

Extension Connection

January/February 2012

MILLARD COUNTY

Extension Update

As I write this letter, there is still a significant amount of corn in the fields in Millard County. It is difficult to know exactly how much, but I would guess somewhere between 10-25% of the grain corn in the county was still in the field as of December 1. The large amount of corn planted in the county this year combined with good yields resulted in a storage shortage leaving some farmers with nowhere to go with their grain corn. Hopefully, at some point before the snow gets to deep, grain will start moving and open up some storage for corn still left in the field.

Alfalfa prices continue to stay well above average due to strong demand for exported hay and a shortage of supply as corn and other grains continue to eat up more acres. The short supply of alfalfa is making buying hay a difficult and expensive proposition for hay buyers making a lot of people wonder if there will even be any hay to buy come late winter/early spring.

This time of year marks calving season in this area. We continue to have requests for the Integrated Resource Management "Red Books" used by many producers in the area to track calving records. We have a fresh supply of these books in the office, so feel free to drop by and pick one up.

On February 21, 2012 USU Extension is sponsoring a Regional Dairy Workshop in Delta. The workshop is intended for all dairy producers in southern Utah. The workshop will be focused around the extremely difficult feed decisions dairies are facing due to high feed prices. The workshop will begin at 10:00 am with the doors opening at 9:30 am so participants can get registered. There is no charge for the workshop, and no RSVP is required. Lunch will be provided for free as well. Dairy producers and anyone else with an interest in these issues are invited to attend. We have plenty of room at the facility and have made flexible lunch arrangements so that we can accommodate everyone. We plan on wrapping up about 2:30-3:00 pm. An announcement for the workshop is included in this newsletter.

There are several other Extension conferences over the next few months throughout the state. I am including information about these in the newsletter.

Upcoming Events

Intermountain Beef 3910 "Beef for the Consumer" Course

January 5-6, 2012
Logan, UT

Cattlemen's Boot Camp

January 20-21, 2012
Logan, UT

Utah Beef Cattle Field Day

February 14, 2012
Provo, UT

Southern Utah Dairy Workshop

February 21, 2012
10:00 am—3:00 pm
Millard County Fair
Building
Delta, UT

MILLARD COUNTY EX- TENSION WEB SITE

Keep connected and updated on activities, events, and information through the Millard County Extension web site: extension.usu.edu/millard

Dairy

Trent Wilde– USU Extension Agent

January/February 2012

Southern Utah Dairy Workshop

February 21, 2012
10:00 am—3:00 pm
Millard County Fair Building
157 Manzanita Ave.
Delta, UT

Dillon Feuz, USU Extension Commodity Marketing Specialist
Volatility in Milk and Feed Prices: Using Futures and/or options to
manage this risk.

Custom Ag Solutions
Livestock Gross Margin (LGM) Dairy Insurance: Can you protect your
milk price – feed cost margin?

Allen Young, USU Extension Dairy Specialist
The value of various feed sources to supply needed protein and energy
requirements

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For more information contact the Utah State University Extension Millard County Offices at:
435-864-1480 or 435-743-5412

Livestock

Trent Wilde—USU Extension Agent

January/February 2012

Intermountain Beef 3910

“Beef for the Consumer” Course

Logan, UT

Thursday, January 5, 2012

7:00 am	Registration, Introductions and Breakfast	ATRC
7:30 am	Beef Grading, Live Animal Evaluation, Calf Video and Team Bidding Dick Whittier, USU Meat Research Lab Manager /	
	Ultrasound Brett Bowman, USU / Dr. Dale ZoBell, USU Extension	ATRC
12:00 pm	Value-added Products and Lunch Brent Tanner, Utah Cattlemen’s Association	ATRC
1:30 pm	Carcass Breakdown	NFS
4:00 pm	Care and Handling of Non-Fed Beef (Cull Cows) Kim Chapman, USU Extension	NFS
5:00 pm	Visit to retail food stores	
6:30 pm	Dinner	BATC
7:30 pm	State of Beef Cattle Industry TBA	BATC

Friday, January 6, 2012

7:30 am	Vans leave for JBS Swift	
	Breakfast – Injection Site Lesions Video Dr. Dale ZoBell, USU Extension	JBS Swift
	National ID, Age Verification, Biosecurity and Plant Tour Dr. Michael Coe, Global Animal Management / Kim Chapman, USU Extension	JBS Swift
	Evaluation of Carcasses from Day 1 Live Beef Dick Whittier and Kevin Heaton, USU	JBS Swift
11:00 am	Management Tools for Beef Producers Dr. Kerry Rood, USU Extension	Coppermill
12:30 pm	Beef Quality Assurance Dr. Kerry Rood, USU Extension	Coppermill
1:00 pm	Genetic Selection for Value-Based Marketing Select Sires	Coppermill
1:30 pm	Lunch – Steaks: Are 1-in-4 unacceptable??? Sponsored by Select Sires Dick Whittier and Kevin Heaton, USU	Coppermill
2:00 pm	Data from Cutting Tests Dick Whittier and Kevin Heaton, USU	Coppermill
2:30 pm	Hit the Road	

To register (\$135) call 435-797-2145

Livestock

Trent Wilde– USU Extension Agent

January/February 2012



UtahStateUniversity
COOPERATIVE EXTENSION



Mark Your Calendars!
Cattlemen's Boot Camp

January 20-21, 2012
Utah State University • Logan

*1 1/2 days of educational
sessions open to all cattle producers**

To register or for more information, contact the
American Angus Association,
www.angus.org or call 816-383-5100

(*pre-registrations required & space is limited)

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Foods & Nutrition

Mary Anna Henke—Nutrition Educator

January/February 2012

Food \$ense Nutrition Education is a **Free** program to help individuals and families eat better while on a budget. If you would like to attend classes contact us to sign up. If you are unable to attend classes in person and would like information, there is a Food \$ense DVD that contains six lessons that you can do at home on your own time. If you need help getting your children to eat vegetables or all of the 5 food groups or if you would like help planning a menu your family will enjoy on your budget, please call to arrange lessons. For information call 864-1480 or 743-5412 or check out our web page at www.extension.usu.edu/millard.

FREE Classes:

- Delta Sands Apartment Complex - Thursday, Jan. 5th - 4:00 PM: Food \$ense Grains— Wheat.
- Delta Sands Apartment Complex - Thursday, Feb. 2nd - 4:00 PM: Food \$ense Fruits: Banana.
- Fillmore's Mt. Catherine Manor Complex - Thursday, Jan. 12th - 4:30 PM: Food \$ense Grains— Wheat.
- Fillmore's Mt. Catherine Manor Complex - Thursday, Feb. 9th - 4:30 PM: Food \$ense Fruits: Banana.
- Kanosh Paiute Band Building - Wednesday, Jan. 11th - 5:30 PM: Food \$ense Grains— Wheat.
- Kanosh Paiute Band Building - Wednesday, Feb. 8th - 5:30 PM: Food \$ense Fruits: Banana.

There's nothing better than a bowl of warm soup/stew to warm up your insides when the weather is cold outside. Plus most (homemade) soups are just packed full of yummy tasty Vegetables that give your body the nutrients it needs to keep it healthy. Soup fills the body and warms the soul.

Black Bean Stew

- 1 large diced onion
- 1 – 3 cloves minced garlic
- 1/4 teaspoon red pepper flakes
- 2 tablespoons olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon thyme
- 2 (14 ounces) cans chicken broth
- 1 small can diced green chilies

- 1 (14 ounces) can stewed tomatoes
- 1 (28 ounces) can black beans, drained and rinsed
- Cooked Rice
- Cilantro
- Sour Cream
- Lime Slices

Directions

In a heavy pot or Dutch oven, sauté onion, garlic, and pepper flakes in olive oil. Add herbs, broth, and chilies and bring to boil. Add tomatoes and beans. Simmer one hour. Remove 1/2 of stew, cool slightly, and puree until smooth. Add pureed mixture back into pot and stir to combine. Serve stew over rice with fresh cilantro, sour cream and lime slices.

Barley Lentil Soup

- 3 cloves garlic, minced
- 1 cup chopped onion
- 2 carrots, peeled and chopped
- 1 stalk celery, chopped
- 7 - 8 cups reduced sodium chicken or vegetable stock
- 1 1/2 cups sliced mushrooms
- 1 cup lentils, rinsed
- 1/2 cup barley
- 1 tablespoon tomato paste
- 1 1/2 teaspoons thyme
- 1 teaspoon curry powder
- 1 bay leaf
- 1 tablespoon chopped parsley
- 2 tablespoons fresh lemon juice
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon pepper

Spray large saucepan with cooking spray. Add onion and garlic; sauté 3 - 4 minutes, stirring occasionally. Add remaining ingredients. Bring to Boil, reduce heat, and simmer 60 - 70 minutes or until barley and lentils are tender. Remove bay leaf and serve. Yield: 8 servings

(Source: Food \$ense: Utah State University Nutrition, Dietetics, and Food

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