



Gift from Dean Coughenour Trust establishes endowed fund for Pawnee Mental Health Ag Assistance Program

A gift of \$25,000 from the Dean Coughenour Trust has enabled Pawnee Mental Health to establish an endowed fund in his name at the Greater Manhattan Community Foundation. The gift supports Pawnee's Agriculture Assistance Program.

"As the former owner and operator of Ag Press and Grass and Grain newspaper, we feel that endowing this program in Dean Coughenour's name is a fitting way to honor his work and legacy," said Robbin Cole, CEO of Pawnee Mental Health. "His leadership in the agricultural communications industry was widely respected throughout the state of Kansas. We are very grateful to the Dean Coughenour Trust for this gift to establish an endowed fund in his name."

A lifelong Kansan, Coughenour died in 2012 at the age of 83. He was a former high school English teacher, newspaper editor and publisher, and avid sports fan. He served the Manhattan community as a city commissioner from 1973 through 1977 and as mayor in 1977.

Pawnee's Agriculture Assistance Program (Ag-AP) provides Kansas farmers and ranchers (plus their family members and workers) three free mental health sessions with a licensed



The Dean Coughenour Trust has enabled the Greater Manhattan Community Foundation to establish an endowed fund to support the Agriculture Assistance Program at Pawnee Mental Health, mental health provider. All providers have received specialized training related to the unique mental health aspects found in the agriculture industry. If additional services are needed, the provider will make a referral for further treatment. Clients can meet with a provider either in person or via telehealth.

Working in agriculture takes a physical and mental toll on farmers, ranchers, their families, and their employees. Uncertainty about crop yields, the unpredictability of weather, and financial strain are just a few factors that contribute to the high rates of mental health symptoms this population experiences.

These could be everything from depression or anxiety to family issues or substance use. When one person in a family is struggling to talk about their mental health, it can affect the entire family, causing a ripple effect of mental health symptoms.

As one of the largest industries in the Midwest, our agriculture population is vital for our communities, and it's important for us to take care of them. This is why Pawnee created the Ag Assistance Program, to serve agriculture workers, families, and employees in all ten counties we serve. Established in 2021, the Ag Assistance program has also been supported by numerous farm organizations, community foundations, corporations, and individuals. As an endowed fund, it will generate earnings that will ensure the fund's future.

Founded in 1956, Pawnee Mental Health Services is a private, not-for-profit community mental health center, one of 26 in the state. Pawnee provides a full range of mental health, substance use recovery, and crisis services for residents of ten north central Kansas counties. Approximately 7,000 adults, adolescents, and children are served annually.

Dr. Dave Nichols awarded the 2022 Mark and Eva Gardiner Innovation and Excellence Faculty award

Dave Nichols, K-State University Animal Science and Industry professor emeritus, has been awarded the 2022 Mark and Eva Gardiner Innovation and Excellence Faculty award. Arguably one of the most recognizable "faces of K-State," Nichols' exemplary 40-year career as an educator taught more than 15,000 students. In addition to his responsibilities as a teaching professional, he advised nearly 2,800 students throughout his tenure.

Nichols was raised on a commercial beef, swine and farming operation in Indiana. He earned a bachelor's degree from Purdue University and master's and doctorate degrees from K-State. In 1981, Nichols was hired as a K-State Extension specialist. In 1983, he transitioned to a teaching and research position. Dave Nichols served as the Animal Science and Industry undergraduate teaching coordinator from 1998 until June 2021. Throughout his career, Dave Nichols has been recognized for outstanding achievements and his altruistic contributions to K-State for more than four decades.

Mark and Eva Gardiner, who with their family own and operate Gardiner Angus Ranch near Ashland, established the award in 2019 to recognize faculty in the K-State College of Agriculture who are excelling through innovative teaching, research or extension that positively impact the global food system. Mark Gardiner made the following comments. "Recognizing Dave Nichols with this award takes into consid-



Dave Nichols was recently awarded the 2022 Mark and Eva Gardiner Innovation and Excellence Faculty award.

eration professional and personal friendships that span two generations. I first met Dave as a K-State student. He also taught and advised our sons. Gardiner Angus Ranch has partnered on many beef industry projects in the past 40 years, beginning with Dave's relationship with Henry Gardiner. Dave has made it his life's mission to challenge students to think, act and pursue careers with the goal to make the beef business better. Dave Nichols is the perfect example of why Eva and I created this award. His innovations and teaching excellence are unparalleled. His commitment

to agriculture, loyalty to Kansas State University and passion for youth are unmatched. His friendship over decades is priceless."

Gardiner Angus Ranch is a family-owned and operated beef operation that produces registered and commercial Angus cattle. The original ranch was homesteaded near Ashland, in 1885 by Henry Gardiner's grandfather. Today, Gardiner Angus Ranch is one of the largest registered Angus seedstock and commercial operations in America and continues to make genetic advancements using only artificial insemination and embryo transfer.



Shown from left are CAB president John Stika, Marisa Kleysteuber, Sam Hands and CAB executive vice president of production Bruce Cobb presented Triangle H their award at the CAB Annual Conference in Phoenix, Sept. 30, 2022.

Triangle H named CAB Feedyard Commitment to Excellence honoree

By Morgan Boecker

Rocking in Adirondack chairs on the patio, a glass of tea in hand, Sam Hands and daughter Marisa Kleysteuber make their game plan. It's the only slow part of their day, reflecting on what happened, how to improve and what needs attention next at Triangle H.

Together, they care for more than 8,000 feeder cattle between a feedyard at Garden City, and another 20 miles west near Deerfield.

For Hands, there are no short answers. Problems are met with careful consideration of every possible outcome, solutions executed with care and evaluation. It's simply the Triangle H way to deal with every challenge from people to cattle to equip-

ment. Work to be the best in everything they do - a mindset Hands is passing on to his daughter.

Their sharp focus on quality and thoughtful customer service earned Triangle H the 2022 Feedyard Commitment to Excellence Award from Certified Angus Beef (CAB), presented Sept. 23 at the brand's annual conference in Phoenix.

Located in the heart of prime cattle country where genetics excel equally at the ranch and feedyard, bulls for the family's own commercial Angus herd are selected knowing calves will be in their feeding pens within 15-18 months.

"I just hope from a feeder's standpoint that we don't prevent them from

reaching their genetic potential," Hands says.

Raising premium beef starts with genetics, then it's on the shoulders of the caretakers.

"Good cattle can't afford to have a bad day," Kleysteuber says. "So we do everything in our power to give them every opportunity to perform and express the genetics that are there."

Hands is the kind who wants to understand an entire process. In the 1970s and '80s, he and wife Janet spent hours in the packing plant coolers tracking their cattle through harvest to know exactly how they were performing.

"If I'm going to produce beef knowing I'm going to sell on the rail, then I want to know if I'm getting the dollars that I hope to reach," he says. "I've got to be on target."

Size, scale and decades of experience allow them to uniquely tailor each customers' feedyard and carcass data to best cattle performance.

"This is a powerful tool

Blach returns to KLA Convention

Back by popular demand, CattleFax chief executive officer Randy Blach will highlight Thursday morning's Beef Industry University at the KLA Convention, which will be held November 30 through December 2 in Wichita. He will identify factors driving the cattle and beef markets during his presentation, sponsored by the Farm Credit Associations of Kansas.

Blach will assess where the industry stands on cow herd numbers and what that means for beef supplies in 2023. He will offer cattle price projections, taking into consideration grain prices, energy costs, beef exports, competing meat supplies and consumer demand. He will factor drought conditions, increasing interest rates and high input costs into his comprehensive forecast as well.

Registration and hotel information have been sent to KLA members and can be found online under the Events and Meetings tab at www.kla.org. Members can save on the cost of attending the convention by registering before November 11.

Celebrate Fall in the Flint Hills at the second annual Grass & Grain Farm and Ranch Show

By Donna Sullivan, Editor

The second Grass & Grain Farm and Ranch Show is right around the corner, November 8, 9 and 10. Along with a very nice variety of ag-related businesses that will fill the National Guard Armory in Manhattan, there will be workshops on several topics you will find useful. They begin at 2 each afternoon. On Tuesday Dr. Matt Miesner will discuss Weak Calf Syndrome and Jenna Goetzman from Merck Animal Health will discuss how their products can fit into your herd health plan. A Soil Health Workshop is planned for Wednesday afternoon, featuring Ernie Porter of Martin Till with a planting demonstration. Austin Cisneros with Elevate Ag and Dale Strickler will discuss soil health and Nathan Hendricks and DeAnn Presley will have a presentation on carbon credits, with Hendricks discussing the economics and Presley the agronomics. Thursday's workshop will be on sheep and goats, with Adaven Seronce giving a presentation on nutrition and lambing/kidding and Drew Ricketts talking about preventing predation.

On Wednesday, Chef Alli will present "Skillet Suppers to the Rescue" at 11 a.m. The workshops and Chef Alli presentation will be held on the second floor of the armory.

Call Hall Ice Cream will be handed out each day at 1 and several Grass & Grain columnists are planning to come and spend time in a booth visiting with you, as well. You can renew your Grass & Grain subscription or sign up a friend for a new one and receive a free gift. They will also give away \$250 in Show Bucks each day of the show, so be sure to sign up at the Grass & Grain booth as you come in. They can be spent at any of the participating booths up until the end of the year, with the exception of the food vendors. Speaking of food vendors, bring your appetite, because there will be two great ones -- Farmhouse of Olsburg and Riley and Vathauer Catering.

Grass & Grain is partnering with FFA for a food drive that will benefit the Flint Hills Bread Basket. If you bring in a non-perishable food item, you'll receive a second entry into the Show Bucks Drawing. Also, FFA chapters in attendance will be entered into a drawing for \$150 to be given to one chapter per day.

Show hours are 9-5 Tuesday, 9-7 Wednesday and 9-4 Thursday. Parking and admission are free. Come celebrate fall in the Flint Hills at the second annual Grass & Grain Farm and Ranch Show.



Routines of Fall

By Greg Doering,
Kansas Farm Bureau

I recently had to fire up the furnace for the first time this season. As painful as it was to switch the thermostat from the off position to heat, Mother Nature forced my hand with a hard freeze about two weeks early. In my mind there's nothing better than waking up in a chilly house. On the flip side, there's nothing worse than being awoken by a

freezing house.

The acorns falling on my roof for the past few weeks were one of the first signals this day was coming. Despite the drought, the oak tree north of my house has had a productive year. We've endured what can best be described as an intermittent hailstorm since late August. The seeds land with a thud before rolling into the gutter. Some of the larger acorns get a significant enough

bounce off the hipped roof to make it to the patio, which adds an extra bit of excitement to each step once the little ovals are covered by leaves.

The leaves and acorns will require some extra work over the coming weeks to remove. Like switching on the heat, raking leaves, disconnecting hoses and cleaning gutters are just some of the season's many routines.

In a couple of weeks my wife and I will participate in what's become another fall tradition, voting early. Like any good idiosyncratic custom, this habit developed accidentally rather than on purpose. We'll go out to breakfast on the Saturday before Election Day.

On our way home we'll stop by the county annex building to cast our ballots.

I don't remember exactly how this particular routine got started, but it ranks high on the list for why fall is my favorite season. Even if I'm not fully satisfied with the slate of candidates, I get to talk over the choices with my wife at our favorite breakfast place.

Of course, voting early does involve a little risk. There's always the chance of late-breaking news happening in the hours between Saturday morning and Tuesday evening that would change my vote in a particular race.

I think the odds of that

happening are up there with delaying my vote, getting busy on the second Tuesday of November and not voting, only to see a race end in a tie all because I didn't cast my ballot. Both are plausible if highly unlikely scenarios.

After voting, we'll likely spend the rest of the day working outside, picking up acorns that have bounced off the roof and raking leaves into giant piles. At least one of us will probably try to watch a little football and possibly sneak in an afternoon nap.

In some ways, elections are the easiest way we control our own governance. The hard work comes later, when you have to ensure

winning candidates stick to their campaign promises if you voted for them. Tougher still is convincing someone you didn't vote for to reconsider their position.

That work will come in a different season. Whether you're starting a tradition or sticking to an old routine, fall is voting season. I encourage you to make the most of it and cast your ballot anytime between now and Nov. 8.

"Insight" is a weekly column published by Kansas Farm Bureau, the state's largest farm organization whose mission is to strengthen agriculture and the lives of Kansans through advocacy, education and service.

Farmers can now make 2023 crop year elections, enroll in Agriculture Risk Coverage and Price Loss Coverage programs

Agricultural producers can now change election and enroll in the Agriculture Risk Coverage (ARC) and Price Loss Coverage programs for the 2023 crop year, two key safety net programs offered by the U.S. Department of Agriculture (USDA). Producers have until March 15, 2023, to enroll in these two programs. Additionally, USDA's Farm Service Agency (FSA) has started issuing payments totaling more than \$255 million to producers with 2021 crops that have triggered payments through ARC or PLC.

"It's that time of year for producers to consider all of their risk management options, including safety-net coverage elections through Agriculture Risk Coverage and Price Loss Coverage," said FSA administrator Zach Ducheneaux. "We recognize that market prices have generally been very

good, but if the ongoing COVID-19 pandemic, frequent catastrophic weather events and the Ukraine war have taught us anything, it's that we must prepare for the unexpected. It's through programs like ARC and PLC that FSA can provide producers the economic support and security they need to manage market volatility and disasters."

2023 elections and enrollment

Producers can elect coverage and enroll in ARC-County (ARC-CO) or PLC, which provide crop-by-crop protection, or ARC-Individual (ARC-IC), which protects the entire farm. Although election changes for 2023 are optional, producers must enroll through a signed contract each year. Also, if a producer has a multi-year contract on the farm and makes an election change for 2023, they must sign a new contract.

If producers do not submit their election by the March 15, 2023 deadline, their election remains the same as their 2022 election for crops on the farm. Farm owners cannot enroll in either program unless they have a share interest in the farm.

Covered commodities include barley, canola, large and small chickpeas, corn, crambe, flaxseed, grain sorghum, lentils, mustard seed, oats, peanuts, dry peas, rapeseed, long grain rice, medium and short grain rice, safflower seed, seed cotton, sesame, soybeans, sunflower seed and wheat.

Web-based decision tools

In partnership with USDA, the University of Illinois and Texas A&M University offer web-based decision tools to assist producers in making informed, educated decisions using crop data specific to their respective

farming operations. Tools include:

- Gardner-farmdoc Payment Calculator, a tool available through the University of Illinois allows producers to estimate payments for farms and counties for ARC-CO and PLC.

- ARC and PLC Decision Tool, a tool available through Texas A&M that allows producers to obtain basic information regarding the decision and factors that should be taken into consideration such as future commodity prices and historic yields to estimate payments for 2022.

2021 payments and contracts

ARC and PLC payments for a given crop year are paid out the following fall to allow actual county yields and the Market Year Average prices to be finalized. This month, FSA processed payments to producers

enrolled in 2021 ARC-CO, ARC-IC and PLC for covered commodities that triggered for the crop year.

For ARC-CO, producers can view the 2021 ARC-CO Benchmark Yields and Revenues online database, for payment rates applicable to their county and each covered commodity. For PLC, payments have triggered for rapeseed and peanuts.

For ARC-IC, producers should contact their local FSA office for additional information pertaining to 2021 payment information, which relies on producer-specific yields for the crop and farm to determine benchmark yields and actual year yields when calculating revenues.

By the numbers

In 2021, producers signed nearly 1.8 million ARC or PLC contracts, and 251 million

out of 273 million base acres were enrolled in the programs. For the 2022 crop year signed contracts surpassed 1.8 million, to be paid in the fall of 2023, if a payment triggers.

Since ARC and PLC were first authorized by the 2014 Farm Bill and reauthorized by the 2018 Farm Bill, these safety-net programs have paid out more than \$34.9 billion to producers of covered commodities.

Crop insurance considerations

ARC and PLC are part of a broader safety net provided by USDA, which also includes crop insurance and marketing assistance loans.

Producers are reminded that ARC and PLC elections and enrollments can impact eligibility for some crop insurance products.

Producers on farms with a PLC election have the option of purchasing Supplemental Coverage Option (SCO) through their Approved Insurance Provider; however, producers on farms where ARC is the election are ineligible for SCO on their planted acres for that crop on that farm.

Unlike SCO, the Enhanced Coverage Option (ECO) is unaffected by an ARC election. Producers may add ECO regardless of the farm program election.

Upland cotton farmers who choose to enroll seed cotton base acres in ARC or PLC are ineligible for the stacked income protection plan (STAX) on their planted cotton acres for that farm.

More information

For more information on ARC and PLC, visit the ARC and PLC webpage or contact your local USDA Service Center.



There is nothing more miserable than not being able to harvest when the weather is good, it's kind of like being grounded when you were a kid. Last week my late-planted beans were not quite dry enough to harvest. To make matters worse the weather was dry and hot with a chance of rain coming in three days and all I could do was watch and whine.

Don't get me wrong, I had plenty of other, productive things to do. I brought two bunches of cows home - they did not seem to be enjoying the dry grass and dust they had been given. Bringing them home increased the number of cows I am currently feeding hay to. That is always comforting in a year when one is worried about running short of hay. It also adds to the workload. The real conundrum is that I could send them out on stocks if I were done with harvest, but harvest is taking longer because I have to feed cows.

Then I ran into town to run errands and get parts. You know, the stuff you would normally do on a rainy day but because we are in a drought there are no rainy days. Well, I ran those errands and all the way into town I saw other producers combining. It gave me that gnawing sense of guilt that I am not out combining my crops while the weather is good. I really felt like I was being left out of the party and missing the fun.

Don't get me wrong, when I can get started back up combining it should go fast. I will not have to take time out of combining to go unload the truck. I always try to see the positive in every situation and what I am seeing is time savings with not having to unload very often and fuel savings because I am not driving the truck into town either. You have to take those small victories when you can get them, especially this year.

The real irony of the situation was that I missed going to see Isaac last weekend because I had beans to combine. This weekend, nothing to combine - funny how that works. I told you I was whiney. I do have to admit that there were times during the weekend I didn't mind being sidelined, especially when the wind was

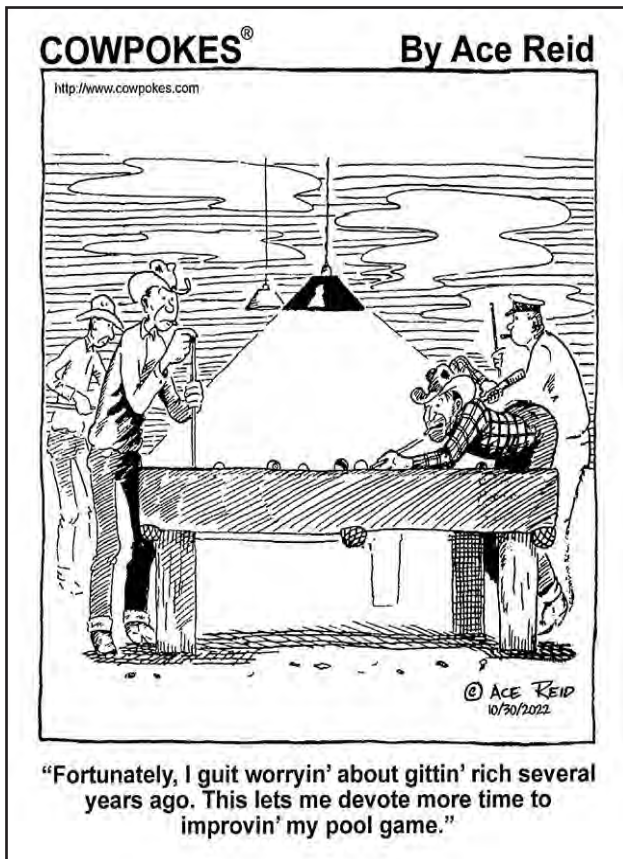
blowing at gale force. Things were not very pleasant then and would have been even more unpleasant in the field.

Then came the rain. Mind you, we did not really get enough to do any good, but we did get enough to stop harvest for a couple of days. I must say I did feel better because I could go to town and not see anyone else in the field. We farmers are a funny group. It did add to my stress because now I was driving past the fields looking at the beans and wondering if they would dry out and how much moisture the rain added.

I should be able to try it today and I am cautiously optimistic. I will get a few acres cut because it takes a fairly good area just to get enough beans for a sample. Remember, I am trying to find the bright spot in all of this. Did I mention that there was another chance of rain in two days, again, not a good chance but probably just enough to stop harvest for another couple of days. Funny how we want rain, but we also want to control when we get it. I guess if me needing to get harvest done brings the rain on, I am willing to take one for the team.

I am sure I will get my chance to wrap up harvest - the long range for cast is for more hot and dry weather. I know I will look back on this in a week or so and feel really sheepish for complaining. It will be interesting to see what happens. I need the rain to settle the dust because I am weaning calves this weekend. Which will win out? Rain to stop harvest or dust to make my life more difficult with the cattle? I am betting on just enough rain to stop harvest but not enough to settle the dust.

I will stop complaining because it doesn't do any good and like my father always tells me, we have never failed to get a crop planted or harvested. There is no sense in planning anything out because you don't have control over the weather. Remember to look for the good in every situation. The lines at the elevator won't be long and it won't matter that the air conditioning is not working on the combine. It's the little victories, or at least that is what I tell myself.



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• Cont. from page 1

that we can share with our customers to make improvements with their herd and add more value to their bottom line," Kleysteuber says.

Through the U.S. Premium Beef grid, Hands knows individual carcass performance. As long as a pen stays above average, they see black in their bottom line.

And they do. In the first quarter of 2022, Triangle H averaged 97% Choice or better, 18% Prime and 44% CAB resulting in a \$91.60 per head premium. At certain times of the year, premiums can reach more

than \$200 per head.

But cattle don't perform to their greatest potential without the right people. A reoccurring question for the father-daughter duo is how to bring in good employees and then help them grow and develop.

"We may not be a big yard, but we feel there are some natural niches where we can give opportunities to a person to have a career opportunity," Hands says. "Especially those who may not be in a position to marry into ag or inherit it."

Their investments pay off with tenured employees.

"We give them a lot of responsibility to make decisions and keep things moving," he says. "This lets us focus on more of the business side at the office."

"Over time dad has helped me gain more confidence in different areas of the business," Kleysteuber says. Every day she accepts more of the daily weight that comes with managing a feedyard.

She naturally fills the role but continues to take full advantage of the time spent with her dad. "As long as he can get up and come out here, I plan on us working side-by-side."

Voters have the opportunity to restore our state government's checks and balances system

An Op-Ed by Kansas Agribusiness Retailers Association, Kansas Association of Wheat Growers, Kansas Cooperative Council, Kansas Grain and Feed Association, Kansas Grain Sorghum Producers Association, Kansas Livestock Association, Renew Kansas Biofuels Association

Kansas agriculture helps to feed, fuel, and clothe the world. Members of our organizations include farmers, ranchers, and companies directly involved in agribusiness. We proudly stand together as the voice of agriculture to promote and protect agriculture in our great state.

Under our system of government, the authority to create laws should be held by the state legislature – those people directly elected by, and answerable to, Kansas voters. Too often today, however, executive branch agencies pass rules and regulations that have the force and effect of law. Leaders of these agencies are not elected and are not directly answerable to the people.

In Kansas, agency regulations that exceed the legislature's intent cannot be stopped by the legislature without passing a bill that can withstand a governor's veto. This unusual circumstance was set in place following a court ruling. It cedes law-making author-

ity from the legislature to the executive branch and diminishes our system of checks and balances.

Kansas agriculture recognizes the important role regulatory agencies play in supporting our industry, and we support reasonable regulations on agriculture. Farmers, ranchers, and agribusinesses frequently work with regulatory agencies to identify issues and work toward compliance. At times, however, executive branch agencies misinterpret or exceed the authority granted to the agencies by the legislature. In these rare instances, the legislature must be allowed to halt harmful regulations by a majority vote.

Kansas is one of only 16 states not requiring its legislature to approve agency regulations before they are adopted. The Kansas legislature has recognized the potential damage an uninformed agency action can cause.

This spring, with the intent to create transparency and allow affected parties the opportunity to discuss the benefits and consequences of proposed regulations, Kansas lawmakers passed HCR 5014. The bill asks Kansas voters, through a November ballot question, to adopt an amendment to the Kansas constitution that would

allow the legislature to reject any proposed agency regulation that is not consistent with legislative intent. The amendment will restore balance among the three branches of government, and ensure legislative authority is appropriately vested in the legislature, as our constitution originally required.

A 'YES' vote on the ballot question in November approves the proposed amendment to the Kansas Constitution and provides the public a voice in opposing any unreasonable or unnecessary agency rule or regulation. A 'NO' vote allows state agencies the discretion to expand bureaucracy and grow the regulatory state, leaving an expensive lawsuit that many cannot afford as one of the only relief mechanisms.

Vote 'YES' on the HCR 5014 ballot question in November to help ensure Kansans have every opportunity for success free from bureaucratic red tape.

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Starting at 2:00, Dr. Matt Miesner and Jenna Goetzman.

Wednesday - Soil Health Workshop
Sponsored by D&M Mini Barns
Starting at 2:00, Dale Strickler, Nathan Hendricks, and Dr. DeAnn Presley, Presentation by Elevate Ag and Martin Till.

Thursday - Sheep & Goat Workshop
Starting at 2:00, Adaven Scronce on Nutrition and Lambing/ Kidding, and Drew Ricketts on Preventing Predation.

FOOD VENDORS: Farmhouse, Vathauer Catering
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GRASS & GRAIN Our Daily Bread

***** By G&G Area Cooks *****

Bernadetta McCollum, Clay Center, Shares This Week's Winning Recipe In Grass & Grain

Winner Bernadetta McCollum, Clay Center: "This is a tasty cool weather soup; and cool weather is just about upon us!"

TACO SOUP
 8-ounce can tomato sauce
 15-ounce can white whole kernel corn, drained
 (3) 15 1/2-ounce cans chili beans
 15-ounce can diced tomatoes
 1 small can green chilis, optional
 1 pound ground beef, seasoned, browned & drained
 1 package taco seasoning
 1/2 package dry Hidden Valley Ranch (original)
 Combine all ingredients and heat thoroughly. Enjoy!

Jackie Doud, Topeka:
LEMON PIE
 1 can sweetened condensed milk
 1/2 cup lemon juice
 8 ounces Cool Whip
 Few drops yellow food coloring
 9-inch graham cracker crust
 In a bowl combine sweetened condensed milk and lemon juice. Let stand a few minutes. Stir in Cool Whip. Add food coloring. Spoon into crust. Chill until firm.

Susan Schrick, Hiawatha:
2-INGREDIENT PUMPKIN BROWNIES
 1 can pumpkin
 1 box brownie mix
 Preheat oven to 350 degrees. Spray a 9-by-13-inch pan (I used a Pyrex pan) with a nonstick spray. Mix together both the pumpkin and brownie mix in a bowl. It gets really thick; I slowly added in the brownie mix and it was still hard

to mix with a whisk. Bake for about 15-20 minutes and be sure to check for being cooked through.

NOTE: They are thick enough you could cut them like fudge for a get-together or potluck this fall.

Rose Edwards, Stillwater, Oklahoma:
ACORN SQUASH
 2 medium acorn squash, sliced into 1-inch circles & seeds removed
 1/2 cup apple cider
 1/4 cup brown sugar
 1/2 teaspoon salt
 1/8 teaspoon cinnamon
 Place squash in a 9-by-13-inch baking pan. Pour cider over squash. Combine all remaining ingredients and sprinkle on top. Cover with foil and bake at 325 degrees for 45 minutes or until tender.

Loretta Shepard, Helena, Oklahoma:
BEST-EVER CHOCOLATE CHIP COOKIES

1 cup sugar
 2/3 cup brown sugar
 1 cup butter
 1 cup peanut butter
 1 teaspoon vanilla
 2 eggs
 2 cups flour
 1 cup dry oats
 1 1/2 teaspoons baking soda
 1/2 teaspoon salt
 16 ounces chocolate chips
 Beat sugar, brown sugar, butter and peanut butter until creamy. Add eggs and vanilla. Beat well then add flour, oats, baking soda and salt. Add chocolate chips. Drop by teaspoon onto ungreased cookie sheet and bake at 350 degrees for 10 to 12 minutes. Makes 4 dozen.

Millie Conger, Tecumseh:
PINEAPPLE SHEET CAKE

2 cups flour
 2 cups sugar
 2 eggs
 1 cup chopped nuts
 2 teaspoons baking soda
 1/2 teaspoon salt
 1 teaspoon vanilla
 20-ounce can crushed pineapple, undrained
 Cream cheese icing:
 8 ounces cream cheese
 1 box powdered sugar
 1/2 cup butter
 1 teaspoon vanilla
 1/2 cup chopped nuts
 In a large bowl combine flour, sugar, eggs, nuts, baking soda, salt, vanilla and

pineapple. Mix until smooth. Pour into greased jelly roll pan. Bake at 350 degrees for 35 minutes. Let cake cool. For icing combine cream cheese, powdered sugar, butter and vanilla. Beat until smooth. Spread over cake and sprinkle with nuts.
NOTE: There is no shortening or oil in this cake.

Kimberly Edwards, Stillwater, Oklahoma:
QUICK BEEF STEW

2 cups leftover roast beef, diced
 16-oz. can mixed vegetables, liquid drained & reserved
 1 can cream of celery soup
 1 can cream of mushroom soup
 Pepper to taste
 In a saucepan combine beef, vegetables, soups and pepper. Heat through. If desired, add the reserved liquid.

Kellee George, Lenexa:
BANANA TAPIOCA PUDDING

Banana tapioca pudding
 2 3/4 cups milk
 3 tablespoons quick-cooking tapioca
 1/3 cup sugar
 1 egg
 1 teaspoon vanilla
 2 bananas, sliced
 In a pan combine milk, tapioca, sugar and egg. Let stand 5 minutes. Cook and stir over medium heat until comes to a full boil; remove from heat. Stir in vanilla and bananas. Cool 20 minutes. Serve warm or cold.

Time Matters When Cooking Chicken Wings

By Maddy Rohr, K-State Research & Extension news service
MANHATTAN — With many flavors and varieties, chicken wings are a popular finger food in American households, but improper cooking can lead to Salmonella poisoning.

Kansas State University food scientist Karen Blakeslee said the recommended internal temperature for all poultry products is 165 degrees Fahrenheit.

Blakeslee said food scientists at the University of Nebraska-Lincoln validated the recommended temperatures for chicken wings, in particular, in a study using dry heat cooking methods.

"The goal was to validate the cooking times and temperatures to guide consumers in safely cooking chicken wings," she said.

The study included injecting chicken wings with Salmonella and cooking the wings for various times. The convection oven was set to 288.5 F to 298.2 F and the air fryer was set to 340.7 F to 364.5 F.

"In the end, all cooking times below 22 minutes still tested positive for Salmonella," Blakeslee said.

While this study explores two cooking methods, chicken wings can be prepared in many different ways.

"Whether using frozen or fresh chicken wings, always use a food thermometer to know the internal temperature reaches 165 F as preparation methods vary," Blakeslee said. "Other cooking methods, such as grilling, frying, or in a conventional oven, are easy methods to cook chicken wings, but no matter what method is used, it is important to follow the cooking times to destroy any bacteria present."

Blakeslee, who also is coordinator of K-State's Rapid Response Center for food science, publishes a monthly newsletter called You Asked It! that provides numerous tips on being safe and healthy. More information is also available from local extension offices in Kansas.

Links used in this story: K-State Rapid Response Center Newsletter, <https://www.rrc.k-state.edu/newsletter/>
 K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>



Baking With Sugarbuns

By Michele Carlyon
 Introducing Mr. and Mrs. Drees

Kyle and I each officially said, "I do," on October 16. We got married at Willows Bend in Carbondale, at 4:30 in the afternoon. You always hear nightmare stories of wedding days, and I am so thankful that I do not have any of those to share; our day was pure magic.

My day started early, being at the venue by 9:00 a.m. All my bridesmaids and my two nieces met me there and we settled into the bridal suite to get hair and makeup done. We each brought breakfast items and were able to relax and jabber as we prepared for the long day ahead. My aunt was also there early to help execute my decoration dreams with our wedding planner.

I really thought I would get through the day without tears, but my aunt surprised me with the most thoughtful gift of a diamond bracelet to match the sparkles of my dress; I was stunned but managed to hold back tears at that point. Right after that my Maid of Honor, Kari, surprised me with the sweetest picture of her and I as well as a hanky talking about our friendship. The tears started flowing at that point.

My mom helped me to put on my dress and shortly thereafter I went outside to do my reveal with my dad. I stepped up behind the man who has been one of my biggest fans from day one and I could hear a snuffle. Once again, the tears flowed.

Next up was the reveal with Kyle and because I am a huge fan of pictures, we took what felt like a million of them. Our families joined in for the pictures as did the bridal party and although we might have been chilly by the time we were done, we had a lot of laughs, and I am beyond eager to see what kind of magic was captured.

Once pictures were done, I was put into hiding until guests were seated. It was quite windy, but we decided to get married outside, by the water, anyways. I think I shivered through the whole thing, but it was worth it. After the ceremony, we were all ushered back inside where Kyle and I were reintroduced from

the balcony as Mr. and Mrs. Drees.

Next up was the reception where our neighbors provided us with the most amazing meal, which we continue to get compliments on. They also were kind enough to go with my crazy wishes of a trail mix bar, a candy bar and charcuterie boards to ensure that no one was going to leave even slightly hungry.

We listened to toasts from our Maid of Honor and Best Man before cutting into the cake. I also was able to present Kyle with a groom's cake representing his love for his two favorite football teams, but with a little bit of a Michele quirk in the form of figurines of my two cats making an appearance on the top.

Our first dances were done, we played the shoe game, and our DJ does a game to see who is supposed to get cake smashed in their face. My family and friends were eager to see Kyle cake me, so to no surprise at all, I was the winner of the cake smashing. Thankfully, my new husband took one for the team and shoved the cake in his own face.

We finished out the evening with some dancing and spending time with all the people who took time out of their busy schedules to show us how much they cared and loved us. Seeing all the planning, the time and efforts come together to create the perfect day was so exhilarating and everything we could have ever asked for. There will never be enough words to say thank you to everyone who made our day so special, but I hope each and everyone of them know just how appreciated they are.

Michele grew up in Junction City and graduated from Kansas State University. She worked in the restaurant management field for six years before deciding to switch careers and now works as an office manager for a company that manufactures oilfield products. Her passion for blogging and food can be followed on Instagram: [boobsbrainsandbaking](https://www.instagram.com/boobsbrainsandbaking).

If you would like to contact Michele with comments please email mcarlyon88@gmail.com

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Kansas Profile – Now That’s Rural: Businesswoman Observes Resurgence In Downtown Council Grove

By Ron Wilson, director of the Huck Boyd National Institute for Rural Development at Kansas State University

“A few years ago, there were eight or nine empty buildings along our main street. Now, it’s hard to even find an open office space downtown.”

That quote comes from a businesswoman who has observed the resurgence of businesses in her community of Council Grove. This downtown, independent business renaissance has been led by women.

Jennifer Kassebaum recently opened a bookstore in Council Grove. Her business is one of many new enterprises downtown. Julie Hower, president and CEO of Farmers & Drivers Bank in Council Grove, recently convened a group of downtown business owners. They met in the office

of Zoey Bond, executive director of the Council Grove Area Trade and Tourism Association, and shared about their businesses.

For example: **Lindsey Forge is the owner of Weathered Wood Home, a vintage home décor furnishing business.**

As a mother of four, she was a stay-at-home mom for eight years who found she enjoyed woodworking and building furniture. “This became a hobby that got out of control,” Lindsey said with a smile.

She started using reclaimed barn wood to make picture frames and expanded to offer candles and many other types of home décor products. In addition to her online business, she opened a downtown boutique in Council Grove in 2016. See www.weatheredwoodhome.com.

In 2020, Nicky Tiffany opened The Territory Ballroom, a coworking, lodg-

ing, and event space in a historic building downtown.

In addition to available short-term offices, it has open space that is designed for weddings and other events plus a sumptuous bridal suite. See www.the-territory-ballroom.com.

Lindsay Gant and Deidre Knight, their husbands and a friend are partners at Riverbank Brewing, a new brewery in the converted armory building in downtown Council Grove.

It is located next to the Neosho River, with craft beers on tap and indoor and outdoor venues to enjoy them. The facility is also available to be rented for special events.

On-tap craft beers include Thrill Hills Kolsch, Rio Salado Mexican lager, Legends Never Die chocolate porter, and one called The IPA with No Name. Craft cocktails, charcuterie boards and

more are on the menu. See www.riverbank-brewing.com.

In that same building, Deidre operates an online screenprinting and embroidery business called Twin Lakes Tees, plus a social media and marketing business called Story Media.

That enterprise works in web design, branding, and event management. See www.twinlakestees.com and www.storymedia.com.

A few blocks west along Main Street is a building with a garage door on the front. It looks like it could have been an auto dealership years ago. That is now the home of a business called The Dealership Building, owned by Amanda McDonald and her husband.

It is a multi-use space with a retail store featuring antiques and other specialty products such as soaps, candles, and candy on consignment. The Dealership also offers a micro-shop space and incubator kitchen for other entrepreneurs. See www.thedealershippcg.com.

All this is in addition to Dee Gieswein’s Farmers Insurance agency and Shirley and Ken McClintock’s Trail Days Café and Museum that have been



the topics of past Kansas Profiles features.

“When I started, I was the only woman in our business district,” Gieswein said.

Bond added: “In addition to these women, we have another six, women-owned businesses.”

What is causing these women to open these new businesses in Council Grove?

* “I love my community,” Gieswein said, adding, “Without Julie (Hower and her community bank), this would not have been here.”

* “It’s for my kids,” Nicky Tiffany said.

* “We moved here ten years ago, and my husband and I are choosing to be here,” Lindsay Forge said.

* “I’m so thankful that the community is so supportive,” Amanda McDonald said.

How exciting to find these entrepreneurial

women leading a resurgence of business in the rural community of Council Grove, population 2,140 people. Now, that’s rural.

For more information about the community, go to www.councilgrove.com.

From closed buildings downtown to a vibrant set of new businesses, Council Grove has experienced this downtown renaissance. We commend these women ruralpreneurs for making a difference with their initiative and investment.

Thanks to their efforts, this downtown is experiencing an upturn.

Audio and text files of Kansas Profiles are available at <http://www.kansas-profile.com>. For more information about the Huck Boyd Institute, interested persons can visit <http://www.huckboydinstitute.org>.

MyPlate Your Meal: Know The Food Groups

By Katherine Pinto, EFNEP & SNAP-Ed Agent, Wildcat Extension District

Do you have a favorite go-to meal? If so, does this meal include all the MyPlate food groups? An even better question might first be, what are the 5 MyPlate food groups?

The 5 MyPlate Food Groups are the following:

1. Whole Grains: When looking to fill the grain portion on your meal you want to aim for at least half of your grains to be whole. This allows you to explore different whole grain options, while still enjoying more processed grains. Great examples of whole grains are rolled oats, brown rice, whole wheat bread, and whole wheat pasta!

2. Fruits: Fruit is what some refer to as nature’s candy. Due to its natural sugar, fructose, fruit is a great way to curb a sweet

tooth! When selecting fruit, it’s important to try and shop whatever is in the season to get the most bang for your buck. If you are going with a canned fruit option, look for options that are in 100 percent fruit juice. If this option is not available, you can simply strain and rise the fruit before consuming it to get the added sugary syrup off.

3. Vegetables: Vary your veggies; different colors mean different nutrients. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated. Based on their nutrient content, vegetables are organized into 5 subgroups: dark greens; red and orange; beans, peas, and lentils; starchy; and other vegetables.

4. Lean Protein: Vary your protein routine. All foods made from seafood; meat, poultry, and egg;

beans, peas, and lentils; and nuts, seeds, and soy products are part of the protein food group. Although all of these items are part of the protein food group, they are not all created equally. For example, chicken breast has 31 grams of protein per 100 grams, whereas black beans have 6 grams of protein per 100 grams.

5. Fat-Free or Reduced-Fat Dairy: The dairy group includes milk, yogurt, cheese, lactose-free and fortified soy milk, and yogurt. It does not include foods made from milk that have little calcium and a high-fat content, such as cream cheese, sour cream, and butter.

For more information, go to www.dietaryguide.gov, or contact, Katherine Pinto, EFNEP and SNAP-Ed agent, kpinto@ksu.edu or 620-232-1930.

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Ukraine conflict underscores importance of farmers for domestic, global food security

By Solutions from the Land
To say Ukrainian farmers have had a difficult year would be an understatement. They're not just battling difficult weather or poor markets. They've found themselves in a fight for freedom, and, at many times, their lives.

A New York Times report shares stories from Ukraine of farmers remaining in the fields trying to bring in their harvests of wheat, barley and sunflowers. Tractor drivers have been killed by Russian artillery and mines. Survivors have watched thousands of acres of golden, harvest-ready wheat burn from Russia's military strikes.

"They see the combines

and fire at them," said Yevhen Sytnychenko, head of the military administration in the Kryvyi Rih district, in an interview for the story, published Aug. 4, 2022. "They do it so we won't have grain, so we cannot eat and cannot export."

Aside from the life-threatening danger of farming in Ukraine, the Russia-Ukraine War has made it difficult for Ukrainian farmers to access seeds, fertilizers, plant protection and other inputs. Inputs simply aren't available, or farmers can't get them because roads and other infrastructure have been damaged. They face challenges acquiring financing, which is needed to

buy basic supplies and to cover unexpected costs. And if farmers can get a crop harvested, they must figure out how to get it to domestic and international marketplaces.

Russia denies having a role in food insecurity issues in Ukraine and elsewhere, which Solutions from the Land saw during the CFS 50 meeting in Rome. Delegates could not come to an agreement on a key agenda item, "Coordinating policy responses to the global food crisis—the State of Food Security and Nutrition in the World 2022," due to differences regarding the role the Russia-Ukraine war, which Russia continues to call its "special military operation," in worsening

global food and nutrition insecurity.

The Russian aggression and destruction of Ukrainian farmland and agricultural infrastructure is a powerful reminder of the critical role farmers and agricultural value chains play in ensuring availability of and access to food and nutrition.

Farmers, including those in Ukraine, are heavily invested in their land and want to see it continue to produce food for their communities and the world. They also produce a whole set of additional services that benefit society, such as economic value and healthy soil, water and air. However, when their ability to produce an abundance of nutritious food is threatened—as it is in Ukraine right now, so is the health and survival of humanity.

Without farmers, there is no food security. With

out food security, societies become more vulnerable to further conflict and demise.

The threat is not just to the Ukrainian people. The war has disrupted Ukraine's ability to get agricultural products to international markets, where it has become known as a major exporter of grain and oilseed. The country, which is slightly smaller than Texas, ranks No. 1 in the world for sunflower exports, No. 2 for sunflower oil and meal, No. 4 for barley, No. 6 for corn and rapeseed, and No. 7 for wheat, according to the USDA Foreign Agricultural Service in April 2022.

Countries like Egypt, which historically has sourced 82% of its wheat imports from Ukraine and Russia, have had to secure different, more stable sources of grain.

Efforts are under

way to support farmers in Ukraine. USAID has contributed \$100 million and seeks to leverage an additional \$150 million from fellow donors and the private sector for the Agriculture Resilience Initiative – Ukraine. The AGRI-Ukraine initiative is intended to bolster Ukrainian agriculture exports and to help alleviate the global food security crisis exacerbated by Putin's brutal war on Ukraine. It focuses on purchasing and delivering critical inputs to farmers; improving and increasing export logistics and infrastructure; increasing farmers' access to financing; and providing drying, storage, and processing support. We applaud the effort to keep farmers first in ensuring Ukraine can continue agricultural production now, during this crisis, and in the future.

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Pa was a hard man. He came up hard. His mother died when he was 15 years old; the older children had gone off on their own but there were four little girls still at home, looking to Pa to take care of them. Their own father was - well, worthless in the ways that count, like providing for his family. He could not record the names of his children in the Bible; nor could he read that Bible, but he could quote it. Nor could his wife read or write. Hard-scrabble farmers with no time for learning. This was Pa's world. Somehow, Pa had a knack for numbers and he could read and write well enough. I think his mother had seen to that, and he

would see that his sisters made time for schooling. Suppers were often a pone of cornbread and a cup of milk, which they mixed together. The moisture in the milk soaked into the dry bread and made the meal bigger. The World War called this country boy to a foreign shore. The only memory he ever shared of the experience was the troop transport. This landlocked lad looked out over an ocean with ships as far as he could see in either direction. He was careful with his money. He came home from Europe, married, and started a family in a rented two-room, clapboard house that had seen better days. They farmed and

put aside enough money to buy a small farm. They started raising farmhands, one after another, and Grandma cooked green beans in a washtub over a fire in the yard in order to feed everyone. As the depression set in, he lost his farm for taxes - save for ten acres and the house. Over the next decade, he saved enough money to buy back his farm while supporting twelve children. His father often dropped in for a couple of months, as did some of his siblings. They were never turned away. Pa farmed with mules and chewed tobacco. When the sun was fading, the weary beast stepped slower and slower until Pa spit tobacco juice in its eye to hurry it up. He sold firewood in town and raised plants in beds to sell to the neighbors. He drove once; he had a wreck and never drove again. He would hire local boys to drive his truck to town to deliver wood and pick up fertilizer until his own boys were old enough. Overalls, an old felt coat and an old felt hat were his uniform, every day, winter or summer.

One Sunday, he and Daddy were out at the barn chopping wood for the cookstove and the wood heater in the front room. After a while, Pa came into the kitchen, got a wash pan, picked up a few items and went into the next room. He did not speak a word. A few moments later, Daddy came breathlessly into the house, "Did Pa get hurt bad?" We rushed through the door to find Pa with his pant-leg rolled up and one leg propped on a chair. The wash pan was on the floor catching the peroxide Pa was pouring over a gash on his shin. The ax had slipped and sliced his pants and his leg. He wrapped the wound in bandages, fastened it with a safety pin, and tossed the water out the back door. He never said a word. Deb Goodrich is the co-host (with Michelle Martin) of Around Kansas TV show and the Garvey Texas Foundation Historian in Residence at the Fort Wallace Museum. She chairs the Santa Fe Trail 200, commemorated through 2025. Contact her at author.deb.goodrich@gmail.com.

A look at fertilizer prices

By David Hallauer, Meadowlark District Extension agent, crops and soils/horticulture

On the *Agriculture Today* podcast from KSU recently, Dr. Gregg Ibendahl revisited the large movements in fertilizer prices over the last year. Anyone involved in production agriculture has seen - and felt - that price movement and its effect on operating budgets.

As prices move and factors continue to have influence on the market, it can be difficult to make decisions like those surrounding fertilizer applications that can have drastic effects on production budgets. To help provide at least a little clarity, Dr. Ibendahl puts out regular forecasts to help with those budget (altering...) decisions on his KSU Agricultural Economics webpage: <https://www.agmanager.info/contributors/ibendahl>. Two of the most recent posts look at oil and consumer prices - both factors in a model he has developed to predict fertilizer prices.

If you visit his page, the third document you'll find includes his fertilizer price predictions. The long and the short of his model suggests this: if you have not started looking at fertilizer pricing for the upcoming year, there's good reason to do so soon, with the factors in his model predicted to increase in price - meaning fertilizer might as well.

Budgets he once revised annually are now reviewed annually. In addition to fertilizer (up 30 percent since last August), herbicides are up almost 50 percent during the same time period, making the need for continued monitoring of pricing opportunities important to budget bottom lines. For more on Ibendahl's fertilizer thoughts, check out the website above or listen to his interview. It's episode 1299 at: <https://agtodayksu.libsyn.com/>.

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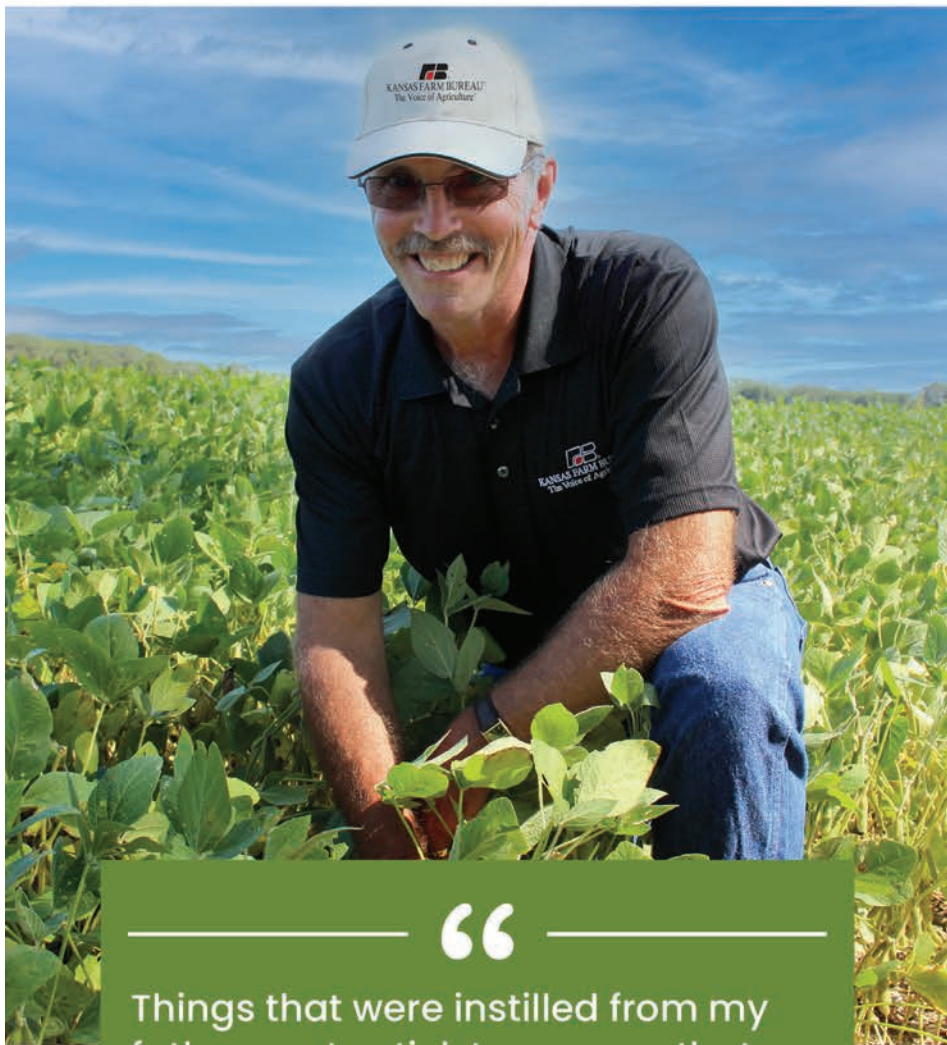
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Free workshops on tap to outline pesticide safety procedures for agriculture workers

By Pat Melgares, K-State Research and Extension news service

Kansas State University officials have announced a series of free workshops to provide training that will reduce the risk of illness or injury to agriculture workers who are exposed to pesticides while on the job.

Cal Jamerson, a K-State Research and Extension produce safety Extension associate based in Olathe, said training is available in Manhattan, Olathe and Wichita in early December for the U.S. Environmental Protection Agency's Worker Protection Standard pesticide safety training sessions.

The series of workshops, which are held 10

a.m. to 5 p.m., include:

- Dec. 1 – Manhattan, 110 Courthouse Plaza, room B216.
- Dec. 8 – Olathe, 22201 W. Innovation Drive.
- Dec. 12 – Wichita, 7001 W. 21st Street North, Ingle room.

"This training is important so that agricultural employers – including farms, orchards, nurseries, greenhouses and others – know what is expected of them related to pesticide applications and how to train their workers to be safe with pesticides," Jamerson said.

Participants will earn certification as a Worker Protection Standard trainer in order to train workers to comply with EPA regulations for working

with pesticides.

Londa Nvadike, an Extension associate professor of food safety who has a dual appointment in Kansas and Missouri, said occupational exposure to pesticides may cause acute and long-term health effects to farmers and farm-workers, "but with proper training and safe practices, harmful occupational exposure to pesticides can be reduced."

The EPA's Worker Protection Standard requires agricultural employers to provide specific information and protection when using products labeled as being covered by WPS.

Jamerson said agricultural businesses are required to provide pes-

ticide safety training and education on how to read and understand pesticide labels.

"The Worker Protection Standard also includes providing information on what and where pesticides are being used, and what must be done to protect (workers) from exposure," he said. "The protections required include relevant Personal Protective Equipment, signage and clear safety procedures."

For more information or to register for the free December workshops, interested persons may contact Jamerson at 913-709-0281, or send email to agri@ksu.edu.

Registration is also available online. The workshops are available

for free due to support by a specialty crop block grant

from the Kansas Department of Agriculture.

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Volatility in farm input costs here to stay, says MU researcher

Increased volatility in prices of farm inputs such as fertilizer is likely here to stay well into 2023, says Ben Brown, University of Missouri senior research associate for the Food and Agricultural Policy Research Institute.

U.S. prices for fertilizer stabilized in June and then declined in July and August, but Brown says it is unlikely they will remain low. "It is difficult to get downward pressure on input prices when output prices remain high," he says.

Unfortunately, producers have few ways to respond to price increases for inputs. Fertilizer is by far the most complex market that farmers encounter currently, says Brown.

Farmers and ranchers experienced 200%-300%

increases in fertilizer costs in 2021 and the first half of 2022 due to reductions in supply and strong demand. Many of the same factors look poised to return in 2023, says Brown.

Natural gas is a major component in the manufacture of anhydrous ammonia. Tightness in European gas markets resulted in increased prices in the U.S. Gulf. Strong demand for product also appears likely as the U.S. makes preparations for fall wheat planting and 2023 acreage decisions.

"Fertilizer prices induced the largest behavioral change for U.S. ranchers and forage producers on weaker to negative margins and expanding drought designations," says Brown.

Farmers who bought fertilizer early last year saw better prices than those who waited. There is no way to predict if that will happen again this year, says Brown. "Winter weather forecasts in Europe will play an unusually large role in U.S. fertilizer prices this winter. One option to spread the price risk is to split nitrogen applications in fall and spring."

Brown gives a global timeline showing factors that played into rising fertilizer prices, beginning with the COVID pandemic. Following sanctions, Belarus and Lithuania halted transit of potash to the Baltic Sea. In February 2022, Russia invaded Ukraine and markets saw record high material costs. Then food and fertilizer exports from the Black Sea were disrupted. By May 2022, sanctions on Russian individuals and entities and a global food

crisis brought concerns. Unfortunately, farmers can't keep profits steady when prices go up and revenue opportunities remain the same, says Brown. Global trade policies and relations also affect markets, with one of every three rows of U.S. soybean going to China.

Break-even prices will almost certainly be higher in 2023, says Brown. Corn and other commodity prices must maintain current levels to offset increased input prices to achieve profit margins at the farm gate. "A lot will happen in the next 12 months to influence commodity markets," he says. "Naturally, when prices move higher, we increase the potential for lower prices creating more risk and stress for farmers and ranchers."

To combat rising prices, Brown recommends the following:

- Review crop insur-

ance to make sure that coverage meets current situations.

• Create a well-defined grain marketing plan that provides some price protection.

• Lock in delivery prices

and insure with a Basic Revenue Protection Combination Plan.

For more information, contact Brown at 660-492-7574 or bpbrown@missouri.edu, or follow @Ben-BrownMU on Twitter.

Los Angeles City Council adopts anti-animal ag treaty

The Los Angeles City Council voted unanimously to adopt its resolution in support of the global Plant Based Treaty initiative, with the intention of halting expansion of animal agriculture and promoting a shift towards plant-based diets. The campaign's website indicates a list of "demands" aimed at reversing the climate crisis. Pending concurrence of the city's mayor, it will become the world's largest city to endorse the treaty.

According to a report from the California Department of Food and Agriculture, animal agriculture is a significant factor to the state's economy. In 2021, dairy products and milk contributed \$7.57 billion to the state with 1,400 dairies totaling 1.7 million cows. Meanwhile, beef cattle and calves also contributed \$3.11 billion to the state with nearly 5.2 million head.

The initiative follows President Biden's Executive Order for Advancing Biotechnology and Biomanufacturing Innovation for a Sustainable, Safe and Secure American Bioeconomy, which promotes fake meat production along with other agriculture biotechnologies in the name of food security and sustainability.



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