

Grants Promote Ag Literacy for Knox County Youth

The Illinois Agriculture in the Classroom (IAITC) program remains a trusted teacher resource for educating Knox County children about connections to agriculture. This week the program received funding to continue classroom lessons thanks to IAA Foundation grants to local county coalitions.

Eighty-one coalitions serving 88 Illinois counties were awarded \$647,000 in grant dollars which can be used for materials, training, educational lessons, and activities taking place during the 2024-2025 school year. "Providing these grants ensures teachers have a local connection and access to engaging resources to integrate accurate agricultural content into their classrooms," said Kevin Daugherty, education director, IAITC.

Last school year, 634,314 students and 48,380 teachers engaged in ag literacy lessons

Steve Johnson Seminar Nov. 19

Dr. Steve Johnson will be at the Knox Agri Center on Tuesday, November 19 at 7PM to present a marketing seminar titled

"Managing Tight Crop Profit Margins".

Topics will include Understanding Global Supply, Demand & Crop Price Outlook, Implications for U.S. Elections & The Farm Bill, Estimating '24 Crop Profit Margins, Feature



Steve Johnson

7 Strategies to Manage Tight Margins, Utilizing Futures Price Seasonals & Crop Insurance, Implementing '24 & '25 Crop Market Strategies & Plans.

To reserve your seat, please call the Knox County Farm Bureau at 309-342-2036 or visit knoxcfb.org



throughout the state, an average of 400 per coalition.

County coalition grants are made possible through funding from the IAA Foundation, the charitable arm of the Illinois Farm Bureau. The IAA Foundation

through IAITC. County AITC programs raises funds for the IAITC program each presented 32,232 individual programs year, and in addition to county grants, provides funding for Ag Mags, teacher grants, Summer Ag Academies, and more.

> "Consistent and sustainable funding is key for IAITC to have great results," said Susan Moore, director, IAA Foundation. "And knowing that so many Illinois students are making stronger connections to agriculture drives our donors to keep making ag literacy a priority, and we are grateful for that."

> Partner organizations of IAITC include Illinois Farm Bureau, Facilitating Coordination in Agricultural Education,

University of Illinois Extension, Illinois Beef Association, Illinois Corn Marketing Board, Illinois Pork Producers Association, Illinois Soybean Association, Midwest Dairy Association, Illinois Department of Agriculture and the Association of Soil and Water Conservation Districts.

In addition, annual donors include agribusiness partners and individuals with an interest in supporting the future of agriculture. For information on how individuals can contribute, or to view a listing of all major donors, visit www.iaafoundation.org. For information on IAITC, visit www.agintheclassroom.org.



KNOX COUNTY FARM BUREAU ANNUAL HOLIDAY CHEESE SALE ORDER FORMS DUE 12-6-2024 **AVANTI CHEESE IS AN ILLINOIS AG PRODUCT!**

Order deadline: Friday 12-6-2024 by 3PM; No Exceptions!

Pick up: Tuesday 12-17-2024 from 10 AM— 3 PM Call the KCFB office at 309-342-2036 to make other arrangements.

Item	Size	Price	Qty	Total	Item	Size	Price	Qty	Total
Mild Cheddar	1 lb	\$6.00		\$	Hickory Smoked String Cheese	11 oz	\$4.00		\$
Mild Cheddar	3 1/2 lb	\$19.00		\$ String Cheese		1 lb	\$6.00		\$
Mild Brick	1 lb	\$6.00		\$	Cheese Spread– Reg.	1 lb	\$8.00		\$
Sharp Cheddar	1 lb	\$7.00		\$	Cheese Spread – Garlic	1 lb	\$8.00		\$
Sharp Cheddar	3 1/2 lb	\$19.00		\$	Summer Sausage	10 oz	\$7.00		\$
Longhorn	1 lb	\$6.00		\$	Parmesan, Grated	1 lb	\$8.00		\$
Longhorn	3 lb	\$16.00		\$	Cranberry Cheddar	1 lb	\$8.00		\$
Calico	1 lb	\$6.00		\$	Blueberry Cheddar	1 lb	\$8.00		\$
Calico	3 lb	\$16.00		\$	Cherry Cheddar	1 lb	\$8.00		\$
Swiss	1 lb	\$7.00		\$	Cheese Curds, Garlic	1 lb	\$6.00		\$
Swiss	2 lb	\$13.00		\$	Cheese Curds, White	1 lb	\$6.00		\$
Mozzarella	2 lb	\$11.00		\$	Cheese Curds, Yellow	1 lb	\$6.00		\$
Baby Swiss	1 lb	\$7.00		\$	Cheese Curds, Ranch	1 lb	\$6.00		\$
Baby Swiss	2 1/2 lb	\$16.00		\$					
Baby Swiss	5 lb	\$29.00		\$	Avanti Cheese Gift Boxes: 8.5 oz Swiss, 10 oz others			others	
Farmers Cheese	8 oz	\$4.00		\$	Gift Box A Couples Delight: \$20.00 \$		\$		
Farmers Cheese	2 lb	\$11.00		\$	Mild Cheddar, Swiss, Longhorn & Calico				
5 Year Cheddar	1 lb	\$8.00		\$	Gift Box B Family Pack: \$20.00		\$		
5 Year Cheddar	3 1/2 lb	\$25.00		\$	Mild Cheddar, Swiss, Calico & 6 oz Beef Stick				
Pepper Jack	1 lb	\$7.00		\$	Gift Box C Guest Pleaser: \$21.00 \$		\$		
Havarti	1 lb	\$6.00		\$	Mild Cheddar, Mild Brick, Longhorn & 12 oz Beef Stick			Stick	
Ghost Pepper Jack	8 oz	\$4.00		\$	Gift Box D Tasters Treat: \$26.00 \$		\$		
American Sliced	5 lb	\$19.00		\$	Mild Cheddar, Swiss, Colby, Calico & 6 oz Beef Stick				
Blue Cheese Wedge	1 lb	\$7.00		\$					
		Column 1	Total:	\$			Column 2	? Total:	\$

Name:	CHECK TOTAL (columns 1&2):\$
Address:	
Phone (best to reach):	E-mail:

Return this form and your check to: Knox County Farm Bureau 180 S. Soangetaha Rd. Suite 101

Galesburg, IL 61401

Thank you for your support! Your order helps fund the award-winning programs of the KCFB Education & Outreach Task Force. Return form by 12-6-2024 Pick up 12-17-2024

Knox County Farm Bureau Page 2 November 2024

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.



November 2024 No. 11
Published Monthly by:
KNOX COUNTY FARM BUREAU, Inc.
cooperating with the
ILLINOIS AGRICULTURAL
ASSOCIATION
and the
AMERICAN FARM BUREAU
FEDERATION

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We reserve the right to reject any or all news material or advertisements offered to this paper. PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE

Thank You KNOX COUNTY FARM BUREAU keeping the soil alive.

Alive and well: Earthworms thrive. Soil feels soft and smooth in our hands. Cover crops help the land percolate, welcoming water and nutrients to reach the roots of our soybeans rather than run off the surface.

Throughout the Illinois landscape, more farmers adopt the use of cover crops, a groundcover planted with the intention of never harvesting it. Instead, a cover crop's job is to hold soil in place, keep the soil active, store nutrients, retain moisture and improve the soil structure. The cover crop makes an impressive mechanism that chokes out yield-robbing weeds. Environmental benefits abound, including reduction of both soil erosion and nutrient loss into rivers and streams. The practice is highly rewarded in carbon programs for a farm's ability to cut its carbon footprint.

By spring, I plant soybeans directly into what appears to be fields of grass. Dad then terminates the cover crop with herbicide, prompting a residual blanket between the rows for continued weed suppression while the decomposing material releases moisture and nutrients for the new growing crop.

This fall, some farms will use a drill to mechanically sow cover crops on the land. Others hire aerial applications by plane or drone, which involves showering cover crop seed above standing corn or soybeans just before fall harvest to grow by late fall. For us, the local cooperative uses fertilizer-spreading trucks to broadcast cover crop seeds across a harvested field.

No matter the method, those seeds make soil contact, grow and green up the landscape soon after harvest, ensuring a form of crop continuously covers a growing percentage of farmland in our state – even in the dead of an Illinois winter.

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 FB Policy

crop of soybeans.

Uncovering the Benefits of Cover Crops

Grandpa never dreamed we'd be planting

A sizable percentage of our farmland will green up with new growth as we park

and harvesting at the same time. Nor did we.

the harvesting equipment in the shed for the

season. Because shortly after corn is har-

vested from the fields, our local cooperative

plants cereal rye that grows to provide a pro-

tective growing blanket before the next cash

spring, the green-and-growing cover crop

in our fields contrasts the otherwise barren

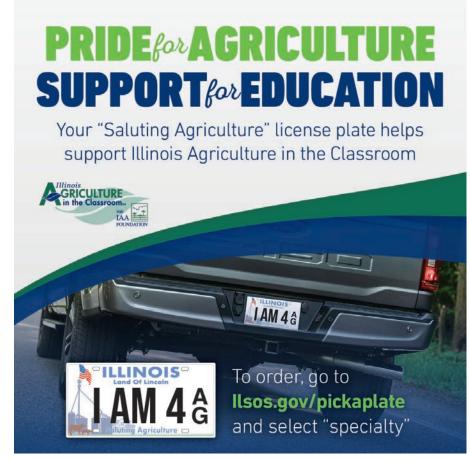
The rye survives the winter and by early

111. PRIVATE LANDS COOPERATIVE INITIATIVE

We support development of state laws and policies promoting voluntary and incentive-based private land initiatives to:

- 1. Encourage economic stability in communities through long-term private land ownership.
- 2. Enhance on-farm income through recreation-based resource development.
- 3. Increase community revenue through expanded economic activity.
- 4. Improve owner-sanctioned public recreational opportunities on private land.
- 5. Provide liability protection to landowners.
- 6. Increase economic activity in depressed rural communities.
- 7. Promote cooperation between government bodies and private landowners.

FOUNDATION





The IAA Foundation continues its long-standing commitment to provide grants to IL Counties. Local Ag Literacy Coordinators are key in reaching 630,000 students and 48,000 teachers each year. Thank you for your work and thank you to every donor who helps make this effort possible!

These area businesses are proud to be a part of our 2024 Discount Program for members of the Knox County Farm Bureau®

The Knox County Farm Bureau does not intend the Membership Discount Program as an endorsement to any businesses or products/services on which discounts have been obtained, and assume no liability for any service rendered under the Membership Discount Program. Benefits may change without notice and some resrictions may apply.



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Contact the Farm Bureau Office at 342.2036 for details.

2022 Plat Books

2022 Wall Maps

Knox County Farm Bureau 180 S Soangetaha Rd Galesburg, IL



ONE STOP SAVINGS

Log in to our new membership benefit platform using your county Farm Bureau membership number at https://ilfb.abenity.com

HOW TO:

First time users: Click Register button Membership Number, do not include any letters



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Patrick G. Young

Name: Patrick G. Young, CFP, CLU, ChFC

Years with COUNTRY: 25 years

Office Address: 635 N. Seminary St., Galesburg, IL 61401 Phone: 309-342-5316

 $\underline{\texttt{eMail Address:}}\ patrick.young@countryfinancial.com$

Spouse: Kimberly

Education: University of Illinois at Urbana-Champaign

<u>Designations:</u> CERTIFIED FINANCIAL PLANNER, Chartered Life Underwriter, Chartered Financial Consultant, Investment Solutions Pennesentative

<u>Mission Statement:</u> Provide financial security to help clients reach their goals.

October KCFB Board Highlights

The meeting of the Board of Directors of the Knox County Farm Bureau was held on October 24.

Education & Outreach – Lori Engel Start collecting ideas for Adult AITC. Farm Business – Brian Nelson

2022 Plat Books are available in the office. Plat Books are \$30 for members and \$50 for wall maps for members. Steve Johnson will be here November 19th.

Government and Policy – Kyle Underwood

Sign up for FB Act text alerts by texting the word FARM to 52886.

Member Relations - Joel McCormick

KCFB met the 2024 Quota ending with 817 MM, 15 MS, 22 PM, 1,773 A Members.

Young Farmers - Brandon Hall

Young Farmers will meet on November 21 with the Board of Directors for dinner. John & Beka O'Connor will be giving a presentation on their Young Leader Ag Industry Tour trip.

PrimeTimers - Hailey Hennenfent

PrimeTimers met on October 15 for a tour of Prairie Moon Farm. The next meeting will be the Holiday Meal on November 19. PrimeTimers is always looking for new members, 55+.

Foundation - Hailey Hennenfent

The KCFB Foundation will meet on November 20. Next quarter Ag in the Community Grant Applications are due November 1, 2024.

KAC - Hailey Hennenfent

The Knox Agri Center will meet on November 20. The new plaque for the Meritorious Service to Ag Award is in and will be hung soon.

OLD BUSINESS

No old business.

NEW BUSINESS

The yearly review of the KCFB policies took place.

The 2025 preliminary budget was reviewed and will be approved in November.

KCFB Board Attendance 2024

	August	September	October	
Beard, Jennifer	Р	А	Р	
Bollivar, Jason	Р	Р	Р	
Courson, Dustin	А	А	Р	
DeSutter, Drew	Р	Р	Р	
Eagle, Tim	А	Р	Р	
Emken, Kurt	Р	Α	Р	
Emmons, Rob	Р	Α	Α	
Engel, Lori	Р	Р	Р	
Erickson, Michelle	А	Р	Р	
Goedeke, Phil	Р	Р	Р	
Grady, Jeff	Р	А	Р	
Hall, Brandon	Р	Α	Р	
Link, Aaron	Р	Р	Р	
Link, Cory	Р	Р	Р	
McCormick, Joel	Р	Р	Р	
Nelson, Brian	Р	Р	Р	
O'Connor, Tom	Р	А	Р	
Stevens, Monica	Р	Р	Α	
Underwood, Kyle	Α	Р	Р	

(P) Present

- (A) Absent
- (C) Cancelled

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John Ryner Galesburg (309)342-1625



Doug Atwater Knoxville (309)948-7943



Kleine Galesburg (309)342-3177



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Joe Youngman Agency Manager Peoria (309)686-7050

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WEST CENTRAL FS, INC.

2025 AGRI-FINANCE LOAN PROGRAMS

0% Seed

- 0% to August 31, 2025
- Effective September 1, 2025, rate changes to <u>5.00% fixed</u> until <u>December 31, 2025</u>
- 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 July 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 <u>5.00% fixed</u> until <u>December 31, 2025</u>
- 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

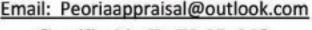


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Knox Co Corn Growers - 2024 Corn Hybrid Trial

Single Application Fungicide Trial

Single Application Fungicide Trial						
Population:	34,000					
Location:	Rio, IL	Previous Crop:	Soybeans			
Planting Date:	6-May-24	Tillage:	Conven	Conventional		
Harvest Date:	7-Oct-24	Fungicide 1:	VT - 8/1: 6oz. Headline SC (Airplane)			
	180# NH3 fall, 40# 32%					
Nitrogen:	Spring	Herbicide: Moisture (%)	Pre: 1.5qt Lexar Post: 24oz Armezon Pro, 32oz Infantry			
Brand	Hybrid		Yield (Bu/ac)	Rank		
AgriGold	A644-64	19.6	299.7	5		
AgriGold	646-30	21.3	285.4	27		
AgriGold	642-18	19.1	276.3	39		
Brevant/Diamond Ag	B13C49	19.6	296.0	8		
Brevant/Diamond Ag	B14H38	19.2	293.9	11		
Brevant/Diamond Ag	B08R32	16.9		12		
Brevant/Diamond Ag	B12H48	16.9	278.6	35		
Brevant/Diamond Ag	B10Y21	17.3		38		
Channel	215-70	21.2	_ 276.8 - 301.1	3		
Channel	213-70	19.6	280.6	33		
Channel	212-63	18.5	_ 269.3	41		
Channel	209-25	17.0	_ 264.8	44		
Cornelius Seed	209-25 C7411DP	19.8		22		
Cornelius Seed Cornelius Seed	C7366DGDP		_ 287.3 287.1	23		
		18.3				
Cornelius Seed Dekalb	C7590DP	20.2	270.4 	40 1		
	68-35	19.2				
Dekalb	66-06	19.8	303.0	2		
Dekalb	114-99	19.8	288.0	18		
Dekalb	64-22	19.2	285.8	25		
LG Seeds	64C43	20.2	291.0	14		
LG Seeds	62C73	20.2	288.0	19		
LG Seeds	63C32	19.2	283.1	31		
west Seed Genetics/Diamon	MW12-48	18.8	291.6	13		
west Seed Genetics/Diamon	MW16-72	20.2	278.1	36		
west Seed Genetics/Diamon	MW14-60	20.0	277.4	37		
west Seed Genetics/Diamon	MW13-60	18.9	267.7	42		
west Seed Genetics/Diamon	MW11-30	18.8	266.4	43		
Pioneer	P14830Q	18.4	296.8	6		
Pioneer	P1742Q	20.2	296.8	7		
Pioneer	P12065Q	19.2	288.5	17		
Pioneer	P13777V	18.0	284.0	29		
Pioneer	P10477V	18.7	278.8	34		
Prairie Hybrids	6854	18.0	300.2	4		
Prairie Hybrids	6755	17.8	295.7	9		
Prairie Hybrids	8864	19.4	287.7	20		
Prairie Hybrids	9703	21.5	286.2	24		
Prairie Hybrids	7265	17.6	285.6	26		
West Central FS	FS6447T	20.4	294.2	10		
West Central FS	FS6349PL	18.6	287.3	21		
West Central FS	FS6395	18.4	284.0	28		
Wyffels Hybrids	9218	21.6	288.9	15		
Wyffels Hybrids	8086	21.0	288.8	16		
Wyffels Hybrids	7945	19.8	283.8	30		
Wyffels Hybrids	6886	19.3	282.2	32		

Plot Average: 19.22 286.26



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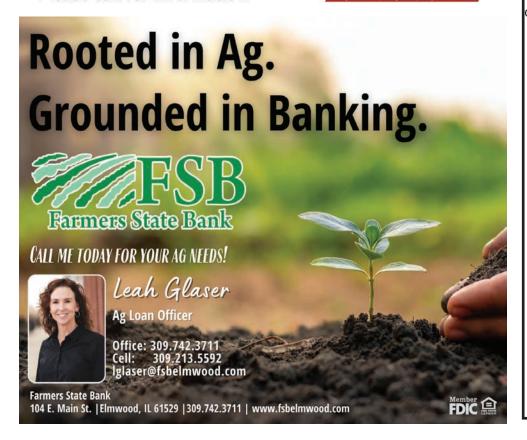
Tim Dillon (309) 221-9934 timdillon243@gmail.com

Please call for information

-Selling Farm Equipment & Related Items

- -Taking Auction Consignments
- -10% Sell Fee, No Buyer Premium
- -Weekly Auctions





Knox Co Corn Growers - 2024 Corn Hybrid Trial

Double Application Fungicide Trial

Population:	34,000				
Location:	Rio, IL	Previous Crop:	Soybea	ins	
Planting Date:	6-May-24	•	•		
Harvest Date:	7-Oct-24	Tillage: Fungicide 1:	Conventional V10 - 6/24: 6oz Veltyma (Ground) VT-8/1: 6oz Headline SC (Airplane)		
narvest Date:	7-001-24	Fungicide 1:			
	180# NH3 fall, 40# 32%	rungiciae 2.		e 3C (All platie)	
Nitrogen:	Spring	Herbicide:	Pre: 1.5qt Lexar Post: 24oz Armezon Pro, 32oz Infantry		
Brand	Hybrid	Moisture (%)	Yield (Bu/ac)	Rank	
AgriGold	A644-64	20.1	306.7	1	
AgriGold	642-18	19.1	286.7	22	
AgriGold	646-30	21.7	278.1	35	
Brevant/Diamond Ag	B14H38	19.1	296.7	8	
, ,	B13C49	20.1	288.9	18	
Brevant/Diamond Ag	B10Y21	17.1	287.6	21	
Brevant/Diamond Ag					
Brevant/Diamond Ag	B08R32	16.6	283.0	29	
Brevant/Diamond Ag	B12H48	17.6	269.8	39	
Channel	214-78	19.3	283.4	28	
Channel	212-63	18.2	282.5	30	
Channel	215-70	20.5	282.3	31	
Channel	209-25	16.8	248.2	43	
Cornelius Seed	C7411DP	20.2	289.5	17	
Cornelius Seed	C7366DGDP	18.5	285.3	26	
Cornelius Seed	C7590DP	20.4	275.3	37	
Dekalb	114-99	19.0	289.6	16	
Dekalb	66-06	20.0	287.9	20	
Dekalb	68-35	20.9	281.5	33	
Dekalb	64-22	19.1	280.4	34	
LG Seeds	62C73	20.1	291.8	15	
LG Seeds	64C43	19.9	288.5	19	
LG Seeds	63C32	20.0	284.0	27	
Midwest Seed Genetics/Dia	MW12-48	18.8	295.4	11	
Midwest Seed Genetics/Dia	MW14-60	19.7	294.1	12	
Midwest Seed Genetics/Dia	MW13-60	18.1	270.4	38	
Midwest Seed Genetics/Dia	MW11-30	19.5	260.1	42	
Midwest Seed Genetics/Dia	MW16-72	20.0	243.3	44	
Pioneer	P10477V	18.0	304.1	2	
Pioneer	P14830Q	18.9	303.1	3	
Pioneer	P1742Q	20.8	298.4	6	
Pioneer	P13777V	18.2	298.2	7	
Pioneer	P12065Q	19.1	276.2	36	
Prairie Hybrids	7265	17.6	298.8	5	
Prairie Hybrids	9703	20.7	285.9	23	
Prairie Hybrids	6854	18.0	285.9	24	
Prairie Hybrids	8864	19.3	285.8	25	
Prairie Hybrids	6755	17.7	263.7	40	
West Central FS	FS6447T	20.2	300.4	4	
West Central FS	FS6349PL	18.2	295.5	9	
West Central FS	FS6395	19.1	292.7	14	
Wyffels Hybrids	7945	20.5	295.5	10	
Wyffels Hybrids	8086	20.2	294.1	13	
Wyffels Hybrids				32	
Wyffels Hybrids	9218	21.7	281.8		
vvyneis nybrids	6886	19.0	263.1	41	

Recipe of the Month Crispy Parmesan Carrots

19.24

Plot Average:

Ingredients:

- 6 medium carrots, peeled
- 2 tablespoons extra virgin olive oil
- ½ teaspoon kosher salt
- 2 teaspoons garlic, minced
- ½ teaspoon onion powder
- ½ teaspoon red pepper flakes
- 1 teaspoon fresh rosemary, chopped
- 2 cups parmesan cheese, grated, ivided

Parsley, chopped for garnish

Instructions:

- 1. Preheat oven to 400 degrees and line a pan with parchment paper.
- 2. Cut the carrots crosswise into 2-inch sections. Then, slice each section in
- 3. In a large bowl, combine olive oil, salt, garlic, onion powder, red pepper flakes, and rosemary. Mix well. Add the carrots, tossing to coat.
- 4. Sprinkle 1 ½ cups of parmesan cheese over the sheet of parchment paper. (I sprinkle the cheese into an 8x12-inch area, just enough for the carrots to cover.)
- 5. Place each carrot onto the parmesan-coated lined pan, cut side down. Repeat with the remaining carrots, creating a tight line and a rectangular pattern. (Avoid gaps in between carrots.)
- 6. Sprinkle the remaining parmesan cheese on top of the carrots.
- 7. Bake for 30-35 minutes, or until the carrots are easily pierced with a knife.
- 8. Serve warm.



284.86

Health on the Farm By the Knox County Health Department

Take Charge of Tomorrow

Preventing diabetes health problems

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year's focus is taking action to prevent diabetes health problems. According to the American Diabetes Association* thirty-seven million plus Americans have diabetes and nearly one in two has diabetes or prediabetes.

Diabetes does not develop overnight; a sedentary lifestyle combined with a diet of high glycemic foods can start you on the path to diabetes. By increasing awareness of how certain foods affect blood sugar and promoting proper blood sugar control, the glycemic index is an excellent tool for disease prevention. Examples of food that are low (good) on the glycemic index include green leafy vegetables, most beans, apples, pears and berries, oat bran and pumpernickel bread, plain yogurt, and dark chocolate. Foods that are quickly broken down into sugar, causing sudden blood sugar and insulin spikes are ranked high (not as good) on the glycemic index and only provide bursts of energy followed by periods of fatigue. Examples include baked potatoes, jasmine rice, white bread and bagels, and most pastries and do-

Tips to help you prevent or manage diabetes:

 Know your risks for developing diabetes. You are more likely to develop type 2 diabetes if you have overweight or obesity; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically

active; or have prediabetes.

- Manage your glucose, blood pressure, and cholesterol levels. You can start by managing your diabetes ABCs.
 - A is for the A1C test that health professionals use to measure your average blood glucose levels.
 - **B** is for blood pressure.
 - C is for cholesterol.
- Take small steps towards healthy habits. Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking. You do not have to do it all at once. Start slow and build healthier habits from there.
- Take your medicines on time. Remember to take your medicines even if

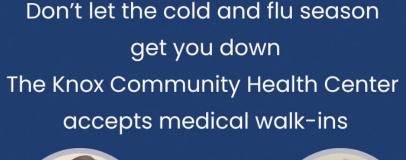
you feel healthy. Talk with your doctor if you have trouble taking your medicines on time or at the correct dose.

- Reach or maintain a healthy weight. If you have overweight or obesity, ask your primary care provider if healthy eating, activity, or other weight-loss treatments may help manage.
- Take care of your mental health.
 Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about healthy ways to cope with

stress.

Work with your health care team.
 Managing diabetes takes a team.
 Your health care team may include
 a primary care provider, diabetes
 specialist, or dietitian.

The Knox Community Health Center wants you to care about diabetes. If you don't take the time to take care for your body, who will? Help "Take Charge of Tomorrow." Please contact the Knox Community Health Center at 309-344-2225 for more information regarding diabetes.





Hannah Erickson, FNP-BC

Knox Community Health Center 1361 W. Fremont St Galesburg, IL 309-344-2225



Robert Wagner, MD Medical Director



Knox County AITC Update

Pumpkins, #1 in Illinois and a Mobile Dairy visits local schools

October is the month we think of fall and pumpkins. Students across Knox County in grades 1 and 2 had lessons about pumpkins. Students had a chance



to observe up close pumpkin seeds Mrs. Green harvested from last year's pumpkins. They compared those seeds to salted ones.

Several different stages of the life cycle were brought into the classroom for students to see up close. They also got to see pumpkins that are not just



orange! Mrs. Green brought a white or BOO! Pumpkin, a knucklehead pumpkin and a blue babydoll. Mrs. Green even brought in a pumpkin she grew from her own vine! Illinois' pumpkin farmers grow 90% of processed pumpkin. Some students had a chance to make pumpkin pie in a bag. Second graders made 3-D pumpkins with pumpkin facts on them.

Students at Costa Catholic Academy and Steele Elementary were treated to a visit by Louise, the Jersey Dairy Cow. Students were able to watch how a milking machine pulls the milk from the cow's udder. Southwest Dairy Museum Inc., partnered with the St. Louis Dairy Council, and they sponsored the traveling dairy cow to teach students about milk and dairy cows. Students were excited and engaged to see a real



cow and to view the process firsthand.

In October, a 4H club was started at Lombard Middle School. Currently their main goal is to replant and maintain the





pollinator gardens at the front of the school. They will be learning about soil, native plants and how to plant a garden for pollinators.





Looking Back



November 2000

KCFB Joins the Web

On November 1, 2000, Knox County Farm Bureau launched their own website - www.knoxcfb.org, joining the millions of companies around the world with a presence on the internet.

Knox County Farm Bureau Manager Jennifer Beard said, www.knoxcfb.org offers our members the opportunity to find out more about the local organization, our benefits, services. and history. She added, "One page contains the Knox County Farm Bureau's latest news, one emphasizes the opportunities available, and another has been designed to inform our members about legislative highlights."

"Our "Links Page" connects to various ag organizations, the Chicago Board of Trade, AgriVisor Services, Grainger, and others," said Beard. She also mentioned the "Market Page" will be updated each day for famers interested in finding out the elevators' closing prices, the Farm Service Agency's LCP rates and posted county prices.

PrimeTimers News

PrimeTimers met on October 10 for a tour of Prairie Moon Farm. The next meeting will be the Holiday Meal on November 19. 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!

- Carpet & Furniture Cleaning
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~ 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.

FOR SALE: Black + Decker Arm Saw - \$125. Call (309) 335-1316 FOR SALE: Black + Decker Table Saw - \$125. Call (309) 335-1316

FOR SALE: Black + Decker Band Saw - \$50. Call (309) 335-1316 FOR SALE: 20 Iron Wagon Wheels -

\$25 each. Call (309) 335-1316 FOR SALE: 10 Sheets 4x8x1 Foam

Insulation - \$25 each. Call (309) 341-4680 FOR SALE: 10 Storm Windows w/

screens 35in x 56 1/4 in surface mount - \$25 each, Take ALL. Call (309) 341-4680

FOR SALE: Pull Behind Lawn Sprayer - \$25. Call (309) 341-4680 FOR SALE: Double Seat Canvas

Folding Chair w/ Bag - \$25. Call (309) 341-4680

FOR SALE: Nice Glass Top Coffee Table 4ft x 20in - \$25. Call (309) 341-4680

FOR SALE: Metal Frame Patio Glider w/ Wood Seat & Back - \$40. Call (309) 341-4680

FOR SALE: Craftsman 16in Variable Speed Scroll Saw w/ Stand, Lamp, Extra Blades, & Manual - \$100. Call (309) 341-4680

FOR SALE: Older Scroll Saw w/ Stand - \$40. Call (309) 341-4680

FOR SALE: New - 8 Piece Wood Turning Tool Set - \$25. Call (309) 341-4680

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.

WELCOME NEW *MEMBERS* The Knox County Farm Bureau

would like to welcome the following to our organization

Lisa & Javier Cruz Stan Risinger Criselda & Carlos Samano Ramirez Zachariah & Kylee Shreves Jane Stevenson Richard & Melinda Brunkow Melissa Caldwell Donald & Diane Palmer Lucas Rask Christina Seiboldt Emma Seiboldt Noah Seiboldt Susan Simpson Philip & Christine Stenger

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MEMBERSHIP RECRUITER OF THE MONTH

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative, Mike White as the top membership recruiter in October. Mike signed three new Associate Members. Call your COUNTRY Representative for all your insurance and financial needs.



Mike White



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