



THE LATEST FROM AGRICULTURE & NATURAL RESOURCES RCE OF CAPE MAY COUNTY

March 13, 2024



START YOUR GARDENS!

This is a vegetable garden 5 session series.
Click the links below to choose the sessions you wish to register for.



March 27	6.00pm	RCE office	Seed starting and planting 101	\$15 – includes seed starts
April 17	6.00pm	Zoom	Plant care	\$5
May 22	6.00pm	Zoom	Harvesting: Use and storage	\$5
June 12	6.00pm	RCE office	Extending the season	\$5

THERE'S STILL TIME TO REGISTER!

Tools for Weed Identification and Management



Thursday, March 14, 2024
6:00 to 7:00 p.m.
Virtual Program Via Zoom

Presenter: Thierry E. Besançon, PhD
Associate Professor and Extension Weed Science Specialist for Specialty Crops
Rutgers, the State University of New Jersey
Philip E. Marucci Center for Blueberry and Cranberry Research and Extension

Topics to include:

- Review some tools (books, apps etc.) for helping with identification of weeds
- Nonchemical and chemical strategies for controlling weeds
- What the future of weed management looks like

Register at: <https://go.rutgers.edu/xsvkelyg>
For information, call 609-465-5115, ext. 3601



Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners.
Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.



Webinars via Zoom in March for Rural Communities

Working with Clients with Past or Present Justice Involvement

March 11, 10:00 AM-12:00 PM (ET)

As providers we want to deliver services to clients that are person-centered and respectful of where they are in their journey. This may first require providing services to clients with past or present justice involvement, and this may require us to step back and have the respect of justice treatments in mind, and thinking within the person-centered care framework of care. Another consideration is the potential trauma, association with justice involvement and its impact on the self-efficacy and agency of the clients with whom we work. We may work with clients in spaces that can be challenging, and this also has a role to play. This workshop will focus on how to utilize the person-centered framework to build a collaborative and respectful relationship with clients who have past or present justice involvement and to explore how to address these challenges.

[CLICK HERE FOR MORE INFORMATION AND TO REGISTER](#)

Rural Communities, Substance Use, and the Social Determinants of Health

March 13, 10:00 AM-12:00 PM (ET)

Healthcare systems continue to see an increase in substance use across communities. Rural communities have unique challenges regarding access to services, and other social determinants of health can impact the wellbeing of community members. This workshop will address this increase in substance use, including its overall impact to rural areas. We will discuss the wide range of social determinants of health which impact community members across regions. This workshop will also discuss the process of community assessment to determine how communities are impacted and how to access potential resources.

[CLICK HERE FOR MORE INFORMATION AND TO REGISTER](#)

Person-Centered Care: Applications in Medication Management, Treatment and Outpatient Programs

March 15, 2:00 PM-4:00 PM (ET)

Participants may be familiar with the term person-centered care, but may struggle with how to apply this approach with clients. This workshop will define person-centered care and the application of this approach from the beginning of treatment to the end stage in outpatient settings. Participants will also have the opportunity to discuss the documentation of person-centered care in the treatment plan of clients under their care.

[CLICK HERE FOR MORE INFORMATION AND TO REGISTER](#)

Care and Concern Interventions to Address Substance Use and Mental Health in Rural Communities

March 26, 10:00 AM-12:00 PM (ET)

As we think about the impact of substance use and mental health within rural communities, a key component is accessing the resources available. In this session, we will discuss potential interventions that can be implemented in rural and community settings. This workshop will focus on how providers and community members can develop collaborative networks to support members of their community who may be facing substance use and mental health challenges in their daily lives. We will also discuss potential prevention methods to be implemented within community spaces to reduce the impact of substance use on individuals and families, and increase engagement in mental health care.

[CLICK HERE FOR MORE INFORMATION AND TO REGISTER](#)

Harm Reduction Principles, Strategies and Benefits

March 28, 11:00 AM-12:00 PM (ET)

With increasing overdose rates, a more liberal drug supply, and more prescription medications in many homes, it's important to educate a wider audience about harm reduction and what it means: non-judgmental, reducing the negative consequences of potentially risky behaviors. This workshop will present different definitions of harm reduction, highlight how we all practice harm reduction in our lives, and explore how harm reduction strategies are implemented in different settings, with a focus on rural communities. It will also address community concerns and feedback about harm reduction, ways to reduce the barriers of stigma surrounding drug use, and opportunities to build longer-term prevention and treatment plans with substance use disorders.

[CLICK HERE FOR MORE INFORMATION AND TO REGISTER](#)

Double: These trainings have been approved by several New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.

OTHER EVENTS

- Dec-Mar [Lifelong Learning Winter](#) Programs by the American Horticulture Association
- Feb 13 - [Online Trainings for Agritourism Business Planning](#) Tuesdays at 1:00 pm. For seven weeks, from February 13 through March 26, we will guide business owners and managers through the process of developing your business plan using AgPlan.
- Mar 14 Farm Credit East: Webinar: [Apple Industry Outlook](#). According to the USAppleTracker monthly storage report, November holdings were 191 million bushels – an all-time high, eclipsing the mark set during the 2014/15 season. Join Chris Gerlach, USApple's Director of Industry Analytics as he unpacks data on holdings, movement, trade, and prices to see how markets are reacting to, what is by all accounts, a banner year. 12-1pm
- Mar 19 [Mastering Markup vs. Profit for Small Business Owners](#) 12 pm. a webinar designed to enhance your understanding of retail financials. In this session, you'll gain valuable insights to distinguish between markup and profit, empowering you to make strategic pricing decisions that can significantly impact your business's financial success.
- Mar 25 [Managing Conflict and Providing Feedback](#) is a segment of the Hiring and Retention webinar series. When working with others, no matter the relationship, there is going to be conflict. Webinar: 2-3:30pm
- Mar 26 [NOFA NJ Annual Meeting \(Members-Only Event\)](#) Join NOFA NJ for a comfortable gathering at Harmony Hollow Farm in Lambertville, NJ. Joseph Jingoli (Harmony Hollow Farm) and John Lima (Lima Family Farm) will present on Harmony Hollow's wellness and recovery programs and partnering to raise beef cattle. NOFA NJ will share exciting organizational news and updates. Light fare and dessert will be served.

Contact us:
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If you no longer wish to be part of our mailing list, please email us at capemayag@njaes.rutgers.edu



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FUNDING OPPORTUNITIES

[New Jersey Conservation Stewardship Program NRCS](#) Whether you are looking to improve grazing conditions, increase crop resiliency, or develop wildlife habitat, we can custom design a CSP plan to help you meet those goals.

[America the Beautiful Challenge 2024](#) **Pre-proposals are due by April 4, 2024.**

The America the Beautiful Challenge streamlines grant funding opportunities for new voluntary conservation and restoration projects throughout the United States. This RFP consolidates funding from multiple federal agencies and the private sector to enable applicants to conceive and develop large-scale, locally led projects that address shared funder priorities spanning public, Tribal, and private lands.

[Beginning Farmer and Rancher Development Program](#) **Applications are due April 4, 2024.**

The National Institute of Food and Agriculture (NIFA) is accepting applications for \$24 million in funding through the Beginning Farmer and Rancher Development Program. This program supports the delivery of education, outreach, and technical assistance for beginning farmers and ranchers in the United States and its territories that are entering, establishing, building, and managing successful farm and ranch enterprises. The maximum grant is \$250,000 per year for three years.

[Urban & Community Forestry 2024 Challenge Cost Share Grant Program](#). Application deadline: Feb. 29, 2024. [EPA's Community Change Grants Program](#) has announced \$2 billion dollars in Inflation Reduction Act funds for environmental and climate justice activities. Application deadline: Nov. 21, 2024.

[Rural Energy for America Program Renewable Energy Systems & Energy Efficiency Improvement Guaranteed Loans & Grants](#) fund renewable energy systems or to make energy efficiency improvements for agricultural producers and rural small businesses. Multiple deadlines.

[USDA Value-Added Producers Grant](#). The Value-Added Producer Grant program helps agricultural producers enter value-added activities to generate new products, create and expand marketing opportunities, and increase producer income.

[Amber Grant for Women](#)

WomensNet launched the Amber Grant in 1998 to honor the memory of an ambitious young woman who died at the age of 19, before she could realize her entrepreneurial aspirations. Every month, WomensNet awards one or more Amber Grants of \$10,000 each. Then, at the end of the year, one of those grant recipients is selected to receive \$25,000!

[Farm Business Mgmt. & Benchmarking Program](#)

The Farm Business Management and Benchmarking Competitive Grants Program provides funds for improving farm management knowledge and skills of agricultural producers by maintaining and expanding a national, publicly-available farm financial management database to support improved farm management.

[Black Farmer Fund Rapid Response Program](#)

This fund seeks to address acute emergencies to provide immediate restoration of an operation—not recurring expenses, rental assistance or start-up costs. Eligible emergency situations include but are not limited to equipment breakdown, weather, loss of crops / animals, medical expenses, stolen or damaged supplies, etc.

[Gus Schumacher Nutrition Incentive Program](#)

The primary goal and objective of the GusNIP Produce Prescription Program is to demonstrate and evaluate the impact of projects on the improvement of dietary health through increased consumption of fruits and vegetables, the reduction of individual and household food insecurity and the reduction in healthcare and associated costs.

[FSA Online Loan Application Home \(usda.gov\)](#)

FACTSHEETS

[FS1356: 2024 Vegetable Integrated Pest Management](#)

[Delivery Program](#)

[Effective Pricing Methods for Produce at Farmers](#)

[Markets \(psu.edu\)](#)

PLANT & PEST ADVISORY

[Landscape, Ornamentals, Nursery, and Turf Pest](#)

[Notes](#)

[Vegetable Crop IPM update](#)

[Tree Fruit IPM Report](#)

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RESOURCES

[Farm Market & Agritourism: Build a value ladder and they will climb](#) – Vegetable Growers News

[Economic Analysis of Market Impacts of the National Watermelon Promotion Board: 2017-2021](#) by the National Watermelon Promotion Board shares findings that shows how the organization's marketing activities help shape the demand for watermelons.

[Mix organic, conventional methods to boost soil health](#) – Vegetable Growers News

[Farmland access](#) – ATTRA Publication

[Resilient Farmers, Ranchers and Communities: Social Sustainability in Agriculture](#) – SARE Outreach

[Risk Management Education for Farmers with On-Farm Visitors](#) – Iowa State Extension

[CSA Innovation Network](#) - The CSA Innovation Network is a resource base of programs and tools built by and for individuals and organizations supporting Community Supported Agriculture (CSA) development.

[Farm Stress Management | UME Agriculture and Food Systems \(teachable.com\)](#) Farm stress management training will equip Agricultural Service Providers with skills and knowledge to support farm families in times of distress.

[Farmer's guide to direct sales software platforms](#) – National Young Farmers Coalition

GARDENING TIP

BY Jennifer Sawyer Caraballo



Mid-late March is a great time to start some of your vegetable seeds indoors – just be sure to check the germination period to make sure you aren't starting too early! Peppers, eggplant, tomatoes, lettuces, can all be started indoors and transplanted into the garden. Peas can be directly sown outside. Later in the month, once the soil is warm enough, consider planting some cool-season crops such as radishes, carrots or cauliflower, which can be direct sown.

GOT GARDEN QUESTIONS?
Call the Cape May County
Horticulture Helpline
(609) 465 5115 Ext. 3653

University of Maryland Extension
Presents:

Farm Stress Management
ONLINE COURSE

ENROLL FREE NOW

TOPICS INCLUDE

- Stress Management
- Physical Health
- Mental Health
- Financial Literacy
- Legal Resources

SARE
Research & Education
Equal Access Institution

This workshop is designed for Agriculture Service Providers to equip them with the skills and knowledge to support farms and farm families in times of distress. The University of Maryland Extension Farm Stress Management Team will train service providers to identify signs of distress, develop skills to communicate with those experiencing stress, and provide local and national resources. Financial and regulatory topics will also be discussed as they often contribute to farm stress.

umeagfs.teachable.com/p/farm-stress-management

FARM MARKETING TIP

By Claudia Gil Arroyo

Want to market your farm but don't know where to start? The first step is to set your marketing goal(s). These questions can help:

- What do you want to accomplish?
- Do you want to increase sales? Get new customers? Be known for something?

Once your goals are set you can figure out what actions will help you accomplish them.



Remember to make your goals SMART: Specific, Measurable, Achievable, Relevant and Time-bound.



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