

Twin Falls County

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October 2010 Volume 1 Issue 5



Tips for Grazing Alfalfa

Tianna Fife, Extension Educator

I have received a number of calls lately about when to start grazing alfalfa. Grazing alfalfa, as well as other crop aftermath in the fall, can extend the grazing season. This reduces the amount of harvested forages that have to be fed. Thereby, reducing feed costs!

Alfalfa is a high-quality feed that can benefit cattle and sheep. It can also provide more flexibility with feeding programs and the harvesting of hay. However, there is one major problem with grazing alfalfa – bloat. Bloat is caused by the rapid digestion of highly-soluble proteins, which then forms foam that prevents gases from being expelled from the rumen. The risk of bloat increases with new and lush growth, during cool spring or fall frosts, rain, or high soil fertility, but can be an issue throughout the year.

Below are tips to help reduce the risk of bloat:

- Provide some type of bloat preventative, such as blocks, feed supplements, water additives, etc. (animals may need time prior to grazing the alfalfa to adjust to

these preventatives, as they may not initially like them)

- Change feed quality and quantity gradually
- Animals should be full before turned onto alfalfa
- Turn onto more mature alfalfa
- Manage your grazing rotations and watch for new growth which is more likely to cause bloat
- Rotate or turn animals onto alfalfa during the mid-morning to afternoon hours, because it is important that the alfalfa is dry (no moisture from dew)
- Do not turn animals onto alfalfa during or right after a storm
- Provide animals access to a dry feed (hay, corn stalks, etc.)
- Swath the alfalfa and let it dry in the windrow where the animals can graze it (some producers like this because they have a better idea of what is there, and if they are in an area where they receive considerable amounts of snow the animals can get to it better)

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Twin Falls County Extension Calendar

Pesticide Recertification Classes

December 16, 2010, Burley, ID.
December 17, 2010, Twin Falls, ID.

Rangeland Livestock Symposium

January 13, 2011, 9 a.m. to 5 p.m. and January 14, 2011, For more information contact Benton Glaze or Kelly Crane at 208-736-3600.

Strong Women Stay Young

Monday and Wednesday, January 24, 2011 (lasting for 6 weeks), Twin Falls, ID.

Healthy Artisan Bread Making

February 15, 2011, Twin Falls, ID.

Farm and Ranch Financial Management Classes

January 26 - February 23, 2011 (every Wednesday). **For more Information call: 208-734-9590 on any of the classes.**

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Tips for Grazing Alfalfa

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- Make sure your livestock are healthy when turned onto alfalfa
- Cull chronic bloaters
- Check animals frequently when first turned out, then on a daily basis
- When renovating pastures, use different legumes, such as birdsfoot trefoil that are non-bloating or reduce the risk of bloat

When grazing alfalfa in the fall, the best tip is to graze after alfalfa has visibly dried following several days of hard frosts with temperatures in the mid 20s. Not only does this help reduce the risk of bloat, it also helps with the health of the plants and stand longevity. It is important not to graze the alfalfa when the ground is wet as it will damage the stand.

Not everyone will be able to incorporate all of these tips into every operation. However, it is beneficial to incorporate as many as feasibly possible. Grazing alfalfa provides great opportunities, but it is essential that all risks are considered and addressed because the loss of even one animal is costly.

If you have any questions or comments, please feel free to contact me at 208-734-9590 ext. 26, tiannaf@uidaho.edu, or 246 3rd Ave E, Twin Falls.

References:

Anderson, B., Extension Forage Specialist at University of Nebraska. "Bruce Anderson's Hay and Forage Minute", notes from live radio show, September 28, 2009.

Cash, D. and R. Endecott, Montana State University.

Bloat Hazard: Grazing Alfalfa in Fall 2010, *Prime Cuts*, September 8, 2010.

Bloat Hazard: Grazing Alfalfa in Fall 2010 Comments from Producers, *Prime Cuts*, September 22, 2010

Hay and Forage Minutes

Dr. Bruce Anderson

The following are some great tips provided by Dr. Bruce Anderson, Extension Forage Specialist, University of Nebraska-Lincoln. Always read and follow label directions. Remember that pesticide recommendations listed here are for Nebraska and may not be labeled in Idaho. Check the label or contact your local University of Idaho County Extension office for current information.

Thistle Control During October

Timing is everything. That's particularly true with thistle control, and October to early November is one of the best times to use herbicides. Did you have thistles this year? If so, walk out in those infected areas this week. I'll bet you find many thistle seedlings. Most thistle seedlings this fall will be small, in a flat rosette growth form, and they are very sensitive now to certain herbicides. So, spray this fall

and thistles will not be a big problem next year. Several herbicides are effective and recommended for thistle control. Maybe the most effective is a newer herbicide called Milestone. Two other very effective herbicides are Tordon 22K and Grazon. But be careful with Tordon and Grazon, since they also can kill woody plants, including trees you might want to keep. 2,4-D also works well while it's warm, but you will get better thistle control by using a little less 2,4-D and adding a small amount of Banvel or dicamba to the mix. Other herbicides also help control thistles in pastures - like Redeem, Cimarron, and Curtail. No matter which weed killer you use, though, be sure to read and follow label instructions, and be sure to spray on time. Next year, avoid overgrazing your pastures so your grass stands get thicker and compete with any new thistle seedlings. Give some thought now to thistle control during October and November. Your pastures can be cleaner next spring.

Winter Grazing Opportunities

Hay and silage are expensive. If you can find something for your animals to graze rather than be fed hay and silage, you may save upwards of a dollar per day per cow. Extra rain in many areas this summer and fall produced more than the usual amount of growth on rangeland, plus good regrowth on alfalfa and grass hay fields. A few fields of summer annual grasses have nice new growth. And there's even a lot of volunteer winter wheat growing

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UNIVERSITY OF IDAHO EXTENSION UPDATE

Twin Falls County

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Hay and Forage Minutes (Continued from page 2)

in many areas. These all can be grazed this fall and winter. Yes – you may need to take some slight precautions to do it safely. Alfalfa has a slight risk of bloat. Green wheat and grass regrowth might have a tendency to cause some grass tetany or respiratory problems if animals are moved to these lush pastures from dry, brown pastures without any adaptation. Be careful following a hard freeze, or maybe wait until a few days after a killing freeze happens before putting animals on these lush pastures. Also, many fields may require temporary fencing or have water hauled to them. But don't let these challenges prevent you from using these resources. Not only will you get some good quality, less expensive feed for your animals, grazing can also be good for the land. Most of the nutrients in the plants will be recycled back to the soil via manure and urine, making them available to support next year's crop. Look around, and wherever you have grazable growth remaining, take advantage of it. It's like money in the bank, and good feed, too.

Effects of a Freeze on Forages

When plants freeze, changes occur in their metabolism and composition that can poison livestock. But you can prevent problems. Sorghum-related plants, like cane, sudangrass, shattercane, and milo can be highly toxic for a few days after frost. Freezing breaks plant cell membranes. This breakage allows the chemicals that form prussic acid to mix together and release this poisonous compound rapidly. Livestock eating recently frozen sorghums can get a sudden, high dose of prussic acid and potentially die. Fortunately, prussic acid soon turns into a gas and disappears into the air. So, wait 3 to 5 days after a freeze before grazing sorghums; the chance of poisoning then becomes much lower. Freezing also slows



Winter Range

down metabolism in all plants. This stress sometimes permits nitrates to accumulate in plants that are still growing, especially grasses like oats, millet, and sudangrass. This build-up usually isn't hazardous to grazing animals, but green chop or hay cut right after a freeze can be more dangerous. Alfalfa reacts two ways to a hard freeze (close to twenty degrees) that's cold enough to cause plants to wilt. Nitrate levels can increase, but rarely to hazardous levels. Freezing also makes alfalfa more likely to cause bloat for a few days after the frost. Then, several days later, after plants begin to wilt or grow again, alfalfa becomes less likely to cause bloat. So waiting to graze alfalfa until well after a hard freeze is a good and safe management practice. Frost causes important changes in forages so manage them carefully for safe feed. For more information Contact Steve Hines, 208-734-9590.

Tips for a Safe Thanksgiving Turkey

Cammie Jayo, Coordinator Extension Nutrition Program (ENP)

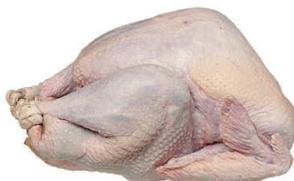
It is hard to beat the classic roast turkey with the wonderful aromas that waft from the oven kicking off the anticipation for the holiday meal. Roasting a large turkey is one of easiest ways to accommodate a large crowd of family and friends. Here are some helpful tips to keep your Thanksgiving Turkey dinner safe, so you can enjoy the company of your family and friends.

Thawing Your Turkey

There are three ways to thaw your turkey safely – in the refrigerator, in cold water, or in the microwave oven.

In the Refrigerator (40 °F or below)

Uncooked Turkey



Allow approximately 24 hours for every 4 to 5 pounds

4 to 12 pounds 1 to 3 days
12 to 16 pounds 3 to 4 days
16 to 20 pounds 4 to 5 days
20 to 24 pounds 5 to 6 days

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

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Tips for a Safe Thanksgiving Turkey

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In Cold Water

Allow approximately 30 minutes per pound

4 to 12 pounds 2 to 6 hours

12 to 16 pounds 6 to 8 hours

16 to 20 pounds 8 to 10 hours

20 to 24 pounds 10 to 12 hours

Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

In the Microwave Oven

Check your owner's manual for the size of turkey that will fit in your microwave oven, the minutes per pound, and power level to use for thawing. Remove all outside wrapping and place on a microwave-safe dish to catch any juices that may leak. Cook your turkey immediately. Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

Roasting Your Turkey

1. Set your oven temperature no lower than 325 °F.
2. Place your turkey or turkey breast on a rack in a shallow roasting pan.
3. For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 °F.
4. If you choose to stuff your turkey, the ingredients can be

prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 °F.

5. A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
6. If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 °F for safety.
7. For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.
8. Remove all stuffing from the turkey cavities.

Timetables for Turkey Roasting (325 °F oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

Unstuffed

4 to 8 pounds (breast) 1 1/2 to 3 1/4 hours

8 to 12 pounds 2 3/4 to 3 hours

12 to 14 pounds 3 to 3 3/4 hours

14 to 18 pounds 3 3/4 to 4 1/4 hours

18 to 20 pounds 4 1/4 to 4 1/2 hours

20 to 24 pounds 4 1/2 to 5 hours

Stuffed

4 to 6 pounds (breast) Not usually applicable

6 to 8 pounds (breast) 2 1/2 to 3 1/2 hours

8 to 12 pounds 3 to 3 1/2 hours

12 to 14 pounds 3 1/2 to 4 hours

14 to 18 pounds 4 to 4 1/4 hours

18 to 20 pounds 4 1/4 to 4 3/4 hours

20 to 24 pounds 4 3/4 to 5 1/4 hours

For more information about food safety (in English and Spanish), call: USDA Meat and Poultry Hotline 1-888-MPHotline (1-888-674-6854) 10:00 a.m. to 4:00 p.m. Eastern time, Monday through Friday



A Virtual Supermarket Tour

Rhea Lanting, Extension Educator

Once again, if you remember from two previous newsletters, I have been traveling the aisles of a supermarket looking for healthy foods. As promised in the last newsletter, this newsletter we will be touring the Dairy Products aisle.

Dairy products such as milk, cheese, yogurt, and butter are good sources of calcium and protein. Calcium is an important nutrient for healthy bones. Health and nutrition experts agree that getting enough calcium is important but may be difficult. The average adult in the U.S. gets only 500-700 mg of calcium daily; the amount needed for adults is 1200-1500 mg per day.

Unfortunately, calcium intake and levels of physical activity are inadequate in most children and teenagers. Only 13.5 percent of girls and 36.3 percent of boys age 12-19 in the U.S. consume the recommended amounts of calcium. The amounts for children and teens varies from 800-1500 mg per day which is about 3-5 servings. A serving size for milk or yogurt is 8 ounces.

All milk and yogurt, regardless of fat content or flavor are a rich source of calcium, about 300 mg per cup. When choosing dairy products look for fat-free or low fat products. Fat Free Skim Milk is milk that has virtually all of the fat removed. 1% Light Milk is milk which contains no more than 1 g of fat per cup. 2% Reduced Fat Milk is milk which contains no more than 5 g of fat per cup. Whole Milk is milk straight from the cow with the cream. It generally contains about 8 g of fat per cup. The American Heart Association recommends that we choose 1% low fat or fat free skim milk to help protect ourselves from heart disease.

Cheese is really milk in a concentrated form. The water has been taken out which leaves a high proportion of fat. It takes about 5 quarts of milk to make a pound of cheese. That's why cheese is a good source of the nutrients that are found in milk.

The FDA has legislated the terms for fat and sodium that can be used on the food packages and in the advertising of all foods. These are the terms that are important to understand for cheese. The following chart gives the amount of fat and sodium per serving for a food to be labeled Fat-free, Low-Fat, and Low-Sodium. For a food labeled "Reduced" it must have 25% less fat or sodium than the regular food and to be labeled "Light or Lite" the fat or sodium must be reduced by 50% or more.

Low Fat	less than 3 g fat
Fat-Free	less than 0.5 g fat
Low Sodium	less than 140 mg sodium
Reduced	at least a 25% reduction
Light/Lite	at least a 50% reduction

It is important to have a visual picture of portion sizes so that when you are shopping and looking at Nutrition Facts labels you can estimate the serving size. Remember that the amounts of nutrients on the label are based on a serving size that may or may not be the amount you eat. A half cup is about the size of a woman's closed fist, a tablespoon is the size of your thumb, and a teaspoon is the size of the end of your little finger.



What do you look for when buying cheese? Try to stay under 3 g of fat and 1 g of saturated fat per serving. You also want to find a cheese with at least 15% of the Daily Value of Calcium. For a tip sheet on purchasing cheese, email me at, rhlanting@uidaho.edu, I would be happy to send you a copy.

Many times I get the question – margarine or butter which is better? The main difference between butter and margarine is the type of fat. Butter is higher in saturated fat than margarine but lower in trans fat. Trans fats are fats made during the partial hydrogenation of vegetable oils. This process makes liquid fats solid. Trans fats are listed under Saturated Fats in the Nutrition Facts Box.

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Supermarket Tour

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Many products list 0 g Trans fat and claim “Trans Fat Free.” Since Trans Fats are the result of Partially Hydrogenated Fats, check the Ingredients to see if “Partially Hydrogenated Fats” are listed. A food manufacturer can list 0 g Trans Fat if the amount is less than 0.5 g.

The American Heart Association recommends that you choose tub or liquid margarine that contains less than 1 g of Saturated Fat and less than 2 g of Total Cholesterol. In general, the softer the margarine, the less trans and saturated fat it contains. Choose margarine that contains naturally occurring un-hydrogenated oils, such as canola or olive oil when possible. Look for “Liquid Vegetable Oil” on the ingredient label. Remember, again the key is to use everything in moderation.

Yogurt is a good choice for snacks and meals. Yogurts come in many different sizes. Choose low fat yogurt and look at the calcium content. Most varieties contain about 300 mg calcium in 8 ounces. If you have diabetes, be sure to look at the total carbohydrate content and not at the sugars. The sugars that you see in artificially sweetened yogurts are natural milk sugars, usually around 12 g.

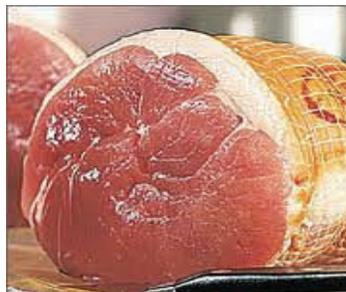
In our next issue, I will conclude our supermarket tour. We will look at what to stock in your kitchen, a tour of the frozen food aisle and take out foods at the supermarket. Remember, if you would like tip sheets or handouts of this information, stop by our office or give me a call.

The Safety of Special Holiday Meats

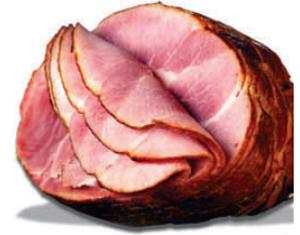
Rhea Lanting, Extension Educator

When choosing your holiday meat, be assured that all beef, lamb, pork, veal and poultry sold at your supermarket have been inspected for wholesomeness by the USDA or State inspection systems. Once your purchase is at home, refrigerate it immediately. Cook or freeze fresh poultry within 1 or 2 days; fresh meats, 3 to 5 days.

There are two types of hams: fully cooked and those that need cooking. Fully cooked hams may be eaten cold or reheated at 140° F. When storing these hams, observe “use-by” dates on hams sealed at the plant; use store-wrapped cooked ham portions within 3-5 days. “Cook-before-eating” hams must be cooked to 160° F to destroy harmful bacteria that may be present. Use within 7 days.

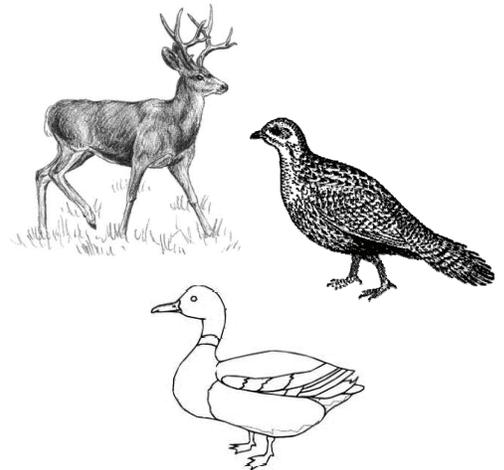


Uncooked Ham



Cooked Ham

Wild game killed by hunters obviously has not been federally or state inspected so care must be taken to handle it safely. Parasites such as *Trichinella* and *Toxoplasma* may be present. Improper handling can cause bacterial contamination as well as off-flavors.



Dress game in the field right after shooting. Dressed meat must be chilled as soon as possible. Keep the game cold – below 40° F, until it can be cooked or frozen.

For more information and a roast chart contact your County Extension office.

“Seafood at its Best” follow-up shows significant behavior change

Gary Fornshell, Extension Educator

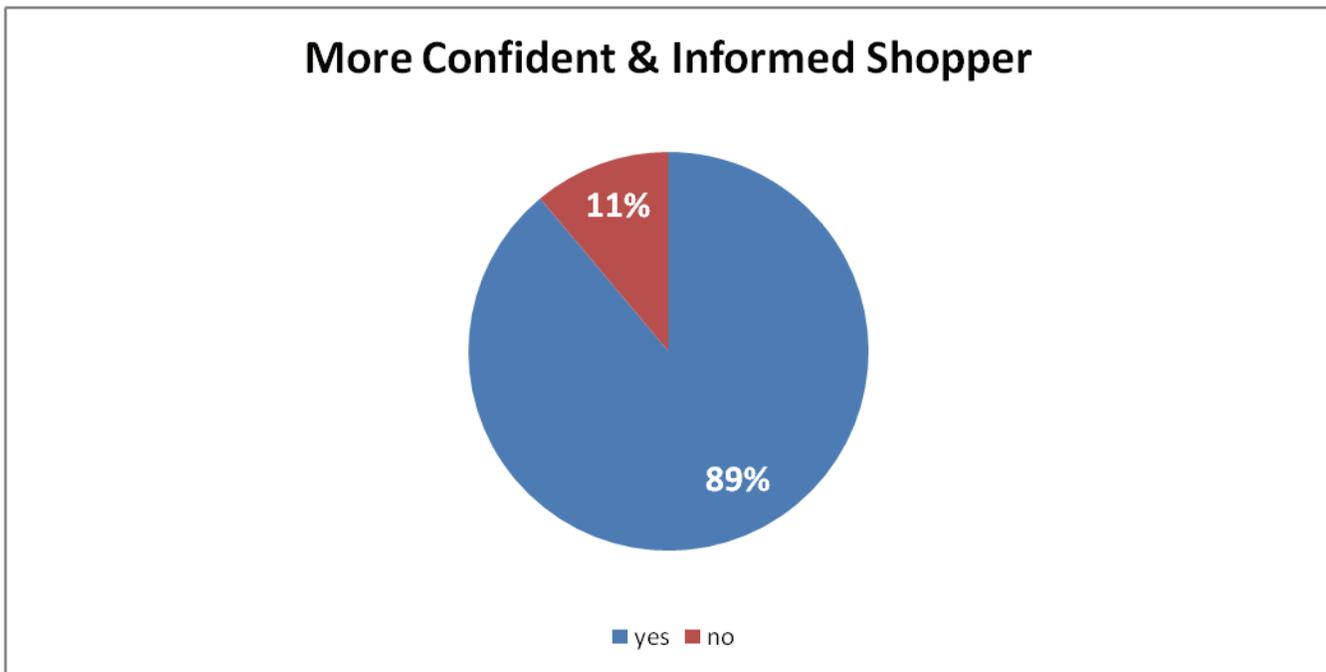
It’s been one year since “Seafood at its Best,” the curriculum designed to encourage more fish consumption, was published. Although we knew that class participants’ knowledge increased from the pre- and post-test results, we were also interested in whether we could measure long-term impacts as a result of the people taking the class.

One hundred fourteen participants have attended the “Seafood at its Best” classes in Twin Falls and Boise since we began teaching the curriculum. We developed and mailed a follow-up survey to class participants. Participants were asked to complete four questions and return the stamped, self-addressed postcard. Questions asked were:

Questions asked were:

1. As a result of taking the “Seafood at its Best” class, I have changed my consumption of seafood.
2. By taking the Seafood class, I am a more confident and informed seafood shopper.
3. Since taking the Seafood class, I have improved my seafood cooking skills.
4. Would you recommend this class to others?

The survey response rate was about 41%, which is considered quite good. Although seafood consumption did increase among the participants, it was not a significant increase. However, 89% and 73% of respondents respectively, indicated they were more confident and informed shoppers and their seafood cooking skills improved as a result of the class. A total of 82% would recommend this class to others.



Given that lack of knowledge and confidence in selecting and preparing seafood are often cited as reasons for low seafood consumption; we feel confident due to the survey results, that the intent of the curriculum to help consumers become more confident about buying and preparing seafood is being realized.

Twin Falls County

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