CFAES

OHIO STATE UNIVERSITY EXTENSION

NORTHEAST OHIO AGRI-CULTURE NEWSLETTER

Your Weekly Agriculture Update for Ashtabula and Trumbull Counties

April 18, 2023

One great thing about working in Extension is you will never know what will come through the door for identification. I was able to help a resident identify this baby Eastern milk snake found in a kitchen cupboard.

In This Issue:

Hello Northeast Ohio Counties!

With the hot, dry weather last week a lot of field work was completed. Most, if not all, of the oats have been planted, and I have heard of soybeans and even some corn planted throughout the region. The dry weather also allowed for fertilizer application and tillage work to get done. It looks like warmer weather will return later this week.

If the weather cooperates, planting season is starting ahead of schedule. Before we get too ahead of ourselves, be aware of a freeze/frost warning for tonight. If you have tender plants or sensitive flowers, it may be a good idea to cover them up.

Have a great week!

Lee Beers
Trumbull County
Extension Educator

Andrew Holden
Ashtabula County
Extension Educator

Trends in General Inflation and Farm Input Prices

By Langemeir, M.
Source: https://farmdocdaily.illinois.edu/2023/04/trends-in-general-inflation-and-farm-input-prices-2.html

Most of the recent discussion involving input price changes in U.S. production agriculture has focused on fertilizer prices, which have declined during the last few months. Other inputs have not necessarily experienced this decline in prices. Each input used in production agriculture and in other industries has its own set of supply and demand fundamentals. However, input prices can also be affected by changes in general inflation. This article compares and contrasts trends in general inflation with input price changes in U.S. production agriculture. In so doing, it updates input price and inflation information contained in Langemeier (2022).

Long-Term Relationships

Before discussing long-term relationships between general inflation and farm input prices, it is important to define key terms. Inflation represents the decline in purchasing power of a currency over time (Investopedia, 2022). Quantitative estimates of the rate of inflation are typically made by examining the increase or decrease in the price levels of a basket of selected goods. Inflation measures include the consumer price index and implicit price deflators. Though computed using different methodologies, inflation measures are highly correlated over time. Most economists would agree that an increase in the supply of money is the root cause of inflation. Inflation mechanisms can be classified into three types: demand-pull inflation, cost-push inflation, and built-in inflation (Investopedia, 2022). When an increase in the money supply increases overall demand more than the productive capacity of an economy, we have demand-pull inflation. When production costs increase prices, we have cost-push inflation. Quality improvements and technological change are often incorporated into cost-push inflation. Quality improvements would increase prices while technological change tends to reduce prices. Finally, when individuals expect current inflation rates to continue in the future, we have built-in inflation. In general, the longer above average inflation rates persist, the more important built-in inflation becomes. All three of these types of inflation mechanisms have contributed to the inflation we have witnessed in the last couple of years.

As noted above, input price changes in production agriculture and other industries are due to general inflation and its mechanisms as well as supply and demand fundamentals specific to a particular input. Having said that, some inputs are more closed aligned or correlated with general inflation than other inputs.

Using information for the 1973 to 2022 period from the Federal Reserve Bank of St. Louis on inflation rates and farm input price indices from USDA-NASS, we examined

the correlation between the implicit price deflator for personal consumption expenditures and agricultural production items (i.e., general input price index for production agriculture), feed, seed, fertilizer, fuels, labor, and machinery. The correlation coefficient between the implicit price deflator and agricultural production items was 0.611. The average annual rate of change over the period was slightly higher (3.9 percent) than the rate of change for the implicit price deflator (3.4 percent). The average annual price changes for labor (4.4 percent) and machinery (5.6 percent) were significantly higher than the average increase in the implicit price deflator. In terms of the six specific input categories examined, the only correlation between the implicit price deflator and the input price change that was not significantly different from zero was the correlation between the implicit price deflator and feed prices. The correlations between the implicit price deflator, and labor and machinery were relatively higher than the correlation between the implicit price deflator and general farm price index (i.e., agricultural production items). This is an important result because it suggests that input prices for labor and machinery more closely follow trends in general inflation than input prices for items such as feed, seed, fertilizer, and fuels.

Relative variability can be measured using the coefficient of variation which is computed by dividing the standard deviation by the average. The coefficient of variation for the rate of change in agricultural production items was 81 percent higher than the coefficient of variation for the implicit price deflator. The coefficients of variation for feed, fertilizer, and fuels were higher than the coefficient of variation for the more general farm input price index (i.e., agricultural production items). The coefficient of variation for the input price index for labor was smaller than the coefficient of variation for general inflation.

Historical Trends in General Inflation and Farm Input Prices

This section compares and contrasts the 1-year, 5-year, and 10-year averages for the implicit price deflator for personal consumption expenditures and farm input prices. Data for the implicit price deflator was obtained from the Federal Reserve Bank of St. Louis. Data for all of the farm inputs except fertilizer and diesel were obtained from USDA-NASS. Fertilizer and diesel price data were obtained from USDA-AMS.

Table 1 presents the average price changes for inflation and farm inputs for 2022, for the 2018 to 2022 period, and for the 2013 to 2022 period. The first thing that becomes immediately apparent is how much higher inflation was in 2022 compared to the 5-year and 10-year averages. The 10-year average inflation rate was only 2.1 percent.

Table 1. Historical Annual Rates of Change for General Inflation and Farm Input Prices

	Annual Percentage Changes		
	22	18 to 22	13 to 22
Implicit Price Deflator for Personal Consumption Expenditures	6.2%	3.0%	2.1%
Agricultural Production Items	15.3%	5.3%	2.6%
Feed	16.4%	8.5%	2.4%
Seed	0.0%	-0.4%	1.1%
Anhydrous Ammonia	78.8%	30.3%	9.9%
Diammonium Phosphate (18-46-0)	36.1%	20.1%	6.4%
Potash	53.7%	23.9%	6.2%
Agricultural Chemicals	39.4%	7.5%	3.7%
Diesel	63.0%	19.3%	5.9%
Supplies and Repairs	11.3%	5.3%	3.1%
Machinery	17.7%	8.1%	5.2%
Building Materials	16.4%	8.4%	4.9%
Wages	7.4%	5.7%	4.3%

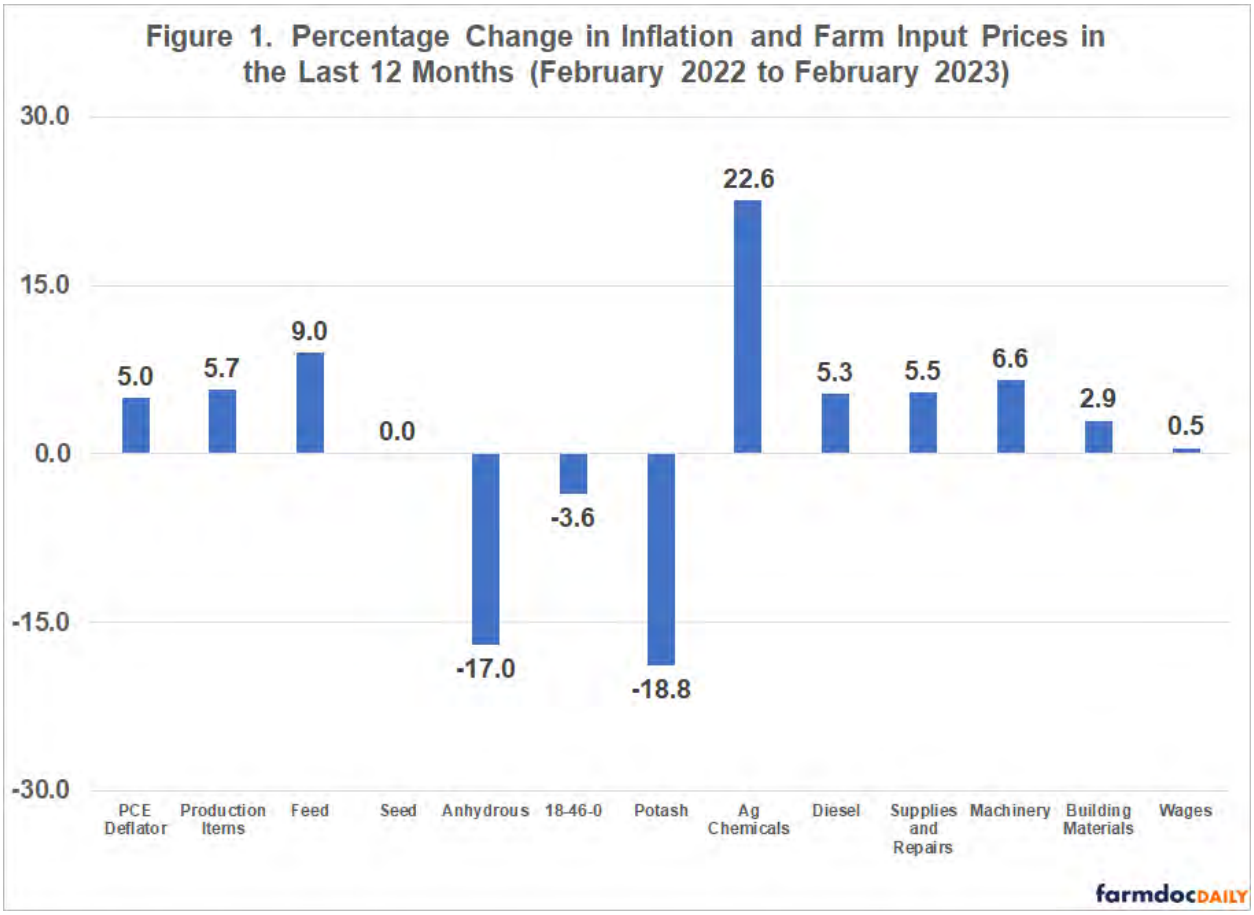
farmdocDAILY

Now let's compare the rate of general inflation to annual farm input price changes. For the annual change from 2021 to 2022 (labeled 2022 in Table 1), the input price changes for all of the farm inputs except for seed were higher than the annual change in the implicit price deflator. Annual price changes for energy and fertilizer were particularly large. The annual price change for diesel was 63 percent. The annual price changes for fertilizer ranged from 36 percent for diammonium phosphate to 79 percent for anhydrous ammonia. Turning to the 10-year averages, the only farm input with a price change smaller than the rate of change for the implicit price deflator was seed. The 10-year input price increases for machinery, diesel, potash, phosphate, and anhydrous ammonia exceeded 5 percent. The results in Table 1 illustrate how much of an outlier the price changes in 2022 were compared to the long-run averages.

Recent Trends in General Inflation and Farm Input Prices

Figure 1 illustrates average input prices for the latest 12 months for which data were available (i.e., February 2022 to February 2023). The percentage change in the implicit price deflator was 5.0 percent. This is down slightly from the annual average in 2022

(i.e., 6.2 percent), but is still substantially above historical averages. The input price changes for seed, fertilizer, building materials, and wages were below the annual price change for the implicit price deflator. However, it is important to note that fertilizer prices are still well above what they were a couple of years ago. For example, the March 2023 price for anhydrous ammonia is still over 40 percent higher than it was in 2021. The input price for agricultural chemicals exhibited the largest increase during the last 12 months. The results in Figure 1 can be used to help explain why the breakeven prices for corn and soybeans are expected to increase again in 2023 after increasing approximately 26 and 15 percent, respectively, from 2021 to 2022.



Concluding Comments

This article discussed trends in general inflation and farm input prices. Over long periods of time, farm input prices are significantly correlated with general inflation. However, farm input prices are by no means perfectly correlated with general inflation. Each input has its own supply and demand fundamentals. Farm input price indices for machinery and labor were more correlated with general inflation than feed, seed, fertilizer, and fuels.

Of the input prices examined, the prices for seed, fertilizer, building materials, and wages were below the inflation rate for the implicit price deflator for personal consumption expenditures during the last 12 months. Despite some moderation in fertilizer prices, the breakeven prices for corn and soybeans are expected to be higher in 2023 than they were last year.

Two Rate Nitrogen Trial - MRTN vs. MRTN (+50)

By Greg LaBarge
Source: https://agcrops.osu.edu/newsletter/corn-newsletter/2023-10/two-rate-nitrogen-trial-mrtn-vs-mrtn-50

Ohio's corn nitrogen recommendation tool is the Corn Nitrogen Rate Calculator (https://www.cornnratecalc.org/). The Ohio database has over 300 trials where four or more rates were applied to understand nitrogen response over various soils, hybrids, and weather conditions. However, questions still exist on how the Maximum Return to Nitrogen (MRTN) rate affects yield and profitability on individual farms. Therefore, we propose a simple two-rate trial that compares the MRTN rate to a rate 50 pounds higher to check the yield and profit performance of the MRTN tool. If you use a nitrogen rate higher than the MRTN rate, we encourage you to use that rate compared to the lower MRTN rate.

Study basics

- We recommend a minimum of two nitrogen rates replicated no less than three times.
- The total N rate (MRTN and MRTN +50) should include all N applied regardless of source (liquid or dry) or timings (Preplant, at-plant, sidedress).

Note: MRTN rate with $6 corn and $0.75 N is 170 lbs. per acre, or with $1.00 N is 153 lbs. per acre in a soybean-corn rotation.

- The farmer can select nitrogen sources, application methods, and timing that works in their system.

- You can find more information on this study at https://go.osu.edu/mrtnplus50

The University of Illinois shared results from a similar 2022 study earlier this year https://go.osu.edu/tworatenillinois. This summary shows one way we can use the data. Having many sites with this two-rate study will provide us with regional data to identify where the MRTN rate is not working well.

Contact your county Ag/NR educator or let me know at labarge.1@osu.edu or 740-956-5047 if you have questions or would like to participate.

Milk Prices, Costs of Nutrients, Margins and Comparison of Feedstuffs Prices

By April White
Source: https://dairy.osu.edu/newsletter/buckeye-dairy-news/volume-25-issue-2/milk-prices-costs-nutrients-margins-and-comparison

Milk Prices
In the January issue, the Class III for February was $17.95/cwt and March was $17.80/cwt. Class III milk closing price for February was very slightly lower than predicted at $17.78/cwt, with protein and butterfat prices at $2.37 and $2.72/lb, respectively. Skim milk price, protein, and butterfat prices are all lower for March than for January, contributing to a lower Cow-Jones Index in this issue. The Class III future for April is $19.63/cwt and the May future is $18.64/cwt, both improved compared to February and March.

Nutrient Prices
It can be helpful to compare the prices in Table 1 to the 5-year averages. Compared to the January issue, nutrient costs are largely stable, with the cost of net energy for lactation (NE_L) still just shy of double the 5-year average ($0.09/Mcal). The cost of metabolizable protein (MP) is still about 6% lower than the 5-year average ($0.44/lb). To estimate profitability at these nutrient prices, the Cow-Jones Index was used for average US cows weighing 1500 lb and producing milk with 3.9% fat and 3.2% protein. For the January issue, the income over nutrient cost (IONC) for cows milking 70 lb/day and 85 lb/day is about $8.62 and $9.21/cwt, respectively. Although still expected to be marginally profitable, both estimates are lower than those in January and continue the downward trend since November. As a word of caution, these estimates of IONC do not account for the cost of replacements or dry cows, or for profitability changes related to culling cows.

Table 1. Prices of dairy nutrients for Ohio dairy farms, March 29, 2023.

Estimate of Nutrient Unit Costs		
Nutrient name	Estimate	
NEI - 3X (2001)	0.170524	**
Metabolizable Protein (MP, g/kg)	0.407854	**
e-NDF	0.049537	
ne-NDF	-0.109973	~

- A blank means that the nutrient unit cost is likely equal to zero
- ~ means that the nutrient unit cost may be close to zero
- * means that the nutrient unit cost is unlikely to be equal to zero
- ** means that the nutrient unit cost is most likely not equal to zero

Economic Value of Feeds

Results of the Sesame analysis for central Ohio on March 29, 2023 are presented in Table 2. Detailed results for all 26 feed commodities are reported. The lower and upper limits mark the 75% confidence range for the predicted (break-even) prices. Feeds in the “Appraisal Set” were those for which we didn’t have a local price or were adjusted to reflect their true (“Corrected”) value in a lactating diet. One must remember that SESAME™ compares all commodities at one specific point in time. Thus, the results do not imply that the bargain feeds are cheap on a historical basis. Feeds for which a price was not reported were added to the appraisal set this issue.

Table 2. Actual, breakeven (predicted) and 75% confidence limits of 26 feed commodities used on Ohio dairy farms, March 29, 2023.

Calibration set								
Name	Actual [/T]	Predicted [/T]	Lower limit	Upper limit	Corrected	75.0% CI	75.0% CI	Weight
Alfalfa Hay - 40 NDF 20 CP 150 RFV	215	256.224	215.339	297.109	278.83	237.945	319.715	1
Blood Meal, ring dried	1030	803.82	736.468	871.172	-	-	-	0.1
Canola Meal, mech. extracted	427	340.465	324.553	356.378	-	-	-	1
Corn Grain, ground, dry	247	333.282	296.973	369.591	-	-	-	0.5
Corn Silage, 32-38% DM	71.808	100.896	86.788	115.004	100.896	86.788	115.004	1
Cotton Seed Meal, 41% CP	470	393.869	369.218	418.519	-	-	-	1
Cotton Seed, Whole w lint	415	390.052	332.198	447.905	-	-	-	1
Distillers Dried Grains w Sol	260	336.429	309.148	363.709	-	-	-	1
Feathers Hydrolyzed Meal	607	650.278	610.28	690.276	-	-	-	1
Gluten Feed, dry	206	291.948	271.757	312.139	-	-	-	1
Gluten Meal, dry	630	668.296	624.703	711.889	-	-	-	1
Hominy	223	291.639	264.293	318.986	-	-	-	1
Meat Meal, rendered	505	535	502.322	567.677	-	-	-	1
Solvent Extracted Canola Meal	427	344.178	327.663	360.694	-	-	-	1
Soybean Hulls	177	172.09	124.315	219.866	-	-	-	1
Soybean Meal, expellers	569	559.635	532.786	586.484	-	-	-	1
Soybean Meal, solvent 44%	463	430.372	408.215	452.529	-	-	-	1
Soybean Meal, solvent 48%	473	490.271	466.393	514.15	-	-	-	1
Soybean Seeds, whole roasted	564	508.29	474.692	541.888	-	-	-	1
Tallow	1145	791.556	655.804	927.307	-	-	-	0.05
Wheat Bran	247	200.317	168.431	232.203	-	-	-	1
Wheat Middlings	185	231.26	203.844	258.677	-	-	-	1

Appraisal set						
Name	Actual [/T]	Predicted [/T]	Pred.-Act.	75.0% CI	75.0% CI	Corrected
Alfalfa Hay - 32 NDF 24 CP 190 RFV	0	291.181	291.181	257.964	324.399	359
Alfalfa Hay - 36 NDF 22 CP 170 RFV	0	285.545	285.545	248.725	322.366	330.758
Alfalfa Hay - 44 NDF 18 CP 130 RFV	0	238.613	238.613	192.806	284.419	238.613
Alfalfa Hay - 48 NDF 16 CP 110 RFV	0	218.23	218.23	166.896	269.563	195.624
Bakery Byproduct Meal	0	331.84	331.84	292.687	370.993	-
Beet Sugar Pulp, dried	0	236.612	236.612	208.94	264.285	-
Citrus Pulp dried	0	263.691	263.691	239.593	287.79	-
Fish Menhaden Meal, mech.	0	675.558	675.558	635.309	715.806	-
Molasses, Sugarcane	0	239.799	239.799	205.98	273.619	-

For convenience, Table 3 summarizes the economic classification of feeds according to their outcome in the SESAME™ analysis. Feedstuffs that have gone up in price based on current nutrient values or in other words moved a column to the right since the last issue are in oversized text. Conversely, feedstuffs that have moved to the left (i.e., decreased in value) are undersized text. These shifts (i.e., feeds moving columns to the left or right) in price are only temporary changes relative to other feedstuffs within the last two months and do not reflect historical prices. Feeds added to the appraisal set were removed from this table.

Table 3. Partitioning of feedstuffs in Ohio, March 29, 2023.

Bargains	At Breakeven	Overpriced
Corn, ground, dry		Mechanically extracted canola meal

Corn silage	Soybean meal - expeller	Whole, roasted soybeans
Distillers dried grains		Wheat bran
Gluten feed	Gluten meal	44% Soybean meal
Hominy	Meat meal	Solvent extracted canola meal
Wheat middlings	Whole cottonseed	Blood meal
Alfalfa hay - 40% NDF	Soybean hulls	41% Cottonseed meal
Feather meal	48% Soybean meal	

As coined by Dr. St-Pierre, I must remind the readers that these results do not mean that you can formulate a balanced diet using only feeds in the “bargains” column. Feeds in the “bargains” column offer a savings opportunity, and their usage should be maximized within the limits of a properly balanced diet. In addition, prices within a commodity type can vary considerably because of quality differences as well as non-nutritional value added by some suppliers in the form of nutritional services, blending, terms of credit, etc. Also, there are reasons that a feed might be a very good fit in your feeding program while not appearing in the “bargains” column. For example, your nutritionist might be using some molasses in your rations for reasons other than its NEL and MP contents.

Appendix

For those of you who use the 5-nutrient group values (i.e., replace MP by rumen degradable protein and digestible rumen undegradable protein), see Table 4.

Table 4. Prices of dairy nutrients using the 5-nutrient solution for Ohio dairy farms, March 29, 2023.

Estimate of Nutrient Unit Costs		
Nutrient name	Estimate	
NEl - 3X (2001)	0.146841	**
RDP	0.169938	~
Digestible RUP	0.40875	**
e-NDF	0.073733	~
ns-NDF	-0.050195	

- A blank means that the nutrient unit cost is likely equal to zero
- ~ means that the nutrient unit cost may be close to zero
- * means that the nutrient unit cost is unlikely to be equal to zero
- ** means that the nutrient unit cost is most likely not equal to zero

First cutting can make or break a season

By Mike Rankin

Source: https://hayandforage.com/print-article-4362-permanent.html

Over the course of the next two months, a large number of hay implements will venture out into fields for their maiden voyage of 2023. Be it grass or alfalfa, first cutting separates itself as a time that often defines the hay or haylage harvest season.

One of the unique advantages of harvesting forage is that desired forage quality can largely be attained by the grower simply manipulating the time of cutting. In the same vein, yield can also be dictated, but at the expense of forage quality.

No other harvest during the year offers more opportunity for obtaining high forage quality — as defined by digestible fiber — than the initial spring cutting. Further, this forage often makes up the greatest proportion of the total-season yield. It is often the only cutting of the year that is not limited by soil moisture availability.

Don't maximize yield

The enhanced yield potential of first cutting means that whatever forage quality is obtained — good or bad — your barn or silo is going to be full of it, and you'll live with the spoils or consequences for most of the ensuing year and part of the next one. Maximizing forage yield will likely result in forage of unacceptable quality.

Alfalfa yield, or dry matter accumulation, changes more dramatically in the spring and early summer compared to any other time of the year. Estimates are that alfalfa packs on 100 to 150 pounds of dry matter per acre per day during the late-vegetative to late-bud stages. In five days, dry matter yield jumps 1/4 to over 1/3 ton per acre. The yield–quality tradeoff is never so in play as it is with first cutting.

Perennial grasses also offer tremendous yield potential with their initial spring growth. However, the yield–quality tradeoff is even more dramatic than with alfalfa because fiber digestibility drops so dramatically after grasses transition into reproductive stages. It's unfortunate that far too many acres of grass hay are harvested after significant seedhead development, resulting in a product that mimics the quality of cordwood.

Often, a late first cutting of alfalfa or grass reduces the yield of the second cutting because soil moisture becomes more limited. Conversely, a timely first cutting often accounts for more rapid regrowth, setting up a productive second cutting.

First cutting is the only one when there is no number of days since the previous harvest. The first-cut harvest decision often dictates the schedule for the rest of the

season. When the first cut is made may impact how many future cuttings will be possible, the interval between cuttings, and how late in the fall the final cutting will be harvested, which, in turn, impacts future stand life.

A quality advantage

As with any cutting, forage quality is largely dictated by time of harvest. The initial cutting of the season offers equal opportunity for being the best forage quality of the season or the worst.

No other cutting of alfalfa grows under the environmental conditions characterized by spring. During early plant development, temperatures are mostly cool, which is good news from a forage quality standpoint. As vegetative growth continues and into early reproductive (bud or seedhead) stages, the potential weather scenarios span any number of possible outcomes.

This range of environmental conditions makes it nearly impossible to eyeball forage quality. Calendar dates are useless, as is phenotypic maturity stage to some degree. Relative forage quality (RFQ) can be as much as 100 points different from year-to-year on the same date, and the same phenotypic stage doesn't always correlate to same forage quality from one year to the next.

To be sure, Mother Nature is calling the shots on forage quality when it comes to first cutting; however, absolute or changes in quality are not apparent by visual inspection. It's up to the haymaker to adjust.

Hot and wet weather brings much different results than cool and dry. Further, environmental conditions change from day-to-day more in the spring than at any other point in the growing season. Therefore, it's important to pay attention and monitor forage quality more so than any other cutting of the season.

Alfalfa practitioners and researchers have spent years developing systems to estimate forage quality without physically cutting plants and sending them to a forage laboratory for analysis, although the latter approach works, too.

By now, most growers are familiar with the predictive equations for alfalfa quality (PEAQ), which is based on plant height and maturity stage. Another popular approach is based on tracking growing degree units (GDU). Both methods will be far more effective than looking at plants or the calendar. Choose your weapon but choose a weapon.

First-cut fiber digestibility can be the best of the season. Those typical cool days and nights are generally the hay producer's friend. Once warm to hot weather sets in, or if wet weather delays the harvest, fiber digestibility can quickly move from the best to the

worst of the year. This is true for monoculture alfalfa stands and even truer for mixed or grass stands.

The rate of fiber digestibility decline is unmatched by any other alfalfa cutting. This means that the harvest window is usually smaller, unless extended cool weather prevails. Reduced-lignin alfalfa genetics can raise neutral detergent fiber digestibility (NDFD) by as much as 15%, which will help widen the acceptable harvest window.

To be sure, it's not always necessary to harvest forage that is "rocket fuel" quality, especially when many dairy diets no longer include large amounts of alfalfa. Shooting for too high of quality will needlessly lower yields in many cases.

As we move closer to first-cut forage harvest time, be reminded that there are no other field activities that are more important or will have a greater positive economic impact than getting forage cut on time. Rarely do farmers complain about their forage being too good, but it's often we hear grumblings about the opposite situation.

Extension Talk – Mental Health Dinner Theater Held

By: Andrew Holden, ANR Educator – Ashtabula County

Hello Ashtabula County! This past week has been beautiful with warm weather and no rain. We are seeing some field work being done across the county and everyone is gearing up for the spring planting season. Seeing that it is still mid-April, I'm sure we will see some more cool weather. Hopefully you were able to take advantage of the

warm temps and get the lawn mowed, the garden cleaned off, or the corn stubble chopped.

Today I wanted to share a little bit about our Mental Health Dinner Theater that was held last Tuesday at the PV Highschool. We had a great turnout from our ag community, and I want to share what we discussed and the local mental health resources that were highlighted. Farming can be a stressful job and often our rural areas are under resourced. That is why OSU Extension and Ashtabula County Farm Bureau came together to offer this event, to hopefully provide people with the knowledge they need to handle stress and help others in their life if they notice signs of stress. I also want to thank our local Farm Credit Mid-America, and Centerra Co-op for helping sponsor the event, as well as both Pymatuning Valley FFA and Grand Valley FFA for volunteering at the dinner. If you have any questions about the event, or about the resources shared below, please give me a call at the Extension Office.

******

On April 11th at the Pymatuning Valley Highschool Cafeteria in Andover, over 50 Ashtabula County residents took part in a Mental Health Dinner Theater. The Dinner Theater was organized by The Ohio State Extension Office of Ashtabula County, and the Ashtabula County Farm Bureau. The event was focused on our local agricultural community and featured a short play that was designed to encourage attendees to discuss stress, the impacts of stress, and the resources available locally to deal with stress. The audience included farm families as well as many agricultural professionals who work with farmers every day.

The evening began with a free dinner, consisting of brisket and pulled pork from Russell's BBQ. As the audience finished up their meal the show began. Andrew Holden, ANR Educator from Ashtabula County Extension, welcomed the crowd, introduced the sponsors and special guest, and then thanked everyone for attending. It was shared that the play would be 3 short acts with time in between the acts for tables to discuss what happened. Facilitators were located at each table to help encourage conversations and ask preplanned questions related to the skit. Facilitators included OSU Extension employees, Farm Bureau board members, and local mental health organization employees.

The play itself was performed by local community members. The cast included David Thomas, Ashtabula County Auditor, as Dan Brown the farmer, Marissa Sutton, Farm Credit Mid-America, as Jane Brown (Dan's wife), Sydney Morrison, PV FFA News Reporter, as their daughter Sam, Andrew Holden, OSU Extension Educator, as Bob the local Extension Agent, and Ty Higgins, Senior Director of Communications for Ohio Farm Bureau, as the narrator. In three acts the play consist of conversations between

characters that slowly share that Dan Brown is exhibiting signs of stress. With high cost, medical issues, and planting season coming up, Dan starts showing signs of stress like not eating regularly, mood changes, and more. When his family notices these changes, they encourage Dan to speak to Bob as he recently got trained in Mental Health First Aid. Bob is able to share some information with Dan, like how stress is our body's reaction to a perceived threat or burdensome stimuli or event. Bob also shares that while some stress can help motivate us, too much stress can lead to adverse physical or mental health problems. Chronic stress can cause many issues, from being unable to concentrate to feelings of hopelessness, to changes in eating habits, even thoughts of suicide. Bob finally encourages Dan to reach out to a local councilor to help him with the added stress he has been experiencing lately and gives him a list of local resources.

After the play and table discussions, Andrew introduced a few representatives from local organizations who shared what resources they had available locally. Those in attendance were Loretta Buell from Community Counseling Center, Kirsten Esch from Signature Health, and Daisy Asmus from National Alliance on Mental Illness (NAMI). Bridget Britton, MSW, LSW, Behavioral Health Field Specialist in the Agriculture and Natural Resources program area for The Ohio State University was also introduced and shared some of the resources available to the ag community, including www.go.osu.edu/countyresourceguide that links to a comprehensive list of mental health resources in each county in the state. Bridget also was the one who brought this idea to Ohio State Extension, and worked with Andrew and Mandy to provide the plans for the evening.

Resources:

- **Ashtabula County Mental Health and Recovery Services Board** is committed to bringing Ashtabula County residents high quality, evidence-based mental health and substance abuse treatment and prevention services. More information can be found at https://www.ashtabulamhrsboard.org or by calling 440-992-3121.
- **Community Counseling Center** is a non-profit behavioral health provider focused on engaging the community in recovery. Services include Case Management, Children's Day Treatment Program, Counseling, Medication-Assisted Treatment, Prevention Services, Psychiatry, Supported Employment, and Substance Use Disorder Treatment. More information can be found at https://cccohio.com/ or by calling 440-998-4210.
- **Signature Health** primarily serve Medicaid and Medicare patients, with a sliding fee scale available to eligible individuals without insurance. Their services range from counseling, to alcohol and drug recovery programs, to primary care, to infectious disease services.. More information can be found at

https://www.signaturehealthinc.org/locations/ashtabula/ or by calling 440-992-8552.

- **NAMI** plays an active role in providing support, education, and advocacy throughout Ashtabula County. NAMI utilizes volunteers to teach classes, facilitate support groups, provide referral services to local resources, and create awareness and understanding of mental illness. More information can be found at https://namiashtabula.org or by calling 1-800-950-NAMI (6264).
- **Ohio Mental Health Resource Guides by County** can be reached by visiting https://go.osu.edu/countyresourceguide
- If you are experiencing suicidal thoughts, call, or text the **National Suicide and Crisis Lifeline** by dialing 988. You can also chat at 988lifeline.org.

A special thanks to Mandy Orahood from Farm Bureau, all those who helped make this event possible, and to those in the community who were willing to come and participate in this mental health education. If you have questions about this event or the resources shared, please call Andrew Holden at the Ohio State Extension Office in Jefferson at 440-576-9008 or email holden.155@osu.edu.

******

Andrew Holden is an Agriculture & Natural Resources Extension Educator for Ohio State University Extension. Andrew can be reached at 440-576-9008 or *Holden.155@osu.edu*

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

Lee Beers
Trumbull County Extension
520 West Main Street
Cortland, OH 44410
330-638-6783
beers.66@osu.edu
trumbull.osu.edu

Andrew Holden
Ashtabula County Extension
39 Wall Street
Jefferson, OH 44047
440-576-9008
holden.155@osu.edu
ashtabula.osu.edu

Angie Arnold
Portage County Extension
705 Oakwood St., Suite 103
Ravenna, OH 44266
330-296-6432
arnold.1143@osu.edu
portage.osu.edu

CFAES

COLLEGE *of* FOOD, AGRICULTURAL, *and* ENVIRONMENTAL SCIENCES

Join us for the next
FARM OFFICE LIVE

April Topics:

- Legislative and Case Law Update
- Farm Insurance Issues
- "What is a 'Taxable Gross Receipt' under Ohio's Commercial Activity Tax?"
- Inflation and Interest Rates: An Update Including a Closer Look at Agricultural Machinery and Equipment
- Crop Budgets/Income Outlook for '23
- Avoid Chance by making 2023 Record Keeping Goals

Register or watch replays at
go.osu.edu/farmofficelive

Register once and receive links to join future programs

Each session includes timely updates and Q&A time on topics of interest.

THE OHIO STATE UNIVERSITY
EXTENSION

Featuring:

Bruce Clevenger
Peggy Hall
Jeff Lewis
Robert Moore
Barry Ward

April 21 10:00 – 11:30 AM

Farm Office - Your farm's ag law and farm management resource partner.

farmoffice.osu.edu

PROGRESSIVE AGRICULTURE
SAFETY DAY®

Saturday, June 3, 2023 from 9:30 a.m. – 2:00 p.m.
This years event will be at the:
Ashtabula County Antique Engine Club

This **FREE** event is for children ages 4 and up.
Families are welcome to stay!
Registration will be in person only and begin at 9:00 AM

A packed lunch is required for all participants

Topics Include

Water/Pond Safety
PTO Safety
Equipment Safety
Chemical Safety
Animal Safety
Grain Safety

Sign up for shirt sizes here

For additional information contact
Rachel Kalas: 440-789-9131 or
asht.co.pafsd@gmail.com

CFAES



Women in Agriculture

Ashtabula County Farm Tours

Beef, a Backyard Garden, & Berries

Join us for one or all of this 3-part series featuring women owned farms!

Mardy Townsend	Alexa Sandella	Lois Wright Morton
Marshy Meadows	Backyard Garden	Outwash Terrace

Save the date! Rain or shine!

Please wear boots, bring water, and be prepared for walking

Windsor, OH	Kingsville, OH	Pierpont, OH
Sunday, May 7th	Sunday, July 30th	Sunday, Sept. 10th
from 2-4 p.m.	from 2-4 p.m.	from 2-4 p.m.

To RSVP, call or email Julie Wayman 440-576-9008 or wayman.31@osu.edu

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

ashtabula.osu.edu