

Take Me Out to the *Ballgame!*

PRESENTED BY

FCCB
FIRST CITIZENS COMMUNITY BANK

FARM SHOW NIGHT

JULY 10TH @ 6:30 PM

GASTONIA HONEY HUNTERS @ LANCASTER BARNSTORMERS





We are proud to sponsor Farm Show Night at Clipper Magazine Stadium in Lancaster on Saturday, July 10th for the Lancaster Barnstormers vs. Gastonia Honey Hunters baseball game. The game starts at 6:30 and tickets can be purchased at LancasterBarnstormers.com. We hope you can join us for a night of family fun!



SECOND EDITION 2021

President's Message
Turn struggles into success.

Customer SPOTLIGHT
Hard work makes dreams possible.

Fresh IDEAS
Stuffed Baby Bellas

What's Happening IN AG
Mushrooms - Nature's Superfood

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How did Kennett Square become the mushroom capital of the world?

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Meet Adam Brandt and Kiera Carniero.

EVENTS & STUFF YOU'LL WANT TO DO
It's fair season!

Take me out to the *Ballgame!*



President's Message

"As long as there's a few farmers out there, we'll keep fighting for them."
— Willie Nelson

The American Bankers Association recently announced the top Agricultural Lending Banks in the Nation as of December, 2020 and **First Citizens was proud to be recognized as the #3 Agricultural Lender headquartered in Pennsylvania!** Our continued growth in the Agricultural sector is a sign of our dedication to farming communities and demonstrates our ability to leverage one of our strengths — a highly energized, very experienced Ag Banking Team.

When we evaluate the geographic expansion of our organization, the presence of farming is always a key

component. Our move into the Kennett Square, PA market is a good example, as it is a growth market that is diverse in population and industry, and is the largest mushroom production area in the world. We've included some interesting articles on mushrooms in this edition of *Have You Herd* so you can see for yourself how valuable mushroom farming is to Pennsylvania.

It's May, which means things will get more hectic for farmers. I hope we can help you turn last year's struggles into this year's success.

Randy

Customer SPOTLIGHT

HARD WORK MAKES DREAMS POSSIBLE

IN 2000, WHEN ELVA RODRIGUEZ STARTED DATING HER HUSBAND, JUAN, SHE DIDN'T TAKE HIS TALK ABOUT OWNING A MUSHROOM FARM TOO SERIOUSLY.

But they married 7 years later and he was still talking about it, so Juan quit his successful truck driving job to work at two local mushroom farms. "He wanted to learn everything he could about running the business," said Elva. "For two years we lived off of my paycheck and saved Juan's so we could start our own farm." The Rodriguezes then took ownership of PM Mushrooms,



LLC and have been growing ever since. "By year two," said Elva, "we were able to purchase the property so we no longer had to pay rent." Today, the family business runs 4 plants with 16 employees. "To me, the best part of this business is the way it allows us to support other families and the time it gives me with my children as they become part of our success."



Fresh IDEAS

Stuffed Baby Bellas

Stuff ahead of time and bake when you're ready!

- 1 1/2 lbs. baby mushrooms, stems removed and chopped
- 2 tbsp. butter
- 2 cloves garlic, minced
- 1/4 c. breadcrumbs
- 1/4 c. grated Parmesan, plus more for topping
- 4 oz. cream cheese, softened
- 2 tbsp. parsley
- 1 tbsp. thyme

- 1 Preheat oven to 400°. Wash and place mushrooms on baking sheet.
- 2 Melt butter in skillet over medium heat. Cook mushroom stems until most moisture is out, about 5 minutes. Add garlic and cook until fragrant, then add breadcrumbs and toast slightly.
- 3 Add Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill caps and sprinkle with more Parmesan.
- 4 Bake until mushrooms are soft and tops are golden, about 20 minutes.

What's Happening IN AG?

MUSHROOMS - NATURE'S SUPERFOOD

As an independent biomedical, treatment and education center, City of Hope is focused on clinical research in cancer and other life-threatening diseases. Over the last decade, researchers identified and tested cancer-inhibiting compounds in the common supermarket mushroom. Their work has moved into clinical trials, including one that tested whether consuming mushroom extract could stave off breast cancer recurrence in postmenopausal patients.

In early work, researchers found mushrooms can block the activity of the enzyme aromatase. Aromatase helps the body produce the hormone estrogen, which many breast cancers need to grow. Blocking the enzyme chokes off the supply of estrogen to tumor cells, stunting their growth. Mushrooms' natural aromatase-inhibiting properties might offer a dietary, non-drug intervention to help prevent recurrence of hormone-dependent breast cancers, according to researchers.

The recent study, which aimed to find an

effective dose of mushroom extract, centered on postmenopausal breast cancer survivors who were cancer-free after they finished their treatment. Women in the study took white button mushroom extract daily for 12 weeks. They were divided into groups that received either 5-, 8-, 10- or 13-gram doses. Researchers checked patients' responses by measuring blood levels of estradiol, a close chemical relative of estrogen. Women whose estradiol level dropped by 50 percent or more were deemed to have responded to the intervention.

Early findings from that study showed that the doses of mushroom extract that were tested blocked the enzyme, but not at levels likely to deter the disease. Scientists will continue to hone their work on the use of mushrooms in the fight against breast cancer.

Source: CityofHope.org



How Did Kennett Square become the Mushroom Capital of the World?

It all started in 1885 with William Swayne, a successful florist in Kennett Square. Swayne grew carnations, which require raised greenhouse beds to thrive. The empty space eventually led him to theorize that these damp spaces would be perfect for mushrooms. His idea was to grow mushrooms beneath the greenhouse benches. So, he ordered mushroom spores from England and hung burlap curtains from the carnation beds to create mushroom-friendly areas that maintained an even temperature and humidity.

A few years later when his son returned from college, he took over the mushroom business and made it a commercial success, eventually developing a spawn plant and a cannery in addition to the growing houses. By the 1920's, inspired by the Swayne's success and the attractive price of mushrooms in city markets, others began the production of mushrooms as their principal occupation. A rail line that ran through Avondale provided easy access to influential markets like New York City, Philadelphia and Washington, D.C.,

making mushroom cultivation more attractive. And so, for more than 100 years, farmers have been growing mushrooms in southeastern PA.

In the 1950's, mushroom growers formed the American Mushroom Institute - an organization to act as an advocate for the mushroom farm community. The AMI is still an active and important organization in the mushroom farm community. It promotes increased consumption of cultivated mushrooms, including research, advertising, publicity, merchandising, consumer education and

government relations. The organization also assists in developing better and more economical methods of growing, packaging and shipping mushrooms. The AMI works with mushroom farmers, suppliers and with educational institutions, including The Pennsylvania State University, for the betterment of the mushroom growers.

Today, Kennett Square is the mushroom capital of the world – producing over 500 million pounds of mushrooms a year. That's half of the U.S. mushroom crop!

We'll See You There!



The 2021 PennAg Industries Association announced that the popular Keystone Pork Expo, Poultry Progress Day, and MidAtlantic Manure Summit **will** take place this summer!

"PennAg has been hard at work to support our members and industry partners through the pandemic," said PennAg Executive Vice President, Christian Herr. "Finding a way to host the Expo for our pork and poultry producers and the manure haulers has been a priority. We know they find great value in the event each year and we're hopeful that

this shift to a new date and new location will be the solution to making this a reality."

This year, the event will take place on Wednesday, June 23rd at a new location – the Lebanon Expo Center, located at 80 Rocherty Road, Lebanon.

We look forward to seeing you there!

Employee HIGHLIGHTS

Meet Adam Brandt and Kiera Carniero - Farmers and FCCB Ag Bankers



Adam grew up on a 6th generation, 130-acre dairy farm in Elizabethtown, PA. After graduating from Delaware University with a degree in Agribusiness, Adam worked his family farm while managing a broiler and hog finishing operation. Today, he continues helping his family milk cows and tend to their corn, soybeans, barley and hay. "I'm not just your Ag Banker," says Adam. "I'm also your fellow farmer."
Adam Brandt, Credit Analyst



Kiera grew up on her family's 5th generation dairy farm in Loganton, PA where she and her siblings helped milk and care for a herd of 200 or more. "I've personally experienced the struggles and rewards of dairy farming and understand the challenges they face. With First Citizens, I've helped dairy farmers support a viable operation through diversification and growth."
Kiera Carniero, Business Development Officer

EVENTS & STUFF YOU'LL WANT TO DO

Mark Your Calendars - 2021 Fair Season is Coming!
Denver Fair, Lancaster County, PA – July 6th
Lycoming County, PA – July 14th

Lebanon County Fair – July 24th
Troy, PA Fair – July 26th
Lancaster County Fair – July 29th

Clinton County Fair – July 31st
Potter County, PA Fair – August 1st
Union County, PA Fair – August 1st

Tioga County, PA Fair – August 10th
Centre County, PA Fair – August 20th
Hinkelfest, Fredericksburg, PA – September 17th