

EIDL Loan and Advance Open for Agricultural Businesses

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The Economic Injury Disaster Loan and Advance program (EIDL) has reopened to provide assistance to agricultural businesses. The application is available online via sba.gov, and successful applicants may receive up to \$10,000 through the program. According to the website, agricultural businesses that are eligible include businesses that are “engaged in the production of food and fiber, ranching, and raising of livestock, aquaculture, and all other farming and agricultural related industries (as defined by section 18(b) of the Small Business Act (15 U.S.C. 647(b)).” Agricultural businesses with fewer than 500 employees are eligible for the program. Visit the sba.gov website for more application requirements and details.

This Week on the Southern Ohio Farm Show

This week’s episode of the *Southern Ohio Farm Show* featured a weather update by OSU Extension Climatologist, Dr. Aaron Wilson, the EIDL program, an interview with Dr. Michael Para of the Ohio State University Wexner Medical Center about COVID-19, gardening with Faye Mahaffey, a meat science cooking demonstration, and a special segment about Mother’s Day. If you were unable to view the show, it is also posted on our Facebook and [YouTube](#) pages. It will also be broadcasted on the Hillsboro and Greenfield local access channels.

The next broadcast of the Southern Ohio Farm Show will be held on Wednesday, May 13, 2020, at 10 AM via Zoom. You can register for the program via:

<https://go.osu.edu/thesouthernohiofarmshowregistration>

Next week’s episode will include topics on pesticide container recycling and forages with guest speakers of Tony Nye and Christine Gelley. If you do not have a computer or a smart phone, you are still able to listen to the program using the call-in option. Call the OSU Extension Office at 937-393-1918 for more information about the call-in number.

Local Foods Directory Website

We are continuing to update the Local Food Directory daily. There are over 300 Ohio food producers listed on the site, with products ranging from fresh meat and eggs to maple syrup. You can visit the site at <https://u.osu.edu/localfoodproducers/>. The survey link is also available on the Local Food Producers Directory home page if you would like to add your farm to the list.

Making Better Beverage Choices

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What you drink is as important as what you eat. And depending on what your family drinks, can be very expensive. Here are tips on saving money while being healthy at the same time.

- Drink water instead of sugary drinks when you are thirsty. How much water is enough? Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Water is easy on the wallet. You can save money by drinking water from the tap at home or when you are eating out.
- If you think that the taste of water is boring, try adding frozen fruit. Buy fruit when it is in season due to being less expensive. Freeze the fruit and put in your water. Buy a bag of lemons, wash and cut into wedges. Then put in a bag and freeze. When drinking water, throw a couple wedges in your glass. It will keep your water cold as well as add great flavor.
- 100 % fruit juice can be diluted down with water. You are still getting the nutrients of juice but less sugar.
- Don't forget your dairy! When choosing milk, select low-fat or fat-free milk. Each type of milk offers the same key nutrients such as calcium, vitamin D and potassium. But the calories are very different. Adults and teens need 3 cups of milk per day, children 4 to 8 years old need 2 ½ cups and children 2 to 3 years old need 2 cups.
- Smoothies are a great treat and can be nutritious too! Smoothies are fun and easy to make. Let your family pick their favorite fruit to add. Bananas and honey will sweeten your smoothie so that you won't need to add sugar. Most pre-made smoothie mixtures have a lot of sugar and preservatives that you don't need so it's better to make your own. When making a smoothie you will need: **Fruit + liquid (juice, milk) + thickener (yogurt or ice) + Optional Flavors (honey, vanilla, coconut etc.) = Fruit Smoothie!**

Very Berry Smoothie

½ cup each frozen strawberry, blueberry and raspberry

½ cup apple juice

¼ cup low-fat yogurt (plain or any fruit flavor)

1 teaspoon of honey

Mix in blender and enjoy.