

# SC Farm Report

**SC Cattle Auctions Weekly Review:** Compared to last week, all classes of feeder cattle were unevenly steady. Feeder Steers: Medium and Large 1-2 400-500 lbs 157.50-175.00; 500-600 lbs 150.00-177.50. Feeder Bulls: Medium and Large 1-2 400-500 lbs 130.00-179.00; 500-600 lbs 155.00-155.00. Feeder Heifers: Medium and Large 1-2 400-500 lbs 130.00-145.00; 500-600 lbs 125.00-147.50. Slaughter cows were 2.00 higher. Slaughter Cattle: Breakers 75-80% lean 64.00-79.00; Boners 80-85% lean 65.00-85.00; High Dressing 80.00-90.00; Lean 85-90% lean 60.00-77.00; Lean low dressing 45.00-67.00. Slaughter bulls were 2.00 higher. Slaughter Bulls: Average dressing 915-2280 lbs 80.00-110.00; High Dressing 1315-2010 lbs 65.00-82.00; Low Dressing 940-1510 lbs 65.00-82.00.

Goats: [162] Week Ago: 148 Reported Monday to Wednesday. Slaughter and replacement classes sold on a per head basis and weights are estimated. Kids: Sel 1 20-40 lbs 30.00-80.00, 40-60 lbs 65.00-110.00, 60-80 lbs one @ 85.00; Sel 2 20-40 lbs 25.00-40.00. Does/Nannies: Sel 1 50-70 lbs 120.00, 70-100 lbs 125.00, 100-140 lbs 165.00-170.00, 140-180 lbs 205.00; Sel 2 50-70 lbs 55.00-100.00, 70-100 lbs 95.00-120.00. Bucks/Billies: Sel 1 70-100 lbs 110.00-185.00, 100-150 lbs 150.00-270.00, 150-250 lbs 220.00-300.00; Sel 2 70-100 lbs 135.00-145.00, 100-150 lbs 110.00-190.00, 150-250 lbs one @ 210.00. Wethers: Slaughter 1 and 2 100-150 lbs 160.00-210.00, 150 lbs couple @ 230.00.

SC Grain on Friday. Corn bids were steady to 1 cent higher; elevator bids 6.92-7.42, processor bids 7.17-7.52. Soybean bids were 11 cents higher; elevator bids 13.63-14.13, processor bid 14.58 and export 14.58. Wheat bids were 3 to 4 cents lower; elevator bids 6.92-7.12.

Cotton on Friday. Southeast base price for 41-4/34 grade was 1.45 lower at 85.83.

**Fruits & Vegetables:** Prices paid to SC growers at the Columbia State Farmers Market on Friday. Beans bucrts Snap 40.00, KY type 30.00; Beets 25 lb filmbags Red topped 15.00, dz bnchs Green type 25.00; Broccoli 20 lb ctns Crown Cut 22.00; Cabbage 50 lb ctns Green Medium 18.00-20.00; Cauliflower ctns film wrapped White 12s 55.00; Cilantro ctns bnchd 30s 12.00; Corn, Sweet 4 dz crts White/Yellow/Bi-Color 20.00; Cucumbers 1 1/9 bucrts Pickles Medium 45.00, Pickles Large 25.00; Eggplant 1 1/9 bucrts Medium 18.00-20.00; Grapes 1/2 bucrts Scup-pernongs 37.00-38.00, 1/2 bucrts Muscadines 37.00-38.00; Greens dz bnchs Collards/Mustard/Turnips w/root 25.00, ctns bnchd Kale 24s 15.00, ctns loose Turnip Tops/Mustard 15.00, ctns loose Creasy type 16.00; Lettuce, Romaine ctns 24s 70.00; Onions, Green crts bnchd 24s 20.00, ctns bnchd 48s 45.00; Peanuts, Green busks Jumbo type 45.00; Peppers, Bell 1 1/9 bucrts Green Extra Large/Large 20.00, Green Choice 16.00, Red Extra Large 35.00; Radishes ctns bnchd Red type 24s 20.00, 35 lb filmbags Red type topped 25.00; Rutabagas 1 1/9 bucrts Topped 15.00; Squash 1/2 bucrts Zucchini Small/Fancy 16.00-18.00, 1/2 bucrts Zucchini Medium 12.00-15.00.

1/2 bucrts Straightneck Small 20.00, 3/4 bucrts Crookneck Small 25.00, 1 1/9 bucrts Butternut 25.00; Sugarcane per stalk Red type 2.00-3.00, per bundle Red type 15ct 18.00; Sweet Potatoes 1/2 bucrts Orange Flesh US 1 18.00, bucrts Orange Flesh US 1 28.00-30.00, US2/Jumbo 20.00, Purple type 35.00-40.00, White type 35.00, Japanese type 35.00; Tomatoes 25 lb ctns Vine Ripes Light Red 5x6sz/Extra Large/Jumbo 35.00. SEASONAL: Deer Corn

busks Cob type 12.00. OUT OF STATE PRODUCE: Apples bucrts Red/Gold/Gala 20.00-25.00, Granny/Rome/Fuji 20.00-25.00, Muztu/Jonathan 24.00, Cameo/Ambrosia/Stayman 25.00, Arkansas Black/Gold Rush 25.00, Pinata/Braeburn 25.00, Pinklady 25.00-28.00, Crimson Crisp/McIntosh 25.00, Jonaprince/Jonagold 25.00-28.00, Honeycrisp 30.00, Evercrisp 30.00; Bananas 40 lb ctns #1 23.00-27.00; Cantaloupes ctns 9ct holdovers 20.00; Cucumbers 1 1/9 bucrts Long Greens MX Sel 28.00-30.00; Dragon Fruit 10 lb ctns 55.00, each 5.00; Guava 3/4 bucrts FL 45.00; Mangoes 1 layer flats Tommy Atkins 9s EC 12.00, Tommy Atkins 10s BR 12.75, Ataulfo 22s EC 12.00; Onions, Dry 50 lb sks Yellow Jumbo/Col 26.00-36.00, 50 lb sks White Jumbo 32.00-38.00, 25 lb sks Red Jumbo 17.00-20.00, 40 lb ctns Peru Sweet Jumbo 32.00-34.00; Peanuts, Green busks Jumbo type 55.00, Red Skin 61.00-65.00; Pecans 50 lb sks Pawnee (Old Crop) 150.00; Peppers, Bell 1 1/9 bucrts Yellow Extra Large 30.00; Pineapple ctns 1 layer Golden Ripe 6s/7s 13.00-17.00; Potatoes 50 lb sks White/Red A type 25.00; Sugarcane per bundle Green type FL 10s 25.00, per bundle Red type FL 10s 26.00-30.00, per stalk Green type FL 3.00; Sweet Potatoes 40 lb ctns Orange type US Number 1 NC 19.50-22.00, US Number 2 NC 13.00-16.00, Jumbo

NC 15.00-18.00, US Number 2 MS 20.00, 1/2 bucrts Jumbo NC 10.00; Tomatoes 25 lb ctns Vine Ripe Light Red Extra Large/Jumbo 40.00, 5x6 sz 38.00-40.00, 6x6 sz 40.00, Yellow 38.00, Green 5x6 sz 42.00-45.00; Tomatoes, Plum 25 lb ctns Roma Extra Large 30.00-33.00; Turnips 25 lb filmbags Topped 15.00. CITRUS: Grapefruit 4/5 bucrts Red type FL 40s 27.00-36.00, 25 lb ctns Red type FL 25.00; Oranges 4/5 bucrts Navel FL 32.00-34.00, 4/5 bucrts Navel Fair Quality 20.00, 4/5 bucrts Red Navel FL 27.00, 25 lb ctns Navel FL 20.00, 25 lb ctns Red Navel FL 20.00; Pummelos ctns 12s 25.00, 42s 38.00; Tangerines 16 kg ctns Murcott PE 27.00, Murcott CL 20.00, 16 kg ctns Tango PE Small 20.00, 25 lb ctns Fallglo FL 25.00.

For detailed reports go to [www.ams.usda.gov/marketnews.htm](http://www.ams.usda.gov/marketnews.htm) or [www.agriculture.sc.gov](http://www.agriculture.sc.gov) or phone USDA-SCDA Market News at 803-737-4491 or 4497. Source: South Carolina Dept of Ag-USDA Market News, Columbia, SC 803-737-4491. [http://www.ams.usda.gov/mnreports/CO\\_LS146.txt](http://www.ams.usda.gov/mnreports/CO_LS146.txt)

## -- RECIPES --

### Whip up a meal for quick entertaining

Entertaining guests is a labor of love. Much effort goes into preparing a home for the arrival of friends and family, and that includes planning a menu that will accommodate as many people as possible.

Hosts and hostesses who are looking to take some of the work off of their plates can explore recipes that are less labor-intensive. Slow cookers are the unsung heroes of the kitchen. While busy families often use them to prepare weeknight meals, slow cookers also can be used when cooking for crowds. In such instances, they free up time for party hosts to tackle other jobs.

This recipe for "Sweet Southern Slow-Cooker Ham," courtesy of the National Pork Board and Yummly, utilizes a fully cooked, store-bought ham and some sweet and savory accoutrements. The ham can be served on its own, or be used to create delicious sliders. Since it serves 12, it's the perfect meal for a crowd.

#### Sweet Southern Slow-Cooker Ham Serves 12

- 1 bone-in fully cooked ham (about 5 1/2 pounds)
- 1 cup apple cider
- 1/2 cup dark brown sugar
- 1/3 cup bourbon (preferably Kentucky)
- 1/4 cup honey
- 1/4 cup Dijon style mustard
- 4 sprigs fresh thyme

Place the ham in a large slow cooker. Whisk the cider with the brown sugar, bourbon, honey, and mustard. Slowly pour over the ham. Scatter the thyme sprigs into the slow cooker.

Cook on high for 4 hours or on low for 8 hours, or until very tender. Remove ham to rest on a cutting board. Pass the remaining cooking liquid through a fine mesh sieve into a saucepan. Simmer for 10 minutes or until slightly reduced. Cut the ham into chunks or slices. Brush the



cut pieces with the cooking liquid before arranging on a platter. Serve warm or at room temperature.

### Stick to a diabetes meal plan with a delicious dinner

Individuals with diabetes understand the importance of maintaining a doctor-recommended diet to help keep blood-sugar levels in check. It's not always easy to stick to a healthy diet, but choosing versatile and tasty recipes can help make healthy eating that much easier.

Individuals managing diabetes, or even people without the condition, can dig into this popular dish, which is perfect in cooler temperatures. Try "Beef Stroganoff" from The Mayo Clinic's Diabetes Meal Plan Recipes.

#### Beef Stroganoff Serves 4

- 1/2 cup chopped onion
- 1/2 pound boneless beef round steak, cut 3/4-inch thick, all fat removed
- 4 cups uncooked eggless egg noodles
- 1/2 cup fat-free cream of mushroom soup (undiluted)
- 1/2 cup water
- 1 tablespoon all-purpose (plain) flour
- 1/2 teaspoon paprika
- 1/2 cup fat-free sour cream

In a nonstick frying pan, saute the onions over medium heat until they're translucent, about 5 minutes. Add the beef and continue to cook for another 5 minutes or until the beef is tender and browned throughout. Drain well and set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the noodles and cook until al

dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a saucepan, whisk together the soup, water and flour over medium heat. Stir until the sauce thickens, about 5 minutes. Add the soup mixture and paprika to the beef in the frying pan. Over medium heat, stir the mixture until warmed through. Remove from heat and add the sour cream. Stir until combined.

To serve, divide the pasta among the plates. Top with the beef mixture and serve immediately.



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THIS FOOD IS NOT REALLY A NUT, DESPITE ITS NAME. IT IS A LEGUME CROP GROWN FOR ITS EDIBLE SEEDS.

ANSWER: PEANUT

### What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?



Answers: 1. Knife is shorter 2. Sandwich has a bite taken out of it 3. Stain on table 4. Missing bread slice

### THIS DAY IN...



### HISTORY

- 164 BCE: JUDAS MACCABEUS RESTORES THE TEMPLE IN JERUSALEM. THIS IS THE BASIS OF CHANUKAH CELEBRATIONS.
- 1789: NORTH CAROLINA BECOMES THE 12TH U.S. STATE.
- 1905: ALBERT EINSTEIN PUBLISHES HIS PAPER THAT LEADS TO THE FORMULA: E=MC<sup>2</sup>.



### CREAMY

smooth and rich; resembling cream



ENGLISH: Grind

SPANISH: Pulverizar

ITALIAN: Polverizzare

FRENCH: Moudre

GERMAN: Etwas zermahlen



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Can you guess what the bigger picture is?

ANSWER: PEANUT BUTTER

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