

Join us at the Central Piedmont Small Grains Field Day!!!

Please join us next Wednesday, April 17th from 10am to 12pm at the Piedmont Research Station located at 8350 Sherrills Ford Rd, in Salisbury for the Central Piedmont Small Grains Field Day! Topics to be discussed include:

- Official Small Grain Variety Trials
- Small Grain Diseases
- Wheat Population by Maturity
- Specialty Crop Showcase: Canola, Carinata, and Barley
- Presentations by NCSU & USDA Specialists

Pesticide Credits will also be available and lunch will be served following the field day. We hope to see you there!!!

Official invitation attached

Construction on Plant Science Building Soon to be Underway

From a sign and a vacant lot on the highest point located on Centennial Campus, NCSU, dirt moving will start late April or early May on the New Plant Science Initiative Building according to Dean Rich Linton, Dean of CALS, NCSU. September 6th is the official date set for ground breaking. More to come on this exciting project...stay tuned!!

Onslow County Ag Day

On Tuesday, April 9th, The NCSGGA participated in Onslow County's Agriculture Field Day at Richlands Farms. The two day event is a fun packed hands on learning experience for the students as we promote the importance of Agriculture. Hosted by the Onslow County Cooperative Extension Team each year, the event features different ag related stations set up on the farm for 2ND Grade classes to rotate around to, spending about 12 minutes at each station. Stations included: Wheat, Soybeans, Beekeeping, Farm Animals, Soil, and Nutrition. Thank you to the Onslow County Cooperative Extension Team for inviting us to once again participate in this great educational event! To see pictures from the event are please visit our photo gallery: <http://ncwheat.com/media-gallery/>

Surry County Ag Adventure Day

On Thursday, April 11th The NCSGGA participated in Surry County's Ag Adventure Day at Veterans Memorial Park in Mt. Airy. Approximately 550 second graders from across the county attended the field trip as we educated them on all aspects of agriculture. The day was divided into two parts: Rotation stations and Interactive Demonstrations. The Rotations were 8 minutes long and included: Wheat, Cattle, Sheep, Goats, Horses, Pigs, Soybeans, Chickens, Butter, Ag Careers, Horticulture, and Weather. The Demonstration session included: Farm Safety & Equipment, Bee Keeping, Dairy, Forestry, a Petting Zoo, Hayrides and Obstacle course fun. A big thank you to everyone that planned and organized this fun educational event and allowing us to be a part of it! Pictures from the event will be posted to our photo gallery: <http://ncwheat.com/media-gallery/>

Refined Grains and Health: Genuine Risk, or Guilt by Association?

Published April 2019, Advances in Nutrition

An important article has just been published in a highly impactful nutrition journal, Advances in Nutrition. The study, Perspective: Refined Grains and Health: Genuine Risk, or Guilt by Association? shows that current U.S.

dietary guidelines on refined grains are misguided. The article was developed by Dr. Glenn Gaesser, Director of the Healthy Lifestyles Research Center, at Arizona State University.

Dr. Gaesser conducted a comprehensive literature review looking very specifically at the relationship between refined (or enriched) grain intake and risk of major chronic diseases. He identified relevant meta-analyses of prospective cohort studies and random controlled trials (RCTs) that analyzed the association between refined grains and risk of cardiovascular disease, coronary heart disease, stroke, type 2 diabetes, cancer, obesity, and all-cause mortality.

Key findings and recommendations include:

- Results from 11 meta-analyses, that include a total of 32 separate publications with data from 24 distinct populations, demonstrate that refined grains are not associated with increased risk of several major chronic diseases, including cardiovascular disease and type 2 diabetes.
- Total grain consumption, both refined and whole grains, is associated with lower risk of death and not associated with higher risk of cardiovascular disease, coronary heart disease, stroke or cancer.
- The bad rap against refined grains is a result of “guilt by association” (i.e., being included in the western dietary pattern).
- Elimination of refined grains from the diet may result in inadequate intake of some key “shortfall” nutrients that are added in refined grains as a result of enrichment and fortification.
- Grains provide more than one-half of daily fiber intake of Americans, and refined grains supply roughly 70% of fiber intake from grains. So reducing refined (enriched) grain intake could have unintended consequences.
- Future research and recommendations should make clear distinctions between “staple” and “indulgent” grain foods. Staple grain foods are bread, cereals, pasta while indulgent grains include cakes, cookies and items with a lower fiber content and overall nutrient density.

With the 2020-2025 Dietary Guidelines for Americans development process under way, the wheat Foods Council believes that it is important that relevant scientific research regarding both whole grain and enriched grains be considered. We will continue to share relevant science-based information as it becomes available.

For more information contact Tim O'Connor at toconnor@wheatfoods.org Additional nutrition information can be found at www.wheatfoods.org and [Facebook.com/wheatfoods](https://www.facebook.com/wheatfoods) and [Twitter.com/wheatfoods](https://twitter.com/wheatfoods). The Wheat Foods Council is a national non-profit organization that promotes wheat-based foods.. Today, WFC is a leading source of science-based information on wheat and wheat foods nutrition, striving to increase awareness of dietary grain as an essential part of a healthful diet. Dr. Glenn Gaesser serves as a Scientific Advisory Board member of the Wheat Foods Council.

Advances in Nutrition (AN/Adv Nutr) publishes literature reviews focused on key findings and recent research in all areas of interest to nutritional scientists and biomedical researchers.

National Association of Wheat Growers: Weekly Update

Capital Press Publishes NAWG OpEd on Glyphosate

On April 8, 2019 Capital Press published an opinion editorial under the byline of NAWG President and Lavon, TX farmer Ben Scholz. The purpose of the piece was to present the facts on how wheat farmers use glyphosate on their crop. Glyphosate is an “active ingredient in many herbicide brands such as Roundup and is one of the most effective tools to combat weeds prior to planting or after wheat is harvested,” argues Scholz. “It is a safe and effective product, allowing farmers to manage their crops without bringing risk to themselves, their families, their workers and the environment.” To read the full article follow this link:

https://www.capitalpress.com/opinion/columns/commentary-farmers-speak-out-on-the-facts-about-glyphosate/article_ff23e6a4-5a52-11e9-bfe7-c3ddb2fc8613.html

2017 Census of Agriculture Data Now Available!

On April 11, 2019, the U.S. Department of Agriculture announced the results of the 2017 Census of Agriculture which now includes new data about on-farm decision making. According to results, farm numbers and land in farms have ongoing small percentage declines since the last Census in 2012. At the same time, there continue to be more of the largest and smallest operations and fewer middle-sized farms. Further, the average age of all farmers and ranchers continues to rise. For more information, read USDA's release here: <https://www.usda.gov/media/press-releases/2019/04/11/2017-census-agriculture-data-now-available>

New WOTUS Proposed Rule Comment Deadline – April 15th

On Tuesday, December 11, the U.S. Environmental Protection Agency (EPA) and Army Corps of Engineers released a new proposed Waters of the U.S. (WOTUS) rule which redefines the jurisdiction of the Clean Water Act more narrowly and provides clarity to what is required of landowners. The proposed rule can be found in the Federal Register (FR) with supporting resources located on the EPA's site here: <https://www.epa.gov/wotus-rule/step-two-revise> . The 60-Day public comment period will close on April 15, 2019; NAWG will be submitting comments.

REMINDER: NRCS Seeks Comments on Conservation Practices

As part of the 2018 Farm Bill Implementation, USDA NRCS is requesting public comments on how to improve conservation practice standards that support programs such as the Environmental Quality Incentives Program and Conservation Stewardship Program, which help producers, cover part of the costs for implementing these practices. More information can be found in the Federal Register; the comment period ends April 25, 2019. NAWG is currently sollicitating feedback from its member states to submit comments.

Senate Appropriations Committee Holds Subcommittee Hearing on USDA FY2020 Budget Request

On April 11, 2019 the Senate Appropriations Committee's Subcommittee on Agriculture held a hearing on the FY2020 budget request for the U.S. Department of Agriculture (USDA). The witness list included USDA Secretary Sonny Perdue, USDA Chief Economist Robert Johansson, and USDA Budget Officer Erica Navarro. The hearing focused on a variety of topics, including USMCA, implementation of the 2018 Farm Bill, rural development, and natural disaster prevention and mitigation. The Subcommittee also approached cell-based meat, food aid programs in Kansas and Maine, and mental health programs for farmers. Note that earlier in the week, Secretary Perdue testified to the House Appropriations Committee's Subcommittee on Agriculture on USDA's 2020 Budget Request.

Groups Send Food Aid Letter to House and Senate Appropriations Committees

More than 75 groups, including the National Association of Wheat Growers (NAWG), sent a letter to the House and Senate Appropriations Committees advocating on behalf of international food aid programs. In the letter, the groups stated their support for P.L. 480 Title II Food for Peace, Food for Progress, and McGovern-Dole International Food for Education programs, and called on the Committees to ensure that they are robustly funded in the FY 2020 appropriations.

Secretary Perdue Statement on Vietnam's Ban on the Importation of Glyphosate

This week Vietnam's Plant Protection Department has announced that it has asked businesses to stop signing new import contracts for glyphosate-based herbicides (the product itself). In response, USDA Secretary Perdue issued a statement expressing disappointment in Vietnam's decision to ban glyphosate. "On numerous occasions, USDA has shared scientific studies with MARD from the U.S. Environmental Protection Agency and other internationally recognized regulatory bodies concluding that glyphosate is unlikely to pose a

carcinogenic hazard to humans. This ban flies on the face of that scientific evidence. Furthermore, Vietnam has sidestepped its obligation to notify this regulatory change to the World Trade Organization.”

American Bakers Association Unveils Most In-Depth Study on Gen Z Consumers Habits; Reveals Millennial Perceptions of Baked Goods

On April 8, the American Bakers Association released a report revealing that baked goods have promising future as their spending and influence increase over time. “Millennials are now the trend drivers in the baked goods category,” said Jason Dorsey, President of the Center for Generational Kinetics and the author of this report.

Some of the key findings include:

- 78% of Gen Z and Millennials eat carbs in their regular diet
- 75% are not concerned about carbohydrate consumption when consuming baked goods
- When it comes to bread, food waste is the main concern that inhibits purchases
- The most important nutritional descriptors for baked goods are “whole grains”, “freshness”, and “natural ingredients”

NWF Accepting Entries for 2019 National Wheat Yield Contest

The National Wheat Foundation (NWF) is currently accepting grower enrollment for the 2019 National Wheat Yield Contest! The Contest is divided into two primary competition categories: winter wheat and spring wheat, and two subcategories: dryland and irrigated. The Foundation is accepting entries for Winter and Spring Wheat at this website: <https://yieldcontest.wheatfoundation.org/> . The deadline for Winter Wheat entries is May 15th with an early registration deadline of April 1st. The Spring wheat entry deadline is August 1st with an early registration deadline of June 15th.

NCSGGA Upcoming Events

April 16th, 2019
AG By the Slice
Guilford County 4-H

April 17th / 10:00am – 1:00pm
Small Grains Field Day
Piedmont Research Station
Salisbury, NC

April 18th / 8:30am
Environmental Field Day
Bob Martin Eastern Agricultural Center
Williamston, NC

April 24th - 26th / 9:00am-2:00pm
Farm Animal Days
NCSU Beef Unit
4505 Mid Pines Rd.
Raleigh, NC

May 8th, 2019
NC Ag Products Dinner
State Fairgrounds
Raleigh, NC

May 17th – 19th, 2019
Got to be NC Festival
State Fairgrounds Raleigh, NC

June 18-19, 2019
NC State FFA Convention & Career Show
Raleigh Convention Center

June 25th, 2019
Touch A Tractor Kids Series
4020 Market At North Hills St,
Raleigh, NC 27609

August 1st / 9:00am
Research & Education Mtg.
NCSGGA Office
3822 Bland Road
Raleigh, NC 27609

August 7th, 2019
NCSGGA Assessment Referendum Voting Day
Blacklands Farm Managers Tour

August 15th – 16th, 2019
NCSGGA Board Meeting
Sheraton Imperial Hotel
Durham, NC

September 7th, 2019
CALs Tailgate
PNC Arena
Raleigh, NC

October 15th – 17th, 2019
Hoke Co. Ag Awareness Week
Hoke-Robeson Cotton Gin
Maxton, NC

October 22nd - 24th, 2019
Stanly County Ag Awareness Week
Stanly County Agri-Civic Center
Albemarle, NC

November 6th, 2019

Northeast Regional AG Expo
Bob Martin Eastern Agricultural Center
Williamston, NC

The North Carolina Small Grain Growers Association, Inc. is a nonprofit corporation formed to encourage, promote and develop more efficient and effective small grain marketing and production practices and to participate in all matters relative to the interests of small grain producers. For more information please contact Dan Weathington, Executive Director of NCSGGA at danweathington@gmail.com / 910-736-8258 or Nikki Johnson for Outreach Events and Communications at nfjohnson0902@gmail.com / 919-809-8657.