

CARES Recipient Profile



Farm: McCook Family Farms

Location: McAlpin, Suwannee County

Date of Origination: 2002

Commodities: Corn, cotton, peanuts, rye, sesame, soybeans



Adam McCook and his family own and operate McCook Family Farms in McAlpin, Florida. The farm was established by Mr. McCook in 2002. They proudly produce corn, cotton, peanuts, rye, sesame and soybeans.

Mr. McCook has been implementing Best Management Practices (BMPs) on the farm since 2009. BMPs are a set of guidelines that advise producers on how to manage the water, nutrient, and pesticides they are using to reduce agriculture's impact on the state's natural resources. McCook Family Farms uses a nutrient and irrigation management program to protect water quality and minimize the loss of nutrients to the environment. Mr. McCook uses conservation tillage practices and techniques to reduce erosion and nutrient runoff. He uses precision agriculture practices to reduce the cost of production and maintain the quality of the environment.

Mr. McCook is actively involved in his local community. He is a Florida Farm Bureau member who is actively involved with the Young Farmers & Ranchers (YF&R) and was part of the YF&R State Leadership Group Program in 2011 and 2012. Mr. McCook is also a member of the Elks Lodge in Live Oak and was awarded Florida's Outstanding Young Peanut Farmer of the Year by Farm Credit.

When asked why he is a farmer who CARES, McCook responded, "for us and the future generation to come."