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Washington, D.C. Legislative Fly-in
Member in Focus: Amdahl Family Farm

October is National Pork Month
Minnesota ranks 2nd in the number of pigs raised and 2nd in the value of pigs. Join Minnesota Farmers Union in supporting all family pork farms. Thank you for all the hard work you do to provide delicious pork products for our families.

Photo taken at Amdahl family farm, MFU members in Meeker County.
Purple Ribbon Auction Report

By Brita Moore, Public Relations & Communications Director

It’s not just the Farmers Union Coffee Shop where MFU makes a splash at the Minnesota State Fair. For years, we’ve been major contributors at the Minnesota 4-H Purple Ribbon Livestock Auction. This auction, held yearly on the first Saturday of the fair, brings out the 4-H champion livestock exhibitors for the opportunity to get the highest possible price for their animals. The money goes to each 4-H exhibitor, with a portion going to the Minnesota Livestock Breeders Association for 4-H animal science programs, among others.

Together with Farmers Union Insurance Agency and Farmers Union Industries, we are proud to be among the top buyers in the Purple Ribbon Livestock Auction, members of the Champion Buyers’ Club. We joined a large group of individuals and businesses who collectively contributed a record amount to these bright young people through the auction in 2018.

We purchased four Grand Champion and Reserve Champion animals this year: the Grand Champion Market Sheep, shown by Lauren Arthur of Steele County; the Grand Champion Market Meat Goat, shown by Elizabeth Krause of Olmsted County; the Reserve Champion Market Beef, shown by Ben Freking of Jackson County; and the Reserve Champion Market Gilt, shown by Addie Nielsen of Freeborn County. We also sponsored a scholarship that went to Bailey Ruen of Fillmore County.

Every chance we can get to support young people in agriculture, we take it. Congratulations to all of the champion 4-H’ers on their hard work.

For more about the Purple Ribbon Auction, go to http://mnpurpleribbonauction.org.

President Wertish with 4-H Purple Ribbon Scholarship recipient Bailey Ruen

Reserve Champion Market Beef, shown by Ben Freking of Jackson County; and the Reserve Champion Market Gilt, shown by Addie Nielsen of Freeborn County. We also sponsored a scholarship that went to Bailey Ruen of Fillmore County.

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For more about the Purple Ribbon Auction, go to http://mnpurpleribbonauction.org.
and on KARE 11, KSTP, FOX 9 and WCCO Radio. These outlets gave us the opportunity not only to talk about our unique foods, which were sourced directly from Minnesota farmers, but to spread the word about what our organization does for Minnesota’s family farmers, as well as to connect consumers and farmers. With the general population becoming further and further removed from the farm, it’s important we’re at the fair to share our message.

Fly-In
Thank you to our 32 MFU members and staff who traveled to Washington, D.C. in mid-September for the National Farmers Union Legislative Fly-In. We were part of a group of 350 people there representing Farmers Union, which NFU President Roger Johnson said was the largest group he’d ever seen during his time as president. It’s always important for farmers and rural residents to get in front of the U.S. Department of Agriculture and members of Congress to talk about how policies really affect them.

The first part of our visit was a stop at the USDA, where we heard from Secretary of Agriculture Sonny Perdue and several other top USDA officials. While Perdue showed understanding for the hardship farmers are going through, he also said he didn’t think our current crisis is as bad as it was during the 1980’s because we have more working capital now. I disagree with that. Family farmers are struggling to stay in business just as much now as they were then, and it takes a lot more working capital to operate a farm now. We need to focus on actions that will fix this crisis and keep farmers on the land.

Here are some of the main issues we talked about at Fly-In:

Tariffs and trade
Of everything that’s going on, the trade war is what’s hurting us most on the farm right now. It’s adding onto the decrease in farm income over the past five years. A recent USDA Economic Research Service statistic indicated that it will decrease another 13 percent in 2018. The trade war is not only creating uncertainty in the markets but is leaving some farmers with no place to send their crops, especially since China is not buying them. We’ve been hearing about grain elevators in the Midwest that have pulled their bids on soybeans.

Out of all the countries who have been hit with tariffs, China is the one most blamed for our situation. It is true that they violated intellectual property laws and have treated us unfairly. However, the tit-for-tat tariffs the Trump administration has been firing off at them for months now is not addressing the real problems. The Chinese have retaliated on U.S. agricultural products every time a new tariff has been levied against them. We are losing this market that could take a decade to get back. We don’t have that much time.

We were glad that our Minn. Representatives and Senators showed understanding of how the trade war is seriously harming family farmers and expressed their wishes that this business be done in a different manner. But we need more action from the administration. At the USDA, we heard from Gregg Doud, the top agriculture negotiator at the Office of the U.S. Trade Representative. He said they were focusing on opening new markets. He also admitted that the cattle industry has not fully recovered from the mad cow disease outbreak 13 years ago and that it might take up to 10 years for markets to recover from this trade war.

While opening new markets is a good thing, we’re also losing markets fast, as China moves faster to decrease reliance on exports. We don’t have 10 years to recover. Our younger farmers without equity are in danger of being forced out. They are the ones we need to keep around most. There’s a major harvest coming and, in some places, no storage for the crops. The aid package is not nearly enough. We don’t have time to wait for this to sort itself out, as we’ve been promised. Agriculture will survive, but if we don’t find solutions to this crisis fast, family agriculture will look nothing like what we strive for.

Farm Bill
Our group was pleased to meet with House Agriculture Committee Ranking Member Collin Peterson, DFL-Minn., who has been hard at work with the Farm Bill conference committee. He said that minor disagreements within the four leaders of the House and Senate Agriculture Committees are causing holdups in getting the bill done, although they agree on most issues.

(continued on page 4)
I spent most of my free hours in a nearby dairy and Minnesota Milk focusing on policy to benefit farmers. In this role, I organized meetings and events. In this role, I organized meetings and events. In this role, I organized meetings and events. In this role, I organized meetings and events.

Meet the new MFU Intern: Emily Pliscott

I am Emily Pliscott, a University of Minnesota student and the fall MFU Intern. I grew up in Kenyon, Minn., where my introduction to agriculture came early. I spent most of my free hours in a nearby high school agricultural education classroom where my dad is a teacher and an FFA advisor; this led to eight years of raising and showing market goats and close ties to the Goodhue County agriculture community.

Currently, I am in my second year at the University of Minnesota, where I study Agricultural Communication and Marketing and Applied Economics. I plan to graduate in the spring of 2020 and pursue a career working in policy to benefit farmers.

Over the summer, I interned with Midwest Dairy and Minnesota Milk focusing on policy and events. In this role, I organized meetings between dairy farmers and legislators across the state; researched regulations and policies affecting farmers; wrote monthly correspondences to send to legislators and candidates; and added written content and photos to Minnesota Milk’s magazine publication.

Previously, I spent a year serving the Minnesota FFA Association as the State Vice President. I will always cherish this chance to invest in students looking forward to a future in agriculture, and I learned a ton about the vast opportunities available for our next generation.

I am excited to learn from Minnesota Farmers Union staff and members as the semester continues and hope to meet many more of you at the annual convention.
Minnesota Farmers Union members call for swift Farm Bill passage, end to trade war, strong RFS at NFU Legislative Fly-In

Together with approximately 350 Farmers Union members from the United States, 32 Minnesota Farmers Union members and staff traveled to Washington, D.C. Sept. 12-14 to advocate for family farmers and rural residents at the 2018 National Farmers Union (NFU) Legislative Fly-In.

“It’s a critical time for agriculture with net farm income set to decrease by another 13 percent in 2018, according to the USDA Economic Research Service, after it had decreased by more than 50 percent over the previous five years,” said MFU President Gary Wertish. “We met with our whole Minnesota Congressional delegation at the Capitol and told them we need to pass the Farm Bill as soon as possible, to end the trade war and to stop the issuing of unnecessary Renewable Fuels Standard (RFS) waivers to oil refineries. Each of these would provide significant relief and certainty for our family farmers and rural residents.”

As part of the Fly-In, MFU members attended a briefing at the United States Department of Agriculture, hearing from Secretary of Agriculture Sonny Perdue and several other high-ranking agriculture officials in the Trump administration, who discussed the recently-opened assistance program for producers affected by tariffs, as well as the status of trade agreement negotiations. They also heard from other members of Congress from across the country who have been leaders on agriculture policy, including U.S. Sen. Tina Smith from Minnesota.

Lastly, MFU presented the Golden Triangle awards to both of Minnesota’s Senators and four Representatives. The Golden Triangle is an award from NFU recognizing elected officials who have shown leadership and dedication to improving the livelihoods of family farmers and ranchers. The honorees from Minnesota were:

- U.S. Senator Amy Klobuchar
- U.S. Senator Tina Smith
- U.S. Representative Tim Walz, District 1
- U.S. Representative Tom Emmer, District 6
- U.S. Representative Collin Peterson, District 7
- U.S. Representative Rick Nolan, District 8

Overall, NFU members covered all 535 offices of U.S. Senators and Representatives, either meeting with them or dropping a sheet of key issues NFU is working on: getting a strong Farm Bill passed, ending the trade war and urging better enforcement of the RFS.

MFU members who participated in this year’s NFU Legislative Fly-in were Tracie and Bob Berg of Clements; Larry and Gina Jacobson of Hitterdal; Dan Miller of Spring Valley; LouAnne Olson of Crookston; Gene Paul of Delavan; Alan Perish of Browerville; Kyle Schulz of Sebeka; Anne Schwagerl of Browns Valley; Keith Speltz of Altura; Tim and Connie Velde of Granite Falls; and Ted Winter of Fulda. Jade Person of Oklee attended as part of the NFU National Youth Advisory Council. Attending with MFU representing the Battle Lake FFA chapter were Emily Cole and Melody Lundquist, along with Battle Lake FFA Advisor Traci Block.

Staff from MFU, Farmers Union Insurance Agency (FUIA) and Farmers Union Industries (FUI) attended as well, including MFU President Gary Wertish and his wife Jeanne; MFU Vice President Bryan Klabunde; FUIA President Rodney Allebach and his wife Linda; FUI CEO Dan Hildebrandt and his wife Deb; FUI Marketing and Communications Director Alyssa Hammerschmidt; MFU Operations Director Laura Sherar; MFU Government Relations Director Thom Petersen; MFU Renewable Energy Director Michelle Medina; MFU Public Relations & Communications Director Brita Moore; and MFU Outreach Staff Diana Rico and Peter Ripka.

For more information about MFU lobbying efforts, visit www.mfu.org/policy, or contact Government Relations Director Thom Petersen at thom@mfu.org.
Producers of certain commodities can now sign up for the U.S. Department of Agriculture Market Facilitation Program (MFP) for compensation to make up for losses incurred because of tariffs. USDA will begin to purchase other commodities under a food purchase and distribution program. Additionally, USDA has begun accepting proposals for the Agricultural Trade Promotion Program (ATP), which will help American farmers find and access new markets for their products. In total, USDA has authorized up to $12 billion in programs, consistent with World Trade Organization obligations.

USDA Secretary Sonny Perdue announced in July that USDA would act to aid farmers in response to economic damage from tariffs. President Trump directed Perdue to craft a short-term relief strategy to protect agricultural producers while the administration works on trade deals. These programs will compensate agricultural producers to meet some of the costs of disrupted markets.

The USDA Farm Service Agency (FSA) will administer MFP to provide payments to corn, cotton, dairy, hog, sorghum, soybean and wheat producers. An announcement about further payments will be made in the coming months, if more payments are needed.

**Market Facilitation Program**

The sign-up period for MFP is open and runs through Jan. 15, 2019, with information and instructions provided at [www.farmers.gov/mfp](http://www.farmers.gov/mfp).

The MFP provides payments to cotton, corn, dairy, hog, sorghum, soybean and wheat producers who have been significantly impacted by actions of foreign governments resulting in the loss of traditional exports. The MFP is established under the statutory authority of the Commodity Credit Corporation (CCC) Charter Act and is under the administration of FSA.

Grain producers should apply after harvest is complete, as payments will only be issued once 2018 actual production is reported. If requested, a producer must provide supporting documentation for their production. The documentation must be verifiable or reliable records that substantiate the reported amounts. Examples of reliable production records include copies of receipts, ledgers of income, income statements of deposit slips, register tapes and invoices for custom harvesting; and records to verify production costs, contemporaneous measurements, truck scale tickets, or contemporaneous diaries that are determined acceptable by the FSA county committee.

Producers requesting a MFP payment must have a crop acreage report on file with FSA for MFP crop commodities.

The payment for dairy production is based on the historical production reported for the Margin Protection Program for Dairy (MPP-Dairy). For existing dairy operations, the production history is established using the highest annual milk production marketed during the full calendar years of 2011, 2012 and 2013. Dairy operations are also required to have been in operation as of June 1, 2018. Payment for hog operations will be based on the total number of head of live hogs on Aug. 1, 2018, without restriction on the size. Production records for hogs may include, but are not limited to, breeding records, inventory records, sales receipts, rendering receipts or veterinary records. A payment will be issued on 50 percent of the producer’s total production, multiplied by the MFP rate for a specific commodity. A second payment period, if warranted, will be determined by the USDA and would cover the other 50 percent of the producer’s total production.

### Market Facilitation Program Payments

<table>
<thead>
<tr>
<th>Commodity</th>
<th>Initial Payment Rate</th>
<th>Est. Initial Payment** (in $1,000s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cotton</td>
<td>$0.06 / lb.</td>
<td>$276,900</td>
</tr>
<tr>
<td>Corn</td>
<td>$0.01 / bu.</td>
<td>$96,000</td>
</tr>
<tr>
<td>Dairy (milk)</td>
<td>$0.12 / cwt.</td>
<td>$127,400</td>
</tr>
<tr>
<td>Pork (hogs)</td>
<td>$8.00 / head</td>
<td>$290,300</td>
</tr>
<tr>
<td>Soybeans</td>
<td>$1.65 / bu.</td>
<td>$3,629,700</td>
</tr>
<tr>
<td>Sorghum</td>
<td>$0.86 / bu.</td>
<td>$156,800</td>
</tr>
<tr>
<td>Wheat</td>
<td>$0.14 / bu.</td>
<td>$119,200</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>$4,696,300</strong></td>
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</tbody>
</table>

MFP payments are limited to a combined $125,000 for corn, cotton, sorghum, soybeans and wheat capped per person or legal entity. MFP payments are also limited to a combined $125,000 for dairy and hog producers. Applicants must also have an average adjusted gross income for tax years 2014, 2015 and 2016 of less than $900,000. Applicants must also comply with the provisions of the Highly Erodible Land and Wetland Conservation regulations.

For more information or to locate and contact local FSA offices, interested producers can visit [www.farmers.gov](http://www.farmers.gov).
FSMA PRODUCE SAFETY RULE GROWER TRAINING

Maryland State Departments of Agriculture, Cornell University, New England Farmers Union, Deep South Food Alliance and others – will deliver outreach and training to diversified, sustainable, organic, and identity-preserved farmers and processors. At the state level, NFU is working with state Farmers Union groups, including Minnesota Farmers Union.

MFU is taking a lead in working with the Minnesota Department of Agriculture, the University of Minnesota Extension, the Minnesota Farmers Market Association, the Minnesota Fruit and Vegetable Growers, MOSES and the Sustainable Farming Association. Together, these groups will provide specialized training and resources to meet the needs of local food farmers and processors.

So, what is FSMA?
The FDA Food Safety Modernization Act (FSMA) is the most sweeping reform of United States food safety laws in more than 70 years. President Obama signed it into law on Jan. 4, 2011. The law aims to ensure the U.S. food supply is safe by shifting the focus from responding to contamination to preventing it. FSMA gives the Food and Drug Administration (FDA) broad new powers to prevent food safety problems, detect and respond to food safety issues, and improve the safety of imported foods. To do so, FSMA authorizes new regulations for farmers who grow certain kinds of fresh produce (fruits and vegetables) and for certain facilities that process food for people to eat. The regulations focus on addressing food safety risks from microbial pathogen contamination (e.g., Salmonella, E. coli O157:H7, and Shigella).

Specifically, FSMA requires FDA to establish new regulations for:
• Standards for produce production
• Food safety measures for facilities that process food for human consumption

MFU is working with our partners on FSMA Farmer and Grower Training programs.

There are six sessions set up now to be held in 2018.
- Bemidji on Nov. 9
- Windom on Nov. 14
- Morris on Nov. 28
- Hutchinson on Dec. 5
- Brooklyn Park on Dec. 12 and St. Paul at the MFU office on Dec. 17.

In 2019, trainings will be held in St. Cloud on Jan. 9 and Jan. 16, Mankato on Jan. 23, Cloquet on Jan. 25, St. Charles on Feb. 6, Andover on Feb. 20, Moorhead on March 13 and Farmington on March 20.

These trainings will be relevant for MFU members who grow and sell produce locally. Registrations are handled through MDA at https://psp.tix.com/Schedule.aspx?OrgNum=5646

For further information, please contact me at bruce@mfu.org.

SEND US YOUR PHOTOS!
Do you have photos you’d like to share with us? Send them our way! We’ll display our favorites at the Minnesota Farmers Union Convention, Nov. 16-18.

Some examples of what to send:
• Breakfasts on the farm
• County picnics, fairs and other events
• Highlights from county conventions
• Children’s FFA/4-H events

Guidelines for sending photos:
• Send a high-resolution digital photo file (1.5MB or larger, not to exceed 10MB)
• Most smartphones have cameras that take high-enough quality photos
• Include your name, city and a brief caption of the photo
• All submitted photos become property of MFU. The information received with your email will serve as a permission slip that MFU can use your photo(s) in printed materials and/or for advertising purposes. No images will be returned.

The DEADLINE is Nov. 1 to be included in the Convention slideshow.
Send photos to MFU Public Relations Director Brita Moore at brita@mfu.org.
Funding available for sustainable agriculture projects

The Minnesota Department of Agriculture (MDA) is currently accepting applications for Agricultural Growth, Research and Innovation (AGRI) Sustainable Agriculture and Demonstration Grants (SAD). Focusing on the rural landscape, farmers and their families, this grant provides funding for projects that explore new ways of conserving natural resources, enhancing farm profitability, increasing energy efficiency and improving life in rural communities.

“Our farming communities are by nature innovative and dedicated to the sustainability of the land. We encourage farmers who want to try new techniques and share their experiences with other producers to apply for this grant,” said Assistant Commissioner Andrea Vaubel.

In the past, SAD grants have funded a wide range of projects; such as exploring farm diversification, cover crops and crop rotation, conservation tillage, and input reduction strategies and alternative energies like wind, methane and biomass. Projects are published annually in the MDA’s Greenbook, which provides a summary of each project along with results, management tips, and other resources.

For example, Megan and Steve Henry of Sundogs Prairie Farm in Douglas County, awardees of a 2015 SAD grant, explored how to maximize vegetable production and profitability in a segmented, modular hoop house that can be moved and reassembled in a new location.

“We determined a schedule of applying a mobile modular hoop house that allows us to produce our spring carrots a month earlier, maximize our tomato and cucumber crop, and extend our fall spinach by a month or longer,” they said.

Applications from farmers receive priority, but the program also funds Minnesota nonprofit and educational organizations as long as Minnesota farmers are involved in the project. Projects last two to three years and may be funded at up to $50,000. Grant applications are due by 4 p.m. on Wednesday, Dec. 12.

For more information and to apply, visit with www.mda.state.mn.us/sustagdemogrant.

Farm & Rural Helpline

The Minnesota Department of Agriculture (MDA) has extended its “Crisis Connection” telephone hotline service for another year.

The program has renamed the service Farm & Rural Helpline, with the toll-free number (833) 600-2670. You are encouraged to call this line if you need any kind of assistance. It’s available 24 hours a day, 365 days a year.

If you or any farmers you know would like to speak with Ted Matthews, the state rural mental health specialist based out of MnSCU, his number is (320) 266-2390. He meets with farmers one-on-one and free of charge. No insurance card, paperwork or referral is necessary.

Farm Advocates

Farm Advocates provide one-on-one assistance for Minnesota farmers who face crisis caused by either a natural disaster or financial problems. They understand the needs of agricultural families and communities. They are trained and experienced in agricultural lending practices, mediation, lender negotiation, farm programs, crisis counseling, disaster programs and recognize the need for legal and/or social services. Plus, most of the Farm Advocates are MFU members.

The Farm Advocate Program has been supported by the Minnesota Department of Agriculture since 1984. There is no charge or fee for Farm Advocate assistance.

Farm Advocates:

<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>Jan Boll</td>
<td>Trail</td>
<td>(218) 268-4472</td>
</tr>
<tr>
<td>Bruce Lubitz</td>
<td>Perham</td>
<td>(218) 346-4866</td>
</tr>
<tr>
<td>Connie Dykes</td>
<td>Lake City</td>
<td>(651) 345-5149</td>
</tr>
<tr>
<td>David Eliason</td>
<td>Isle</td>
<td>(320) 676-3559</td>
</tr>
<tr>
<td>David Hesse</td>
<td>Comfrey</td>
<td>(507) 877-3012</td>
</tr>
<tr>
<td>Dean Hetland</td>
<td>Eagle Bend</td>
<td>(218) 639-9302</td>
</tr>
<tr>
<td>Dan Hunz</td>
<td>Monticello</td>
<td>(320) 743-5660</td>
</tr>
<tr>
<td>Ruth Ann Karty</td>
<td>Clarkfield</td>
<td>(320) 669-7135</td>
</tr>
<tr>
<td>George Bosselman</td>
<td>Fosston</td>
<td>(218) 200-9432</td>
</tr>
<tr>
<td>Steve Zenk</td>
<td>Danube</td>
<td>(320) 894-2517</td>
</tr>
</tbody>
</table>

www.mda.state.mn.us/about/commissionersoffice/farmadvocates
Each family chosen as a University of Minnesota Farm Family of the Year has made a mark on Minnesota agriculture. The Amdahl family, operators of Amcrest Farms in Atwater since 1892, have made theirs with each generation’s passion for the farm.

Homesteaded by Darren Amdahl’s great-grandfather, the farm now appears destined to land in the hands of Darren’s oldest son, Jaden, the fifth generation.

“It’s Jaden’s first year farming,” Darren said. “All he’s wanted to do since he was little was farm.” “I want to be outside working with tools,” Jaden added.

For decades, this century farm has kept calling the Amdahls home, even if they leave it for a while. Photos in the farm office display how Amcrest has evolved over time, going from a dairy and crop farm to a beef and crop farm, with new bins and sheds popping up. No matter what changes, it’s still the land that they love.

The right timing
Before Darren took over the farm, he had a surprising first career: managing a funeral home in Excelsior, near Minneapolis.

“I went to school to be a mortician,” he said. “I always wanted to farm, but we weren’t big enough at the time and I didn’t want to take anything from my dad.”

His mindfulness toward the timing paid off: by spring 1994, Amcrest Farms had expanded after the retirement of a few neighbors, and Darren was able to return to farm alongside his father, Don Amdahl. He’s been there ever since, getting married to his wife Jen in 1995 and raising their three children: Jaden, Ryan and Ashlyn. Jaden’s getting started farming full-time, while Ryan goes to school at South Dakota State, majoring in chiropractics, and Ashlyn is a junior at Atwater-Cosmos-Grove City High School. The younger two help on the farm as they can. Jen works as a realtor. Darren’s mom, Sandy, was the parts runner for the operation for many years, which Jen is also taking on now.

Farm transitions are a struggle for many families, but the Amdahls were lucky on this front. “I was fortunate that when I got home, I didn’t have to fight for the farm,” Darren said. “My one brother is a teacher up in Albany.”

It remains to be seen how Jaden’s two siblings will feel about farming, but for now, Jaden is confident he’ll be farming for a long time. “I’ve always helped my dad through the years, so it’s easy to slide right in,” he said.

‘A sign from God’
Adaptation has been key for the Amdahls over the years. Don, who became primary operator in 1968, milked cows there for most of his life. Darren kept going with that until 2003, when a barn burned down.

“I took that as a sign from God that maybe I should get out of milking cows,” Darren said with a chuckle. “In February of that year, I sold the cows.”

It wasn’t just one event that ended the Amdahls’ dairy career. Darren knew at the time that his dad would be phasing out before too long. It made sense to move on from it and bring in beef cattle instead. They now have 70 head combined between cows, calves and steers.

Don, Darren and Jaden plant a lot of ground between themselves.

“We are farming about 4,000 acres after expansions,” Darren said. “We own close to 3,000. We grow corn and soybeans, and a little bit of wheat on lighter ground south of Atwater every other or every third year.”

They grew peas and sweet corn for Seneca and Green Giant a long time ago, before standards on irrigation changed. Darren has also hauled peas for Seneca and still hauls silage for some dairy farmers.

As expected, Don is moving towards retirement from farming. Darren prepared for that not only by transitioning from dairy to beef, but by expanding their planter to become more efficient.

“The plan (for harvest) is that my dad will be the combine guy, Jaden will be the cart guy, and I’ll be the grain guy, running the grain dryer,” Darren said. “In spring Jaden does the planting. I do a lot of the field work and spray.

Last year was the first year my dad hadn’t planted corn since the 1960s.”

Amcrest doesn’t have any full-time employees beside the family members, though that hasn’t always been the case. “I had a great hired man until last year,” Darren said. “I had him milking cows when he was 15, part-time, then full-time the last 6-8 years. He’s almost like a son to my dad. Now it’s just us three, and I’ve got a guy that helps at fall harvest at night. It’s going to be fun having Jaden here to put in the hours.”

Why MFU?
Don and Darren each joined MFU when they took over the farm. They’ve been active in a number of organizations, including the local Corn Growers and Soybean Growers and Meeker County Extension Committee. It’s important to them to make sure their voices are heard.

“I think (farm organizations) work for everything we believe in,” Don said. “There aren’t that many of us. We’re a small majority of the people farming. Farmers Union is a good organization that believes in what farmers stand for.”

It’s especially important now, knowing that young people like Jaden face extreme difficulty getting started in farming without the help of family, largely due to the financial burdens of it. MFU is working on policies to make it easier, in the Farm Bill and the State Legislature.

The award
Being named the Meeker County UMN Farm Family of the Year came out of nowhere for Don and Darren. Jaden and Jen submitted the application back in the spring, without telling them, until they won.

“I didn’t even know how it worked,” Don said with a smile.

Darren was more familiar with it after serving on the Meeker County Extension Committee in the early 2000’s, when he nominated one of his neighbors for the award. They were recognized at Farmfest in August alongside the other families and been featured in local publications for their accomplishment.

Family farms like Amcrest are the backbone of our state. We congratulate them and all the UMN Farm Families of the Year for their great contributions to family agriculture. ▲
FREE agritourism signs for MFU members

Thinking of inviting the public onto your farm for a farm tour, breakfast, U-pick, etc.? MFU worked to pass the state agritourism bill in 2015. To be protected, providers of any agritourism activity must post signs warning attendees of the inherent risks of visiting a farm. These signs should be posted at the entrance to the property and be clearly visible to all visitors.

Upon request, MFU will provide members one FREE sign that meets the guidelines. You’ll also receive a two-page guide to the law that was put together by Farmers’ Legal Action Group (FLAG). Additional signs for members can be purchased for $7. Signs for non-members cost $10.

To get your sign, contact Laura Sherar at laura@mfu.org or (651) 639-1223.

Upcoming Events
Oct. 18-21 • 11:30 a.m. • Minnesota Beef Expo
  • Minnesota State Fairgrounds, Falcon Heights •
  www.mnbeefexpo.com

Nov. 16-18 • 77th Annual MFU Convention
  • Delta Hotels by Marriott Minneapolis Northeast

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  • Delta Hotels by Marriott Minneapolis Northeast

Get social with Minnesota Farmers Union!
Do you like to use Facebook, Twitter or Instagram to keep up with news you care about? You’ll find us there, too. Follow Minnesota Farmers Union on social media to find out about events, policy happenings, photos and more.

Facebook: Minnesota Farmers Union
Twitter: @mnfarmersunion
Instagram: mnfarmersunion
Tag us in posts we should see and we’ll like and share them.

FUIA Agent Highlight:
Lisa Preuss (218) 385-3344
lisa@farmersunionnym.com
25 Main Ave., New York Mills, MN

Why is working with Farmers Union Insurance Agency and MFU important to you? The sense of family and teamwork within our agency and the MFU organization is something that I have never experienced in any other organization that I have been a part of and I think that this reflects in the way that we treat our clients as we work to find the best product to suit their specific needs. After having seen some unbelievable storm and fire damage throughout my ten years here, I am confident in and proud of the service that our carriers have provided for our customers during their most vulnerable times.

What community organizations are you passionate about?
I am active in a number of community and area organizations, including being a founding and current Board Member of the New York Mills Education Foundation (2 years); the Silent Auction Chairperson for the New York Mills Community Supporting Classrooms Committee (5 years); serving as St. Peter’s Lutheran Church Council member (3 years) and New York Mills Civic & Commerce Association member (10 years), and East Otter Tail Relay For Life Event Leadership Committee member (4 years).

Please tell us a little bit about your family life.
I grew up in New York Mills and happily chose to move back to this area to take over this agency when my mom, Jeri (Nesland), decided to retire in 2008. Together with my husband, Jeff, we have four children and outside of work stay very busy taking the youngest two to all of their many activities including dance, volleyball, softball and horseback riding lessons. Our family enjoys cheering on the Minnesota Vikings, Twins and Wild as well as spending as much time as possible on Big Pine Lake during the summer months.

What is your #1 concern when reviewing and selling farm insurance?
Farm Liability Coverage is always one of the first things I look at when reviewing current policies or writing new policies. As total farm assets increase there is a need for increased liability coverage to ensure those assets – which farm families work so hard for – are properly protected.

Lisa took over the New York Mills Agency in 2008 and has been the winner of several sales incentive trips and production awards. She was diagnosed with breast cancer at age 31 with no family history, and after surgery and 6 months of treatment, has been cancer-free for six years. She is grateful for her community’s support and for the opportunity to support others who are experiencing similar situations.

Visit our website at www.mnfui.com to connect with an Agent in your area, and follow our Agency on social media under “MNFUIA.”
Save the date!
December 3-6

Join NFU for their third annual Growing for the Future, a FREE online, interactive virtual conference for beginning farmers and ranchers.

Featuring Speakers From:
- USDA Rural Development
- CHS Foundation
- Farm Credit
- Cooperative Network
- Farmer Veteran Coalition

Topics Include:
- Cooperatives
- Diverse Markets
- Socially disadvantaged farmers
- Data and technology
- Climate change

The four-day event includes farmer-to-farmer webinars, live Q&A sessions, a discussion board, a resource center and giveaways and prizes!

For more information, visit NFU.org/Growing-for-the-Future

Registration open for National Farmers Union Women’s Conference

The National Farmers Union (NFU) Women’s Conference will be held Jan. 13-17, 2019 in San Diego, Calif. The theme will be “Farming in Community.”

The conference will prepare attendees and their operations for their own future in many areas, including: business planning, succession planning, running for local office, networking, telling their own stories, innovative marketing and much, much more. NFU hopes to provide attendees with a network of female producers that they can reach out to throughout the year, as well as provide attendees with important tools that will help set their operations up for a future of success.

Featuring speakers from:
- Farmer Veteran Coalition
- U.S. Department of Ag
- VoteRunLead
- Annie’s Project
- Rural Women’s Project
- SAGE

Visit NFU.org/Education/WomensConference for more information and to register.

Contact the MFU State Office at (651) 639-1223 about scholarship opportunities for attending the conference.
Minnesota Farmers Union 77th Annual Convention

Mark your calendars and plan to attend the 77th Annual MFU Convention on Friday, Nov. 16 through Sunday, Nov. 18 at Delta Hotels by Marriott Minneapolis Northeast, at 1330 Industrial Blvd. NE, in Minneapolis (Previously Ramada Plaza).

Our annual state convention offers an opportunity for members to set our policy and network with other members and participate in lively discussions. Highlights include the annual policy debate, current issues breakouts and fundraiser live auction.

For the full draft convention agenda, see page 14.

There is no cost to attend daily programming, but meals are ticketed events. RSVP required.

Minnesota Grown Meals: MFU works with members and local farmers to showcase local foods in all of our convention meals.

$15 per Saturday or Sunday lunch ticket in advance
$30 per banquet ticket
$50 for full meal package (Saturday lunch, Saturday banquet and Sunday lunch)

Open to delegates, members, media and the public. You may pay for meals at the door if you like. There will also be invitations coming in the mail to delegates, alternates and co-presidents.

To Register: call (651) 639-1223, info@mfu.org, or Eventbrite at https://77thmfuconvention.eventbrite.com.

Accommodations at Delta Hotels by Marriott Minneapolis Northeast

To reserve a hotel room, contact Delta Hotels by Marriott Minneapolis Northeast directly at (612) 331-1900, ext. 3 (the front desk) by Thursday, Nov. 1 to guarantee a special rate of $109 plus taxes and fees.

A credit card is required to book your reservation.

The Delta Hotels by Marriott is located at 1330 Industrial Blvd. NE, Minneapolis, MN 55413.

Policy Committee

MFU is currently seeking members to serve on the Policy Committee for 2018-2019. The Policy Committee is charged with looking at resolutions sent in from MFU county organizations and preparing them for debate at the state convention.

The committee will meet on Saturday, Nov. 3 and Sunday, Nov. 4 to process resolutions. They will then meet one more time by phone to discuss late resolutions and late changes prior to the convention.

MFU asks for a two-year commitment for members serving on the committee if possible. MFU offers reimbursement for meals, mileage and hotel.

If you are interested, please contact Director of Government Relations Thom Petersen at (651) 288-4067 or thom@mfu.org.

Volunteers Needed!

If you are interested in volunteering on a committee at the convention, contact the MFU main office at info@mfu.org.
ARTICLE VII: STATE CONVENTION

Section 5

Strike language: “No County shall be entitled to a
nominee if the county was represented by a
delegate at the previous National Committee.”

Add language: “No individual shall be entitled to
be a delegate to the National Convention for two
years in a row.”

New Bylaw:
To amend Article VI by adding a new Section 6.

ARTICLE VI: STATE UNION AND BOARD OF
DIRECTORS

“The Minnesota Farmers Union is committed to
establishing and maintaining 1) a healthy and safe
work environment and 2) ensuring that all persons in
governance, at any level, are compliant with a code
of ethics and conflict of interest reporting.

To this end, the President shall prepare and from
time to time review administrative manual policies
addressing, among other things, a zero tolerance for
any form of harassment or bullying within the MFU.

Bylaw Changes as made by the Bylaws Committee at its July 11, 2018 meeting

Child Care

Child care at the
Convention is open to all
MFU members.
Ages for child care are
4 years of age and older.
You must register in
advance by Friday, Nov. 9.
Contact Education
Director Glen Schmidt
at glen@mfu.org or
(651) 288-4066.

MFUPAC Reception

Saturday, Nov. 17 • 4:30 p.m.
Delta Hotels Minneapolis NE • Suggested donation: $25
For more information please contact MFU Government Relations
Director Thom Petersen at (651) 288-4067 or thom@mfu.org.

The President shall prepare and from time to time
review both the Conflict of Interest Policy and the
Code of Ethics.
Once prepared the President shall submit these
policies to the Board of Directors for review and
approval.
Such policies shall include an obligation for every
person in governance to read, comply with and sign
these policies. Further, these policies shall also
establish a set of remedies related to the failure to
comply with these Policies.”
Notice is hereby given that the 77th annual convention of the Minnesota Farmers Union will begin with registration at 8 a.m. on Saturday, Nov. 17, 2018 at Delta Hotels by Marriott Minneapolis Northeast and continue through Sunday, Nov. 18, or until all business has been concluded. Business to be conducted at the state convention will include election of delegates to the national convention and discussion and passage of resolutions into MFU policy.

The basis of representation at the Minnesota Farmers Union state convention, as provided by the constitution and bylaws, shall be one delegate from each local union who will represent as many as ten regular dues-paying members and one additional delegate who will represent each additional ten dues-paying members or a major fraction thereof. Credentials blanks should be returned prior to the convention to: Minnesota Farmers Union, 305 Roselawn Ave. E, Ste. 200, St. Paul, MN 55117. If county or local units are unable to submit credentials in advance, they must be brought to the convention by the delegate and submitted at the time of registration.

Members of unchartered, at-large membership within a county are eligible to become delegates to the state convention provided they are elected at a special meeting conducted for the specific purpose of delegate election. At-large delegates will represent their counties by the same manner and terms as regular local delegates. To qualify, the delegate must be in good standing with Farmers Union.

Gary Wertish  
Anne Schwagerl  
President  
Secretary

For further information, contact us at (651) 639-1223 or visit: www.mfu.org

Most agenda times are subject to change.
paddle again, about 2-6 minutes.occasionally, until the dough balls on theforms a ball on the paddle. This should take a
melted butter.
Then add dry ingredients, eggs, honey, and
In the bowl of a stand mixer, dissolve yeast in
2 T packed light brown sugar
2 eggs
3/4 c pearl sugar/thick
11 T butter, melted
2 t honey (105°F-110°F)
3/4 t salt
For Leige waffle:
Spiced Apple Waffle

**Spiced Apple Waffle**

*For Leige waffle:* (Yield: 6 waffles)
3/4 t instant yeast
3/4 t salt
1/4 c warm whole milk
2 t honey (105°F-110°F)
11 T butter, melted
1-1/2 c all-purpose flour
3/4 c pearl sugar/thick
2 eggs
course sugar
2 T packed light brown sugar

In the bowl of a stand mixer, dissolve yeast in warm milk; allow it to stand several minutes. Then add dry ingredients, eggs, honey, and melted butter.

With the paddle attachment on the mixer (or by hand), mix on speed #1 (“stir” setting) — scraping every few minutes — until dough forms a ball on the paddle. This should take a few minutes.

Once the butter appears evenly incorporated into the dough, continue mixing, scraping occasionally, until the dough balls on the paddle again, about 2-6 minutes.

Scrape dough into a large bowl, cover with plastic wrap, and let it rise at room temperature for 4 hours. Place in refrigerator to rest overnight.

The next day, take the bowl of cold dough straight from the fridge and add all of the pearl sugar. Mix into the dough by hand until the chunks are well distributed. Divide dough into 6 pieces of equal size.

Shape each piece into a ball and let it rise (covered loosely in plastic wrap) for 90 minutes.

Using an ice cream scoop, place dollop of batter onto waffle iron and cook at exactly 350°F for approximately 2 minutes. A professional waffle iron from Belgium or other heavy cast iron waffle iron works best. If you have a regular iron, it may take 4 minutes or longer.

**For poached spiced apples:**

4 apples (preferably hard, not ripe)
1/2 t mace
3-4 star anise
1 bottle of red wine (Merlot or Cabernet)
2-3 whole vanilla beans
2 T ground ginger or grated fresh ginger juice of 3 oranges or 1 c orange juice
1 c brown sugar
1 T whole cloves

Core and peel apples. Place all ingredients (from wine to water) into a saucepan. Over medium heat, stir until sugar is dissolved and ingredients are mixed.

Add apples and slowly bring saucepan to a low rolling boil; cook until apples are soft, about 90 minutes. Check apples after 60 minutes by carefully lifting them out with a large slotted spoon and gently pressing them with your finger — they should cave in slightly to the touch when done. Adjust time accordingly.

When done, remove apples from poaching liquid* and let cool enough to handle. Carefully slice apples in half; place each half atop waffle and garnish with whipped cream, if desired.

*You may further reduce liquid until it thickens and use as a syrup. It will keep in the fridge 2-3 months.
Medicare Open Enrollment is October 15 - December 7.

Plans change every year. So can your health needs. It’s important to review your health plan annually, even if you’re happy with your current plan.

Open to something better? Contact your local FUIA Agent to compare all your options for 2019, including prescription drug or Medicare Advantage plans from private insurers. You may find lower costs, extra benefits, or both.

FARMERS UNION
INSURANCE AGENCY

Trusted. Local. Committed.

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