

VOL. CIII

USPS 297-360

FEBRUARY 2025 NUM





50 Year Members

The Knox County Farm Bureau would like to recognize these members for their 50 Years of loyal membership. Those voting members joining the Knox County Farm Bureau in 1975 are:

Wayne Davis Tina Grohmann Gary Holt Dewayne Sanburg Margaret Tolley Willard Gustafson Raymond Stevens Kirk Stevens James Swedlund Dean Westergreen

Those in attendance at the 107th KCFB Annual Meeting were: At right, Raymond and Darlene Stevens At left, Margaret Tolley and family with President Drew DeSutter



Thank You Auction Sponsors

Thank you to the following businesses, organizations, and individuals who donated to the Knox County Farm Bureau Foundation's silent and live auctions at the Knox County Farm Bureau Annual Meeting on January 25, 2025. Your generous donations and support is greatly appreciated!

Abingdon Banking Center Anderson State Bank Bar 65 Birkey's Farm Store Compeer Financial – Jason Bollivar Compton Accounting – Mark Compton Dan Butler – Edward Jones David & Brenda Bliss Diamond Ag – Jordan Smith F&M Bank

Farmers State Bank – Jennifer Beard Four Seasons Pest Control G&M Distributors, Inc Illinois Farm Bureau J & J Farms- Mark & Matt Johnson Jeremy Kleine - COUNTRY Financial Jim McNelly John Ryner- COUNTRY Financial Judy Hennenfent **KCFB** Young Farmers Kevin & Lori Engel Kimberly Smith Knox County Cattlemen Knox County Corn Growers Knox County Pork Producers Knox County Soil & Water Conservation Dist.

Knoxville FFA & Alumni

Meritorious Service to Ag Award Winners

At the 107th KCFB Annual Meeting, Knox Agri Center President Tim Main presented the late Jerry King the 2024 Meritorious Service to Agriculture Award.

The award is given to people who have made an outstanding contribution to the agricultural industry. 30 recipients have been awarded before Jerry.



Ladner & Jain Orthodontics, LLP Merris Hennenfent Michael Moore - COUNTRY Financial **Crop Specialist** Norlyn McCormick Oak Run Golf Course Oneida Telephone Exchange Pete & Diane Holmes Representative Dan Swanson Representative Travis Weaver Roxanne Green ROWVA FFA & Alumni The Watering Hole Tompkins State Bank USI United Soils West Central FS Wyffels Hybrids- Austin Parkinson

From left to right: Patrick King (Jerry's grandson), Inis King (Jerry's wife), and Tim Main, Knox Agri Center President.

Members are always welcome at Knox County Farm Bureau's Board of Director meetings. They are held the third Thursday of each month. Please call for times.



February 2025 No. 2 Published Monthly by: KNOX COUNTY FARM BUREAU, Inc. cooperating with the ILLINOIS AGRICULTURAL ASSOCIATION and the AMERICAN FARM BUREAU FEDERATION

The Knox Co. Farm Bureau Bulletin (ISSN 0892-1156) is published monthly with a subscription price of \$.50 per year. Periodicals Postage paid at Galesburg, IL 61401-9998

> POSTMASTER: Send address changes to: KNOX CO. FARM BUREAU 180 S. Soangetaha Rd., Galesburg, IL 61401.

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Snowy Scenes Liven Landscapes

A light snow arrived after New Year's Day, and my soul cued up the song "Snow" from Irving Berlin's musical, White Christmas. The white stuff compelled me to plug our exterior Christmas lights back in after previously retiring them for the season. I wanted photos of our lit, snowcapped roof line and the warm white lights glowing through the snowy bushes.

Yes, snow sometimes deserves the fourletter word status, but forget about the wet boots at the back door, the treacherous road conditions or the livestock and barnyards that need scooped out. Disregard the people who escape to Florida because of it or the life-altering chaos of breaking both arms while sledding with your kids in a cattle pasture (yeah, that happened to someone).

Enjoyed in the moment, snow brings peace. It delivers calmness. The precipitation generates a serene feeling unmatched in any other season. It makes us crave beef roast and chicken pot pie, a fire in the fireplace, a blanket and a book. The snowy landscape glistens, producing reflections at sunrise that rival bodies of water. The white stuff magically turns barrenness to beauty, and the glow of a barnyard light on a fresh batch defines silent night – calm and bright.

During my country travels, I appreciate the high contrast as the snow accents every leafless branch of a tree. It adds elegance to everything brown and provides evidence of presence by humans, wildlife, tractors, sleds and snowmobiles. While our chickens hesitate to step out of the coop when they see a carpet of white, our cows stand majestically beautiful and undeterred with snow on their backs. Freshly fallen snow likens a new jar of peanut butter, highly tempting to disturb. The kids eagerly oblige. Snow spawns some of our fondest family memories of snowmen, sledding, hot cocoa and days off school. In fact, my transplanted Illinois family that lives in southern California escapes to the mountains to find snow and play in it.

Mom said our region experienced the blizzard of a lifetime one week after my birth. More than two feet of snow and high-wind conditions made Dad crawl down the roadside to work, following the tops of the fence posts that peaked from the snow. Roads were impassable or allowed a single lane for traffic only because road crews recruited the support of end loaders to make a path. We don't need too much of a good thing.

About the author: Joanie Stiers farms with her family in West Central Illinois, where they raise corn, soybeans, hay, beef cattle, backyard chickens and farmkids.

Getting To Know Your Farm Bureau Policy

53. APICULTURE

We support and encourage legislation or administrative rules for Illinois beekeepers, regarding the harvesting and marketing of honey, that are no more stringent than those of neighboring states.

We support:

1. Illinois Department of Agriculture (IDOA) being the entity which shall administer the laws and regulations regarding the care of apiculture.

2. Beekeeping inspectors to have an entomology background and/or a master beekeeper certification.

3. Honeybees brought into Illinois should be inspected and accompanied by a health certificate from the state of origin.

4. Honeybees brought into Illinois for pollination or resale which do not have a health certificate provided by the state of origin shall be required to obtain a health certificate from the State of Illinois within 10 days.

5. Commercial operations and those selling queens, nucs, and/or packages, including resellers are required to obtain a health certificate from the state of origin or from an Illinois inspector, unless covered by an annual inspection. 6. Apiaries and commercial beekeepers engaged in pollination and/or the sale of bees, may be granted an annual health inspection certificate by the IDOA Beekeeping Inspector. Such inspection would allow for movement for pollination purposes, and/or the selling of queens, nucs, and/or packages.

7. Annual health certificate to be valid for one year.

8. To ensure continuity of migratory beekeeping across the U.S. Environmental Protection Agency (EPA) approval will be considered as the sole regulator.

9. Honeybees and beekeeping to be officially designated, for pesticidal regulatory purposes only, by the EPA as a "Minor Use Crop" and by statue remain under EPA jurisdiction.

10. New pesticidal approvals for apicultural use be placed under Federal Insecticide, Fungicide, and Rodenticide Act (FIFRA) Section 18 standards for approval and processed within 24 months. Said approval to remain in place until full approval process is complete.

11. The designation of "in hive" use of selected low risk biopesticides as approved by EPA to be designated as "Minimal Risk

Pesticides" for honeybees only. This would apply only to active ingredients that have been determined to be safe and have tolerance level exemptions. Minimal Risk designation would allow for generics from all suppliers who can establish purity levels as required.

12. EPA granting an exemption of personal use for beekeepers of specified generic natural substances (any substance that naturally occurs in a hive, e.g., Formic Acid and Oxalic Acid).

13. Pesticidal claims using feed as the preferred delivery method remaining under EPA guidelines for approvals.

We oppose state beekeeping inspectors selling live honeybees and/or queens to local beekeepers.

> WELCOME NEW MEMBERS The Knox County Farm Bureau would like to welcome the following to our organization

William & Jesse Naron Luke Nelson Sara Varner Dale Teel Westbay Farms LLC

IFB Announces New Farm Bureau Advantage Conference

Gain valuable insight and knowledge on emerging issues in agriculture during Illinois Farm Bureau's first-ever Farm Bureau Advantage conference.

The conference, held March 14-15 at the Embassy Suites in East Peoria, seeks to empower IFB members through opportunities to connect with experts, learn and build new relationships. Attendees will hear five key-



REGISTER TODAY!



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Thank You KNOX COUNTY FARM BUREAU note presentations from agriculture experts, political strategists and motivational speakers, including Peter Zeihan, a geopolitical strategist and author.

Other speakers include Eric Snodgrass, a principal atmospheric scientist with Conduit Ag; Josh Sundquist, a Paralympic ski racer, author and motivational speaker; and representatives with Illinois Corn, Illinois Soybean Association and the University of Illinois Center for Digital Agriculture.

The conference will open with an evening social event featuring a dueling pianos show and opportunities to support the IAA Foundation. A hotel room block is available at the Embassy Suites. For more information or to register, visit: https://www.ilfb.org/get-involved/events/farmbureau-advantage-conference/.

FEATURED SPEAKERS





ERIC SNODGRASS SI

JOSH SUNDQUIST



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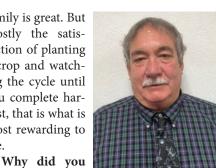
Meet Knox County Farm Bureau **Board Member Phil Goedeke**

Meet Knox County Farm Bureau Board Member, Phil Goedeke! Phil has been on the Board of Directors since 2017. Learn more about Phil here:

Tell us a little bit about you and your family. I farm with my parents and my sons, Michael and Mathew. I have 6 grandkids, counting my significant others grandson. We have been together for almost 19 years. My parents have been Knox County Farm Bureau members for 63 years. My grandparents were all members as well. Lewis Sprecher, my mother's dad, was a Knox County Board Member in the late sixties and early seventies. I have 40 years in the fire service. I am currently on the Elba Township Board as the clerk and in June I was asked to be on BYE Ambulance Board.

Where are you from? Yates City, IL

What do you love most about agriculture? There are so many things I enjoy; it is hard to say. Being able to work with my family is great. But mostly the satisfaction of planting a crop and watching the cycle until you complete harvest, that is what is most rewarding to me.



join the Knox Phil Goedeke County Farm

Bureau? I became a member to start with because I have always had COUNTRY insurance.

Favorite part of being on the Board of Directors? Everyone is there to improve agriculture in Knox County.

What are your hobbies and interests? Riding the Harley and Bourbon.

What is something people might not know about you? I collect Budweiser steins. They started the special edition in 1980, and collocted all of the

January KCFB Board Highlights

The meeting of the Board of Directors of the Knox County Farm Bureau was held on January 16.

Education & Outreach – Lori Engel

Adult AITC: Macaron Decorating was held on January 15 with Spoon River Macaron. 20 people attended.

Farm Business - Brian Nelson

2022 Plat Books are \$30 for members and \$50 for wall maps for members. A 2026 Plat Book will be completed in 2025 and be for sale on December 1, 2025.

Government and Policy - Kyle Underwood The Legislative Luncheon will be planned for March.

Member Relations - Joel McCormick

KCFB met the 2024 Quota ending with 817 MM, 15 MS, 22 PM, 1,773 A Members. The 2025 Quota Program is threefold: Engagement- submit programs in all 8 CAE Categories; Retention- attain a certain percentage of membership quota; Growth-Achieve a 3+ gain of MM/PM Members.

Young Farmers - Brandon Hall

Young Farmers will meet on December 19 for the Christmas Party with the Board of Directors. Brandon Hall was re-elected President, Patrick King Vice-President, Kimberly King Treasurer/Secretary, and Blake Hennenfent and John O'Connor as Co-Recreation Chairs. The Hunger Wars between Young Farmers and Board of Directors collected 190 canned goods and \$716. FFA Acquaintance Night will be January 13 at Skate Palace. Young Farmers Trivia Night will be February 28 at 6PM at Big Catz.

PrimeTimers - Hailey Hennenfent

The next PrimeTimers meeting will be January 21 at Noon at the KAC for the Program of Work planning meeting. PrimeTimers is always looking for new members, 55+.

Foundation – Hailey Hennenfent

The 2025 Scholarship and Internship Applications are now available on the website. The Agriculture in the Community Grant will be available again in 2025 with applications open quarterly. The first deadline will be February 1. The February Meeting of the KCFB Foundation is February 25.

KAC - Hailey Hennenfent

The new plaque for the Meritorious Service to Ag Award is in and will be hung soon. The February Meeting of the Knox Agri Center is February 25.

OLD BUSINESS

Directors are looking to fill Board Vacancies in Districts 2 and 3. Jason Main and Dan Erickson will be filling vacancies in District 1. KCFB Annual Meeting details were discussed.

NEW BUSINESS

Marketing strategies were discussed.

KCFB Board Attendance 2024-2025

	November	December	January]
Beard, Jennifer	Р	Р	Р	(P) Present
Bollivar, Jason	Р	Р	Р	(A) Absent
Courson, Dustin	А	Р	А	
DeSutter, Drew	Р	Р	Р	(C) Cancelled
Eagle, Tim	Р	А	Р	(V) Virtual
Emken, Kurt	Р	Р	Р	
Emmons, Rob	A	Р	A	
Engel, Lori	Р	Р	Р	
Erickson, Michelle	Р	А	Р	
Goedeke, Phil	Р	Р	Р	
Grady, Jeff	Р	Р	Р	
Hall, Brandon	Р	Р	Р	
Link, Aaron	Р	А	Р	
Link, Cory	Р	А	V	
McCormick, Joel	Р	Р	Р	
Nelson, Brian	Р	Р	P	
O'Connor, Tom	Р	Р	Р	
Stevens, Monica	Р	Р	A	
Underwood, Kyle	A	Р	Р	

TRIVIA NIGHT

Friday, February 28th

Hosted by Knox County Farm Bureau Young Leaders

Doors open at 5:30 Trivia starts at 6:30



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2025 AGRI-FINANCE LOAN PROGRAMS

0% Seed

- 0% to August 31, 2025
- Effective September 1, 2025, rate changes to 5.00% fixed until December 31, 2025
- Effective January 1, 2026 rate changes to the FS Index Rate + 1.00% maturity
- March 15, 2026 loan maturity date
- Invoices will be billed deferred
- Invoices will be drawn on the seed loan on or before luly 31, 2025
- Final sales must be equal to or greater than prior year's sales

0% Crop Protection

- 0% to August 31, 2025
- Effective September 1, 2025 rate changes to 5.00% fixed until December 31, 2025
- Effective January 1, 2026 rate changes to the FS index Rate + 1.00% maturity
- March 15, 2026 loan maturity date

- Invoices will be billed deferred
- Invoices will be drawn on the loan on or before August 31, 2025
- Seed purchase required
- Final seed sales must equal to or greater than prior year's sales

Input Loans

- All prepay and in-season crop input purchases
- Full term variable rate
- March 15, 2026 loan maturity date

For more information contact:

Jennifer Sparrow Agri-Finance Marketing Manager (309) 221-5620



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Brooke Clay Taylor, Rural Gone Urban, to Headline Women in Ag Conference

The Women in Agriculture Conference committee is excited for the 2025, Women in Agriculture Conference. Brooke Clay Taylor, Rural Gone Urban, will headline for the annual Women in Agriculture Conference in

Rock Island on Friday, March 28, 2025. Join Brooke Clay Taylor, founder of Rural Gone Urban and the Rural Gone Urban Foundation, and discover the raw truth behind her remarkable career in strategic

communications and entrepreneurship in the agricultural industry, intertwined with the personal struggles of battling cancer and raising a family.

Our Mid-Day Panel consists of Kathrin Grady of John Deere, Laura Fidler of Fairview Sale Barn, and Allison Schwingle of Marquis Energy and their take on how to cultivate a "Work/Life Balance".

With a variety of breakouts from Wind, Solar, Livestock and Legislation, to Farm Family Resources and much more in be-



tween – there is something to spark everyone's interest!

Pre-registration for the event begins on January 6, 2025. More details can be found at womeninagricultureconference.com. This Conference is sponsored by the Farm Bureau Women in Agriculture Conference Committee.

Recipe of the Month

Granola Cups

Ingredients

- 1/4 cup unsalted butter
- 1/2 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt, or to taste
- 1/4 teaspoon ground nutmeg
- 2 cups old fashioned oats
- 1/2 cup sliced almonds
- 1/2 cup sweetened flaked coconut
- 2 tablespoons flax meal
- nonstick baking spray with flour (such as Baker's Joy®)
- 1 cup plain whole milk Greek yogurt, or as needed
- 1 cup fresh berries, or as needed

Directions

- Place butter and maple syrup in a large bowl and place into the microwave. Heat in 30 second intervals, stirring after every 30 seconds, until butter is melted, about 1 to 1 1/2 minutes. Remove bowl from microwave and add in vanilla, cinnamon, salt, and nutmeg. Stir until thoroughly combined. Add in oats, almonds, coconut, and flax meal. Stir until mixture is thoroughly combined.
- 2. Generously grease a standard muffin tin with nonstick baking spray with flour.
- Divide oat mixture evenly between the muffin cups, about 2 heaped tablespoons per cup. With wet hands, press mixture into the bottom and up the sides of each cup. Place the pan into the fridge to chill for 15 minutes.
- 4. Preheat the oven to 350 degrees F (175 degrees C).
- 5. Bake chilled granola cups in the preheated oven until the outside edges of cups turn golden brown, 25 to 30 minutes. Remove cups from the oven; cool to room temperature in the pan, about 30 minutes.
- 6. Use an offset spatula or butter knife to pop them out of the pan. To serve, fill each granola cup with yogurt and top with berries. Serve immediately.

Recruiter of the Year

COUNTRY Financial Agent Jeremy Kleine was recognized at the 107th KCFB Annual Meeting for being the agent Recruiter of the Year for 2024. Jeremy signed 26 new Associate

The Knox County Farm Bureau Foundation offers five \$1,000 scholarships as well as an internship with Knox County Farm Bureau for the summer of 2025. The intern will receive a \$2,000 scholarship.

Deadline to Apply: February 21, 2025 by 4:30pm

APPLY TODAY!! KNOXCFB.ORG



CLASS OF 2025 ANNOUNCED

Ellen Day • Bureau Malena Cook • Bureau Alyssa Nelson • Carroll British Griffis • Cook Jonny Poole • Cook Katrina Milton • Cook Kayla Biegel • Cook Austin Anderson • Henry Shane Asher • Henry Madison Schultz • Kankakee Bridget Bedeker • Kendall-Grundy Kinsey Hall • Knox Addison Hopkins • Lee Ashleigh Erbes • Lee

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Members and 1 new Voting Member.



Jeremy Kleine accepting a recognition plaque from President Drew DeSutter.

1220-510HC_13581-1/19/2024



Small Changes, Big Impact: Simple Tips to Boost Your Heart Health This February

February is American Heart Month, a perfect time to refocus on one of the most vital aspects of your well-being: your heart. With the hustle and bustle of daily life, it's easy to overlook taking care of your heart. However, small, simple changes can significantly boost your energy and set you on a pathway to better overall health.

1. Stay Active

Incorporating physical activity into your day doesn't require a drastic lifestyle change. Even if your job is physically demanding, such as lifting or standing for long hours, you can still benefit from heart-healthy exercises. For instance, walking during your breaks or fitting in short exercise breaks like a 10-minute walk every few hours—can promote better circulation and improve cardiovascular health.

According to the Centers for Disease Control and Prevention (CDC), adults should aim for at least 150 minutes of moderate-intensity aerobic activity, or 75 minutes of vigorous activity, each week. This can be easily broken down into smaller sessions throughout the day to fit into your busy schedule.

2. Eat More Fresh Produce

A heart-healthy diet is rich in fruits, vegetables, and healthy fats. Fresh produce, particularly omega-3-rich foods like walnuts, flaxseeds, and fatty fish (salmon, mackerel), are beneficial for cardiovascular health. These foods help reduce inflammation and improve heart function. If you're growing your own produce, such as tomatoes, greens, or berries, you're in luck! Homegrown produce is not only fresh but can be incorporated into delicious, nutritious meals that support heart health.

According to the Illinois Department of Public Health (IDPH), heart disease is the leading cause of death in the state, and a healthy diet is one of the most effective ways to reduce your risk. Eating a variety of fruits and vegetables can help manage blood pressure and cholesterol levels, two key factors in prevention of heart disease.

3. Manage Stress

Chronic stress is a significant risk factor for heart disease, contributing to high blood pressure, inflammation, and other cardiovascular problems. Finding effective ways to relax is essential for long-term heart health. Taking short breaks to clear your mind, practicing mindfulness, or even talking to someone you trust can help alleviate stress.

Knox Community Health Center (KCHC)

offers behavioral health services to support individuals facing mental health challenges. Managing stress in healthy ways can not only improve your mental well-being but also protect your heart.

4. Monitor Blood Pressure and Cholesterol

High blood pressure and high cholesterol are leading risk factors for heart disease. Regular check-ups and screenings are crucial for detecting these issues early on. KCHC offers medical services to help individuals stay on top of their health. Their team works closely with patients to monitor and manage blood pressure and cholesterol, both of which can significantly reduce the risk of cardiovascular events.

The IDPH reports that nearly one in three Illinois adults have high blood pressure, but many are unaware of it. Regular medical check-ups and screenings are vital for catching these issues early. Take Action Today

This American Heart Month, prioritize your heart health with small but impactful changes. Stay active, eat heart-healthy foods, manage stress, and keep your health journey, offering both medical and behavioral health services to help you reach your heart track health goals.

The simple steps you take today can lead you to a healthier tomorrow of your blood pressure and cholesterol. Knox Community Health Center is here to support you. Call KCHC at 309-344-2225 to schedule an appointment or learn more about their services. They are open Monday through Friday from 7:00 AM to 5:00 PM, located at 1361 W. Fremont Street in Galesburg.

Small changes now can help you achieve long-lasting heart health and a better quality of life.



Robert Wagner, MD Medical Director



Hannah Erickson, FNP-BC

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January Knox County Agriculture in the Classroom Recap

January was off to a cold start, but Knox County Ag in the Classroom coordinators were out in the schools. Mrs. Green taught lessons about trees and Mrs. Hennenfent taught lessons about pork.

Second graders across the county learned





about trees. Students had the chance to explore seeds from deciduous trees. Chestnuts with their spikey skin and acorns of differ-

ferent cuts of meat. They also learned that pigs provide humans with replacement heart valves.

The Lombard 4H Spinners Club has been meeting twice a month to learn about agriculture relating to pollinator plants and some



local produce. This month John Karban of Prairie Moon Farms in Knoxville visited the group to talk about growing pumpkins. He shared his knowledge of how to best plant the seeds and even brought seeds! Hopefully the club will be planting some pumpkins at the end of the school year.

ent varieties were shared with the students. Conifer tree samples were also brought to class for students to touch and smell. A variety of cones were also shared. Students were surprised to see a cone bigger than an ear of corn! Tree cookies from several different types of trees were examined for their bark, their rings (called sapwood) and students looked for the heartwood. The activity for the lesson had students color coding and making their own tree cookies.

Andrew Erickson accompanied Mrs. Hennenfent to talk about pigs. Students learned first-hand about farrowing and feeding hogs on Andrew's farm. He was able to share information about large hog facilities as well as meat products that come from these animals. Students learned about dif-



February 2025

Looking Back



February 1981



Mr. and Mrs. Maurice DeSutter, Jr. are shown immediately following the 1981 Knox County Farm Bureau Annual Meeting held on January 26, 1981. The event was held at the Sheraton Inn, Galesburg. Mr. DeSutter has retired from the Knox County Farm Bureau Board of Directors following 10 years of service on the board from Ontario Township. The past seven years Maurice has served as president of the Knox County Farm Bureau organization. Here, he is shown with two items, a plaque commemorating his service (top) presented to him on behalf of the Knox County Farm Bureau by Mr. Dick Holmes, Vice President; and another plaque also recognizing his unselfish service presented to him by Mr. Harold B. Steele, Illinois Farm Bureau President and Mr. Herb Allen, Illinois Farm Bureau District 8 Director, on behalf of the Illinois Farm Bureau. Mrs. DeSutter received longstemmed red roses during the evening ceremonies as well. We wish Maurice and Darlene well, and salute them for all the hard work and contributions they have made to the Farm Bureau organization and community activities.



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PrimeTimers News

PrimeTimers did not meet in January due to weather. The next meeting is the Program of Work meeting on February 18. Please call the office to be added to the mailing list if you would like to join. Members 55 and older are welcome to join!



CLASSIFIED ADS ~

To place ads in the Bulletin or on the website, you must be a Knox County Farm Bureau member. Call 309-342-2036 or email us at assistant@knoxcfb.org by the last Friday of each month to place your ad.

WANTED: Steel Barge Wagon. Please call (309) 344-1704 FOR SALE: Antique cane-bottom sewing/ rocking chair. Small and in great shape. \$150.00. Please call (309) 368-8034. Leave

name and number. **FOR SALE:** Antique, solid oak, claw foot dining/kitchen table. 45" in diameter with no leaves. 67" inches wide with two leaves. 28"

If you sell your items, please contact the Knox County Farm Bureau office at 309-342-2036 or email assistant@knoxcfb.org, so we can provide our readers with up-to-date information.



www.DexterFarmEquipment.com

Dan Dexter, Owner

(309) 337-7208

dandexter@gmail.com

Tim Dillon

(309) 221-9934

timdillon243@gmail.com

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