



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

June 19, 2024

**WE WILL RETURN WITH CLASSES AND WORKSHOPS IN THE FALL!  
ENJOY YOUR SUMMER!**

## OTHER EVENTS

- Jul 10 [Organic IPM Workshop at Terhune Orchards – NOFA NJ](#) Learn how [Terhune Orchards](#) implements Integrated Pest Management (IPM) techniques and practices in their organic vegetable production. Reuwei Hanewald (farmer) and Kris Holmstrom (Rutgers Vegetable IPM Project Coordinator) will share information on IPM decision making and management practices during a field walk. Reuwei will discuss how she makes pest management decisions based on the information provided by the Rutgers IPM program and Kris will highlight practices to manage common vegetable pests in organic systems.
- Jul 11 **Tips from the Road: Retail Farm Market Bus Tour Highlights.** Free webinar, 12pm EST. Register here: <https://web.cvent.com/event/08eb7f80-7dd2-49b5-a579-9c0190bb575f/summary>
- Jul 16 **Small Business Success: Essential Tips for Summer Recordkeeping.** Free webinar, 12pm EST. Register here: <https://web.cvent.com/event/fa53c24a-3f41-439f-a4af-9103d6f6b2da/summary>
- Jul 25 **Living on a Few Acres: Food Preservation.** Learn about canning, freezing, and drying, which are all great ways to enjoy seasonal foods all year long. Webinar, 6-8 pm EST. Register here: <https://web.cvent.com/event/376bfa51-82c7-4c97-972d-e4379e15dab5/summary>



**QPR** stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide.

June 25 @ 12pm CST: <https://shorturl.at/iIGKY>

Length of training is one hour and 30 minutes, with an additional optional 30 minutes for Q&A.

## PLANT & PEST ADVISORY

- [Landscape, Ornamentals, Nursery, and Turf Pest Notes](#)
- [Vegetable Crop IPM update](#)
- [Tree Fruit IPM Report](#)

## FACTSHEETS

[E376: Beech Leaf Disease & Experimental Management Options](#)  
[FS1357: Fescue Grasses as Permanent Cover Between Rows of Blueberry](#)



## Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

### Ways to Protect Yourself and Others

**Ease Into Work.** Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

- ✓ New and returning workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ Follow the 20% Rule. On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.

<p><b>Drink Cool Water</b> Drink cool water even if you are not thirsty – at least 1 quart every 20 minutes.</p>	<p><b>Dress for the Heat</b> Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.</p>
<p><b>Take Rest Breaks</b> Take enough time to recover from heat given the temperature, humidity, and conditions.</p>	<p><b>Watch Out for Each Other</b> Monitor yourself and others for signs of heat illness.</p>
<p><b>Find Shade or a Cool Area</b> Take breaks in a designated shady or cool location.</p>	<p><b>If Wearing a Face Covering</b> Change your face covering if it gets wet or soiled. Verify that others regularly check on others frequently.</p>

### First Aid for Heat Illness

**The following are signs of a medical emergency!**

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1 CALL 911 IMMEDIATELY
- 2 COOL THE WORKER RIGHT AWAY WITH WATER DRINK
- 3 STOP WITH THE WORKER UNTIL HELP ARRIVES

**Watch for any other signs of heat illness and act quickly. When in doubt, call 911.**

<p><b>If a worker experiences:</b></p> <ul style="list-style-type: none"> <li>Headache or nausea</li> <li>Weakness or dizziness</li> <li>Heavy sweating or hot, dry skin</li> <li>Elevated body temperature</li> <li>Thirst</li> <li>Decreased urine output</li> </ul>	<p><b>Take these actions:</b></p> <ul style="list-style-type: none"> <li>Give water to drink</li> <li>Remove unnecessary clothing</li> <li>Move to a cooler area</li> <li>Cool with water, ice, or a fan</li> <li>Do not leave alone</li> <li>Seek medical care if needed</li> </ul>
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For more information: 1-800-321-OSHA (8742)  
TTY: 877-889-5622 [www.osha.gov/heat](https://www.osha.gov/heat)

Contact us:  
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Resources Agent III

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(609) 465 5115 Ext. 3602

355 Court House – South  
Dennis Rd.  
Cape May Court House,  
NJ 08210  
Mon – Fri 8:30AM – 4:30PM

## GRAPE AND WINE SCIENCE CERTIFICATE

This program will provide foundational knowledge in three major areas of grape and wine science – grape growing, wine making, and business operations – following the path of grapes from the field to the winery to the glass.

The program will feature 4 weeks of classroom instruction, complemented by hands-on workshops. Then students will complete a 4-week winery internship where they can put their new knowledge and skills into practice

Full details on program, registration link and other information available at <https://cpe.rutgers.edu/food-science-safety/grape-and-wine-science-certificate>



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





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### FUNDING OPPORTUNITIES

[FSA Online Loan Application Home \(usda.gov\)](https://www.usda.gov)

[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. At the end of the year, one of those grant recipients is selected to receive \$25,000!

[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 (June 30, September 30).

[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.

### PARTNERSHIP SPOTLIGHT New Jersey Farm Bureau

Check out their website: <https://njfb.org/>

The mission of the New Jersey Farm Bureau is to represent the agricultural producers and enterprises of New Jersey at all levels of government – local, county, state, federal and international. This representation includes the influence on regulations and laws, the creation of positive public relations, and the seeking out of initiatives, activities and ventures to help the profitability of the producer members. This organization will remain faithful to the democratic policy development process managed by representatives from every part of the state.



### 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

[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 CSA development.

[Farm Stress Management | UME Agriculture and Food Systems](#) 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 – Staking Your Plants By Jennifer Sawyer Caraballo

As warm season crops begin to get bigger, make sure you are supporting them with either a trellis, cage or stake system. Vining vegetables such as cucumbers and indeterminate tomatoes can be trained to a trellis. Peppers and determinate tomatoes can benefit from staking. As these plants begin to fruit, the extra support can help prevent the plants from tipping over or breakage of the stems, which can reduce your yield.

For more information on staking tomatoes: <https://njaes.rutgers.edu/FS1102/>



### FARM MARKETING TIP by Claudia Gil Arroyo

Listening to your customers is the best way to make your farm a successful business. Talk to them in person, read their emails, letters or direct messages or social media. Often, they are the ones with great ideas or suggestions that can help you improve your operation.

Ask for feedback every now and then, it can be an open ended or suggestion-box type of inquiry, and if you want to take it a step further you can survey them. Need help putting together a survey to learn more about your customers? Let me know, I'm happy to help!

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