



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

July 1, 2024

### 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. Reuwai Hanewald (farmer) and Kris Holmstrom (Rutgers Vegetable IPM Project Coordinator) will share information on IPM decision making and management practices during a field walk. Reuwai 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-e4379e15dad5/summary>

### PARTNERSHIP SPOTLIGHT US Department of Agriculture

Check out their website: <https://www.usda.gov>

The USDA provides leadership on food, agriculture, natural resources, rural development, nutrition, and related issues based on public policy, the best available science, and effective management.

USDA has a vision to provide economic opportunity through innovation, helping rural America to thrive; to promote agriculture production that better nourishes Americans while also helping feed others throughout the world; and to preserve our Nation's natural resources through conservation, restored forests, improved watersheds, and healthy private working lands.



### PLANT & PEST ADVISORY

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

### FACTSHEETS

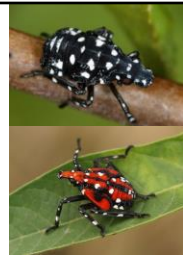
- [E376: Beech Leaf Disease & Experimental Management Options](#)
- [FS 1357: Fescue Grasses as Permanent Cover Between Rows of Blueberry](#)

### GARDENING TIP – Spotted Lanternfly By Jennifer Sawyer Caraballo

Spotted Lanternfly is definitely here in Cape May County. As homeowners, it is important that you learn to recognize the different life stages of the SLF and how to combat them. Right now, they are in their 3<sup>rd</sup>-4<sup>th</sup> instar stages through July. During July adult SLF will start appearing.

For more information on Spotted Lanternfly:

<https://www.nj.gov/agriculture/divisions/pi/prog/pests-diseases/spotted-lanternfly/homeowner-resources/>



### FARM MARKETING TIP by Claudia Gil Arroyo

As you know, social media is here to stay and a major component of marketing through social media is keeping your audience engaged. This goes beyond just posting content but getting them to interact with you and your business.

You can create polls or quizzes or run contests. Ask them to vote on what their favorite product from your farm is or to guess some fun facts about your farm or your products like "Do you know which fruit is the best source for antioxidants?" and provide options. (BTW, it's the blueberry!).

### BEAT THE HEAT!

The National Weather Service has graphical forecasts for many weather variables including heat index and wet bulb globe temperature which can be used to evaluate risk of heat stress. These predictive tools may be utilized to evaluate the risk of heat stress up to one week in advance and may aid in planning of field activities. To access these graphical forecasts, visit <https://digital.weather.gov/> and select either Wet Bulb Globe Temperature or HeatRisk experimental (i.e., heat index) from the drop-down menu.

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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 Guarantee 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.

## RESOURCES

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

[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

## CONGRATULATIONS TO THE CAPE MAY COUNTY EXTENSION ADVISORY COUNCIL 2024 LEADERSHIP AWARD RECIPIENT - TOBY CRAIG!

Toby Craig's lifelong commitment to the community, his family and businesses drove his merit to become the recipient of this award. In 2003, Toby purchased the Cape May Winery where some of the oldest vines in Cape May County are still commercially farmed. In the early 2000's the New Jersey Wine industry was in its early growth phase. A crucial revenue stream at this time was food and wine festivals, which could make up for over half of sales for some businesses. Realizing this need for young wineries, he facilitated involvement with the New Jersey Wine Growers Association and the Cape May Ferry Terminal for various wine and food festivals. The award was given out at the June Cape May County Board of Agriculture monthly meeting.



## RUTGERS MASTER GARDENERS OF CAPE MAY COUNTY



Rutgers Master Gardener Volunteers Sheryl & Deb at the Ocean City Family & Fun Environmental Fair in February.



RMG volunteers Deb, Sheryl, RMG Coordinator Jen, RMG volunteers Barbara & Mark - beginning the RCE Courtyard Garden Project.



RMG booth all set up at an event at The MidAtlantic Center for the Arts in Cape May.

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**Protect Yourself From H5N1 When Working With Farm Animals**

H5N1 is a bird flu virus that could make you sick. Wear recommended personal protective equipment (PPE) when working directly or closely with sick or dead animals, animal feces, litter, raw milk, and other materials that might have the virus.

**Wash hands with soap and water, then put on PPE in this order:**

1. Fluid-resistant coveralls
2. Waterproof apron, if needed for job task
3. NIOSH Approved<sup>®</sup> Respirator (e.g., N95<sup>®</sup> filtering facepiece respirator or elastomeric half mask respirator)
4. Properly-fitted unvented or indirectly vented safety goggles or face shield
5. Head cover or hair cover
6. Gloves
7. Boots

Scan to learn how to put on and take off a respirator

**While wearing PPE**

- Use separate designated clean areas, one for putting on PPE and one for taking off PPE.
- Avoid touching your eyes, mouth, and nose after touching any contaminated material.
- Do not eat, drink, smoke, vape, chew gum, dip tobacco, or use the bathroom.

**Follow these steps to safely remove PPE**

1. Remove the apron, if worn
2. Clean and disinfect boots
3. Remove boots
4. Remove coveralls
5. Remove gloves
6. Wash hands with soap and water or alcohol-based hand rub
7. Remove head cover or hair cover
8. Remove goggles or faceshield and then remove respirator
9. Wash hands again with soap and water or alcohol-based hand rub

**After removing PPE**

- Shower at the end of the work shift.
- Leave all contaminated clothing and equipment at work.
- Watch for symptoms of illness while you are working with potentially sick animals or materials. Continue watching for symptoms for 10 days after finishing working. If you get sick, tell your supervisor and talk with a doctor.

**Reusable and disposable PPE**

- While removing PPE, dispose of all disposable PPE appropriately and set aside reusable PPE
- Clean and disinfect reusable PPE after every use

Scan to find more PPE and worker safety information



May 2024

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





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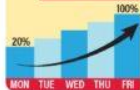


## Prevent Heat Illness at Work

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.



**Drink Cool Water**  
Drink cool water even if you are not thirsty – at least 1 cup every 20 minutes.



**Take Rest Breaks**  
Take enough time to recover from heat given the temperature, humidity, and conditions.



**Find Shade or a Cool Area**  
Take breaks in a designated shady or cool location.



**Dress for the Heat**  
Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



**Watch Out for Each Other**  
Monitor yourself and others for signs of heat illness.



**If Wearing a Face Covering**  
Change your face covering if it gets wet or soiled. Verbally check on others frequently.

### 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 OR ICE
- 3 > STAY WITH THE WORKER UNTIL HELP ARRIVES



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

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output



Take these actions:

- > Give water to drink
- > Remove unnecessary clothing
- > Move to a cooler area
- > Cool with water, ice, or a fan
- > Do not leave alone
- > Seek medical care if needed

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For more information: 1-800-321-OSHA (6742)  
TTY 1-877-889-5627 [www.osha.gov/heat](http://www.osha.gov/heat)

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See [www.osha.gov/workers](http://www.osha.gov/workers) for information about how to file a confidential complaint with OSHA and ask for an inspection.

OSHA 3462 (06/2021)



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