

Eric Baker
Estill County Extension
Agent for Agriculture
& Natural Resources

Farmers markets have two key roles in the community. Farmers provide fresh, safe, high-quality foods and a chance for the community to mingle with farmers to learn more about their way of life. A visit to the farmers market is all about the experience. The emphasis on more fruits and vegetables in the diet is another way to link consumers with the farm. The tie-in with local restaurants, schools, and supermarkets can also strengthen the farmer's position with the com-

Farmers' Market Is Important To Community

munity.

We all have a social responsibility to make a connection with the land and understand how the ecological and economic impacts affect our communities. Basically, sustainable agriculture is a method of agriculture that meets the needs of the current generation while conserving natural resources for future generations to use. A farmer following sustainable agriculture methods uses environmentally friendly methods to preserve the soil, water, and other natural resources of the land. Being able to make a living off the farm also promotes economic viability within a rural community.

The trend to visit farmers markets is on the rise. It seems to be fueled by consumer interest, the farmers' desire to make more money, and growing community awareness of the role of farming, and local food systems. Farmers markets are perfect for small farm producers, who are unable to participate or compete

effectively in larger wholesale channels. As consumers learn to incorporate more fruits and vegetables into their diet, the farmers market will increase the probability of repeat sales.

Legislation in Kentucky also allows farmers to add value to their products to sell at farmers market. Adding value simply means using locally grown produce in baked or canned goods, processed in their own home. The effort provides a distinctive niche for farmers to share a proud Kentucky heritage of producing fine-quality food products. Local citizenry and Kentucky tourists alike now have the opportunity to acquire value-added products

derived from locally grown, harvested, and processed foods.

The Estill County Farmer's Market is open Tuesdays 3:00 p.m. to 6:00 p.m. (except second Tuesdays which is Senior Discount Day and is open 11:00 a.m. to 4:00 p.m.) and Fridays 8:00 a.m. to noon. The market is located at the Estill County Fairgrounds off South Irvine Road. Please support our local farmers and enjoy wholesome products offered each week. Call 723-7101 for market information.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



Pink ladies slipper is a wildflower related to the orchid family.

To reproduce, its seeds (which have no food supply of their own) must interact with a fungus in the soil, which breaks them open and passes on nutrients (the fungus later receives food from the mature plant). This plant flowers in early summer, ranging from magenta to almost white. Its root was once commonly prepared and given for a range of maladies.

Source: www.fs.fed.us/wildflowers

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Estill Ag News

Tuesday, August 5th @ 7pm

Estill Agriculture Development Council

The Estill County Agriculture Development Council will meet Tuesday, August 5th, 7 p.m. at the Estill County Extension Office, 76 Golden Court, Irvine. Meetings are open to the public. For more information, call 723-4557.

Monday, August 11th @ 6pm

Corn-Soybean Production Workshop

Estill and Madison County Extension have planned a Corn-Soybean Production Workshop for Monday, August 11th, 6:00 p.m. The workshop will be located at the Tom Fowles farm (Miller's Creek area) operated by Jason Smith. From Ravenna's caution light near Michael's Restaurant, go to the right side of Michael's and under the railroad overpass onto highway 1571 (Millers Creek Rd). Proceed several miles east toward Lee County (over the railroad crossing) and the host farm is on the right near Pryse Road. Watch for the FARM TOUR signs. Water and soft drinks will be provided by Tri-County Fertilizer and Richmond Southern States.

This will be an informal "walking the field" meeting where we will dig up plants, look at different issues, and discuss solutions. Dr. Josh McGrath, new UK Extension Soils Specialist, will be introduced and discuss corn nitrogen use and timing plus using nitrogen to boost soybean yields. Dr. Chad Lee, UK Extension Grains Specialist, will give an overview of this year's growing conditions, corn pollination effect on ear development and fill, plus soybean development and weather factors that determine pod set and yield. Lastly, Dr. Lee Townsend, UK Extension Entomologist, will advise on preparing for and preventing insect storage losses of corn and soybeans.

Please pre-register by August 8th by calling the Estill County Cooperative Extension Service at 723-4557.

FARM SERVICE AGENCY AGRICULTURE NEWS

Richmond FSA Service Center
1024 Ival James Blvd., Ste A-2
Call 888-758-6909

FSA County Cmt. Nominations

Nomination forms for the 2014 election must be postmarked or received in the local USDA Service Center by close of business on Aug. 1, 2014. The nomination period for local Farm Service Agency (FSA) county committees began Sunday, June 15, 2014.

To be eligible to serve on an FSA county committee, a person must participate or cooperate in a program administered by FSA, be eligible to vote in a county committee election and reside in the local administrative area where the person is nominated.

Farmers and ranchers may nominate themselves or others. Organizations representing minorities and women also may nominate candidates. To become a candidate, an eligible individual must sign the nomination form, FSA-669A. The form and other information about FSA county committee elections are available at www.fsa.usda.gov/elections. Elections will take place this fall.

While FSA county committees do not approve or deny farm ownership or operating loans, they make decisions on disaster and conservation programs, emergency programs, commodity price support loan programs and other agricultural issues. Members serve three-year terms. Nationwide, there are about 7,800 farmers and ranchers serving on FSA county committees. Committees consist of three to 11 members that are elected by eligible producers.

FSA will mail ballots to eligible voters beginning Nov. 3, 2014. Ballots are due back to the Madison/Estill Farm Service Agency located at 1024 Ival James Blvd., Ste A-2 Richmond, either via mail or in person by Dec. 1, 2014. Newly elected committee members and alternates take office on Jan. 1, 2015.

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FARM SERVICE AGENCY AGRICULTURE NEWS

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Farm Bill Conservation Compliance Changes

Ag. Secretary Tom Vilsack reminds producers that changes mandated through the 2014 Farm Bill require them to have on file a Highly Erodible Land Conservation and Wetland Conservation Certification (AD-1026). The Farm Bill relinked highly erodible land conservation and wetland conservation compliance with eligibility for premium support paid under the federal crop insurance program.

"It's important that farmers and ranchers taking the right steps to conserve valuable farm and natural resources have completed AD-1026 forms on file at their local Farm Service Agency (FSA) office," said Vilsack. "This will ensure they remain eligible for crop insurance support."

For farmers to be eligible for premium support on their federal crop insurance, a completed and signed AD-1026 form must be on file with the FSA. Since many FSA and Natural Resource Conservation (NRCS) programs have this requirement, most producers should already have an AD-1026 on file. If producers have not filed, they must do so by June 1, 2015.

When a farmer completes the AD-1026, FSA and NRCS staff will outline any additional actions that may be required for compliance with the provisions. The Risk Management Agency, through the Federal Crop Insurance Corporation (FCIC), manages the federal crop insurance program that provides the modern farm safety net for American farmers and ranchers.

Since enactment of the 1985 Farm Bill, eligibility for most commodity, disaster, and conservation programs has been linked to compliance with the highly erodible land conservation and wetland conservation provisions. The 2014 Farm Bill continues the requirement that producers adhere to conservation compliance guidelines to be eligible for most programs administered by FSA and NRCS. This includes the new price and revenue protection programs, the Conservation Reserve Program, the Livestock Disaster Assistance programs and Marketing Assistance Loans implemented by FSA. It also includes the Environmental Quality Incentives Program, the Conservation Stewardship Program, and other conservation programs. FSA recently released a revised form AD-1026, which is available at USDA Service Centers and online at: www.fsa.usda.gov. USDA will publish a rule later this year that will provide details outlining the connection of conservation compliance with crop insurance premium support. Producers can also contact their local USDA Service Center for information. A listing of service center locations is available at www.nrcs.usda.gov/wps/portal/nrcs/main/national/contact/local/.

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Stickeler's Puzzle



Here are some trivia questions ...

- Queen Mary I of England, the daughter of Henry VIII, married ____.
- Who is the all-time assists leader in NBA history?
- Who originated the idea of a programmable computer?

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Stickeler's Answer on Page 11

Wishing Well®

2	6	8	7	6	5	2	4	7	2	3	2	5
D	W	L	Y	A	T	O	T	O	F	M	O	E
6	4	6	7	4	6	7	3	6	5	3	2	8
R	R	M	U	E	F	R	O	E	A	D	R	O
3	7	4	3	2	7	8	4	2	7	3	5	4
E	E	A	R	O	F	V	T	T	L	A	C	Y
3	7	6	7	3	8	4	7	5	3	5	3	4
T	E	E	C	E	E	O	T	H	D	O	E	U
2	7	2	7	2	8	7	6	7	3	7	2	3
H	S	E	U	R	O	C	L	C	S	E	S	I
8	3	8	3	7	3	8	4	5	7	4	5	8
F	R	L	E	S	S	U	R	T	S	S	H	X
6	4	8	6	4	8	5	8	6	5	4	5	6
I	E	U	N	L	R	E	Y	G	R	F	S	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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CryptoQuote

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

EJAQQAT WUA LSFQA VSF

BF WUFGCT MC HMUHJAQ

YFU LSAD QSWJJ EA HWJJAT

EMB VSAAJQ.

— GCHAULWMC FUMBMC

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: H equals I

HT GB GBHEGJ ZNLGUHXS HQK

EGMN G UHMNX XT LHQ JHTN,

VXWJM HK ZN G VSNGKWSN

KNGVLNS TNGKWSN?

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Puzzle Answers

July 30, 2014

Puzzles4Kids

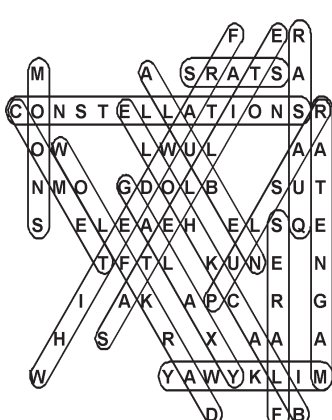
BALLOT	L	BLOAT
SPOUSE	U	POSES
MENTAL	C	METAL
SECRET	N	STEER
SHORES	H	ROSES
MIRAGE	A	GRIME
RANTED	N	DATER
FIELDS	D	FLIES
MISLED	D	LIMES
VIDEOS	I	DOVES
TEHRAN	N	EARTH
NESTED	N	STEED
CREASE	E	CARES
SKEWER	R	WEEKS

Letter Box

Solution

N	P	B	T	R	I	E	U	L
T	U	E	L	B	P	N	R	I
R	I	L	U	E	N	T	P	B
B	L	U	E	P	R	I	N	T
E	T	P	I	N	L	U	B	R
I	R	N	B	T	U	P	L	E
U	B	T	P	L	E	R	I	N
P	E	R	N	I	B	L	T	U
L	N	I	R	U	T	B	E	P

OUT OF THIS WORLD



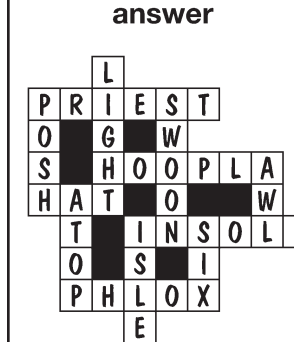
CryptoQuip

answer
If an animal behaviorist made a video of his life, could it be a creature teacher feature?

CryptoQuote

answer
Blessed are those who go around in circles for they shall be called big wheels.
— Uncertain Origin

FEAR & KNIGHT



Even Exchange

- answers
- | | |
|-------------------|--------------------|
| 1. Heart, Heard | 6. Lovely, Lonely |
| 2. Nickel, Nicked | 7. Ramble, Rumble |
| 3. Daddy, Dandy | 8. Lease, Leave |
| 4. Anger, Auger | 9. Forge, Force |
| 5. Tango, Mango | 10. Curdle, Cuddle |

Weekly SUDOKU

Answer

4	6	1	7	2	8	9	3	5
7	5	9	6	3	1	4	8	2
3	8	2	4	9	5	7	6	1
8	4	6	5	7	3	1	2	9
1	3	5	9	6	2	8	7	4
9	2	7	8	1	4	6	5	3
5	1	8	3	4	6	2	9	7
6	7	4	2	5	9	3	1	8
2	9	3	1	8	7	5	4	6

King Crossword

Answers

Solution time: 25 mins.

B	E	E	R	A	R	E	A	T	A	R
A	L	O	E	L	T	E	U	A	V	E
S	I	N	G	A	L	O	N	G	G	E
E	A	S	I	L	I	L	H	O	A	R
M	E	X	T	O	L					
E	D	G	E	S	I	R	H	O	Y	A
L	I	E	A	G	A	N	O	W		
F	E	T	A	S	H	Y	A	G	U	E
A	L	I	S	T	A	T				
M	I	L	A	N	P	H	O	B	I	A
A	D	O	C	O	M	E	A	L	O	N
T	E	N	U	N	I	T	L	O	C	O
H	A	G	R	E	D	S	S	N	A	G

Bible Trivia Answers

Casey's trivia book "Know It? ... or Not?" is available from BearManorMedia.com

ANSWERS: (1) Old; (2) White; (3) Inspirations; (4) Satan; (5) 1 Corinthians; (6) Sword