



Owyhee County

Cattlemen's Corner Beef Newsletter

University of Idaho
Extension

November, 2014

Post Breeding Season Bull Management

K. Scott Jensen, UI Extension Educator, Owyhee County

Inside this issue:

<i>Idaho State Land Grazing Lease Rates: Historical Background</i>	2-5
<i>Why It's Important to Break Ice</i>	6
<i>Keeping the Legacy Alive Class</i>	6
<i>Calendar of Events</i>	13

Back by popular demand, the ***Keeping the Legacy Alive*** class will be offered again this year. The class will meet at the Owyhee County Extension Office at 1:00 p.m. on January 20, 27, February 3 and 10, and at 6:00 p.m. on February 24. See page 6 for more information.

IRM Beef Red Books should arrive by mid-December. Check our website, call or stop by. We'll be happy to reserve one for you!

Following the breeding season, managing bulls can be a challenge. They aren't actively contributing to the bottom line and can be hard on fences and facilities. They do however represent a significant investment and managers should plan to meet their needs while attempting to keep costs at a minimum.

As bulls complete the breeding season, they should be evaluated and sorted. Mature bulls in good condition will be of the least concern and shouldn't require any special attention. Old bulls and any others with physical defects (crippled, bad eyes, etc.) should be sorted off and marketed. Young bulls and thin bulls should be sorted into a third group where they can receive the additional feed and attention necessary to prepare them for the next breeding season.

It is important for all bulls to have access to a high-quality mineral mix. This mix should be high in phosphorus as phosphorus is critical for reproduction and is usually present in inadequate amounts in dry or harvested forage. It is often necessary to mix it with salt to ensure consumption. Vitamin A is also important in the bull diet and should be included in the mineral supplement. It is also possible to use an injectable form of vitamin A as it can be stored in the body for up to 6 months.

Mature bulls can generally winter well on an all-roughage diet. They should be fed about 2% of their body weight on a dry matter basis per day. The goal should be to have the animals maintain a moderate body condition of 5 to 7. If needed, they can be supplemented with protein to compensate for any protein deficiencies in lower quality hay or straw.

Young and thin bulls should be placed on high quality forage. This could include some fall regrowth of alfalfa fields, planted annual forages, or high quality hay. Young bulls are still growing. Besides restoring any lost body condition, they are still putting on additional muscle and bone structure. Condition gained during the off-season can help increase their breeding longevity. Concentrates fed should be high in protein. A high energy diet is not desirable as getting them too fat tends to impede their reproductive activity.

If possible, bull pastures should be isolated away from the cows. Bulls pastured away from the cows will be quieter and fight less. There should be plenty of room to encourage adequate exercise and reduce fighting among animals. About 2

acres per bull is recommended for space during this time.

Salvage bulls have considerable value in today's cattle market. Market bulls in average body condition have recently sold for more than \$2,500 at the local auction market. High salvage values might encourage you to replace older or less productive bulls with younger, higher genetic quality bulls.

No matter how you choose to winter your bulls, don't scrimp on a breeding soundness exam for each bull by your veterinarian 30 to 60 days prior to the start of your breeding season next year. This will help ensure that you have a successful breeding season in your cowherd. Proper care and management of bulls after the breeding season will help prepare them to pass the breeding soundness exam and be ready for the next breeding season.

References:

Linton, A. Bull Management After the Breeding Season. Western Beef Resource Committee Cow-Calf Management Guide and Cattle Producer's Library, Second Edition. CL 437.

Zollinger, W. Bull Management and Care in the Western U.S. During and After the Breeding Season. Western Beef Resource Committee Cow-Calf Management Guide and Cattle Producer's Library, Second Edition. CL 436. ♦



Idaho State Land Grazing Lease Rates: Historical Background

Dr. Neil Rimbey, University of Idaho, Extension Range Economist

With the recent announcement that Idaho Department of Lands (IDL) is reviewing the state's grazing program, there has been quite a bit of interest in the formula and resulting fee levels for grazing on lands administered by the department. This interest has been heightened by recent public information gathering sessions held by IDL throughout the state. This document will serve as an attempt to provide background information on the existing fee formula and other aspects of state land grazing to ranchers, policy makers and others.

The existing formula was enacted by the Idaho Land Board in 1993. This followed months of work and review by a subcommittee which included 3 Board members, IDL staff and representatives of the livestock industry. It also built upon 2 studies of private grazing leases, conducted by the University of Idaho and partially funded by IDL.

Lease Rate Formula: Background

The formula built upon data developed and used in the Public Rangeland Improvement Act (PRIA) federal grazing fee formula. This data goes back to 1964 and could be utilized to develop a statistically valid model designed to predict changes in the private lease market. This was done using regression techniques. The federal formula utilizes indices of changes in cattle prices, prices paid to produce livestock and private grazing lease rates in the 11 western states. All of these indices are developed and published annually by USDA-National Agricultural Statistics Service (NASS). The Idaho formula uses the 3 PRIA indices and an index of Idaho private grazing lease rates to predict what the Idaho lease rate index will be 2 years into the future. Predicting 2 years into the future was necessary due to IDL requirements of at least a 6 month period for notification to lessees of changes in the lease rate. This was coupled with the fact that NASS data to calculate the indices was not available until late January each year. Table 1 presents the NASS price and input data and the various indices over time.

The goal of the Subcommittee was to utilize this dataset to estimate the functional relationship:

$$IDFVI_{t+2} = f(FVI_t, BCPI_t, PPI_t, IDFVI_t)$$

Where:

$IDFVI_{t+2}$ = Idaho Private Lease Index at time $t + 2$ (or, 2 years in the future)

FVI_t = 11 Western State Private Lease Rate Index at time t (or, present)

$BCPI_t$ = US Cattle Price Index at time t

PPI_t = Prices Paid Index (cattle inputs) at time t

$IDFVI_t$ = Idaho Private Lease Index at time t

For the period from 1966 through 1989, the following regression equation was estimated for the above function:

$$IDFVI_{t+2} = -6.92 + .13 FVI_t + .6 BCPI_t - .33 PPI_t + .74 IDFVI_t \quad [1]$$

(-0.63) (0.46) (7.87) (-4.01) (4.32)

$$R^2 = 0.96$$

$$F = 146.97$$

The Subcommittee was apprised of problems with the equation (multicollinearity, or relationships between the independent variables (e.g. FVI and $IDFVI$); insignificant variables and others), as well as positive factors (very high correlation coefficient, R^2 , and significance of the equation, as indicated by the F statistic) but chose to recommend this equation to the full Land Board. The primary reasons for this were the inclusion of livestock prices, prices paid and indices of private grazing lease rates in the equation. No recommendation was made by the Subcommittee in terms of a base forage value that would be needed to "drive" the model. In other words, the equation is used to predict the index of Idaho private grazing lease rates 2 years ahead. This predicted value ($IDFVI_{t+2}$) would then be divided by 100 and multiplied by the base value (or the estimate of net forage value for the base period of 1964-68) to derive the lease rate for state lands 2 years ahead. In a political decision, the Land Board set \$1.70/Animal Unit Month (AUM) as the base forage value and installed the formula for 1993 and subsequent years. Interesting to note the way that the \$1.70 value was derived by the Land Board. One member determined that \$5/AUM was his bottom line on what forage was worth in 1992-3. The Land Board worked backwards through the regression equation to determine that a base value of \$1.70 would result in a fee of \$4.90/AUM. The vote to approve this was 4-1 in favor of the formula and base value, with the "\$5 bottom line" member voting against the measure. Table 2 presents the lease rates calculated under the formula from 1993 through 2015. Figure 1 shows the variation in Idaho private grazing lease rates, IDL lease rates and federal grazing fees over time. Although the graph depicts IDL rates prior to 1993, these are calculated rates designed to show what the state fee levels would have been, had the formula been in place in the earlier years.

Recent Developments

During 2005-2006, IDL organized an IDL/Livestock Work Group, which met regularly and addressed numerous issues relative to the IDL grazing program. This group met approximately 12 times between December, 2005 and May, 2007. One of the requests that came out of this group was for an update on the regression analysis behind the existing lease rate formula, including the "new" data through 2007. This was done and resulted in the following updated equation.

$$IDFVI_{t+2} = -26.44 + (0.54678 FVI_t) + (0.34163 BCPI_t) - (0.25416 PPI_t) + (0.73536 IDFVI_t) \quad [2]$$

$$R^2 = 0.9609$$

... continued on page 3



Idaho State Land Grazing Lease Rates . . . continued from page 2

With the new data and updated analysis, the equation changes, as one would expect. We see a larger negative intercept, larger coefficient on FVI, smaller coefficient on PPI and about the same on FVI and BCPI. Again, all variables except FVI are statistically significant at the 0.10 level.

There are several issues and concerns related to the models and their application to calculating annual lease rates. The first issue relates to a technical term known as “multicollinearity” which was covered in the earlier discussion on the existing formula. It is apparent that PPI and the FVI indices are highly correlated, as they both consistently went up over time whereas beef prices had ups and downs. Statistical tests completed during the analysis revealed that multicollinearity existed between these two variables. The easiest way to handle this problem is to get rid of one of the variables in the model. My suggestion would be to exclude PPI. Similar concerns arise in relation to the west-wide FVI and the Idaho-specific IDFVI. Theoretically, Idaho private lease rates are included in the calculation or determination of the west-wide private lease rates. Thus, there should be some degree of correlation between those two variables. Torell, et al. (2003) reported all three of the federal formula indices (FVI, BCPI and PPI) were highly correlated. Similar to the findings and recommendations of Torell, et al. (2003) on the federal formula, my suggestion would be to exclude all of the westwide figures and index Idaho forage values solely on what they were in previous years. There is a high degree of correlation between years and you do not have the problems of multicollinearity between independent variables in this sort of equation. The recommended model would be:

$$\text{IDFVI}_{t+2} = 13.85 + (0.9967 \text{ IDFVI}_t) \quad [3]$$

The correlation coefficient for this model is 0.943 and the independent variable and intercept are both statistically significant ($p=0.10$).

Grazing Market Rent Study

In 2011, IDL contracted with a consulting group for a review of the IDL Grazing Program. This report was completed in August, 2012 (Gustanski, et al. 2012) and provides a comprehensive review of the department's grazing program. The report provides an in-depth look at each of the IDL regions, factors affecting demand for rangeland forage, state land grazing programs and fee systems in other states, alternative business models, and a summary of private grazing leases in Idaho. A critical component of this study was a detailed survey of private grazing leases in Idaho. This survey was able to detail leasing arrangements for rangeland forage from both the lessee and lessor perspectives, lease rates and the impact of services, forage type, location and class of livestock had on the level of lease rates.

A publication through the University of Idaho (Rimbey, et al. 2014) summarizes the private grazing lease arrangements for Idaho rangeland forage resulting from the survey. In addition to the basic information on lease type, animal type, forage base and other factors associated with Idaho grazing leases, this publication includes several critical elements that having bearing on the IDL lease rates. Similar to two other studies on Idaho private grazing lease rates, this study concluded that there was no difference between NASS-published rates and those indicated in this survey. The NASS grazing lease rate for 2011 was \$15/AUM. The average lease rate from this study was \$16.04, which was not statistically different from the NASS rate. In addition, the analysis was able to value factors associated with leases, which will move the debate more towards a net forage value basis rather than the current gross values as embodied in NASS and coffee shop rates. Critical factors valued in this analysis were items such as daily livestock care/management, livestock type/class, regions of the state and percent of the lease that was irrigated. Table 3 presents the estimated values of these factors. A lease which includes daily livestock care/management adds \$2.20/AUM to the total lease price. Similarly, if a lease does not include daily livestock care, one would expect the lease rate to decline by \$2.20/AUM. If yearling cattle are run on the lease, the rate increases by \$3.52/AUM. If sheep are run on the lease, the rate declines by \$2.59/AUM. For each percentage of the lease that is irrigated, the lease rate increases by \$0.022/AUM. Although the study dealt strictly with rangeland forage, there were some leases that were for whole farms or ranches, in which cases, irrigated lands came into play. The statistical analysis revealed that % of irrigated land was a significant variable in the model. Regional differences were also apparent for the Payette Lakes region (roughly the McCall/New Meadows area of Idaho) and the Eastern Idaho region (southeastern Idaho). Leases in the Payette Lakes region were \$1.87/AUM higher than other areas of the state and Eastern area leases were \$1.43/AUM higher.

The market rent study also included recommendations in relation to the development of a new fee formula or updating the existing formula as are included here. Similar concerns about the federal grazing fee system have also been raised in the past (Torell, et al. 2003).

Where To From Here?

With the ongoing review of the fee issue and the grazing program over the next year, there would be numerous opportunities for input on these critical components of the state's grazing program. The existing fee system is not perfect as the gap between private lease rates and IDL rates continues to widen. This is primarily due to the large negative impact of the Prices Paid Index that is included in the formula. The strong year-to-year relationship of private lease rates can be used to advantage in a predictive model. The NASS-published private grazing lease rates are not without fault, but they are the best information available and have been shown to estimate market transactions in the state. Livestock producers generally appreciate having a two-year window of knowing what the rates will be in the future. Based upon state policy on notification of lease rate changes, it does not appear to be possible to shorten this window.

When this issue arose the last time (1992), the Land Board made a political decision and determined what fair market value for state land grazing at that point in time. The same opportunity exists at this time. If this were done, a simple formula to index and update the fee from year to year, utilizing the regression analysis already undertaken. The indexing formula would be based upon NASS private lease information for Idaho. It would not include unnecessary indices for cattle prices, prices paid and west-wide private grazing lease rates. The format would be similar to that included in equation [3]. It should also be stressed that the formula and rates need to be reviewed more

. . . continued on page 4



Idaho State Land Grazing Lease Rates . . . continued from page 3

frequently than once in 21 years! As noted in the changes in equations [1] and [2], the lease market is dynamic and reflects numerous factors that require frequent review and updating.

Table 1. Private grazing lease rates, cattle prices and prices paid, 1964-2013.

Year	PGLLR	FVI	IDPLLR	IDFVI	BCP	BCPI	PPI
1964	\$3.50	92	\$3.33	95	\$19.17	71	95
1965	\$3.58	94	\$3.25	93	\$20.72	77	97
1966	\$3.72	97	\$3.40	97	\$22.92	85	99
1967	\$3.72	97	\$3.47	99	\$23.14	86	103
1968	\$3.72	97	\$3.48	99	\$24.02	89	107
1969	\$3.82	100	\$3.50	100	\$27.00	100	113
1970	\$4.05	106	\$3.71	106	\$29.50	109	118
1971	\$4.06	106	\$3.79	108	\$29.50	109	124
1972	\$4.17	109	\$3.99	114	\$36.80	136	130
1973	\$4.57	120	\$4.41	126	\$43.00	159	140
1974	\$5.82	152	\$5.43	155	\$39.20	145	168
1975	\$5.75	151	\$6.55	187	\$35.20	130	198
1976	\$6.37	167	\$6.14	175	\$36.10	134	215
1977	\$7.06	185	\$6.20	177	\$36.00	133	230
1978	\$7.11	186	\$6.43	184	\$47.60	176	246
1979	\$7.53	197	\$6.47	185	\$64.90	240	275
1980	\$7.88	206	\$6.61	189	\$64.20	238	319
1981	\$8.83	231	\$8.20	234	\$59.10	219	359
1982	\$8.36	219	\$7.98	228	\$57.70	214	378
1983	\$8.85	232	\$8.02	229	\$56.40	209	387
1984	\$8.86	232	\$7.83	224	\$57.79	214	395
1985	\$8.40	220	\$6.97	199	\$53.65	199	397
1986	\$8.10	212	\$7.51	215	\$51.78	192	388
1987	\$8.54	224	\$6.60	189	\$59.95	222	381
1988	\$8.75	229	\$6.99	200	\$65.46	242	386
1989	\$8.87	232	\$6.93	198	\$67.47	250	402
1990	\$9.22	241	\$8.40	240	\$71.81	266	419
1991	\$9.66	253	\$9.55	273	\$72.15	267	436
1992	\$10.03	263	\$8.85	253	\$69.60	258	440
1993	\$10.20	267	\$10.20	291	\$73.43	272	451
1994	\$10.30	270	\$10.30	294	\$67.07	248	455
1995	\$11.00	288	\$10.40	297	\$61.15	226	473
1996	\$10.70	280	\$10.40	297	\$55.49	206	499
1997	\$11.30	296	\$11.20	320	\$61.90	229	512
1998	\$11.80	309	\$11.50	329	\$60.01	222	514
1999	\$11.90	312	\$11.80	337	\$61.89	229	516
2000	\$12.00	314	\$11.50	329	\$68.88	255	554
2001	\$12.60	330	\$12.00	343	\$72.80	270	559
2002	\$13.00	340	\$12.20	349	\$66.76	247	559
2003	\$13.40	351	\$12.60	360	\$75.33	279	593
2004	\$13.80	361	\$12.60	360	\$88.53	328	618
2005	\$14.60	382	\$13.00	371	\$91.04	337	686
2006	\$15.10	395	\$13.50	386	\$92.17	341	724
2007	\$15.60	408	\$14.60	417	\$86.80	321	762
2008	\$16.20	424	\$14.10	403	\$86.89	322	891
2009	\$15.80	414	\$14.00	400	\$78.21	290	806
2010	\$16.10	421	\$14.00	400	\$87.69	325	866
2011	\$16.80	440	\$15.00	429	\$112.29	416	946
2012	\$17.90	469	\$15.50	443	\$122.48	454	980
2013	\$18.50	484	\$15.50	443	\$120.85	448	994

Table 2. Idaho State Land Indices and Lease Rates, 1993-2015.

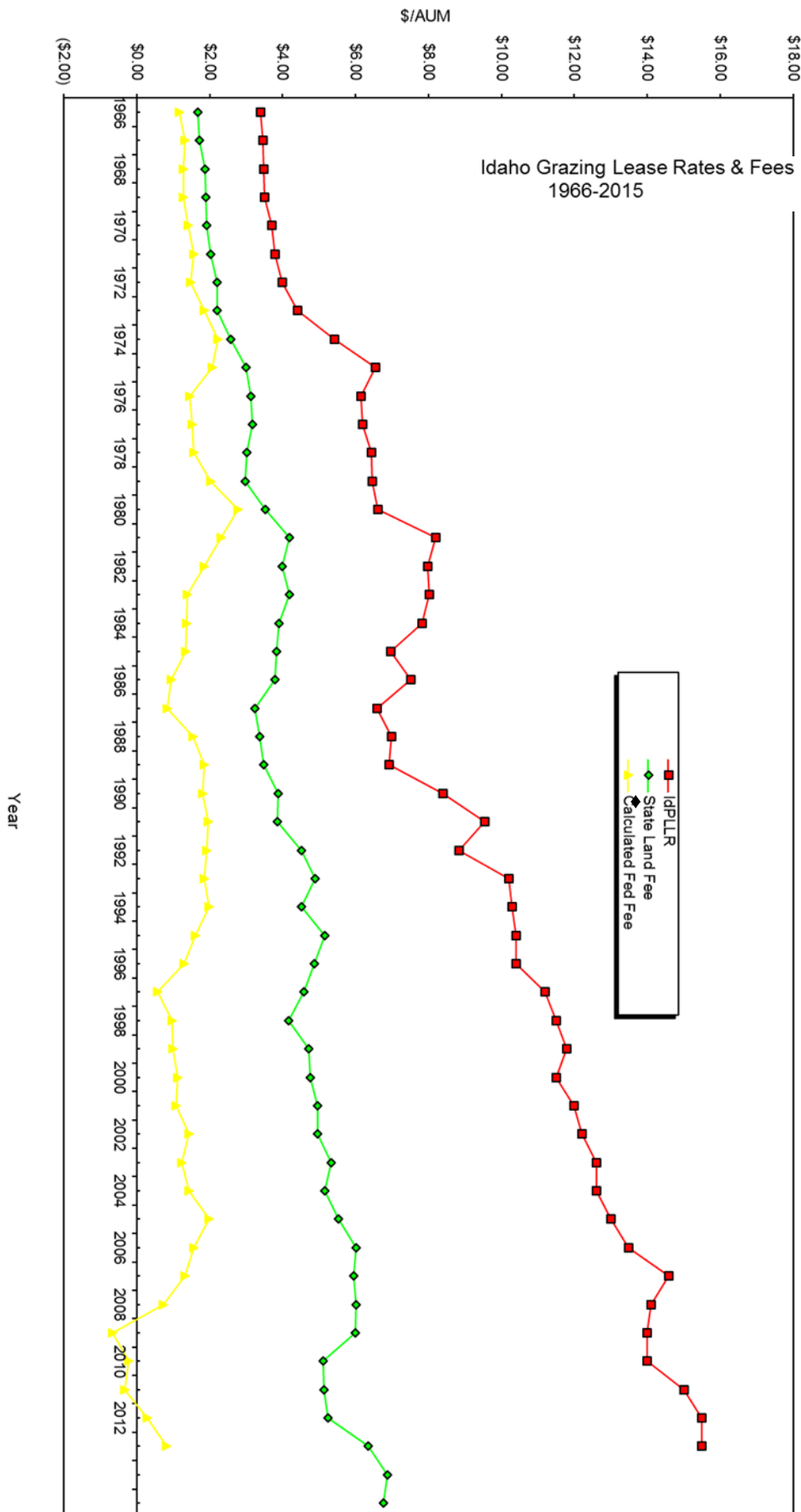
Year	IDFVI	Lease Rate
1993	288.49	\$4.90
1994	266.26	\$4.53
1995	303.13	\$5.15
1996	287.04	\$4.88
1997	269.66	\$4.58
1998	244.60	\$4.16
1999	277.36	\$4.72
2000	279.89	\$4.76
2001	291.25	\$4.95
2002	291.55	\$4.96
2003	313.62	\$5.33
2004	302.97	\$5.15
2005	325.23	\$5.53
2006	354.34	\$6.02
2007	350.32	\$5.96
2008	353.55	\$6.01
2009	352.18	\$5.99
2010	301.08	\$5.12
2011	301.89	\$5.13
2012	308.97	\$5.25
2013	373.86	\$6.36
2014	405.21	\$6.89
2015	398.29	\$6.77

Table 3. The value of services, regional differences and livestock class. 2011.\$/AUM

Variable	Value
Intercept	14.03544
Daily Livestock Management	2.20824
Payette Region	1.86688
Eastern Region	1.42954
Yearlings on the lease	3.52751
Sheep on the lease	-2.58727
% of land Irrigated	0.02161



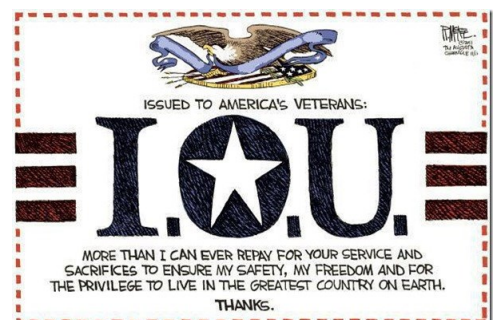
Idaho State Land Grazing Lease Rates . . . continued from page 4



References

- Gustanski, J., S. Kane, J. Kennedy, N. Rimbey, D. Scarsella, K. Toal, L.A. Torell. 2012. Idaho Department of Lands Grazing Market Rent Study. Resource Dimensions. Gig Harbor, WA. Available online at: <http://www.idl.idaho.gov/leasing/grazing/rate/idl-grazing-mkt-rent-study-reduced.pdf>
- Rimbey, N.R., L.A. Torell and J.A. Tanaka. 2007. Why grazing permits have economic value. J. of Ag. and Resource Econ. 32(1):20-40.
- Rimbey, N., L.A. Torell, S. Kane, J. Gustanski, J. Kennedy, D. Scarsella. 2014. Idaho Private Rangeland Grazing—Lease Arrangements. University of Idaho Ag. Exp. Sta. Bulletin 185. August 2014. Moscow, ID.
- <http://www.cals.uidaho.edu/edcomm/pdf/RES/RES185.pdf>
- Torell, L.A., N.R. Rimbey, L.W. VanTassel, J.A. Tanaka and E.T. Bartlett. 2003. An evaluation of the federal grazing fee formula. J. Range Manage. 56:577-584.
- Torell, L.A., N.R. Rimbey, O.A. Ramirez and D.W. McCollum. 2005. Income earning potential versus consumptive amenities in determining ranchland values. J. of Ag. and Resource Econ. 30(3):537-560. ♦

This newsletter is provided as a public service. If you do not have an interest in receiving the Owyhee County Extension Newsletter in the future, please contact the Extension Office and we will remove your name from our mailing list. Likewise, if you know of someone who would like to receive the newsletter, please let us know, owyhee@uidaho.edu or 208-896-4104. Past editions of the newsletter are available on our website at <http://extension.uidaho.edu/owyhee>





Why It's Important to Break Ice

Samantha Graf, Extension Educator, Canyon County

As the weather begins to cool and turns towards winter, many of us start thinking of and preparing for those cumbersome winter-time chores. We also turn our minds to providing enough nutrition to maintain adequate body condition on our livestock.

One thing not many of us consciously think about is water intake during the winter months. We know it needs to be provided, but how much? At what temperature? Should they just eat snow or make the trek to the trough? And WHY is it so important that they have adequate supply and access?

Various studies suggest a 1,000 pound dry, pregnant cow needs to consume 7 to 7.5 gallons of water per day to maintain body function, and therefore body condition score. These same studies also indicate the same cow generally does not alter its water intake when the water temperature ranges from 40F to 90F; however, once water temperature drops below 40F, intake begins to decrease by nearly a gallon per day.

There are varying thoughts on relying on snow as a sole source of water for beef cattle, but many reports indicate that cattle have to be taught to consume snow as a water source. Fresh water sources should not be eliminated during this training time-frame, nor should they be taken away entirely. The cattle will need to consume water on a daily basis, multiple times per day, and fresh, loose snow may not always be available.

If you chose to acclimate your cattle to utilize snow as a primary water source, you'll need to monitor their salt intake. Many mineral supplements use salt as a limiting factor, meaning cattle won't consume too much supplement due to salt causing a desire to drink. However, many cattle will forgo the excess water consumption during the winter, triggering a decline in feed intake as well. This can cause a stiff decline in health and condition.

Water consumption is strongly correlated to feed intake, consequently making water one of the most important factors in your winter-time feeding strategy. Most producers are feeding a dry feed, such as hay and protein cake, during the winter months which require more water to aid in digestion. A properly functioning digestive system allows the cow's body to require less effort to maintain body condition score, permitting the cow to divert energy to other activities such as gestating her calf.



The bottom line is to provide plenty of fresh water at all times, and be aware of your animal's water, feed and supplement intake as much as possible. This simple practice will help keep your cattle in good condition.

References

Hall, John B., Seay, William W., Nutrition and Feeding the Cow-calf Herd: Essential Nutrients, Feed Classification and Nutrient Content of Feeds. *Virginia Cooperative Extension (Publications 400-011)*.

Gadberry, Shane. Water for Beef Cattle. *University of Arkansas Agriculture and Natural Resources (FSA3021)*.

Gildersleeve, Rhonda R., Access to Water Critical for Wintering Beef Cattle. *University of Wisconsin Extension*. January 2012.

Smith Thomas, Heather. (2011, January). Keeping stock-water ice-free in winter. *Beef Magazine*.

Link to building information on a passive solar heated stock tank:

<http://www.motherearthnews.com/diy/solar-stock-tank-zmaz10onzraw.aspx#axzz3I2NvQuJQ>

KEEPING THE LEGACY ALIVE

Who Should Attend:

Farmers and ranchers concerned with passing the farm or ranch on to the next generation.

How You Can Benefit:

- Learn the do's and don'ts of succession planning
- Gain the impetus to get started in the process
- Identify what is important to each generation
- Gain ideas to fairly divide & transfer non-titled property

Teaching Staff:

Keeping the Legacy Alive was developed by faculty of UI Extension, several of whom will serve as your instructors. They include Extension educators Scott Jensen, Rikki Ruiz, Montessa Young, and Marsha Lockard.

A featured speaker will be Attorney Peter Volk, a recognized expert in farm and ranch estate planning. You won't find anyone with more practical understanding and experience in succession of ag operations than Pete.

Classes will be offered in two locations:

Owyhee County Extension, Marsing

Jan. 20, 27, Feb. 3, 10 at 1:00 and 24 at 6:00 p.m.

USDA Service Center, Emmett

Jan. 19, 26, Feb. 2, 9 at 1:00 and 23 at 6:00 p.m.

Cost is \$50 per person or \$75 for two from the same family/operation (receive one set of materials).

The registration form and brochure will be available soon on our website, or for more information contact:

Scott Jensen, scottj@uidaho.edu, 208-896-4104

Rikki Ruiz, rikkiw@uidaho.edu, 208-365-6363 ♦

Estate and Succession Planning for Farmers and Ranchers



November 11 is Veteran's Day. Don't forget to thank our veterans and their families!



Inside this issue:

“Natural” on a Food Label Sells the Product and Means Nothing

5

Fun Food Crafting Recipe for the Whole Family! Apples & Carmel Dip

6

Safe Gifts from the Kitchen Class

6

Slow Cooker Teriyaki Chicken

7



“Natural” on a Food Label Sells The Product and Means Nothing

The United States (U.S.) Food and Drug Administration (FDA) regulates the health claims and many of the words that appear on food packages, such as “organic,” “fat free,” and “low sodium.” There are strict definitions on when some terms can appear on a package. For example, for a product to be labeled as “fat free,” it must contain less than 0.50 grams of fat per

Nutrition Facts	Amount Per Serving	%Daily Value*	Amount Per Serving	%Daily Value*
Total Fat 20g		31%	Total Carbohydrate 24g	8%
Saturated Fat 5g		25%	Dietary Fiber 1g	4%
Cholesterol 10mg		3%	Sugars 14g	
Sodium 180mg		8%	Protein 2g	
Calories 280				
Calories from Fat 180				
Vitamin A 0%			Vitamin C 0%	
			Calcium 0%	
			Iron 6%	

PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN, COTTONSEED), SUGAR, UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (B1), RIBOFLAVIN (B2), FOLIC ACID), WATER, COCOA (PROCESSED WITH ALKALI), HIGH-FRUCTOSE CORN SYRUP, EGG YOLKS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE), DEXTROSE, SOY FLOUR, NONFAT MILK, NATURAL & ARTIFICIAL FLAVORS, MONO- AND DIGLYCERIDES, SALT, CORN SYRUP SOLIDS, WHEAT STARCH, SOY LECITHIN, SORBITAN MONOSTEARATE, GUAR GUM, POTASSIUM SORBATE (PRESERVATIVE), GLYCERINE, ANNATTO COLOR, CELLULOSE GUM, XANTHAN GUM, MODIFIED TAPIOCA STARCH, TAPIOCA DEXTRIN, TURMERIC COLOR, XANTHAN GUM, POLYSORBATE 80, CARAMEL COLOR. **RBS2258 RICH FROSTED POPPERS 889**

serving. One word that appears regularly on a product and is not defined by FDA is “natural.” At the FDA website, the following paragraph shows how FDA responds to a question about the meaning of natural.

From a food science perspective, it is difficult to define a food product that is 'natural' because the food has probably been processed and is no longer the product of the earth. That said, FDA has not developed a definition for use of the term natural or its derivatives. However, the agency has not objected to the use of the term if the food does not contain added color, artificial flavors, or synthetic substances.

If the term “natural” is so ambiguous, why do food companies put it on their packages? According to Nielsen, a market re-search company, having the word “natural” on a food label sells approximately \$41 billion worth of food each year. Results from a 2014 survey conducted by Consumer Reports, showed that approximately 60% of people look for the word “natural” on

the food label and 66% mistakenly believe that “natural” means that a processed food has no artificial ingredients, pesticides, or genetically modified organisms (GMOs).

Based on these results, Consumer Reports is launching a new campaign to ban the term “natural.” It is being done in partner-ship with Take Part, a social media platform and will involve a petition drive to pressure FDA and USDA into banning the term “natural” on the food label.

In the meantime, purchase more fresh foods and avoid buying packaged foods that contain the word “natural” on the product.

Source: School of Family & Consumer Sciences, College of Agricultural & Life Sciences, The Communicator, September 2014. <http://www.uidaho.edu/cals/fcs/news/communicator> - Martha Raidl, University of Idaho Nutrition Education Specialist ♦



Fun Food Crafting Recipe for the Whole Family! Apples & Caramel Dip

Source: <http://www.eventtrender.com/>

Can be made and given as a gift or just made fresh for home snacking or dessert! Please note that if this is made for gift giving – refrigerate until given and let the recipient know that it needs to be refrigerated until ready to consume.

Ingredients:

8 oz. reduced fat cream cheese (softened)

Caramel Dip (15 oz.) – or make your favorite caramel dip from scratch!

Favorite Nut variety (walnut, almonds, peanuts, etc.)

Apples

Directions:

Mix a generous scoop of caramel dip and the cream cheese together in a bowl.

Chop selected nut and sprinkle on top.

Slice apples and serve with prepared caramel dip!

If gift giving:

You will need wide-mouth ½ pint or 4 oz. jelly jars

Whole, unsliced apples

Cellophane

Ribbon

Gift giving Directions:

Mix a generous scoop of caramel dip and the cream cheese together in a bowl. Spread this mixture in the bottom of half-pint or jelly jars. Top with a layer of caramel dip. Create another layer of cream cheese and caramel dip. Sprinkle with chopped nut. Cover with lid and band that came with jar (or if reusing jars used for canning, can purchase lids and bands or plastic lids and bands where canning items are sold.) Place Apple on top of caramel dip in jar. Surround with cellophane and tie with ribbon. Can create a tag to include with food gift.



Should keep refrigerated until ready to consume, will keep for three weeks. ♦



Safe Gifts from
the Kitchen



Thursday,
November 6, 2014
5:30-7:30 p.m.



- ♦ This class will cover SAFE meal planning, gift giving and creative packaging ideas for the upcoming holidays.
- ♦ Cost is \$12 and includes a Recipe Book to take home!

Please RSVP by
Wednesday,
November 5.
Space is limited.
Youth may attend if
accompanied
by an adult.

University of Idaho
Extension
Owyhee County
238 8th Ave. W., Marsing
208-896-4104



Slow Cooker Teriyaki Chicken

Recipe adapted from: yummyhealthyeasy.com

Serves: 6

Ingredients:

5-6 boneless, skinless chicken breasts, thawed (NOT FROZEN)
1 cup sugar (or ½ cup truvia baking blend)
1 cup lite soy sauce
½ cup apple cider vinegar
1-2 garlic cloves, minced or put through a garlic press
½ tsp. ground ginger
¼ tsp. black pepper
2 Tbsp. cornstarch
2 Tbsp. cold water
steamed rice, for serving
sesame seeds, optional, for serving



Note: Always thaw meat or poultry before putting it into a slow cooker. After consuming prepared meal, store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is NOT RECOMMENDED. Cooked foods should be reheated on the stove, in a microwave or in a conventional oven until it reaches 165 °F. If you would like to keep the reheated food hot for serving, you may then place in a preheated slow cooker to keep it hot for serving—at least 140 °F as measured with a food thermometer.

Directions:

Place thawed chicken in the bottom of a slow cooker. In a bowl, combine sugar (or Truvia), soy sauce, vinegar, garlic, ginger and pepper. Pour over chicken in slow cooker and cover with lid. Cook on low 8 hours or until chicken is tender and cooked through (165°F).

Take chicken out and set aside, keeping warm. Mix together cornstarch and water in a small bowl with a whisk. Pour into the sauce and stir together. Turn crock pot on high. Let thicken for about 5 minutes. While sauce is thickening, shred chicken and place back in with sauce. Let heat through, roughly another 10 minutes and then serve over rice. Sprinkle with sesame seeds (optional) and enjoy!

Safety Note: Use a thermometer to check for doneness Roasts: 145°F to 160°F; poultry: 165°F; soups, stews, sauces: 165°F

Complete Meal Note: A great side would be steamed or boiled green beans, carrots, broccoli or a salad.

Try it a different way: One variation would be to try with beef. A roast would be a nice play on this dish and could be cooked in the slow cooker, just make sure to thoroughly thaw and to check for correct temperature with a thermometer. ♦

CAUTION: Do not can tomatoes from dead or frost-killed vines. This increases the internal pH (which lowers the acidity), making them unsafe for canning. If your tomatoes have been frosted, please eat this produce fresh or freeze, but DO NOT CAN.



Owyhee County



Idaho's First County!

Inside this issue:

<i>New Leader Trainings</i>	10
<i>State 4-H Honorees from Owyhee County</i>	10
<i>Upcoming 4-H Project Exploration Days</i>	10
<i>Archery and Rifle 4-H Shooting Sports Trainings</i>	10
<i>Electronic Treasurer's Record</i>	11
<i>Horse Judging</i>	11
<i>Know Your Government (KYG)</i>	11
<i>Cayuse Camp</i>	11
<i>Important Dates and Deadlines</i>	13

NEW LEADER TRAINING

**November 18 at 6:30 p.m.
Owyhee County Extension Office**

Mandatory for all new leaders as well as application, and background check.

If you are interested, contact Sarah at sperkings@uidaho.edu

Only one more training offered this year!

Please join us in congratulating:

Bruce & Terri Reuck

2014 Owyhee County DSA recipients!
and

The late **Marilyn Black** (Ann Rutan's mother)
4-H Hall of Fame Inductee

Both of these are great honors and we are so proud to call them our own!

They will be honored Saturday, November 8 in Lewiston at State Leaders' Forum

18 USC 707

Upcoming statewide 4-H Leader training and certification for the following Shooting Sports:

November 22 in Emmett - Archery

January 10 in Emmett - Rifle

If you are interested in becoming a certified Owyhee County 4-H Shooting Sports leader in either of these disciplines, we have scholarships available. Please contact the Extension Office for more information or for a registration form. ♦

Cake Decorating Project Day

Friday, November 14 ♦ 9:00 a.m. - noon
Extension Office

- ♦ Have you ever wanted to make cupcakes and cakes look fun and creative? Come and take this class!
- ♦ We will focus on the basics of frosting, piping, writing, and simple designs for cake decorating. We will also touch on how to make sure your cake comes out good too!
- ♦ We will cover project requirements as well.

* Please let Sarah know if you are gluten free so she can accommodate.

The cost is \$12, and includes: supplies, handouts, and a snack. Limited to 15.

Ceramics/Pottery Project Day

Friday, November 21 ♦ 9:00 a.m. - noon
Extension Office

- ♦ Ever wanted to express your creativity through art? This may be the class for you!
- ♦ The project will be an Art project in 4-H and we will have premade ceramic pieces to paint, decorate. A professional will fire them and bring them back.
- ♦ Your finished piece can be picked up and saved to exhibit at fair!
- ♦ We will talk about the Art project as well.

The cost is \$12 and includes: supplies, handouts, and a snack. Limited to 15.



Electronic Treasurer's Record Available for Piloting for 2014 - 2015

The Treasurer's Record has received a 21st century overhaul! Thanks to the efforts of Jim Wilson, Koote-nai County, this club resource is now available electronically, in an Excel format. The treasurer plays an important role within their club. Due to changes in recent financial information reporting requirements, this approach can help improve efficiency and save the treasurer significant time in capturing necessary club financial information.

The Curriculum Advisory Team has endorsed the pilot-testing of this material statewide for our current 2014-15 program year. **Owyhee County has opted to test**



the new format and it is available on our web site.

Each participating group will be asked to provide feedback, via a brief survey (the last tab on the spreadsheet), on the benefits and areas for improvement as a part of the pilot-testing process.

Feedback received will be critical in determining whether we eliminate the previous versions of the Treasurer's Record and replace it with this electronic version. It is important to note that while these materials are designed for computer use, they can be printed off and done manually as well. We look forward to hearing your thoughts. ♦

HORSE JUDGING

Learn to judge horses or tune up your horse judging skills with Dixie Christensen. This series is great for all ages and skill levels!

WHO: 4-H and FFA members, college students, and leaders
WHERE: Idaho Equine Center, Nampa
WHEN: 6:00 p.m. November 4, 18, December 2, 16, 20, January 6 & 20
COST: FREE to all 4H, FFA and students!

Contact Deb Root at droot@canyonco.org or 869-5027 for more information.

DON'T FORGET! The multi-county horse judging contest is scheduled for February 28, 2015, at the Canyon County Fairgrounds. This includes Owyhee County.



The KYG Conference is offered for 8th and 9th grade 4-H youth interested in learning more about our government and how it works. Please consider joining 4-H youth from across the state in exploring citizenship through community pride by participating in the Idaho 4-H Know Your Government (KYG) Conference, February 14-16, 2015 in Boise. Highlights include a Mock Legislative Session or Mock Trial Activities; opportunities to meet and observe members of the legislature at work, meet state elected officials and members of the judiciary, and tour the Capitol.

Those interested in being a delegate or a chaperone must complete the application and return it to the Extension Office by November 1. Applicants will be contacted for an interview, and delegates chosen in January. Owyhee County can send up to four delegates. Contact the Extension Office for more information. ♦

**2nd Annual
Cayuse Camp
December 12-13, 2014**
Sponsored by Payette County 4-H



An overnight horse experience . . .

without the horse!

We had such a great time last January — and so many campers — we are moving our camp to a beautiful facility in Cambridge, at the Washington County Fairgrounds. This new venue will afford us indoor bathrooms (a good thing!), a kitchen (another good thing), showers (if you so desire) and plenty of room to spread out and sleep under the "indoor stars".

Arrive at Camp: Friday, December 12, 2014 between 6:00 and 7:00 p.m.

Depart from Camp: Saturday, December 13, by 2:00 p.m.

- ⇒ Camp maximum is 75 youth (if fewer than 35 pre-register, camp will be cancelled and/or rescheduled).
- ⇒ **Camping fee is only \$10 and includes lodging, program materials & snack Friday night and Saturday breakfast/snack/lunch**
- ⇒ If you have questions, contact: Joan Gill, joang@uidaho.edu or 642-6022, or Gail Duke, 793-3274, duke@summertreefarm.com

Registration deadline is November 24. Contact the Extension Office if you would like us to send you a registration form. ♦



2015 Owyhee County 4-H & FFA Market Livestock Weigh-in Schedule

Enrollment is now open for Owyhee County 4-H and FFA youth. Enroll at idaho.4honline.com by the **March 1, 2015 deadline**. Your enrollment must be complete before initial weigh-in.

Species	Days on Feed	Maximum at Initial Weigh-In	Minimum at Final Weigh-in	Weigh-in Dates and Location	Final Weigh-in
Beef	150	900 (Suggested 750-850 lbs)	1,100 lbs.	Saturday, March 7 7:00 am Homedale 1:00 pm Oreana T/B/A Jordan Valley	Wednesday, August 5
Swine	114	85 (Suggested 65-80 lbs)	230 lbs.	Monday, April 13 Homedale, Rimrock, Marsing Jordan Valley	Wednesday, August 5
Sheep*	75	90 (Suggested 75-85 lbs)	110 lbs.	Friday, May 22 Homedale, Rimrock, Jordan Valley	Wednesday, August 5
Goats*	75	Born after Jan. 1	65 lbs.	Friday, May 22 Homedale, Rimrock, Jordan Valley	Wednesday, August 5
		and must have ADG of .3 at final weigh-in			

*Scrapies tags are required for all ewes and does. All Market Sheep must be slick shorn within 7 days prior to final weigh-in.

Please contact the Owyhee County Extension Office at owyhee@uidaho.edu or 896-4104 if you have any questions. For more information about these and other projects, visit our website at <http://extension.uidaho.edu/owyhee>.















Fair entries will open June 15 and close at midnight on July 15. FAIR ENTRIES ARE REQUIRED.

Owyhee County Fair & Rodeo August 3-8, 2015

“Shootin’ for the Stars!”

Please also remember these important dates:

- Online enrollment for new families or re-enrollment for returning 4-H and FFA members for 2015 is open at idaho.4honline.com and must be completed by March 1. **Please pay your 4-H dues to your club leader.** They will review and submit one payment for your club to our office.
- Boundary Exception Petitions (for those meeting the criteria) are to be submitted to the Fair Board by February 1. (on our website)
- Fair entries are REQUIRED and will open on June 15 and close on July 15.

	Date	Time	NOVEMBER
	5	7:30 p.m.	OCA Board meeting (Extension Office)
	6	5:30 p.m.	Safe Gifts from the Kitchen class (Extension Office)
		7:30 p.m.	Fair Board meeting (Extension Office)
	11		VETERAN'S DAY - Extension Office closed
	12	7:00 p.m.	Owyhee County Farm Bureau meeting (Extension Office)
	14	9 a.m. - noon	4-H Cake Decorating Project Exploration (Extension Office)
	17	1:00 p.m.	Chipmunk Grazing Association (Extension Office)
	18	6:30 p.m.	New 4-H Leader Training (Extension Office)
	21	9 a.m. - noon	4-H Pottery/Ceramics Project Exploration (Extension Office)
	27		THANKSGIVING DAY - County Offices closed
			DECEMBER
	2	9:00 a.m.	Calving School, Washington County Fairgrounds (Cambridge)
	10	8:00 a.m.	Pesticide License Renewal Training (Extension Office). Contact Gina for more info, 896-4384.
	10	3:00 p.m.	Owyhee Watershed Council meeting (Extension Office)
	25		CHRISTMAS DAY - County Offices closed
			JANUARY
	1		NEW YEAR'S DAY - County Offices closed
	5	7:00 p.m.	Owyhee County 4-H Horse Leaders (OCHL) meeting (Extension Office)
	14	3:00 p.m.	Owyhee Watershed Council meeting (Extension Office)
	19		CIVIL RIGHTS DAY - County Offices closed
	20	1:00 p.m.	Keeping the Legacy Alive class (Extension Office)
	27	1:00 p.m.	Keeping the Legacy Alive class (Extension Office)
			FEBRUARY
	1		4-H/FFA Boundary Exception Petitions DUE to Fair Board (form available on our website)
	3	1:00 p.m.	Keeping the Legacy Alive class (Extension Office)
	5	7:30 p.m.	Fair Board meeting (Extension Office)
	10	1:00 p.m.	Keeping the Legacy Alive class (Extension Office)
	11	3:00 p.m.	Owyhee Watershed Council meeting (Extension Office)
	14		Winter Beef School and Owyhee Cattlemen's Association Winter meeting (Oreana)
	14-16		KYG — 4-H Know Your Government Conference (Boise)
	24	6:00 p.m.	Keeping the Legacy Alive class and dinner (Extension Office)
	28		County Horse Judging Contest (Canyon County Fairgrounds)

Owyhee County

238 8th Ave. W., P.O. Box 400
Marsing, ID 83639
(208) 896-4104 FAX (208) 896-4105
Owyhee@uidaho.edu
<http://extension.uidaho.edu/owyhee>

ADDRESS SERVICE REQUESTED

See
CALENDAR of up-
coming events on
page 13!

Here is your . . .

- ✓ **Cattlemen's Corner Beef Newsletter,**
- ✓ **Family Issues Newsletter, and**
- ✓ **4-H Newsletter!**

Many of you receive more than one of the newsletters that we send out on a regular basis. This month we are combining ALL of our newsletters into ONE publication.

We would appreciate your feedback! Let us know what you think or if you have any suggestions to make this newsletter more beneficial to you. You can contact Scott, Surine, Sarah or Debbie at 208-896-4104 or at owyhee@uidaho.edu. Thank you in advance!

NONPROFIT ORGANIZATION





U.S. POSTAGE PAID

MARSING, IDAHO

PERMIT NO. 11

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

Inside this issue:

<i>Cattlemen's Corner Beef Newsletter</i>		1-6
<i>Family Issues Newsletter</i>		7-9
<i>Owyhee County 4-H Newsletter</i>		10-12
<i>Calendar</i>		13