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# Valley Ag Insurance Newsletter

## Homemade Corned Beef with Vegetables

### Ingredients (Brine)

- 2 quarts of Water
- 1 cup of course salt
- 1 Tablespoon of Pink Curing Salt
- ½ cup of Sugar
- 1 Teaspoon Coriander Seeds, Crushed
- 1 Teaspoon Mustard Seeds, Crushed
- 1 Teaspoon Black Peppercorns, Crushed
- 1 Cinnamon Stick, Crushed
- 4 Dried Bay Leaves, Crushed
- 8 Whole Cloves

### Ingredients (Corned Beef)

- 5 pounds flat-cut beef brisket
- 1 medium onion, halved
- 1 medium celery stalk, halved
- 1 medium carrot, peeled, halved
- 1-pound baby turnips, peeled, trimmed
- 1-pound baby carrots, peeled, trimmed
- 1 medium head cabbage, cut into 8 wedges
- 1-pound small red potatoes
- Dijon mustard, for serving



### Step 1

Make the brine: Bring water to a boil in a large pot. Add salts, sugar, and spices; remove from heat, and stir until salts and sugar dissolve. Let cool.

### Step 2

Make the corned beef: Place brisket in a nonreactive container just large enough to hold it. Pour cooled brine over meat. Place 2 small plates on top to keep meat submerged; cover, and refrigerate for 2 weeks.

### Step 3

Rinse brisket; discard brine. Place in a large pot. Add enough water to cover by 2 inches. Add onion, celery, and halved carrot, and bring to a boil. Reduce heat, cover, and simmer until very tender, 3 to 3 1/2 hours.

### Step 4

Set a steamer in a large saucepan. Add enough water to reach the bottom, and bring to a boil. Add turnips. Reduce heat, cover, and steam until tender, 8 to 10 minutes. Transfer to a bowl. Repeat with baby carrots, steaming 10 to 12 minutes. Add to turnips.

### Step 5

Transfer corned beef to a cutting board. Tent with foil, and let rest for 30 minutes. Discard remaining solids from broth, then bring to a boil. Add cabbage and potatoes, and simmer until tender, about 25 minutes. Add turnips and carrots, and cook until warmed through. Transfer vegetables to a platter; reserve broth.

### Step 6

Trim excess fat from beef. Slice thinly against grain, and transfer to platter. Serve with broth and mustard.

Courtesy of: <https://www.marthastewart.com/317103/homemade-corned-beef-with-vegetables>

## Employee Spotlight

At Valley Ag Insurance, we strive to recognize agents that help us serve you! This month's employee spotlight is on Debbie Hood. Debbie is the heart and soul of our office!



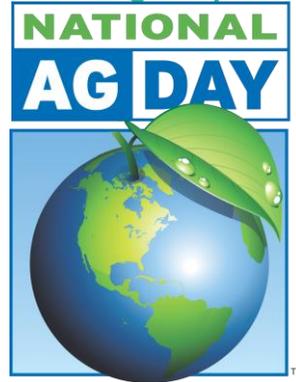
Debbie ensures that Valley Ag Insurance agents and customers are happy and well taken care of every day. Debbie is very appreciated by the staff at Valley Ag Insurance for methodical, timely, and extremely friendly service to all. We appreciate you Debbie! We are lucky to have you around!

If you see Debbie around give her a smile and a congratulations!

## Around the Valley... March

Date	Event
6-7	Fresno State Bulldoggers Rodeo (Fri., 6 p.m.; Sat., 8 a.m. slack session; short-go final 5 p.m., Clovis Rodeo Grounds)
6-8	Fresno Home and Garden Show, Fresno Fairgrounds
7-8	Blossom Trail Festival 9AM-3PM Downtown Sanger, CA
14	Horticulture Nursery Spring Veggie Plant Sale (8 a.m., Gibson Farm Market)- Fresno State
20	Spring Into Your Garden Sale – 12PM 945 N. Clovis Avenue, Clovis (at Dry Creek Park, just north of Alluvial Avenue)
21	Relay for Life Fresno – 9AM Fresno City College Ratcliffe Stadium 1800 N Blackstone Ave. Fresno, CA 93703
24	National Ag Day Celebration Memorial Garden- CSU- Fresno 11AM-1PM
27	Fresno Chaffee Zoo Ag Day (9 a.m. - 1 p.m.)
28	Viticulture Club Papa Petrucci 4k Vineyard Run/Walk Fresno State Vineyard (check-in 7:30 a.m. / race 8 a.m.)

## National Ag Day History



### Q: What is Ag Day?

A: It's a day to recognize and celebrate the abundance provided by agriculture. Every year, producers, agricultural associations, corporations, universities, government agencies and countless others across America join together to recognize the contributions of agriculture.

### Q: When is National Ag Day?

A: Ag Day is celebrated on March 24, 2020. National Ag Day falls during National Ag Week, March 22-28, 2020.

### Q: What Is Ag Day All About?

A: Ag Day is about recognizing - and celebrating - the contribution of agriculture in our everyday lives. The National Ag Day program encourages every American to:

- Understand how food and fiber products are produced.
- Value the essential role of agriculture in maintaining a strong economy.
- Appreciate the role agriculture plays in providing safe, abundant and affordable products.

### Q: Why Celebrate Agriculture?

A: Agriculture provides almost everything we eat, use and wear on a daily basis. But too few people truly understand this contribution. This is particularly the case in our schools, where students may only be exposed to agriculture if they enroll in related vocational training.

By building awareness, the Agriculture Council of America is encouraging young people to consider career opportunities in agriculture.

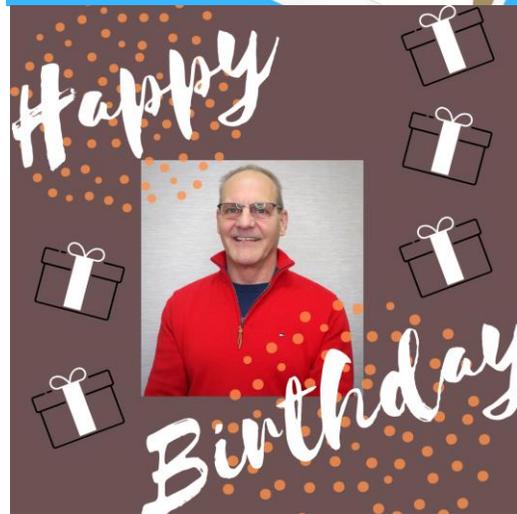
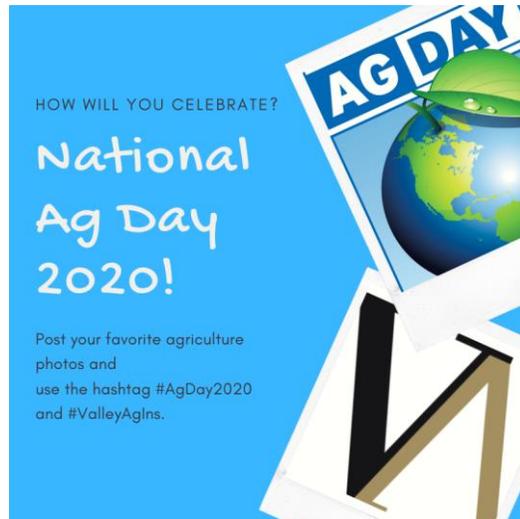
Each American farmer feeds more than 165 people ... a dramatic increase from 25 people in the 1960s. Quite simply, American agriculture is doing more - and doing it better. As the world population soars, there is an even greater demand for the food and fiber produced in the United States.

### Q: How will Valley Ag Insurance Celebrate?

A: We are partnering with Fresno State and their National Ag Day Celebration on campus and we will be posting fun items from the National Ag Day Social Media accounts!

If you'd like to celebrate with us, check out our social media pages and use the #AgDay20 and #ValleyAgIns!

Celebrate with Us!



Celebrate Paul's Birthday with us on March 5<sup>th</sup>! #HBDPaul



Valley Ag Insurance Agency Inc Turns 31 years old on March 19<sup>th</sup>!

## School Sports Safety: 7 Tips to Help Keep Student Athletes Safe

Your Fresno area household may be one of the millions this spring in which student athletes are dreaming of victory on their school playing fields. Of course, Valley Ag Insurance Agency Inc. want to see them succeed, but we also want them to be safe.

So, here are seven tips for students, parents and school staff to keep in mind as the new season gets underway:

1. Start off on the right foot: All athletes need a preseason physical and should share any medical conditions, such as sickle cell trait, with coaches. And, parents, don't forget to provide your contact information and permission for emergency medical care.
2. Think about nutrition: A healthy diet offers plenty of complex carbohydrates, plus moderate amounts of protein, salt, sugars and sodium. Keep fat, saturated fat and cholesterol to a minimum.
3. Be smart about injuries: Athletic trainers and consulting physicians, not coaches, should decide whether athletes continue playing following an injury. Athletic staff needs to know how to use defibrillators and keep them nearby during both practice and games. Finally, athletes should always speak up about and seek medical attention for such symptoms as dizziness, memory loss, lightheadedness, fatigue or imbalance after a hit in the head or a fall. In most cases, they should not rejoin practice or play that same day.
4. Maintain equipment and facilities: Helmets and pads should be properly fitted; gymnastic apparatus well-maintained. Facilities must be kept clean and checked for germs regularly.
5. Warm up, cool down: Always warm up and stretch before beginning activities. Cool down and stretch when finished, and take plenty of breaks in between.
6. Stay hydrated: Drink plenty of water (costly sports drinks aren't usually necessary) before, during and after a workout or practice.
7. Build up a heat tolerance: To avoid heat illnesses, especially in sports requiring protective equipment, start slowly and build up to more intensive training requiring the full gear.

We hope these tips help set up your student athletes for success this season. We'll be rooting for them!

## Notable National Days in March

### **MARCH 1**

National Horse Protection Day  
Self-Injury Awareness Day

### **MARCH 2**

World Teen Mental Wellness Day

### **MARCH 6**

National Oreo Cookie Day  
National White Chocolate Cheesecake Day  
National Employee Appreciation Day – *First Friday in March*

### **MARCH 8**

International Women's Day

### **MARCH 12**

National Girl Scout Day  
World Kidney Day – *Second Thursday in March*

### **MARCH 13**

National Good Samaritan Day  
National Open an Umbrella Indoors Day

### **MARCH 16**

National Panda Day

### **MARCH 17**

National Corned Beef and Cabbage Day  
St. Patrick's Day

### **MARCH 19**

National Poultry Day  
National Farm Rescuer Day

### **MARCH 21**

National California Strawberry Day

### **MARCH 23**

National Puppy Day

### **MARCH 24**

National Ag Day

### **MARCH 29**

National Mom and Pop Business Owners Day

### **MARCH 30**

National Take a Walk in the Park Day  
National Doctors Day

