

You Can Travel to Arizona Agriculture's Farms

By Julie Murphree, Arizona Farm Bureau

During my college days, I became known for taking college friends to our farm in Maricopa, Arizona. One road trip in a line of beat-up, first-time owner cars on the back roads to the farm, one roadie told me later he didn't think his car would make it over all the roads I took him on.

Today, working for Arizona Farm Bureau I've come to appreciate Arizona families' interest in our farms and ranches. So, that's why I decided it was time we created a travel guide featuring our farms and ranches open to the public.

Our new travel guide, "On the Arizona Road with Arizona Agriculture" features a farm and/or ranch in nearly every one of the state's counties.

Free download your own copy, go to azfb.org.

But, before you go, here are a few tips.

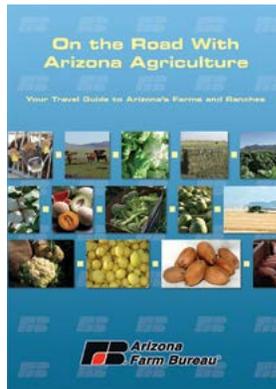
Arizona Agriculture Travel Tips

Arizona is one of the most diverse agricultural production states in the nation, producing more than 160 varieties of vegetables, live-stock, field crops and nursery stock. This uniquely original desert state is a great place to live and enjoy the farm fresh products grown here.

This guide was designed to highlight the numerous agritainment farm locations and the on-farm Farmers' Markets in Arizona.

Here are a few tips to get the most out of your farm experience:

1. Go early. For the best selection of produce or U-pick operations, arriving early gives you first choice.



2. Talk to the growers. Ask the grower what's new and how do they use their product (any recipes?). In fact, the on-farm farmers' market is probably the best place to chat with the farmers and ranchers. They want to share their stories and they love to explain their production methods. You'll be surprised at the invaluable information on even the most common fruits and vegetables.

3. Ask about safety protocols. Ask the growers you meet if they have employed any safety practices to ensure the safety of their product(s). Many growers engage in what is known in the industry as "best management practices" that include methods for keeping their produce free from pathogens in the harvesting and packing process.

4. Wear proper shoes. Make sure the entire family wears closed toed shoes for safety on the farm.

5. Dress for the weather. Arizona summers are hot so wear cool clothes, a hat and sunscreen. Also bring drinking water. In the Winter, well, it's just beautiful!

6. Bring your own bags and a cooler. Some growers have recycled shopping bags. Remember to wash your bags regularly. A cooler will keep your produce fresh until it gets home.

7. Decompress and have fun. A trip to the farm is a great way to enjoy the great outdoors, learn where your food comes from and spend time with family.

Regardless, you'll have fun on the farm if you plan ahead. Are you looking for a unique variety of arugula? Want to meet a farmer? Then it's time to plan a visit to an Arizona farm. ■

Ag in the Classroom is Back in the Classroom



After a productive summer of cleaning and replenishing curriculum kits, Arizona Farm Bureau Agriculture in the Classroom (AITC) is back in the classroom. In addition to the return of past curriculum kits and presentations there are a few new ones in the mix. A Plant Kit will be added to the inventory beginning in January thanks to a generous donation by the Grain Council. A new High School Presenta-

tion has also been added to the mix: Marketing and Media Mayhem: The Label Fable. Here are a few more things to look forward to...

Fall Ag Literacy

Fall Ag Literacy

AITC is offering a free 30-minute classroom presentation for grades K-2 across the state. The presentation includes the story The Life Cycle of a Pumpkin and includes a hands-on pumpkin life cycle activity. The first 400 teachers to sign up for the event get to keep the book for their classroom library! Contact Katie Aikins to sign up katieaikins@azfb.org or 480.635.3608

Farm Friday Fun with Arizona Agriculture

The Farm Friday Fun with Arizona Agriculture is a year-long See **Classroom** page 2

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Four NEW Statewide Member Benefits

Truly Nolen



Truly Nolen offers members \$35 off initial quarterly/monthly pest control treatment or \$75 off initial termite treatment at all locations serviced by Truly Nolen in Arizona. Members should show their membership card at the time of service to insure that they receive the discount.

For more information and a list of location, go to www.azfb.org, login, click on member benefits, then personal/business.

USAPetmeds.com

Eligible members can receive a 15% discount on brand name and 55% on generic pet medications purchased through www.USAPetMeds.com.

National Benefit Builders, Inc.



Members will save on pet and livestock medications, supplements and all pet and livestock care products.

Members will enjoy the following:

- 100% satisfaction guarantee
- Everyday low price guarantee
- Competitors price match guarantee
- All drugs are genuine FDA/FPS USA approved products
- 100% safe and secure transactions
- Live 24/7 customer support

For more information, go to www.azfb.org, login, click on member benefits, then pets.

WorkBoots.com



Get a special members-only discount on WorkBoots.com's entire selection of work equipment, apparel and footwear from brands like Ariat, Durango, Justin, Wolverine and more. WorkBoots.com is devoted to outfitting American workers with shoes, boots, clothing and equipment.. (Excludes sale and clearance products).

Save 10% at <http://workboots.com/>. To receive the discount use promotional code AZFB.

Classroom

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program that allows classrooms to explore a different Arizona crop each month. Teachers are provided with information about the crop, a profile of one of Arizona's Farmers and a lesson plan on that month's crop. The program is FREE. Just sign-up by contacting Katie Aikins.

To see a complete list of all the curriculum and resources available to teachers at no cost through AZFB AITC, visit us on the web at www.azfb.org/programs/agriculture-in-the-classroom. ■

Caterpillar Machines



Caterpillar Inc. and Arizona Farm Bureau just announced a new Member Benefits partnership that allows Farm Bureau members to save up to \$2,000 on Cat® machines.

Purchase incentives available to Farm Bureau members on Cat machines include:

- Small Wheel Loaders: \$2,000
- Compact Wheel Loaders: \$1,000
- Small Dozers: \$1,000
- Backhoe Loaders: \$500 - \$1,000
- Compact Track Loaders: \$500 - \$1,000
- Multi Terrain Loaders: \$500 - \$1,000
- Skid Steer Loaders: \$500 - \$1,000
- Telehandlers: \$500 - \$1,000
- Mini Hydraulic Excavators: \$250 - \$500

Print your Member Verification Certificate at www.fbadvantage.com/cat and visit your local Cat dealer to check out the agricultural solutions available for members.

The Farm Bureau Member Benefit on Cat machines can be combined with any current retail discounts, promotions, rebates or offers available through Caterpillar or Cat dealers, with the exception of other membership purchase incentives (e.g., NCBA discount).

Discounts cannot be applied to past purchases. Members must provide a valid Member Verification Certificate at the time of purchase to receive their discount. ■



Dues Increase or Value Increase?

As a member of Farm Bureau, you are part of a membership-based, dues-supported organization, similar to an AARP or AAA; but besides a common base of member benefits, you are part of an organization that supports locally produced fruits, vegetables, milk, eggs, and much more.

We've expanded our services for you. Arizona Farm Bureau has initiated local and state benefits now numbering 157. Of the 157, 121 are regionally-specific to celebrate and recognize the diversity of benefits throughout Arizona.

To see the broad range of benefits, please go to www.azfb.org and look under "member benefits." Or, download the Farm Bureau app on your telephone. The variety of benefits are designed to meet your family's needs whether that be specific entertainment, travel, or health and insurance benefits. ■

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Arizona Agriculture is published 9 months, plus two special editions annually, (ISSN 0274-7014) by the Arizona Farm Bureau Federation...325 S Higley Rd., Suite 210 Gilbert, AZ 85296
Periodicals postage paid in Higley, Arizona and additional mailing offices.
POSTMASTER: Send address changes to **Arizona Agriculture**, 325 S Higley Rd, Suite 210, Gilbert AZ 85296-4770. Subscription amount is included in annual dues.

I Fed My Family on a Shoestring

By Peggy Jo Goodfellow, Arizona Farm Bureau Federation

For those of you that have not heard the expression...“on a shoestring,” it means, to do something for very little money.

Once upon a time I was a single mother raising two active teenage daughters on a very tight paycheck to paycheck budget. I remember one time, after paying the house payment, utilities and an unforeseen car repair bill I had exactly \$12 left to buy groceries for the week. Scary thought, right? I was able to purchase some of the staples... milk, a variety of produce, dried beans, bread and eggs. Fortunately, we had a few packages of ground beef and chicken in the freezer. We not only survived but we actually had fun planning meals around what food we had.

Fast forward to present day. Last month while I was shopping the price survey for Arizona Farm Bureau's quarterly market basket survey, I realized that it's still possible to feed a family of four good food on a limited budget. Food prices are higher today than when my kids were growing up, but we are very fortunate to have so many year-round and seasonal food choices.

Just in time for fall, here are 18 money saving tips to help you stretch your food dollars:

- **Sort your pantry and organize to clearly know what's available.** This should be a regular effort in order to make sure you're using everything you have, not buying unnecessary items and can determine what you really need.
- **Create a week-long menu.** From the planned menu create your shopping list based on local grocery store circulars you receive in the mail or newspaper.
- **When planning your menu, think of ways to maximize the use of leftovers.** One example is to stretch your food dollar by using left over roast from Sunday's dinner as taco filling or BBQ beef sandwiches at dinner another night during the week.
- **You've created the list; stick to it.** If you can stick to your list, you'll curb impulse spending on items you don't really need.
- **Don't shop on an empty stomach.** Studies suggest you might spend 10 to 15 percent more on your food bill when you're hungry.
- **Don't take the kids grocery shopping.** As with an empty stomach, kids can influence your impulse shopping. (When I had only \$12 to spend I did not take the kids with me!)
- **Stick to the basics.** While basic food items like dairy, meat, fruits and vegetables can sometimes seem expensive, you're gaining more value per unit and certainly more health benefits. The fewer processed food items you purchase, the more you'll save.
- **Regularly survey the weekly grocery store circulars.** This will build your knowledge of prices for products you regularly use and give you a sense of which grocery stores tend to have the lowest prices. Take advantage of weekly advertised specials, especially for nonperishable staples.
- **Be wary of the coupon trap.** Use coupons only for those items

you normally buy. Don't let coupons cost you money by buying items you don't really need. A sale has no value to you if it means you're spending beyond your budget. Do take advantage of “ad-matching” since lots of savings can be found here.

- **Assess the unit price.** This shopping tool lets you compare prices between brands and between sizes. Located on a shelf tag in front of the product, it provides costs in like units for the item. Generally, information is given in cost per ounce, per pound or per count.

- **Shop the edges of the store, and if items at the ends of the aisles reflect a super deal buy.** As aisle-end items are dramatically marked down, they might be a valuable substitute on your grocery list. But they're budget busters if they become purchased food items you don't use in your food preparation.

- **Use grocery store club cards; also compare prices to store brands.** Store club cards can generate great savings. Plus, while you might love a certain brand, also compare a popular brand to the store brand for price comparisons and possible savings.

- **Peak season is prime time to buy fresh produce.** The peak of the harvest for fresh fruits and vegetables offers you the best prices and the best quality. Take advantage of this and buy often. To always know what's in season, go to fillyourplate.org and select the tab “Arizona Produce in Season.”

- **When not buying fresh, consider buying frozen.** Most frozen vegetables are picked fresh, immediately flash frozen, are less expensive and will keep longer.

- **Buy in bulk,** but don't buy more than you will use. Bigger is not always better. Larger-sized packages usually cost less on a per-unit basis. But it's not a better buy if it's too large to use before it becomes stale or spoiled.

- **Move in on “family pack” savings.** Meat departments often have a section that offers larger-sized packages at cents-off-per-pound savings. Repackage these larger sizes into smaller quantities at home and freeze.

- **Be flexible at the meat and produce counters.** This is one area to be flexible with your list. This allows you to take advantage of unadvertised “in store” specials and switch from one item to another.

- **Use open dating codes, especially on perishables to maximize shelf life at home.** Open dating is used on perishable and semi-perishable products to let you know at a glance if the product is fresh. Most stores use a “pull date” - the last day the item is offered for sale. This still allows a few days for using at home. For stores that use a “pack date,” especially with meats, inquire how long the product will remain fresh at home.

Arizona Farm Bureau's FillYourPlate.org is a great resource for local farmers' markets, a list of farmers and ranchers that sell direct, recipes and more. For more information on agriculture I encourage you to log on to azfb.org. Happy shopping! ■





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Fall Pumpkin and Corn Maze Festivals

Cochise County

Apple Annie's

Fall Pumpkin Celebration

Old fashioned family fun picking your own pumpkins, fall vegetables and apples. U-pick pumpkins and produce for sale. Visit the farm or place an order online.

Open Daily 9 a.m. - 5:30 p.m. beginning October 1 - October 31

Apple Annie's Produce & Pumpkins

6405 West Williams Rd

Willcox, AZ 85643

For more information, call 520.384.4685 or visit

AppleAnnies.com

Willcox Wine Country Festival

October, 17-18

The Willcox Wine Country Festival is a two-day fun-filled event at historic Railroad Park in downtown Willcox. Admission to the festival is FREE - listen to music and browse vendor and wine booths without charge. Tasting glasses and tickets may be purchased for \$20-\$25 Wine, Food, Music, Fine Art, Crafts, Local Produce & More. Choose from over 70 wines from 17 Arizona wineries. Vendors featuring locally grown and made products, live Music on Saturday & Sunday

100 S Railroad Ave

Willcox, AZ 85644

64th Annual Rex Allen Days - Willcox

October 1-4

Rex Allen Days celebrates Arizona's most famous singing Cowboy in four days of fun. The weekend starts out with the Annual Cowboy Hall of Fame Banquet on Thursday night. Friday has a Rodeo Queen Competition and lots of entertainment. Saturday starts with a parade and the pro rodeo runs Saturday and Sunday

Location: Willcox, AZ

Maricopa County

MacDonald Ranch

Annual Pumpkin Patch

Family fun includes: A Petting Zoo; Run through the Hay Maze; Learn to pan for gold; Hayride and Train ride to the Pumpkin Patch; Play Western Games; "New" Pedal carts for kids!

Open: October 1 - October 31 from 9 a.m. - 6 p.m.

Admission: Monday thru Friday: \$10 per child or adult, children 12 months and under FREE. Saturdays and Sundays: \$12 per child or adult, children 12 months and under FREE.

Closed every Tuesday and after 3 p.m. on Halloween \$1.00 off admission when you donate a can of food or a nonperishable item. (Limit \$1.00 per person)

MacDonald Ranch

26540 N Scottsdale Rd

Scottsdale, AZ 85255

For more information, call 480.585.0239 or visit

macdonaldsranch.com

Mother Nature's Farm

See the world's heaviest pumpkins at the World Pumpkin Weigh Off on October 4th (winners will be announced at noon)

Enjoy a fall gourd show, U-pick pumpkins, squash, and produce for sale. Annual Pumpkin Festival Begins October 1 - October 31, 2014 from 9:00 a.m. - 9:00 p.m. 7 days a week. Admission and times vary.

For more information, call 480.892.5874 or visit mothernaturesfarm.com

Rocker 7 Farm Patch

Enjoy a fun, family farm experience as you explore the pumpkin patch, corn maze, sunflower field and many farm-related activity areas for children. Rocker 7 Farm Patch is open to the public the last three weekends of October. Admission is \$9 per person (children in diapers are free)

Saturday October 10, October 17 and October 24, 9 am to 6 pm

Sunday October 11, October 18 and October 25, 1 pm to 6 pm

School Tours Tuesday through Thursday in October by reservation only.

Includes educational lesson and mini pumpkin from the pumpkin patch.

Location: 19601 W Broadway Rd, Buckeye, AZ 85326

For more information visit <http://rocker7farmpatch.com/>



Schnepf Farms

Pumpkin & Chili Party starts October 1, 2015 at 8 a.m. and ends October 31, 2015 at 4 p.m.

Admission includes Rides!

Open 10 a.m. to 9 p.m. on Thursdays & Sunday

Open 10 a.m. to 10 p.m. on Friday & Saturdays

Admission is \$17.00 plus tax per person or \$15.00 at any FRY'S. Children under 2 are FREE.

Schnepf Farms

24810 S Rittenhouse Rd

Queen Creek, AZ 85142

For more information, call 480.987.3100 or visit schnepffarms.com

Tolmachoff Farms

Pumpkin Days & Fall Maze

Visit one of the last family farms in the city!

Open every day beginning October 1st - November 8th.

Family Maze, Hay Maze, Petting Zoo and Play Areas

U-pick pumpkins and produce for sale.

Admission is \$9.00 each ages 2 and up

Train Ride \$2.00 each (weekends only)

HAUNTED CORN MAZE: October Only. Every Friday & Saturday & Halloween Night 7 pm to 11pm (Last ticket sold 1 hour before closing)

Haunted Maze ONLY: \$10 each (all ages) Opening night Oct 2 and

Halloween Night Oct 31!

Tolmachoff Farms

5726 N 75th Ave

Glendale, AZ 85303

For more information, call 623.386.1301 or visit tolmachoff-farms.com



Fall Festivals *Continued from page 6*

Vertuccio Farms

September 26- November 1, 2015

Admission price includes Corn Maze; Extreme Air Pillow; Giant Tube Slide; Mini Hay Maze (for young children); Pumpkin Patch (pumpkins priced as marked); Pedal Race Cars; Barrel Train Ride; Farm



Animals; Bounce House; Playground. \$9 per person, ages 2 and younger FREE when accompanied by a paying adult.

A Season Pass is \$22 per person and includes unlimited access to the Fall Festival without black-out dates. Hours are Monday through Thursday 9 a.m. - 9 p.m.; Friday and Saturday 9 a.m. - 10 p.m.; Sunday 10 a.m. - 6 p.m.

Location: 4011 S. Power Rd., Mesa

For more information, call 480.650.6611 or

visit vertucciofarmsaz@gmail.com

From 9:00 am to 5:00 pm

Enjoy the Pecan Store, food vendors, shopping with local artisans, Arabian horse demonstrations, horse drawn hay wagon rides, entertainment all day, tractor pulling competitions and much more.

For more information, visit www.sahuaritapecanfestival.com

Pinal County

Rooster Cogburn Ostrich Ranch

Family owned and operated. Stop by and feed the ostrich, deer, miniature donkeys, goats, ducks, and Rainbow Lorikeets.

Current hours are Friday thru Monday from 9 a.m. - 5 p.m. (weather permitting) Winter season (Sunday before Thanksgiving through April)

Open Daily 9 am to 5 pm

\$7.00 per person, age 5 & under free -

Monster Truck Tours on Sat., Sun, and Holidays. Fun for all Ages!

\$15 ages 6 and over

Interstate-10 at the Picacho Peak exit #219

For more information, call 520.466.3658 or visit roostercogburn.com.

Pima County

Bucklew Farm Pumpkin Festival & Corn Maze

Enjoy a day at the farm with horse drawn wagon rides out to the pumpkin patch to pick your pumpkin off of the vine. We also have a corn maze, haunted cornfield, arts and crafts, petting zoo, pedal carts, food booths and a beer garden.

Terror in the Corn (a Haunted Cornfield)

Friday and Saturday nights only.

Price of admission includes Terror in the Corn and the Corn Maze

Open the last three weekends in October, 10 a.m. - 5 p.m.

Admission is \$4.00 each. Kids in diapers are free.

Bucklew Farm is just 30 minutes from downtown Tucson.

For more information, call 520.822.2277 or visit

bucklewfarm.com.

Yavapai County

Mortimer Family Farms

Bring back the rich farming history of Dewey-Humboldt and identifying the traditions of the past in this landmark farming community.

Family Fun Day and Pumpkin Harvest-Begins Sunday October 1 - October 31st Pumpkin Harvest, Corn Maze, games, food vendors, BBQ, pies, apple cider, corn maze,

Barn Dance, farm Animal Kingdom, Hay rides and more.

Open Friday, 12 p.m. - 10 p.m.; Saturday, 9 a.m. - 10 p.m.; Sunday 9 a.m. - 6 p.m. and Columbus Day 9 a.m. - 6 p.m.

For more information, call 928.830.1116 or visit mortimerfamilyfarms.com.



Marana Pumpkin Patch

Visit their 50 acre pumpkin patch with tons of surprises in store! We have two unique corn mazes, a find a pumpkin to take home pumpkin patch, petting zoo, jumping pillows and lots of festive food like hot dogs, hamburgers, pizza, nachos and pretzels.

Open October 3 through November 1, 2015.

\$10 per person Monday through Thursday from 3 p.m. to 7 p.m. or

\$12 per person Friday, Saturday and Sunday from 9 a.m. to 7 p.m.

Please show up at least 1 1/2 hours before closing so you'll be able to enjoy ALL the fun!

Marana Pumpkin Patch & Farm Bestival

14901 N Wentz Road, Marana

520.305.5481 or email maranafarmfestivals@aol.com

Sahuarita Pecan Festival

November 14

This unique festival, centered in the Santa Cruz River Valley, is family focused and community oriented. Held on the grounds of the Green Valley Pecan Company for one day.



Remember...you can always go to <http://www.fillyourplate.org> for a complete direct-market list of farmers and ranchers.

For more Fall Farm information, go to azfb.org.





Arizona Farm Bureau

325 S. Higley Rd., Suite 210, Gilbert, AZ 85296-4770

Periodicals

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Go to azfb.org



Arizona Agriculture's **CHOICES**

The Faces of Arizona Agriculture

Rick and Sherry Saylor

Maricopa County Cotton, wheat alfalfa and barley farmers.

- Members of Farm Bureau since 1974
- Third generation farmers
- Sherry is Chair of the American Farm Bureau Women's Leadership Committee
- Two children and three grandchildren
- We've often heard it said that you need community and organization to be in a positive group. Farm Bureau is an amazing community; it's a real family – from young to old-everybody has a place at the table.

