

# An Agricultural Resource Guide for North Carolina Farmers



**JULY 2020**

# INTRODUCTION

North Carolina farmers provide fresh and healthy food to their surrounding communities, across the state and internationally. The purpose of this resource guide is to provide socially disadvantaged farmers, their families, caregivers, and others with resources that are critical to starting and/or sustaining a successful farm. For questions about information in this guide, please contact the NC Agromedicine Institute at 252.744.1008.

# TABLE OF CONTENTS

<b>Introduction</b> .....	<b>2</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Defined Terms</b> .....	<b>3</b>
<b>The Farm Bill</b> .....	<b>4</b>
The Farm Bill as it Pertains to Beginning and Socially Disadvantaged Farmers.....	4
Specific Areas of the Farm Bill and their Benefits.....	5
<b>National Resources</b> .....	<b>7</b>
USDA Programs.....	7
Financial Assistance .....	8
Beginning Farmer Websites.....	10
National Training & Employment Opportunities .....	10
Farm Outreach & Advocacy .....	11
<b>State Resources</b> .....	<b>11</b>
North Carolina Cooperative Extension Service.....	12
Other State Resources.....	13
<b>NC Farm Safety Resources</b> .....	<b>14</b>
National Farm Safety Resources.....	15
Additional Farm Safety Resources.....	15
<b>Mental Health</b> .....	<b>17</b>
Mental Health Resources-Providers.....	17
Mental Health Resources-National Helplines.....	19
Coping Strategies.....	20
Stress.....	21
Depression.....	22
Suicide.....	22
<b>Veteran Specific Information</b> .....	<b>23</b>
Agricultural Training for North Carolina Veterans .....	23
Resource Guides for Veterans that Farm .....	24
Veteran Educational Resources-GI Bill.....	25
Financial Assistance for Veterans.....	26
Additional Resources for Veterans .....	27
US Department of Veterans Affairs.....	27
The Small Business Administration.....	28
<b>References</b> .....	<b>29</b>

## Defined Terms

For the purposes of this publication the following terms will be defined as such:

Term	Definition
Farm	A place that grows crops and/or raises livestock in order to collect resources from them. The U.S. Department Agriculture of (USDA) defines it as “any place from which \$1,000 or more of agricultural products were produced and sold, or normally would have been sold, during the year. usda.gov
Farmer	A person who cultivates land or crops &/or raises animals
Ranch	A ranch is specifically a large farm where the main product is livestock.
Rancher	A person who raises cattle or other livestock
Beginning Farmer or Rancher	An individual or entity who: Has not operated a farm or ranch, or who has operated a farm or ranch for not more than 10 consecutive years. usda.gov
Socially Disadvantaged Farmer	A farmer or rancher who has been subjected to racial or ethnic prejudice because of their identity as members of a group without regard to their individual qualities. usda.gov
Veteran	A veteran is a former member of the Armed Forces of the United States (Army, Navy, Air Force, Marine Corps, and Coast Guard) who served on active duty and was discharged under conditions, which were other than dishonorable. usda.gov





# THE FARM BILL

The New Farm Bill increases support for beginning, veteran, urban, and minority farmers. This outlined support may help to assist Land Grant Universities, ECU, Cooperative Extension, NC Agromedicine, NC AgrAbility, other NC Universities, and other state agencies better serve socially disadvantaged farmers, disabled farmers, military veterans and small farmers. This means that veterans and other socially disadvantaged farmers have the potential to receive more assistance and services through increased funding. A short summary of the benefits included in the new farm bill are below.



## The Farm Bill as it Pertains to Beginning and Socially Disadvantaged Farmers

- Allows the construction of the Local Agriculture Market Program (LAMP) and allocates the program with \$50 million per year. LAMP integrates the Farmers Market and Local Food Promotion Program (FMLFPP) and Value-Added Producer Grants (VAPG) programs and provides funding for each. LAMP will also provide a new regional public-private partnership and use federal resources to improve private investment and encourage “foodshed” level approaches to developing regional food economies.
- Reauthorizes The Food Insecurity Nutrition Incentives (FINI) program has been reauthorized and renamed as the Gus Schumacher Nutrition Incentives Program. Currently it provides \$250 million over 5 years. This will increase to \$45 million per year in 2019, and up to \$56 million in 2023 and beyond.
- The new bill reinstates and requires the U.S. Department of Agriculture (USDA) to include an Under Secretary for Rural Development, which was eliminated previously.
- Encourages the USDA to allow farmers markets to use an individual EBT (electronic benefits transfer) device for accepting SNAP benefits that can be used at more than one location.
- Supports a new “Urban, Indoor, and Other Emerging Agricultural Production Research, Education and Extension Initiative” competitive grants program with \$10 million in mandatory funding.
- Allocates up to \$25 million per year to create the space for USDA to create a new “Office of Urban Agriculture and Innovative Forms of Production” that includes a 15-member advisory committee and the ability for competitive grants. Additionally, this office will conclude a 10-pilot Urban and Suburban County Committee along with a community compost and reducing food waste pilot.
- The Rural Energy for America Program (REAP) received \$50 million per year.
- The National Sustainable Agriculture Information Service / Appropriate Technology Transfer for Rural America (ATTRA) was reauthorized
- The Business and Industry Loan Guarantees Local & Regional Food Enterprise Set-aside was reauthorized.
- The Healthy Food Financing Initiative was expanded to include healthy food enterprises as well as food retailers.
- Adds new areas to FMLFPP and VAPG that allows both programs to provide financial assistance for food safety infrastructure upgrades and certification.

## Specific Areas of the Farm Bill and their Benefits

Name	Description
Commodity and Insurance	<p>Improves <i>Whole Farm Revenue Protection (WFRP)</i>, a risk management policy for diversified farms of all types by the period of time that beginning farmers have to access WFRP's beginning farmer 10 percent premium discount increased from 5 years to 10 years . Now requires RMA track and report an <i>Underserved Producer Report</i> every three years. This will include suggestions on how to best improve participation by beginning, socially disadvantaged, and veteran producers. The report will also include plans for administrative reforms and recommendations for congressional action.</p> <p>Improves the <i>Noninsured Crop Assistance Program(NAP)</i>, which provides insurance coverage through the Farm Service Agency (FSA) to producers and crops not otherwise eligible under federal crop insurance, in several ways:</p> <p>The bill now mandates that the two agencies work in collaboration to provide better coverage options for beginning and socially disadvantaged farmers.</p> <p>Includes a strong <i>step forward toward ending discrimination against farmers</i> who adopt cover cropping.</p>
Conservation	<p>Incentivizes the adoption of cost-effective, high payoff activities within CSP by increasing payment levels for cover crops, resource conserving crop rotations, and management-intensive rotational grazing.</p> <p>Authorizes a CSP payment for financial and technical assistance to support the development of comprehensive conservation plans, which are fundamental to reaching higher levels of stewardship. The authorized payment would reflect the complexity of a plan's development.</p> <p>Ensures that all beginning and socially disadvantaged farmers enrolling in the Environmental Quality Incentives Program (EQIP) have the option to receive 50 percent of their cost share payment up front.</p> <p>Authorizes a CSP "organic initiative," including an allocation of funds for certified organic participants and those transitioning to organic production.</p> <p>Includes the Senate provision to increase funding for the Conservation Reserve Program – Transition Incentives Program (CRP-TIP) from \$33 million to \$50 million over the next five years – including \$5 million for dedicated outreach to connect retiring farmers with beginning farmers, veterans, and farmers of color.</p> <p>The bill also expands eligibility to all CRP contract holders, not just retiring farmers. Additionally, within CRP-TIP, participating farmers are now able to get a two-year head start on certifying land coming out of CRP into organic production.</p>

## Specific Areas of the Farm Bill and their Benefits (cont'd)

Name	Description
Organic Agriculture	<p>Establishes permanent mandatory funding for Organic Agriculture Research and Extension Initiative (OREI). OREI supports research projects to address the most critical challenges faced by organic farmers. The 2018 Farm Bill funding will ramp up funding for OREI to \$50 million in permanent baseline funding by 2023. For 2019 and 2020, grant funding will remain at current levels of \$20 million but will increase to \$25 million in 2021 and \$30 million in 2022. This permanent baseline funding ensures that OREI will no longer have to negotiate funding from scratch every five years when a new farm bill is revisited, and provides much needed reassurance to the organic sector that continued research funding will be available to address the ever-evolving pest, disease and other challenges facing organic farmers.</p> <p>Provides \$5 million in mandatory funding for the Organic Production and Market Data Initiatives, which facilitates the collection and distribution of organic market information, including data on production, handling, distribution, retail, and consumer purchasing patterns. Directs the allocation of funds to states to support organic production and transition under the Conservation Stewardship Program. Funds will be allocated based on the number of certified and transitioning producers in the state, as well as the number of certified and transitioning acres.</p> <p>Farmers who participate in the Transition Incentives Program (an option for farmers with expiring Conservation Reserve Program contracts) are now able to get a two year head start on transitioning that land coming out of CRP into certified organic production. Additionally, contract-holders with expiring CRP contracts can now use the last three years of their CRP contract to begin the organic certification process.</p> <p>Reauthorizes and continues to provide mandatory funding for the National Organic Certification Cost Share Program (NOCCSP), which supports the growth of domestic organic production so that U.S. producers can take advantage of growing market opportunities. In 2019 and 2020, the bill provides NOCCSP with \$2 million a year; funding ramps up to \$4 million in 2021 and up to \$8 million in 2022 and 2023. Unfortunately, these annual funding levels are a cut from current funding of \$11.5 million per year.</p> <p>In total, \$24 million is allocated to NOCCSP over the next five years in the new farm bill. Including USDA's carryover estimates of \$16.5 million (i.e. unused funding from the last farm bill), total cost share funding would increase to \$40.5 million total over the next five years. This means that any gaps in service could be filled by the carryover funds; however, it's possible that funding may fall short in the later years – leaving organic farmers without assistance to become certified.</p> <p>Reverts matching grant requirements for USDA National Institute of Food and Agriculture (NIFA) programs like OREI to those predating the 2014 Farm Bill. The 2014 Farm Bill instituted a 100 percent matching requirement for these programs, which exempted Land Grant Universities, USDA agencies, and certain other academic institutions – putting non-profit organizations at a disadvantage in competing for federal research, education, and extension funding. The 2018 Farm Bill reinstates NIFA's ability to provide a waiver for OREI grant applicants who are unable to meet the 1:1 match.</p>
Research and Plant Breeding	<p>Now, permanently funds and reauthorizes the Beginning Farmer and Rancher Development Program (BFRDP). It will be a part of the new Farming Opportunities Training and Outreach (FOTO) program.</p> <p>Reestablishes support for the Sustainable Agriculture Research and Education (SARE) program.</p> <p>Supports a new urban agriculture research initiative. The new Urban, Indoor, and Other Emerging Agricultural Production Research, Education, and Extension Initiative was allocated \$10 million for competitive and extension grants over the next five years.</p> <p>1890 land-grant institutions will receive \$40 million in funding for scholarships for students pursuing agribusiness, energy and renewable fuels, or financial management.</p> <p>Creates soil health priorities to both the Agriculture and Food Research Initiative (AFRI) and Organic Agriculture Research and Extension Initiative (OREI). The bill also adds new beginning farmer and rancher research priorities, including increasing viability of young, beginning, socially disadvantaged, veteran, and immigrant farmers and ranchers and farm succession and transition.</p>

# NATIONAL RESOURCES

There are several national resources that can assist farmers and their farms. These programs have a number of requirements and specific steps that will need to be taken to qualify. In order to get the most out of the services available, it is first important to ask yourself what it is you are looking to accomplish and how you can best get the services that will benefit your farm the most. The following questions will help you to think about how to best navigate such programs.

## USDA Programs

- What are the USDA programs that will help your situation? Assume that every agency has a program that could benefit your farm and do your research to find it.
- What are the requirements for you to participate or qualify for a program?
- Be very clear and transparent with what you plan to do on your farm. If you take advantage of USDA programs, ensure you are not violating any of their rules.
- It is likely that you qualify for targeted benefits. Find the targeted benefits that apply to your own situation or the situation of any of your farming partners. For example, military service, gender, race, ethnicity, and number of years farming can all play a role in qualifying you for particular programs and preferences that target specific demographic characteristics.
- Do you have a farm number and are you listed as the operator? To be eligible for FSA or NRCS programs, a farm must be registered with the FSA, at which point it is assigned a farm number. If your land has not been assigned a farm number, you will need to establish one in order to participate in USDA programs.
- Does your small specialty crop farm qualify? The USDA is actively promoting their policy that anyone producing food, fiber, or fuel has the right to seek a farm and tract number and sign up for USDA programs applicable to their operation. In other words, if you're growing a tenth of an acre of produce and see yourself as a farmer, you can request a farm number and tract number and be eligible for USDA programs. Source: [usda.gov](http://usda.gov)

<b>USDA Programs</b>	
<b>Name</b>	<b>Description and Website</b>
United States Department of Agriculture	The U.S. Department of Agriculture provides information and leadership on food, agriculture, natural resources, rural development, nutrition, and related issues based on public policy, research, and effective management. <a href="http://usda.gov">usda.gov</a>
Agricultural Marketing Service	The USDA Agricultural Marketing Service administers programs that create domestic and international marketing opportunities for food, fiber, and specialty crop producers. A comprehensive marketing program and avenues for marketing your farm products can be utilized through this service. <a href="http://www.ams.usda.gov">www.ams.usda.gov</a>
Cooperative Extension Service	The Cooperative Extension Service (CES) provides non-formal education and learning activities to people throughout the country. NC Counties each have a local CES office for resources and information pertinent to agriculture in your local area. <a href="http://nifa.usda.gov/extension">nifa.usda.gov/extension</a>
Farm Service Agency	The Farm Service Agency (FSA) administers a variety of support, service, and incentive programs for agricultural producers. Available in most counties in the U.S., FSA offers your operation the opportunity to work with USDA funding initiatives one-on-one with a local representative. (See additional information under Financial Assistance later in this guide). <a href="http://www.fsa.usda.gov">www.fsa.usda.gov</a>

## USDA Programs (cont'd)

Name	Description and Website
National AgrAbility Project	AgrAbility provides technical assistance to farmers, ranchers, other agricultural workers, and farm family members who are challenged by both physical and mental disabilities. <a href="http://www.agrability.org/">http://www.agrability.org/</a>
Natural Resources Conservation Service (NRCS)	NRCS provides technical and financial assistance for agricultural conservation programs throughout the country. Most programs and funding related to conservation and environmental assistance will be found at NRCS. (See additional information under Financial Assistance later in this guide). <a href="http://nrcs.usda.gov">nrcs.usda.gov</a>
Risk Management Agency (RMA)	RMA manages the Federal Crop Insurance Corporation. RMA provides crop insurance to American farmers and ranchers through the FCIC. The RMA also sponsors educational and outreach programs and seminars on risk management. <a href="http://www.rma.usda.gov/">www.rma.usda.gov/</a>
Rural Development	USDA Rural Development was established to improve the economy and quality of life in rural America. It offers loans and grants to support services such as housing, economic development, health care, first responder equipment and services, and rural America's water, electric, and communication infrastructure. <a href="http://www.rd.usda.gov">www.rd.usda.gov</a>
SARE: Sustainable Agriculture Research and Education	SARE is a nationwide program to improve profitability, stewardship, and quality of life by investing in groundbreaking education and research to help advance American agriculture. SARE operates a competitive grant and education program in every state. <a href="http://www.sare.org">www.sare.org</a>

## Financial Assistance

Name	Description and Website
Crowd Funding Sources	Crowdfunding is a newer model of gaining capital for your farm. Typically, you create a story about why you're seeking funding, post it on a crowdfunding website, and private donors will donate small amounts of money to potentially, and collectively, fund your endeavor. While these can be extremely successful, the likelihood of success depends on how well you present your story and how it may connect with a donor, and also what they may receive in return (some sources require a means of giving back to donors). <a href="http://www.barnraiser.us">www.barnraiser.us</a> <a href="http://www.gofundme.com">www.gofundme.com</a> <a href="http://www.kickstarter.com">www.kickstarter.com</a> <a href="https://www.indiegogo.com/">https://www.indiegogo.com/</a>
Farmlink	Farmlink websites connect farmers and land by providing information about available farm land, agricultural employment, farm mentor and incubator programs, and farm transition planning. Google search: <a href="#">"farmlink"</a>
Farm Credit	Farm Credit Services is a national agribusiness that offers loans, leases, and financial services to farmers, ranchers, and rural businesses. It helps fund agriculture-related endeavors, insurance, and education. <a href="http://www.farmcreditnetwork.com">www.farmcreditnetwork.com</a>



## Financial Assistance (cont'd)

Name	Description and Website
Farm Service Agency (FSA)	<p>USDA's policy has led the agency in the direction of wishing to be your first and final source for the best funding opportunities possible. From direct loans, down payment programs, guarantees, and much more, FSA can help.  <a href="http://www.fsa.usda.gov">www.fsa.usda.gov</a></p> <p>Beginning Farmer and Rancher Loan  <a href="https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/beginning-farmers-and-ranchers-loans/index">https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/beginning-farmers-and-ranchers-loans/index</a></p> <p>Commodity Loan  <a href="https://www.fsa.usda.gov/programs-and-services/price-support/commodity-loans/index">https://www.fsa.usda.gov/programs-and-services/price-support/commodity-loans/index</a></p> <p>Farm Ownership Loan  <a href="https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/farm-ownership-loans/index">https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/farm-ownership-loans/index</a></p> <p>Farm Storage Facility Loan  <a href="https://www.fsa.usda.gov/programs-and-services/price-support/facility-loans/farm-storage/">https://www.fsa.usda.gov/programs-and-services/price-support/facility-loans/farm-storage/</a></p> <p>Guaranteed Operating Loan  <a href="https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/guaranteed-farm-loans/index">https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/guaranteed-farm-loans/index</a></p> <p>Livestock Indemnity Program (LIP)  <a href="https://www.fsa.usda.gov/programs-and-services/disaster-assistance-program/livestock-indemnity/index">https://www.fsa.usda.gov/programs-and-services/disaster-assistance-program/livestock-indemnity/index</a></p> <p>Microloan  <a href="https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/microloans/index">https://www.fsa.usda.gov/programs-and-services/farm-loan-programs/microloans/index</a></p>
International Farm Transition Network	<p>The International Farm Transition Network supports programs that assist the next generation of farmers and ranchers to address challenges with entering a farm career such as farm succession and retirement strategies.  <a href="http://www.farmtransition.org">www.farmtransition.org</a></p>
Natural Resource Conservation Service (NRCS)	<p>Environmental Quality Incentive Program (EQIP)  <a href="https://www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/financial/eqip/">https://www.nrcs.usda.gov/wps/portal/nrcs/main/national/programs/financial/eqip/</a></p> <p>EQIP and Agricultural Marketing Service's (AMS) National Organic Certification Cost-Share Program (NOCCSP)  <a href="https://www.nrcs.usda.gov/wps/portal/nrcs/detail/national/programs/financial/eqip/?cid=nrcs143_008224">https://www.nrcs.usda.gov/wps/portal/nrcs/detail/national/programs/financial/eqip/?cid=nrcs143_008224</a>  <a href="https://www.ams.usda.gov/services/grants/occsp">https://www.ams.usda.gov/services/grants/occsp</a></p>
Slow Money NC	<p>Local, NC based organization that links investors to businesses in NC with a direct relationship with food and the environment. Slow Money NC provides low-interest loans to farmers.  <a href="https://slowmoneync.org/">https://slowmoneync.org/</a></p>
Small Business Administration (SBA)	<p>The SBA helps Americans start, build, and grow businesses. It aids, counsels, assists, and protects the interests of small business owners as well as strengthen and maintain the overall economy of the nation.  <a href="http://www.sba.gov">www.sba.gov</a></p>

## Beginning Farmer Websites

Name	Description and Website
BeginningFarmers.org	BeginningFarmers.org contains a wide variety of links and resources useful to any beginning farmer or someone interested in pursuing an agricultural career. <a href="http://beginningfarmers.org">beginningfarmers.org</a>
Farmers.gov	Farmers.gov provides farmers, ranchers, private foresters, and agricultural producers with online self-service applications, educational materials, engagement opportunities, and business tools to increase efficiency and productivity. <a href="http://farmers.gov">farmers.gov</a>
USDA New Farmer Website	This website highlights federal resources for individuals beginning to farm, including information on how a new farmer might receive financial aid via the Farm Bill. It is also a gateway for links to various USDA programs and resources useful to new farmers, women in agriculture, veterans, youth, and others. <a href="https://newfarmers.usda.gov/">https://newfarmers.usda.gov/</a>

## National Training & Employment Opportunities

Name	Description and Website
Appropriate Technology Transfer for Rural Areas - ATTRA	ATTRA provides information and technical assistance to farmers, rancher, educators, and others involved in sustainable agriculture. The website includes a directory of internship, apprenticeship, and job opportunities in sustainable and organic agriculture in the U.S. and Canada. <a href="http://attra.ncat.org">attra.ncat.org</a>
Cornell University Small Farms Program	Cornell University provides a wide variety of resources useful to small and beginning farmers. The program includes workshops and online courses through Cornell Cooperative Extension, as well as many online publications and materials. <a href="http://smallfarms.cornell.edu">smallfarms.cornell.edu</a>
The Center for Land-Based Learning Farm Academy	The California Farm Academy includes a seven-month training program that provides beginning farmers with technical skills, competency, and resources to grow and thrive in a farming career. The program also includes a formal apprenticeship option, and a farm business incubator. <a href="https://landbasedlearning.org/">https://landbasedlearning.org/</a>

## Farm Outreach & Advocacy

Name	Description and Website
Carolina Farm Stewardship Association (CFSA)	CFSA provides policy reform in agriculture on a local, state, and federal level with governments and the Farm Bill. With a wide membership base throughout the Carolinas, CFSA provides a voice to legislators from farmers across the region. CFSA also offers programs to add value to farms (see above). <a href="https://www.carolinafarmstewards.org/">https://www.carolinafarmstewards.org/</a>
Farm Bureau	Farm Bureau is a non-governmental, voluntary organization governed by and representing farm and ranch families. They analyze challenges and formulate solutions to achieve educational improvement, economic opportunity, and social advancement and, thereby, to promote the national well-being. <a href="http://www.fb.org">www.fb.org</a>
National Farmers Union	The National Farmers Union strives to protect and enhance the quality of life and economic well-being of family farmers, ranchers, and rural communities through advocating grassroots driven policy positions. <a href="http://www.nfu.org">www.nfu.org</a>
National Sustainable Agriculture Coalition	The National Sustainable Agriculture Coalition is an alliance of grassroots organizations that advocate for federal policy reform in order to advance the sustainability of agriculture, food systems, natural resources, and rural communities. <a href="http://sustainableagriculture.net">sustainableagriculture.net</a>
Rural Advancement Foundation International (RAFI)	RAFI provides disaster assistance, farm advocacy through policy and Farm Bill reform, highlights farmers of all colors, offers a conference called “Come to the Table” that brings many entities together once a year to bring about positive change in local food systems, and helps farmers who may be facing farm insecurity with losses of contracts or other financial burdens. <a href="https://www.rafiusa.org/">https://www.rafiusa.org/</a>
The Center for Rural Affairs	The Center for Rural Affairs addresses small businesses, new farmers, rural health care, renewable energy, minority populations, environmental care, and community revitalization. <a href="http://www.cfra.org">http://www.cfra.org</a>

## STATE RESOURCES

Along with national resources, there are state resources that can provide assistance for farmers. Most of these services are provided to you free of cost or at a low cost. They are local and easy to access. The list below is a summary of some of those programs. Veteran specific resources can be found on page 23.

### North Carolina Cooperative Extension Service

The North Carolina Cooperative Extension Service is a collaborative effort funded by federal, state, and local governments as well as private sources. It serves as a link between university agricultural research and the people of North Carolina. The two North Carolina land grants are North Carolina Agricultural & Technical State University (NC A&T) and North Carolina State University. These universities were established with the passing of the Morrill Acts in 1862 and 1890 to make agricultural education available to a greater number of North Carolinians. Education is provided by state level specialists, regional and county-level Extension agents. Agents help with topics concerning agriculture, horticulture, conservation of natural resources, protection of the environment, nutrition, health, and a wide variety of family and economic concerns. They also reach out to youth, mainly through the 4-H Clubs. The mission of the Cooperative Extension Service remains helping North Carolinians improve the quality of their lives through the acquisition of knowledge.

## NC Cooperative Extension

Name	Description and Website
NC A&T Cooperative Extension	<p>Cooperative Extension at NC A&amp;T helps people across the state lead better lives by finding solutions to their problems. They deliver educational programs and technology to enrich the lives, the land and the economy of North Carolina's limited-resource individuals, families and communities.</p> <p><a href="https://www.ncat.edu/caes/cooperative-extension/">https://www.ncat.edu/caes/cooperative-extension/</a></p>
NC State University Cooperative Extension	<p>Extension and research at NC State address timely issues impacting NC. Extension delivers trusted information directly into the hands of farmers and agribusinesses, helping them translate knowledge into solutions that grow our economy and communities.</p> <p><a href="http://www.ces.ncsu.edu/">http://www.ces.ncsu.edu/</a></p> <p>Publications <a href="https://content.ces.ncsu.edu/catalog/category/13/specialty-crops">https://content.ces.ncsu.edu/catalog/category/13/specialty-crops</a></p> <p>County Centers <a href="https://www.ces.ncsu.edu/local-county-center/">https://www.ces.ncsu.edu/local-county-center/</a></p> <p>Animal Agriculture <a href="https://www.ces.ncsu.edu/categories/agriculture-food/animal-agriculture/">https://www.ces.ncsu.edu/categories/agriculture-food/animal-agriculture/</a></p> <p>Aquaculture <a href="https://www.ces.ncsu.edu/categories/agriculture-food/aquaculture/">https://www.ces.ncsu.edu/categories/agriculture-food/aquaculture/</a></p> <p>Commercial Horticulture, Nursery and Turf <a href="https://www.ces.ncsu.edu/categories/agriculture-food/commercial-horticulture-nursery-turf/">https://www.ces.ncsu.edu/categories/agriculture-food/commercial-horticulture-nursery-turf/</a></p> <p>Field Crops <a href="https://www.ces.ncsu.edu/categories/agriculture-food/field-crops/">https://www.ces.ncsu.edu/categories/agriculture-food/field-crops/</a></p> <p>Forestry <a href="https://forestry.ces.ncsu.edu/">https://forestry.ces.ncsu.edu/</a></p> <p>Growing Small Farms <a href="https://growingsmallfarms.ces.ncsu.edu/people/">https://growingsmallfarms.ces.ncsu.edu/people/</a></p> <p>Commodity Organizations <a href="https://localfood.ces.ncsu.edu/local-food-production/nc-commodity-organizations/">https://localfood.ces.ncsu.edu/local-food-production/nc-commodity-organizations/</a></p> <p>Specialty Crops <a href="https://www.ces.ncsu.edu/categories/agriculture-food/specialty-crops/">https://www.ces.ncsu.edu/categories/agriculture-food/specialty-crops/</a></p>



## Other State Resources

Name	Description and Website
Carolina Farm Stewardship Association	The Carolina Farm Stewardship Association (CFSA) is a farmer-driven, membership-based 501(c)(3) non-profit organization that helps people in the Carolinas grow and eat local, organic foods by advocating for fair farm and food policies, building the systems family farms need to thrive, and educating communities about local, organic agriculture. <a href="https://www.carolinafarmstewards.org/">https://www.carolinafarmstewards.org/</a>
Center for Environmental Farming Systems	Through partnerships between NC A&T State University, NC State University and the NC Department of Agriculture and Consumer Services, the Center for Environmental Farming Systems (CEFS) was established in 1994 to develop and promote food and farming systems that protect the environment, strengthen local communities, and provide economic opportunities. <a href="https://cefs.ncsu.edu/">https://cefs.ncsu.edu/</a>
Natural Resources Conservation Service (NRCS)	NRCS is the U.S. Department of Agriculture's principal agency for providing conservation technical assistance to private landowners, conservation districts, tribes, and other organizations. <a href="https://www.nrcs.usda.gov/wps/portal/nrcs/site/nc/home/">https://www.nrcs.usda.gov/wps/portal/nrcs/site/nc/home/</a>
NC Department of Agriculture	<p>Agricultural (commodity) Associations <a href="http://ncagr.gov/markets/assoc/index.htm">http://ncagr.gov/markets/assoc/index.htm</a></p> <p>Agritourism <a href="http://ncagr.gov/markets/agritourism/index.htm">http://ncagr.gov/markets/agritourism/index.htm</a></p> <p>Got to be NC <a href="https://gottobenc.com">https://gottobenc.com</a></p> <p>Licenses and Permits <a href="http://ncagr.gov/hm/license.htm">http://ncagr.gov/hm/license.htm</a></p> <p>NC Forest Service <a href="https://www.ncforestservice.gov/">https://www.ncforestservice.gov/</a></p>
NC Division of Forest Resources	Forest Rangers with the N.C. Forest Service assist non-industrial private landowners by providing advice and assistance in managing their forest resources for a wide variety of benefits, including timber, soil and water quality, wildlife, aesthetic beauty and recreational uses. <a href="https://www.ncforestservice.gov/">https://www.ncforestservice.gov/</a>
NC Farm Bureau	North Carolina Farm Bureau serves as an advocate for our members at the local, state, national, and international levels – providing educational, economic, public affairs, marketing, and various other services to our members. <a href="https://www.ncfb.org/">https://www.ncfb.org/</a>
NC Grange	The Grange is for professional farmers, urban gardeners, or those who just seek locally grown goodness. They have programs for rural community improvement, the improvement of medical facilities, power facilities, sanitation, communication, economic opportunity, and conservation of our natural resources. The Granges works to instill the skills and love of the land children & youth will need when it is their turn to lead. To ensure the land and these ideals will live on, the NC State Grange Foundation engages in and encourages charitable, scientific, and educational activities that help agricultural life in NC. <a href="https://www.ncgrange.com/">https://www.ncgrange.com/</a>
NC Small Farm Association	This is a nonprofit organization committed to the success of Small Farms. <a href="https://smallfarmassociation.com/">https://smallfarmassociation.com/</a>

## Other State Resources (cont'd)

Name	Description and Website
NC Soil & Water Conservation	The Division of Soil and Water Conservation works in cooperation with the Soil and Water Conservation Commission to protect and improve soil and water resources throughout the state. <a href="http://www.ncagr.gov/SWC/">http://www.ncagr.gov/SWC/</a>

## NC Farm Safety Resources

Name	Description and Contact
Certified Safe Farm	Program under the NC Agromedicine Institute that provides farmers with screening, programs and safety inspections <a href="https://www.youtube.com/watch?v=oLV5lj6q30Y&amp;t=1s">https://www.youtube.com/watch?v=oLV5lj6q30Y&amp;t=1s</a> 252-744-9542
NC AgrAbility Partnership	NC AgrAbility Partnership serves individuals engaged in production agriculture, or a related occupation, who are limited by any type of physical, mental, or health-related disability. The vision of AgrAbility is to educate and assist farmers, ranchers, farmworkers and their family members farming with disabilities to enable them to stay actively engaged in production agriculture in a safe and productive way. <a href="http://www.ncagrability.org/">http://www.ncagrability.org/</a> 336-285-4680
North Carolina Agromedicine Institute	North Carolina Agromedicine Institute promotes the health and safety of farmers, foresters, fishermen, their families and communities in North Carolina. Their goal is to reduce injury and illness by conducting research that leads to practical solutions and developing effective educational approaches that can be of benefit daily to the end user. <a href="http://www.ncagromedicine.org/">http://www.ncagromedicine.org/</a> 252-744-1008
NC Department of Labor-Agricultural Safety and Health Bureau	Provides workplace safety and health laws that apply to NC farmers and workers. <a href="https://www.labor.nc.gov/safety-and-health/agricultural-safety-and-health">https://www.labor.nc.gov/safety-and-health/agricultural-safety-and-health</a>
North Carolina Department of Agriculture – Pesticide Section	Provides information on how to become certified/licensed with pesticide application <a href="http://www.ncagr.gov/SPCAP/pesticides/license.htm">http://www.ncagr.gov/SPCAP/pesticides/license.htm</a>

## National Farm Safety Resources

Name	Description and Website
Crop Data Management System	Pesticide Label Database <a href="http://www.cdms.net/Label-Database">http://www.cdms.net/Label-Database</a>
Greenbook	This is a free membership that provides access to chemical product labels for plant pesticides. <a href="http://www.greenbook.net/">http://www.greenbook.net/</a>
Integrating Safety into Agritourism	Provides information on how to remain safe on agritourism farms through guides, checklists, articles and more <a href="https://safeagritourism.org/resources/">https://safeagritourism.org/resources/</a>
MSDS online	This site includes safety sheets on many chemical products. <a href="https://www.msdsonline.com/">https://www.msdsonline.com/</a>
National Ag Safety Database	Collection of information about health, safety and injury prevention in agriculture <a href="http://www.nasdonline.org/">http://www.nasdonline.org/</a>
Practical Solutions for Pesticide Safety	This guide is a farmer created data base that includes information related to pesticide usage and solutions. Each design comes with directions on setup, pictures and estimated cost. <a href="https://nasdonline.org/6870/d002338/practical-solutions-for-pesticide-safety-protecting-agricultural-pesticide.html">https://nasdonline.org/6870/d002338/practical-solutions-for-pesticide-safety-protecting-agricultural-pesticide.html</a>
Progressive Agriculture Safety Day	Rural safety and health education program for children <a href="https://www.progressiveag.org/">https://www.progressiveag.org/</a> 888-257-3529

## Additional Farm Safety Resources

Name	Description and Website
Caterpillar Safety Series	This link contains a large collection of safety information for a variety of different machines and includes videos of safety and operating tips, as well as checklists for safety and maintenance. <a href="http://www.cat.com/en_US/support/safety.html">http://www.cat.com/en_US/support/safety.html</a>
Have you Heard? Hearing Loss Caused by Farm Noise is Preventable	This link provides information on how to correctly insert and wear different types of earplugs and tips on using hearing protection and common noise level charts. <a href="http://www.cdc.gov/niosh/docs/2007-176/pdfs/2007-176.pdf">http://www.cdc.gov/niosh/docs/2007-176/pdfs/2007-176.pdf</a>
How to Install and Maintain a Shaft Cover on a Tractor PTO: A Video	This video demonstrates how to install, use, and properly maintain a PTO shaft cover. <a href="https://www.youtube.com/watch?v=uBoINyG7USU">https://www.youtube.com/watch?v=uBoINyG7USU</a>
Safe Implement Hitching	This includes a collection of pictures that show safe and unsafe connections and guides on how to use different types of hitches, as well as how to perform proper maintenance and inspections are covered. <a href="http://pami.ca/pdfs/safety/sih_guide_Final.pdf">http://pami.ca/pdfs/safety/sih_guide_Final.pdf</a>
Safe Operation of Farm Tractor Videos	This is a video series that describes how to safely operate a tractor. <a href="http://fyi.uwex.edu/dairy/safe-operation-of-farm-tractor-videos/">http://fyi.uwex.edu/dairy/safe-operation-of-farm-tractor-videos/</a>
The Kentucky ROPS Guide	A guide that will let you search nationwide for a retrofit ROPS designed for the specific make of your tractor. <a href="https://rops.ca.uky.edu/">https://rops.ca.uky.edu/</a>

## Additional Farm Safety Resources (cont'd)

Name	Description and Website
Beware of Manure Pit Hazards	This site contains information on what the recommended level of exposure is for different concentrations of hazardous gases, negative effects of different levels of exposure, and guidelines for safely entering manure pits. <a href="http://nasdonline.org/1292/d001097/beware-of-manure-pit-hazards.html">http://nasdonline.org/1292/d001097/beware-of-manure-pit-hazards.html</a>
Grain Handling Safety Coalition Courses	These courses include a PowerPoint and cover the hazards and safety precautions associated with grain bins. <a href="http://grainsafety.org/training-2/course-descriptions/">http://grainsafety.org/training-2/course-descriptions/</a>
Ladder Safety	Ladder safety publications <a href="https://www.osha.gov/pls/publications/publication.athruz?pType=Industry&amp;pID=463">https://www.osha.gov/pls/publications/publication.athruz?pType=Industry&amp;pID=463</a>
Safe Cattle Handling	Here you will find information about safely handling and working with beef and dairy cattle. <a href="https://www.worksafe.vic.gov.au/resources/beef-cattle-handling-practical-safety-guide">https://www.worksafe.vic.gov.au/resources/beef-cattle-handling-practical-safety-guide</a> <a href="https://www.worksafe.vic.gov.au/resources/dairy-safety-practical-safety-guide">https://www.worksafe.vic.gov.au/resources/dairy-safety-practical-safety-guide</a>
Safe Horse Handling	This safety list offers safety rules and tips on horse handling. <a href="http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-6485/E-960.pdf">http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document-6485/E-960.pdf</a>
Safety Information related to children	Cultivate Safety– Guidelines on appropriate agricultural tasks for children. <a href="https://www.cultivatesafety.org/safety-guidelines-search/">https://www.cultivatesafety.org/safety-guidelines-search/</a>  Progressive Agriculture Foundation – Teaching farm safety to children. Includes background information, lesson plans, and activities. <a href="https://www.progressiveag.org/">https://www.progressiveag.org/</a> <a href="https://www.progressiveag.org/fs4jk.cgi">https://www.progressiveag.org/fs4jk.cgi</a>
Safety Videos	Extension Ag Safety and Health <a href="https://ag-safety.extension.org/">https://ag-safety.extension.org/</a>  <a href="https://www.youtube.com/watch?v=lhsCY_25nCc">Farm Safety Campaign Ad 2015</a> – Powerful ad showing why farm safety is so important. <a href="https://www.youtube.com/watch?v=lhsCY_25nCc">https://www.youtube.com/watch?v=lhsCY_25nCc</a>  <a href="https://www.youtube.com/user/farmaccidents">Farmaccidents YouTube Channel</a> – Dedicated to farmers telling their stories of being injured in order to help promote safety. <a href="https://www.youtube.com/user/farmaccidents">https://www.youtube.com/user/farmaccidents</a>  <a href="https://www.youtube.com/watch?v=lGzNiAy67HA">Plan.Farm.Safety.</a> Award winning farm safety video produced by the Canadian Agricultural Safety Association. Goes over major farm hazards and the importance of running a safe farm. <a href="https://www.youtube.com/watch?v=lGzNiAy67HA">https://www.youtube.com/watch?v=lGzNiAy67HA</a>  <a href="https://www.youtube.com/watch?v=ktDjipUvsZY">SaskPower Farm Safety</a> - Great animated video which demonstrates what to do if you are operating a vehicle which hits a power line, and also what to do if the vehicle catches on fire if it does. Talks about how to safely operate around power lines on the farm. <a href="https://www.youtube.com/watch?v=ktDjipUvsZY">https://www.youtube.com/watch?v=ktDjipUvsZY</a>  <a href="https://www.youtube.com/user/USagCenters">U.S. Agricultural Safety and Health Centers</a> – Video series designed to inform farmers of safe practices and hazards doing different farming tasks. <a href="https://www.youtube.com/user/USagCenters">https://www.youtube.com/user/USagCenters</a>



# MENTAL HEALTH

**If you are in crisis or know someone that is in crisis, call 911 or the National Suicide Prevention Hotline at 1-800-273-TALK (8255) or text 741741 to the Crisis Text Line.**

**Not in crisis but feeling down, stressed or anxious? Having difficulty with sleeping, eating, alcohol or substance abuse?**

Self-screening can be the first step to determining if a visit to a mental health provider is needed. A variety of screening tools from Mental Health America can be found <http://www.mentalhealthamerica.net/mental-health-screening-tools>.

Mental health services may be provided in person or virtually. Teletherapy connects individuals whose main barrier to accessing professional help is distance. It provides assistance through video or other media services. Teletherapy has the potential to transcend the rural barriers towards receiving professional service. Studies done with rural women with depression and rural military veterans with PTSD indicate positive results using teletherapy. In fact, the rural veterans receiving teletherapy had lower scores on the Posttraumatic Diagnostic scale after six and twelve months than those receiving help from their normal healthcare clinic (Openshaw et al. & Roy et al., 2013).

<b>Mental Health Resources</b>	
<b>Providers</b>	
<b>Name</b>	<b>Description and Contact</b>
Help PRO Social Worker Finder Basic Search	Helps locate a social worker near you. Filters for specialty, age group, specific populations, and insurance is accepted. <a href="https://www.helppro.com/nasw/BasicSearch.aspx">https://www.helppro.com/nasw/BasicSearch.aspx</a>
National Alliance on Mental Illness: North Carolina NAMI	Provides support, education and public awareness to those affected by mental illness. <a href="https://naminc.org/programs/">https://naminc.org/programs/</a> <a href="http://www.nami.org/Learn-More/Fact-Sheet-Library">http://www.nami.org/Learn-More/Fact-Sheet-Library</a>
NC Department of Health and Human Services	Provides support and services to help promote treatment and recovery. <a href="https://www.ncdhhs.gov/divisions/mhddsas/adultmentalhealth">https://www.ncdhhs.gov/divisions/mhddsas/adultmentalhealth</a> 1-800-662-7030
NC Agromedicine Institute	Farm Stress Resource Directory provides information on providers across the state of North Carolina including counselors with farm backgrounds <a href="http://www.ncagromedicine.org/pdf/Resource%20Guide%2071519.pdf">http://www.ncagromedicine.org/pdf/Resource%20Guide%2071519.pdf</a> 252-744-1008

## Mental Health Resources

### Providers

Name	Description and Contact
NC STeP Telepsychiatry	<p>Allows individuals to have a visit with a psychiatrist from East Carolina University Brody School of Medicine from the convenience of local telepsychiatry site.</p> <p>Hyde County 1151 Main Street, Swan Quarter, NC 27885 252-926-4387</p> <p>Martin County 210 W Liberty Street, Williamston, NC 27892 252-791-3101</p> <p>Duplin County 340 Seminary Street, Kenansville, NC 28349 910-296-2130</p> <p>Macon County 1830 Lakeside Drive, Franklin, NC 28734 828-349-2421</p> <p>Craven County 2818 Neuse Blvd., New Bern, NC 28562 508 Hwy 70 East, Havelock, NC 28532 252-636-4964</p> <p>Pasquotank County 709 Roanoke Ave, Elizabeth City, NC 27909 252-338-4404</p> <p>Camden County 160 US-158, Camden, NC 27921 252-338-4404</p> <p>Gates County 29 Medical Center Rd., Gates, NC 27937 252-338-4404</p>
Resources to Recover	<p>Offers guidance, information and support to individuals and their families who are affected by mental illness. <a href="https://www.rtor.org/directory/mental-health-north-carolina/">https://www.rtor.org/directory/mental-health-north-carolina/</a></p>
Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Service Locator	<p>Helps to locate a local therapist 24/7 Treatment Referral Line 1-800-662-HELP (4357). <a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a></p>

## Mental Health Resources

### National Helplines

Name	Description and Contact
Farm Aid Hotline and Farmer Resource Network	Provides immediate and effective support services to farm families in crisis. Helps farmers find the resources they need to access new markets, transition to more sustainable and profitable farming practices, and survive natural disasters 1-800-FARM-AID <a href="https://www.farmaid.org/">https://www.farmaid.org/</a>
Medicare Hotline	Receiving Medicare? Ask about Medicare approved providers in your area 1-800-638-6833 <a href="https://www.medicare.gov/">https://www.medicare.gov/</a>
National Alliance for the Mentally Ill (NAMI)	An information & referral service. You can discuss mental illness and the medications that treat them. Support offered, information and referral to local & state NAMI affiliates. 1-800-950-NAMI (6264) <a href="https://www.nami.org/Home">https://www.nami.org/Home</a>
National Association of Anorexia Nervosa & Associated Disorders	Assists people struggling with eating disorders such as Anorexia nervosa and Bulimia nervosa and provides resources for families, schools and the eating disorder community 1-847-831-3438 <a href="https://anad.org/">https://anad.org/</a>
National Council on Aging	Helps people aged 60+ meet the challenges of aging 1-800-424-9046 <a href="https://www.ncoa.org/">https://www.ncoa.org/</a>
National Council on Problem Gambling	Improves health and wellness by reducing the personal, social and economic costs of problem gambling. 1-800-522-4700 (call or text) <a href="http://ncpgambling.org/chat">ncpgambling.org/chat</a> <a href="https://www.ncpgambling.org/">https://www.ncpgambling.org/</a>
National Domestic Violence Hotline	Provides support and resources for individuals affected by domestic violence. 1-800-799-7233 <a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
National Suicide Prevention Hotline	Provides 24/7, free confidential support for individuals in distress 1-800-273-8255 Veterans Crisis Line, 1-800-273-8255, and press 1 to talk to a Department of Veterans Affairs responder, or send a text message to 838255 <a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>
Obsessive-Compulsive Disorder Information (National Association of Mental Illness)	Provides information on Obsessive Compulsive Disorder and assistance locating treatment 1-800-950-NAMI (6264) <a href="https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Obsessive-compulsive-Disorder">https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Obsessive-compulsive-Disorder</a>
SAMSHA's Disaster Distress Hotline	Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. 1-800-985-5990 or text TalkWithUs to 66746 <a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>

## Coping Strategies

There is a great need for increased mental health awareness and solutions in rural areas. It is estimated that at least 15 million rural residents struggle with mental illness, substantial substance addiction, and/or psychiatric conditions (Mohatt, n.d.). This can cause additional stress and greatly contribute to the already stressful profession of farming.

<b>Coping Strategies at Work</b>	
Attitudes	<ul style="list-style-type: none"> <li>• Set realistic goals and expectations daily.</li> <li>• Emphasize what was accomplished, not what failed to be accomplished.</li> <li>• Be positive about change and the need for change such as using new technology or producing what the market wanted.</li> <li>• Shift from worrying to problem solving.</li> <li>• Be persistent and take active steps to ensure sustainability.</li> </ul>
Behaviors	<ul style="list-style-type: none"> <li>• Change priorities, prioritize tasks to make work habits more efficient.</li> <li>• Grow the business to a level where a full-time person could be employed.</li> <li>• Let your bank manager and accountant know of all the issues so they can help.</li> <li>• Reorganize farm life               <ul style="list-style-type: none"> <li>- Prior to stressful seasons, such as planting or harvest, determine who will take care of everyday chores.</li> <li>- Plan ahead – repair equipment during the off season instead of at the last minute.</li> <li>- Change what is farmed.</li> </ul> </li> </ul>

<b>Coping Strategies Outside of Work</b>	
At home	<ul style="list-style-type: none"> <li>• Seek support from your spouse.</li> <li>• Accept that long work hours are needed.</li> <li>• Take time out off the farm and spend time with family and friends.</li> <li>• Turn off the phone.</li> </ul>
In the community	<ul style="list-style-type: none"> <li>• Seek support and advice from friends and colleagues.</li> <li>• Take a break away from farmers and talk to friends from different backgrounds.</li> <li>• Talk to your doctor; they will let you know what options are available.</li> </ul>

<b>Coping Strategies at the Individual Level</b>	
Attitudes	<ul style="list-style-type: none"> <li>• Be aware of and set achievable goals.</li> <li>• Accept situations and adopt active coping strategies.</li> <li>• Develop a strong sense of purpose particularly in relation to caring for the environment.</li> <li>• Accept there will always be change, develop resiliency and the ability to survive challenges.</li> <li>• Seek solutions to conflict.</li> <li>• Aim to put fun and laughter in your life.</li> </ul>
Behaviors	<ul style="list-style-type: none"> <li>• Talk about your worries: talk to a friend, partner, parents, doctor, counselor or clergy.</li> <li>• Allow more time for administrative tasks and free time.</li> <li>• Eat well. Avoid foods that increase tension – coffee, tea, chocolate, alcohol, and soft drinks.</li> <li>• Don't always put the farm first – have other interests.</li> <li>• Make time to exercise.</li> <li>• Get enough sleep.</li> <li>• Learn to be more assertive and say no to extra commitments.</li> </ul>

Source: <https://www.acc.co.nz/assets/research/dcaf5b4e0d/farmer-mental-health-review.pdf> (Coping Strategies for Farmers in Farmers' mental health: A review of the literature – page 18, Table 6)



## Stress

Farming is identified as one of the most stressful occupations. In 2005, the Canadian Agricultural Safety Association identified financial insecurity, changing government policies, disease epidemic, expectations by family members, physical health changes, balancing on and off-farm work, and relationship difficulties as stressors that can influence overall mental health (Rosmann, 2007). Prolonged stress can lead to negative effects on your health including heart disease, high blood pressure, diabetes, elevated depression, and anxiety disorders (NIMH, n.d). Moreover, stress has been shown to increase the rate of agricultural injuries (Rosmann, 2007). Below are some resources.

<b>Symptoms of Stress</b>		
<b>Physical</b>	<b>Cognitive</b>	<b>Behavioral</b>
Energy decrease	Anxiety	Eating too much or little
Fatigue	Restlessness	Drug or alcohol abuse
Headache	Lack of motivation or focus	Tobacco use
Tense muscles	Anger or irritability	Social withdrawal
Chest Pain	Depression	Outbursts of anger
Upset stomach	Sadness	Procrastinating and avoiding responsibilities
Sleep problems	Excessive worrying	Nail biting, fidgeting, and pacing
	Pessimism	Forgetfulness
	Indifference	Increase in accidents/injuries

### Signs of Farm and Ranch Stress

- Change in routines.
- Livestock care declines.
- Accidents on the farm or ranch occur more frequently.
- An increase of illness in the family.
- Declined appearance of the farmstead.
- Children are more stressed.

Source: *Farm and Ranch Family Stress and Depression* section on A Checklist and Guide for Making Referrals (section on farm and ranch stress). <http://extension.colostate.edu/disaster-web-sites/farm-and-ranch-family-stress-and-depression-a-checklist-and-guide-for-making-referrals/>

<b>Stress Resources</b>	
A Rural Stress Tool Book	Introduces stress and talks about specific rural stressors. Helpful information on how to deal with stress includes 5 exercises to determine your level of stress and how you are currently managing stress. List of acceptance skills, coping skills, action skills, and skills to help prevent stress. <a href="http://www.fcssaa.org/sites/default/files/documents/Rural%20Stress%20Toolbook.pdf">http://www.fcssaa.org/sites/default/files/documents/Rural%20Stress%20Toolbook.pdf</a>
Safe Farm Manage Farm Stress to Increase Safety	Outlines common stressors, symptoms of stress on the farm, and different coping methods. <a href="https://store.extension.iastate.edu/Product/Manage-stress-to-increase-farm-safety-Safe-Farm">https://store.extension.iastate.edu/Product/Manage-stress-to-increase-farm-safety-Safe-Farm</a>

## Depression

18.8 million American adults will experience a mood disorder each year. Women report twice the rate of depression as men do (NIH, 2001). These numbers transfer over to farmers and their families. Caregiving can be very stressful and adds to the likelihood of experiencing a mood disorder.

<b>Symptoms of Depression</b>	
Difficulty concentrating	Long-term aches or pains
Fatigue	Anxiety
Feelings of guilt, worthlessness, hopelessness	Persistent sadness or “empty” feelings
Insomnia or excessive sleeping	Suicide contemplation or attempts
Irritability	Pessimism
Restlessness	Over or under-eating

**For Family and Caregivers**

Depression Quest is an interactive game that illustrates what living with depression is like. It aims to show sufferers of depression that they are not alone in their feelings and to illustrate to people who may not understand the illness the depths of what it can do. <http://www.depressionquest.com/>

## Suicide

Suicide continues to be a large problem in rural communities. The suicide rate is 34 per 100,000 farmers, while the suicide rate for the general population is 24 per 100,000 people (Rosmann, 2007). The highest at-risk age groups for male farmers are 25-34 years, 75-84 years, and 85 years and older (Rosmann, 2007). Research shows there is a seasonality component where farmers are more likely to commit suicide during planting and harvesting seasons, during the beginning half of the week, and from 6:00 am to noon (Rosmann, 2007). Additionally, even though women have twice the rate of diagnosed depression, suicide rates are three to four times greater among men (Roy et al., 2013).

### Warning Signs that Someone May Be Suicidal

- Talking or thinking about death frequently.
- Sudden switch of mood from being very sad to being very calm or even happy.
- Clinical depression that gets worse.
- Taking risks that could lead to death.
- Losing interest in activities previously enjoyed.
- Comments of hopelessness, worthlessness, or helplessness.
- Tying up loose ends such as changing a will.
- Talking about suicide.
- Visiting or calling people one cares about.

Source: *WebMD* section on Suicide warning signs.  
<http://www.webmd.com/mental-health/recognizing-suicidal-behavior>

## VETERAN SPECIFIC INFORMATION

### Agricultural Training for North Carolina Veterans

Name	Description and Contact
Growing Warriors	Growing Warriors is a national program that helps teach veterans and communities to grow and preserve their own food while partnering with local organizations to create hands-on curriculum to veterans and their families in a community garden setting. <a href="https://www.facebook.com/growingwarriors/">https://www.facebook.com/growingwarriors/</a> 207-631-4545
NCAT Armed to Farm	The National Center for Appropriate Technology (NCAT) Armed to Farm program focuses on training and providing technical assistance and resource materials for military veterans interested in sustainable and organic agriculture. <a href="http://www.ncat.org/armedtofarm">www.ncat.org/armedtofarm</a>
Soldier to Agriculture Program	The Soldier to Agriculture Program is a one-of-a-kind program for transitioning service members to learn about the agricultural industry, farm planning and purchasing, trends and outlooks, and basic farm production models of all aspects of agriculture. Service members with six-months or less of active duty remaining, spouses, and veterans are eligible to attend. <a href="https://cals.ncsu.edu/agricultural-institute/about/veterans/soldier-to-agriculture-program/">https://cals.ncsu.edu/agricultural-institute/about/veterans/soldier-to-agriculture-program/</a>
The Veteran's Farm of NC, Inc.	The Veteran's Farm of NC, Inc. is a 501c(3) organization devoted to training, consultation, equipment usage, and networking for veterans in NC that are beginning farms or are looking for ways to expand their operations and find help with marketing and other opportunities in agriculture. Contact: Robert Elliott <a href="mailto:vetfarmofnc@gmail.com">vetfarmofnc@gmail.com</a> <a href="http://www.vfnc.org">www.vfnc.org</a> 252-725-4875
Thumos Project	Based in Wilmington, NC, Thumos Project comprises a group of veterans and civilians dedicated to assisting veterans and military families in our community through our referral network. It provides a transitional bridge for veterans of all eras and families of all veterans through engagement in community-based work projects and referral to support services. <a href="http://www.thumosproject.org">http://www.thumosproject.org</a> 910-787-6228
Veteran Farmers Project—Center for Rural Affairs (CRFA)	CFRA Veteran Farmers Project offers individual consultations with professionals for financial and production advice, a HelpLine for phone and email inquiries, resources, and support, and a webinar on resources for veterans as new farmers. <a href="http://www.cfra.org/veteranfarmers">www.cfra.org/veteranfarmers</a>
Veterans Healing Farm	Veterans Healing Farm in North Carolina offers workshops on innovative farming techniques and fosters a community of veterans and civilians who build deep friendships and cultivate emotional, physical, and spiritual health. High-quality fruits, vegetables, and flower bouquets are donated to veterans and their caregivers free of charge. <a href="http://veteranshealingfarm.org">veteranshealingfarm.org</a> 828-606-8212
Veterans Organic Gardens	Veterans Employment Base Camp and Organic Garden is a North Carolina based non-profit corporation that is dedicated to assisting disabled, disadvantaged and homeless veterans to acquire employment, agricultural skills and veteran specific information. Located in the Duffyfield community which is an ethnically diverse and low to moderate income area of New Bern, NC. The garden benefits veterans in the program but also provides access to fresh, nutritious, and affordable food for community members. They are vital in promoting community health and provide not only a source of vegetables and fruit, but also educate the wider community about organics, food, and food security issues. <a href="http://www.nccgp.org/garden">http://www.nccgp.org/garden</a> 252-637-9350

## Resource Guides for Veterans that Farm

Title	Description and Contact
BeginningFarmers.Org Military Veteran Farmer Training	This page provides links and referrals to farm-related training programs around the country geared toward veterans. BeginningFarmers.org also includes numerous resources covering a variety of topics appropriate for any beginning farmer. <a href="http://www.beginningfarmers.org">www.beginningfarmers.org</a>
Government Resources Guide for Farmer Veterans	This guide is a collaborative effort of the Farmer Veteran Coalition and the Drake University Law School Agricultural Law Center. It provides an overview of USDA, VA, Small Business Administration, and U.S. Department of Labor programs and resources for veterans. <a href="http://farmvetco.org/GovernmentResourceGuide">farmvetco.org/GovernmentResourceGuide</a>
Ground Operations – Battlefields to Farm Fields	Ground Operations is a group of filmmakers who have come together in hopes of continuing to build the growing network of veterans who are going into agriculture as a means of transitioning back into civilian life and starting a career. The site also has a resource page for interested veterans. <a href="http://groundoperations.net">groundoperations.net</a>
Homegrown by Heroes	The Homegrown By Heroes (HBH) label is the official farmer veteran branding program of America. The label serves to inform consumers that agricultural products donning the logo were produced by U.S. military veterans. Farms and businesses displaying the logo denotes a Homegrown By Heroes-certified operation. <a href="http://farmvetco.org/hbh">farmvetco.org/hbh</a>
Military.com	Offers educational, financial, and training resources <a href="https://www.military.com/benefits/veteran-benefits/usda-assistance-veteran-farmers-ranchers.html">https://www.military.com/benefits/veteran-benefits/usda-assistance-veteran-farmers-ranchers.html</a>
National AgrAbility Project	The National AgrAbility Project is committed to helping military veterans who choose agriculture as their "Next Mission," as well as beginning farmers with disabilities or other functional limitations. If you are a veteran or beginning farmer with an interest in farming, ranching, or other agricultural careers, or you simply want to learn more about our services, please feel free to contact AgrAbility. <a href="http://www.agrability.org/resources/veterans/">http://www.agrability.org/resources/veterans/</a> Veteran Outreach Coordinator 800- 825-4264
The Farm Bureau Resource Guide to Assist Veterans in Agriculture	Farm Bureau and the Farmer Veteran Coalition have partnered to enhance Farm Bureau's impact at the local, state, and national level for veterans interested in agriculture. It helps align the Farm Bureau Young Farmers' and Ranchers' program with the needs of veterans. <a href="http://farmvetco.org/FarmBureauGuide">farmvetco.org/FarmBureauGuide</a>
USDA New Farmer Veteran Website	Includes links to programs and resources (including financial support), success stories, and career opportunities for veterans seeking to become involved in agricultural production or employment in an agricultural occupation. <a href="http://newfarmers.usda.gov/veterans">newfarmers.usda.gov/veterans</a>
Veteran Careers in Agriculture: A Resource Guide	This guide published by the Farmer Veteran Coalition contains a wide variety of information useful to veterans considering a career in agriculture. Topics include funding, education and training opportunities, using the GI Bill, business planning, available resources, farm enterprise options, and more. <a href="http://farmvetco.org/resource_guide">farmvetco.org/resource_guide</a>

Source: Kyle et. al., 2016



# VETERAN EDUCATIONAL RESOURCES

## GI Bill

Name	Description and Contact
GI Bill	<p>There are multiple education assistance programs available to veterans and service members, often collectively referred to as the GI Bill.</p> <p>These programs include:</p> <ul style="list-style-type: none"> <li>• the Montgomery GI Bill</li> <li>• the Post 9/11 GI Bill</li> <li>• the Reserve Educational Assistance Program (REAP)</li> <li>• the Veterans Educational Assistance Program (VEAP).</li> </ul> <p>These programs vary in eligibility requirements and specific benefits, but they are all available to help pay for education and training.</p> <p><a href="https://benefits.va.gov/gibill/">https://benefits.va.gov/gibill/</a></p>
Montgomery GI Bill	<p>The MGIB is available to veterans who served on active duty after June 30, 1985 and had their pay reduced by \$1,200 in their first year of service.</p> <p>Veterans Educational Assistance Program (VEAP) is available to veterans who entered service between January 1, 1977, and June 30, 1985, voluntarily contributed from \$25 to \$2,700, and were discharged under conditions other than dishonorable.</p> <p>Reserve Educational Assistance Program (REAP) is available to Reserve and Guard members who meet one of the following eligibility criteria:</p> <ol style="list-style-type: none"> <li>1. Served on active duty on or after September 11, 2001, in support of a contingency operation for 90 consecutive days or more, OR</li> <li>2. Performed full-time National Guard duty for 90 consecutive days or more when authorized by the President or Secretary of Defense when responding to a national emergency.</li> </ol> <p>The GI Bill programs are most commonly associated with assistance pursuing a degree at a college or university. These programs have many other applications beyond traditional higher education.</p> <p>All of the GI Bill programs listed above may be used for the following activities:</p> <ul style="list-style-type: none"> <li>• Pursuit of a college degree</li> <li>• Pursuit of a vocational degree</li> <li>• On-the-job training and Apprenticeships</li> <li>• Correspondence courses</li> <li>• Obtaining a license or certification</li> <li>• Flight training</li> <li>• Work study programs</li> <li>• Entrepreneurship courses</li> <li>• Tutoring (Tutoring does not qualify for VEAP).</li> </ul> <p>Some of these activities may be used to pursue a careers in farming or ranching.</p> <p>VA - GI Bill 27 Restrictions Time Limitations: All of the GI Bill programs provide benefits for up to 36 months. This is a cumulative amount, meaning that if you attend school or training for three months, take another three months off, and then attend again for three months, you will have used six months of your available 36.</p> <p>Multiple Programs: Although you may be eligible for multiple programs, you may not use more than one at a time. For instance, if you qualify for the Montgomery GI Bill as well as the Post 9/11 GI Bill, you must elect which one to use. For veterans serving more than three years after September 10, 2001, and eligible for 100% of the Post 9/11 GI Bill, the choice is almost certainly the Post 9/11 program.</p> <p>Application Process and Timeline: The application process may be completed online<sup>14</sup>, through your VA regional office, or with a VA Certifying Official. For those attending a college or university, the Certifying Official at the institution can help you complete your application. Once received and enrolled in the school or training program, it may take up to six weeks to process. For any GI Bill program, other than Post 9/11, you must also verify your enrollment on a monthly basis before you will receive payment for that month. To verify your enrollment, you may either use the Web Automated Verification of Enrollment (WAVE) or call 1-877-823- 2378.</p> <p><a href="https://benefits.va.gov/gibill/">https://benefits.va.gov/gibill/</a></p>

## VETERAN EDUCATIONAL RESOURCES

### GI Bill (cont'd)

Name	Description and Contact
VA Post 9-11	<p>For most veterans serving after September 11, 2001, the Post-9/11 GI Bill has the most to offer, but participation in each program will depend on the individual veteran's time and type of service and the benefits desired.</p> <p>The Post 9/11 GI Bill is available to veterans who served on active duty for at least 90 aggregate days after September 10, 2001 and those honorably discharged from active duty with a service-connected disability after serving 30 continuous days after September 10, 2001.</p> <p>Note: While 90 days is the minimum requirement for eligibility, the amount of the benefit available under the Post 9/11 GI Bill will increase with the amount of time on active duty after September 10, 2001. For instance, someone serving more than 90 days but less than 6 months will receive 40% of the maximum benefit, while anyone serving more than 36 months will receive 100%.</p> <p><a href="http://www.benefits.va.gov/gibill/post911_gibill">www.benefits.va.gov/gibill/post911_gibill</a></p>
IAVA's Veterans Education Calculator	<p>Iraq and Afghanistan Veterans of America (IAVA) supports veterans through a variety of programming and advocacy efforts. The Veterans Education Calculator allows veterans to get the best information possible and maximize benefits of the Post-9/11 GI Bill.</p> <p><a href="https://iava.org/">https://iava.org/</a></p>

Source: Kyle et. al., 2016

## Financial Assistance for Veterans

Program	Description and Contact
FVC Fellowship Fund	<p>The Farmer Veteran Fellowship Fund is a small grant program that provides direct assistance to veterans who are in their beginning years of farming or ranching. Awards range from \$1,000 to \$5,000, and more than \$1.9 million has been awarded to veterans since 2011. Equipment, not funding, is provided directly to recipients.</p> <p><a href="http://farmvetco.org/fvfellowship/">farmvetco.org/fvfellowship/</a></p>
Natural Resources Conservation Service (NRCS) – 2014 Farm Bill Veteran Farmers	<p>Veterans of the U.S. Armed Services receive preference for NRCS conservation programs offered in the 2014 Farm Bill. These voluntary conservation programs benefit both agricultural producers and the environment, and include financial and technical assistance as well as easements.</p> <p><a href="http://nrcs.usda.gov/2014FarmBillVeterans.top">nrcs.usda.gov/2014FarmBillVeterans.top</a></p>
VA Loans	<p>This is a home loan guarantee program through the Department of Veterans Affairs. The loan is written and administered by a private lending institution, but the lender is guaranteed that a certain amount of the loan will be repaid. In return, the lender agrees to provide the veteran with the favorable terms set forth by the VA. These loans are intended for residential home purchases, but it may be possible to use them for a farm purchase that also contains a residence.</p> <ol style="list-style-type: none"> <li>1. A Down Payment is not necessary.</li> <li>2. No Mortgage Insurance is required.</li> <li>3. The VA mandates favorable interest rates.</li> <li>4. There are limits on what can be charged for closing costs.</li> <li>5. Early pay-off penalties are not allowed.</li> <li>6. The VA may provide assistance if the borrower has trouble making payments.</li> <li>7. It may be used more than once.</li> <li>8. It is assumable by other qualified individuals.</li> </ol> <p><a href="https://www.benefits.va.gov/homeloans/">https://www.benefits.va.gov/homeloans/</a></p>

## Additional Resources for Veterans

### U.S. Department of Veterans Affairs

Name	Description and Contact
National Center for PTSD	The National Center for PTSD is dedicated to research and education on trauma and post-traumatic stress disorder. This site outlines how to recognize PTSD and ask for help or seek help. It also discusses benefits and treatment options available. <a href="https://www.ptsd.va.gov/">https://www.ptsd.va.gov/</a>
Polytrauma and Traumatic Brain Injury	A traumatic brain injury (TBI) can happen from a blow or jolt to the head or an object penetrating the brain. Polytrauma occurs when a person experiences injuries to multiple body parts and organ systems. The VA has compiled a website to explain the VA's polytrauma/TBI system of care and provide resources and information about the conditions for caregivers. <a href="http://www.polytrauma.va.gov">www.polytrauma.va.gov</a>
PTSD Coach	"PTSD Coach" is a smartphone app that can help track symptoms, screen reliable information, suggest treatments and direct links to support, and has easy-to-use tools that help ease stress. <a href="https://www.mobile.va.gov/">https://www.mobile.va.gov/</a> <a href="https://www.mobile.va.gov/app/ptsd-coach">https://www.mobile.va.gov/app/ptsd-coach</a>
VA Caregiver Support Program	This VA website highlights support and service options available to those caring for loved ones who have served. A section of the site is dedicated to caregiver resources and programs for seriously injured post-9/11 veterans. <a href="http://www.caregiver.va.gov">www.caregiver.va.gov</a>
VA Crisis Hotline	The Veterans Crisis Line connects callers with responders from the Department of Veterans Affairs, many of whom are veterans themselves. <a href="http://veteranscrisisline.net">veteranscrisisline.net</a> 800-273-8255 texting and online chat options available
Veterans Services Organization Directory	The VSO Directory lists all congressionally chartered and other veterans service organizations recognized by the VA, along with those chartered that are not recognized by the VA. Other organizations representing the interests of American veterans that may not be chartered or recognized are listed as well. <a href="http://www.va.gov/vso">www.va.gov/vso</a>
VA Transition Assistance Program (TAP)	The Transition Assistance Program is coordinated through the VA and is a joint collaboration between the VA and the U.S. Departments of Defense and Labor. Its purpose is to help veterans make the transition from military life back into civilian life through work, life, and home. <a href="http://www.benefits.va.gov/tap">www.benefits.va.gov/tap</a>
VA Vocational Rehabilitation and Employment (VR&E)	The goals of VR&E, also known as Chapter 31, are to assist with job training, employment accommodations, resume development, and job searching skills. The VR&E program also helps veterans with independent living arrangements and those who are severely disabled and unable to work in a traditional workplace. <a href="http://www.benefits.va.gov/vocrehab">www.benefits.va.gov/vocrehab</a>

Source: Kyle et. al., 2016

## The Small Business Administration

Name	Description and Contact
<p>Program Basics The Small Business Administration (SBA)</p>	<p>Program Basics the Small Business Administration (SBA) has a demonstrated record of serving military veterans and has several programs available to do so. The SBA's Veterans Business Outreach Centers (VBOC) should be the first point of contact to learn about these programs. VBOCs provide business development services, including business training, counseling, and mentoring, as well as referrals for veterans owning or considering starting a small business. Eligibility VBOC resources are available to the following individuals:</p> <ul style="list-style-type: none"> <li>• Veterans of any branch of the U.S. military who received an honorable discharge</li> <li>• Spouses of active duty and deployed service members</li> <li>• Widows and widowers of deceased service members</li> <li>• Business partners and investors in the business Uses</li> <li>• Pre-Business Plan Workshops: VBOCs conduct entrepreneurial development workshops dealing specifically with the major issues of self-employment.</li> </ul> <p><a href="https://www.sba.gov/">https://www.sba.gov/</a></p>
<p>Small Business Administration (SBA) Veterans Advantage</p>	<p>Program Basics the Small Business Administration has programs that guarantee payments to lenders that loan money to qualified small businesses. This reduces the risk for lenders to make money available to small businesses and improves the interest rate and processing requirements on such loans. There is, however, a guarantee fee that must be paid by the borrower.</p> <p><a href="https://www.sba.gov/offices/district/pa/pittsburgh/resources/sba-business-loan-information-veterans">https://www.sba.gov/offices/district/pa/pittsburgh/resources/sba-business-loan-information-veterans</a></p>

## REFERENCES

- Kyle, C., Niewolny, K., Orndoff, N., Ohanehi, D., Ballin, K., Young, J., Bridge, S., Robertson, T. (2016). A resource guide for start-up military veteran farmers. AEE-152 NP, Virginia Cooperative Extension, Virginia Tech. Ballin, K. (2017). AgrAbility E-News No. 2.
- Kyle, C., Niewolny, K., Orndoff, N., Ohanehi, D., Ballin, K., Young, J., Bridge, S., Robertson, T. (2016). The basics of on-farm safety: An introductory guide by the AgrAbility Virginia Program. AEE-151NP, Virginia Cooperative Extension, Virginia Tech.
- Kyle, C., Niewolny, K., Orndoff, N., Ohanehi, D., Ballin, K., Young, J., Bridge, S., Robertson, T. (2016). Mental health topics for farm families and caregivers: An AgrAbility Virginia Program resource. AEE-151NP, Virginia Cooperative Extension, Virginia Tech.
- Mohatt, D. F. Rural Mental Health: Challenges and Opportunities Caring for the Country. Retrieved from: <http://govinfo.library.unt.edu/mentalhealthcommission/presentations/rural.ppt>. Accessed 1 October 2015.
- NIH. (2001). Mental Disorders in America. Bethesda. Retrieved from: [http://www.allaboutdepression.com/gen\\_25.html](http://www.allaboutdepression.com/gen_25.html).
- NIMH, (n.d). Adult Stress – Frequently Asked Questions. Retrieved from: <http://www.nimh.nih.gov/site/info/contact-nimh.shtml>.
- Openshaw, K., J. A. Morrow, R. Pfister, and D. Moen. (2012). Therapy for Depression through Teletherapy. *J. Rural Community Psychology*. 15(1). Retrieved from: <http://www.marshall.edu/jrcp/vol15.1contents.htm>.
- Rosmann, M. R. (2007). Behavioral Health Issues of the Aging Agricultural Population. Retrieved from: <http://www.agsafetyandhealthnet.org/Rosmann%20BehavioralHealthIssuesofAgingAgPopulaion20072.pdf>
- Roy, P., G. Tremblay, J. L. Oliffe, J. Jbilou, and S. Robertson. (2013). Male farmers with mental health disorders: A scoping review. *Aust. J. Rural Health*. 21: 3-7. doi: 10.1111/ajr.12008.

## ACKNOWLEDGEMENTS

The North Carolina Agromedicine Institute ('the Institute') would like to thank Dr. Crystal Kyle – formerly of North Carolina Agricultural & Technical State University, Robert Elliott – Veterans Farm of North Carolina and Tami Thompson – North Carolina Agromedicine Institute for their contributions and tireless efforts to make this resource guide possible. The Institute would also like to thank Dr. Kyle and Mr. Elliott for their military service and their leadership as Veteran farmers.

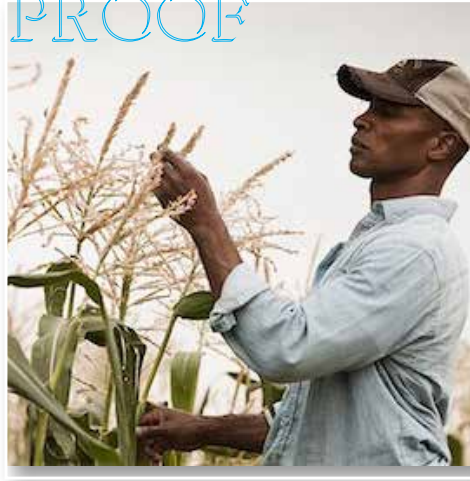
Funding for this guide was made possible by the United States Department of Agriculture 2501 Program.





June 30, 2020

# PROOF



**An Agricultural Resource Guide for  
North Carolina Farmers**

**JULY 2020**