



Farm & Ranch Center

CAILY WOODS

PROGRAM MANAGER

Who We Are

Vision: We envision a future for Idaho agriculture where farmers and ranchers have the skills, transition plan, financing, and community they need to be successful.

Mission: We collaborate with partners to promote resources and organize efforts that help farmers and ranchers cultivate a viable and resilient agricultural industry.





What We Offer

Financial Resources

New, Beginning Farmers

Veterans

Stress Management

Transition and Succession Planning

Financial Resources

New, Beginning Farmers

Financial Management

Veterans

Disabled Farmers and Ranchers



Business Management (1320)

Analyzing the Finances (512)
Farm Bill (58)
Financial Stress (9)
Insuring the Farm (182)
Land and Credit Access (250)
Planning the Farm (319)

Marketing (659)

Adding Value (88)
Commodity Marketing (153)
Contract Production (10)
Local and Direct Marketing (289)
Other Marketing Topics (152)

People (490)

Employee Insurance (0)
Family Needs/Communication (26)
Farm Safety (207)
Managing Employees (239)
Stress & Health (23)

Production (3052)

Conservation (66)
Field Crops (784)
Forests-Trees-Ornamentals (261)
Fruit-Nuts (621)
Livestock (814)
Pasture / Rangeland (84)
Vegetables (905)

Taxes & Legal (699)

Food Justice (5)
Forest Certification (1)
Land Use (29)
Legal Issues (337)
Organic Certification (50)
Taxes (78)
Transferring the Farm (207)
Water Rights (13)

[Library Collections](#)[Budgets](#)[+ Suggest](#)



New, Beginning Farmers

General Programs

Financial Assistance

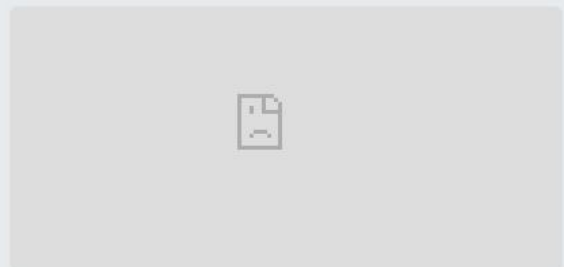
Education and Training



Farm Answers

—the Largest Source of Information for Beginning Farmers

Farm Answers is the USDA-NIFA beginning farmer and rancher (BFRDP) clearinghouse, providing resources to help you get started farming, as well as tools to help more seasoned producers succeed.



Listen & Subscribe to the Farm Answers Podcast

★ Featured Library Material

Farm Financial Scorecard

Using Recommended Measures from the Farm Financial Standards Council (FFSC) Year: 20__

	Your Farm:	Vulnerable	1.5	2.0	Strong	Desired Trend
Liquidity						
Current Ratio	1.5	1.5	2.0	2.0	Strong	↑
Working Capital as % of Gross Revenue	30%	30%	30%	30%	Strong	↑
Working Capital as % of Operating Expense*	20%	20%	40%	40%	Strong	↑
Solvency						
Debt-to-Asset Ratio	60%	60%	60%	60%	Strong	↓
Equity-to-Asset Ratio*	40%	40%	70%	70%	Strong	↑
Debt-to-Equity Ratio*	1.5	1.5	0.43	0.43	Strong	↓
Profitability						
Rate of Return on Assets	4%	4%	8%	8%	Strong	↑

[Farm Finance Scorecard](#)



[HOME](#)

[STARTING A FARM](#)

[TYPES OF FARMING](#)

[RESOURCES](#)

[FARM JOBS AND INTERNSHIPS](#)

Popular Resources

[Funding Resources for Farmers
\(Loans/Grants\)](#)

[Starting A Farm](#)

[Farm Jobs and Internships](#)

[Farm Business Planning](#)

[Start Raising Chickens](#)

[Finding Land to Farm](#)

[Goat Farming](#)

[Mushroom Production Resources](#)

[Military Veteran Farmer Training](#)

[Additional Farming Resources](#)

FARM JOBS AND INTERNSHIPS

[EMPLOYMENT](#)

[TRAINING PROGRAMS](#)

[WEBINAR](#)

[INTERNSHIPS](#)

[APPRENTICESHIP](#)

[WORKSHOPS](#)

[MENTORING](#)

TYPES OF FARMING

[FARMING](#)

[ORGANIC](#)

[SUSTAINABLE](#)

[AGRICULTURE](#)

[URBAN FARMING AND](#)

[GARDENING](#)

Farm Stress

[Why Mental Health](#)

[Stress Management](#)

[Seeking Help](#)

[Videos and Podcasts](#)

[Printable Resources](#)



Designate Family Time Each Week

Setting aside a couple hours each week for fun family activity lifts everyone's spirits and helps develop meaningful relationships.

Talk and Listen

It may feel awkward sometimes to talk about stress/mental health, but the more it is discussed, the easier those conversations become. Avoid trying to 'fix' the situation, but rather listen with the intent to offer love and support.

Stay Involved with Your Community

Rural communities are stronger when community members are looking out for each other. Reach out to a friend or neighbor to ask how they are doing.

Avoid Unhealthy De-Stress Habits

Set a positive example for future generations by caring for yourself physically and avoiding the use of illegal drugs or excessive alcohol, tobacco, caffeine, or prescription medication.

Find What Works for You

Each farm has its own unique stressors that affect the operation. Discuss what these are and how to overcome them as a family.

Visit farm.idaho.gov for more stress management resources.



Why Mental Health?

Stress Management

Seeking Help

Videos and Podcasts

Printable Resources

RURAL MENTAL HEALTH

FOR YOU

FARMAID:

1-800-FARMAID (1-800-327-6243)
Hotlines hours are Monday-Friday
7am-8pm MST

National Suicide Prevention Hotline

1-800-273-8255
24/7 confidential support

Finding a counseling center near you:

Search 'Idaho Mental Health Services Guide' for a list of service providers across Idaho.

Visit the Farm Crisis Center
farmcrisis.nfu.org

FOR OTHERS

Rural Resilience Training

farmcredit.com/ruralresilience
Training materials focused on mental health and stress management from Farm Credit, American Farm Bureau, and National Farmers Union.

5 steps to helping someone in emotional pain:

1. Ask - start the conversation
2. Be there
3. Stay connected
4. Keep them safe
5. Help connect to a mental health professional



Transition Succession Planning

Succession Planning

Estate Planning

Managing a Family Business

Veterans

General Programs

Financial Assistance

Education and Training



Stay Tuned...

Visit

agri.idaho.gov/farmcenter

for updates!

FRC@isda.idaho.gov - (208) 332-8500



Thank
you!
