

DELAYED PLANTING RESOURCES FROM MSU EXTENSION

Visit our new website:
extension.msu.edu/delayedplanting

Throughout Michigan and the Midwest, prolonged wet weather and flooding have put farmers in a difficult position as the spring 2019 planting season closes. With unprecedented rainfall, farmers have had to delay planting and adjust management practices. MSU Extension has a statewide network of agricultural educators tracking growing conditions, speaking with farmers and writing informative articles about how farmers can adjust to these inhospitable conditions and difficult choices.

MSU Extension also has programming dedicated to serving farmers under stress: whether it be physical, financial, emotional or some combination of pressures.



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MENTAL HEALTH RESOURCES

- Michigan Association for Suicide Prevention
734-624-8328
- Common Ground
1-800-231-1127
- Michigan 211
www.m211.org
- Crisis Text Line: Text "GO" to 741741
- Veterans Crisis Line
1-800-273-8255, Press 1
- National Suicide Prevention Lifeline
1-800-273-TALK(8255)

IMPORTANT TOOLS

RESOURCES WITH THE LATEST INFORMATION

MSU Extension's statewide network of educators and specialists are providing regular updates about delayed planting and the issues that arise from delays or replanting, including the impacts on insect pests and weed control and how to best handle forage supplies. As this unusual season progresses, we will continue to update resources to meet evolving challenges.

SUBMIT A QUESTION

If you are looking for an expert who can answer questions about your situation, you can submit that question online at:

www.extension.msu.edu/ask

SIGN UP FOR UPDATES

MSU Extension sends more than 70,000 people updates on a weekly or monthly basis on the issues that matter to them including is farm management, forages, field crops and more.

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To learn more, visit extension.msu.edu/delayedplanting

RESOURCES TO MANAGE FARM STRESS

Farmers know how to take care of their animals and crops, taking careful steps to ensure they are healthy and safe, yet farmers may need support and encouragement to tend to their own mental and physical stress and fatigue. Stress becomes especially intense when an on-farm injury occurs, commodity prices are low or natural disasters decrease yields.

Whether these stresses come from a financial issue or the stresses of everyday life, MSU Extension can help. If you're concerned about yourself, a family member, a friend or a neighbor, MSU Extension has resources and educators that can help you identify and manage stress. MSU Extension provides trusted, evidence-based education and expertise on these and many other topics:

Resilient Minds: Managing Stress on the Farm

How to Cultivate a Productive Mindset

A guide that includes helpful mindset tactics such as using self-talk, breathing and acceptance.

Opioids in Rural Farming Communities

The opioid epidemic has hit many communities, including farm communities. This guide helps you understand the signs and symptoms of opioid misuse, how it affects rural communities and how you can help your community.

How to Talk With Farmers Under Stress

Warning signs of stress and ways you can help a farmer you know who is going through a difficult time and showing signs of stress. Includes steps to take if you think a near-term crisis is likely.

Coping With Grief After Losing the Farm

Steps you can take to help work through the grief associated with losing a farm.

Managing Stress for Farmers and Farm Families

Simple techniques and reminders as you deal with stress.

Youth Farm Stress

Detailing warning signs of stress in youth and ways you can help the youth in your life.

How Stress Affects You

A helpful list detailing how stress affects your body, your thoughts, your feelings and what you do.

Resilient Farms: Financial and Management Guides

Helping Farmers Understand Net Worth

This quick guide helps farmers understand net worth, a net worth statement, why it is important, what you can learn from it and a sample net worth statement to fill out.

Creating a Spending Plan

For farmers dealing with variable incomes, low commodity prices and increasing debt, a spending plan can be a useful tool in managing farm family finances or household (nonbusiness) finances.

Understanding Credit and Debt

Helping farm families in financial distress understand the fundamentals of credit and debt, including credit scores and how to manage debt.

Turning Personal Skills Into Income

Exploring ways farm families can turn their technical, trade and management skills into supplemental income-producing opportunities.

Risk Management: Selecting Insurance

A three-step guide to select the right insurance for your farm and current situation.

Go Online

Find all of these resources and more at extension.msu.edu/farmstress

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