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JEFFERSON COUNTY EXTENSION

October News

2016



Welcome our new Agriculture Extension Educator

My name is Joseph Sagers. I am the new Extension Educator for Jefferson and Clark Counties. I am here to help and serve anyone with questions or concerns with forages, livestock, row crops, range and pasture, soils, bugs and weeds. I look forward to working with growers and producers, whether your crop is 1000 acres or a houseplant sitting in your window.

My experience started on my family's cow/calf operation in Tooele, Utah. I learned to appreciate the value of hard work. My dad's official trade was the town florist, as a family we spent many hours helping him balance the work load. I spent most of my life around cows and plants, in all their shapes and sizes. I attended Utah State University, where I studied Plant Science. I had the dream of returning home and improving the production of the family farm, until I discovered the beauty of extension work. My Master's Degree is also through Utah State, and in conjunction with the USDA ARS Forage and Range Research Lab. I studied the effects salt has on rangeland plants such as forage kochia and tall wheatgrass, and evaluated their performance against the toxic weed halogeton. Upon completion of my M.S degree at Utah State I moved to Jefferson County to start this job. I am also fluent in speaking and understanding Spanish.

I married the love of my life, we will be celebrating our 5th wedding anniversary this December. We have two beautiful children, ages 3 and 1. We love everything we have seen about this area of Idaho. I look forward to meeting many of you, and hope to learn as much from you as I have to offer.

Thistles

I have been doing home visits to people's pastures and fields and observed that thistles are a major problem. They're awkward to work around and the cows are experts at not touching them. October is an excellent time to spray for thistles. Newer products that have recently come out are ForeFront, Milestone, and Chaparral, they work very well. Some of the old reliable chemicals can also be used, such as Tordon or Grazon. 2-4-D will still work while it's warm, especially when mixed with Banvel or Dicamba. If the use of pesticides is not in line with your management style, there are still options. For Biennials such as musk thistle you can mow them down to prevent them from going to seed. This may take a year or two to accomplish, because there are probably tiny little rosettes that you didn't see that will go to seed next year. For perennials such as Canada thistle, the best thing you can do is to not let them establish in the first place. Establishment can happen when you overgraze your pastures. Thistles like sunlight, and if the canopy is too thick for them, they will struggle and have a hard time getting established. Feel free to contact me with any questions.

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Monday - Friday
9:00 - 5:00
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Changes to the Nutrition Facts Label

On May 20, 2016, the Food and Drug Administration (FDA) finalized the new Nutrition Facts label which is required for packaged foods. The new label will reflect new scientific information, e.g. the link between diet and chronic disease such as obesity and heart disease and make it easier for consumers to make healthier food choices. Listed below are the major changes:

A newer design

- At the top of the label: The type size and /or bolding will be increased for “Calories,” “servings per container” and “Serving size” and number of calories.
- At the bottom of the label: The footnote is changing to improve the % Daily Value (DV) explanation. It will read, “The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.”

Incorporates updated information on nutrition

- “Added Sugars” - will be included in grams and % DV. DV has been set at 50 grams/day (approximately 12 1/2 tea-spoons).
- Required nutrients (vitamins and minerals) that will be updated:
 - *Adding vitamin D and potassium.
 - *Calcium and iron still required.
 - *Vitamin A and C no longer required since most Americans consume enough of these two nutrients.
 - *The amount and %DV are required to be listed instead of solely %DV
- Daily Values for sodium, dietary fiber and vitamin D are being updated.
- “Calories from Fat” is being removed since research shows that type of fat is more important than amount. “Total Fat,” “Saturated Fat” and “Trans Fat” are still required on the label.

Updates to serving sizes and labeling requirements for certain package sizes

- Serving sizes will reflect how much people are actually eating. For example, serving size of ice cream will change from 1/2 cup to 2/3 cup, and serving size of soda will change from 8 ounces to 12 ounces.
- Package size affects what people eat. Therefore, packages that are between one and two servings, such as a 20 ounce soda or a 15-ounce can of soup, will have the calories and other nutrients as one serving since people typically consume this amount in one sitting.

Compliance Dates

- In slightly less than two years, July 26, 2018, manufactures will be required to use the new label.

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote





Money

Projects



Awards Night



Fun

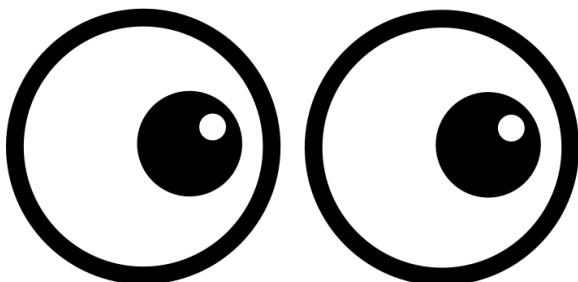
Record Books

Awards

RIGBY
MONDAY OCT. 10 AT 6:30
RIGBY FAIRGROUNDS

MUD LAKE
MONDAY OCT. 17 AT 6:30
ALC BUILDING

EMAILS WILL BE SENT OUT NEAR YOUR AWARDS NIGHT, WITH CLUB/FOOD ASSIGNMENTS



SEE YOU AT THE AWARDS NIGHT!!!

University of Idaho
Extension

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Return service Requested



Reasonable accommodations will be made for persons with disabilities and special needs who contact Lorie Dye, at 243 E Fremont Ave. Rigby, ID 83442, 208-745-6685, or jefferson@uidaho.edu at least two weeks prior to the event.

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

To enrich education through diversity, the University of Idaho is an equal opportunity/affirmative action employer and educational institution.