

HENRY COUNTY FARMER



Official Publication Of The Henry County Farm Bureau, Cambridge, IL 61238



HENRY COUNTY FARM BUREAU DATEBOOK

APRIL

- 4.....Henry County Beef Association meeting
HCFB Boardroom, 7pm
 - 11.....Farm Bureau Women: "Farm to Flavor" Event,
HCFB Boardroom, 6pm (RSVP to attend)
 - 12.....Foundation Fundraiser - Freezer Meal pick up
HCFB office, 3-5pm
 - 16.....Henry County Farm Bureau Executive Committee meeting,
HCFB building, 6:30pm
- Henry County Farm Bureau Board of Directors meeting,
HCFB Boardroom, 7pm

MAY

- 9.....Henry County Beef Association meeting,
HCFB Boardroom, 7pm

FARM BUREAU'S "BUSHEL'S FOR HUNGER" MARKS 1.6 MILLION MEALS

Quad City Illinois farmers are helping local families with a donation to the River Bend Food Bank through the Bushels for Hunger program for the fourteenth straight year. After fourteen years, total contributions by the Bushels for Hunger program will exceed \$324,000 with this year's \$23,902 contribution. This year's total contribution now brings the total amount of meals donated to over 1.6 million.

Mercer County Farmer and Illinois Farm Bureau District 3 Director Jeff Kirwan presented the donation of \$23,902 to Chris Ford, Chief Operating

Officer of the River Bend Food Bank in Davenport. "Thanks to the generous donations of thousands of bushels of grain to the Bushels for Hunger campaign, local farmers worked together to fight hunger in the Quad City community with these funds" Kirwan said.

"We are extremely grateful to the Henry, Mercer and Rock Island County Farm Bureaus and all of the Illinois Farmers who contribute to this donation year after year," said Nancy Renkes, President & CEO of River Bend Food Bank. "I am continually amazed at the generosity shown from our farming community. We appreciate and admire their commitment to solving hunger."

The Bushels for Hunger program is a joint program coordinated by the following three Illinois County Farm Bureaus: Henry, Mercer and Rock Island in conjunction with the following area grain elevators and ethanol plants: Atkinson Grain, Big River Resources, Cargill, CHS, Gold Star FS, Hillsdale Elevator, River Valley Cooperative and Rumbold & Kuhn.



NURSING SCHOLARSHIP APPLICATION AVAILABLE

The Illinois Farm Bureau® Rural Nurse Practitioner Scholarship Program is now accepting applications for nurse practitioner scholarships. This year, a total of 15 scholarships, each worth \$4,000, will be granted.

This scholarship program, which has been running for 32 years, aims to encourage and develop a strong pool of rural health practitioners to address primary healthcare needs in rural areas of Illinois. Recipients

of the scholarships are required to practice for two years in an approved rural area within the state.

To be eligible for the scholarship, applicants must be Illinois residents and either accepted or enrolled in an accredited Nurse Practitioner Program as Registered Nurses. The funding for this program is provided by the Rural Illinois Medical Student Assistance Program (RIMSAP).

Applications can be obtained from county Farm Bureaus® across the state, the Rural Illinois Medical Student Assistance Program website at RIMSAP.com, or by contacting Donna Gallivan, the Program Manager, at Illinois Farm Bureau, 1701 Towanda Avenue, Bloomington, IL 61701. The deadline for applications is May 1.

For further information, please feel free to reach out to Donna Gallivan at 309-557-2350 or via email at dgallivan@ifb.org.

IFB VISA Cards to Support Illinois Ag in the Classroom at IAA Credit Union!

Already a member of your County Farm Bureau? You're eligible to join IAACU! Contact us to learn more about how we can meet your financial needs.

IAA credit union 800.676.2541 www.iaacu.org

Member of **NCUA**



ALL ABOUT AG CAREERS

Henry County Farm Bureau Young Leaders, Kate Huffman and Logan Van Rheenen, spoke to 4th grade students at Central School in Kewanee. Each year the Young Leaders make presentations to classes throughout the county, talking about careers in agriculture.

HENRY COUNTY FARM BUREAU BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

President: Steve Nightingale
Vice President: Heather Poppy
Vice President: Brian Corkill
Secretary: Kevin Schwartzkopf
Treasurer: David Westerlund

DISTRICT 1

Jon Chamberlain, Bridgett Wildermuth, Emily Baum, Dan Wolf

DISTRICT 2

Greg Decker, Tim Yager, Brian Daniels, Brandan Weber

DISTRICT 3

Lisa VanWatermeulen, Evan Youngren, David Schmedt, Thad Curry

DISTRICT 4

Jim DeCrane, Justin Frank, Kate Huffman, Steve Krause

AT-LARGE

Gary Asay, Sadie Asher, Hilary Boelens, Scott Jordan, Jim Larson, Pat Martens, Jan Weber, Bill Wyffels

STAFF:

Manager: Katie Laleman, FBCM
Administrative Assistant: Chelsea Vyncke

Henry County Farmer (USPS-240-260) published monthly, A nominal fee charged for subscription, by the Henry County Farm Bureau, Inc., 128 N. Prospect Street, Cambridge, IL 61238. Periodical postage paid at Cambridge, IL and/or additional mailing offices. POSTMASTER: Send address changes to Henry Co. Farm Bureau, 128 N. Prospect Street, Cambridge, IL 61238

IDOA ANNOUNCES NEW HEALTH REQUIREMENTS FOR EXHIBITION LIVESTOCK

By Rhiannon Branch,
FarmWeek (March 16, 2024)

The Illinois Department of Agriculture (IDOA) made changes to health requirements for livestock exhibiting at county and state fairs in 2024 and 2025. Staci Slager, chief of the department's Bureau of Animal Health and Welfare, told FarmWeek the changes will impact cattle, swine and poultry producers planning to show at county fairs within Illinois, the Illinois State Fair or the DuQuoin State Fair.

The new requirements include:

- All beef cattle, dairy cattle and swine exhibited at a state fair in Illinois in 2024 will need to have an animal identification number ear tag, also known as an 840 tag. For 2024, the tag can be read visually or electronically, but for 2025 all tags will need to be electronic. 840 tags will be required for all cattle and swine exhibited at a county fair beginning in 2025.
- All steers exhibited at the county or state level must have an updated certificate of veterinary inspection (CVI) showing the animal meets all health requirements for the state of Illinois. Breeding cattle were already required to have a CVI.
- All poultry exhibited at the county or state level will need to have a pullorum typhoid test or National Poultry Improvement Plan

membership. This requirement will no longer be waived for a one-day show. "The overall goal of these changes is to protect the industry, increase disease traceability and facilitate the ease of livestock check-in at our fairs," Slager said. She added that the ID requirements will also help keep Illinois up to date with other major shows already requiring radio frequency identification (RFID). Slager said IDOA has a program offering free 840 tags for replacement cattle. Producers can order the tags in quantities of 100, up to 500 while supplies last and only pay shipping costs. Cattle and swine producers who have a premise identification number (PIN) can order them directly from any manufacturer that carries USDA-approved 840 tags. Exhibitors can also contact their veterinarian about obtaining an 840 tag. "The veterinarian could order 840 tags through a distributor or the department using their PIN and then the veterinarian can apply those when they're out on site and record that information as to where those tags were applied," Slager said. The full list of exhibition livestock health requirements for 2024 is available online, agr.illinois.gov, under the animal health and welfare tab. Slager said the site also includes contact information for anyone with questions about the rules.

**Fields Apart:
Rooted
TOGETHER**

Watch Now
on ilfb.org/fieldsapartrootedtogether

UPI/Parks
Greg Ahlgren, Manager
(309) 937-3351
Cull Swine Daily
Buying Sows, Boars,
Light Tops & BBQ

Miller Farm & Business, Inc.
Taxes • Accounting • Payroll
Individual • Farm • Corporate • Trust & Estate
1041 S Oakwood Ave • Geneseo, IL 61254
Ph. 309.944.3290 • Fax 309.857.0182 • Email: llmiller@millerfb.com
www.millerfb.com

**Streitmatter
Land Improvement, Inc.**
110 S. Main • Wyoming, IL 61491
Drainage & Excavating • GPS Equipped
Water Table Management
Office 309-695-2800 Cell 309-696-9861

- GPS Mapping & Design
- Farm Drainage
- Waterways
- Commercial Tile Plow
- General Hauling
- Dry Dams
- Terraces
- Basement & Ponds
- Stabilization Structures

starktiler@gmail.com

**Make the Most of Your
Farmland Investment**

- Farmland Sales and Acquisitions
- Farmland Auctions
- Certified Farmland Appraisals
- Professional Farm Management

Hertz
Real Estate Services
Caring for You and Your Farm[®]

309.944.2184 www.Hertz.ag



Are YOU a current VET STUDENT?

Apply for Illinois Farm Bureau's iVET loan program today!

- Loan for food animal vet students
- No interest on loan while you're in school
- Up to \$40,000 loan distributed over three years
- Students must commit to an Illinois food animal practice and work in this field for five years

Applications due by May 15
www.ilfb.org/iVET



HEALTH DEPARTMENT & FIRST CHOICE HEALTHCARE NOTE STI AWARENESS MONTH

The Henry and Stark County Health Departments and their First Choice Healthcare Clinics in Kewanee, Colona and Toulon note that April is STI (Sexually Transmitted Infection) Awareness Month. This theme for STI Awareness Month 2024 is "Talk. Test. Treat." This year's theme encourages individuals to learn about STIs and STI prevention, but just as importantly, to empower them to ask their healthcare provider what they can do – and how they can work together – to stay safe and healthy.

With an estimated 20 million new sexually transmitted infections occurring every year in the US, it is clear that STIs remain a widespread health threat in this country.

In addition, STI infections cost the American healthcare system nearly \$16 billion in direct medical costs alone. And it's America's youth that is shouldering the substantial burden of these infections. The Centers for Disease Control and Prevention

(CDC) estimates that half of all new STIs in the country occur among young men and women aged 15 to 24.

With all these disturbing statistics it is obvious that STI Awareness Month is an opportune time to remind area residents that the First Choice Healthcare Clinics offer confidential:

- ~ STI Testing for Males and Females
- ~ Treatment of STIs
- ~ Contraceptive Supplies
- ~ PrEP/HIV Prevention Program
- ~ Preventative immunizations against such STDs as Hepatitis B and HPV
- ~ Counseling, Education and Referral
- ~ Expedited Partner Treatment

Testing and knowledge of infection are vital to reducing the incidence and spread of STIs. Because many infections have no symptoms, those at risk need to get tested and find out if they are infected.

There are many actions you can take to protect

yourself and others from STIs:

- Abstinence - The most reliable ways to avoid infection with an STD are to abstain from sex or to be in a long-term mutually monogamous relationship with an uninfected partner.
- Correct and consistent use of condoms - Consistent use of latex condoms reduces the risk of HIV and other STIs. (Free Supplies are available through First Choice Healthcare clinics in Kewanee and Colona.)
- Screening - Getting tested and treated for STIs can protect you from serious health consequences caused by STIs. (STI Testing available at all First Choice Healthcare Clinics.)
- Immunizations - Receiving recommended Hepatitis B and HPV immunizations can almost completely prevent infections covered by the vaccines.

Though the subject of STIs may not be a comfortable healthcare issue to discuss, we want people to remember that our First

Choice Healthcare locations in Kewanee, Colona and Toulon are sources of confidential testing, treatment, and education. And we are literally just a phone call away. People should know we offer the tools and services people

need to stay healthy.

For more information or appointments call First Choice Healthcare at Kewanee 309-852-5272; Colona 309-792-4011; or Toulon 309-852-3115.



ENJOYING ICE CREAM

First grade students at Southwest Elementary School in Geneseo, learned about the ingredients in ice cream and even got to make ice cream! This fun, educational activity was presented by Paula Janson, Henry County Agriculture in the Classroom Coordinator. For more information about Agriculture in the Classroom contact the Henry County Farm Bureau.



Your farm is your legacy.
We can help you protect it.



Eric Henderson
Geneseo
(309)944-4618



Julie Hessler
Orion
(309)526-8024



Tom McKie
Cambridge
(309)937-3372



Jerry Samuelson
Woodhull
(309)334-3430



Erin Spivey
Kewanee
(309)852-2121



Katie Spivey
Galva
(309)932-3272



Cassie Stahler
Geneseo
(309)944-4618



Mike Geuns
Annawan
(309)935-6697



Dan Kniss
Agency Manager
(815)221-3075

Commercial insurance policies issued by COUNTRY Mutual Insurance Company*, Bloomington, IL. *COUNTRY Financial** is the marketing name for the COUNTRY Financial family of affiliated companies (collectively, "COUNTRY"), which include COUNTRY Life Insurance Company*, COUNTRY Mutual Insurance Company*, and their respective subsidiaries, located in Bloomington, Illinois. 1220-507HC_-9/15/2023



APPLICATIONS AVAILABLE FOR VETERINARY STUDENT LOANS

Illinois Farm Bureau® (IFB) is accepting applications for its Illinois Veterinary Education and Training (IVET) loan program. Loans are available to second-year veterinary students attending any accredited college of veterinary medicine in the U.S. and who are focusing on Illinois food animal medicine.

The Illinois Veterinary Education Training (IVET) Program helps offset the high cost of veterinary education. The program loans up to \$40,000 to as many as three veterinary students each year. Loans are made over a period of two to three years. IVET awards recipients a \$1,500

stipend during their fourth year in school to help pay expenses associated with clinical rotations. Loans are repaid over five years, during which graduates must commit to working in a food animal practice that services Illinois livestock producers.

“Illinois Farm Bureau encourages veterinary students to pursue a career in caring for food animals,” said Tasha Bunting, IFB director of commodity programs and food systems. “To succeed, farmers need the services of a food-animal veterinarian to help them care for their beef cattle, swine, sheep, and poultry. It’s an incredibly

rewarding career field that has seen an increase in demand in recent years.” Applications are due May 15, 2024, and can be found online at www.ilfb.org/IVET. The selection committee will interview eligible applicants in spring 2024. Successful applicants will be notified by mail. Loan disbursements begin in August.

IFB established IVET in 2005. Since then, the organization has awarded more than \$610,000 to 29 veterinary students who focus on caring for food animals in Illinois.

For more information about the program, contact Tasha Bunting at 309-557-2993 or tbunting@ilfb.org.

The Illinois Farm Bureau is a member of the American Farm Bureau Federation, a national organization of farmers and ranchers. Founded in 1916, IFB is a non-profit, membership organization directed by farmers who join through their county Farm Bureau. IFB has a total membership of more than 372,326 and a voting membership of 77,462. IFB represents three out of four Illinois farmers.



HEALTHY FARMERS, HEALTHY FARMS

Farm Bureau joined with the Henry County Mental Health Alliance to hold the program “Healthy Farmers, Healthy Farms”. The program presented by Adrienne DeSutter, Agriculture Mental Health Specialist, focused on the stress we face in agriculture, dealing with and managing the stress we have in our lives and farms.

Thank You!

14th Annual BUSHELS FOR HUNGER

Total Meals Since 2010: 1,623,128
This Year: 119,511 Meals Provided

\$23,902.35 Donated This Year

Grand total Since 2010
\$324,626

ILLINOIS FARM BUREAU
Farm, Family, Food!

Proceeds benefit the
River Bend Food Bank
Sponsored by the Henry, Mercer, and
Rock Island County Farm Bureaus

Henry CFB Women Invite You to:

FARM TO Flavor

THURSDAY APRIL 11, 6 P.M.

Henry County Farm Bureau
128 N. Prospect St, Cambridge

RESERVATION REQUIRED BY APRIL 8

RSVP: (309) 937-2411 or membership@henrycofarmbureau.org

Tasting & Lessons Provided by:

A SPOTTED APRON

GOLD STAR FS, INC.

HELP FUEL OUR FUTURE

Galva School District will receive 3¢ for EVERY GALLON of fuel you purchase when you use your Fuel our Wildcats card!

SIGN UP NOW!
Visit goldstarfs.com or call 309-937-3369 for more information.

HELP FUEL OUR FUTURE

Annawan School District will receive 3¢ for EVERY GALLON of fuel you purchase when you use your Fuel Your School card!

SIGN UP NOW!
Visit goldstarfs.com or call 309-937-3369 for more information.

Scan To Enroll in The Program

Vincent Farm Service

Get your waterways in shape!
Fabric strips installed with fabric plow will secure waterway and reduce erosion!

309-489-6301

NEW DOCUSERIES SHINES LIGHT ON URBAN AND RURAL FARMERS

By Phyllis Coulter,
FarmWeek (March 18, 2024)

A new docuseries takes viewers on visits with rural and urban farmers where they live and work

and reveals stories of their challenges and opportunities, not often told. The three-part series, produced by Illinois Farm Bureau, highlights what rural and urban farmers have in common as well as

showcasing diversity across the state, with the help of university staff and other experts. The new series, "Fields Apart: Rooted Together," features a group of farmers telling their stories from

their fields, farms and greenhouses. It focuses on topics including farming in urban areas such as Chicago, agritourism opportunities, how farmers can provide for their communities and fight food insecurity and how Illinois universities are providing diverse agriculture education. It also provides insight into how family farmers tackle the many challenges of crop and livestock production despite weather and uncertain prices.

"Illinois agriculture goes far beyond what consumers may picture when they think of a conventional farm," said IFB President Brian Duncan. "This docuseries showcases rural and urban farmers' similarities while celebrating our industry's diversity, which includes conventional row-crop operations, urban farming, horticulture, livestock, food processing and so much more."

In the first of the series, viewers meet Sadie Asher, a young Christmas tree grower in Henry County, who never imagined she would be farming considering the costs and challenges of getting into conventional row-crop agriculture. Viewers also see the grit

and time it takes to start an urban farm through the eyes of Natasha Nicholes, the founder of We Sow We Grow urban farm in Chicago. Other farmers featured in the series are Alicia Nesbary-Moore, owner of Herban Produce, a specialty farm in Chicago; Amelia and Michael Howard, owners of Eden Place Farm in Chicago; Mathew Heberling, a row crop and livestock producer in Christian County and Mark Tuttle, a grain farmer in DeKalb County and IFB District 1 director.

"The series looks at stereotypes even farmers may have about their counterparts in the city or county. We forget there may be a place for everyone," Raghela Scavuzzo, IFB's associate director of food systems development, said in the first segment. The series explores some of those places and the people in them.

Fields Apart: Rooted Together, which highlights similarities between rural and urban farmers and brings awareness to the similarities all farmers have, no matter their location, is now available to watch for free on IFB's YouTube channel: @ILFarmBureau.

Freezer Beef for Sale

50/50 Wagyu and
Angus Simmental

Halves & Quarters Available

Mitchell Vincent
(309) 489-6301

GALESBURG LUMBER & CONSTRUCTION SUPPLY, LLC

161 N Academy St
Galesburg, IL 61401

Lumber -Ardex
-Milwaukee Tools -W.R. Meadows

Phone: 309-342-5185
Email: sales@galesburglumber.com

Local Service Delivery Specialty

HOLMSTROM REALTY SERVICES

309-944-6423
19746 E. 2050 Street
Atkinson, IL 61235-9726
www.holmstromrealestate.com

RESIDENTIAL & AGRICULTURAL
BROKERAGE • APPRAISALS • AUCTIONS

Tim Holmstrom
Managing Broker
Certified General Appraiser
309-944-6423
tim@holmstromrealestate.com

Sherry Holmstrom
Broker
309-944-6423
sherry@holmstromrealestate.com

IMEL PUMP SERVICE

Business 937-5332 • Cell Phone 945-8533

Water Well Contracting • Water Systems Installed

Red Jacket & Goulds Pumps
Submersible Pump & Jet Pump Repairs
Trenching/Backhoe Service
Iowa Hydrants & Water Conditioning

403 N. West St., Cambridge
Residence: 207 N. Poplar, Cambridge


JEFFRIES TRUCK & TRAILER REPAIR

CAMBRIDGE IL

309-937-2402

HYDRAULIC HOSE REPAIR

Farm Bureau Salutes the COUNTRY Financial Membership Recruiter of the Month



Tom McKie
Cambridge



FARM GATE

By Joanie Stiers

COOL BEANS: SOY SURROUNDS US

From the cooking oil in the cupboard and the feed in the hen house to the souls of the shoes at the back door, soy surrounds me. Every morning, soy hits me in the face with my makeup and the gut with my protein shake. We fuel our tractors and diesel-engine trucks with renewable, American-made soy-based biodiesel. And for a few weeks this spring, I will see the bean more than my family, when I plant more than 350 million soybean seeds on our farm. Measuring smaller than my pinky nail, the mighty, protein-rich bean's highly versatile characteristics accommodate global demands for food, feed and fuel. Illinois legislation currently attempts to identify the soybean as the Illinois state bean. After all, Illinois farmers grow more soybeans than anyone, with the reigning title of No. 1 soybean state in the nation. Soybeans cover about one-fourth of Illinois' land mass and about 45% of my family's farmable land. We grow ultra-high-protein beans for niche markets

that produce protein shakes and plant-based meats. We contract with companies to grow seed soybeans that farmers will buy and grow the following year. And we serve the traditional markets for Illinois soybeans: A domestic supply of high-protein animal feed and a significant export market thanks to our state's valuable river transportation system. In fact, 60% of Illinois soybeans are exported, credited to the Mississippi, Illinois and Ohio rivers bordering or flowing through our state. Beans from our small-town farm often head to China, the top soybean importer by a wide margin. The country buys four times the American soybeans of No. 2 Mexico for oil and animal feed. Meanwhile, animals represent our nation's top soybean consumer. Chickens, turkeys, pigs, cattle and farm-raised fish thrive on the protein content in soybean meal that makes up 80% of the bean. In the kitchen, soymilk and

margarine (plant butter) serve as dairy alternatives. People treat tofu, a soybean product, like meat. Newspapers print with soy ink, kids color with soy-filled crayons, and soy frequently makes food labels in the grocery aisles. Serving as an emulsifier for some foods, soy lecithin allows oil and water to mix in favorite snacks like granola bars and chocolates. On the farm, soybeans collaborate well with conservation-minded practices of no-till and cover crops. They add benefits to the soil in a corn-soybean planting rotation and provide our farm a double-cropping option after July-harvested wheat within a single growing season. They are pretty cool beans.

About the author: Joanie Stiers farms with her family in West-Central Illinois, where they grow corn, soybeans, hay and cover crops and raise beef cattle, backyard chickens and farmkids.



CELEBRATING WITH DR. SEUSS

Kindergarten students at Galva Elementary School celebrated Dr. Seuss' birthday by reading the book "Hop on Pop", learning about different kinds of corn that farmers grow, making popcorn and hopping on bubble wrap!

SENATE LEADERS OPTIMISTIC FOR 2024 FARM BILL

By Tammie Sloup,
FarmWeek (March 20, 2024)

Senate ag leaders are optimistic Congress will get a farm bill done this year. U.S. Sen. Debbie Stabenow, D-Mich., and John Boozman, R-Ark., who serve as chair and ranking member of the Senate Agriculture Committee, respectively, were both asked whether they believed a farm bill would be passed this year during the Agri-Pulse Ag and Food Policy Summit on March 18.

The deadline for reauthorization of the farm bill was extended a year to

Sept. 30. Here is what the senators said about the farm bill status: Stabenow: "We have to be willing to look broadly at what we need and also what gets votes and what loses votes. It has to be bipartisan, which means we can't put forward something that loses all the Republicans or loses all the Democrats. And there are things being talked about right now that we do that, and they won't get us anywhere. The farm bill is the art of the possible. "We have to tell a story about rural America and about jobs and opportunity.

That includes building the broadest coalition as possible. So I just want to let you know, I'm building that coalition ... I am the eternal optimist. And I believe that we will get a farm bill by focusing on building coalitions. "What doesn't work is playing politics of food assistance and nutrition against everything else ... I had said that I will not have a legacy of cutting food assistance for Americans. If that's the way you have to get a farm bill, or taking away conservation money from farmers, that if that's the way you have to get a bill, then we'll continue

2018 (farm bill) for another year." (Democrats have argued lawmakers should keep the current climate rules attached to the more than \$15 billion remaining in Inflation Reduction Act funding if they incorporate it into the farm bill baseline) Boozman: "If you talk to the average person in Congress, most members of Congress very much want to get a farm bill done on both sides. We're working hard, we're sharing ideas. So hopefully we get it done. "I believe that it'll be as easy to do this year as next year. Who knows what the dynamics are going to look like then. But I do know how

important this is. And I do know how important it is for rural America to give our farmers stability. So we're working in good faith ... There are things that all of a sudden, it's kind of like the tax package that came through, that's been worked on for a long time. All these things will come together. And I'm hoping that that'll be one of those that you're working hard, but it doesn't look like you're making a lot of progress. And then, maybe we get it done now, maybe we'll get it done in the lame duck, but we want to get it done this year."



RECIPE OF THE MONTH

5-MINUTE (HEALTHY!) APPLE NACHOS

Prep Time: 5 minutes • Total time: 5 minutes • Serves 1-2



Ingredients:

- 2 apples of choice
- 1/4- 1/3 cup of natural nut butter (peanut, almond, sunflower, etc.)
- Small handful of chocolate chips
- Small handful shredded coconut
- Sprinkle of cinnamon
- 1 tablespoon of lemon juice
- Optional toppings: almond slivers, shredded coconut, chocolate chips, raisins, maple syrup, etc.

Instructions:

1. Apples: Wash, core and cut your apples into 1/4" slices. Place slices in a bowl with lemon juice, toss to coat. Then, lay apples on a flat surface with the inside of the apple facing up.
2. Nut butter: heat your nut butter just until warmed and somewhat runny. You can either heat on the stove or in the microwave.
3. Assemble: on a serving plate, lay apple slices in a single layer around the outside edge, then layer another small layer over those, but towards the inner portion of the plate. Next, drizzle the nut butter over the apples. Finally, top with your toppings of choice, serve and enjoy!

Notes: Use red or green apples, or a combination of both for a mixture of sweet and tart.

UNIVERSITY OF ILLINOIS EXTENSION LAUNCHES HOUSING STUDY TO ADDRESS CRITICAL ISSUES IN HENRY, MERCER, AND STARK COUNTIES

The housing landscape in rural areas is continuously evolving, presenting unique challenges for communities in Henry, Mercer, and Stark Counties. Recognizing the importance of understanding and addressing these challenges, University of Illinois Extension is conducting a comprehensive housing study to gather insights from residents and stakeholders. Led by community and economic development educator Russell Medley, the study aims to tackle issues related to housing accessibility, affordability, and

quality, paving the way for informed policymaking and sustainable development.

Russell Medley emphasized, "Housing has been identified as a major issue at both the national level and in our communities, as well. The ability to address this important issue has impacts on our communities' ability to grow, maintain the local tax base, and promote economic development."

Residents of Henry, Mercer, and Stark counties are invited to participate in the study by filling out

a survey, with a deadline of April 15.

The survey seeks input on various aspects of housing, including cost, quality, availability, and community preferences. Paper copies of the survey are available at the Henry/Stark County Extension office (358 Front St. Galva, IL) and the Mercer County Extension office (910 13th Street Viola IL.), both open Tuesdays, Wednesdays, and Thursdays from 8 am to 4 pm. Residents can also request a survey and a postage-paid return envelope by calling Illinois Extension at (309) 756-9978. Additionally, several thousand

households in the three counties have been mailed hard copies of the survey as part of a randomized housing study.

To participate in the housing survey, visit go.illinois.edu/HousingSurvey. For more information about the housing study and how to get involved, please contact Russell Medley, community and economic development educator, at (309) 756-9978 or by email at rmedley@illinois.edu.

'SHOP LOCAL' ONLINE DIRECTORY BRINGS NEW OPPORTUNITIES TO COUNTY, CONNECTING COMMUNITIES TO LOCAL FOOD

Local food is becoming more accessible than ever with enhanced direct-to-consumer marketing opportunities for local farms and businesses through a new online county directory, Shop Local. Henry County Farm Bureau is making it easier to shop local and support your local community.

Shop Local is an online directory that brings fresh food and local business together. The Shop Local directory, powered by

MarketMaker, provides simple, yet powerful search tools to connect growers, buyers, sellers and consumers.

"Whether you're looking for fruits, vegetables, meat, dairy, herbs, flowers, a pumpkin patch, a pick-your-own farm, vineyards, breweries or distilleries, you'll find them in Henry County's Shop Local online directory," said Katie Laleman, Henry County Farm Bureau Manager.

Local farmers and specialty

growers can reach thousands of new customers by registering their business and adding the Illinois Farm Bureau affiliation to their Shop Local profile. Users can create an e-commerce store, or if the user has an already established online store, they can embed the link on their profile and reach new markets. Businesses will also be promoted to all Illinois Farm Bureau members through the Abenity membership discount program and

mobile app.

Local community members interested in fresh and local food can access locally-grown or crafted products through a search, find their nearest farmers market, connect with community partners and more using the directory's digital features. "This is a new way to promote Illinois Farm Bureau members and local food through county Farm Bureaus and our membership app, Abenity," said Raghela Scavuzzo,

associate director of food systems development, IFB. "We are excited that counties throughout the state can offer this convenient resource to families ahead of the busy fall market season."

Shop Local is brought forth through a partnership with Illinois Farm Bureau (IFB), in cooperation with the Illinois Specialty Growers Association and Illinois MarketMaker.



EXPLORING CAREERS IN AGRICULTURE

Young Leaders, Megan Dwyer and Shane Asher, along with Farm Bureau President, Steve Nightingale, spoke to 4th grade students at C.R. Hanna Elementary School in Orion. Megan, Shane and Steve talked about their farms and careers in agriculture with the fourth-grade students.

GETTING TO KNOW YOUR FARM BUREAU POLICY

95. GOVERNMENT ASSISTANCE PROGRAMS GOVERNMENT ASSISTED NUTRITION PROGRAMS

We support:

1. Programs to provide a basic nutrition benefit to individuals based on need.
2. Benefit allotments based on a fair value amount that accounts for the true cost of food, geographical food price variation and time costs for food preparation.
3. Incentives for purchasing fruits and vegetables.
4. Education and incentives for participants to purchase food meeting nutrition dietary guidelines.
5. Increasing the use of third-party and digital platforms for all SNAP approved retailers providing that benefits are not used for service or delivery charges.
6. The acceptance of benefits at Community Supported Agriculture (CSAs), farmers markets, food hubs, online grocery stores, and farm stands.
7. Access and funding for charitable food providers to purchase domestically produced United States Department of Agriculture (USDA) commodities for distribution to individuals based on need.
8. Contact by Illinois Health and Human Services staff when nutrition program recipients request a replacement Electronic Benefits (EBT) card more than twice in a 12-month period.
9. Increasing funding for food banks and other food and nutrition assistance programs, cold storage, and distribution costs.
10. Eliminating barriers to access Temporary Assistance for Needy Families (TANF) benefits by allowing people who are pursuing education or related job training to qualify for the program.
11. An exemption from Criterion A (staple food stock) and Criterion B (staple food sales) for retailers to the USDA Supplemental Nutrition Assistance Program (SNAP) retailer rules to allow seasonal and on-farm businesses to accept SNAP benefits

We oppose public aid programs so lucrative that there is an economic advantage in becoming a recipient.



SAVE THE DATE

8.9.24

Baker Park Golf Course, Kewanee

Watch our Facebook page for more information! We can't wait to see you there!