

Twin Falls County

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

December 2011 Volume 2 Issue 4



Farewell

Tianna Fife, Extension Educator

Many of you have probably already heard that I will be leaving University of Idaho Extension in January. I have enjoyed working for Extension over the past 4 ½ years and I have met many wonderful people and made lifelong friends. It has been a tremendous privilege being able to collaborate on so many different projects, ranging from research studies to 4-H. I have valued everyone's insight and willingness to go the extra mile and try something new. One of the greatest things I have found working in Extension is that I have been able to teach people, but have also learned many new things myself along the way. Every day has been a new and exciting journey.

That said, I have been given a great opportunity to work with Idaho Ag Credit. I will be in the Twin Falls office, so please feel free to stop in and visit. I hope to continue to support and be involved in Extension and all of its great efforts – just in another role. Thank you everyone for your support throughout the years.

-Tianna

INSIDE THIS ISSUE . . .

Farewell	page 1
Farm Ranch Management	page 2
Change Coming in Food Labeling...	page 3
Tiny Tastes...	page 3-4
USDA Revises...	page 4-5
Seafood Consumption	page 5
ID Beef Summit Tentative Agenda	page 6
ID Beef Summit Registration	page 7

Farm Ranch Management

Joel Packham, Extension Educator

The University of Idaho Farm Management Group has teamed up with the Idaho Barley Commission and has received a grant from the Risk Management Agency to provide comprehensive farm management training. This training includes a 6-week financial management class that will allow producers to do a total financial analysis of their operations. The training also includes several modules that will be “pick and choose,” depending upon a producer’s specific needs.

The time to learn farm management principles is now, while things are going well. Stressful times make it a difficult time to learn and change directions. These trainings are mostly hands-on activities that will push producers to gain not only knowledge, but experience in dealing with financial management. Call the Cassia County Extension Office at 208-878-9461 today to reserve a spot in the upcoming classes.

Farm & Ranch Management:

Date and Time: 6 weeks– 1 class per week 1:00 p.m. to 4:00 p.m.

Wednesdays at the Twin Falls County Extension Office beginning January 18, 2012.

Thursdays at the Cassia County Extension Office beginning January 19, 2012.

Cost: \$100/operation with pre-registration by December 23, 2011 required.

Pre-class Work: complete inventory worksheets of assets and liabilities as of January 1, 2012.

We will send these to you in December.

At the completion of the class you will have a

year-end financial analysis of your farm.

Farm & Ranch Management Modules:

(The following are al-a-cart, you may pick and choose)

Wednesday, February 29th Idaho Falls

Thursday, March 1st Burley

Grain Marketing

Futures Market for Dummies, Market Charting, and Introduce Facebook Marketing Club

Wednesday, March 7th Idaho Falls

Thursday, March 8th Burley

Succession/Estate Planning

Wednesday, March 14th Idaho Falls

Thursday, March 15th Burley

Managing Production Costs



UNIVERSITY OF IDAHO EXTENSION UPDATE

Twin Falls County

Published by University of Idaho Extension, Twin Falls County. Website: www.uidaho.edu/extension/twinfalls.

Twin Falls County, 246 Third Avenue East, Twin Falls, ID 83301, *email:* twinfalls@uidaho.edu, phone: 208-734-9590.

Editor: Gary Fornshell, 246 Third Avenue East, Twin Falls, ID 83301, *email:* gafornsh@uidaho.edu, phone: 208-734-9590.

Gary Fornshell, Extension Educator, Aquaculture; Rhea Lanting, Extension Educator, Nutrition, Health & Food Safety; Steve Hines, Extension Educator, Crops; Tianna Fife, Extension Educator, Livestock; Cammie Jayo, Extension Nutrition Program Coordinator (ENP).

Change Coming in Nutrition Labeling of Meat

Rhea Lanting, Extension Educator

The United States Department of Agriculture (USDA) recently announced that nutrition labels will be required on meats starting January 1, 2012. The nutrition information will include calories, calories from fat, total fat, saturated fat, cholesterol, sodium, protein and vitamins. It will be listed on 40 of the commonly purchased cuts of beef, poultry, pork and lamb products.

This will be a very helpful guide to consumers who read labels. Consumers will be able to choose the cuts of meat that are lower in fat, calories and saturated fat. USDA defines lean as:

- ◇ less than 10 grams of total fat
- ◇ 4.5 grams or less of saturated fat
- ◇ less than 95 mg of cholesterol

One of the most important lessons that we teach in Extension is label reading. I know it takes more time at the supermarket; however, reading the ingredients on the label along with the nutrition facts is one of the most important things you can do to improve your overall well-being.

Tiny Tastes Can Total BIG Calories over Winter Holidays

Rhea Lanting, Extension Educator

The extra calories sometimes sneak up on us over the winter holidays. They don't always arrive in the form of large portions of calorie-laden food. Rather, they may tiptoe in through many tiny tastes throughout the day. Calories are approximate and may vary, depending on the brand, recipe, exact serving size, etc.

Taste 1

Oops, I broke that cookie removing it from the baking sheet, or maybe it doesn't look very good. I'll just eat the half that didn't get all crumbled up. **Approximate Calories: 30**



100% PURE		EXTRA LEAN GROUND BEEF		96/4						
American Heart Association		Nutrition Facts		Amount/serving						
Meets American Heart Association food criteria for saturated fat and cholesterol or healthy people over age 2.		Serv. Size 4 oz. (112g)		%DV*						
While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.		Serving Per Container varied		Amount/serving						
		Calories 130		%DV*						
		Calories from Fat 25		Amount/serving						
				%DV*						
Total Fat	4g	6%	Total Carb.	0g	0%					
Sat. Fat	1.5g	8%	Fiber	0g	0%					
Cholest.	65mg	22%	Sugars	0g						
Sodium	50mg	2%	Protein	24g	48%					
		Vitamin A		0%	Vitamin C	0%	Calcium	2%	Iron	14%

New 2012 Meat Nutrition Labeling

Taste 2

Someone brought holiday candy to work today, or someone brought us a box of candy to share. I'll just have one small piece of the peanut brittle. **Approximate Calories: 80**

Taste 3

Its mid-afternoon and I still haven't eaten lunch. I need to pick up some items from the grocery store. The grocery store is offering food samples – just a little cracker with spread to tide me over until I get to eat lunch.

Approximate Calories: 40

Taste 4

The fast food place is giving out 1/4 cup samples of its special flavored holiday coffee. I can't pass that up! **Approximate Calories: 20**

Taste 5

A few hours at work left until I leave for the holiday dinner party. I think I'll check out the break room to see if any more goodies have shown up. Some chocolate-covered cherries have shown up. Chocolate is good for you, right? I'll just have one. **Approximate Calories: 60**

Taste 6

It is a great dinner party, but just maybe I shouldn't stand near the snack table before the meal starts. I'm now dipping my third chip. **Approximate Calories: 75**



(Continued on page 4)

Tiny Tastes Can Total BIG Calories over Winter Holidays (Continued from page 3)

Taste 7

Who can pass up old-fashioned eggnog? I'll just have a half cup. **Approximate Calories: 200**

Taste 8

There are just a couple of tablespoons of candied sweet potatoes left, someone should enjoy them, and they are wonderful.

Approximate Calories: 60

Taste 9

The nice thing about helping dish up dessert is you can take a little "preview" taste - using a separate tasting spoon, of course. One heaping tablespoon of candy cane ice cream coming right up! **Approximate Calories: 70**

Total tasting calories for the day: 635

Remember, these were only "tasting calories" - how many other calories did you eat today? If comparable types of "tiny tastes" are continued throughout the holidays it might be possible to gain as much as a pound a week. On average, an additional 3500 calories above your body's requirements can lead to a weight gain of a pound.

- **Commit to writing down everything so you can see how much you have consumed for the day.**
- **Volunteer to take fruit and vegetable trays to family dinners and parties to ensure that you have something healthy to snack on.**
- **Be the last in the food line, take a plate of food, eat it, and move out of reach from the buffet table.**

(Adapted from: Food Reflections, University of Nebraska-Lincoln)

Enjoy your Holiday Season. Rhea



USDA Revises Cooking Temperatures for Pork

Cammie Jayo, Extension Nutrition Program Coordinator

The U.S. Department of Agriculture (USDA) has updated guidelines for safely preparing pork, steaks, roasts and chops. USDA recommends cooking all whole cuts of meat to 145 °F as measured with a food thermometer placed in the thickest part of the meat, then allowing the meat to rest for three minutes before carving or consuming. The federal agency says it is lowering the recommended safe cooking temperature for whole cuts of pork from 160 °F to 145 °F and adding a 3-minute rest time. The safe temperature for beef, veal, and lamb remains at 145 °F, but the USDA says it is adding a 3-minute rest time to its preparation recommendations.

The new guidelines do not apply to ground meats including beef, veal, lamb and pork, which should be cooked to 160 °F. The safe cooking temperature for all poultry products, including chicken and turkey, remains at 165 °F.

"With a single temperature for all whole cuts of meat and uniform 3-minute stand time, we believe it will be much easier for consumers to remember and result in safer food preparation," USDA Under Secretary Elisabeth Hagen says in a news release. "Now there will only be three numbers to remember -- 145 for whole meats and fish, 160 for ground meats, and 165 for all poultry."

The addition of a 3-minute rest time for whole cuts of meat will result in a product that is both microbiologically safe and at its best quality. Rest time is the amount of time the product remains at the final temperature after it has been removed from a grill, oven or other heat source. During that 3-minute period, the temperature of meat remains constant or continues to rise, destroying pathogens. USDA's Food Safety and Inspection Service has

(Continued on page 5)

USDA Revises Cooking Temperatures for Pork

(Continued from page 4)

determined that it is just as safe to cook cuts of pork to 145 °F as it is to cook them to 160 °F, as long as there is a 3-minute rest time.

The new guidelines clarify long-held perceptions about cooking pork. People had viewed the color pink in pork as a sign that it's undercooked. But now the USDA says if raw pork is cooked to 145 °F and allowed to rest for three minutes, it is safe to eat, even if a little pink.

Appearance of meat is not a reliable indicator of safety or risk. Only by using a food thermometer can consumers determine if meat has reached a sufficient temperature to destroy pathogens of public health concern. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

According to the National Pork Board, these new guidelines may mean better tasting pork; more flavorful and juicy as Americans tend to overcook common cuts of pork. The National Pork Board and the USDA both recommend a digital cooking thermometer to make sure the final temperature is correct.

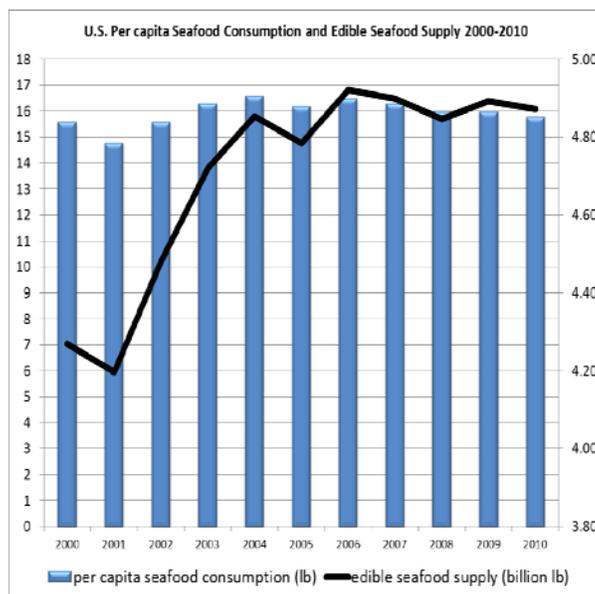
Free refrigerator magnets displaying correct cooking temperatures are available at the Twin Falls County Extension office at 208-734-9590.

Seafood Consumption and Edible Seafood Supply 2000-2010

Gary Fornshell, Extension Educator

Year	Per capita (lbs.)	Edible Seafood Supply (billion lbs.)	US Population (million)
2000	15.60	4.270	280.9
2001	14.80	4.197	283.6
2002	15.60	4.479	287.1
2003	16.30	4.720	289.6
2004	16.60	4.854	292.4
2005	16.20	4.784	295.3
2006	16.50	4.920	298.2
2007	16.30	4.898	300.5
2008	16.00	4.846	302.9
2009	16.00	4.893	305.8
2010	15.80	4.873	308.4

U.S. Per Capita Seafood Consumption and Edible Seafood Supply 2000-2010



Per capita seafood consumption and edible seafood supply are highly interrelated. Per capita consumption increases and decreases as supply goes up or down. Although per capita consumption does not vary relatively much year to year, seafood demand continues to increase because the population is increasing. The US is the second largest importer of seafood in the world and in 2010 imported seafood represented 86% of US supply. (Source: National Marine Fisheries Service)

Idaho Beef Summit Tentative Agenda

January 5-7, 2012

Thursday, January 5

- 6:00 pm Kick-off Event, Red Lion Hotel, Canyon Springs (Dinner & Social Hour)
- 7:00 pm Welcome & Updates (Idaho Cattle Association Industry Update & Idaho Beef Council Check-off Update)
- 7:30 pm Keynote Speaker, Paul Dykstra (Certified Angus Beef, LLC, Chappell, Nebraska) A Steak in Your Bottom Line... The Importance of Understanding and Improving Beef Carcass Quality in Your Herd

Friday, January 6

- 8:00 am Registration
- 8:30 am Beef Quality Assurance Update in Idaho (Dr. John Hall, University of Idaho)
- 9:00 am Travel to Beef Packing Plant (View harvest & processing of cull cattle. Topics: condemned carcasses, pathology, HACCP, & cull cow marketing)
- 12:00 pm Travel back to Hotel. Lunch (Red Lion Hotel, Canyon Springs)
- 1:00 pm Workshops (Red Lion Hotel, Canyon Spring)
- 1:00-1:45 pm Meat Science 101 for Ranchers: Muscle Biology & Fat Cell Basics (Dr. Matt Doumit, University of Idaho)
- 2:00-2:45 pm Determining Carcass Quality Potential with DNA Analysis (Courtney Kealey, Certified Angus Beef, LLC)
- 3:00-3:45 pm Producing Consumer Acceptable Cattle and Getting Paid for It (Paul Dykstra, Certified Angus Beef, LLC)
- 3:45-4:15 pm BREAK
- 4:15-5:00 pm Retail & Food Service Perspective. Tips from a Chef & a Retailer. (Jerry Tingey, Associated Food Stores & Chef Kelly Steel, BSU/CWI Culinary Arts & Training Center)
- 5:15-6:00 pm Merchandising Beef the Consumer-Friendly Way Cutting Demo (Steve Leigh, National Cattlemen's Beef Association)
- 6:15 pm Door Prizes & Updates
- 7:00 pm Dinner (On Your Own)

Saturday, January 7

- 8:00 am Overview of Carcass Grading (University of Idaho Extension Beef Team)
- 8:30 am You Be the Consumer...Factors That Affect Eating Quality & Sensory Taste Panel (University of Idaho Extension Beef Team)
- 9:30 am Travel to Beef Packing Plant (View Processing; Grading Practices; Topics: carcass grading, grid pricing, retail & wholesale cuts, and value added marketing)
- 11:30 am Door Prizes, Conclusions, Evaluations. (Smokin' Cowboys, Jerome)
- 12:00 pm BBQ Beef Lunch (Smokin' Cowboys, Jerome)

Idaho BEEF Summit

January 5-7, Twin Falls, Idaho
Red Lion Hotel, Canyon Springs
Brought to you by : University of Idaho

Proudly Sponsored by:



Registration Form

January 5-7, 2012, Twin Falls, Idaho

Registration Fee: \$50/per person. On site registration will increase to \$75/per person.

Lodging: A block of rooms has been reserved at the Red Lion Hotel, Canyon Springs (1357 Blue Lakes Blvd. N., Twin Falls, Idaho 83301), which is where the Beef Summit will be held. Please call 1-800-733-5466 and request the "Idaho Beef Summit" Room Block for a discounted rate of: Single \$67.95, Double: \$72.95, Triple: \$77.95, Quad: \$82.95. Rates are available until December 22 or until block is filled. Room rates include a complimentary breakfast each morning.

✂ ----- ✂ ----- ✂

Please complete the following registration form and return with your payment by December 30, 2011 to: University of Idaho Extension, Custer County Office, PO Box 160, Challis, ID 83226 or Fax to 208-879-6690.

NAME: _____

RANCH NAME: _____

ADDRESS: _____

PHONE NUMBER: _____ EMAIL: _____

NUMBER ATTENDING: _____ x \$50/PER PERSON = \$ _____

Please make checks payable to Custer County Agent.

Questions? Contact Sarah D. Baker at 208-879-2344 or sdbaker@uidaho.edu

Twin Falls County

NONPROFIT ORG
US POSTAGE PAID
Twin Falls ID
PERMIT NO. 193

University of Idaho
Extension

Twin Falls County
246 3rd Ave E
Twin Falls ID 83301