

Twin Falls County

University of Idaho, U.S. Department of Agriculture, and Idaho counties cooperating.

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Fertility and Weed Control in Your Pastures

Steve Hines, Extension Educator

The pastures in the Magic Valley are greening up and growing well. If my pasture is any indication, the grass could use a little rain but other than that, things are looking pretty good for our cool season grass pastures. No doubt the weeds are also starting to grow vigorously. Weeds such as butter cup bur, flixweed, blue mustard, shepherds purse, prickly lettuce, common mallow, prostrate vervain, and dandelions are all off to a good start. Now would be a good time to spray your pasture to work on controlling these weeds. You need to be sure you select an herbicide which will control broadleaf weeds only, 2, 4-D is probably the most common broadleaf herbicide. If you chose a non-selective herbicide such as glyphosate (Round Up, Glyphomax, etc.) you will most surely kill your grass too. One caution here is that if you have alfalfa, clovers, or some other legume in your pasture mix that you want to keep growing, your choices will become much smaller. Most of the broadleaf herbicides will kill or severely injure your legumes. In that case, you may have to be more selective and spot spray areas that are major problems. For example, if left uncontrolled, mallow can take over a large part of a pasture, as can Canadian thistle and several other weeds. You can always call the Extension office and I can help you figure out a plan of action to help keep your weeds under control. One of the best things you can do for good weed control is to keep the grass healthy, don't overgraze, and let it compete against the weeds on its own. When selecting any pesticide, be sure to read the label to make sure the pest (weed) and the site (pasture) of application is listed. If not, the application will be "off label" and is illegal. Always read and follow label safety and application information.

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Fertility and Weed Control in Your Pastures (continued from page 1)

Fertility management is another area where pastures tend to under go serious abuse. Granted, as livestock deposit manure and urine they contribute some to the nutrient requirement of the grass, but they do not make these deposits in any kind of even application and horses especially are bad about depositing in the same place. A good drag harrow can help spread manure through the pasture. If you are interested in helping your grass achieve maximum production, the application of 50 lbs/acre of nitrogen in the spring can be very helpful. Livestock grazing and leaching through irrigation and winter precipitation causes the loss of nitrogen and it needs to be replaced if the grass is going to be healthy and vigorous. Another small application of nitrogen along with phosphorus in the late summer or very early fall will help the grass as it prepares to go into winter. Again, as with weed control, it is critical not to overgraze the pasture, but especially before winter. When evaluating your pasture you will do well if you can keep the grass from being grazed any less than 4 inches. In the spring, as the grass prepares to break winter dormancy and begin growing, the plant uses carbohydrates stored in the leaves and roots for energy until new leaves begin to grow and photosynthesis can begin. If the grass is grazed to the soil, the plant has to work much harder and longer in the spring to generate new leaves. The process will generally put your pasture two weeks behind one that was grazed to no less than 4 inches. Weak grass allows weeds to get a good foot hold. If abused long enough grasses will eventually die out.

Pastures in Idaho produce only about 50% of their potential forage. The lack of production is due to the lack of management and general overgrazing and abuse of the pasture grasses. With hay costing at or over \$200/ton, some time spent managing your pastures can pay off in the long run. For maximum production, a pasture needs to be managed like any other crop.

Updates:

Rhea Lanting, Extension Educator

2012 Pressure Lid testing will be done in the Twin Falls County Extension Office on the first and third Wednesdays from 1:00 – 4:00. Please clean your lids prior to bringing to the office and only bring lid, gasket and dial gauge. The cost is \$4.00. For more information call 208-734-9590, ext. 21.

USA.gov provides free and low-cost information to consumers. We have a few publications in our office, however we are encouraging folks to go online at: Publications.USA.gov to find these great resources. For more information, contact our office at 208-734-9590.

Coming again in Twin Falls: We will be offering another Master Food Preserver workshop sometime later this year. I have several interested individuals on the waiting list, but need to have at least 12. If you are interested, contact our office or Rhea Lanting at 734-9590, ext. 21.

If you are involved with Farmer's Markets here is an opportunity you will not want to miss. The University of Idaho is offering a workshop with South Central Health on food safety at Farmer's Markets. It will be held May 9th from 1:00 – 4:00 at the Health District. Learn about canning safety, produce safety and food safety guidelines for Farmer's Markets. Contact Rhea Lanting at 208-734-9590, ext. 21 or Grace Wittman at 208-878-9461 for more information.



UNIVERSITY OF IDAHO EXTENSION UPDATE

Twin Falls County

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Food Allergies

Source: The Food Allergy & Anaphylaxis Network

How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word "milk" on the product label.

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s), buttermilk, casein, casein hydrolysate	milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
caseinates (in all forms), cheese, cottage cheese, cream, curds	milk protein hydrolysate, pudding, Recaldent®, rennet, casein, sour cream, sour cream solids
custard, diacetyl	sour milk solids
ghee	tagatose
half-and-half	whey (in all forms)
lactalbumin, lactalbumin phosphate, lactoferrin, lactose, lactulose	whey protein hydrolysate, yogurt
<u>Milk is sometimes found in the following:</u>	
artificial butter flavor	luncheon meat, hot dogs, sausages
baked goods	margarine
caramel candies	nisin
chocolate	nondairy products
lactic acid starter culture and other bacterial cultures	nougat



How to Read a Label for a Soy-Free Diet

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word "soy" on the product label.

Avoid foods that contain soy or any of these ingredients:

edamame	soya
miso	soybean (curd, granulates)
natto	soy protein (concentrate, hydrolyzed, isolate)
shoyu	soy sauce
soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)	Tamari, tempeh, textured vegetable protein (TVP), tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- **The FDA exempts highly refined soybean oil from being labeled as an allergen.** Studies show most allergic individuals can safely eat soy oil that has been highly refined (**not** cold pressed, expeller pressed or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

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Food Allergies (continued from page 3)

How to Read a Peanut-Free Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word “peanut” on the product label.

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	monkey nuts
beer nuts	nut meat
cold pressed, expeller pressed, or extruded peanut oil	nut pieces
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (<i>especially Chinese, Indian, Indonesian, Thai and Vietnamese</i>), and Mexican dishes	egg rolls enchilada sauce
baked goods (<i>e.g. pastries, cookies</i>)	marzipan
candy (<i>including chocolate candy</i>)	mole sauce
chili	nougat

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- **The FDA exempts highly refined peanut oil from being labeled as an allergen.**
Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor’s advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.

How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word “wheat” on the product label. The law defines any species in the genus *Triticum* as wheat.

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	matzoh, matzoh meal (<i>also spelled as matzo, matzah, or matza</i>)
bulgur	
cereal extract	pasta
club wheat	seitan
couscous	semolina
cracker meal	spelt
durum	sprouted wheat
einkorn	triticale
emmer	vital wheat gluten
farina	wheat (<i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i>)
flour (<i>all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat</i>)	wheat bran hydrolysate wheat germ oil wheat grass
hydrolyzed wheat protein	wheat protein isolate
Kamut®	whole wheat berries

Wheat is sometimes found in the following:

glucose syrup	starch (<i>gelatinized starch, modified starch, modified food starch, vegetable starch</i>)
soy sauce	surimi

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Food Allergies (continued from page 4)

How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

Avoid foods that contain shellfish or any of these ingredients:

barnacle crab	lobster (<i>langouste, langoustine, Moreton bay bugs, scampi, tomalley</i>)
crawfish (<i>crawdad, crayfish, ecrevisse</i>)	prawns
krill	shrimp (<i>crevette, scampi</i>)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone	oysters
clams (<i>cherrystone, geoduck, littleneck, pismo, quahog</i>)	periwinkle scallops
cockle	sea cucumber
cuttlefish	sea urchin
limpet (<i>lapas, opihi</i>)	snails (<i>escargot</i>)
mussels	squid (<i>calamari</i>)
octopus	whelk (<i>Turban shell</i>)

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.



How to Read a Label for the Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

Avoid foods that contain nuts or any of these ingredients:

almond	Nangai nut
artificial nuts	natural nut extract (<i>e.g., almond, walnut</i>)
beechnut	nut butters (<i>e.g., cashew butter</i>)
brazil nut	nut meal
butternut	nut meat
cashew	nut paste (<i>e.g., almond paste</i>)
chestnut	nut pieces
chinquapin	pecan
coconut	pesto
filbert/hazelnut	pili nut
gianduja (<i>a chocolate-nut mixture</i>)	pine nut (<i>also referred to as Indian pignoli, pignolia, pignon, and pinyon nut</i>)
ginkgo nut	pistachio
hickory nut	praline
litchi/lychee/lychee nut	shea nut
macadamia nut	walnut
marzipan/almond paste	

Tree nuts are sometimes found in the following:

black walnut hull extract (*flavoring*)
 natural nut extract
 nut distillates/alcoholic extracts
 nut oils (*e.g., walnut oil, almond oil*)
 walnut hull extract (*flavoring*)

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

Top Ten Food Sources of Salt

Martha Raidl, Nutrition Education Specialist

A report released by the Centers for Disease Control and Prevention (CDC) on February 10, 2012, found that nine out of ten Americans continue to consume too much sodium. Data from the 2007-2008 National Health and Nutrition Examination Survey (NHANES) on 7,227 participants showed that their main daily intake of sodium was 3266 milligrams (mg), which exceeds the daily sodium recommendation of 1500 mg for high risk populations (e.g. African-Americans and those with high blood pressure) to 2300 mg for the general population.

Listed below are the ten food categories researchers found that contributed to Americans' sodium consumption:

1. Breads and rolls
2. Cold cuts and cured meats
3. Pizza
4. Fresh and processed poultry
5. Soups
6. Sandwiches such as cheeseburgers
7. Cheese
8. Pasta dishes
9. Meat mixed dishes such as meatloaf with tomato sauce
10. Snacks such as potato chips, pretzels, and popcorn

CDC Senior scientist and author Mary Cogsell reported that breads and rolls did not contain high amounts of sodium (containing 100-200 mg sodium per slice), but people ate greater quantities of bread and rolls. Also, the sodium content of the items on this list varied considerably, based on the brands of food. For example, sodium content in chicken noodle soup ranged from 100 to 940 mg per serving and lunch meat ranged between 450 and 1050 mg per serving.

The CDC has several recommendations to help lower sodium intake:

- Check food labels and select the lower sodium brands
- Eat a diet that includes numerous fresh fruits and vegetables
- Limit intake of processed foods which tend to be high in sodium

If Americans lower their sodium intake by 1200 mg per day, the CDC estimates that \$200 billion a year could be saved in medical costs. Excess sodium increases a person's risk of high blood pressure which can lead to heart disease, stroke, and other diseases.

Source: www.cdec.gov/mmwr/preview/mmwrhtml/mm6105a3.htm?s_cid=mm605a32



Beef Product Unfairly Slammed

Rhea Lanting, Extension Educator

Lean finely textured beef (LFTB) is the product unfairly nicknamed "pink slime." LFTB is muscle tissue that is separated from fat using a centrifuge process resulting in a product that is about 95 percent lean. The process changes the texture of the lean beef, resulting in a product similar to finely ground beef.

Ground or blended beef products carry a potential risk of food-borne pathogens because microbes, if present, are distributed throughout the product. This makes them less likely to be killed during cooking compared with those on the surface of whole-muscle cuts. So, to make the products safer, the company uses a puff of ammonium hydroxide to kill microbes during processing. Ammonium hydroxide is also used in a variety of other processed foods such as baked goods, gelatins, puddings, and cheeses, and it can occur naturally in foods.

There is no pink coloring added as the naturally occurring color comes from beef muscle tissue. LFTB appears more pink than regular ground beef because it has less fat in it.

Some people have suggested that ground beef with LFTB be labeled. That would be fine with me, I would be happy to pay less to buy a safe, lean product.

Remember: Cook your foods including beef, using a food thermometer. Ground meat should be cooked to 160 degrees F. and fish, steaks, and roasts to 145 degrees F. For more information and to receive a free food temperature magnet, stop by our office.



Aquaculture Business Management and Marketing Workshop

Gary Fornshell, Extension Educator

To help the U.S. aquaculture industry survive difficult economic times and challenges, the National Aquaculture Association (NAA) is offering a series of half-day grower workshops in 2012. One is scheduled for June 2 in Twin Falls in conjunction with the Idaho Aquaculture Association meeting. The aquaculture industry has an unprecedented opportunity for growth, but that growth will require that producers be armed with business development skills that can lead to sound management and the development of viable long-term growth strategies.

The speakers are Dr. Carole Engle, Professor, Aquaculture Economics and Management, Dr. Madan Dey, Professor, Aquaculture Marketing, (University of Arkansas, Pine Bluff); and Linda Odierno, NAA Outreach Specialist.

Dr. Engle will present a simplified system to conduct an annual checkup of financial health. Take home materials, such as a workbook and flash drive with electronic materials, will also be provided. Dr. Engle has worked with more than 100 catfish farmers to develop comprehensive financial analyses and business plans. The workshop will also discuss what steps were taken by the catfish farmers who survived these difficult financial times and what the early warning signs were for farms that did not survive.

Dr. Dey will share summaries of trends in prices and quantities sold for the most important regional aquaculture products. The trend analysis was developed using retail scanner data from 52 cities across the United States during a seven-year period (2005-2011). Individual producers will have the opportunity to request customized reports. Similar customized market intelligence reports can cost hundreds of thousands of dollars. Competing products will also be discussed.

Linda O'Dierno will present information on developing new, innovative marketing strategies that can help reduce costs and increase profits for small growers.



E-marketing, Community Supported Agriculture (CSA), niche marketing, product branding, exporting, and farmers markets will be discussed. Organizational structures that include vertical and horizontal integration (producer organizations), contract growing, and multi-level marketing will be covered. Product placement, pricing, and cost-effective distribution schemes will be emphasized.

The workshops are part of a 2012 NAA outreach education program, funded by the United Soybean Board.

In addition to the workshop the afternoon session will include a featured speaker. Dr. Cathy Roheim, University of Idaho, is the new Department Head for Agricultural Economic & Rural Sociology. She came from the University of Rhode Island and has a background in seafood.

Her interests include conducting research on the general theme of seafood marketing and international trade in seafood products. Most recently a focus has been on the effect of the sustainable seafood movement on domestic and international markets, trade and management policies related to capture fisheries and aquaculture. This includes analysis of consumer demand for ecolabeled seafood, the importance of traceability, particularly as it relates to illegal fishing, and the role of corporate social responsibility as an economic motivation of the supply chain in sourcing sustainable seafood. Additional areas of research include the role of information and labeling in differentiation of seafood products for such issues as safety, organic, farmed versus wild production, and geographical designation.

Master Gardener Plant Clinic
Answers for your home garden/lawn questions

May 1– September 18, 2012
(Tuesday's only)

A green logo featuring a hand with the thumb pointing up, holding a small plant with two leaves. The hand and plant are filled with a pattern of small white flowers.

The Master Gardener Plant Clinic for Twin Falls County will start May 1 and continues through September 18, 2012. The clinic will be held every Tuesday from 1:00 – 4:00 p.m. at the Extension Office, 246 Third Avenue East, Twin Falls.

To contact a Master Gardener call: 208-734-9590, ext. 30.

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