

# Morrow County SCARLET & GRAY News

Volume 17 Issue 1 • February/March 2021

## OSU Intern, Sara Deakin

Hello, my name is Sara Deakin. I am a senior at Ohio State studying Community Leadership specializing in Extension Education. I also have a minor in Production Agriculture and I have an Associate's degree in Agriscience Education. For those who do not know what that means, my end goal is to become an Extension Educator for 4-H Youth Development. I am interning with Morrow County Extension this semester, so you may be hearing from me or about me throughout the next few months. I grew up in Franklin County Ohio (Columbus) and currently live in Sunbury. I took projects such as dogs, market hogs, beef feeders, market rabbits, and market goats. I also was involved in shooting sports and vet science projects. While in 4-H, I was also a member of the Junior Fair Board and a camp counselor. I also served as a camp counselor for Ohio 4-H State Leadership Camp in 2018. I was a member of two 4-H clubs the Fantastic Futures and the K-9 Wonderdogs. I loved being involved in 4-H and even got to go on a few trips as a 4-H'er. In 2016 I attended State Leadership camp and in 2017 I attended Citizenship Washington Focus in Washington D.C. Outside of 4-H, I train and show dogs in agility at the national level. I currently have 2 dogs; Steele is a 9.5-year-old Shetland



Sheepdog and Venture is a 9-month-old Shetland Sheepdog. I am looking forward to working with all of you and getting to know what it takes to be a 4-H Extension Educator. If you have any questions or concerns, feel free to reach out to me my email is [deakin.5@osu.edu](mailto:deakin.5@osu.edu).

## National Wheat Yield Contest – Ohio Results

Congratulations to Ray VanHorn for making the top 10 in Ohio for the National Wheat Yield Contest. Ray is a 3rd generation farmer in Morrow County and he grew 1300 acres of wheat in 2020. Ray grows varieties of wheat from Pioneer, Dyna Grow and Becks. He is also on the Ohio Small Grains and US Wheat board of directors. There were 20 entries from Ohio in the National Wheat Yield Contest and 11 completed the contest. This is only the 3rd year for the contest so there is hopes that the competition numbers will continue to increase.

Every year farmers from all over the U.S. enter and compete in the National Wheat Yield Contest. The results are broken down by category and then by individual state. The national results can be viewed here <https://wheatfoundation.org/past-contest-winners/> and the state results are below.

### Ohio Results National Wheat Yield Contest

Placing	Contestant	Address/County	OCWGA District	Final Yield	Seed Brand
1	Mark Hoorman	Napoleon/Henry	1	118.27	AgriPro
2	Jim Dauch	Bellevue/Sandusky	2	116.02	Pioneer
3	David Lutz	Warren/Trumbull	5	114.67	Ebberts
4	Doug Goyings	Paulding/Paulding	3	113.11	Strike
5	Mark Hoorman	Napoleon/Henry	1	110.64	Synergy
6	Keith Kemp	W Manchester/Darke	6	109.12	Pioneer
7	Ronald Saum	Ft Jennings/Allen	3	106.52	Wellman
8	Fred Miller	Bucyrus/Crawford	4	101.03	AgriPro
9	Brian Sutorius	Vickery/Erie	5	100.50	Pioneer
10	Ray VanHorn	Mt Gilead/Morrow	4	96.35	Pioneer
11	Martin Quigley	Martinsville/Clinton	9	93.69	Dyna-Gro

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### OHIO STATE UNIVERSITY EXTENSION MORROW COUNTY

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## We are here to help you!

Since our county is red due to COVID guidelines,  
we are staffed by appointment only,  
and available by phone during all work hours.

Please give us a call to meet your needs!

**419-947-1070**





# FAMILY & CONSUMER SCIENCES



## Be Strong @ Heart with Sleep!

By: Candace J. Heer, Extension Educator,  
Family and Consumer Sciences, Ohio State  
University Extension, Morrow County,  
heer.7@osu.edu

Most of us LOVE a great night sleep. Why is sleep necessary? Can you name a heart problem due to chronic sleep deprivation? Do you know how to get heart healthy sleep? What does sleep and the heart have in common?

Sleep is essential because it allows your body and mind to rest and repair itself. While resting your body is processing daily information before being stored in long-term memory, strengthening your nervous system function and brain by repairing your nerve cells, and increasing production of proteins needed for cell growth. Quality sleep is necessary to keep your immune system strong and healthy, supply you with energy for another day. Your need for sleep changes as you age. The table on the right shows you the recommendations from the CDC.

The heart pumps blood throughout your cardiovascular system so oxygen and vital nutrients can reach your organs and tissues. When you do not get enough sleep, your cardiovascular system is affected. If the heart is not allowed to perform its job your health is compromised leading to serious health conditions which can hurt your heart.

Sleep Apnea and Insomnia are sleep disorders, along with sleep deprivation which affect the heart.

### Sleep Apnea

- A dangerous condition in which "a person's breathing repeatedly starts and stops during sleep" affecting your oxygen level while you sleep.

- More than 22 million Americans are affected by sleep apnea and suffer from lack of restorative sleep.

- Types of sleep apnea include mild, obstructive sleep apnea (OSA), and central.

### Insomnia

- A person's inability to get quality or enough sleep through difficulty falling asleep, staying asleep or waking too early in the morning.

- Affects 10-15% of the population with almost 44% of people with heart problems reporting insomnia.

### Sleep Deprivation

- Occurs when a person does not get the sleep they need.

- Affects approximately one-third of American adults.

- Chronic sleep deprivation is linked to the following heart problems: Coronary Heart Disease, Heart Failure, Heart Attacks, Heart Rate, Chest Pain

Heart healthy sleep starts with knowing how much sleep you need; then recognize if you have a sleep problem. If you are not sleeping well connect with a medical professional. Finally, follow up and follow through with recommended treatment for the sleep problem.

The answer to what sleep and the heart have in common is YOU! It is all about you, your heart, and your sleep. For me, my diagnosis of mild sleep apnea over 20 years ago made me mindful of my sleep and the changes I needed to make for my heart and overall health. Changes such as how I sleep (no longer on my back), how much sleep I get each night (6.5-8.5 hours) and planning for sleep (getting ready for bed around 9:30 PM). For my father he chooses to sleep using a Continuous Positive Airway Pressure (CPAP) Therapy for his Obstructive Sleep Apnea. He states this helps him sleep better and helps my mother sleep better too. Do yourself a lifelong favor, make sleep a priority and be strong at heart.



### CDC Sleep Recommendations by Age

Age Groups	Age	Recommended Hours of Sleep per Day
Newborn	0-3 months	14-17 hours (National Sleep Foundation, no recommendation (American Academy of Sleep Medicine);
Infant	4-12 months	12-16 hours per 24 hours (including naps);
Toddler	1-2 years	11-14 hours per 24 hours (including naps);
Preschool	3-5 years	10-13 hours per 24 hours (including naps);
School Age	6-12 years	9-12 hours per 24 hours;
Teen	13-18 years	8-10 hours per 24 hours;
Adult	18-60 years	7 or more hours per night;
Adult	61-64 years	7-9 hours
Adult	65 years and older	7-8 hours

### Tips for Better Sleep

Good sleep habits (sometimes referred to as "sleep hygiene") can help you get a good night's sleep.

Some habits that can improve your sleep health:

**Be consistent.** Go to bed at the same time each night and get up at the same time each morning, including on the weekends

**Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature**

**Remove electronic devices**, such as TVs, computers, and smart phones, from the bedroom

**Avoid large meals, caffeine, and alcohol before bedtime**

**Get some exercise.** Being physically active during the day can help you fall asleep more easily at night.



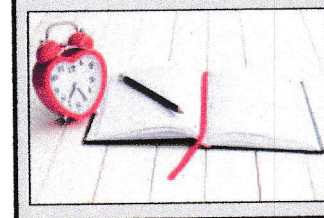
### What Should I Do If I Can't Sleep

It's important to practice good sleep habits, but if your sleep problems continue or if they interfere with how you feel or function during the day, you should talk to your doctor. Before visiting your doctor, keep a diary of your sleep habits for about ten days to discuss at the visit.

Include the following in your sleep diary, when you—

Go to bed. Go to sleep. Wake up. Get out of bed. Take naps. Exercise. Drink alcohol. Drink caffeinated beverages.

Also remember to mention if you are taking any medications (over-the-counter or prescription) or supplements. They may make it harder for you to sleep.



## Food Safety Manager Training

OSU Extension-Morrow County offers in-person manager level training for food service managers, operators, and owners with accurate, up-to-date information on all aspects of handling food, from receiving and storing to preparing and serving.

Upon successful completion of the course and exam, participants receive a ServSafe® Certificate and an Ohio Department of Health Food

Protection Certificate. You must attend the entire training to take the exam.

- In-person Class Series Dates: March 8, 15, 22, 29 (exam)

- Time: 9 a.m. – 3 p.m.

- Fee per person: \$75 for business located in Morrow County (offset by levy funds) and \$150 for business located outside of Morrow County

- Register online at this link:

<https://go.osu.edu/registration-foodsafetymanager-march2021> OR

Register by contacting our office at: 419-947-1070

- Payment to guarantee your registration is required by: March 1, 2021

- Contact for questions: Candace Heer at 419-947-1070 or heer.7@osu.edu





## FAMILY & CONSUMER SCIENCES



# Are these coronavirus vaccines safe? An expert weighs in

January 2021: <https://insights.osu.edu/health/covid-19-vaccine-safety>

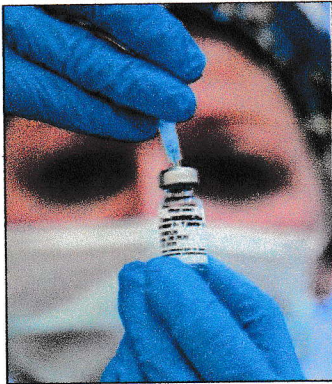
During four decades of work on coronaviruses, Linda Saif — a faculty member in Ohio State's Food Animal Health Research Program within the College of Food, Agricultural and Environmental Sciences (CFAES) — has been involved in many of the veterinary coronavirus vaccines for animals.

The COVID-19 vaccines that received Emergency Use Authorization in December are the first to be approved for use in humans, even though seven coronaviruses have been identified in humans throughout history.

A member of Ohio State's Infectious Diseases Institute (IDI), Saif recently discussed COVID-19 vaccine development during an IDI Symposium in early December. Following the discussion, Saif provided more answers to questions for Insights.

### Q Are these vaccines safe?

A Based on the available data accumulated in the animal studies and then the phase I-III human clinical trials, the current vaccines appear to be safe and effective. The safety and effective-



ness vaccine data have been carefully reviewed by both the Food and Drug Administration scientists and an FDA vaccine advisory committee of highly qualified physicians and scientists.

The advisory committee review proceedings were open to the public and can be accessed on the FDA website. Such reviews are rigorous and science-based, so they should instill confidence that in spite of the name Warp Speed, the vaccines are being evaluated based on safety and scientific merit.

There may be a warning based on recent data from the BioNTech/Pfizer vaccine that it be administered to anyone with severe allergies in a setting allowing for monitoring and rapid treatment of any severe allergic reaction if needed. Concerns about such possible allergic reactions are also often included for other vaccines as well, such as certain influenza vaccines (egg allergies).

### Q Some populations have not been involved in the clinical trials, correct? What could that mean for those people?

A This is true for children and pregnant women who were not included in the clinical trials. For both the BioNTech/Pfizer and Moderna vaccines, more limited numbers of older individuals as well as adolescents were included in the clinical trials.

Based on the available data, both vaccines will be given to the elderly, with more data forthcoming as vaccines are used in this group. BioNTech/Pfizer was approved for adolescents over 16, and Moderna was approved for only those over 18 based on the volunteers they enrolled in this category.

As for pregnant women who were excluded in the trials, they would need to consult with their doctors about whether to take the vaccines and if the benefits might outweigh the potential risks. Additional data will be needed to confirm safety and effectiveness in pregnant women.

Before this vaccine could be given to children there will need to be clinical trials in this age group. Also most vaccines are tested for safety



in adults first before being tested in children, and there is a decreasing age scale used for the initial testing of children.

### Q Will those vaccinated still need to wear masks?

A Yes, for several reasons.

First, although the vaccines have been tested for their ability to prevent COVID-19, it is unclear if they prevent infection, especially of the upper respiratory tract, which could lead to nasal shedding and possibly asymptomatic transmission of virus to others. If this is the case, then it could be possible that vaccinated individuals still might transmit the virus to others.

However in such cases the amount of virus shed is likely reduced, so hopefully it may not be enough for effective virus transmission, especially if accompanied by universal mask wearing. Also, we still do not know how long either natural or vaccine-induced immunity will last, which is an important issue to maintain a critical level of immunity in the population to prevent reinfection.

Second, because the vaccine is not 100% effective and not all individuals will elect to re-

ceive the vaccine or are unable to receive it (pregnant women, infants, immunocompromised, etc.), and not all the population will be vaccinated at once, many people will remain susceptible and capable of transmitting the virus.

Due to limited vaccine availability, it is estimated it will take months to vaccinate even those high-risk groups eligible to receive the vaccines.

It is estimated that around 50% to 70% of the population (about 165 to 230 million in the United States) need to acquire immunity induced by the vaccine (or natural infection) for the pandemic to be finally controlled. This estimated level of herd immunity is also important because this means that if enough people get vaccinated so that herd immunity is induced, this will also protect those in the population who are unable to be vaccinated due to health/age status, etc.

Therefore, continued use of masks, hand-washing and social distancing remain essential, even as vaccines are being used. It is up to the public and each individual to accept and get both doses of the vaccines and maintain these public health mitigation measures if we are finally to succeed in ending the pandemic.

### Q Are these vaccines reason for optimism?

A The vaccines are a great cause for optimism because they chart the way out of the pandemic by more rapidly inducing immunity and preventing disease and deaths in the population.

However, unless they can be scaled up and provided at low cost worldwide, it is likely that pockets of susceptibility would remain that could fuel the continued global outbreak. This is why international collaboration and cooperation such as through COVAX, WHO and initiatives through the Bill and Melinda Gates Foundation and others in bringing vaccines to all countries is critical to stem the pandemic worldwide.

It is also important to remember that when there are clusters of resistance to vaccine use among unvaccinated people, the virus can continue to circulate in these groups and then re-emerge in the general population as immunity wanes. The recent measles outbreaks that started in unvaccinated populations and then spread outside these groups are good examples.

## Join the Strong @ Heart email challenge!

> Do you want to learn more about heart health in a fun way?

> Sign up for the Ohio State University Extension's award-winning, Live Healthy Live Well 6-week email wellness challenge, Strong @ Heart.

> I will send you two weekly emails from February 1 – March 15, 2021.

> What is the cost? It is **FREE!!**

> **Who can participate?** Any adult with an email account.

> **How do I sign up?** You can register with this link: [go.osu.edu/LHLWMorrow](https://go.osu.edu/LHLWMorrow)

> Registration ends February 7.

> Contact Candace Heer at 419-947-1070 or [heer.7@osu.edu](mailto:heer.7@osu.edu) if you have questions.

> Be Healthy, Be Well, and Be Strong @ Heart!







# FAMILY & CONSUMER SCIENCES



## Chow Line: Healthy ways to improve immunity



By: Tracy Turner, [turner.490@osu.edu](mailto:turner.490@osu.edu)

As we go into the winter months and illness chances increase, what can I do to boost my immune system?

Your question is on the minds of many consumers, as more people have been reaching for vitamin supplements and seeking out healthy foods to improve their immune system amid the COVID-19 pandemic. In fact, 77% of consumers say they want to eat healthier to boost their immunity during the pandemic, according to a study by Archer Daniels Midland, a Chicago-based, food-processing company.

Building and maintaining a healthy immune system starts with focusing on good nutrition, said Beth Stefura, a family and consumer sciences educator for Ohio State University Extension. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

"Our body's ability to fight infection and disease depends on our immune system," she writes in Live Well and Boost Your Immune System, a blog post at the Live Healthy Live Well website. "Eat well by choosing nutrient-rich foods," she adds.

The site, which can be found at [live-healthyosu.com](http://live-healthyosu.com), is a free information resource that offers science-based consumer information and insights. It's written by OSU Extension educators and specialists in family and consumer sciences who promote health and wellness.

In the blog post, Stefura lists multiple foods that can help boost your immune system, including foods rich in:

- **Vitamin D**, which plays a wide variety of roles in boosting the immune system, including helping the body absorb calcium, which builds strong bones and prevents osteoporosis. Your muscles, nerves, the immune system, and many other bodily functions all require vitamin D to do their jobs properly. Good food sources of vitamin D include fortified milk and fortified orange juice; fatty fish such as salmon, tuna, and mackerel; eggs and egg yolks; mushrooms; beef liver; cheese; and fortified breakfast cereals.

- **Vitamin C**, which is essential for the growth and repair of tissue throughout the body. Good food sources of vitamin C include kiwi, broccoli, tomatoes, berries, Brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, mango, nectarine, orange, snow peas, sweet potato, and strawberries. Red, green, and yellow peppers are also great sources of vitamin C.

- **Beta carotene**, which studies suggest may enhance immune cell function and has been shown to strengthen the body's infection-fighting methods. Good sources of beta carotene include carrots, sweet potatoes, winter squash, mango, tomatoes, beets, broccoli, cantaloupe, green peppers, kale, mangoes, turnip and collard greens, nectarines, peaches, and watermelon.

- **Zinc**, which helps the immune system fight off invading bacteria and viruses and is key to optimal immune function. Foods containing zinc include red meat, seafood, sunflower seeds, pumpkin seeds, oysters, poultry, beans, nuts, whole grains, and some fortified cereals.

Stefura also says that minimizing your intake of sugar, processed foods, and alcohol, as well as

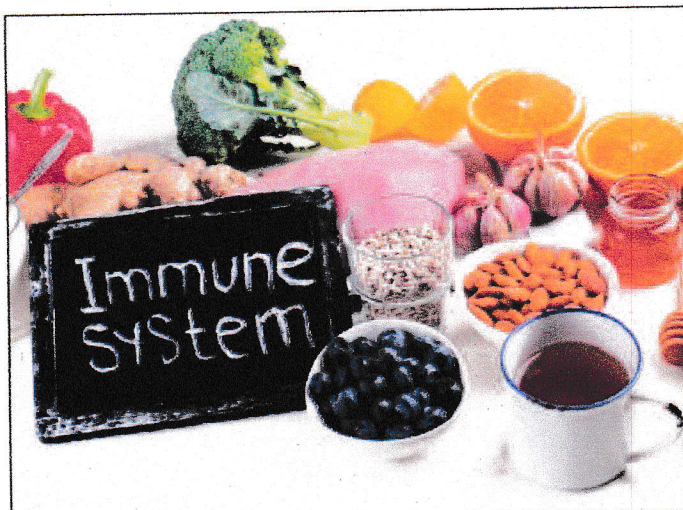


Photo: Getty Images

managing stress and getting enough sleep is key to boosting your immune system.

"Lack of sleep contributes to a variety of health concerns, including a weakened immune system," she writes. "Seven to nine hours is recommended each day for adults, and children need eight to fourteen hours depending on their age."

Chow Line is a service of The Ohio State University College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line author Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201, or [turner.490@osu.edu](mailto:turner.490@osu.edu).

## LOL - Laugh Out Loud...for your heart!

By: Dr. Roseanne Scammahorn, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Darke County, [Scammahorn.5@osu.edu](mailto:Scammahorn.5@osu.edu)

<https://livesmarttoohio.osu.edu/mind-and-body/scammahorn-5osu-edu/lol-laugh-out-loud-for-your-heart/>

I have been reading a lot about the benefits of laughter. One surprising benefit of laughter is a healthier heart! Laughter affects your nervous system, boosting your serotonin, dopamine, and endorphin levels, but also it can be a great workout for the immune, lymph, and cardiovascular systems.

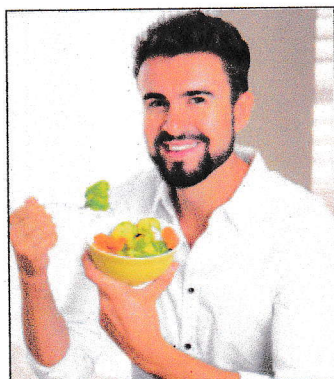
When you laugh, your heart rate increases and the amount of oxygen in your blood increases due to the deep breaths involved with laughter. This can improve your vascular function and decrease your risk of heart attacks. As you improve your vascular function and circulation, you also reduce your risk of being diagnosed with heart disease.

Laughing has been shown to reduce stress and pain levels. The act of laughing stimulates hormones called catecholamines, which release endorphins into your body. Endorphins help to

counteract cortisol, a stress hormone, and help to relax your muscles. Relaxing can help to lower your blood pressure, decrease your anxiety levels, and boost your mood. Researchers at Michigan State University found that a good laugh can "relieve physical tension in the body and relax the muscles for up to 45 minutes."

So go ahead and give it a try! Read the comics in the Sunday paper, watch your favorite comedy show, spend time with people who make you laugh, or just turn your frown upside down and laugh.

Your heart will thank you!





# OSU EXTENSION CALENDAR OF EVENTS

## FEBRUARY 2021

- 1 Jr. Fair Board, 7 pm, Flying Horse Farm
- 2 Advisor Club Kick Off meetings – Virtual
- 3 Morrow County Cattlemen's Meeting, 6:30 pm, Ag Credit 2nd Floor Conference Room
- 4 Advisor Club Kick Off meetings - Virtual
- 11 Pork Producers 7 pm, Ag Credit 2nd Floor Conference Room
- 15 2021 Planning For The Future of Your Farm Webinar Workshop – Virtual (*see Article in the Ag Section*)
- 15 Pesticide/Fertilizer Applicators Recertification, 5:30-9:30 pm, Ag Credit 2nd Floor Conference Room (please call to register – 419-947-1070)
- 16 New 4-H Volunteer Training, 6:30 pm, RSVP Required
- 16 Small Ruminant Webinar Series (*see Article in the Ag Section*)
- 17 Master Gardeners Meeting, 6 pm, Ag Credit 2nd Floor Conference Room
- 18 Horse and Pony Committee Meeting, 7:30 pm
- 18 Good Agricultural Practices (GAPs) Training – Virtual (*see Article in the Ag Section*)

- 22 2021 Planning For The Future of Your Farm Webinar Workshop – Virtual (*see Article in the Ag Section*)
- 25 Pesticide/Fertilizer Applicators Recertification, 1-5 pm, Ag Credit 2nd Floor Conference Room (please call to register – 419-947-1070)

## MARCH 2021

- 1 Jr. Fair Board, 7 pm, Flying Horse Farm
- 1 2021 Planning For The Future of Your Farm Webinar Workshop – Virtual (*see Article in the Ag Section*)
- 3 Morrow County Cattlemen's Meeting, Ag Credit 2nd Floor Conference Room
- 3 Private Pesticide Applicator Exam, 9 am & 1 pm – Must pre-register
- 11 Pork Producers, 7 pm, Ag Credit 2nd Floor Conference Room
- 15 New 4-H Volunteer Training, 9 am, RSVP Required
- 15 New 4-H Volunteer Training, 6:30 pm, RSVP Required
- 16 Small Ruminant Webinar Series (*see Article in the Ag Section*)
- 17 Master Gardeners Meeting, 6 pm, Ag Credit 2nd Floor Conference Room

- 17 Private Pesticide Applicator Exam, 9 am & 1 pm – Must pre-register
- 18 Horse and Pony Committee, 7:30 pm
- 18 Good Agricultural Practices (GAPs) Training – Virtual (*see Article in the Ag Section*)
- 29 CARTEENS, 6:30 pm – Ag Credit 2nd Floor Conference Room

## APRIL 2021

- 5 Jr. Fair Board, 7 pm
- 7 Morrow County Cattlemen's Meeting, 6:30 pm, Ag Credit 2nd Floor Conference Room
- 8 Pork Producers, 7 pm, Ag Credit 2nd Floor Conference Room
- 12 New 4-H Volunteer Training, 6:30 pm, RSVP Required
- 15 Horse and Pony Committee, 7:30 pm
- 19 Livestock Sale Committee, 7 pm, Ag Credit 2nd Floor Conference Room
- 21 Master Gardeners Meeting, 6 pm, Ag Credit 2nd Floor Conference Room
- 30 4-H Project Enrollments Due!!!!

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.

## THANK YOU Central Ohio Farmer's Co-op

for over 36 years of donations toward 4-H project books!

*Approximately \$1,200 each year is donated! Thanks for helping make the best better!*

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