Hello, Ashtabula and Trumbull Counties!

I hope you all had a wonderful Thanksgiving and you were able to get out and work off some of that turkey and pie. The warm weather this week sure has helped with getting corn and a few soybean fields harvested. It looks like the dry spell may continue for a few more days.

We are quickly coming up on our busy season for programs, so be sure to check out our upcoming events page in the newsletter. We hope you will be able to join us at a few of them and take some new information home to incorporate into your farm or home.

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Women in Ag Program Slated for December 16

OSU Extension in Ashtabula County is pleased to share that our local Women in Agriculture group will be sponsoring a workshop titled **Mindfulness and Dealing with Stress** on Saturday, December 16, 2017. This workshop will be held from 9:30 to 12:00 noon. The holidays can be a stressful time as family conflicts can surface and financial struggles can become more apparent. Join us during this program to learn how to manage stressors more effectively.

During this program, Marie Economos, OSU Family & Consumer Sciences Extension Educator in Trumbull County will teach on mindfulness and how it can help reduce stress in your life. Marie will share stress reduction strategies based on the research and work of Dr. Jon Kabat-Zinn who developed the mindfulness-based stress reduction program. Following Marie’s presentation, Emily Compan, representative of Young Essentials Oils in Andover, Ohio will discuss the many natural uses and benefits of using essential oils. Following the presentations, participants will make a whipped gingerbread sugar scrub to take home and enjoy. The day will end with everyone having the chance to relax and share a few laughs during lunch at noon.

The registration fee for this program is $15 per person and reservations are requested by December 13, 2017. If you have any questions please call 440-576-9008. A complete registration flyer can be obtained at: [http://go.osu.edu/ne-events](http://go.osu.edu/ne-events)

2017 Farmer’s Tax Guides

The 2017 version of the Farmer’s Tax Guide (Publication 225) has been released by the Internal Revenue Service and can be found at: [https://www.irs.gov/pub/irs-pdf/p225.pdf](https://www.irs.gov/pub/irs-pdf/p225.pdf). Copies are also available at the Ashtabula County Extension office and will be available soon at the Trumbull County Office.

2018 Northeast Ohio Small Farm Workshop Scheduled for January 20, 2018

The Ashtabula County Extension office is pleased to offer the **2018 Northeast Ohio Small Farm Workshop** for new, existing, and aspiring farm businesses. This workshop will be held on Saturday, January 20, 2018 from 9:00 a.m. to 3:00 p.m. at the Ashtabula County Extension office located at 39 Wall Street in Jefferson, Ohio. This workshop is designed to help landowners increase profits from their small acreage. This program is open to all new or aspiring farmers, new rural landowners, small farmers, and farm families looking for new ideas.
During this workshop, participants will be challenged to develop realistic expectations for their small farm. Participants will learn how to develop a business plan for their operation. During the workshop, participants will learn more about the current opportunities in small-scale farming; how to identify the strengths & weaknesses of your farm; how to keep records and develop budgets; and how to effectively price & market your products to consumers. Learn more about farm insurance, governmental assistance, farm taxes, and ways to mitigate risk. This workshop will provide the road map for small producers to move their hobby to a viable farm business. Make connections to resources, information and people that will help your farm business grow!

The registration fee for this workshop is $25 per person. This includes a small farmer resource notebook, refreshments, and a hearty lunch! Reservations are requested by Friday, January 12, 2018. Space is limited to the first 35 registrants. We thank The Kellogg Insurance Agency for co-sponsoring this event. Pre-registration is required by January 12, 2018. Registration fee is $25/per person. Make checks payable to OSU Extension, and mail to Ashtabula County Extension office, 39 Wall Street, Jefferson, OH 44047. If you have any questions please call 440-576-9008. A complete registration flyer can be obtained at: http://go.osu.edu/ne-events

Ashtabula County Plat Books Available
Who owns Ashtabula County? Thousands of people have a piece of it, and they are listed in the new plat book published by the Ashtabula County – OSU Extension with Mapping Solutions. The 2016-17 book is available for purchase for $25 + tax at the County 4-H/Extension office located at 39 Wall Street in Jefferson. Premium wall maps are also available. For more information contact their office at (440) 576-9008.

This 130-page spiral-bound book includes landownership maps by township and range of Ashtabula County. These maps include the property boundaries for all rural parcels within the township, the name of the owner and the number of acres owned. Also, there is a handy landowner index for easy cross referencing. The next version of the plat book will be released in early 2019 and until then we will be selling the 2016-17 book for $25.00 + tax.

Cultivating an Attitude of Gratitude
By Emily Adams, Coshocton County Extension

On this Thanksgiving weekend let’s take some time to focus on gratitude. With slower than average harvest and low commodity prices on top of all the other normal holiday busyness that most families face, this could be a particularly stressful time of year for farm families.

The research surrounding the effects of stress on health is pretty fascinating to me. Some of the causes and results seem very intuitive, but it’s always refreshing to have research that backs up the importance of our attitudes when it comes to health and well-being.
A Farm Stress Fact Sheet from North Dakota State University Extension states that “researchers who have examined differences between successful and unsuccessful stress managers have identified three key factors.” We each differ in our capacity to tolerate stress, our perception of control in situations, and in general how we perceive situations in our lives. The following techniques are recommended to help you increase your capacity to respond to and manage stress.

**Control events** - Though you certainly can’t control everything, you are not helpless. There are many things that you can influence. To reduce the pile-up of too many stressful events at one time, farmers can control some situations.

- Plan ahead. Don’t procrastinate. Replace worn machinery parts during the off season. My mantra this year has been to leave “more margin”.
- Before busy times of planting, harvest, or calving/lambing discuss who can be available to run for parts, care for livestock, etc.
- Set priorities about what has to be done today and what can wait until tomorrow. Plan your time.
- Say no to extra commitments that you do not have time to do.
- Simplify your life. If possible, reduce your financial dependence on others.

**Control attitudes** - How farm family members view situations is a key factor in creating or eliminating unwanted stress.

- See the big picture: “I’m glad that tire blew out here rather than on that next hill.”
- List all the stresses you now have. I personally call this my “brain download,” and I find myself doing this every couple of weeks to visualize what all I have on my mind.
- Shift your focus from worrying to problem solving. When my children begin to fret about something I immediately ask them to think of ways they can solve the problem.
- Notice what you have accomplished rather than what you failed to do.
- Set realistic goals and expectations daily. Give up trying to be perfect- or at least appearing that you are.

**Control responses** - Focus on relaxing your body and mind.

- Take care of your body. Exercise regularly and eat well-balanced meals. Limit your intake of stimulants such as coffee, pop and tea.
- Balance your work and your play. Do both well.
- Look for the humor in things that you do.
- Find someone with whom you can talk about your worries and frustrations.
- Unwind before bedtime. Do stretching exercises, listen to soothing music, practice rewinding deeply, and be thankful for any blessings received today. Then sleep well.

To close, I will leave you with this quote from William Arthur Ward, “Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.”
**Wheat Acres Drop to 100-Year Low**

By Ashley Davenport, Farm Journal Broadcast Multimedia Editor


A recent Twitter post by a farmer sums up the views of many U.S. wheat growers today. “Yes, I’m planting wheat, and no, I don’t know why,” the farmer said. There are only a couple of scenarios where growing wheat makes sense for farmers, according to Arlan Suderman, chief commodities economist for INTL FCStone.

“We have some parts of the country, particularly in the High Plains, where they don’t have a lot of alternatives, but we also have areas where they’ve finally received some rain,” he says. “They’re putting wheat in as a cover crop and will graze it off during the winter and then decide in the spring whether to add fertilizer and save it for grain.”

While there are farmers who raise wheat as a rotational crop, Suderman says it doesn’t pay off economically.

Wheat acres are at a 100-year low, and he expects decreasing acres in the U.S. to continue because of the large number of world stocks on hand. He estimates acres will be down another 4% to 6% in 2018.

“Currency exchange rates are encouraging expansion overseas such as in the Black Sea area, while the U.S. contract acres,” Suderman says. “We need to go for the quality market. Farmers here really need to plant for protein wheat and sell it as such. “We’re going to have to have a major weather problem somewhere in a major wheat-producing part of the world to turn things around for the U.S., and right now there’s none on the horizon.”
Trump’s agriculture department reverses course on biotech rules

By Kelly Servick

The U.S. Department of Agriculture (USDA) has withdrawn a plan to overhaul how it regulates biotechnology products such as genetically engineered (GE) crops.

The proposed rules, released in January as part of a broader update to federal biotech regulations, would have formally exempted some modern gene-edited plants from regulation, but industry and academic groups worried it would also add more onerous requirements for safety assessments early in the development of such products.

USDA’s announcement and its notice in the federal register today provided little detail about the motivation for the reversal. The agency is taking another look at the rules to balance “regulatory requirements [that] foster public confidence” with a “review process that doesn’t restrict innovation,” Secretary of Agriculture Sonny Purdue said in a statement. USDA will now start fresh discussions with stakeholders to consider other approaches, the statement said.

It’s a predictable move by President Donald Trump’s White House to take another look at the policies of the previous administration, says Jennifer Kuzma, a social scientist who co-directs the Genetic Engineering and Society Center at North Carolina State University in Raleigh. “I expected them to eventually catch wind that this was something that USDA was doing, and reverse it.”

The January proposal was in part an attempt to clarify whether and how the agency would oversee plants made through new genetic technologies such as CRISPR gene editing. Unlike older methods that insert a gene using the bacterial vector Agrobacterium, which USDA classifies as a “plant pest,” CRISPR editing does not automatically trigger the agency’s current premarket review process. (Last spring, USDA announced that it would not regulate a CRISPR-
edited nonbrowning mushroom for that reason.) The proposed rules would have exempted certain gene-edited products from the GE definition—if they contained inserted DNA from a sexually compatible species, for example, or if their DNA changes could also have been achieved through older chemical or radiation-based methods.

But the proposal also gave the USDA’s Animal and Plant Health Inspection Service (APHIS) the new responsibility of evaluating plants for their potential to become noxious weeds that could damage crops, livestock, agriculture, public health, or the environment. Under the proposal, the absence of bacterial DNA would no longer have been enough to exempt a gene-edited product from regulation, Kuzma explains, and more products would fall “under the initial umbrella to analyze” for safety. “I see sticking with the status quo as less regulation,” she says.

Industry and research groups also feared new risk assessment requirements. In June, more than 100 biotechnology and agriculture trade groups submitted a letter to USDA laying out their objections to the proposal. It would require a lengthy risk assessment simply to learn whether a GE product would be regulated, the signatories said, and would slow the early development of new crop varieties by creating a hurdle to even small-scale field trials.

The burden would be especially great for academic researchers and small companies, says Harry Klee, a molecular biologist who studies the genetics of tomato flavor at the University of Florida in Gainesville and is president of the American Society of Plant Biologists—one of the signatories on the letter. “I can’t afford to … go through the processes for risk assessment the same way that a company like a Monsanto can do,” he says. “I’m happy that [USDA is] taking a step back.”

In January, the U.S. Food and Drug Administration also released a proposal to update the regulation of GE animals. Those rules would have swept such animals under the definition of a “new animal drug” and subjected them to the agency’s approval process, even if they didn’t contain DNA from another species, and even if their genome sequences could have been created with conventional breeding. Last month, lawmakers in the U.S. House of Representatives wrote a letter to Purdue, along with FDA Commissioner Scott Gottlieb and Environmental Protection Agency Administrator Scott Pruitt warning that the USDA’s and FDA’s approaches “offer deeply conflicting regulatory approaches” that “have sent inconsistent signals to our trade partners.”

The public comment period for the FDA rules ended in June, but the agency has not finalized the proposal. “I would bet that [the administration] would probably pull back on that too, eventually,” Kuzma says.
Barley no longer an afterthought in beer flavor
By Oregon State University
Source: https://www.eurekalert.org/pub_releases/2017-11/osu-bnl112717.php

Barley has always played second fiddle to hops and yeast when it comes to flavoring beer. Now the grain is ready for its solo. In two studies published this week in the Journal of the American Society of Brewing Chemists, a research team led by Oregon State University found notable differences in the taste of beers malted from barley varieties reputed to have flavor qualities.

Consumers aren't going to see a barley-flavored brew anytime soon in their local pub or supermarket, but the findings are an important first step toward a potential new market for beer connoisseurs, said OSU barley breeder Pat Hayes.

"We started this project with a question: Are there are novel flavors in barley that carry through malting and brewing and into beer? This is a revolutionary idea in the brewing world. We found that the answer is yes," Hayes said. "These positive beer flavor attributes provide new opportunities for brewers and expanded horizons for consumers."

In its malted form, barley is the principal source of fermentable sugars for most beers. But barley’s flavor contributions to beer are usually ascribed to the malting process rather than the grain itself.

Barley World, Hayes's research group at OSU, with financial support from the beer industry, began with two barley varieties reputed to have positive flavor attributes in beer: Golden Promise, developed and released in Great Britain and OSU's own barley variety, Full Pint. They then crossbred the two varieties.

That cross-breeding resulted in several hundred breeding lines of genetic seed stock, Hayes said. They grew the offspring in test plots in the western Oregon cities of Corvallis and Lebanon and the central Oregon city of Madras.

But there was a logistical challenge in preparing that barley for brewing and sensory testing, Hayes said. OSU's progeny of Golden Promise and Full Pint each yielded only about 200 grams of malt - not enough for a reasonable sample to produce large quantities of beer for a standard sensory panel.

That’s when OSU teamed with Rahr Malting Co. in Minnesota, and New Glarus Brewing in Wisconsin. The companies had developed a "nano" brewing system that could produce a single bottle of beer from each unique malt. Dustin Herb, a graduate student in OSU's College of Agricultural Sciences, spent almost a year at Rahr Malting participating in the micro-malting, nano-brewing, and sensory processes.

Out of that initial partnership, about 150 beers were prepared for sensory testing. Each panelist tasted each of the beers once and then rated it on a scale in its amount of difference compared to an industry standard control beer.
The panelists found that beer brewed with Golden Promise scored significantly higher in fruity, floral and grassy flavors. Beer with Full Pint was significantly higher in malty, toffee and toasted flavors. "The progeny are showing all possible combinations of those traits," Hayes said. "And, since we had been doing DNA fingerprinting on these progeny, we can assign certain regions of the barley genome as being responsible for these flavors. We also found that there were some differences based on where the barley was grown, but the genetic effect was larger than the environment."

Based on the results of more Golden Promise-Full Pint progeny, finer structure genetic mapping of barley flavor genes is underway with Rahr Malting Co. The researchers are also working with Deschutes Brewery in Bend to brew more representative beers from three of the selected progeny. OSU is producing 100 pounds of malt of each of three selections, and of a control variety called Copeland, in its on-campus malt house.

"All three have unique flavor attributes and are relatively easy to grow," Hayes said. "They have outstanding malt profiles. Deschutes will brew the same beer twice for each of those three and compare that to the control. Those beers will be sent to other brewers who will conduct their own sensory panels."

**David’s Weekly News Column**

For Publication in the Jefferson Gazette on November 29, 2017

Hello, Ashtabula County! Can you believe that November is almost in the books and that December is upon us? Even though we are in the winter months, our farmers are still in harvest mode. All our wet weather has slowed the pace of corn harvest. As we move into December, I would like to share how producers can access the 2018 crop budgets and invite local farmers to be part of our reporting group for the Northeast Ohio phosphorus task force.

Barry Ward, Leader, Production Business Management for Ohio State’s Department of Agricultural, Environmental, and Development Economics recently reported the 2018 OSU enterprise crop budgets for corn, soybeans and wheat have been published. The good news is the forecast for input costs for next year are expected to be even or a tad lower. The bad news is that even with the lower input prices, the expected profit picture looks poor as crop prices are predicted to remain depressed for 2018.

Given this, it is critical for crop producers to pencil out good budgets for next year. Ohio State University Extension has had a long history of developing “Enterprise Budgets” that can be used as a starting point for producers in their budgeting process. The enterprise budgets are compiled on Excel Spreadsheets that allow users to input their own production and price levels to calculate their own numbers. These Enterprise Budgets have color coded cells that allow users to plug in numbers to easily calculate bottoms lines for different scenarios. Detailed footnotes are included to help explain methodologies used to obtain the budget numbers.
Newly updated Enterprise Budgets for corn, soybeans, and wheat for 2017 have been completed and posted at: https://farmoffice.osu.edu/farm-management-tools/farm-budgets. We also have them at the Ashtabula County Extension office, just give us a call at 440-576-9008. Make sure to take time to really push the pencil on your crop budgets for next year!

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The Northeast Ohio Phosphorus Task force is seeking farmers to track the winter weather conditions in Northeast Ohio. The committee met on November 6, 2017 to review the data collected from the winter of 2017 and voted to continue the data collection this winter. We are asking farmers to monitor the weather & soil conditions which are present each day from now through the end of March. We are asking for cooperators to track two questions each day; these being: #1: Is your ground snow covered or frozen and #2: Is the top two inches of the soil saturated.

According to the Senate Bill 1 which was passed in 2015, no manure or fertilizer can be applied (without incorporation) if the fore-mentioned conditions exist in **Northwest** Ohio. While we are not under these restrictions in Northeast Ohio, the concern is that we might be in the future. Our local research is helping us put numbers to what we know is the reality in the snow-belt. In fact, last winter our farmers could have only spread manure during 3 days of the entire winter based on the Senate Bill rules. An expansion of the rules state-wide in the future could severely hamper our livestock industry.

Our goal is to have at least one cooperator from each township in Ashtabula, Geauga, Lake or Trumbull County to track this data for us. Farmers interested in tracking should contact me at 440-576-9008 or marrison.2@osu.edu so that your name is added to our cooperator list. Thanks for helping us to be proactive.

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Black Friday reminds me of how commercialized our Christmas season has become. Have we forgotten the real reason for this season? To close today’s column, I would like to share a quote from President Calvin Coolidge who stated, "Christmas is a not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas. Have a good and safe day!

**Upcoming Extension Program Dates**

The following programs have been scheduled for Northeast Ohio farmers. Complete registration flyers can be found at: http://ashtabula.osu.edu/program-areas/agriculture-and-natural-resources/upcoming-educational-programs-deadlines

**Women in Agriculture Programs**
December 16, 2017
January 13, 2018
February 17, 2018
March 17, 2018
Private Pesticide Applicator & Fertilizer Re-certification Sessions
January 12, 2018 from 8:00 to 12:00 noon in Ashtabula County
February 2, 2018 from 8:00 to 12:00 noon in Geauga County
February 9, 2018 from 10:00 to 3:00 p.m. in Portage County
March 9, 2018 from 1:00 to 5:00 p.m. in Trumbull County

Crop Lunch – What’s New with Dicamba
Trumbull County Extension Office 11:30am – 2pm
Wednesday, January 17, 2018

Exploring the Small Farm Dream
Saturday, January 20, 2018

2018 Northeast Ohio Winter Agronomy School
Wednesday February 21, 2018

2018 Winter Beef School (Calving School)
Thursday, February 22, 2018

Backyard Chickens
Trumbull County Extension Office 5-7pm
Wednesday, March 14, 2018

2018 Ashtabula County Dairy Banquet
Saturday, March 24, 2018

21st Annual Joe Bodnar Memorial Northern Classic Steer & Heifer Show
Saturday, April 21, 2018
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Donate Crops To Support Charity

A tax strategy that helps local charities.

Donating crops, instead of money, can have significant advantages:

- The value of donated crops is not included on Schedule F, but the expenses are deductible on the form.
- There are no federal or state income taxes paid on the value of donated crops.
- There is no self employment tax paid on the value of donated crops.
- Yield records are not affected by the donation.
- Savings exist whether you itemize or take the standard deduction.

Keep The Money In Our Community

The primary mission of the Northern Trumbull County Community Foundation is to help in keeping our community strong not only for its current residents, but also for future generations. All donations are invested back into the community with this purpose in mind.

The Northern Trumbull County Community Foundation is an affiliate of the

COMMUNITY FOUNDATION
OF WESTERN PA & EASTERN OH

7 West State Street, Suite 301, Sharon, PA 16146
724-981-5882
www.comm-foundation.org
Ashtabula County Women in Agriculture: Mindfulness
Dealing with Stress

Saturday, December 16, 2017
9:30 a.m. to 12:30
OSU Extension Office
39 Wall Street
Jefferson, Ohio 44047

Registration Fee $15

The Agricultural industry is stressful enough but holidays add even more. Join Marie Economos, Family and Consumer Sciences Extension Educator as she teaches about Mindfulness. Stop stressing and start living. Emily Compan with Young Essentials Oils will also discuss the many natural uses and benefits of using essential oils. Everybody will make a whipped gingerbread sugar scrub to take home and enjoy. We will end the session by having a chance to relax and share a few laughs during lunch at noon.

Mark your calendars for future dates also:
January 13, 2018 Small Engines and Parts
February 17, March 17

Questions? Contact Abbey Averill at 440-576-9008 or averill.10@osu.edu

Pre-registration required. Please complete and return with payment to Ashtabula County - OSU Extension, 39 Wall Street, Jefferson, Ohio 44047, no later than Wednesday, December 13, 2017. Cost for the program $15 per person. (Make checks payable to: OSU Extension)

Name: ___________________________ Phone: ________________________________
Email address: __________________________

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: http://go.osu.edu/cfaesdiversity
Trumbull Crop Lunch

What’s Going On With Dicamba?

Mark Loux, OSU Weed Scientist
and
Peggy Hall, Professor of Ag Law

January 17, 2018
OSU Extension Office
520 West Main Street
Cortland, OH 44410

11:30 – Registration and Lunch
12:00 – Local Update
12:30 – Dicamba Update
2:00 – Adjourn

Cost is $5/person - includes lunch, pesticide and CCA credits

Join us on Wednesday, January 17, 2018 for lunch at the Trumbull County Extension office to learn about the current status of dicamba use in Ohio. Mark Loux and Peggy Hall will be joining us via video link to discuss best practices for using a dicamba resistant soybean program, updates from the ODA, and the Ohio Legislature. Pre-registration is requested for an accurate count for food. A catered lunch is sponsored by the Trumbull County Holstein Club.

REGISTRATION INFORMATION: Cut at the dashed line, and mail lower portion with check payable to OSU Extension to OSU Extension Trumbull County, 520 West Main St. Suite #1, Cortland, OH 44410. On-site payment is available, but please call our office to let us know you will be attending so we have enough food. Call our office or email Lee Beers (beers.66@osu.edu) with any questions. 330-638-6783

Name:_________________________________________  Email: ________________________________
Address:_______________________________________  Phone:_______________________________

Number attending _____ x $5/person = _____________ Enclosed

trumbull.osu.edu