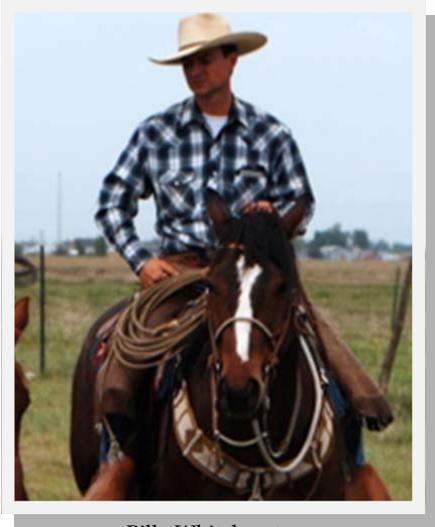


# Twin Falls County

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

March 2013 Volume 4 Issue 1



Billy Whitehurst

## Hello!

**Billy Whitehurst, Extension Educator**

Well hello to all! I am happy to have made the move to southern Idaho to serve as your area Beef Cattle Extension Educator. I come to you from southwestern Montana where I have spent the past ten years as a cow/calf producer. Before starting our own herd of cattle I was a working cowboy in several states including Montana, Wyoming, Nebraska, and yes even east of the Mississippi River in Tennessee. My main area of experience and education lies in range cattle production and ranch management. I am just getting settled into the area and the job, but would like to take this opportunity to let you know that I am here to be of service to you.

Over the past few years it seems like those of us in the cattle business have been snowed out, flooded out, dried out, burned out, and priced out of feed resources that we so desperately need. Through it all we have persevered and survived it all and we will continue not only to survive, but thrive as our industry has great things to come. Some of you have already started calving and some are about to start. As we look forward to the spring with hopes of rain and a good grass year there are some things we need to really be thinking about. If you haven't already been thinking about your nutrition, vaccination and breeding program it is most definitely time to get started. Our cattle are coming off a year of short feed and we need to give them every nutritional advantage we can. (Continue on page 2)

### PLEASE NOTE . . .

- ◆ We need your help in updating our records. Please let us know if you are receiving this newsletter by mistake and/or no longer wish to receive it.
- ◆ Would you rather receive this newsletter by email?
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Please call us and let us know: 208-734-9590,  
email: [twinfalls@uidaho.edu](mailto:twinfalls@uidaho.edu)

### Extension Office is Moving!

As of April 4, 2013 the University of Idaho Extension, Twin Falls County will have a new home.

We will be located at County West (old hospital)  
630 Addison Ave W, Suite 1600  
Twin Falls, ID 83301  
Phone: 208-734-9590

## Hello! (continued from page 1)

With that in mind I want to plant a few seeds for thought in your mind. A good mineral supplementation program is not the silver bullet to cure all the pain and suffering in the world, however, it is one of the best things you can do to give your cows an added advantage against disease and boost this fall's pregnancy rates. With green grass on the horizon, I want you to remember that grass tetany can bring a cow down in as little as 48 hours, so make sure you're keeping a good mineral supplement that includes magnesium in front of them throughout the green grass season.

It's a little late in the year for all of us to be having formal meetings where we can go over nutrition programs, but this fall and winter when the dust has settled from the fall I will be holding some workshops on nutrition programs. In the meantime, come on in and see me or give me a call and I will come to you and we can come up with a nutrition plan that will work for your operation. Each operation is different and what works for your neighbor may not work for you.

I want to make myself available to you all and with that in mind, keep your eye out for me at the local cattle sales as I am trying to hit at least one a week. I'm always up for a cup of coffee to listen to your concerns and try to come up with educational programming that will fill the needs of the area producers.

Happy trails and hope to see you soon. ■



UNIVERSITY OF IDAHO EXTENSION UPDATE

## Twin Falls County

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## Prune Before the Buds Break

Tony McCammon, Extension Educator

On a warm day, this time of the year, you might get the itch to stroll around the yard and look for something to do. If that itch involves a chainsaw or large loppers, I beg you to refer to this article before you stroll.

Many trees and shrubs should be pruned in the winter months. The common rule is: *Do not prune in any month that ends with "R."* That said, every tree and shrub will have its own specialized requirements. Do your research! If you particularly worried about any given plant, call your local Extension Office and talk to a registered Master Gardener.

### Stop! Leave it be!

Why are you pruning? "To reduce disease," "to shape," and "to thin" are all common answers. However, many people prune because they feel certain they are supposed to. Basically, if you are in doubt, the proper procedure is to put the pruners down and walk away. Then, call a local professional landscape company or certified arborist. I have seen a lot of wasted energy and garden destruction due to over-pruning and mis-pruning.

### Rules of Pruning

If you have elected to forego the professional landscape company, can I give you a couple suggestions? **First**, spring flowering shrubs should be pruned when the shrubs have completed the flowering cycle. Because flowers come from last summer's wood, pruning them now would leave you without any flowering buds this spring. Stay away from the lilac, pyracantha, quince, and viburnum this winter. Summer flowering shrubs produce flower buds during the growth period in the spring and are best pruned in the winter

(Continue on page 3)

## Prune Before the Buds Break (continued from page 2)

months. You can prune Rose of Sharon (hibiscus), rose, butterfly bush, potentilla, spirea, smoke bush, and mockorange now. Plants less hardy to our area like table grapes should not be pruned until the threat of spring frosts have passed. Otherwise, frost dieback will kill the good fruiting buds. Most trees should be pruned in the winter to cut down on sap bleeding. Shade trees pruned during the summer will have sap bleeding. Sap bleeding is the trees natural defense to keep out diseases; it will not harm your tree. Evergreens are best pruned in the winter or fall.



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**Second**, prune out all broken, crossing, dead, or dying branches whenever they are noticed in the plant. This rule is known as the ABCDs rule. Dead, dying, and broken branches are locations for insects and disease populations to increase. Areas already affected with diseases or insects need to be cut back to healthy tissue. Try to cut these back to a bud, side branches, or even to the trunk.

**Third**, do not leave coat hangers! Leaving stubs is ugly. A stub is any branch topped more than two inches away from the trunk. Remember the ABCDs rule – stubs become an easy entrance and exit for insects and diseases. Cuts should be back to just above a bud or almost flush to a side branch. Cuts made back to the trunk should not harm what is called the branch collar. The branch collar is the enlarged region where the branch is attached to the trunk. If this area is harmed the cut will not heal over properly.

**Fourth**, in order to cut large branches, there is a very important 3-step process to ensure the least amount of damage to the tree. If you have ever cut a board that snapped before the entire cut was made, you will understand this concept. The main issue with larger branches is the weight of the branch could rip the bark down the trunk, causing a very large



wound. As a precaution, first make a small cut underneath the branch about 4-5 inches from the trunk, then cut the limb 6-8 inches from the trunk until the branch breaks at your undercut. Then, making sure not to harm the branch collar, cut the stub off.

**Fifth**, do not waste your money on wound sealers, as they do more harm than good. Let the wound dry out and the natural defenses of the tree repair itself. Wound treatments have been studied and found to trap moisture in the wound location and cause rot and other diseases to manifest themselves.

**Tools for the Job**

If you are reading this article, as your spouse is tuning up the chainsaw...well, what can I say? I am sorry for my species. We like to imagine bushes and trees trying to grab our hats and poke us in the eye (which they do on occasion). We can get carried away on defenseless plants. I, myself, have been guilty of this. The proper tool for the pruning job is not a chainsaw, unless it is the permanent pruning cut about 6 inches from the base of the plant. All other pruning cuts can be made with loppers, handsaws, and hand pruners. Hand pruners are for branches smaller than your index finger. Loppers have long handles and can be used for branches up to the size of a broomstick handle. Handsaws are used for larger branches, 6" or smaller. A branch larger than 6" might call for a bow saw. A chainsaw should only be used if the situation would not put the pruner in danger.



The sun is shining and my bulbs are just peeking through the soil. Maybe I'll head out and catch some vitamin D while I tune up my chainsaw. Just kidding.

If you have any questions about this article, or how to get more information on winter pruning, please contact me or make an appointment to visit by emailing me at [tonym@uidaho.edu](mailto:tonym@uidaho.edu) or calling 208-734-9590, ext. 19. I look forward to helping you! ■

## Home Food Safety Myth Buster zaps Microwave Misconception

Cammie Jayo, Eat Smart Idaho Program Coordinator

Microwaving; nuking, zapping – whatever you call it – using a microwave oven to cook or reheat foods can be fast and convenient, but it is not effective at killing harmful bacteria if the food isn't heated to a safe internal temperature, according to the non-profit Partnership for Food Safety Education.



◆ Myth: “If I microwave food, the microwaves kill the bacteria, so the food is safe.”

Fact: Microwaves aren't what kill bacteria – it's the heat generated by microwaves that kills bacteria in foods. Microwave ovens are great time-savers and will kill bacteria in foods when heated to a safe internal temperature. However, foods can cook unevenly because they may be shaped irregularly or vary in thickness. Even microwave ovens equipped with a turntable can cook unevenly and leave cold spots in food, where harmful bacteria can survive. Be sure to follow package instructions and rotate and stir foods during the cooking process, if the instructions call for it. Observe any stand times as called for in the directions. Check the temperature of microwaved foods with a food thermometer in several spots. For a free quick-read thermometer, stop by our office.

For additional Home Food Safety Myth Buster materials, refer to: [www.fightbac.org/campaigns/mythbusters](http://www.fightbac.org/campaigns/mythbusters). ■

## Eat Healthy for Your Heart

Rhea Lanting, Extension Educator

It is now March, hard to believe. Are you on track with your health and fitness goals? Almost everyone is aware that following a healthy diet plays a role in preventing the development of cardiovascular disease. New research published in the December 2012 issue of *Circulation* indicates a healthy diet may also play a role in preventing a repeat heart attack, stroke or congestive heart failure.

This study was completed over a five year period and monitored the dietary intake of 31,546 individuals in 40 countries. They were 55 years and older and exhibited risk factors for heart disease, including a prior history of heart disease, stroke or type 2 diabetes.

The study found that individuals who ate more fruits, vegetables, whole grains, nuts and more fish than meat were:

35% less likely to die from a repeat heart attack  
28% less likely to develop congestive heart failure  
14% less likely to have an additional heart attack  
19% less likely to have a stroke

Do you often think I don't have to follow a healthy diet; my medications have already lowered my blood pressure and cholesterol. This is wrong, the healthier you eat, the healthier you are. Healthy eating can be defined as: control your calorie intake to manage body weight by avoiding oversized portions, make half your plate fruits and vegetables, make at least half your grains, whole grains, and switch to fat-free or low-fat milk. Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers. Drink water instead of sugary drinks. By following these guidelines you might be able to lower your cholesterol or blood pressure. Don't forget to get some exercise!

The study makes the following dietary recommendations:

4 or more cups of fruits and vegetables/day  
3 servings of whole grains/day  
2 servings of fish/week  
4 servings of nuts or seeds/week  
Limit processed meat to no more than 2 servings/week  
Limit intake of sodium and sugar-sweetened beverages. (Continue on page 5)

## Eat Healthy for Your Heart (Continued from page 4)

Individuals and families must make choices every day about what they will eat and drink and how physically active they will be. Everyone has a role in the movement to make Americans healthy. By working together through policies, programs and partnerships, we can improve the health of the current generation and take responsibility for giving future generations a better chance to lead healthy and productive lives. ■

## Emerging Concern for *Weissella* sp. Pathogen

Gary Fornshell, Extension Educator

*Weissella* species has been identified as the causative agent of disease in rainbow trout in China (2007), Brazil (2008 & 2009) and in western North Carolina (2011). Because this pathogen has been reported as causing disease on three continents and within a relatively short period of time, producers of farmed rainbow trout should become aware of this potentially significant and emerging pathogen.

In North Carolina a suspected enteric redmouth disease outbreak led to the discovery that *Weissella* sp. was the causative agent. The disease, Weissellosis, affects large fish, between 0.9 and 0.45 fish per pound, and exhibits clinical signs common to other diseases. These signs included dark skin coloration, lethargic swimming at the water surface, pop-eye, clouding of the cornea, and hemorrhaging in the eye. Peak mortality occurred during seasonal high water temperatures of 64 to 68°F. Trout farms in North Carolina rely on surface waters, which vary in temperature throughout the year. Elevated water temperature is suspected as a predisposing factor due to temperature-induced increases in bacterial growth and/or temperature-induced stress on the trout. However, the bacterium is able to survive through the winter in North Carolina.

*Weissella* species are lactic acid bacteria. Lactic acid bacteria are an important group of microorganisms associated with food fermentation. Lactic acid bacteria are used in making yogurt, cheese, cultured butter, sour cream, sausage, cucumber pickles, olives and sauerkraut. Some lactic acid bacteria are pathogenic for animals, such as some members of the *Streptococcus* genus.

An unusual aspect of this bacterium relative to diagnosis is that standard methods used for salmonids are unlikely to detect this bacterium. The *Weissella* sp. strain from North Carolina was detected only when tissue was plated onto TSA blood agar and not when plated on TSA, BHI or TYES agars. In addition, whereas brain tissue is not typical of salmonid disease diagnosis, brain tissue may be the most reliable tissue for detection of the North Carolina strain of *Weissella* sp. bacterium.

Thus far laboratory trials of a whole-cell killed bacterin vaccine delivered via injection demonstrated effective protection, with relative percent survival from three independent trials between 85 and 90%. However, field trials are necessary to demonstrate efficacy on trout farms and if an immersion vaccine is effective too. Furthermore, the laboratory trials demonstrated protection up to 72 days post-vaccination, whereas the fish most vulnerable to this disease are larger fish, typically 300 to 400 days out from the time they are usually vaccinated.

Additional Resources:

Welch, T. and C.M. Good. 2013. Mortality associated with Weissellosis (*Weissella* sp.) in USA farmed rainbow trout: Potential for control by vaccination. *Aquaculture* (388-391) 122-127.

Figueiredo, H.C.P., F.A.A. Costa, C.A.G. Leal, G.A. Carvalho-Castro, and R.C. Leite. 2012. *Weissella* sp. outbreaks in commercial rainbow trout (*Oncorhynchus mykiss*) farms in Brazil. *Veterinary Microbiology* (156) 359-366.

Jin Yu Liu, Ai Hua Li, Cheng Ji, and Wu Ming Yang. 2012. First description of a novel *Weissella* species as an opportunistic pathogen for rainbow trout *Oncorhynchus mykiss* (Walbaum) in China. *Veterinary Microbiology* (156) 314-320.■



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