WEEKLY CROP UPDATE
UNIVERSITY OF DELAWARE COOPERATIVE EXTENSION

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Vegetable Crops

Vegetable Crop Insect Scouting

– *David Owens, Extension Entomologist,* owensd@udel.edu

Asparagus
Asparagus beetles don't typically start coming out until a little bit later, but with the warm winter they may be active earlier than usual.

Cole Crops
Cabbages are going in and now while they and other brassica transplants are small is an extremely important time to scout for flea beetles. They are small, dark beetles that jump. In cool weather when plant growth slows down, they can cause significant defoliation. Thresholds are very low at the cotyledon stage, afterwards they are 1 beetle per transplant. 10-20% defoliation can significantly reduce yield.

Almost all of the important brassica pests are active; this includes harlequin bugs and most of the 'worm' complex. Thresholds are 20% plants infested during the seedling stage, and 30% infestation until cupping. It is best to hold off using pyrethroids until the end of the season, this way beneficial insect activity is preserved. Labeled insecticides can be found in the Commercial Vegetable Production Recommendation Guide: https://www.udel.edu/academics/colleges/canr/cooperative-extension/sustainable-production/commercial-crops/vegetable-crops/midatlantic-vegetable-recommendations/.

Seedcorn Maggot
The seedcorn maggot trial at Georgetown has been very successful so far. Maggots that were developing from a field with cover crop tilled in and manure applied 4 weeks ago are pupating. First generation adults will be active from this planting in about a week or two. If you are tilling in cover crop or have recent manure application, you can expect seedcorn maggot activity to some degree or another for 3 weeks after.

Vegetable Transplant Height Control

– *Gordon Johnson, Extension Vegetable & Fruit Specialist;* gcjohn@udel.edu

One of the most important considerations for transplant production is managing "stretch" or height of transplants. The goal is to produce transplants of a size that can be handled by mechanical transplanters and transplanting crews without damage and also tolerant to wind. More compact plants with thicker stems are desired.

Most growth regulators that are used for bedding plants are not registered for vegetable transplants. One exception is Sumagic® registered for use as a foliar spray on tomato, pepper, eggplant, groundcherry, pepino and tomatillo transplants (no other crops are registered at present). The recommended label rate is 0.52 to 2.60 fluid oz per gallon (2 to 10 ppm) and one gallon should be sprayed so it covers 200 sq ft of transplant trays (2 quarts per 100 sq ft). The first application can be made when transplants have 2-4 true leaves. One

additional application may be made at the low rate, 0.52 fluid oz per gallon (2 ppm), 7-14 days later, but you cannot exceed 2.60 fluid oz of total product (per 100 sq ft) for a season. Growers are advised to perform small-scale trials on a portion of their transplants under their growing conditions before large scale adoption.

For other crops alternative methods for height control must be used. One such method that is successful is the use of temperature differential or DIF; the difference between day and night temperatures in the greenhouse. In most heating programs, a greenhouse will be much warmer during the day than the night. The critical period during a day for height control is the first 2 to 3 hours following sunrise. By lowering the temperature during this 3-hour period, plant height in many vegetables can be modulated. Drop air temperature to 50° – 55°F for 2-3 hours starting just before dawn, and then return to 60° – 70°F. Vegetables vary in their response to DIF. For example, tomatoes are very responsive, while squash is much less responsive.

Mechanical movement can also reduce transplant height. This may be accomplished by brushing over the tops of transplants twice daily for with a pipe or wand made of soft or smooth material. Crops responding to mechanical height control include tomatoes, eggplant, and cucumbers. Peppers are damaged with this method.

Managing water can also be a tool to control stretch in some vegetables. After plants have reached desired size, expose them to stress cycles, allowing plants to approach the wilting point before watering again. Be careful not to stress plants so much that they are damaged.

Managing greenhouse fertilizer programs is yet another method for controlling transplant height. Most greenhouse growing media come with a starter nutrient charge, good for about 2 weeks after seedling emergence. After that, you need to apply fertilizers, usually with a liquid feed program. To produce more compact plants, limit the amount of phosphorus applied. Greenhouse fertilizers that are high in phosphorus will induce more stretch than those low in phosphorus.

Exposing plants to outside conditions is used for the hardening off process prior to transplanting. You can also use this for transplant height control during the production period. Roll out benches that can be moved outside of the greenhouse for a portion of the day or wagons that can be moved into and out of the greenhouse can be used for this purpose.

Sourcing Quality Transplants – *Gordon Johnson, Extension Vegetable & Fruit Specialist;* gcjohn@udel.edu

Many growers choose not to produce their own transplants but contract with greenhouse growers locally or in the South. The majority of these transplants are of high quality and perform well in the field. However, each year, there are some shipments that have problems. The most common problem is transplants shipped before they are ready – without adequate root systems. These transplants will not perform well in the field, especially in earlier plantings. If possible, they should be placed in a greenhouse to finish growing before use.

Another issue is diseases. Bacterial diseases (such as bacterial spot), fungal diseases (such as Alternaria, Anthracnose, Fusarium, or Gummy Stem Blight), and viruses (such as Tomato Spotted Wilt Virus and INSV) have all been found in transplants at times. If a disease is suspected, have it quickly diagnosed. Do not plant diseased plants in the field. With southern grown transplants, make sure that you are dealing with a grower with a good reputation for producing disease free plants.

Plants or slips that are shipped without trays (already pulled) or that are bare rooted that are packed tightly in boxes must be planted quickly. Delays will lead to plant deterioration, leaf loss, and potential disease buildup.

Gloves and COVID-19 –*Gordon Johnson, Extension Vegetable & Fruit Specialist;* gcjohn@udel.edu

Gloves are often used in food service to reduce the transmission of food-borne pathogens. However, COVID 19 is a respiratory disease transmitted through respiratory droplet dispersal

when those carrying the virus cough or sneeze. The virus then may be transmitted to the mouth or nose of nearby people or may be inhaled into the lungs. There is no evidence that it Is transmitted directly through food. Therefore, glove use in routine handling of produce is of limited value to reduce transmission of the virus.

Close contact (such as hand shaking) is involved in transmission, which is why physical distancing is critical and is working to reduce spread of the disease. Train to wash hands frequently and to also eliminate face touching to limit transmission.

It is very important to have good handwashing facilities, to train employees on handwashing and to require frequent handwashing. Retail customers should be encouraged to wash hands if practical, and in lieu of handwashing access, to use hand sanitizer that you have placed at entrances. Signs on how to properly wash hands or use hand sanitizer should be in place throughout facilities.

Surface to person spread is a less likely mode of spread. However, it is still recommended to frequently sanitize surfaces. First concentrate on those surfaces frequently touched by employees or customers such as door handles. Continue sanitary practices for produce food safety throughout packing areas or sales areas that include a disinfecting step during cleaning and increase the frequency of cleaning and disinfecting, especially in "high touch" areas.

Where do disposable gloves fit then? Gloves, if properly used, can further limit person to person or surface to person spread. If you interact with a customer where hand touching occurs (such as handing produce) or surface to hand activities occur (such as during payment), gloves can provide another layer of defense. However, it is not better than handwashing. Remember that if gloves become contaminated with the COVID-19 virus and you touch your face, the virus can then be transmitted to you.

If gloves are used, they need to be disposed of after every direct person to person interaction, after which hands need to be washed again and then new gloves put on. Gloves must also be removed and disposed of properly to avoid spread.

In other agricultural activities, gloves of different types are important to eliminate skin contact with dangerous chemicals and materials, to protect hands, and to cover cuts.

Use of Face Masks Now Recommended for Reducing COVID-19 Spread – *Gordon Johnson, Extension Vegetable & Fruit Specialist;* gcjohn@udel.edu

The CDC now recommends wearing cloth face coverings in settings where other social distancing measures are difficult to maintain, especially in areas of significant community-based transmission of COVID-19. For agriculture this would include retail outlets, direct marketing venues, and workplaces where employees are close together (such as a packing area). Simple cloth face coverings will slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Customers, delivery workers, and others coming to the farm or retail outlets should also wear face coverings.

According to the CDC:

"Cloth face coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction, and be able to be laundered and

machine dried without damage or change to shape."

"Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure."

"Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance."

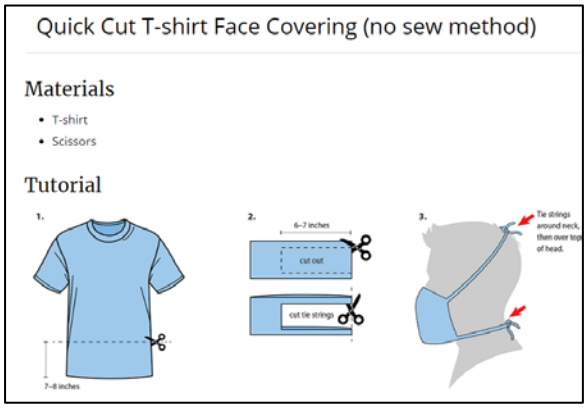
"The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance."

Simple face masks "should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing a face covering."

"Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing."

Go to https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html For more information.

The CDC has several examples of how to make a home-made face mask. Below is one from a T-Shirt



Seed Maggots Very Active in Our Area on Early Planted Vegetables

– *Jerry Brust, IPM Vegetable Specialist, University of Maryland*; jbrust@umd.edu

The unusually warm winter and early spring we have had up to now has allowed large populations of seed and root maggots to invade our vegetable fields. Some farms have been hit particularly hard in their onion, bean, pea or radish crops this season by maggots. These maggots include seedcorn maggot *Delia platura* (SCM), onion maggot *Delia antiqua* (OM) and cabbage maggot *Delia radicum* (CM). All three species overwinter in the soil as a maggot inside a brown pupal case (Fig. 1). In March and April small, grayish-brown flies (Fig. 2) emerge, which are usually SCM or CM, OM flies usually peak 2-3 weeks later. Adult flies are most active from 10 a.m. – 2 p.m. and are inactive at night, in strong winds or when temperatures are below 50° F or above 80° F. Adults live 2-4 weeks and females lay hundreds of eggs.

Figure 1. Seed maggot larvae and pupae

Figure 2. SCM adult

Seedcorn maggot eggs are oviposited in soils with decaying plant material or manure. Onion maggot females lay eggs in soil near onion plants. Female cabbage maggot flies seek out and lay eggs on the lower portions of stems of young host seedlings or in nearby cracks in the soil. Some wild crucifers, such as yellow rocket, are important hosts for cabbage maggot and are especially important for their overwintering success; when these weeds are abundant they can lead to heavy infestations of spring crucifers. Add this weed component to the very mild winter we had and infestations are almost assured in many fields. The adults are also attracted to the organic media around the roots of transplants and germinating seeds. Within a few days the eggs hatch and the tiny maggots burrow down to the roots and into stems and begin feeding.

Larvae of seedcorn maggots attack seedlings, feeding on the developing roots and stem. Their damage is usually restricted to the early seedling stage. SCM larvae will move into small stems and move up the plant causing a swelling of the stem just above ground level, while also causing root collapse and decay. If these stems are split you usually can find the white cylindrical larvae (Fig. 3). Onion or cabbage maggots inflict similar damage but usually continue to feed on the expanding bulb during later stages of growth (Fig. 4). A single maggot can destroy up to 20 small seedlings. Either SCM or OM can attack onion bulbs, while SCM also can attack vegetable seeds and transplants. Complete larval development requires 2-4 weeks. Maggots then enter a pupal stage that lasts another 2-4 weeks. There are 3-4 generations per season in our area, with the most destructive being the spring and fall generations. When wilted transplants or newly emerging seedlings are inspected in the field, maggots are sometimes not found (they have already pupated), but their tell-tale damage appears as hollowed out seeds or stems and roots held together by a few strands of plant material.

Figure 3. Seed maggots in stem of plant

Cultural Controls: Avoid planting in soils that have a great deal of non-decomposed organic matter, such as fields with manure or compost applications or a heavy cover crop or are very weedy. Rotate early season crops away from any areas that had onions or crucifers last fall. Early spring-planted crops are more likely to be damaged when the soil is too cool for rapid germination and emergence. If serious infestations are expected, wait until the soil warms up in the spring. Recently seeded or transplanted crops should be covered with floating row covers, which act as barriers against any of the root maggot flies. Do not use row

covers where onions or brassicas were grown the previous year. When soil temperatures increase and maggot first-flights end, the row covers can be removed.

Figure 4. Seed maggot damage to turnip bulb

Chemical Management: The use of treated seed (Trigard ST or chlorpyrifos - commercially treated onion seed only) or soil application of an insecticide gives good to moderate control of SCM, CM and OM. There are several ways to apply an insecticide to the soil at or right after planting: 1. Through low pressure drip or trickle irrigation, 2. An in furrow spray directed on or below the seed, 3. A narrow (< 2 inches) surface band spray over the seed line during planting that is incorporated to a depth of 1 - 1½ inches with sufficient irrigation within 24 hours of application, 4. A post seeding drench, transplant water drench, or hill drench. Unfortunately there are not many chemicals that can be used for control, however some of the chemicals that can be used for seed maggot control include: 1. Chlorpyrifos (Lorsban) onion dry bulb only, 2. Cyantraniliprole (Verimark) (for peas and beans it will suppress seedcorn maggots) 3. Imidacloprid has been found by many growers to work well for maggot control when soil applied for other pests. 4. The post planting sprays of malathion or pyrethroids are meant to control or reduce the adult fly populations and will do little to control maggots already present in the soil. The use of these products can vary depending on the particular crop so be sure to check the label before using.

Fruit Crops

Scout Strawberries for Spider Mites – *David Owens, Extension Entomologist,* owensd@udel.edu

Be sure to scout strawberry plantings for spider mites. Thresholds during the flowering and fruiting stage are 15 – 20 mites per leaflet. Take 10 mid-canopy leaflets (not the full leaf) per acre and count mites. If you count between 150 and 200 mites, a treatment is generally justified.

Agronomic Crops

Agronomic Crop Insect Scouting – *David Owens, Extension Entomologist,* owensd@udel.edu

Soybean and Slugs

Some of the earliest soybean has been planted. The weather forecast is generally calling for cool weather with ample rain fall. Be watching these early fields like a hawk for slug damage. I am concerned that the April weather pattern we are in is very conducive to slug activity and feeding. We have been looking at fields throughout the state for slugs and slug egg hatch. All species are now active. Gray garden slug eggs have just begun hatching, but there are still quite a few eggs left to hatch. Avoid insecticides with cover crop burndowns, the only thing we are going to hit right now with them are predators that would be feeding on those slugs.

Small Grains

Cereal leaf beetles are active and should start laying eggs next week. The good news is activity reports are very low throughout much of the state. It will be important to look at tillers during the next two weeks counting eggs and small larvae. Eggs are typically laid on the upper one or two leaves, on the upper surface of the leaves, and near the midvein. Thresholds are 25 eggs/larvae per 100 tillers.

Alfalfa
Continue scouting for alfalfa weevil. Weevil larvae are light green and are best scouted for by beating stems into a bucket. At the same time, measure the stem length. If the stems are long enough, an early harvest is advised. More information can be found here: https://www.udel.edu/academics/colleges/canr/cooperative-extension/sustainable-production/pest-management/vegetable-fruit-field/alfalfa/.

On another note, I found what looked to be a potato leafhopper in my garden. I don't expect significant activity in alfalfa for another month or so, but with the warm winter we have had in the mid-Atlantic, it wouldn't be a bad idea to periodically sweep

Fusarium Risk Tool Available for 2020 Season

– *Alyssa Koehler, Extension Field Crops Pathologist*; akoehler@udel.edu

The Fusarium Risk Tool http://www.wheatscab.psu.edu/ is now live for the season. There have been some updates to the system since last season. When you enter to the tool, you will see the risk based on the current date. There is a calendar icon that allows you to look back in time by selecting a different day of interest. There is also now a menu icon in the upper left corner that allows users to customize the model predictions to account for using wheat varieties with different levels of genetic susceptibility to Fusarium head blight (Figure 1). The Fusarium Risk Tool can be used to help make decisions about whether to apply a fungicide. Currently most of the state is at medium risk with some high risk areas right along the coast. High humidity, heavy dew, rain, and night temperatures above 50°F favor FHB infection. In some areas, barley is already heading out so decisions to apply fungicides are quickly approaching for barley and wheat. In barley, flowering begins just before the spike emerges from the boot. While florets are not as susceptible, FHB can infect the glumes and produce DON. DON accumulation is the primary concern, especially for malting barley acreage. The optimum stage to apply fungicide for protection of barley glumes from FHB is when the spike is fully emerged from the boot and florets are exposed. The appearance of the first spikelet from the boot is a good indication that the window to apply a fungicide is close. Since wheat flowers once it has completely headed, 10.5.1, when yellow anthers are visible in the center of the spike, is the ideal time to apply fungicides to wheat.

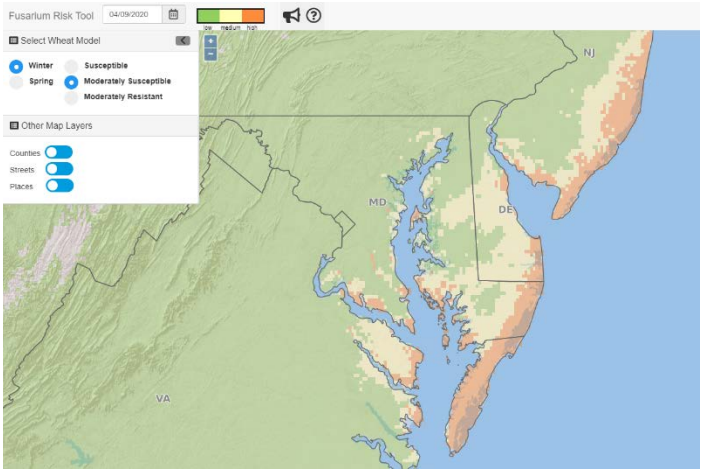


Figure 1: Fusarium Risk Tool model for DelMarVa on April 9, 2020. The menu in the upper left corner allows for customization of genetic susceptibility to FHB. http://www.wheatscab.psu.edu/

Keep Up with K

- *Jarrod O. Miller, Extension Agronomist,* jarrod@udel.edu and *Amy Shober, Extension Nutrient Management and Environmental Quality Specialist;* ashober@udel.edu

Along with nitrogen (N) and phosphorus (P), potassium (K) is a primary macronutrient that is needed by crops in greater amounts. As a cation, K can be found in a readily available form on the soil complex (organic matter and soil clays). Soils with greater cation exchange capacity (CEC; e.g., higher in clay, organic matter) will hold greater amounts of K, and will be easier to manage for K fertility.

As K can be easier to manage than N or P, it is sometimes overlooked when fertilizer prices rise. We have observed some strong trends across the region related to K availability and corn yields. In 2018, we saw a significant

positive relationship between corn yields and ear leaf K across Maryland and Delaware variety trials. While this trend was not evident in 2019, the site with the highest yields (Marydel, DE) also had the highest ear leaf tissue K.

As an exchangeable nutrient, K can have an antagonistic relationship with Mg and Ca, competing for space on soil exchange sites. This competition between Mg or Ca and K is why soils with greater CEC are easier to manage for all plant nutrients, since higher CEC soils can hold more nutrients. In addition, Mg and K may compete for uptake into the corn root. We have observed a negative relationship between Mg and K in the ear leaf tissue, where lower yields were also correlated to higher ear leaf Mg. These relationships may indicate that corn yields are reduced in soils with lower K or greater competition for uptake with Mg. Relationships between nutrients in soils and plant tissues are complex and rely on many factors. However, UD still recommends maintaining the optimum soil K levels. Also, make sure that excessive Mg applications do not suppress K uptake. For example, UD would still recommend 60 lbs K_2O/ac at optimum soil test K levels (90-182 ppm; 50-100 FIV Mehlich 3) for corn with an expected yield goal of 200 bu/ac, while no Mg is recommended if Mehlich 3 soil test Mg concentrations are in the optimum range (>52 ppm; >50 FIV).

Early Cover Crop Termination vs Planting Green

- *Jarrod O. Miller, Extension Agronomist,* jarrod@udel.edu , *Jamie Taraila, Graduate Research Assistant,* and *Amy Shober, Extension Nutrient Management and Environmental Quality Specialist;* ashober@udel.edu

Farmers must make several decisions when considering termination of cover crops. Early termination is typically the easiest option, since it reduces issues related to planting into a standing cover crop. In 2018, planting green decreased corn stands by 10,000 plants per acre in our Sussex County research plots. This type of stand reduction when planting green is not expected for all soil or cover crop combinations. Certainly, having good soil moisture and some luck can help to increase plant populations when planting green, but the biggest factor affecting stand establishment is seed placement and depth. As such, it is important to get out and check seed placement and depth when planting green, making any adjustments to the planter as necessary. For example, we found that simply raising our row cleaners provided us with better planting conditions when planting green into our research plots in Georgetown.

With support from USDA-NRCS, we are evaluating the effects of four cover crop single species or mixes (none, rye, rye/vetch, and rye/clover) and two termination timings on commodity crop performance (corn, soybean rotation). We currently have one year of data from this study, which was conducted at two sites in 1) Georgetown (sandy, irrigated soils) and 2) Middletown (finer-textured, non-irrigated soils). When planting corn behind cover crops, we noted no corn yield effects due cover crop species at Georgetown. However, waiting to terminate the cover crop until closer to planting resulted in a yield penalty of about 16 bu/ac. Results were quite different at Middletown, where corn yields were 12 to 15 bushels greater when corn was planted into plots with cover crops than in plots with no cover crop. Our results also suggested that soybean yields at both sites were increased when planted behind a cover crop (compared with soybean planted into plots with no cover crop). Soybean also appears to be more tolerant of late cover crop termination, as it had no effect on yield when compared to no cover crop or early termination. Therefore, farmers have more options of when to terminate cover crops before planting full-season soybean. It is important to note that our observations for the 2019 are preliminary. We will repeat this study for the next two seasons, which will help us determine if these results were significant. Yet, we assert that managing cover crops can be complex as their impact on crop yields can vary annually, by soil type, and by cropping system.

Split Applied K on Soybeans - *Jarrod O. Miller, Extension Agronomist,* jarrod@udel.edu and *Amy Shober, Extension Nutrient Management and Environmental Quality Specialist;* ashober@udel.edu

Summary: With a grant funded by the Delaware Soybean Board, we studied whether split application of K for soybeans would benefit yield on sandy soils. Yield increases through split application were not seen, although yield had a positive correlation with greater tissue K levels, and split applied plots had the highest leaf tissue K.

Discussion: With the lower cation exchange capacity of sandy soils, it is possible that some pre-plant applied K could leach below the root zone prior to crop uptake. We set up three treatments, no K, all pre-plant (70 lbs K2O/acre), and a 50/50 split. For the split applied treatment, the first half was applied pre-plant while the remaining amount was done just prior to reproductive stages. Potassium (0-0-62) was applied as dry granules with a Valmar spreader.

The initial soil tests showed that K was optimum across most of the plots, but the goal of this project was to observe if even those numbers are adequate in sandy soils. There were no yield differences by treatment in this study, although the highest absolute yield (62.9 bu/acre) was in the split-applied plots. There was a significant block effect, indicating that field variability contributed to yields. Interestingly, pre-harvest soil tests did not correlate to yield, but post-harvest soil tests did. Even though yield did not vary by treatment, higher soil test levels at the end of the experiment still supported greater yields, indicating the importance of K in soybean yields.

The highest leaf tissue K concentrations were from the split-applied soybean plots (2.21%), while the other two treatments had similar amounts. Soybean leaf tissue levels taken prior to the split application did not correlate to yield, but tissue tests following application had a positive relationship. Just like soil tests, yields were higher where soybean tissue levels had greater K. This may have been improved through later season applications, but uptake during this period from other soil sources can't be ruled out. More work should be done to uncover this relationship, particularly in soils with lower soil test levels. In sandy soils, soil test level K should be observed more often to ensure proper levels. This project will be repeated in 2020.

General

Early Season Moth Activity – *David Owens, Extension Entomologist,* owensd@udel.edu

We continue to catch low numbers of true armyworm and black cutworm, though numbers are up slightly from last week. Many thanks to UMD extension agents Maegan Perdue and Emily Zobel along with Extension emeritus Joanne Whalen for assistance with traps.

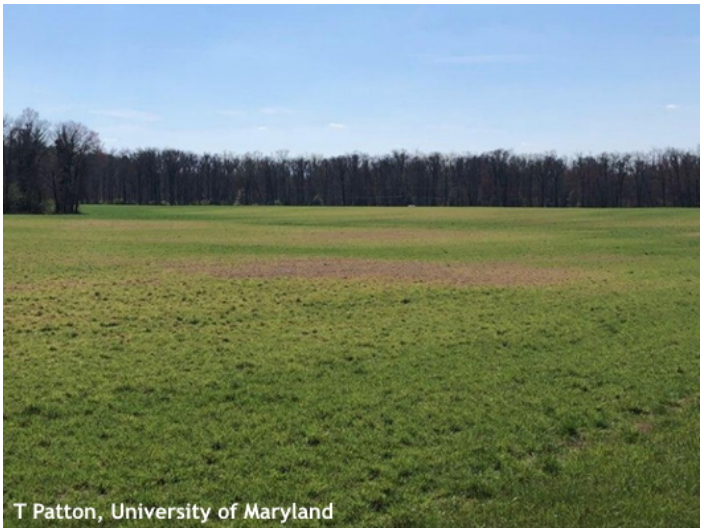
Trap counts for this week are as follows:

Location	TAW/night	BCW/night
Willards, MD	1.6	3.3
Salisbury, MD	0.4	0.3
Laurel	0.6	0
Seaford	9.7	5
Harrington	8.1	4.1
Pearson's Corner	4.3	2.9
Sudlersville, MD	0.7	1.6
Smyrna	8.1	0.3

Guess the Pest! Week 1 Answers: Small Human, Greenbug Aphids – *David Owens, Extension Entomologist,* owensd@udel.edu

Congratulations to John Hochmuth and Grier Stayton for correctly identifying the depression in barley as being caused by some sort of mammal laying down. The clue is the small blue boot in the photo. If you've seen me in a field, I generally dress in earth-tones. The boot is my 2 year old field assistant who got tired of standing while I counted aphids. Folks everywhere are being creative and flexible to get things done under the current c-virus time.

The second photo was actually of greenbug damage! We do not often see large numbers of greenbugs in Delaware, but it does happen. We had decent numbers in Georgetown in early March, but by the end of March, greenbug populations had crashed. The below photo was taken at Beltsville, MD from an affected portion of the field. In the photo there is even a fungal infected aphid near the top of the left-most leaf. Aphid populations have declined in our area recently in part due to fungal infection and parasitic wasp activity.



Guess the Pest! Week 2 – *David Owens, Extension Entomologist,* owensd@udel.edu

Guess the Pest! is back by popular demand! This year there will only be an end-of-season drawing for a prize (as yet to be determined). You can't win if you don't play at least once during the season. Weekly winners will still be recognized.

Test your pest management knowledge by clicking on the GUESS THE PEST logo or following this link: https://docs.google.com/forms/d/e/1FAIpQLSfUPYLZnTRsol46hXmgqj8fvt5f8-JI0eEUHb3QJaNDLG_4kg/viewform?c=0&w=1 and submitting your best guess.

In between the weeds, there should be close to 200 pea seedlings in this photo. Where did the stand go? Click on the Guess the Pest logo to enter your name, email, and your answer. The winner and answer will be revealed next week.

What to Do if You've Lost Your Health Insurance Due to the Coronavirus Crisis – *Maria Pippidis, Extension Educator Family & Consumer Sciences;* pippidis@udel.edu

Farmers and Ranchers often rely on employer-based health insurance to cover themselves or their families. Whether the business that provides this benefit for you is shutting down temporarily or it is scaling back its staff, make sure to ask them when the last day of health coverage is. This will help you better understand what timeline you have for your existing health care coverage. It helps ensure that you don't have a gap in your coverage when, during this time of a health crisis, it is important to have health care coverage. Once you have this information, there are some steps you can take to ensure you have health insurance to keep you and your family healthy.

If you need to refresh your understanding of health insurance and how to choose the right type of insurance or estimate the out of pocket costs, go to this UD Cooperative Extension website for some video tutorials and tools to help you brush up on your knowledge. http://udel.edu/extension/insure and look for Health Insurance 4U.

Once you are feeling more confident about health insurance, it's time to consider your options:

1. Sign Up for COBRA
Short for the Consolidated Omnibus Budget Reconciliation Act this option allows you to retain and continue your current employer health coverage for up to 18 months. In this way, everything you're used to stays the same – same doctors, networks, co-pays, and deductibles. The downside is that you will pay your entire monthly health insurance premiums yourself. That premium will include the part you usually paid plus any amount your employer was paying. You'll want to find out if this option is financially feasible for you.

2. Sign on to your Spouse's Health Coverage
If your spouse has health insurance, you may be able to be added to your spouse's healthcare plan coverage. Have your spouse talk with their human resources department to ask what options are available. The cost of that coverage will come out of your spouse's paycheck so before you make the decision, you may want to comparison shop.

3. Buy Your Own Plan on the Health Insurance Marketplace
The Affordable Care Act introduced an online health insurance Marketplace that allows you to buy your own private plan. You're generally entitled to apply for a new plan if you lose your existing health coverage, even though the

annual open-enrollment period to sign up for Marketplace plans has passed.

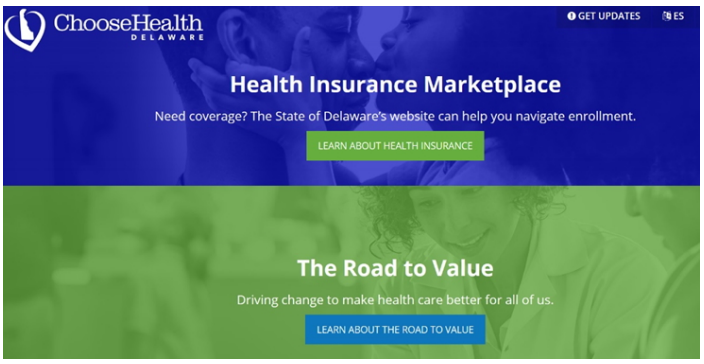
In Delaware, there is a window of opportunity to buy a Marketplace plan when you have lost your job or health insurance coverage. You have 60 days before your current health insurance plan expires and 60 days after your plan expires. If you don't enroll during this time period, you can't enroll through the Marketplace and need to wait until open enrollment in October of each year.

In Delaware, you can find information about this Marketplace at www.choosehealthDE.com

The benefit of the Marketplace plans is that depending on your income, you may qualify for subsidies and tax credits. This can reduce the cost of the premiums. There are several different plans to choose from. All of them have a deductible (the amount you need to pay before health insurance pays for care) and typically the lower the monthly premiums, the higher the deductible. If you qualify for those tax credits and subsidies for the premium, that may offset the higher deductible amount and so your overall out of pocket costs may even out.

Be advised, that in order to get those credits and subsidies, you need to purchase the plans through the Marketplace or an accredited health insurance broker/ provider. Talking with a Marketplace Navigator is a great way to find out your options. They can be found on the website above.

To find out how much of a subsidy you may qualify for you can go to this website: https://www.healthcare.gov/lower-costs/. It will ask you for some information and then will direct you to the next steps.



4. Apply for Medicaid and/or Child Health Insurance Program (CHIP)
Medicaid and CHIP provides free or low-cost health coverage to millions of Americans, including some low-income people, families and children, pregnant women, the elderly, and people with disabilities. If your income is low, you may be eligible for Medicaid (covers families) or the Children's Health Insurance Program (covers children only). To find out if you can qualify go to https://www.healthcare.gov/screener/, fill out the online form and determine the next steps.

In Delaware, you can also go to the DE Assist website which is a one-stop-website that helps you apply for not only Medicaid and CHIP but other assistance programs. This website URL is: https://assist.dhss.delaware.gov/

Being without health insurance during this time can be scary. Take the steps you need to protect your family now and in the future. Your wellbeing now and in the future will depend on it.

Building Resilience in Turbulent Times Sometimes Means Asking for Help

– *Maria Pippidis, Extension Educator Family & Consumer Sciences;* pippidis@udel.edu

Being resilient means, you can face challenges and difficulties in life. We are all resilient in many ways but sometimes we are resilient in some ways but not in others. One way of being resilient is asking for assistance when you need it or just talking to someone who can support you. During these stressful times it is easy to get overwhelmed and not ask for things that you need. Delaware has many resources if you are finding you need a little help. Here are some resources you can link to:

During this time, so many events have been canceled or postponed. From weddings, fun outings, and happy family events to funerals. There may be feelings of grief or disappointment that are bringing you down. **JFS OnCall** may be just the help needed and is a free and confidential emotional support hotline. Call 302-781-4537 to speak with an experienced social

worker. https://www.jfsdelaware.org/ Hours of operation are 9:00am-9:00 pm. This line is appropriate for teens and adults.

With many households experiencing reduced income or lack of access to services the best place to find assistance is **Delaware 211** – http://www.delaware211.org/ This statewide resource can link you to all sorts of help including food, utility assistance, housing, health, mental health and many other categories. Dial 2-1-1 or…Dial 1-800-560-3372 or Text your Zip Code to 898-211. Tell them what you need and these wonderful helpers will get you connected to the right resources.

We need to start thinking of mental health like we do when we have something physically wrong with us. In the latter case we call the doctor. If you are feeling overwhelmed more than normal or depressed and not sure what to do. Or you are thinking about reaching out but not sure how, you are not alone. For some simple steps on how to reach out, check out this NPR article entitled "How to Start Therapy."

The next step is getting connected to the right kind of mental wellbeing resources. **Delaware Help is Here** - https://www.helpisherede.com/ is a website that connects you with behavioral health, mental health or addiction help. Whether it is for you or a loved one, help is there to get you through a tough time. In New Castle County call 800-652-2929 and in Kent and Sussex counties call 800-345-6785. Of course, if it is an emergency you can call 911 or the mobile care crisis line 1-800-652-2929.

More resources can be found at

University of Delaware Covid19 resource page or at the

University of Maryland Extension Farm Stress Website

Announcements

Stormwater Workshop Series

Carvel Research and Education Center
16483 County Seat Hwy
Georgetown, DE

The public is invited to participate in a free stormwater workshop series. This series is made possible by the Sussex Conservation District (SCD), University of Delaware Cooperative Extension (UDCE), and the Delaware Department of Natural Resources and Environmental Control (DNREC).

The workshops are designed to present property owners, homeowner associations and property maintenance companies a holistic approach to stormwater and open space management. SCD, UDCE and DNREC will provide technical resources to aid in the management and enhancement of your community. Each workshop will address seasonal issues many property owners and communities encounter.

April 16, 2020 – **Webinar** Susan Barton, professor and Extension specialist at the University of Delaware will present a holistic approach to open space management on Thursday, April 16 at 10 a.m.

The webinar will be hosted via Zoom. Individuals can watch the presentation or listen live with free, easy to install and use software. To register for the event and receive a meeting link visit www.sussexconservation.org/events. The event will be recorded and made available online at a later date.

June 18, 2020 - Preventative maintenance, irrigation management and water conservation practices.

Aug. 13, 2020 - Water quality, invasive species management and stormwater facility winterization tips.

For more information or to register, visit www.sussexconservation.org/events or call Siobhan Kelley, communications and outreach specialist at SCD, 302-856-2105 ext. 122.

Weather Summary

Carvel Research and Education Center Georgetown, DE

Week of April 2 to April 8, 2020

Rainfall:

0.02 inch: April 7
0.14 inch: April 8

Air Temperature:

Highs ranged from 77°F on April 8 to 52°F on April4.

Lows ranged from 51°F on April 8 to 37°F on April 5

Soil Temperature:

54.0°F average

Additional Delaware weather data is available at http://www.deos.udel.edu/data/

Weekly Crop Update is compiled and edited by Emmalea Ernest, Associate Scientist – Vegetable Crops