



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

July 15, 2024

EVENTS

- Jul 18-20 **Cape May County 4H Fair!** –Come to the Cape May County 4-H FAIR on JULY 18, 19, and 20, 2024! The theme of the 4-H Fair is “Oh the Places We Will Go with 4-H!” See schedule below. <https://capemay.njaes.rutgers.edu/4h/fair/>
- 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 23 **Expanding Your Retail Farm Market.** Free webinar 12 pm. A comprehensive workshop designed to explore innovative strategies for building and expanding your retail farm market. This event will cover everything from optimizing product displays to leveraging advanced marketing techniques used by seasoned retail operations. Register here: <https://web.cvent.com/event/cfb1ea2f-2ed7-4502-ac5d-9fda44ba0032/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>

ONGOING 4-H SHOWS & EXHIBITS

Lockwood 4-H Youth Center

- 4-H Art Show, Club Activities, 4-H Member Project Displays & Best in Show Winners

Horse Shows

- Thursday:** 9 am-Showmanship & Grooming, Halter & Versatility Day; Following Livestock Auction-Moonlight Riders Mounted 4-H Drill Team, Funny and Fancy Costume Classes and Equestrian of the Year Presentation
- Friday:** 9 am-English Day, 6:30 pm-NEW! Hilarious Slick Pony Horse Show
- Saturday:** 9 am-Western & Games Day, 6pm-Moonlight Riders Mounted 4-H Drill Team

Livestock Shows


- Wednesday:** 6 pm-Lamb and Hog Showmanship & Market Classes
- Thursday:** 10 am-Rabbit & Guinea Pig Showmanship & Breeds Classes; 6:30 pm-Hog & Lamb Market Auction
- Friday:** 10 am-Poultry & Waterfowl Showmanship & Breeds Classes; Hog & Lamb Open Classes
- Saturday:** 10 am-Goat Show; 12 pm-Costume Contest, Adult Fun Classes; 3 pm-Horse & Livestock Round Robin

Herpetology Show

- Friday:** 1 pm-Scales & Tails 4-H Club Herpetology Show, Lockwood 4-H Youth Center


Children's Discovery Area

- Thurs** (3-8 pm), **Fri-Sat** (10 am-8 pm): A wide variety of games & activities for young visitors including an Obstacle Course, Life on the Farm (with baby goats!) and educational exhibits by Library's Technology Learning Center, the Bookmobile, & the Rutgers 4-H Teen Leaders





For complete 4-H Fair info, scan this QR code, or visit <https://capemay.njaes.rutgers.edu/4h/fair/>.

ATM MACHINE IN LOCKWOOD 4-H YOUTH CTR



RUTGERS UNIVERSITY
Cooperative Extension
of Cape May County
New Jersey Agricultural Experiment Station

CAPE MAY COUNTY 4-H FAIR

Oh, the Places We Will Go with 4-H!

THURSDAY, FRIDAY & SATURDAY

JULY 18-20, 2024

SPECIAL EVENTS

Thursday

4:30 pm Grand Opening Parade!
Ceremonies, Main Stage

6:30 pm 4-H Livestock Auction,
Coover Pavilion

Saturday

10 am Pet Show, Main Stage

2 pm 7th-Annual Flag Retirement
Ceremony, Flag Plaza

3 pm Horse & Livestock Round
Robin, Coover Pavilion

Thursday-Saturday

4-H Fair Art Show,
Lockwood 4-H Youth Center

ENTERTAINMENT

Thursday

6-8 pm

Ken the Magician

Friday

7-10 pm

Cat 5 Band

Saturday

7-10 pm

Double Shot Band

4-H FAIR HOURS

Thursday	Friday	Saturday
• Food Court, Exhibits & Vendors: 3-10 pm	• Food Court, Exhibits & Vendors: 3-10 pm	• Food Court, Exhibits & Vendors: 10 am-10 pm
• Johnson Fun Factory Rides & Amusements: 5-10 pm (Discounts avail.)	• Johnson Fun Factory Rides & Amusements: 5-10 pm (Regular Prices)	• Johnson Fun Factory Rides & Amusements: 12-4 pm (Discounts avail.) 5-10 pm (Regular Prices)
• Chicken Barbecue: 5 pm 'til it's gone!	• Chicken Barbecue: 5 pm 'til it's gone!	• Chicken Barbecue: 5 pm 'til it's gone!

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE. ABSOLUTELY NO PETS ALLOWED, EXCEPT FOR SATURDAY PET SHOW!

Contact us:
Claudia Gil Arroyo
Agriculture and Natural
Resources Agent III

capemayag@njaes.rutgers.edu
(609) 465 5115 Ext. 3602

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

PLANT & PEST ADVISORY

- Landscape, Ornamentals, Nursery, and Turf Pest Notes
- Vegetable Crop IPM update
- Tree Fruit IPM Report

FACTSHEETS

- [FS1358: Developing Your On-Farm Food Safety Worker Training Program](#)

PARTNERSHIP SPOTLIGHT



Check out their website:

<https://findjerseyfresh.com/JerseyFresh/>

Established in 1984, by the New Jersey Department of Agriculture, the Jersey Fresh logo was designed to inform consumers which fruits and vegetables were grown in the Garden State. So, if you see the logo it guarantees that piece of produce was grown in New Jersey!



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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.

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

NEWS

[New Jersey 2023 Blueberry Crop Summary | Morning Ag Clips](#)

GARDENING TIP – Start your fall veggies! By Jennifer Sawyer Caraballo



The temperatures outside are rising, but now is a good time to start some seeds indoors for your fall, cool season crops such as:

kale, cabbage, spinach, lettuces, cauliflower

What will you be growing in your fall vegetable garden?



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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!).



July 15, 2024

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® Respirator (e.g., N95® 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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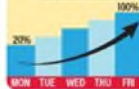


Prevent Heat Illness at Work

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.



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



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



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



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



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



OSHA Occupational Safety and Health Administration

For more information: 1-800-321-OSHA (6742)
TTY 1-877-889-5627 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 for information about how to file a confidential complaint with OSHA and ask for an inspection.

OSHA 3452 (Rev. 10/17)

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