

# The <http://www.wvagriculture.org/> Market Bulletin

Gus R. Douglass, Commissioner  
Janet L. Fisher, Deputy Commissioner Steve Hannah, Deputy Commissioner

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## *Modern Equipment Makes Faster Work of Farming*

I'm writing my column early this month as Anna Lee and I plan to spend a few days with my daughters, grandchildren, and great-grandchildren at the beach. The contrast in scenery is nice and the kids love the ocean, but I still prefer the West Virginia hills. Today is West Virginia Day and a holiday for state workers. It is with pride that I reflect on our state and its people. Our state is much appreciated and recognized nationwide for the natural beauty of our mountains and resources.

I am also using our day off to recover from helping my son Tom in the hayfields for four days. I never cease to be amazed at what can be done with modern equipment as I remember similar activities during my youth in the same fields where we have been working. Tom operates our farm now with no farm help and utilizes modern equipment to its fullest extent.

The hay we are cutting today goes into square bales and is sold. We have

some extremely high quality hay this year. In one day, Tom and I baled and put in the barn what used to take us at least two days. We were in the field baling at 1 p.m. and out of the field by 5 p.m., having tied and moved 1,000 bales to the barn for storage.

This equipment does not come cheap. Diesel fuel is costing over \$2 a gallon and the baling wire 17¢ per bale. As I helped Tom I reminisced about when we used to stack the hay by hand. We had a dump rake which raked the hay into piles. Then we threw a rope around a pile of hay and used a horse to pull it to the stacking area until fall when a stationary baler was brought in to bale it. I ponder what the future holds and how much further we can go in biotechnology with the new varieties of grasses and legumes that are being grown now and handled by machines only - without us ever touching it.

On the international scene, lawyers have gotten into the BSE issue and confused it further. Unfortunately, their involvement in demanding additional testing is costing the beef industry about a \$100 million to date. The inconclusive BSE samples which were later put through a more extensive laboratory test did prove negative. The Inspector General demanded the samples be rerun with another test. Of the three tests run, one showed a weak positive from an enriched sample which showed the level of prions present was very low. The sample was then sent to a lab in Weybridge, England which confirmed



*Gus' View...*

the positive BSE case. I'm hopeful we can get this testing issue resolved and resume trade normalization with Canada because they are building an independent beef cattle industry. The United States is going to lose a considerable portion of our small slaughtering and processing industry that is already too concentrated.

Another worry for us is the West Nile virus. We are in the season for it. A new study cited in a June 6, 2005, *LiveScience* article notes that mosquitoes appear to get infected more quickly, and that mammals can transmit the deadly agent. Scientists previously thought mammals could harbor and die from the virus but not pass it on. The study states West Nile can infect a new mosquito within hours after entering an avian host. In light of this new information, folks, be careful when you are outdoors in the evenings or early mornings, wear repellent, and if you are a horse owner, be sure they are vaccinated.

### **Farm Tax Update**

Farmers in West Virginia must continue to file their personal property tax assessments as in the past. A bill that would have created a tax exemption for farm property was vetoed by Governor Manchin.

In the May *Market Bulletin*, Deputy Commissioner Steve Hannah included the farm property exemption in a summary of bills awaiting Governor Manchin's signature.

*continued on page 2*

# Genetic Testing Offered to Fight Sheep Disease

West Virginia sheep producers are encouraged to have their rams tested for a genetic susceptibility to scrapie (a transmissible spongiform encephalopathy (TSE) illness). The West Virginia Department of Agriculture (WVDA) is offering this service free of charge as part of a national program aimed at eradicating scrapie.

Scrapie – so named because one symptom of the disease involves incessant rubbing against fence posts or trees – is a fatal, degenerative disease affecting the central nervous system of sheep and goats. It is classified as a TSE, the same kind of disease that causes mad cow disease in cattle, chronic waste disease in deer and elk, and Creutzfeldt-Jakob disease in humans.

“A simple blood test can determine if a ram is able to pass genetic resistance against scrapie,” said State Veterinarian Joe Starcher. “Rams that have been tested and are known to carry resistant genes make ideal breeding stock.”

The long-term goal of the program is the nationwide eradication of scrapie, which annually causes significant loss of production in infected flocks.

## Gus' View...

continued from page 1

The latest predation management report from the United States Department of Agriculture (USDA) shows that the success rate of coyotes captured continues to stay at a high level. In May 2005, 86 coyotes were removed from 140 farms in 10 counties, compared to 59 in May 2004. Overall, USDA Wildlife Services is averaging 67 percent more coyotes taken during 2005 than in 2004.

In my column last month, I mentioned how progressive the state of Pennsylvania is in promoting preservation of their farmlands. They presented for vote a \$635 million bond issue for their “Growing Greener Program.”

“Scrapie has plagued the farmers of this state for a long time,” said Commissioner of Agriculture Gus R. Douglass. “I hope our producers will take advantage of this service, which can go a long way toward eradicating this disease.”

First documented in Great Britain and other countries of Western Europe more than 250 years ago, scrapie has been reported throughout the world. Only two countries are recognized by the United States as being free of scrapie: Australia and New Zealand. Scrapie has been diagnosed in more than 1,000 flocks in this country.

Despite the similarities among TSEs, there is no evidence to suggest that humans can contract scrapie through slaughter or consumption of infected animals. The primary method of transmission is by contact and ingestion of placental or fetal fluids. Proper disposal of any fetal tissues from suspect animals should be handled with the utmost biosecurity measures.

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*To participate in the program, producers must contact the WVDA's Division of Animal Health Moorefield Office at (304) 538-2397, the Charleston Office at (304) 558-2214 or their local veterinarians. Local veterinarians and the WVDA will work together to implement this innovative program.*

I'm happy to report on their behalf that the public overwhelmingly supported and passed this bond issue. This will permit them to further protect prime farmland in their state. Hopefully, our leaders will take a cue from their successful efforts.

The Southern Association of State Departments of Agriculture (SASDA) Annual Meeting was held this month. USDA Secretary of Agriculture Johanns was a key speaker. I certainly don't envy him in his job at the moment. There are critical decisions to be made, and I believe it is important for him to consult grassroots counsel in reaching his decisions. During our meeting and discussion, I reminded him of the availability of the committee which I co-chair, the USDA

## Products Approved to Fight Soybean Disease

The West Virginia Department of Agriculture's (WVDA) request to the U.S. Environmental Protection Agency (USEPA) to allow four antifungal chemicals to be used against soybean rust (SBR) has been approved.


SBR is a plant disease that first appeared in the United States last year and has since been discovered in states across the South. Although it has not been detected in West Virginia, it is possible that it could make an appearance later in the summer.

“There is some doubt as to whether the spores of this fungus can survive West Virginia's winter weather,” said Commissioner of Agriculture Gus R. Douglass. “However, it could migrate from other states during the warmer months and we want to keep our soybean farmers informed on what to look for and what can be used to treat this disease.”

SBR is a serious disease of soybeans caused by the fungus *Phakopsora pachyrhizi*. Until recently this disease did not occur on soybean in the Western Hemisphere, but it spread to South America in 2001 and was found for the first time in North America in November 2004. Experts believe it may have been carried to this country on winds from last summer's hurricanes.

**SBR, cont. on page 15**

Advisory Committee on Foreign Animal and Poultry Diseases. I think the experience and knowledge comprised within this committee would be beneficial to him.

As I mentioned previously, things on the farm look good. The corn crop, both field and sweet, is excellent. The cattle look great. The garden is producing well. We've enjoyed new potatoes, beets, kale, onions and radishes. Next week we'll probably have green beans, and tomatoes won't be far behind. I'm really looking forward to the tomato crop as they are my favorite. I hope you enjoyed a great 4th of July holiday, and made it a point to visit the Mountain State Art and Craft Fair held annually in Ripley, July 1-4. \_\_\_\_\_ 

# Fairs and Festivals

## Working to Boost Attendance

Fairs and festivals season is upon the Mountain State, and some events are looking at ways to boost attendance figures that have been flagging in recent years.

"Several events last year indicated that attendance was down," said Janet Fisher, Deputy Commissioner of Agriculture and President of the Mountain State Art and Craft Fair (MSACF), which occurs Independence Day weekend at Cedar Lakes.

"And while we can't point to any single reason for the figures, the MSACF spent the past year evaluating customer satisfaction and reevaluating how we do business," she said.

As "The Granddaddy" of them all, the MSACF provided a model for later events, and Fisher hopes that the visitor-oriented changes being implemented this year will provide a new outlook for other fair and festival organizers in West Virginia.

"I'm really excited about the reinvention of this event. We're putting a new face on an old friend," Fisher said. "We've really made an effort to make the Fair more family friendly by providing more children's activities, we've been more selective in our jurying process to ensure that only the highest quality crafts are on display, and we've added a 'Heritage Village' to give people a taste of life skills from days gone by. Our theme this year is 'Where Yesterday Meets Tomorrow' and we have strived to offer something of interest for every generation."

While the kids are making take-home

crafts, taking part in the Clay Center's Avampato Discovery Museum activities or participating in mini-plays on the fairgrounds, Fido can keep cool at the "pet motel" in the parking lot. "Pets aren't allowed on the fairgrounds, but we don't want that to stop people from attending," Fisher explained.



Also new this year is an "appreciation day" on July 4 for Jackson County residents and military veterans. Jackson County residents with proof of residency (driver's license, bill, etc.) will be admitted free anytime after noon. Veterans will be admitted free all day.

"Since Commissioner [of Agriculture Gus R.] Douglass and two other agencies founded this event in 1963 as part of West Virginia's centennial, Jackson County has embraced it whole-heartedly. We wanted

to do something to give back to the people who have been so supportive all these years," said Fisher. "And because our military services have given so much to protect our independence, we wanted to show our thanks to them as well."

Traditions that will continue at the MSACF are crafting demonstrations and plenty of live music. Heritage Village will include demonstrations and sales of old-fashioned brooms, rugs, quilts and other items.

Visitors can also count on seeing roughly two dozen West Virginia food companies at the "Market Place." Samples will be available there, along with the West Virginia Department of Agriculture's apiary tent, which will feature different types of West Virginia honey, bee beard demonstrations and display hives.

The renowned Mountain Stage Band will kick off the music Friday, July 1, and heritage musicians will perform throughout the Fair. "We have an award-winning group of musicians who could command more than we can pay them, but they come because they're a part of the Fair family," said Fisher.

The Fair is held annually at Cedar Lakes just outside Ripley and runs July 1-4 from 9 a.m. - 7 p.m. daily. Parking is free and the fairgrounds are flat and handicap accessible. Admission is \$6 for adults, \$5 for senior citizens 60 and older, \$2 for children 6-12, and children under 6 get in free. For more information, visit [www.msacf.com](http://www.msacf.com).

# Benefits of Lime

*Barton Baker, Director, Division of Plant and Soil Sciences,  
WVU Extension Agronomy Specialist*

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# Applications

The application of agriculture lime to soils can have several direct and indirect benefits to plant life and soil health.

Adding lime to soil provides nutrients directly to plants. Lime serves as a source of calcium which is needed by all plants, especially legumes. Dolomite lime provides magnesium, as well as calcium because it contains both magnesium carbonate and calcium carbonate. Magnesium is essential for plant growth and dolomite lime is the least expensive source of magnesium in most cases. A lack of magnesium in forage may cause grass tetany in livestock.

Lime can also improve the availability of existing soil nutrients. In humid regions, such as West Virginia, natural soil pH is normally below the optimum level for plant growth. Lime benefits the soil by increasing the pH. When the soil pH is low — which is referred to as an acid soil — some nutrients are not readily available to plants because they are chemically bound in the soil. Phosphorus is an example of a nutrient that is not available to plants at low pH. Lime enables the bound phosphorus to be released for plant growth. Thus when phosphorus is applied to acid soils without lime there may be little or no benefit received from the fertilizer. In some cases the phosphorus in a soil test may increase after lime application to an acid soil without application of phosphorus.

Some elements in the soil are more available to plants at low pH. Manganese and aluminum are examples of elements that may be toxic at low pH. For most crops a pH between 6 and 7 provides the proper availability of nutrients and results in maximum plant growth.

There is also good evidence that the application of lime and the resulting increase in pH improve soil health. As desirable nutrients become more available, plant diversity and growth increase and the soil becomes a better environment for earthworms and other beneficial organisms. Microorganisms are important for breakdown of organic matter and in nitrogen fixation. Over time the soil is better protected by foliage and roots, water enters the soil more quickly and erosion is reduced.

In order to determine the need for lime, a soil test should be performed. The WVU Soil Test Laboratory determines pH, lime requirement, and the level of calcium, magnesium, potassium and phosphorus in soil as part of a standard soil test.

Recommendations are then made for the crop and yield expected by the landowner. The testing service is free to landowners in the state. Soil test kits and instructions on how to take a soil sample can be obtained through your WVU extension county agent.

If you plan to purchase agricultural lime for your farmland, garden or your back yard there are a few things you should consider. Whether you are planning to purchase agricultural lime in bulk (delivered by the truckload) or in bags, there are labeling requirements mandated by the West Virginia Department of Agriculture's Regulatory and Environmental Affairs Division (WVDA-READ). With bulk loads, your invoice should be stamped with a label. Bagged product should have a printed label directly on the container or attached. The labeling for both should include the following:

- Name and address of the manufacturer/distributor.
- Brand name.
- Net weight.
- Type of liming materials (limestone, hydrated lime, burnt lime, marl, shells, slag).
- Minimum percentages of calcium oxide and magnesium oxide **or** calcium carbonate and magnesium carbonate **or** total elemental calcium and total elemental magnesium.
- Calcium carbonate equivalent.
- Sieve sizes that may include any or all of the following 10 - 20 - 60 - 100.
- Fineness classifications (pulverized, ground, coarse ground, pelleted or pelletized or low grade.)

The WVDA is charged with the enforcement of the Agricultural Liming Law, and collects and analyzes samples to ensure the public is receiving a quality product. All agricultural liming materials and distributors are required to be registered with the WVDA.

Contact the WVDA's Regulatory and Environmental Affairs Division at 304-558-2227 if you have questions concerning agricultural lime labeling, registration or sample collection.

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*Additional information provided by WVDA-READ staff.*

# Second WVDA Veterinarian Receives Foreign Animal Disease Training

One of the West Virginia Department of Agriculture's (WVDA) Assistant State Veterinarians Bill Casto received his foreign animal disease diagnostician (FADD) certification following two weeks of intense training at Plum Island, N.Y., the nation's most advanced animal disease laboratory.

Over two weeks, Casto was trained to spot symptoms associated with a wide variety of animal diseases. The training also focused on how to collect the



**Dr. Bill Casto**

samples in the appropriate fashion and where to send them once they are collected.

"I was very impressed by both the information presented and the facility," said Dr. Casto. "They keep samples of the worst of the animal diseases there to study, so we had access to just about anything we might see in the field."

As a result, the facility is extremely secure. "We had to shower in and shower out of some parts of the facility and pass through airlocks," Dr. Casto said. "As a precaution, I had to sign a statement to the effect that I would not come into contact with any animals for five days of leaving New York."

He added that there are only about 450 certified FADDs in the entire country. Dr. Casto is the second person in West Virginia to receive the designation. WVDA's other Assistant State Veterinarian, Jewell Plumley, is also a certified FADD. She is headquartered in Moorefield, WV in the WVDA's eastern panhandle office.

## *Acidified Foods Course*



L-R: Dr. Joe Marcy, Associate Professor of Food, Science and Technology at Virginia Tech and Dr. Cameron R. Hackney, Dean of Davis College of Agriculture, Forestry and Consumer Science at WVU, conduct an Acidified Foods Course as part of the Better Process Control School that was held May 16-18, 2005, at the Gus R. Douglass Agricultural Center at Guthrie. The WVDA helped offset the cost of the course for West Virginia food producers. This comprehensive course fulfills Food and Drug Administration (FDA) guidelines for the manufacturing of acidified foods.

## West Virginia Agriculture and Forestry Hall of Fame to Honor Seven

Seven stalwarts of agriculture and forestry in West Virginia will be honored with enshrinement in the West Virginia Agriculture and Forestry Hall of Fame. This year's enshrines are **James Dearing**, the late **E. E. John Hott**, **Normal Jackson**, the late **Asher W. Kelly, Jr.**, the late **Lester McClung**, the late **George Anderson Myles**, the late **John B. Peters**, and **Earl Tryon**.

The group will be honored at the Hall of Fame's annual banquet, to be held Saturday, July 9, at WVU Jackson's Mill.

Full bios and photos to appear in the August *Market Bulletin* issue.

## Fourth Annual Farm Field Day to be Held August 27

Dave Miller's Mountain Diamond Longhorn Farm in Tunnelton is the site of a sixth annual farm field day, Saturday, August 27, 2005, from 9 a.m.- 2 p.m. The event is free and open to the public although pre-registration is requested for meal planning.

Each field day at the farm has featured new and innovative farming and marketing techniques for farmers' engaged in all aspects of the agricultural arena.

This year's event will feature a portable sawmill demonstration from the Davis College of Agriculture, Forestry and Consumer Sciences at West Virginia University (WVU), a cutting horse and roping exhibition, some various breeds of working farm dogs, a display of new and innovative farm equipment for cattle operations, and a draft horse team harness and pulling demonstration. Charlene Brown will attend the field day and demonstrate riding horse techniques with the Paso Fino breed. The event will also feature the unveiling of Mountain Diamond Longhorn's work in the production of Longhorn cattle and Woody, the riding steer.

At the conclusion of the program, participants will be treated to a home-cooked BBQ meal. For more information, contact Cindy Martel, Marketing Specialist, W.Va. Department of Agriculture Marketing and Development Division at 304-469-9738 or WVU Preston County Extension Agent Bill Shockey, at 304-329-1391.

# BE ON THE ALERT FOR EXOTIC PESTS THIS SUMMER

The West Virginia Department of Agriculture (WVDA) is conducting surveys this summer for exotic pests through the Cooperative Agricultural Pest Survey (CAPS) Program. Each of these pests presents a different problem from tree destruction to human health concerns, and detecting their presence early could greatly reduce these impacts.

Since these pests will likely be localized in low numbers if they are found in West Virginia, they can be difficult to find. "We are hoping that people keep these pests in mind when they are outdoors, and that they report possible infestations to us," said WVDA Weed Specialist David Dick.

The CAPS program generally surveys for pests that are not known to occur in West Virginia, but have a high likelihood of finding their way here. This year, the CAPS program is looking for three specific insects, four weed species and two plant diseases. The insects are blueberry fruit fly, emerald ash borer and viburnum leaf beetle. The weeds include giant hogweed, goats' rue, British yellowhead and tropical soda apple. The primary plant diseases of concern are sudden oak death and soybean rust.

Information about these pests can be found on the West Virginia Department of Agriculture's website ([www.wvagriculture.org](http://www.wvagriculture.org)) by opening the Plant Industries Division web page and looking on the right hand side of the page for the pest alert box for links to the above pests. Please contact the WVDA Plant Industries Division at (304) 558-2212 to report possible infestations, or if you would like to receive information but do not have an internet connection.

## Calvin Swine to Hang Up Suspenders After 2005 State Fair

Calvin Swine, mascot for the State Fair of West Virginia, will retire from public service after the 2005 fair.

Calvin has served for 12 years in the spotlight beginning his tour in 1993 as the recycling spokesman and then as the primary ambassador in regional event parades.

When asked about his retirement, Pamela W. Edwards, Special Projects Coordinator said, "He has been a great addition and done a wonderful job as the State Fair mascot. His likeness has been featured in many promotions and

he served as the model for several projects. All good things must end though and, after 12 years, it is time for Calvin to hang up his suspenders."

Calvin's farewell tour will include special contests, public appearances, and merchandise. A retirement party in his honor will be conducted on the fair's final day, Sunday, August 21.

*Watch for more details about the Calvin's farewell tour and other fair news in coming weeks and on the website at [www.statefairfowv.com](http://www.statefairfowv.com).*

# Sign up to Begin for the 2006 Gypsy Moth Suppression Program

The West Virginia Department of Agriculture (WVDA) and West Virginia University Cooperative Extension Service are announcing that landowners in Barbour, Berkeley, Braxton, Brooke, Doddridge, Gilmer, Grant, Greenbrier, Hampshire, Hancock, Hardy, Harrison, Jefferson, Lewis, Marion, Marshall, Mineral, Monongalia, Morgan, Nicholas, Ohio, Pendleton, Pleasants, Pocahontas, Preston, Randolph, Ritchie, Taylor, Tyler, Tucker, Upshur, Webster and Wetzel Counties may sign up for the 2006 Cooperative State-County-Landowner Gypsy Moth Suppression Program beginning July 1, 2005, in county extension offices.

Brochures answering questions about the gypsy moth and the 2006 gypsy moth suppression program, as well as egg mass survey applications, are available from WVDA offices at Elkins (304-637-0290), Inwood (304-229-5828), Morgantown (304-285-3133), Moorefield (304-538-2397), and New Creek (304-788-1066), as well as from your local county extension agent. Additionally, the brochure and egg mass survey applications may be downloaded from the WVDA website ([www.wvagriculture.org](http://www.wvagriculture.org)). A landowner living in one of the above counties that has a problem with gypsy moth may want to participate in the 2006

program. To sign up for an egg mass survey, contact the county extension agent in the county where your property is located and leave your name, address and phone number to obtain an egg mass survey application. The application must be submitted by August 31, 2005.

Landowners must provide a 7½-minute topographic map of their property with boundaries clearly marked. The WVDA cannot map your property for you. Topographic maps are available from the United States Geologic Survey at 1-800-ASK-USGS or their website at <http://store.usgs.gov>.

The minimum acreage required to participate in the program is 50 contiguous acres of wooded land. If you have fewer than 50 acres, you may contact neighbors and join with them to meet the acreage requirement. Treatment blocks must be made as rectangular as possible in order to be treated properly by aircraft without significant overspray. The presence of electrical transmission lines, communication towers, etc., may prohibit some spray blocks or portions of some spray blocks from being sprayed.

A final decision to participate in the program must be confirmed by signing a contract and making a deposit to your county

commission by December 5, 2005. A final payment to the county commission will be required prior to actual treatment. Notification of the deadline for final payment will be by mail.

A 43 percent cost share on treatments will be available from the USDA Forest Service through a cooperative agreement with the WVDA. The total cost depends on the total acres proposed for treatment and the cost of the insecticide and aerial application. The 2003 landowner costs (there were no treatments in 2004 and 2005) were as follows: Btk - \$8.33 and Dimilin - \$7.76 per acre. However, like other everyday costs, inflation has been driving these costs up, so 2006 costs may be higher.

## DeFluri's Chocolates Sending Products to Middle East

A West Virginia food company will be featured in a marketing initiative being sponsored by the U.S. Commercial Service in three Middle East cities.

DeFluri's Fine Chocolates of Martinsburg, W.Va., will be one of a handful of U.S. companies that will be included in the "Processed Foods and Equipment Catalog Show" conducted by the U.S. Embassy in Israel June 20-22. The shows will focus on Bethlehem, Ramallah and Nazareth.

**"DeFluri's is another example of what West Virginia has to offer the rest of the world,"** said Commissioner of Agriculture Gus R. Douglass. **"I'm sure this event will bring DeFluri's new business, and I'm sure it will cast West Virginia in a favorable light. I'm very pleased that the Department of Agriculture can help companies like DeFluri's to grow and prosper."** The West Virginia Department of Agriculture sponsored DeFluri's involvement in the trip.

Representatives from DeFluri's will not actually be making the trip. Instead, U.S. Department of Commerce Commercial Service representatives will take marketing materials and sample products to potential buyers in the three cities. With 3.9 million inhabitants and a population that is growing at 3.9 percent annually, the Palestinian food/industry market represents nearly \$600 million, according to the Commercial Service.

## State Fair Accepting Entries for Livestock and Home Arts and Garden Exhibits

The State Fair of West Virginia is now accepting entries for livestock and home arts and garden exhibits for the 2005 State Fair. All entry forms must be received by noon, Saturday, July 16. All entry forms received after will not be processed.

Hand-delivered entry forms will be accepted at the Administration Building on the fairgrounds weekdays from 8 a.m. until 4:30 p.m. and from 8 a.m. until 12 noon on Saturday, July 16. Online entries will be accepted until 12 noon on July 16.

To enter livestock and home arts and garden entries online, or to download

entry forms and/or a copy of the Exhibitors' Guide, visit the State Fair website at [www.statefairfowv.com](http://www.statefairfowv.com). Exhibitors' Guides can also be obtained by calling the State Fair office at 304-645-1090.

Some of the new contests offered this year include: Vegetable Topiary, KC Masterpiece Memorable Meals Contest, We Want Wow Now Pork Recipe Rally and the Wagon Flower Garden Contest.

For more information on the 2005 State Fair of West Virginia, visit [www.statefairfowv.com](http://www.statefairfowv.com).

# What's Cookin'

## Recipes

### Apple Slaw

- 1 unpeeled red apple, diced
- 4 cups shredded cabbage
- ½ cup red onion, chopped
- 1 green bell pepper
- ½ cup fat-free, light vanilla yogurt
- 2 tablespoons orange juice
- Dash of cinnamon

Combine all ingredients in medium-sized mixing bowl; stir well. Refrigerate until ready to serve.

## Recipes

### Sweet Potato Puffs

- Non-fat vegetable spray
- 2 pounds sweet potato yams
- ⅓ cup orange juice
- 1 egg, lightly beaten
- 1 tablespoon grated orange peel
- ½ teaspoon ground nutmeg
- ¼ cup finely chopped nuts

Preheat oven to 375°F. Spray cookie sheet with non-fat vegetable spray.

Peel and cut potatoes into 1 inch pieces, place in medium saucepan, cover with water; bring to boil.

Cook 10-15 minutes or until tender, drain; place in large bowl and mash until smooth.

Add remaining ingredients except for nuts.

Spoon mixture onto cookie sheet in 10 mounds; sprinkle with nuts. Bake 30 minutes.

# Dining with Diabetes

by Jean Smith, Director, Marketing and Development Division

People with diabetes (currently 18.2 million in the United States) have the same nutritional needs as anyone else. Along with exercise and medications, nutrition is important for good diabetes control. By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal (non-diabetes level) as possible. Below are some healthy diabetic recipes that also taste great. I hope you enjoy them!

Source - American Diabetes Association, [www.diabetes.org](http://www.diabetes.org)

~ Bon Appetite

## Recipes

### Oven-Fried Parmesan Chicken

- Non-fat vegetable spray
- 4 boneless skinless chicken breasts cut into strips
- 1 cup non-fat plain yogurt
- ¾ cup bread crumbs

- 4 tablespoons grated parmesan cheese
- 2 tablespoons flour
- 1 teaspoon paprika
- Pinch of cayenne pepper

Preheat oven to 425°F. Spray cookie sheet with vegetable spray. Place chicken strips in yogurt; refrigerate. In medium bowl, combine remaining ingredients.

Dredge chicken (covered in yogurt) in crumb mixture, pressing down on both sides to get a thick coat of crumbs.

Place chicken strips on cookie sheet, spray lightly with vegetable spray.

Bake for 15-20 minutes or until chicken is fork-tender and juices run clear.

## Recipes

### Peach & Berry Crisp

- 6 cups fresh or frozen sliced peaches, peeled and drained
- 2 cups fresh or frozen blueberries, raspberries or blackberries
- 4 tablespoons sugar or sugar substitute
- ½ teaspoon ground nutmeg

- ½ teaspoon cinnamon
- ½ cup oatmeal
- 4 tablespoons flour
- 2 tablespoons packed brown sugar
- 2 tablespoons reduced calorie margarine
- ¼ teaspoon cinnamon

Preheat oven to 375° F. Combine peaches and berries in ungreased 11x7 baking dish.

Mix sugar, nutmeg and ½ teaspoon cinnamon in small bowl; sprinkle over fruit and stir gently. Mix oatmeal, flour, brown sugar and margarine and ¼ teaspoon cinnamon together; spread over fruit.

Bake, uncovered, 35-40 minutes.

**Note:** Good fiber source; approximately 2 carbohydrates per serving.

## Pick Your Own Directory

The West Virginia Department of Agriculture is compiling information for a "Pick Your Own" produce brochure. If you operate a farm that is open to the public for harvest of fruit and vegetables, send us your contact information and we'll add you to the directory.

*Please fill in the blanks for all information that applies.*

Farm Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Website: \_\_\_\_\_

Seasonal/Operational Hrs.: \_\_\_\_\_

### Clip and mail to:

Thomas Clark  
WVDA  
1900 Kanawha Blvd., E.  
Charleston, WV 25305  
or [tclark@ag.state.wv.us](mailto:tclark@ag.state.wv.us)