. "When they find out they ask about the reasoning for the change."

According to various reports, the biggest objection is having the same names on beef and pork cuts.

The changes emerged after two years of consumer research, which found that the labels on packages of fresh cuts of pork and beef are confusing to shoppers, said Patrick Fleming, director of retail marketing for the National Pork Board.

A stroll down the meat aisle had become baffling for shoppers looking for a steak. When they would see packages of "butler steak" or "beef shoulder top blade steak, boneless, flat iron" - they would walk away with an empty cart, said Trevor Amen, director of market intelligence for the Beef Checkoff Program.

So the National Pork Board and the Beef Checkoff Program, with the blessing of officials with USDA, got the nod to update the Uniform Retail Meat Identification Standards, or URMIS. Though the URMIS system is voluntary, a majority of U.S. food retailers use it.

The "pork chop" is gone. Instead, grocery retailers may be stocking stacks of "porterhouse chops," "ribeye chops" and "New York chops." The pork butt - which actually comes from shoulder meat - is now called a Boston roast.

"One of our biggest challenges has been the general belief among consumers that a pork chop is a pork chop," said Fleming. "But not all pork chops are equal, and not all pork chops are priced equally."

In the beef aisle, a boneless shoulder top blade steak has become a flatiron steak, a beef under blade boneless steak is now a Denver Steak. Not all names in the meat counter have changed; ground beef is still ground beef.

The new retail names also come with new labels for retail packages, which tell consumers what part of the animal's body the cut comes from, as well as include suggested cooking instructions.

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Kentucky Farm Bureau is a voluntary organization of farm families and their allies dedicated to serving as the voice of agriculture by identifying problems, developing solutions and taking actions which will improve net farm income, achieve better economic opportunities and enhance the quality of life for all.

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KENTUCKY FARM BUREAU NEWS

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comment C O L U M N

I would like to introduce myself as the new director of the Kentucky Division of Conservation. Many of you know Mr. Steve Coleman, who retired back in December 2012 after serving the citizens of the Commonwealth for 37 years with great dedication to conservation, agriculture, and the farmers of Kentucky. That philosophy does not change with me. I came to the Division of Conservation with a well-established passion for agriculture. This has strengthened as I have gained further understanding of the need for preserving our natural resources.



This is an exciting time in conservation. Many new efforts are arising to boost conservation initiatives. There's the Leopold Conservation Award that recognizes private landowners for enhancing the natural resources on their land. There are soil health and soil quality field days all across the state. Interest in locally grown foods is soaring. And conservation is getting renewed interest from many different groups.

The Division of Conservation has always been centered in partnerships. Many people are aware of the strong partnership between the local, state and federal areas of conservation. But there are other partnerships that reach out to communities, including the great friendship that we share with Kentucky Farm Bureau. For the last five years, Kentucky Farm Bureau Federation has co-sponsored the Jim Claypool Art and Conservation Writing Contest that involves nearly 60,000 students. Without the reach of the 121 conservation districts and 120 county Farm Bureau offices, this 69-year tradition would not help educate our youth about our natural resources.

My goal is to keep the Division of Conservation on the same track it has been on for many years, and that is to successfully put conservation on the ground.

Kimberly Richardson

Director

Kentucky Division of Conservation



Front row from left: Harper's Country Hams co-owner Dolores Harper, Sydney Bright, Miss Kentucky Jenna Day, Angela Osting of Yum! Foundation, Barbara Sexton-Smith of the Funds for the Arts and Jennifer Osborne of Yum! Brands. Back row from left are Harper's Country Hams co-owner Brian Harper, Louisville Mayor Greg Fischer, KFB Executive Committee members Fritz Giesecke, Eddie Melton and Mark Haney, Governor Steve Beshear, KFB Executive VP David S. Beck and KFB Commodity Division Director Mike Tobin.

KFB DAY AT STATE FAIR

A big crowd, a good contingent of business and political leaders and a fat price for the prized pork marked KFB's 50th annual Country Ham Breakfast at the State Fair. Nearly 1,600 people were on hand to hear some top political officials speak and watch as Yum! Brands Foundation made a winning bid of \$350,000 for the 13.3-pound ham from Harper's Country Hams, based in Hickman County. That amounts to \$26,315 per pound.

A Yum! Foundation official said the charitable donation would go to the Funds for the Arts while the ham would go to Dare to Care. This marked the first time Yum! participated in the auction. Chief competitors were PNC Bank and 21c Hotel.

KFB now has helped raise more than \$6.8 million for local charities, educational institutions and non-profit organizations through the auction's 50-year history. All money raised through the

auction is donated directly to the charity of the winning bidder's choice.

Louisville Mayor Greg Fischer, Governor Steve Beshear, U.S. Senators Mitch McConnell and Rand Paul and Agriculture Commissioner James Comer were the guest speakers. Kentucky Congressmen Brett Guthrie, Thomas Massie, John Yarmuth and Andy Barr also were on hand along with Lieutenant Governor Jerry Abramson, all of the state's constitutional officers, leaders of the House and Senate, dozens of other legislators, University of Kentucky President Eli Capilouto and University of Louisville President James Ramsey.

Veteran farm broadcaster Jeff Nalley of Owensboro's WBIO said the ham breakfast audience represents a tribute to Kentucky agriculture.

"The fact that all these political leaders feel they must be there says a lot about what agriculture means," said Nalley, who has attended many of the breakfasts during his 32-year career in farm broadcasting.

Speaking at the podium just a few feet away from Senators McConnell and Paul, Governor Beshear drew applause when calling for Congress to pass a farm bill.

"We need to stop the partisan bickering in Washington and pass a farm bill," he said. "It's a critical safety net for farm families that transcends agriculture to the entire economy. We need a farm bill."

A few minutes later during his turn at the podium, Senator McConnell told the large audience "we will get a farm bill done. In my view, we will have a multi-year farm bill."

The Senate Minority Leader drew loud applause when he concluded criticisms of the Affordable Care Act by saying "the solution to Obamacare is to pull it out root and branch."

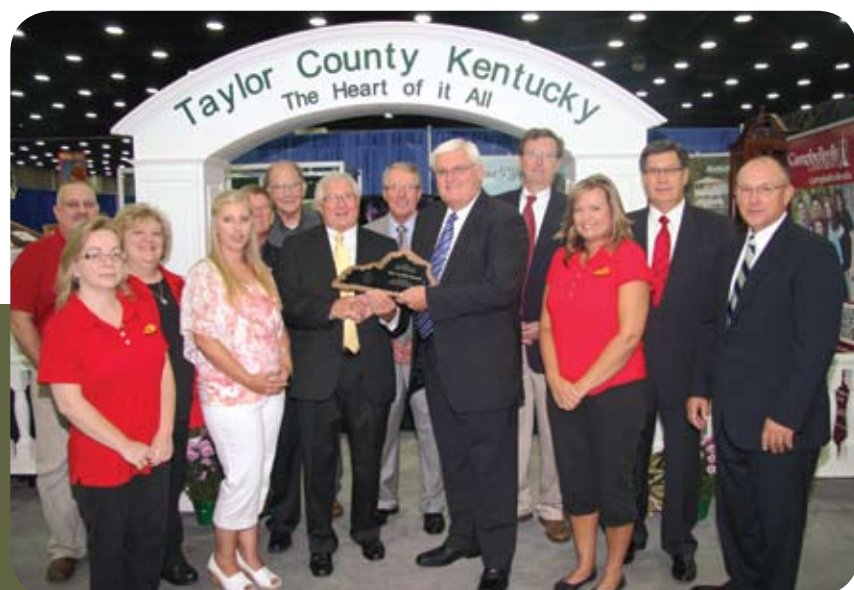
Senator Paul expressed his frustrations with the federal debt and its effect on the nation. "When your 26-year-old is living in your basement because he can't get a job, it's because we're drown-

ing in debt,” he said.

Senator Paul had many nodding their heads in agreement as he reiterated his objections to sending foreign aid to nations hostile to the U.S. “Our power doesn’t come in sending more money and tanks to countries that despise America,” he said. “First, we have to borrow money from China to send it to Egypt.”

Mayor Fischer spoke about Louisville’s acclaimed local foods initiatives and then, with the dozens of state legislators listening, said he would push for a constitutional amendment allowing cities to conduct local referendums for issues such as a local option sales tax that could be targeted for economic development. He said he avidly supports that concept “as an investment in our economic future” but believes that voters should decide for themselves.

Other highlights of KFB Day at the Fair were the gospel quartet contest, Pride of the Counties award ceremony and the luncheon in the South Wing. Also, KFB Insurance Company was among a group that purchased the reserve champion steer at the 4-H and FFA Sale of Champions.



TOP: Miss Kentucky Jenna Day displays the blue ribbon ham from Harper’s.

CENTER: Taylor County won the Pride of the Counties top exhibit award. Here, KFB President Mark Haney presents an award to Taylor County Judge-Executive Eddie Rogers. KFB First Vice President Eddie Melton is behind them and to the right are KFB Insurance Company Executive VP Brad Smith, KFB Federation Executive VP David S. Beck and 2nd VP Fritz Giesecke. The lady at right is Sherry Kerr, Occupational Tax Clerk for Taylor County. Front row from the left are Debbie McNear, Executive Secretary to the county judge-executive; County Treasurer Melissa Williams and Alisha Nelson, Executive Director of Taylor County tourism. Back row from left are Tony Smith, the county government’s information technology specialist; and magistrates John Gaines and Dr. James Jones.

BOTTOM: Allegiance, a foursome from Edmonson County, won the Gospel Quartet contest and performed at the KFB luncheon. From left are Daniel Bolton, Aaron Renfro, Charles Richards Jr. and Shaun Stice.



Local leaders meet



First District Congressman Ed Whitfield spoke to constituents at the equipment shed on the Calloway County farm of Tripp and Sharon Furches.

Congressman Ed Whitfield chats with KFB Director Tripp Furches.



The Congressional recess in August brings a good opportunity to strengthen relationships with our delegation by inviting them to various events like cookouts and county FB meetings. State legislators and local government officials usually are invited as well, creating an opportunity to discuss many issues.

Two cases in point took place last month at different ends of the state, with First District Congressman Ed Whitfield coming to the Calloway County farm of KFB Director Tripp Furches and his wife, Sharon; and Fourth District Congressman Thomas

Massie visiting the Grant County farm of Mark Kinsey, who is an officer for Grant County FB.

Around 30 people turned out to visit with Congressman Whitfield. Also on hand were State Senator Stan Humphries, State Representative Kenny Imes, Calloway County Sheriff Bill Marcum and Dr. Tim Miller, interim president at Murray State University.

Congressman Whitfield addressed the farm bill situation, concerns about Obamacare and prospects for farmworker legislation. He noted that he had a

meeting that morning in Hopkinsville with a group con-

connected to the ethanol plant there who were concerned about the Obama administration's announcement to reduce ethanol use as part of the Renewable Fuels Standard (RFS). "The Renewable Fuels Standard will not be repealed," said Whitfield, "but there are people who want some adjustments that could hurt ethanol. I'm very concerned about this."

Whitfield said the House wants to pass food stamp legislation and attach it to the farm bill in a conference committee. He

with Congressmen



Fourth District Congressman Thomas Massie met with constituents at Mark Kinsey's farm in Grant County.

Congressman Massie talks with Mark Kinsey prior to addressing the group in Grant County. Seven counties were represented.

feels a farm bill will pass this year. "We will try to get the farm bill behind us," he said.

In Grant County, the meeting with Congressman Massie attracted Farm Bureau leaders from seven counties plus several county officials, including the judge-executive, sheriff, several magistrates and State Rep. Brian Linder.

In an interview, the freshman Congressman called Farm Bureau "an excellent resource that helps give us the farmers perspective." Massie told the audience that his relationship with Farm

Bureau was so good that he called KFB National

Affairs Director L. Joe Cain from the House cloakroom just minutes before casting a vote on the farm bill.

"I had 10 minutes (remaining on the clock) to vote so I called Joe to run some things by him," said Massie, who has a farm in Lewis County.

Of Washington, Massie said "it's worse than I thought up there."

"I've had as little as four hours to read a bill and 10 minutes to read an amendment," he said. "I won't vote on a bill

unless I know everything that's in it."

Massie said he closely considers the fiscal impact of every issue he studies because "I take very seriously the financial situation we're in." He went on to talk about the situation with the farm bill and farm labor issues, which he said he was very eager to address. He said immigration reform has become "a political football" that neither party wants to resolve.

He drew laughter when telling the small group that "August is anything but a recess - I was up at 6 this morning" to begin a series of meetings throughout his sizeable district.



Quality
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are
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combo
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D&F Farms has developed a loyal following over the course of more than 20 years of selling homegrown produce on the outskirts of Somerset. So much so, in fact, that production has steadily swelled to where partners Dwight Faulkner and Lloyd Derossett raised 30 acres this season.

One factor in this success was the construction of the Hwy 914 bypass east of town. That route connects the flood of visitors to Lake Cumberland from the north, including the so-called “Ohio Navy,” a term coined to describe the huge number of Ohioans who come to the lake. The bypass runs about a mile west of the D&F market, which is on Elihu Rush Branch Road. Some well-placed signs along the bypass and the short route leading to the market from the bypass have enticed many lakegoers to drop in for some fresh produce. The message is simple: “Fresh Produce.”



“We get a lot of weekend traffic; you’ll see license plates from all over,” said Faulkner. “It’s especially busy when they’re going back home. They come in to pick up something to take home with them.”

And there’s plenty to choose from, including tomatoes that have a lofty reputation. “We’re definitely best known for our tomatoes,” Faulkner acknowledged. “But we should be good at it – we’ve had a lot of experience.”

Indeed, Faulkner and Derossett have had a fruitful (pun intended) relationship since teaming up back in the early 1980s to raise some tobacco. The two worked together at a mental health facility in Somerset. Faulkner was raised on the farm where the market is located, just southeast of town. Derossett comes from a Clinton County farm.

After a few tobacco crops the duo started growing tomatoes for the Monticello-based Cumberland Farm Products Cooperative. “We grew thousands of



pounds a year and did well with it,” Faulkner recalled. “That turned out to be one of the best marketing cooperatives around.”

Success with tomatoes prompted the two to try vegetables. One commodity led to another, and eventually the roadside market emerged in the early 1990s, with Faulkner’s mother keeping shop. Today, the market is tended by members from both families. The season usually runs from mid-June to mid-September. D&F Farms is enrolled in KFB’s Certified Roadside Farm Markets program, and program coordinator Kara Keeton describes their operation as “top notch.”

The offerings include three varieties of tomatoes, three varieties of green beans, several varieties of peppers and melons, sweet corn, cabbage, cucumbers, onions and so on. “We have a few pumpkins too, although we don’t do the fall stuff,” Faulkner said.

Most of the produce is grown on the family farm

which surrounds the market. The rest comes from a site north of town. D&F Farms uses H-2A workers.

Faulkner and Derossett, who are both retired from 27-year careers in public health, also have a knack for marketing. They’ve found a wholesale market in Ohio and Indiana, sending product to the northern regions of those states in advance of local harvests. They sell at farmer’s markets in Lexington and Crab Orchard. They do some business with a Louisville wholesaler and send bell peppers to a Tennessee distributor.

Faulkner says this was a great growing season.

“We were a few weeks early this year; it’s gone well.”

The market normally closes for the season in early September. “We go until everything is gone, which is usually right after Labor Day weekend,” said Faulkner.

Top left, a series of signs guide consumers to D&F Farms from the Somerset bypass. This sign is off KY 769 at the entrance to Elihu Rush Branch Road, where the market is located.

Above, D&F Farms has modest market center and a loyal customer base. Its market season runs from mid-June to early September.

Far left, Dwight Faulkner (left) and Lloyd Derossett have done well raising produce in Pulaski County. Behind them is a plot of green beans.

With the help of a federal grant, Simpson County farmer Chris Kummer is seeking markets for a new crop in Kentucky touted as having vast potential as a healthy food ingredient.

Kummer, a former KFB Director and Simpson County FB President with a reputation as a forward thinker, is growing chia, (pronounced “chee-ah”), a species of flowering annual plant in the mint family grown commercially for its seed. The tiny seed is an excellent source of omega-3 fatty acids, soluble fiber and antioxidants. Chia seeds traditionally are consumed as a snack in Mexico and used as a food ingredient elsewhere. Chia is primarily grown in Argentina,

Bolivia and Australia.

Kentucky Specialty Grains, a producer-owned company headed by Kummer, has obtained a licensing agreement from UK to pursue the commercialization of chia. The UK College of Agriculture is involved because it developed a patented variety of “long daylength flowering lines of chia” capable of producing seed in Kentucky. Prior to that development, chia seed production was only feasible in tropical and subtropical latitudes due to the long growing season. The common chia is highly vulnerable to frost and wet ground.

UK issued a report last November stating “after several years of research and field trials, chia is emerging as a viable commercial

crop for Kentucky growers.” The report added: “With the high demand for chia relative to supply, chia seed and seed products (such as oil) have a much higher value than canola, soy or flax.”

That’s what has Kummer enthused about the strange-looking crop he’s placed in a field surrounded by beans and corn. After beginning three years ago with three acres, he now has 110 acres and says “I wish I had a thousand.”

“I get e-mails everyday from people looking for seed,” he said from his office at the farm. “The demand currently is outpacing supply and the market is growing”

He went on to add, however, that his current enthusiasm stems from a crop that’s “doing great” through

A need for seed



**Simpson County farmer
pursuing markets for chia**

what has been a banner growing season in southern Kentucky. That wasn't the case for the previous two years. He lost most of his first crop because much of it was planted on wet ground and didn't make much of a stand. Last year was a "so-so" crop, as chia is tolerant of drought, he said.

Kummer says "we've done this very quietly so far" due to the many uncertainties. Two factors have changed his position. (1) he has proved the crop can flourish in Kentucky, and (2) he recently received a USDA grant to conduct a market study. That work, he explained, probably will determine chia's future on his

farm.

"KSG received a value-added producer grant, which fits exactly what we're trying to do with this," he said. "We are looking to develop market demand from food processors who would use our seed as a food ingredient and then KSG would be able to expand production to more farmers."

The UK report notes that "chia is a low-maintenance crop that prefers moderately fertile, well-drained soils. While moisture is necessary for seedling establishment, this crop is highly intolerant of wet soils. Seeds are planted into a fully tilled seed bed using a standard grain drill or planter with small seed metering capability. Because of small seed size precision planting is important to ensure good seed-to-soil contact. Chia is planted in April or May and harvested in October in Kentucky."

As for the market outlook, the UK report said: "Chia is one of the highest sources of omega-3 fatty acids known. The health foods and nutraceutical industries are currently marketing raw chia seeds as a dietary supplement, as well as incorporating the seeds into snack foods, drink mixes and cereals; milled chia is sold as flour. This market is expected to grow."

In three growing seasons Kummer has learned plenty.

"It appears to be very drought-tolerant and works well on difficult ground. It's an extremely delicate crop but it's also tough, if that makes sense. It certainly can drown easily."

Kummer said his target yield is 1,000 pounds per acre, which he feels is akin to a 150-bushel corn yield. Through last year's horrific drought, he had a 700-pound yield in a field next to 34-bushel corn.

Although his chia field is low on weeds, control is a big challenge. So much so, in fact, that he has invested a substantial sum to develop herbicide test plots.

"Nearly every herbicide we've put on it kills it; we're struggling to find the right herbicide and the right formula," he said.

As for income, Kummer says \$1 a pound is a reasonable target but that \$1.50 is possible.

Kummer, who also has a reputation for wisely marketing his row crops (he formed Kentucky Specialty Grains several years ago as part of a project to produce food grade soybeans for customers in the Pacific Rim), said his extensive research indicates a current market demand for up to 25,000 tons, or roughly 100,000 acres. "Currently we're only growing one-tenth of one-percent of that."

Left to right, Chris Kummer at the site of his herbicide test plots. He is sampling a wide variety of herbicides and application rates.

Chia plants were starting to flower in early August.

Chris Kummer is growing 110 acres of chia this season.



Why Farm Bureau is a great audience



Mark Klein of Louisville is a professional comedian, corporate humor speaker and cruise ship entertainer. He is President of CorpJester, Inc. and can be reached at www.corpjester.com or 502-500-4233.

I make my living as a comedian, corporate humor speaker and cruise ship entertainer. Everything I know about farming would fit in a gnat's navel. GMO, USDA, FSA – it's all the same to me. Why, then, do I count Farm Bureau audiences among my all-time favorites?

I have spoken at county Farm Bureau meetings and to rural cooperative groups and these shows rank among the most enjoyable.

Here are a few reasons why:

- I am a sucker for a good magic show, and in my eyes, farming is pure wizardry. Once the discussion moves beyond sun, rain and price of fuel, I am lost to reason. I notice a barren acre of Kentucky bottomland in February, and by mid-June the conjurer who tends it has corn, beans and sunflowers shooting skywards like fireworks. It never fails to astonish me that the art and science of farming bring this bounty from the land on which I could not raise a

fruit fly. When I speak at meetings, I am in front of event attendees. At a Farm Bureau function, I am performing for miracle workers.

- At Farm Bureau meetings I rarely compete for the audience's attention. A comedy club crowd is lit twice, once by the stage and again by the blue light of a mobile phone being checked for tweets, Instagrams, Facebook hits and the latest mall flash mob scare. The fading values of good manners and basic hospitality are still alive in the rural countryside and the business meetings of people who make their living from the land. I don't know why this is so, but it is undeniable.

- The food is excellent, and I can identify almost everything on the buffet. No need to wade through the latest Swedish/Thai fusion fare, served by the thimbleful and selected by someone who watches too much Food Network. The meals at Farm Bureau events is uniformly hearty, recognizable fare – roast beef, chicken, vegetables and rolls, topped off with apple or lemon pie and an appointment with the cardiologist. Fine by me. The last thing I need on my mind before I speak is doubt about the origin, constitution and gastric ramifications of my last meal. No, just call me "table early" and point me at the meat-and-three!

- The invocation. Sounds corny, doesn't it? Well, I still like to say "Thanks" before I eat. We do at home and it's refreshing to know that people are still publicly grateful for something that never should be taken for granted – our sustenance. Very often the person offering the invocation is of a different faith background than I. No matter. The very act of communal gratitude cannot help but make us partners in making this a better world.

My comedy club friends, cruise ship mates and corporate booking agents may be surprised to learn that I am a Kentucky Farm Bureau member. They would be even more surprised to learn that I am a big fan!

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- Trunnell's Farm Market**
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- Zook's Produce**
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Ewing · (606) 782-1112
- Michels Family Farm**
Sparta · (859) 643-2511
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Shelbyville · (502) 655-2633
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Brenda Adams

Herbal Formula Eases Farmer's Aches & Pains



"I keep a jar of Stuart's Pain Formula by my bed and reach for it at night when my knee pain flares up. It knocks the pain right out," says Mike Marsden of Mabel, Minn. Marsden's been using Stuart's Pain Formula for about 4 years and says he's constantly recommending it to other people.

Mike Marsden uses Stuart's Pain Formula whenever his knee pain flares up.

Steuart Laboratories originally developed Stuart's Pain Formula for race horses. Over the years, it has gained a following for treating other animals and humans. The cream contains extract of the herbs comfrey and arnica in a liposome base that penetrates the skin rapidly, says Gary Steuart, who founded the company in 1982. "People now use the product to relieve joint and muscle pain associated with arthritis and injuries," Steuart says.

Rose Johnson of Hazleton, Iowa, uses Steuart's Pain Formula to relieve the tissue pain caused by fibromyalgia, a disorder characterized by widespread pain and tenderness in joints, muscles, tendons, and other soft tissues. In addition to pain relief from Steuart's Pain Formula, she appreciates that the product causes no side effects.

Joel Sloan of Mabel was familiar with Steuart's Pain Formula because he used it regularly for treating dairy cows with mastitis. "It really helped the cows because it causes a heat action and gets the blood flowing in the udder," he says.

When Sloan was recovering from hernia surgery several years ago, his bowel and urinary function slowed down. "I rubbed some on my abdomen and in 20 min., I could feel the product working and my bowel and urinary function were restored. The pain was gone."

Warren Ward of Pemberton, Minn., says his knees ached so terrible at night that he couldn't get to sleep without taking painkillers. "An orthopedic surgeon told me both my knees were shot, I had bone rubbing on bone, and I needed knee-replacement surgery. Then someone told me about Steuart's Pain Formula. I started using it and in three days I had no pain in my knees, I went right to sleep at night, and I haven't taken a pain killer since.

"I like Steuart's product because there's no odor, it doesn't stain your clothes, and you don't feel a thing when you apply it. It's an excellent product and I know it works," Ward says.

Steuart's first product – an udder ointment containing comfrey – was introduced in 1982. Today, the company manufactures and markets more than a dozen herbal and natural-oil healing and pain products for both human and animal use.

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County Annual Meetings

ADAIR COUNTY

Date: September 17, 7 p.m.
Place: Cranmer Dining Hall

ALLEN COUNTY

Date: September 17, 6 p.m.
Place: Primary Center

ANDERSON COUNTY

Date: October 14, 5:30 p.m.
Place: Eagle Lake Convention Center

BARREN COUNTY

Date: September 21, 6:30 p.m.
Place: Trojan Academy

BATH COUNTY

Date: September 14, 6 p.m.
Place: Ag Center

BELL COUNTY

Date: September 26, 6 p.m.
Place: FB Office, Middlesboro

BOONE COUNTY

Date: September 10, 6 p.m.
Site: Extension Office

BOURBON COUNTY

Date: October 17, 6:30 p.m.
Place: Legion Park

BOYD COUNTY

Date: October 14, 6:30 p.m.
Place: Franks Community Bldg.

BRACKEN COUNTY

Date: October 8, 7:30 p.m.
Place: Extension Office

BREATHITT COUNTY

Date: October 4, 6 p.m.
Place: Quicksand Farmer's Market

BRECKINRIDGE COUNTY

Date: September 24, 6:30 p.m.
Place: FFA Camp

BULLITT COUNTY

Date: September 21, 6 p.m.
Place: Extension Office

BUTLER COUNTY

Date: September 10, 6:30 p.m.
Place: Hawes Agriculture Building

CALDWELL COUNTY

Date: September 21, 6:30 p.m.
Place: UK Research Center

CAMPBELL COUNTY

Date: September 15, 4 p.m.
Place: St. Peter & Paul Social Center

CASEY COUNTY

Date: October 10, 6:30 p.m.
Place: Ag Expo Center

CLAY COUNTY

Date: October 10, 6 p.m.
Place: Farm Bureau Bldg.

CLINTON COUNTY

Date: September 12, 6 p.m.
Place: Fairgrounds

CUMBERLAND COUNTY

Date: September 27, 6 p.m.
Place: Veterans Building

EDMONSON COUNTY

Date: September 28, 4 p.m.
Place: High School

FAYETTE COUNTY

Date: October 1, 5:30 p.m.
Place: E.S. Good Barn

FRANKLIN COUNTY

Date: October 1, 6:30 p.m.
Place: Extension Office

FLOYD COUNTY

Date: October 17, 7 p.m.
Place: May Lodge, Jenny Wiley SP

GALLATIN COUNTY

Date: October 7, 10 a.m.
Place: Farm Bureau Bldg.

GARRARD COUNTY

Date: October 1, 6:30 p.m.
Place: Forks of Dix River Baptist Church

GRANT COUNTY

Date: September 21, 7 p.m.
Place: Farm Bureau Bldg..

GREENUP COUNTY

Date: November 4, 6 p.m.
Place: Farm Bureau Meeting Hall

HART COUNTY

Date: September 28, 6 p.m.
Place: Fairgrounds-Ag Bldg.

HENRY COUNTY

Date: October 10, 7:30 p.m.
Place: Farm Bureau office

JACKSON COUNTY

Date: September 23, 6 p.m.
Place: Jackson Energy Farm

LAWRENCE COUNTY

Date: October 15, 6 p.m.
Place: Down Home Grill

LIVINGSTON COUNTY

Date: September 27, 7 p.m.
Place: High School Cafeteria

LOGAN COUNTY

Date: September 14, 6 p.m.
Place: Extension Office

MAGOFFIN COUNTY

Date: September 9, 6 p.m.
Place: Extension Office

MARION COUNTY

Date: October 14, 7 p.m.
Place: Masonic Temple

MARSHALL COUNTY

Date: September 23, 6 p.m.
Place: FB Office

MARTIN COUNTY

Date: October 4, 9:30 a.m.
Place: FB Office

MCCRACKEN COUNTY

Date: September 21, 6 p.m.
Place: St. John's KofC Bldg.

McCREARY COUNTY

Date: September 19, 6 p.m.
Place: Senior Citizens Center

MEADE COUNTY

Date: September 16, 6 p.m.
Place: Community Building

MONTGOMERY COUNTY

Date: October 3, 6:30 p.m.
Place: High School Bldg. 1 Cafeteria

MORGAN COUNTY

Date: October 17, 6 p.m.
Place: Bank of Mtns. Conference Center

OWEN COUNTY

Date: October 7, 6 p.m.
Place: Extension Office

PENDLETON COUNTY

Date: September 28, 6:30 p.m.
Place: Farm Bureau building

PIKE COUNTY

Date: September 19, 6:30 p.m.
Place: East Ky. Expo Center

PULASKI COUNTY

Date: October 1, 6:30 p.m.
Place: Southwestern High School

ROCKCASTLE COUNTY

Date: September 20, 7 p.m.
Place: Roundstone Elementary School

ROWAN COUNTY

Date: October 1, 6:30 p.m.
Place: Farm Bureau office

SCOTT COUNTY

Date: September 17, 6:30 p.m.
Place: Extension Office

SHELBY COUNTY

Date: October 5, 6:30 p.m.
Place: Extension Office

TAYLOR COUNTY

Date: September 30, 6 p.m.
Place: Middle School

WASHINGTON COUNTY

Date: September 19, 6:30 p.m.
Place: Mackville Community Center

WARREN COUNTY

Date: September 14, 5:30 p.m.
Place: South Warren High School

WAYNE COUNTY

Date: September 23, 6 p.m.
Place: Aspire Center

WHITLEY COUNTY

Date: September 10, 6:30 p.m.
Place: Brashear's Grocery

WOODFORD COUNTY

Date: September 21, 6:30 p.m.
Place: 1st Christian Church Family Life Center

Daviess County, Washington County scholarships

A list of scholarship recipients in the August issue inadvertently omitted those from Daviess County FB. Recipients of \$1,000 awards are Maxwell Lanham and Lexi Aud of Whitesville Trinity High School, Meghan Mattingly of Owensboro Catholic High School and Jacquelyn Howard of Apollo High School.

Also, Washington County FB released its list of \$500 scholarship recipients. They are Russell Hardin, Logan Coslow, Savannah Willett, Michael Mann, Deanna Couch and Valarie Mitchell. All are graduates of Washington County High School.

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JAMES CORLEW DISCOUNT **\$3,643**
CHEVY REBATE **\$2,500**
TRADE IN BONUS CASH¹ **\$1,000**
TRUCK LOYALTY BONUS **\$1,500**

CORLEW PRICE \$25,495

TOTAL SAVINGS \$8,643

0% APR AVAILABLE ON ALL 2013 SILVERADOS*

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JAMES CORLEW DISCOUNT **\$2,481**
CHEVY REBATE **\$3,000**
TRADE IN BONUS CASH¹ **\$1,500**
TRUCK LOYALTY BONUS **\$1,500**

CORLEW PRICE \$16,999

TOTAL SAVINGS \$8,481



New 2013 Chevy Silverado Reg Cab



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By Ed McQueen

U.S. beef trade responds to production drop

USDA raised its forecast for 2013 U.S. beef exports to 2.36 billion pounds due to strong first-half exports. Trade to Japan surged during the second quarter, resulting in a year-over-year increase of 53 percent for the first half of 2013. After being closed since 2003, Japan reopened its markets to U.S. beef from cattle less than 20 months in 2006 and relaxed restrictions in February 2013 to allow imports of U.S. beef from cattle aged less than 30 months, leading to an increase in trade. Exports have also risen by 13 percent to Canada and by 62 percent to Hong Kong, year over year. The 2013 annual forecast is down 3.7 percent from 2012 due to lower production. Declining beef production will limit exports in 2014, which are forecast to decline 2.7 percent to 2.3 billion pounds.

Beef imports through June are 2.6 percent below year-earlier levels, but USDA expects stronger imports the rest of the year. USDA lowered its 2013 import forecast to 2.38 billion pounds but this is still seven percent above 2012. Imports are projected to increase 15 percent in 2014 to 2.74 billion pounds.

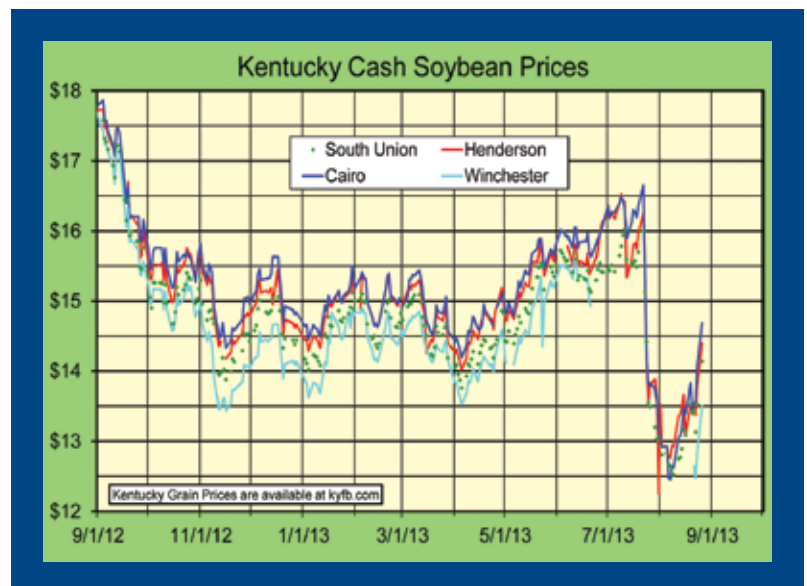
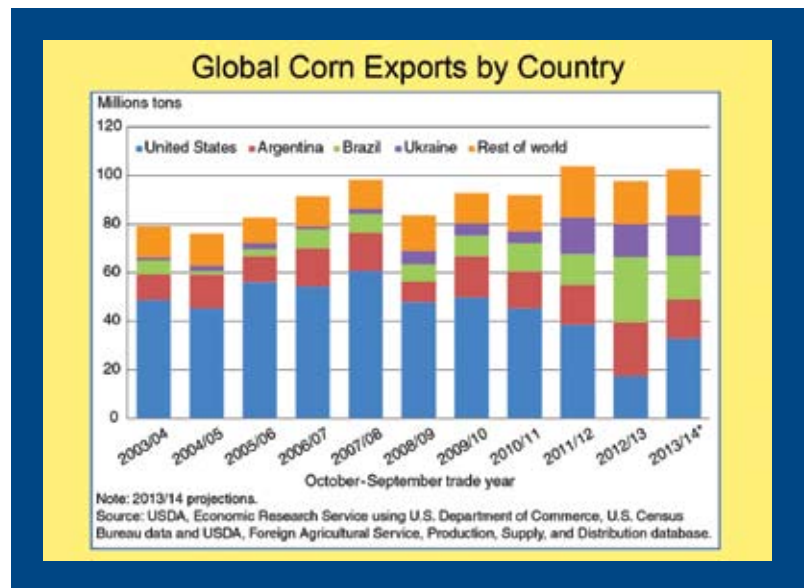
SRW wheat crop has average quality

USDA and U.S. Wheat Associates released their quality analysis of the 2013 soft red winter wheat (SRW) crop, estimated at 542 million bushels. Crop development was slower than normal throughout the spring because of cool weather and harvest was repeatedly delayed by rain. As a result, quality varies across the states and does not match the sound values found in 2012. The average grade of U.S. No. 2 and average protein of 9.9% are similar to the five-year averages, and the average dockage of 0.5% is well below the five-year average of 0.8%.

However, test weight and falling number values are lower than average. Wheat samples from the East Coast states show the adverse effects of harvest conditions more than wheat from the main growing area (Gulf Port). The overall average test weight of 58.4 lb/bu is 1.8 lb/bu below 2012 and 0.3 lb/bu below the five-year average. The Gulf Port average test weight is 58.7 lb/bu, while the East Coast average is 57.2 lb/bu. Average damaged kernel content is 2.8%, up from a low 0.5% last year and the five-year average of 1.3%. Most of the increase in damage is reported to be sprout damage.

Cropland rents increase in 2013

Cash rent for Kentucky agricultural cropland for 2013 was \$149.00 per acre, compared to \$130 last year and \$105 in 2011. The bordering states of Illinois, Indiana, Ohio and Tennessee had cropland rents of \$223.00, \$192.00, \$139.00 and \$92.00 per acre respectively. Pasture cash rent for Kentucky was \$27.00, up \$2.00 from 2012. Pasture rent in Illinois, Missouri and Tennessee was \$53.00, \$29.00, and \$20.00 per acre, respectively.



Dairy awards

Festival is September 23-28 in Whitesburg

One of Kentucky's top festivals is on tap this month in Whitesburg with the 31st annual Mountain Heritage Festival, September 23-28. More than 10,000 have been attending this annual event which features three days of music, a parade, more than 60 craft vendors and plenty of good food. The festival promotes the heritage of east Kentucky. This year's highlights include "Down Home Family Night" on September 24, an "Old Time Country Dinner" on September 25 and a parade on September 28. For details go to www.mountainheritagefestival.com.

Robey Farms of Logan County won the Kentucky Dairy Production Award, and the Tony Compton family of Adair County earned the 2013 Kentucky Dairy Quality Award. The Robey and Compton farms were among those honored during the annual Dairy Awards dinner at the State Fair.

The Kentucky Dairy Quality Award is judged on industry quality standards and farm inspections. The Compton farm received a monetary award and a farm-gate sign. Other finalists were David Hutchison of Adair County and Kenneth Briggs of Taylor County.

The Robey farm took top prize in the Kentucky Dairy Production Award – All Herds competition for the fourth consecutive year. They achieved a rolling herd average (the average weight of milk a herd produces in one year) of more than 27,000 pounds. Top Herd Production – Mixed Herd was won by the Rowe Farm, Billy and Freddie Rowe of Adair County. The Proficient Dairy Producer Award also went to the Robey family. The Proficient Dairy Producer Award is given on the basis of several factors as recorded by the Dairy Herd Improvement Association.

District winners for the production award were Howard Yoder, Christian County; Sam Coblenz, Todd County; Kinslow Family, Barren County; L&B Dairy (Billy Russell), Metcalfe County; Corbin Brothers Dairy (Roger/David Corbin), Taylor County; Ross Russell, Russell County; Darrel Horst, Lincoln County; ECU Meadowbrook Farm,

Madison County; Dan/Wayne Martin, Mason County; John Kalmey, Shelby County; Tri-Mast Dairy (Brent/Michael Masterson), Marion County; and Longview Farms (Larry Embry), Grayson County. The production awards were sponsored by the Kentucky Dairy Development Council and KFB.

The fourth annual Kentucky Quality Milk Hauler Award went to George Lee "Pete" Clifton of Sparta. He hauls for Tom Slayback Trucking. Nominees were evaluated on activities that have contributed to the quality of their work and the positive image that they portray for the dairy industry.

The outstanding overall and Kentucky dairy products exhibitor at the Kentucky State Fair was Winchester Farms Dairy.

The Milk Safety Branch presented community service awards to Pat Klein, Dean Foods; Steve Ericksen, who is retired from the Dairy Farmers of America; Eric McClain, who is retired from the Southeast United Dairy Industry Association; Bluegrass Dairy and Food of Barren and Washington counties, and Gordon Jones, Stockyard Farm and Dairy.

The Dairy Promotion Award and Dairy Service Award went to Eric McClain. The Culinary Award went to Erika Tedesco of Louisville.

More than 180 dairy producers and industry representatives from throughout the Commonwealth attended the dinner, which honors the individuals and groups that produce, process and promote Kentucky's high-quality dairy products.

Report says small farms are still increasing

The Agriculture Department's Economic Research Service released the "Farm Size and the Organization of U.S. Crop Farming" report, indicating that cropland has been shifting to larger farms over the past 20-25 years. The report said, "the shifts have also been complex, with land and production shifting primarily from mid-size commercial farming operations to larger farms, while the count of very small farms increases." It also determined larger crop farms still have better financial returns and are more likely to intensively utilize labor and capital resources.

Kentucky 4-H cooking team excels

A quartet of south-central Kentucky students had a runner-up finish in the Great American Seafood Cook Off: 4-H Edition in New Orleans. In recognition of the achievement, Agriculture Commissioner James Comer presented Honorary Commissioner of Agriculture certificates to Kristine Gillenwater of Allen County and Holly Harris, Bethany Reckart, and Parker Riggs of Bowling Green. They were the first team from Kentucky to compete in the cook off and lost by only one point to a Louisiana team in the seven-team competition.

The team of 16- and 17-year-olds used Kentucky aquaculture products and Kentucky Proud fruits, vegetables, herbs, and ground corn grits to make a blackened catfish dish they called "A Taste of the Bluegrass" — a seafood Hot Brown featuring Kentucky farm-raised catfish with mint julep peaches. They were required to create a recipe under 500 calories. They made five plates in one hour and then gave a 10-minute group presentation to the judges about their dish, Kentucky and American aquaculture, and the other Kentucky products they used in their dishes.

The team practiced preparing and presenting its dishes up to three hours a day. Chef Michael Riggs, professor and executive chef at Southcentral Kentucky and Community and Technical College in Bowling Green, coached the Kentucky team.

Video illuminates farm labor issue

Fresh, juicy peaches are one of the most delicious things about summer. In a new video produced by AFBF, South Carolina peach farmer Chalmers Carr explained that without the foreign workers he needs to pick his crop, those peaches would never make it to the grocery store.

The video is available in broadcast quality for download at <http://bit.ly/14uHw0g>, or viewing at <http://bit.ly/193td4w>.

As the story points out, consumers who enjoy fresh fruits and vegetables have much at stake when the issue is ensuring the availability of America's agriculture workforce. Carr said that without needed improvements to the agriculture labor program that would come as part of immigration reform, a lot of that fresh produce would have a tough time making it to local grocery stores.

The Senate immigration reform bill would improve the current system, called the H2-A program, so it works better for farmers and the workers. Carr said those improvements are desperately needed. The House of Representatives is still debating the issue. Carr said if the House drops the ball, the ramifications for farmers and consumers will be enormous.

Ethanol mandate may be changing

The Obama administration said it will propose reducing the country's ethanol mandate in 2014, asserting that the increasing levels laid out by Congress in 2007 are unrealistic and may need to be reduced.

The oil industry has warned about the "blend wall," a threshold where refiners are struggling to blend enough ethanol into the country's fuel mix to comply with a congressional mandate. As consumers cut back on driving and cars become more fuel efficient, gasoline demand has declined. As a result, the public is using less fuel with a blend of 10 percent ethanol, making it more difficult for refiners to meet the volume levels required by law.

The Renewable Fuel Standard, or RFS, a law that requires refiners to buy alternative fuels made from corn, soybeans and other products, calls for 18.15 billion gallons to be blended into the nation's gasoline supply in 2014. The figure will rise to 36 billion gallons by 2022.

The move by the EPA to make changes to the mandate comes as the agency told refiners they will be required to blend 16.55 billion gallons of renewable fuels in 2013, but will be given four extra months to do it. The deadline to comply was extended to June 30, 2014, after the EPA was nearly eight months late in issuing the final volume requirements for 2013.

Nations consuming more meat

According to USDA's baseline projections, developing countries will account for much of the increase in projected growth in global consumption of meats and crops in 2013-22. The developing-country shares of the projected growth include 81 percent for meat, 83 percent for grains and oilseeds, and 95 percent for cotton. Furthermore, developing countries' demand for agricultural products is expected to increase faster than their production. As a result, these countries will account for 92 percent of the total increase in world meat imports, 92 percent of the increase in total grains and oilseeds imports, and nearly all of the increase in world cotton imports.

Rising import demand by developing countries will provide an opportunity for the United States to expand agricultural exports. However, U.S. exporters will face new challenges as they adapt in response to the import needs of a large number of small but rapidly growing markets.

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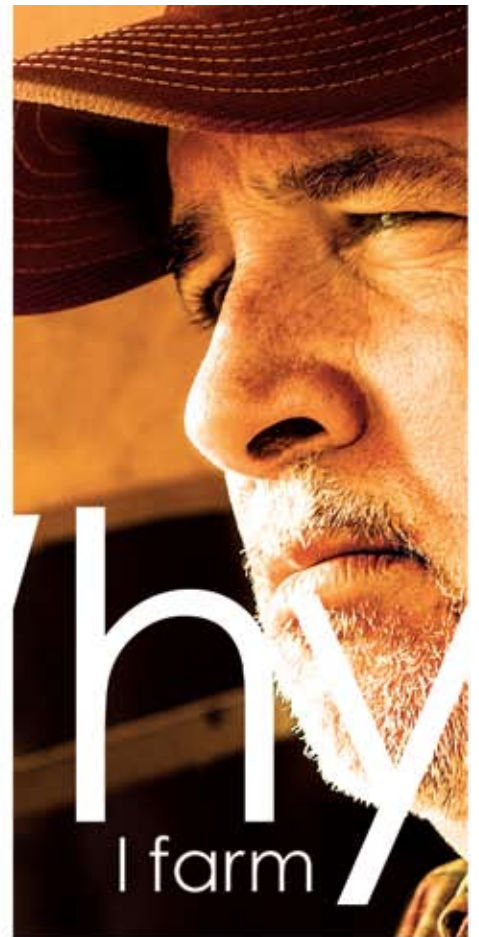


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Why

I farm

Growing up I remember following my dad everywhere...from the house to the barn and the barn to the field. Farming is my life. I think if you were raised on a farm, you were born with dirt in your shoes. And once you get dirt in your shoes, you can't ever get it out. That's why I farm.

Mark Thomas - Princeton, KY

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