

SERVICEMEMBER AGRICULTURAL VOCATION EDUCATION (SAVE)



Monthly Newsletter

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Announcement

New Charitable Deduction for those who do not Itemize Deductions: Included within the Coronavirus Aid Relief and Economic Security (CARES) Act, Congress wanted to provide some relief to charitable organizations. The Act permits eligible individuals who do not Itemize Deductions to deduct \$300 of qualified contributions as an “above-the-line” deduction (i.e. an adjustment to arrive at Adjusted Gross Income (AGI)) for tax years beginning in 2020.

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Congratulations!

On October 9, 2020, SAVE Farm recognized students and interns for completing their commitment in their individual programs.

SAVE Farm is dedicated to upholding our vision of serving as a sustainable model for hands-on agriculture and agribusiness training and education, integrated with behavioral health therapy, with an emphasis on servicemembers, veterans, and their families. Instilling a solid foundation, these students have provided a strong example for future students and interns to follow.

We recognized the individuals participating in the Incubator Farms Internship in Lawrence, KS under the guidance of Kelley Coquillet. Amy Jones, Beau Stude, David Gerling, Mike Schwartz, Pantaleon Florez III, Traci Furan, and Vince Perdue proved their proficiency with hard work and dedication to agriculture from April 2020 to October 2020.

SAVE Farm and Golden Prairie Honey Farms recognized a few of the student currently participating in the Master Beekeeping Certification. The faithful commitment and dedication to their accomplishments is a testimony of their devotion to Apiculture.

Anthony Krebs, Chris Brown, Terry Bork, and Tom Coberly were recognized for completing the Apprenticeship Level of the Master Beekeeping Certification. Terry Bork was also recognized for completing the Journeyman Level of the Master Beekeeping Certification. These beekeepers are well on their way to achieving great accomplishments in Apiculture.

Thanks, and great appreciations were given to Ben Mosier, Larry Brown, and Terry Bork for volunteering their time to help with the success of the day to day operations of Golden Prairie Honey Farms.



“Thank You for Your Volunteer Service”

Volunteering provides many benefits to both mental and physical health. Volunteering helps counteract the effects of stress, anger, and anxiety. Connecting individuals to others, volunteering is good for your mind and body.

One of the better-known benefits of volunteering is the impact on the community. We are always thankful for those who offer their time and service.

On behalf of SAVE Farm and Golden Prairie Honey Farms, we would like to say thank you to everyone that has volunteered with us.

For volunteer opportunities, contact us at (785) 775-1212 option 1.



Healthy Cooking with Honey!

As many people know, honey is healthier for you all around, especially raw honey. Honey can be used as a substitute for sugar in almost everything that we bake or make.

One thing about cooking with honey is that the taste of honey changes based off of its' nectar source. Honey made from orange blossoms or cranberry will taste different from honey that comes from wildflowers.

Here are some receipes featuring honey that may just perk you up during your down time.

Honey Roasted Pecans

Recipe by Paige Nester

1 pound pecan halves

2 egg whites

½ teaspoon salt

1 teaspoon vanilla

¾ tablespoon cinnamon

½ cup brown sugar

½ cup honey



Add egg whites to a small pot. Whip egg whites until foamy. Add salt, vanilla, cinnamon, brown sugar and honey. Mix again thoroughly; add pecans. Lay out on greased baking sheet. Bake for 1 hour at 250 degrees, stirring every 15 minutes. When stirring, make sure to stir the perimeter of the baking sheet. After pecans have been baked for 1 hour, separate onto multiple sheets and break up as much as possible; this will help keep them from sticking together and sticking to the pan. Use nonstick cooking spray on food safe gloves to help prevent pecans from sticking to your hands.

Makes 1 pound pecans



Easy, one bowl, healthier pumpkin muffins can be made in with whole wheat grains and naturally sweetened! These are light and fluffy, rivaling their coffee shop counterparts.

Healthy Pumpkin Muffins

1/3 cup melted coconut oil or extra-virgin olive oil

½ cup honey

2 eggs, at room temperature

1 cup pumpkin puree

¼ cup milk of choice

2 teaspoons pumpkin spice blend (or 1 teaspoon ground cinnamon, ½ teaspoon ground ginger, ¼ teaspoon ground nutmeg, and ¼ teaspoon ground allspice or cloves)

1 teaspoon baking soda

1 teaspoon vanilla extract

½ teaspoon salt

1 ¾ cups whole wheat flour

1/3 cup old-fashioned oats, plus more for sprinkling on top

Optional: 2 teaspoons turbinado (raw) sugar for a sweet crunch

1. Preheat oven to 325 degrees F (165 degrees C). If necessary, grease all 12 cups of your muffin tin with butter or non-stick cooking spray.

2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs, and beat well. Add the pumpkin puree, milk, pumpkin spice blend, baking soda, vanilla extract and salt.

3. Add the flour and oats to the bowl and mix with a large spoon, just until combined (a few lumps are ok). If you like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.

4. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with about a tablespoon of oats, followed by a light sprinkle of raw sugar and/or pumpkin spice blend if you'd like. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.

5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they are cool down. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.

6. These muffins will keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days. They keep well in the freezer in a freezer-safe bag for up to 3 months (just defrost individual muffins as needed.)



“Bells of Peace”

November 11, 2020 marks the 102ND anniversary of the end of World War I (WWI), a war that saw 37,569,768 casualties! The “Bells of Peace” program was created to honor the 100th Anniversary of the Armistice in 2018. The program was so successful that it continues today.

The link below takes you to their website. It offers information, news, resources, and an app that you can download that will ring 21 times, five seconds apart, on November 11th at 11 a.m., in honor of the “Bells of Peace” that rang out so long ago to mark the end of WWI. For more information, please go to <https://www.worldwar1centennial.org/bells-of-peace-doughboy-foundation.html>



Donate While Shopping on Amazon!

If you shop on Amazon, please consider joining the Amazon Smile Program. It is a way to financially support SAVE without costing you money! If you join, and designate SAVE as your Smile charity of choice, Amazon will donate 0.5% of the purchase price on selected items to SAVE at no extra cost to you.

To join, go to www.smile.amazon.com and type “Servicemember Agricultural Vocation Education” in the search box. Next, hit the “Select” box. Each time you log into Amazon, thereafter, be sure to log in at www.smile.amazon.com. It will take to the Amazon home page and will also ensure that funds raised from your purchase go to SAVE. Thank you! We appreciate your support!

Veteran’s Day Parade with SAVE

The Veterans Day parade will go on this year in Manhattan, KS. This year’s parade will honor veterans of the Korean War.

Flint Hills Veterans Coalition president Chuck Sexton said, “Our Korean War veterans did not receive a welcome home when they came home from fighting in the Far East. They did not receive the parade; they did not receive a lot of things that we enjoy as Soldiers today. Similar to the Vietnam generation, they came home to a rather cold reception.”

The parade begins at 9:30 a.m. on November 11, which is Veterans Day.

The citywide mask ordinance requires people to wear masks while outdoors in public spaces if they can’t maintain a 6-foot distance between individuals.

Parade entry coordinator Chuck Tannehill stated that throwing or giving out any items during the parade or at the assembly area is prohibited this year.

You can find additional information about the parade on the coalition’s website at flinthillsveterans.org.

