



We're here to help.

Supporting Local Farmers

COVID-19 has left no industry untouched. In many rural Pennsylvanian communities, where farming is as much a culture as a business, the foundations of agriculture markets have been shaken, making it difficult for farm operations to buy and sell products. Even as counties go green, crop, dairy, and livestock farmers face an uncertain summer.

A Tale of Two Supply Chains

Many Americans were shocked to hear about milk dumping, euthanized livestock and crops left to rot, especially as grocery store supplies are sparse amidst the COVID-19 outbreak. Why destroy food at a time when grocery stores and food pantries struggle to keep up with surging demand? This question highlights a larger issue local farms are facing and it's a tale of two supply chains.

The food industry has two separate supply chains for consumer and commercial use. On the consumer end are grocery and convenience stores that concentrate on small purchases. The commercial side consists of restaurants and institutions such as schools, prisons, hospitals, and corporate cafeterias that purchase large quantities of foods in bulk. While the commercial and the consumer supply chains are distinct, there are commonalities between them: both are complex, cover long distances and rely on just-in-time production. In addition, both are increasingly concentrated- there are just a handful of companies between farmers and consumers that process and distribute raw agricultural goods into edible food. Commercially, Sysco and U.S. Foods control an estimated 75% of the market for food distribution. These characteristics make the supply chains more susceptible to disruptions.

For example, vegetable farmers have a lot of crops growing in their fields intended for commercial buyers, which are no longer purchasing these products due to shutdowns. An exacerbated labor shortage makes it more difficult to harvest their crops and package them for consumers.

The shortage stems in part from recent restrictions to international workers amidst COVID-19 and concerns about what to do if too many employees get sick, and how to keep workers safe. In 2019, there were more than 1,800 guest workers in Pennsylvania through the H-2A visa program, which allows agricultural employers to hire temporary workers from outside the U.S. to perform seasonal work when there's a lack of available domestic workers. Many local laborers do not want this type of work and being unable to find good help locally is why many farms resorted to the H-2A program. Not only does a shortage of workers affect a farmer's ability to pick their produce to sell, but it could also mean fewer options available for customers in stores and an increase in unemployment.

So, a combination of plunging commercial demand, a lack of low wage skilled laborers, plummeting prices and a short window in which to harvest crops means it has become cheaper to let them rot in the fields.

Regarding meat, restaurants typically order larger cuts and use more expensive sections such as tenderloins. In contrast, much of the meat purchased on the consumer side is sold in "case-ready" packages, and ground beef is far more common. Moreover, meat plant closures due to COVID-19 outbreaks created a bottleneck for slaughtering and processing animals, which also have a short window before they're past their prime. As a result, producers, are debating whether to feed and care for their animals past their prime, which is costly, or euthanize them.

Some small, local farmers report revitalized business lately and no trouble getting meat to the local processor. However, making a profit is still a struggle as meat prices have dropped and butchers are overwhelmed with extra business. Right now, many small farms are losing money and hoping to break even.

Milk is even more complicated regarding how it moves through the food chain. Milk needs to flow every day. It can't stop because udders that are full must be emptied daily. The only question is where that milk will go? It can't be stored very long without being processed. In the U.S., commercial organizations purchase nearly half of all milk, butter and other dairy products processed. Pizzerias alone take nearly a quarter of all U.S. cheese production. With many of these customers closed or cutting their purchases, there's a lot of excess milk. Unfortunately, processors do not have the equipment to package that milk into smaller containers for grocery stores and retail use. This shift in consumer consumption is why some farmers had to dump milk, even while many grocery stores' dairy cases were bare.

Moreover, many processing facilities had to shut down or curtail production due to a lack of demand and workforce. There are limited options for dairy farmers hoping to circumvent the pasteurization process and sell raw milk directly. Pennsylvania does allow raw milk sales, but farms must have a permit, which can be difficult for small farms to attain.

Small Farms fall through Funding Program Cracks

The financial strain created by COVID-19 on the agricultural industry, has caused the state and federal government to create monetary relief programs. At the beginning of this month, the United States Department of Agriculture rolled out the Coronavirus Food and Assistance Program, or CFAP, a \$16 billion program directed to give immediate relief to Pennsylvania farmers.

This program uses money provided to the state in the CARES Act, the Families First Coronavirus Response Act, and other existing USDA funds. While some programs have provided a decent amount of money to small dairy operations, some small farms and specialty producers in the state have fallen through the cracks.

Many producers with farm stand operations are finding that their businesses are too small to qualify for any funds. Sole proprietors of small, family-operated business are also not eligible for funds through the Paycheck Protection Program administered by the U.S. Small Business Administration, if no employees are on a payroll. Other family run farms have run into the same issue.

Our own farm insurance expert, Matt Funk has reported many local farmers found that the governmental farm programs intended to aid farmers have a very difficult application process burdened with paperwork. One farmer filled out the same application 5 times.



A Look at Farm Insurance

Farming is a risky business. From the ups and downs of the market to the potential for disease and natural disasters, farmers must have some risk management tools to protect their investments. Insurance is one of the most common risk management tools farmers and agriculture business owners take advantage of.

What does it protect?

Farm insurance protects the farmer or agricultural business owner from claims and lawsuits resulting from personal injury or property damages due to accidents related to your farm business. It also helps cover unexpected losses of crops or livestock in extreme weather situations, disease and pest pressures, fires or other disasters.

How does it work?

Insurance companies collect premiums contributed by individuals and invest these funds. The proceeds from these invested funds are then used to pay for losses experienced by anyone covered by one of their insurance policies. In this manner, large amounts of money can be available to any one person in the group that experiences a loss covered by the insurance policy.

Each policy owner has a unique risk potential, which is reflected in premium pricing. The higher the potential for loss, the higher the premium. Insurance companies must also factor in their cost of business and overhead expenses. However, insurance is not a tool to make money, rather it is a tool to help compensate an individual or business for losses that might otherwise cause a financial disaster.

Find an agent

It's important to find an agent you are comfortable working with, who understands agriculture and business, and can help you reduce your potential for risk. Ask lots of questions if you don't understand how something works.

At the Sholley Insurance Agency, our Farm Insurance expert, Matt Funk is happy to answer any of your questions, and help you protect your farm or agricultural business with the right coverage at the right price.

For more information on farm insurance coverage or to get a quote, call us or click here:

[Click Here](#)



The Environmental Benefits of Buying Local

Buying locally has been a trend for a while. However, now more than ever, consumers love the idea of knowing where their products are coming from and supporting local businesses. But what does buying locally do for the environment?

Reduce Your Food Miles

One of the most important ways buying locally helps the environment is by reducing your food miles. By shopping locally, you are purchasing goods produced in your local community. Conversely, when you shop at the grocery store, many of the food items you buy travel over 1500 miles to reach your plate. By cutting down on these miles, you are reducing the environmental impact of your food. Local food doesn't create large carbon footprints through overseas cuts down on fuel consumption and air pollution. There isn't a need for shipping facilities, packing facilities or refrigeration.

Mike Stranz, Vice President of Advocacy for the National Farmers Union, said it's been difficult for some small operations — whether that be pork, dairy, or a commodity crop — to apply for CFAP funds because they have never interacted with their local Farm Service Agency office like many medium to large operations do. In a recent interview with the Pennsylvania Capital Star, Stranz stated "Even if there are programs available, dollars out there to help people — does that really matter if they don't know how, or they can't access the resources available?"

Pennsylvania-based sustainable agriculture group, Pasa Sustainable Agriculture is advocating that the next round of federal payments prioritizes smaller, diversified farmers, and for officials to work directly with farmers to gauge what kind of aid is needed. There are growing numbers of community members directly connecting with local farmers, which is great, but also increases costs for packaging and delivery for farmers.

In a recent interview, Pasa's operations director, Christina Kostelecky, stated "We also need support from our local communities to buy from our farmers and support farm markets, and we need our consumer friends to advocate at the national level for funding for farmers that makes sense," she said.

In April, Gov. Tom Wolf [sent a letter](#) to U.S. Agriculture Secretary Sonny Perdue urging an immediate plan for how the state would be able to financially compensate farmers for coronavirus-related losses. Among other requests, the letter asked for funds to purchase specialty crop items, like fruits and vegetables, "to support the charitable food system" and ensure these products are not wasted. The [Legislature appropriated \\$5 million](#) in federal CARES money to the Pennsylvania Agriculture Surplus System, which reimburses farmers for leftover crops donated to food banks.

Future Outlook

Many states are working on short-term solutions to bridge the gap between the consumer and commercial supply chains. Several states have changed their health regulations, at least temporarily, allowing restaurants to repackage products into smaller quantities to sell to the public or donate to at-risk families. In addition, the U.S. Department of Agriculture plans to begin purchasing \$3 billion in fresh produce, dairy and meat to support farmers and eventually distribute it to food pantries and other organizations feeding those in need. Although helpful in the short term, a long-term problem that needs to be addressed is how concentrated food supply chains have become, which has made them less nimble in adapting to disruptions like a health pandemic.

Several Pennsylvanian counties are advocating for more local processors of dairy and meat products in the region to increase jobs and prevent the shipping of products from Pennsylvania to get processed, only to come back to the state and be sold. Farmers who are contract-growers for large meat producers are having to wait to get their animals to processors, who are backed up due COVID-19 outbreaks. Centre County Commissioner, Mark Higgins stated in a recent interview "A lot of our agriculture products travel hundreds and thousands of miles; there is nowhere to send the animals. It is bad enough with animals, but even worse with perishable products such as produce and milk." As contract-growers struggle with the decision of whether to euthanize animals, many small farmers in Pennsylvania are trying to keep up with demand.

A major trend stimulated by the COVID-19 outbreak is the demand for local products. Consumers like to know where their produce and meat are coming from. People are realizing that the closer their food is to home, the more they know about it, and the more peace of mind they get by purchasing from a local farmer. There are less hands touching it. While business is always good, smaller local processors are so swamped that there are concerns of worker burnout. People are purchasing more than needed and the supply is available. However, if processors can't get people to come into work, or overwork their employees, coupled with a decline in laborers, this could be a recipe for disaster.

More farmers are finding ways to sell directly to local consumers during the crisis, but some are more adept than others. Farmers' markets and farm stands have been active as consumers seek local products touched by fewer hands. Some larger farmers' markets allow pre-ordering to be sensitive towards social distancing recommendations and facilitate customers. But there is uncertainty that demand will keep up as things go back to normal.

Appalachian Food Works helps regional farmers connect with people who are looking to keep it local. Typically, they accomplish this with sales to the restaurant industry, which has become more focused on farm to table. With restaurants closed or scaling back, Appalachian Food Works has teamed up with Food Locus LLC, a local food startup, to create a food hub ordering app called [Dezi](#), where people can buy local products.

Sabine Carey helps run the North Atherton Farmer's Market in Centre County. In March, she set up an online farmers market at [CentreMarkets.com](#) that allows shoppers to find local farmers and pick products up safely at the Boalsburg Farmers Market or Nature's Pantry. She started with four vendors and has been adding a couple a week; the site was up to 19 vendors by mid-May.

How Can We Help

Even taking into consideration the trend towards purchasing local food products, there is still much trepidation that already struggling small farms may not recover from the economic impact of the pandemic. Even in the best of times, many local small farm owners work second jobs to make ends meet. With COVID-19 work restrictions, farmers, along with the rest of humanity, are idled from their income-producing off the farm work. These same restrictions also inhibit their ability to complete farm work within necessary timeframes.

All of this leaves several questions. While the demand for local products is here now, will it continue as we normalize? Are people buying so much now out of panic that they won't need more later? How much should farmers reinvest in such a volatile time?

That is what we are waiting to see. Small local producers are not as efficient as a large vertically integrated company such as Tyson, so it costs more for small farms to make their product. With fluctuating markets, it's also difficult for farmers to know what price they will be getting for their produce at harvest time.

At the Sholley Insurance Agency, our own Farm Insurance expert, Matt Funk spoke to some of our clients regarding the issues they continue to face even as counties reopen, and what we can do as consumers to help. They emphasized that the community can help by continuing to buy local as shopping options open up. With a local producer, you know where and how your food is grown, that it is fresh, and your putting money back into the local economy. We have several great options right in Lewisburg — the Lewisburg Farmers' Market, Davey's Fresh Market, Susquehanna Valley Growers, and Ard's Farm to name a few. We also have many local butcher shops that carry meat products from local farms. If you'd like to see a full list of farm markets in our region click here: <https://www.localfarmmarkets.org/PAfarmmarkets.php>.

Sources:

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Locally grown food is also full of flavor. When grown locally, the crops are picked at their peak of ripeness versus being harvested early to be shipped and distributed to your local retail store. Often, produce at local markets has been picked within 24 hours of your purchase.

More Accessible

Local businesses can operate in their local communities. It's easy for them to bring their products to their consumers because their consumers are nearby. Take a farmers' market for example - consumers easily access lots of local homegrown produce without leaving their own town. Shoppers can walk or bike to their local market to shop the booths. On the other hand, large retailers require more space, and are often located outside of town, which requires consumers to drive to these stores. The energy used by large facilities, coupled with the drive consumers take to and from these retailers, increases fuel consumption and carbon footprints.

Fresher Produce

By buying and eating local, consumers can enjoy produce that is fresh and nutritious. Local food has a shorter time between harvest and your table, and it is less likely that the nutrient value has decreased. Food imported from far-away states and countries is often older, has traveled and sits in distribution centers before it gets to your store.

Many local producers pride themselves on keeping their product organic, hormone free and pesticide free. Not only is this beneficial to the consumer, it's also beneficial to the environment. Keeping harmful toxins, like pesticides, out of the air helps to improve crops and air quality. In addition, because the produce is fresh and brought directly from farm to table, there is less waste. Many large retailers have significant food waste due to items going bad before they are bought. On a smaller scale with a more direct farm to table approach, this food waste is cut down.

Protects Local Land & Wildlife

Buying local also helps to protect local lands and wildlife. By buying local, you are supporting local farmers and producers. With your support, these farms can stay in operation. Because the farms are owned and operated by local farmers and producers, they aren't being sold to developers. Developers could completely transform the land, devastating the wildlife that calls it home. Or, big business producers could buy out the farm and incorporate inhumane and non-Eco-friendly farming practices.

Protects Green Space

By purchasing locally grown foods you help maintain farmland and green and/or open space in your community. Green spaces contribute to reducing carbon emissions, which makes air cleaner and healthier for residents. It can also aid in water regulation by improving rainfall retention and water quality. Green spaces create energy savings by reducing heat buildup and preventing soil erosion. They encourage exercise, provide places for socializing, decrease noise pollution, and improve immune function by providing exposure to beneficial microbiota. They also can help with psychological restoration; that is, green space provides a respite for over-stimulated minds.

Local foods promote a safer food supply.

The more steps there are between you and your food's source the more chances there are for contamination. Local growers can tell you how the food was grown. You can ask what practices they use to raise and harvest the crops. When you know where your food comes from and who grew it, you know a lot more about that food. Food grown in distant locations has the potential for food safety issues at harvesting, washing, shipping and distribution.

Local Food Supports the Local Economy and Workforce

Lastly, an added environmental benefit of buying locally is supporting the local economy and workforce. For example, if you buy your groceries at the local farmers market, you're helping to keep local growers, creators, and farmers in their jobs. The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses and services in your community.

You're also creating an opportunity for other local jobs such as the team who organizes the farmers market, the team that sets up the stalls, the team that cleans up at the end of the day, etc. All these local businesses with local workers are in place because consumers are demanding local goods. Without that consumer demand, these local businesses may not exist. Many of the employees would have to seek work elsewhere, outside of the community. This would add to highway congestion and fuel consumption, enlarging the overall carbon footprint.



Summer Isn't Cancelled



With the official start to summer now behind us, many Americans are beginning to think about getting away. Taking a vacation is a great way to bond with loved ones and enjoy new experiences while unwinding from daily life. Spring break may have been cancelled and a traditional summer vacation might still be up in the air, but that doesn't mean you can't escape the daily grind. COVID-19 has forced businesses of all kinds to shift their offerings and many great staycation options have resulted. Here are a few staycation suggestions to kick your summer off right.

1. Pamper Yourself

It is important to take care of yourself. With spas, salons, gyms and fitness studios across the country opening during the Green Phase at 50% capacity or by appointment only, self-care and pampering is still an uphill battle. Take yourself on a wellness retreat without ever leaving your home. Many local gyms, personal trainers, and niche studios are offering classes online, often for free. It's a great way to stay in shape and, with some sessions being livestreamed, it's a great way to connect with others virtually. Even larger companies like Peloton have offered free access to their full library of live and on-demand classes. Need a relaxation break? Bring the spa to your front door with a subscription box, or order from your favorite local establishment. Do you want to freshen up your look? Bring the salon to you with custom hair color kits, splurge a little on rejuvenating skincare products, or try your hand at an at-home manicure.

2. Experience the arts

While it travel and capacity restrictions make it difficult to get out, there are still ways to enjoy the arts. From world-renowned museums to community galleries and theaters, you can experience it all on your staycation. If you've ever wanted to visit the Louvre or walk the halls of the Guggenheim, now you can. Visit these cultural hot spots and many others with virtual tours from the comfort of your home. Looking to keep it more local? The local arts often rely heavily on community support and they have been hit hard during the pandemic. Many have found ways to stay connected with the community by bringing the arts right to you. Catch a livestream of classic movies and enjoy the work of local artists and musicians and all while supporting your community. Check the websites of your local art centers, theaters, and galleries for more information.

3. Expand your horizons

Have you always wanted to learn something new? Whether it's learning to cook, picking up a new language, or trying your hand at photography, there's no better time than the present. There are plenty of opportunities to pick up new skills including online classes and seminars, picking up how-to-books from your local bookstore curbside, or downloading foreign language tutorials from your library. New skills not only expand your horizons but also create an opportunity to support your local community. For example, learning a new skill or brushing up on some old ones may require some tutorial books. You can order these through your local book shop.

4. Enjoy some family fun

After months of staying home a staycation may not top the list of family fun, but there are many out-of-the-box options to keep kids of all ages (and their parents) entertained without leaving the house.

5. Visit a zoo or aquarium

Virtually, of course. Take in the wonders of land and sea from the comfort of your couch. Many zoos and aquariums are offering a 24/7 glimpse into their facilities for free. From livestreaming habitats and exhibits to daily updates from the trainers and keepers, you'll feel like you're there. Here are a few options: [San Diego Zoo](#), [Monterey Bay Aquarium](#), [National Aquarium](#).

6. Make music

Group music classes are a great way to connect with others, but social distancing makes it difficult. Many schools or private teachers that once offered live classes have pivoted to online sessions. Check out your local music school and connect with other families and friends in your community. Here are a few recommendations: [Music Together](#), [Kindermusik](#).

7. Ignite creativity

Get in touch with your creative side with your local art studio. Many are offering virtual art classes, and some are even delivering art boxes right to your front door. Most kits are available individually or on a subscription basis and include art materials, step-by-step instructions, and shipping. It's fun for the whole family. Check out these recommendations: [2020 Best Kids Arts & Crafts Boxes](#)

Need to Keep Your Escape Low-Cost?

The good news is you don't have to travel far or spend a lot of money to create lasting memories with your family. In fact, a staycation is an affordable alternative to a traditional vacation when planned thoughtfully. Here are some budget-friendly staycation tips:

1. Set a Staycation Budget

Budgeting for any planned expense is important to avoid overspending— and budgeting for a staycation is no different. Begin by determining which activities you and your family value most and the associated costs. Through this process, you can pinpoint exactly where to spend money and where to cut back to stay within budget.

2. Re-purpose Items You Have at Home

Whether you're planning a luau dinner, camping night or spa day, you may feel inclined to go all out with decorations and supplies to make up for not going away in the traditional sense. But the more elaborate you get, the more you will spend. In some cases, you don't have to go overboard to recreate that vacation-like experience.

Before buying anything, consider how you can re-purpose items you already have at home, by Gather decorations from past parties, craft supplies, board games and other toys, beauty supplies and recreational gear to see what you can use for the various activities in your staycation plan.

If you need help coming up with low-cost ideas, search Pinterest for frugal theme nights and other activities at home. There are so many great ideas for ways to work with what you already have.

3. Pick Up Supplies from your local Dollar or Discount Store

When it comes to themed events, your local dollar or discount store is your best bet for finding inexpensive decorations and supplies. With lost cost items, you can choose enough to make your theme shine!

4. Plan Free Activities

A key to creating a vacation-like experience at home is planning activities you typically enjoy when you're away, and these don't have to cost a lot either. There are plenty of free activities you can take advantage of in your hometown without traveling far, such as a bike ride, hike or walk. Combining one of these activities with unplugging from work can help you achieve that vacation feeling.

5. Borrow Supplies

If your staycation plans call for new supplies, like a tent so you can go camping in the backyard, consider borrowing before buying. Ask family or friends if they own any of these items and if you can borrow them for your staycation. You can also browse local listings at sites like Facebook Marketplace or OfferUp, where you can find gently used items for your staycation.

6. Review Local Deals Online

A big part of vacationing is enjoying new experiences and trying new restaurants, so you may want to add this to your list of activities. However, entertainment and dining can add a lot to your staycation spending, so it's important to look out for deals online to curb costs. Groupon or LivingSocial are great resources and check your local paper for local deals and entertainment option

7. Get Creative with Crafting

Crafting is a fun activity the whole family can enjoy and doesn't have to cost a lot of money, especially if you use items you already have at home. For instance, you can make crafts out of cardboard boxes from Amazon deliveries, so tap into your creativity to come up with some new ideas and inspiration. If there are specific supplies you need, make sure you're using coupons to save. Most craft suppliers run weekly sales, specials and coupons, making it easy to stock up!



SUMMER SAFETY TIPS

Even during these challenging times, summer offers an opportunity to enjoy beautiful weather and spend time with family and friends. Many of us are still making time to take a break and have some fun, even if our summer vacation plans have changed. So, while you relax and continue to adjust to a "new normal," remember these tips to keep your family safe this summer:

SWIMMING SAFETY TIPS

1. Watch kids when they are in or around water, without being distracted, or designate a responsible adult to keep an eye on kids in the water at all times.
2. Teach children to swim with an adult. Older, more experienced swimmers should still **swim with a partner every time**.
3. Swimming aids such as water wings or noodles are fun toys for kids but are not appropriate to be used as a personal flotation device (PFD). **Be sure to use a U.S. Coast Guard-approved life jacket or PFD for your kids.**
4. Teach children that **swimming in open water is NOT the same as swimming in a pool**. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

[See more open water safety tips.](#)

8. Look for Local Hotel Deals

If you and your family are ready for a change of scenery, staying at a hotel in your hometown – especially one that offers a pool for your kids – can help you feel like you're getting away without the added costs of getting there. Plus, you can often find hotel deals by running a quick search online. You may also have luck calling a hotel directly to see what type of discounts they're offering. Bring board games and pack some of your own food to help cut costs further.

9. Go on a Free Virtual Tour

As noted previously, numerous museums, art galleries and parks offer free ways to take virtual tours of their facilities. All you need to do is visit the website of the place of interest to see what they have to virtually offer.

Meanwhile, sites like Google Arts & Culture offer the opportunity to explore cultural institutions across the globe, including the British Museum in London, the Van Gogh Museum in Amsterdam and the Guggenheim in New York City for free.

If you prefer to get outside and explore, take a self-guided tour of your own town, in which you view interesting architecture and more.

Looking for even more tips? CNN provides an extensive list of summer activities here: [Summer is not completely canceled. Here are 100 things we can do with or without kids.](#)



Summer Travel Safety Tips



The Centers for Disease Control and Prevention recommends staying home as much as possible but if you do travel, remember buckling up on every ride is the single most important thing a family can do to stay safe in the car.

1. Buckling up on every ride is the single most important thing a family can do to stay safe in the car.

2. Seventy-three percent of car seats are not used or installed correctly, so before you hit the road, check your car seat. Here's a quick [car seat checklist](#) to help you out.

3. Use a booster seat with the vehicle lap AND shoulder safety belts until **your child passes the [Safety Belt Fit Test](#)**.

4. Heatstroke is the leading cause of non-crash, vehicle-related deaths for children. Never leave your child alone in a car and remember these [4 tips to prevent a tragedy](#).

STAY SAFE, HAVE FUN!

Please talk about these tips with your kids and ask friends and parents to do the same. Then enjoy the summer and remember to keep having fun.

The Best Grilled Chicken Wings EVER!!!



Grilling and summer go hand-in hand, and with July 4th right around the corner, we thought we'd share another great recipe- especially for the grill. Even more exciting... this one comes straight from Josh Troup, Principal, Agency Operations and office grill master. So from our grill master to your's, enjoy!

The Best Grilled Chicken Wings Ever:
Preheat grill to medium heat. (about 350 degrees)

If seasoning with a dry rub, season before cooking. If seasoning with a sauce, lightly season the chicken with salt and pepper before your grill. Toss the wings in sauce after cooking.

Cook chicken wings on medium heat until golden brown on outside (about 20 minutes), flip every 5 minutes). Increase heat to high and grill until the skins crisp (about 1 to 2 minutes per side).

Sauces/Dry Rubs

For store bought sauces and dry rubs, we recommend Anchor Bar Mild Buffalo, Sticky Fingers Carolina Classic and Stubb's Chicken Rub.

If you would like to make your own buffalo sauce, see below:

2/3 cup hot pepper sauce (such as Frank's RedHot)
1/2 cup cold unsalted butter
1/4 tsp. Worcestershire sauce
1/4 tsp. cayenne pepper
1/8 tsp. garlic powder

Combine the hot sauce, butter, Worcestershire sauce, cayenne pepper, garlic powder and salt in a pot. Bring to a simmer over medium heat while stirring with a whisk. As soon as the liquid begins to boil, remove from heat. When they are ready, toss the chicken wings in the sauce.

GRILLING SAFETY TIPS

1. Position the grill well away from foot traffic and play areas. Areas along siding, deck railings, out from under eaves and overhanging branches could also be potentially dangerous.

2. Keep children and pets away from the grill area by declaring a three-foot "kid-free zone" around the grill.

3. Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately.

Need A Side? Try these Grilled Sweet Potato Fries!



Sweet potatoes on the grill have a smoky, caramelized flavor you can't achieve in the oven. These are mildly spicy, but adjust the cayenne to suit your taste. They're healthy too!

Ingredients:

2 - Medium sweet potatoes
1/2 tsp. smoked paprika
1/8 tsp. garlic powder
1/8 tsp. cayenne pepper (or to taste)
1/4 cup olive oil, divided
1/2 tsp. salt
1/8 tsp. ground cinnamon

Preheat an outdoor grill for medium heat and lightly oil the grate.

Scrub sweet potatoes thoroughly under cold running water. Cut each potato lengthwise into 8 wedges. Place wedges in a bowl and toss with 2 tablespoons of oil. Combine remaining olive oil, paprika, salt, garlic powder, cinnamon, and cayenne in a separate small bowl.

Place wedges on the grill perpendicular to the grates and reduce heat to low. Grill over low heat, turning occasionally, until potatoes are soft, 16 to 18 minutes. Brush with oil mixture on both sides, and grill 1 to 2 minutes more, then transfer to a plate. Enjoy!

We're here to help.



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