

# Twin Falls County

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

May 2010, Volume 1, Issue 3



Picture Resource: Beef Quality Assurance Manual

## Following Beef Quality Assurance (BQA) Guidelines

Tianna Fife, Extension Educator

It is that time of year when many beef producers are taking on the annual task of branding. Whether you are just beginning the chore, in the middle of it, or finishing it up, it is important to follow Beef Quality Assurance (BQA) guidelines. This holds true when handling cattle during branding, as well as throughout the year.

### What is BQA?

Beef Quality Assurance is an industry driven program to ensure a safe and wholesome product for consumers. It originated in the late 1970's and early 1980's in an effort to address residue issues in beef products. Over the years the program has developed further and has included Hazard Analysis Critical Control Point (HACCP) programs and National Beef Quality Audits. Audits have been conducted on fed cattle (steers and heifers) and market cattle (beef and dairy, cows and bulls). The results of the audits have provided direction to the beef industry and helped shape the BQA guidelines to address management practices that

can increase profits for producers, while also improving product quality.

Beef Quality Assurance is a national program and is funded by beef producers through the National Beef Checkoff. On a national level, BQA leadership is handled by the National Cattlemen's Beef Association; however, each state has the opportunity to design and deliver BQA programs based on local needs. Idaho's BQA program is provided by University of Idaho Extension with support from the Idaho Beef Council.

### What are Idaho's BQA guidelines?

Idaho's BQA program is based on the National BQA guidelines. The five main categories are: feedstuffs, feed additives and medications, processing/treatment records, injectable animal health products, and care and husbandry practices. This article will focus on handling and giving vaccines/medications and record keeping during the branding season.

Continued page 2

### Twin Falls County Extension Calendar

#### **Pressure Canner Lid Testing**

Every 1st and 3rd Wednesday of the month, 1:00pm—4:00pm, Cost: \$4.00

#### **June 14, 2010**

Super Sitter Class, 9am—4pm  
Cost: \$25.00, bring a lunch

#### **June 24, July 1 & 8, 2010**

Home Food Preservation Class  
6:00—8:00pm, Cost: \$ 40.00

#### **Mom (Dad) and Me Food Preservation**

10:00am—3:00pm  
Jerome—July 12  
Burley—July 19  
Gooding—July 26

#### **Healthy Diabetes Plate Class**

July 13, 20, 27, & Aug 3, 2010  
6:00pm—8:30pm, Cost: \$30 per person or \$35.00 per couple

For more information or pre-registration call: 208-734-9590

## **BQA** (Continued from page 1)

It is essential to read and follow all vaccine and medication label directions. The label is the law. Extra-label use (use of a drug in a manner not specified on the label) should only be used under the direction of a veterinarian.

### **A few tips for handling animal health products during branding:**

- Animal health products that require refrigeration should be kept cool during transport and at branding (optimal temperatures for most products are between 35° F and 45° F).
- Protect vaccines/medications from UV light (e.g., do not fill syringes at branding and leave them or the bottles out on the tailgate or table).
- Mix modified live virus products within one hour of use (e.g., do not mix everything at the beginning of the day or leave for lunch and a nap in the middle of working cattle after mixing vaccines).
- Purchase the appropriate number of doses, sometimes a few smaller bottles with fewer doses is more economical.

Efficacy can be reduced before the product is used if it is not handled properly. Research from the University of Arkansas reported 76% of the refrigerators they tested were unacceptable for storing animal health products. In a study out of Nevada, 25% of refrigerators tested failed to maintain proper temperatures and 80% of those froze vaccines. Data is currently being gathered in Idaho to assist producers in monitoring their refrigerators.

### **A few tips for giving injections during branding:**

- Select the appropriate sized needle and syringe for the type of vaccine/medication, dose, route of administration, and size of animal.
- Give injections in the injection zone triangle in the neck (Figure 1 and 2).
- If possible, give injections subcutaneously (SQ).
- Give injections at least four inches apart.
- Never use more than 10cc per site when giving an intra-muscular (IM) injection.
- Never mix products.
- Clean injection site when needed.
- Properly restrain animals to reduce chances of breaking needles. Change needles at least every 10-15 head or when bent, dull, or dirty.
- Disassemble and wash syringes with hot water (do not use disinfectants in syringes used for MLV products), dry, and store in clean area. Discard disposable syringes.



Figure 1

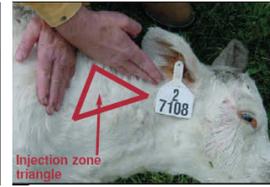


Figure 2

Picture Resource: Beef Quality Assurance Manual

### **Finally, what records should be kept for animals that are treated? Treatment records should contain:**

- Date treated.
- Identification, whether it is individually or as a group/lot.
- Product that was given.
- Manufacturer's lot/serial number.
- Dosage given.
- Route of administration and location of injection.
- Withdrawal period or date animal will meet withdrawal requirements.
- Name of the person who gave the injection.
- Anything else that will be helpful to you or someone you are selling your cattle to.

All records should be kept for at least three years.

More details can be found in the *Idaho Beef Quality Assurance* manual, or by contacting your local county Extension office. If you have any questions, please feel free to contact me at 208-734-9590 ext. 26 or [tiannaf@uidaho.edu](mailto:tiannaf@uidaho.edu).

UNIVERSITY OF IDAHO EXTENSION UPDATE

## **Twin Falls County**

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Nutrition Program Coordinator (ENP)

## Lost Rivers Grazing Academy

Salmon, Idaho

June 15-18, 2010

Full-time (includes continental breakfast, lunches, suppers, breaks, one set of materials per ranch or farm, plus evening presentation):

- Per person \$450
- Per ranch/farm team: \$450 for first team member and \$300 for each additional member

**Day-time only:** \$125 per day or any part

**Alumni:** \$250 (does not include materials)

**Additional materials:** \$100 per set

For more information contact: Scott Jensen at 208-896-4104 or [scottj@uidaho.edu](mailto:scottj@uidaho.edu) or

Chad Cheyney at 208-527-8587 or [ccheyney@uidaho.edu](mailto:ccheyney@uidaho.edu)

## Now Is The Time to Look for Foliar Disease in Your Grain Crop

Steve Hines, Extension Educator

This spring weather has been a challenge so far to say the least. Colder than normal temperatures, freezing at night, and lots of wind have created some interesting conditions for plants to grow in. While much concern has been focused on sugar beets, early planted corn, and preparation for beans, the cereal grains have been in the ground and on the back burner for awhile.

In the spring of 2005 we saw conditions somewhat like this spring with cold temperatures and plenty of moisture. While we haven't had quite the moisture yet this year, the last few years have indicated that May and June can be wet months.

If you have grain in your crop rotation it may be worth some time to spend a few minutes walking those fields and looking for early indications of foliar diseases. In irrigated country we don't need the rain moisture. By irrigating we create a humid micro-environment artificially, especially with sprinklers.

Cool weather and high humidity are factors that can lead to foliar disease outbreaks. Normally by the time I get a call about these diseases, the grain crop is at or past the flag leaf stage and there is nothing that can be done economically at that point. Just because you have a foliar disease is no reason to call the applicator either. You need to make sure the disease is properly identified and then determine if it is at or above the threshold level. Most of our grain crops are going to have some foliar disease. Hot, dry, windy conditions prevent the spread of foliar diseases and our warm dry conditions do that fairly well.

In the eastern part of the US it is common practice to apply a fungicide as part of normal farming practices. Western growing conditions aren't the same. Spend some time each week between now and the boot stage looking for the presence of foliar diseases. You want to look for leaves in the upper canopy that are yellowing or have gray, brown, black, orange, or yellow splotches or spots. Keep in mind the very lowest leaves are going to be yellow or brown as they die back naturally. Pay attention to determine if any abnormality found is in an isolated area or spread across the field. Foliar diseases are not uncommon in the Magic Valley, but they don't often reach levels where fungicide applications



Barley

## Nutrition Tip—Do You Really Know How Much You Eat?

Cammie Jayo, Coordinator Extension Nutrition Program (ENP)

We make more than 200 food-related decisions daily, and aren't aware of 90 percent of them, according to Brian Wansink, Ph.D. and director of the Cornell University Food and Brand Lab.

Perhaps you think you just make three food decisions daily: breakfast, lunch and dinner. Well, think again. We choose how much milk to pour on cereal, whether to have a second piece of toast, if we want to add sugar to our cereal, and if so, how much and what type, and if we'll eat that doughnut at the office, and on and on and on ....

"Most of us don't overeat because we're hungry," says Dr. Wansink in his book, *Mindless Eating: Why We Eat More Than We Think*. We overeat, according to Wansink, because of such influences as family and friends, packaging, plates, labeling, shapes, distances and containers.

Wansink's studies suggest we can eat 20 percent more or 20 percent less without being aware of it. Becoming more "mindful" about even one eating practice can be significant. Eating 100 calories more per day than needed can result in a weight gain of 10 pounds a year!

Take this short 3-question quiz and see if you can guess the results of some of Wansink's research studies:

**Question 1:** When two glasses had the same capacity, into which glass did people pour the most liquid?

- A. Short, wide glass
- B. Tall, narrow glass



**Answer 1:** A. Wansink's studies showed people drank an average of 25 to 30 percent more from short, wide tumblers than from tall, skinny glasses. The same amount of juice in a tall, skinny glass looks as if the glass is fuller than it does in the short, wide glass.

**Question 2:** How did the size of plate or bowl influence people's perception of amount when they were offered the same portion size?

- A. Size of plate or bowl made no difference in the amount they thought they ate.



- B. People thought they ate more when they were served on a large plate or bowl.
- C. People thought they ate more when they were served on a small plate or bowl.

**Answer 2:** C. Wansink found people perceived they ate more when eating from a smaller bowl or plate. As the size of the dish increased, the size of their servings tended to increase. The larger dish made servings look smaller by comparison, resulting in people helping themselves to more food. For example, people ate an average of 31 percent more ice cream (equal to 137 more calories!) when they scooped ice cream into a 34-ounce bowl vs. a 17-ounce bowl.

Changing your "tablescape," such as the shape of glasses and size of your plates may be enough to help you significantly reduce your calorie intake. About 72 percent of our calories come from food we eat from bowls, plates, and glasses, according to Wansink's research.

Container and package size also made a difference, regardless of how the food tasted. In another study, research subjects were fed 5-day-old stale popcorn at the movies in three sizes of containers: "medium," "large" and "bigger-than-your-head" buckets. Even though the popcorn didn't taste that great, the biggest bucket people ate an average of 173 more calories of popcorn than those eating from smaller containers.

**Question 3:** How did the number of chocolates people ate from covered, desktop candy dishes compare when the dishes were clear vs. when the dishes were white?

- A. They ate the same amount from both dishes.
- B. They ate more from the white dish.
- C. They ate more from the clear dish.



**Answer 3:** C. Staff with clear desktop dishes ate 71 percent more (7.7 vs. 4.6 candies) than staff that ate candies from white dishes. This equaled an average difference of 77 calories per day. That could lead to over five pounds of extra weight in a year.

We tend to eat more of visible foods because we think about them every time we see them. Eventually, our resistance is likely to weaken.

Source: Alice Henneman University of Nebraska Extension at <http://lancaster.unl.edu>

## Ten Tips for Shopping on a Budget

Rhea Lanting, Extension Educator



1. **Plan menus and make a list** – a sure way to overspend is to wander aimlessly through the aisles and toss whatever looks good into your cart. Remember: If you don't put it in your cart – you won't put it in your mouth!
2. **Use coupons and rewards cards** – clipping coupons can save you 10-15 percent on your grocery bill.
3. **Purchase store brands** – private label brands (store brands) often are 15 -20 percent less expensive than their national brand counterparts, and the quality of the food may match the national brand.
4. **Buy on sale and in bulk** – if you have space to store and you can use them before they spoil.
5. **Compare unit prices** – use the “unit price” to compare national brands with store and generic brands, this tag is on the store shelf.
6. **Read food labels** – compare ingredients and nutrients using the % Daily Value to identify more nutrient-dense foods.
7. **Start on the perimeter of the store** - fresh produce, meats, dairy and breads tend to be on the outer perimeter of supermarkets, before you hit the inner aisles of processed foods.
8. **Shop seasonally and locally** – fresh produce often costs less when it's in season and has less far to travel.
9. **Keep foods safe and prevent food waste** – use dating information such as “sell by” and “best used by” to help select the freshest foods at the market.
10. **Pay attention at the check-out** – make sure prices ring up as advertised or as indicated on the shelf label, especially for sale items.

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## The New National Aquatic Animal Health Plan: What Does It Mean for Fish Farmers?

Andy Goodwin, Professor and Fish Pathologist,  
University of Arkansas Pine Bluff

At the Federal level, the responsibility for protecting the health of farmed and wild fish is split between the USDA Animal and Plant Health Inspection Service (APHIS), the Department of the Interior U.S. Fish and Wildlife Service, (FWS) and the Commerce Department's National Oceanic and Atmospheric Administration (NOAA). When a disease problem arises, all of these agencies must work together to respond. In the past, these collaborations have been fairly difficult because the agencies have different goals and responsibilities.

The USDA-APHIS focuses on aquaculture and import/export, the FWS on wild fish and NOAA on ocean aquaculture and coastal fisheries. In times of crisis, there were no emergency plans and no prior agreement describing what each agency would do. This situation has led to delayed emergency responses, problems with international trading partners and serious financial impacts for farmers.

In 2001, the aquaculture industry worked through the Joint Subcommittee on Aquaculture (JSA) and asked the three federal agencies to work together on a National Aquatic Animal Health Plan (NAAHP) that would detail how the agencies would coordinate their efforts. As part of the process, the agencies held many stakeholder meetings with representatives of the aquaculture industries, aquatic animal health professionals and with state agriculture and wildlife agencies. The final product was published in the Federal Register. It can be seen at [www.aphis.usda.gov/animal\\_health/animal\\_dis\\_spec/aquaculture/](http://www.aphis.usda.gov/animal_health/animal_dis_spec/aquaculture/)

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## The New National Aquatic Animal Health Plan: What Does It Mean for Fish Farmers?

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The good news for the aquaculture industry is that the plan is well thought out, comprehensive and sensitive to the needs of fish and shellfish farmers. This is the direct result of the three agencies' diligent effort to seek stakeholder input and to place the responsibility for drafting the plan into the hands of agency representatives that were knowledgeable about the practices and importance of commercial aquaculture.

The NAAHP is not a regulation. It is essentially a "road map" to establish the roles of the agencies and to describe how they will work together to meet the goals of the NAAHP. It does not contain a list of directives for farmers. However, some of the goals of the program, especially those related to international trade, do have the potential to directly affect farmers.

Our international trading partners do have certain expectations of the U.S. animal health system and rely on it to insure the health of live and processed aquatic animals exported from the United States. A critical part of that system is that we must have a reliable way to detect and report diseases existing on our farms and in our products. For this to work, we must have a national network of fish disease laboratories that all

use similar testing methods, and we must have a fish disease reporting system. Such a laboratory network is one of the key recommendations for the NAAHP, and preliminary plans for organizing a lab network are already underway. A system for disease reporting is much more challenging and will certainly involve some controversy.

For reporting to be useful, the system has to be detailed enough that you can answer a question like "where does whirling disease exist in the United States?" or "what is the distribution of SVCV in the United States?" On the other hand, producers and dealers may not want a data base with farm level data because their data could be used against them in the market place and could also lead to a loss of market access. The trick will be to find the middle ground where the system is useful, beneficial to farmers and regulators, but that will not reveal what farmers regard as proprietary information.

In summary, the NAAHP should reduce the impact and uncertainty when there are emergencies like VHS and SVC. The NAAHP will hopefully serve as a model that might lead to greater consistency among state regulations. The Plan will put the United States in a stronger position for international exports. The overall impact of the NAAHP should be beneficial to industry, but we will need to keep a close watch on how it is implemented to make sure that industry concerns are addressed.

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## A Virtual Supermarket Tour

Rhea Lanting, Extension Educator

In the next few newsletters we are going to travel the aisles of a supermarket looking for healthy foods. So you need to visualize the supermarket where you shop and the foods you like to buy as we look at foods and food labels. Also, check out the ten tips for shopping on a budget in this newsletter.

In order to make nutritious food choices you need to understand the Nutrition Facts found on most food products. There are a few general things to remember. First, the nutrients are based on a **serving size**. Serving sizes are based on a weight amount but expressed in kitchen measures, tablespoons, cups, etc. Therefore serving sizes can be similar for similar products but can also be very different. For instance, all cereal serving sizes are based on 1 oz of product but depending on the form of the cereal, flakes, biscuits, buds, etc., the actual

serving size can vary from 1/3 cup to 1 1/2 cups. It is important to check serving sizes because of the amount of each nutrient reported is based on the serving size. If you eat more or less of a product, you will be getting more or less of each nutrient.

The produce department with its vast array of fresh fruits and vegetables is usually the first stop in the supermarket. Because fruits and vegetables are most nutritious and best-tasting when they are at their peak of quality, you need to be a savvy shopper. Look for nutrition information posted on shelf tags, in brochures, or in charts on the wall. Remember to go for variety since different fruits and vegetables provide different



Picture Resource: Google Images

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# A Virtual Supermarket Tour

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This nutrition label will help you to better understand nutrition facts.

## Nutrition Label Savvy

**Nutrition Facts**  
Serving Size 1 cup (228g)  
Servings Per container About 2

Amount Per Serving		% Daily Value*	
<b>Calories</b>	170	<b>Calories from Fat</b>	110
<b>Total Fat</b>	11g		17%
<b>Saturated Fat</b>	1.5g		8%
<b>Trans Fat</b>	0g		
<b>Cholesterol</b>	30mg		10%
<b>Sodium</b>	250mg		10%
<b>Total Carbohydrate</b>	14g		5%
<b>Dietary Fiber</b>	Less than 1g		2%
<b>Sugars</b>	0g		
<b>Protein</b>	2g		
<b>Vitamin A</b> 2%	•	<b>Vitamin C</b> 0%	
<b>Calcium</b> 0%	•	<b>Iron</b> 4%	
<b>Vitamin E</b> 6%	•	<b>Thiamine</b> 4%	
<b>Riboflavin</b> 2%	•	<b>Niacin</b> 4%	
<b>Vitamin B<sub>6</sub></b> 2%	•	<b>Phosphorus</b> 2%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Explanatory Text on the Left:**

- Serving size** tells you how much is in a portion and helps you compare different brands of the same product.
- Total fat** intake should be limited. >20% of Daily Value is considered high. Avoid foods high in saturated fat and trans fat.
- Try to eat foods with 0g trans fat.
- Limit **cholesterol** and **sodium** intake. Choose foods low in these two nutrients.
- Eat small servings of **protein**-lean meat, poultry, fish, milk, or yogurt.
- Check this area to see how much you need of each nutrient per day.

**Explanatory Text on the Right:**

- Total **calories** per serving are an important # for weight loss.
- Calories from fat** tell you how many calories come from fat in one serving. Divide Calories from Fat by Total Calories to get % Fat Calories.
- % Daily Value is based on a 2000 calorie diet. < 5% DV is low >20% DV is high
- Total **carbohydrate** intake for one day should be more than half of total calories. Aim for whole grain foods & those higher in **Dietary Fiber**.
- Aim for 100% DV of **Vitamins and Minerals** daily.

nutrients. Color is also important; try to get five color groups into your salad, such as green spinach, red tomatoes, white/brown mushrooms, orange carrots and purple cabbage. Add a new fruit and vegetable to your shopping cart each week.

Should you buy organic? The important thing to remember is that organic does not necessarily mean more nutritious. If you have allergies or are concerned about chemicals, be sure to wash all produce under running water and remove outer leaves or skin. Of course, the skin is where the greatest concentration of nutrients is located, so you have to put that in the equation as well.

Dried fruits and vegetables are also a good choice. They are a non-perishable option that provides the same nutrients fresh. If you are sensitive to sulfites, check the label. Sulfites are used to prevent browning in many fruits.

Choose your level of ripeness. If you are going to eat the fruit today, choose ripe; for tomorrow or the next day, look for produce that is not quite ripe; and for the end of the week, choose produce that is still hard and/or green.

Next newsletter, we'll tour the Cereal aisle - one of the most interesting in the store!

# Twin Falls County

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**This is our last hard copy that we are mailing out!**

Future copies may be viewed at  
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or

Let us know if we may email the newsletter to you.  
E-mail us at [twinfalls@uidaho.edu](mailto:twinfalls@uidaho.edu) or call  
**208-734-9590**



## Snake River Weed Research Tour

**When:** June 15<sup>th</sup>

**Time:** 8:30 a.m. (Registration will start before 8:30 a.m.)

**Where:** Kimberly R&E Center

**Tour is Free**

(Lunch is provided at the conclusion of the tour and pesticide applicator recertification credits will be applied for.)

The weed research tour is an opportunity to see what kind of weed control research we are doing. Some of the highlights of this year's tour includes weed control in wheat, barley, field corn, conventional and strip tilled sugar beets, potatoes and chicory. In sugar beets, we will be highlighting a collaborative project where we are comparing the effects of strip tillage, conventional tillage and irrigation scheduling on insect populations, weed populations and control, and disease management.

**For more information contact:** Don Morishita 208-736-3616 or 208-423-6616