

Pam West

Specialty Crops Farm Operator
West Farm
Greenbrier County



“Growing up on a farm in New Jersey, I learned skills, work ethic, and values from my greatest teacher; my Dad. Today, I live with my husband Kirk, and daughter Shae on our own family farm in Frankford, WV, where we raise 120 varieties of cut flowers, 40 different vegetables, strawberries and sheep. We raise our diversified specialty crops in high tunnels and fields, and have a creative and an extensive marketing plan for all. I believe to be a successful woman in an agriculture profession today, it is vital to possess both grace and grit, to be able to balance both field time with family time, to be able to work physically and mentally hard, to have the abilities to be both sensitive and sensible, to be a great salesman and stockman; to have the goal to make a profit, and protect a profit. Women in agriculture have to be silently smarter than our counterparts who are still the norm in this profession. We have to be respectfully outspoken when appropriate, to be a master of multitasking. Today, we have to be all this, and still get the meals made, house chores done, pets fed, soccer games watched and keep the home fires burning.”

