

# Cattlemen's Corner Beef Newsletter

University of Idaho  
Extension

May, 2015

## Ranch-Level Economic Impacts of Changing Management to Protect Greater Sage-Grouse

*Neil Rimbey, L. Allen Torell, John A. Tanaka, David "Tex" Taylor, John Ritten, and Thomas Foulke*

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On many western cattle ranches within the sage-grouse range, the typical pattern of harvest for forages and raised feeds and the level of dependence on federal, state, and private rangelands varies by season. A typical seasonal grazing use pattern may start with feeding hay in November or December and continue until March, April, or early May when livestock are moved to BLM and state rangelands. During summer, livestock may move to USFS permits or remain on BLM and state rangelands. As hay harvest is completed and temperatures cool in the fall, cattle are moved back to the ranch headquarters to graze deeded lands and hay aftermath until the cycle starts again. Providing seasonal rest and changing this seasonal grazing pattern has the potential for significant economic impacts for public-land dependent ranches. While the condition of spring habitat is critical to survival of sage-grouse chicks and for production for sage-grouse diets, spring grazing is also critical for the economic viability of western ranches. Extending the period of hay feeding is expensive and other forage sources are extremely limited and/or expensive. Meadow and riparian sites are particularly vulnerable during the late summer and fall when excessive grazing and browsing may damage riparian shrubs, reduce the availability of succulent herbs, and deteriorate riparian function. Limiting livestock access and grazing use during this late summer period to improve degraded meadows and riparian areas has implications for ranch economics as well.



This paper provides an economic analysis of potential ranch-level impacts from altered livestock grazing on BLM lands aimed at improving greater sage-grouse habitat. This study provides an estimate of the economic value of public land forage potentially lost to representative ranches in each of four study states - Idaho, Nevada, Oregon, and Wyo-

oming. Seasonal forage values are provided using a linear programming (LP) analysis of proposed changes to allowed stocking levels and altered seasonal availability of forage on federal grazing allotments. The projected economic consequences of federal land use policy changes are applicable for numerous other endangered species and land-use issues where similar policy changes have been suggested.

### Procedure

We updated economic models used in an earlier study of sage-grouse (Torell et al. 2002) and added a ranch model for Wyoming. We imposed seasonal reductions of public land forage (delay spring turnout 1 month; bringing cattle home 1 month early in the fall; and the loss of both spring and fall public land forage) and estimated the economic impacts of these seasonal adjustments. We also systematically reduced public land grazing by 25, 50, 75, and 100 percent and estimated the economic im-

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pacts of these reductions, regardless of seasonal considerations. The goal of the models was to maximize net income, subject to constraints imposed by forage sources, cattle production variables, and operating and fixed costs of the model ranches. The economic impacts of changing forage sources were estimated by scenario and are presented as a change from the base (or unaltered) situation for each ranch model. We used a 40-year planning horizon for the modeling effort and varied livestock prices, using cyclical price variations as modeled from data provided by CattleFax market analysts. Each annual solution of the models became the starting point for the next year’s model and continued through the 40-year planning horizon. We tracked numbers of cattle and the probability of infeasible solutions (as an indicator of insolvency or business failure). All model ranches were developed through surveys and producer panels in each of the states and lie within the areas potentially impacted by sage-grouse management alternatives.

**Results**

Table 1 presents the results of both the seasonal grazing adjustments and general reductions to the model ranches. More detail and discussion of these impacts is provided in Torell et al. (2014).

**Table 1.** Impact of seasonal changes and general grazing reductions on average net annual income and discounted net income for Idaho, Nevada, Oregon, and Wyoming ranch models (\$/AUM removed).

State	Spring	Fall	Spring and Fall	Season Long BLM Permit Reduction			
<b>Average reduction in net annual income (\$/BLM AUM removed)</b>							
Idaho	16% <sup>b</sup>	4%	20%	25%	50%	75%	100%
	-\$17.04	-\$12.54	-\$17.15	-\$13.21	-\$16.51	-\$21.99	-\$29.76
Nevada	17%	17%	34%	25%	50%	75%	100%
	-\$29.40	-\$31.10	-\$30.28	-\$14.73	-\$16.25	-\$19.99	-\$26.50
Oregon	22%	35%	56%	25%	50%	75%	100%
	-\$50.50	-\$30.91	-\$40.76	-\$13.19	-\$16.98	-\$22.82	-\$28.71
Wyoming	17%	17%	34%	25%	50%	75%	100%
	-\$14.82	-\$14.82	-\$14.78	-\$14.91	-\$14.97	-\$17.04	-\$21.49
<b>Average</b>	<b>-\$27.94</b>	<b>-\$22.34</b>	<b>-\$25.74</b>	<b>-\$14.01</b>	<b>-\$16.18</b>	<b>-\$20.46</b>	<b>-\$26.62</b>
<b>Reduction in discounted net income (\$/BLM AUM removed)</b>							
Idaho	16%	4%	20%	25%	50%	75%	100%
	-\$190	-\$133	-\$197	-\$160	-\$207	-\$251	-\$324
Nevada	17%	17%	34%	25%	50%	75%	100%
	-\$364	-\$388	-\$385	-\$186	-\$200	-\$226	-\$278
Oregon	22%	35%	56%	25%	50%	75%	100%
	-\$665	-\$390	-\$513	-\$148	-\$211	-\$283	-\$358
Wyoming	17%	17%	34%	25%	50%	75%	100%
	-\$138	-\$138	-\$152	-\$145	-\$161	-\$187	-\$225
<b>Average</b>	<b>-\$271</b>	<b>-\$262</b>	<b>-\$312</b>	<b>-\$160</b>	<b>-\$195</b>	<b>-\$237</b>	<b>-\$296</b>

<sup>b</sup>The percentage shown is the percent reduction in the BLM grazing allotment when grazing was removed during this season. The percentage of AUMs optimally used during the various seasons varied for each model depending on the forage alternatives

**Seasonal Grazing Adjustments**

The loss of spring forage generally has the highest economic impact on the model ranches, with annual economic losses ranging from nearly \$15/AUM removed to over \$50/AUM removed (average of losses in the 4 models of nearly \$29/AUM

removed). The exception would be the Nevada model ranch, in which fall grazing is more limiting. This result is not too surprising, given the fact that on many western ranches, alternative forage sources are extremely limited in the spring grazing period. The loss of 1 month of fall forage on the BLM grazing permit is less dramatic, with annual losses ranging from over \$12/AUM to over \$31/AUM (average of \$22.34/AUM removed). Again, not surprising given the fact that more alternative forage sources are available during the fall grazing period. The loss of both spring and fall federal forage resulted in losses to annual net income ranging from nearly \$15/AUM removed to over \$41/AUM removed (average of \$25.74/AUM removed). Changes over the 40-year planning horizon (using discounted net income/AUM removed) mirror the annual net income results. These long-term losses give an indication of the potential impacts on ranch asset values, or an estimate of grazing permit values (ranging from \$133/AUM to \$513/AUM). Average long-term losses and estimate of asset value losses were estimated to be \$271/AUM, \$262/AUM, and \$312/AUM, for spring, fall and both, respectively. Obviously, the loss of seasonal forage sources from federal lands will have dramatic impacts on western ranches dependent upon federal forage during the spring and fall grazing periods.

**General Grazing Permit Adjustments**

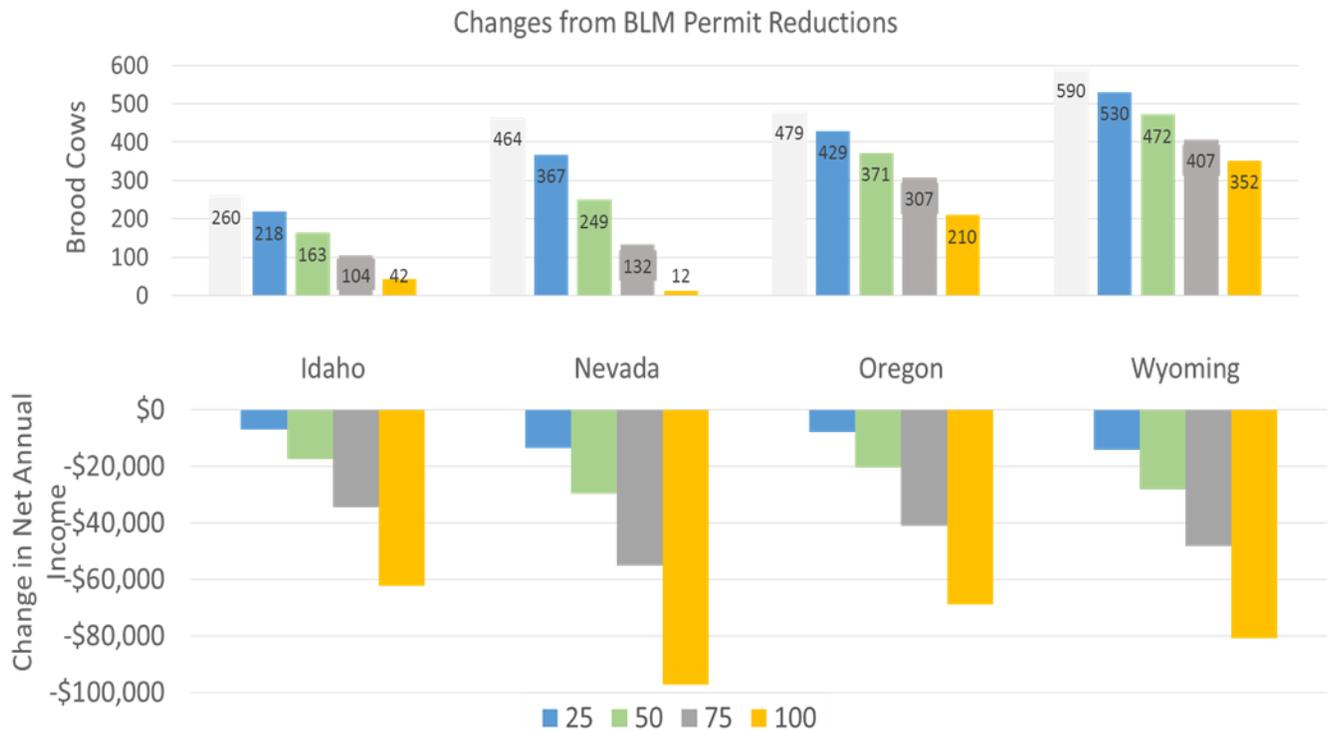
As detailed earlier, systematic reductions in federal forage (25% - 100%) were also undertaken and the economic impacts estimated on the model ranches, similar to the seasonal forage losses just cov-



Ranch-Level Economic Impacts . . . continued from page 2

ered. As evidenced above on the seasonal forage adjustments, small reductions in permitted grazing use can be absorbed by the model ranches. Once reductions surpass 50%, adjustments become more limiting (usually with reductions in herd size) and the losses become larger (average losses range from \$14.01/AUM (25%) to \$26.62/AUM (100%)). Average asset value losses range from \$160/AUM to \$296/AUM with 25% and 100% reductions, respectively. As detailed in Torell et al. (2014), the probability of insolvency also increases with the level of reductions. Figure 1 indicates the impact on the number of cows each ranch can carry in the face of permit reductions.

**Figure 1.** Changes in brood cow numbers and net annual income based upon BLM grazing permit reductions for Idaho, Nevada, Oregon, and Wyoming ranch models.



**Conclusions**

Alternative grazing strategies to address sage-grouse habitat concerns will have economic impacts on ranches dependent upon federal grazing permits. As required by the National Environmental Policy Act (NEPA), these potential impacts must be considered by land managers as part of their decision-making process. The loss of all permitted federal grazing will have dramatic impacts on the number of cattle produced in the west and the sustainability of the industry in public land-dependent areas.

**Further Reading**

Torell, L. Allen, Neil R. Rimbey, John A. Tanaka, David T. Taylor, John P. Ritten, Thomas K. Foulke. 2014. Ranch-Level Economic Impacts of Altering Grazing Policies on Federal Land to Protect the Greater Sage-Grouse. University of Wyoming Extension Bulletin B-1258. Available online at: <http://www.wyoextension.org/agpubs/pubs/B1258.pdf> ♦





## Why Rangeland Monitoring is Important

*Tyanne Freeburg, Extension Educator, Adams County  
Amanda Gearhart, UI Rangeland Specialist*

Amanda Gearhart, the University of Idaho rangeland specialist and partnering extension educators are gearing up for the upcoming season of Rangeland Monitoring workshops that will occur throughout much of Southern Idaho beginning this month. I asked Amanda some of the common questions that we receive in our office about these classes:

### **Q: What is Rangeland monitoring about?**

**A:** Rangeland monitoring is the orderly and repeated collection analysis and interpretation of natural resource information. It's designed to monitor change over time. It's a lot like school pictures. You are able to see how much your child has grown and changed by seeing the yearly picture that is often done at the same time each year and usually has a similar backdrop. These photos also have the name of your child and the year or school grade so that you don't have to rely on your memory when looking at these photos. Photo monitoring rangeland is the same principle. You can document the change to the landscape and also add information to the picture that adds value such as the GPS Coordinates and date of picture taken.

### **Q: What is the benefit of monitoring?**

**A:** You have a roadmap of where you have been and a plan to where you are going. You are able to document the changes that your management is having on the landscape.

### **Q: I'm a busy person, so how time consuming is it to have monitoring points?**

**A:** It depends on what method you are using. Some are quite intensive methods. Photo monitoring takes less time. A little data is better than none and photo monitoring can be a very valuable and require little expertise to take the photographs or interpret them.

### **Q: Is there a best time of year to take the pictures?**

**A:** With photo monitoring, it depends on the goal. If it is just to see the landscape then peak biomass is best. If it is to monitor utilization from livestock, then take a set of pictures before and then again after the cattle are moved. It's also very helpful to monitor wildlife usage as well.

### **Q: Who should be monitoring? The rancher or the agency?**

**A:** Technically agencies are required to monitor, however, they don't always have the resources to do it. It is in the best interest of the rancher to monitor for himself. Monitoring is a good insurance policy for cattleman.

### **Q: I only use private ground, so would this be beneficial to me?**

**A:** Absolutely! If you want to be able to document the change in year to year variability. Don't always rely on your memory for your best management practices.



More information and schedule of upcoming workshops on the next page.



**IT'S FREE!** But please don't forget to call and sign up!

# Rangeland Monitoring Workshop Series

Learn the basics of photo monitoring

Lead by Dr. Amanda Gearhart, University of Idaho Extension rangeland specialist. Classroom and field sessions to cover:

- Permittee and allotment photo monitoring
- Monitoring kits available for purchase
- Learn about potential agency-approved certification
- Tips to estimate stocking rates and animal capacity

## Practical training for:

- Ranchers
- Agency Resource Managers
- Conservation & non-profit organizations
- Interested public

Cooperative curriculum supported by Bureau of Land Management, Idaho State Department of Agriculture, and Idaho Department of Lands

# University of Idaho

Rangeland Center



IDAHO RANGELAND  
RESOURCE COMMISSION

## RSVP to guarantee lunch

Call the local county extension office listed by location.

The University of Idaho is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability.

## 9am – 4pm

(lunch provided if RSVP)

### Locations:

**Whitebird, April 16**

Jim Church, 983-2667

**Malad, May 12**

Meranda Hazelbaker, 816-2004

**Rigby, May 13**

**Idaho Falls, May 14**

Jon Hogge, 270-1808

**Bear Lake, May 15**

Steve Harrison, 221-3215

**Jordan Valley, OR, May 19**

**Oreana, May 20**

Scott Jensen, 896-4104

**New Meadows, June 2**

Tyanne Freeburg, 253-4279

**Malta, June 3**

**Oakley, June 4**

Joel Packham, 878-9461

**Leadore, June 10**

Shannon Williams, 756-2815

**Challis, June 22**

**Mackay, June 23**

Sarah Baker, 879-2344

**Arco, June 24**

Chad Cheyney 527-8587



## Nursing Calf Vaccination Programs

*James England DVM, PhD*

It's that time in the cow calf cycle when producers begin the calf's life-time program of vaccination with this season's crop of calves. With over 400 vaccines approved for use in cattle, it is no wonder that confusion reigns supreme about which vaccine to use and the appropriate use of the vaccine(s) to assure a maximum of protection to the calves.

Develop a program specific of your operation. Working with your veterinarian, consider the age and planned disposition of the calves, the stage of the reproductive cycle for the cow, the health history of the herd, and the herd's nutritional situation to design a program to best fit each operation.

Nutrition and stress have the most direct effect on the success of a vaccination program. If calves are not adequately fed, their immune system will be poorly equipped to respond to the vaccine. Stress can actually block the immune system from responding at all.



The type of vaccine is also a major consideration for each program. Most bacterial vaccines require two doses of vaccine to properly stimulate the immune system. Because of the complex nature bacterial vaccines there is more for the immune system to respond to as well as an increased likelihood of an adverse reaction such as SWEATS. Protection seems to be less reliable for bacterial vaccines than for most viral vaccines. Since ranching situations do not readily allow a second vaccination within 2-4 weeks after the first dose, it is important to ccinate these calves again at weaning to assure protection.

Viral vaccines are produced in two forms: 1) modified live virus (MLV) or 2) killed virus (KV) vaccines. MLV vaccines are more commonly used because it is generally assumed they produce a better and longer lasting immunity. This is true if the vaccines are handled and administered appropriately. These vaccines must be made fresh immediately prior to administration and administered to appropriate individuals. However, appropriately administered MLV vaccines will immunize 90+% of susceptible recipients with one dose—this does not apply to nursing calves!

The age of the calves to be vaccinated has direct bearing on their ability to respond to the vaccine. Nursing, colostrum fed, baby calves are not good recipients and maternal antibody interference with MLV vaccines has been shown the last 2-4 months—occasionally even longer. Calves up to 120 days of age may still have enough residual colostrum antibody to neutralize with a modified live viral vaccine. Just remember that not all calves get the same amount or quality of colostrum so it is important to begin vaccination in baby calves. In calves 60-90 days of age, 50% will have colostrum antibody levels that will not interfere with an MLV vaccine—**THAT MEANS ONLY 50% OF THE CALVES WILL BE IMMUNIZED WITH ONE DOSE OF AN MLV VACCINE!** If you use a killed viral vaccine at this time, **TWO DOSES** are required for immunization.

The cow's reproductive status is important to consider since most modified live viral vaccines are not to be given to pregnant cows or to calves nursing on pregnant cows. Just remember this if you background calves while still nursing a pregnant cow. At baby calf processing time, most cows are open so there is no risk. There are now vaccines safe to administer to pregnant cows and to nursing calves on pregnant cows, IF those cows have been previously immunized. IBR and BVD are the viruses of concern for inducing abortion post vaccination of non-immune cows.

Lastly, consider **BIOSECURITY!** Be sure that your employees and helpers have not been on other farms without cleaning their trucks and gear. Be sure your equipment has been thoroughly cleaned. Be sure to change needles often. We can transmit disease with dirty needles—Blackleg, or an abscess, can be initiated by passing a needle through manure covered skin. Be sure to handle **ALL** vaccines according to label directions—MLV vaccines are easily inactivated or killed by heat and sunlight. Make up only enough vaccine for 1-2 hours and keep the vaccine in a cooler. Use a new sterile needle whenever refilling syringe. Discard unused vaccine—there are numerous reports of vaccine failures and transmission of disease through unused and contaminated vaccines!





## BREEDING SOUNDNESS EVALUATIONS PROVIDE INSURANCE FOR THE BREEDING SEASON

*J. Benton Glaze, Jr., Ph.D., Extension Beef Cattle Specialist  
Department of Animal & Veterinary Science, University of Idaho*

Considering the importance of reproductive efficiency in beef cattle herds, producers should make every effort to identify sires that qualify as satisfactory breeders. To help eliminate reproductive losses due to male infertility, bulls should annually be subjected to a breeding soundness evaluation (BSE) 30 to 60 days prior to the beginning of the breeding season. This provides ample time to replace animals that receive unsatisfactory BSE results (unsound) and retest animals that receive questionable BSE results. Breeding soundness evaluations are administered by a veterinarian and serve as a screening process to assist beef producers in determining which sires will be satisfactory breeders. A basic BSE consists of the following: (1) physical examination, (2) examination of the reproductive organs [including scrotal circumference (SC) measurement], and (3) semen evaluation.

Physical examinations include observations of all conditions that might interfere with the bull's ability to locate cows in heat, breed them, and get them settled including body condition, mouth, eyes, feet and legs, and overall health status. A body condition score of 6 (1 = emaciated and 9 = obese) is the target for bulls prior to the breeding season. Thin bulls may lack the stamina needed for the breeding season, and fat (over-conditioned) bulls may lack vigor. Older bulls may have worn or lost teeth, which can affect their ability to eat and maintain condition. Bulls' eyes should be clear, since pink eye, cancer eye, injuries, and scars can limit their vision. Structural soundness of the feet and legs is important since bulls are required to travel and mount for mating. The overall health status of bulls is critical since sick, aged and injured bulls are less likely to mate and usually have lower semen quality. Once bulls pass the initial physical examination, the veterinarian will continue with the reproductive examination.

Reproductive examinations include observations of internal and external reproductive organs. Internal organs (seminal vesicles, ampullae, prostate) are examined via rectal palpation, and any abnormalities (inflammation, scar tissue, adhesions, tumors, etc.) are noted. External organs (spermatic cord, epididymis, testicles, scrotum) are examined (via visual appraisal and palpation) for evidence of injury, frostbite damage, lumps (tumors), etc. In addition, the penis and sheath are examined for abnormalities such as penile deviations, abscesses, inflammation, injuries, warts, and adhesions. Abnormalities related to the reproductive organs are found with some frequency and affect a bull's ability to breed cows.

Scrotal circumference is an important part of the BSE. It is easily measured, repeatable, moderately to highly heritable (responds well to selection), and is associated with several factors that impact reproductive efficiency, such as semen volume, semen quality, and age of puberty. Favorable genetic associations exist between SC and semen traits and between SC and age of puberty. The absolute minimum scrotal circumference is 30 centimeters for yearling bulls and measurements greater than 34 centimeters would be considered acceptable for mature bulls.

Semen evaluations are done by examining semen samples under a microscope. The experienced veterinarian evaluates semen characteristics such as volume, color, motility, and morphology. Volume gives an indication of the total number of sperm cells in an ejaculate. Color can assist in detecting semen contaminants (blood, urine, dirt, pus, etc.). Motility is determined by observing the mass movement of the concentrated semen sample. Morphology describes the shape of the sperm cells. During the evaluation, the number, percent, and type of abnormalities (droplets, bent or coiled tails, misshapen heads, etc.) are recorded. Once the exams are completed, the veterinarian will classify the bulls as satisfactory, unsatisfactory, or suspect (deferred), explain how the results were determined and make recommendations for the breeding season.

In 2010, BEEF® Magazine conducted a cattle production/genetics survey. Survey participants from across the United States were asked the following: "When selecting bulls, what types of tests are important to you?" Of the 777 cow/calf and seedstock/purebred producers that responded to the survey, 36.7% indicated that BSEs were important. In 2014, another survey was conducted. Of the 742 cow/calf and seedstock/purebred that responded, 40.6% indicated that BSEs were important. Considering the survey results, it is somewhat surprising and disappointing that BSEs are not a higher priority for beef producers. Producers routinely purchase car, medical, life, and crop insurance to protect against unexpected and un-




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**Breeding Soundness . . . continued from page 6**


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wanted risks and disasters. Breeding soundness evaluations are fairly inexpensive, costing \$60 to \$120 per bull, and represent an easy form of risk management. A BSE represents breeding-season insurance and protects the cow herd from potential disaster.

Bulls are selected and purchased for their genetic potential to improve the cow herd. Outstanding performance records and pedigrees are of little, or no, consequence when bulls are unable to locate, breed, and settle their share of cows. An annual BSE for new bulls, as well as those that have been used in previous breeding seasons, is the only way to ensure that bulls get their job done and producers get their money's worth from their battery of bulls. ♦

## Tuna Can Sprinkler Calibration

*Samantha Graf, UI Extension Educator, Canyon County*

As we begin our irrigation season, many of us are curious how much and how often we should be watering our pastures to attain optimal growth. However, before you can answer this question you need to know how much water your sprinklers are actually putting out.

The first step is to determine which type of sprinkler system you have in your pasture. Is it a solid-set system, where the delivery pipes are buried under the ground and the sprinkler heads rise above the ground surface? Is your sprinkler system mobile, such as wheel or hand lines, traveling large gun-type, or an end-tow system (something similar to a K-line style)?

The steps to calibrate actual sprinkler application rate vary slightly depending on which irrigation system you have in place. For this scenario we are going to use a solid-set sprinkler system to determine real application rate in inches applied per hour.

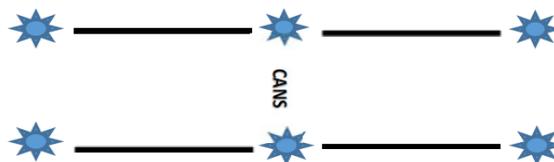
So, what is the easiest way to find out how many inches per hour your sprinkler system really delivers?

It's actually pretty simple, but you do have to complete some math.

The supplies you will need include: eight (8) straight-sided cans of equal size and height such as used and clean tuna-fish cans; one large can to pour all the water collected into such as a used, clean soup can; stopwatch or timer; ruler or tape measure; calculator; pencil and paper.

Place your eight (8) tuna-fish cans between two sprinklers as shown, and turn on your sprinklers for 45 minutes.

When the 45 minutes is up, take the water from each tuna-fish can and pour it into the large soup-type can. Measure the total amount of water in the large can with your ruler.



Now comes the math. Let's use 2.5 inches total in the large can as an example.

$$2.5 \text{ inches (total inches)} \div 8 \text{ cans (number of cans)} = 0.313 \text{ inches per can}$$

We also need to know our time frame to help us complete the calculation.

$$45 \text{ minutes (sprinkler run time)} \div 60 \text{ minutes per hour} = 0.75 \text{ hours (time measured)}$$

Now we can figure the actual sprinkler application rate in inches per hour.

$$0.313 \text{ inches (inches per can)} \div 0.75 \text{ hours (time measured)} = 0.417 \text{ inches per hour}$$

If you need to know how long to run your sprinklers to deliver a set amount of water the formula is below.

$$2 \text{ inches (desired application amount)} \div 0.417 \text{ inches per hour} = 4.79 \text{ hours}$$

During your irrigation cycle, be sure to monitor runoff. You may have to stop irrigating for a while to allow for the water to seep into the soil, and then begin irrigating again until the desired application amount has been achieved. ♦





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### Trouble Managing Time in the Kitchen? Organize!

The first and most important step will be to work to get clutter under control. Start by going through and determining the items – especially large, bulky equipment – that you are not using. You can either relocate them to somewhere else in your house that has more storage like the basement or your garage, or you can donate them. Think of the things that may take too much time to set up or put together before you use them, or those specialty pieces that are great for one task, but useless for all others. Definitely think of the items that you rarely, if ever, use. If you have duplicates of different pieces, consider if you really need them both. Items that you may want to keep an extra set of would be – most pots and pans, measuring cups (and spoons), spatulas, rubber and wooden spoons, knives, whisks, and vegetable peelers.

Once you have had an opportunity to work on de-cluttering your space, you will then want to maximize its use by creating a zone or layout system. This can be done by focusing on five different key areas:

1. Cooking and/or Baking Space

Near the stove you should try to store your knife block as well as cutting boards, this way they are easy to grab and use for quick preparation before throwing in your pot or pan. Pots and pans should also be stored close at hand either hanging or in cupboards or drawers. Placing a utensil caddy with tongs, stirring spoons and even spatulas near this area can also assist with reducing your zone section by having the equipment ready at hand.

2. Cleaning Area

Make sure your family's trash and/or recycling bins are near sink and dishwasher. This will also help reduce the space needed to complete tasks such as the clean-up of food preparation or meal consumption.

3. Preparation Zone

Assign a space for your food prep to take place, this should be near your sink or the trash. In this zone you should store the most commonly utilized tools and gadgets to have easy access to their use.

4. Self-Service Station

Have you had enough of putting together a snack or drink for your able-bodied (and aged) children? Set up a station where they will be able to help themselves – to cups, plates, paper towels or napkins all while staying out of your way as you are working on other tasks. This is an opportunity to have a teachable moment with your child as you can help create autonomy as they learn the skills to help themselves. This will help your child feel more confident as they are able to have some more direction in the kitchen. Foods that you can include are shelf-stable snacks like pretzels, granola bars and nuts. A bowl filled with fruit would be a great inclusion in this space, unless your children really enjoy the grab-and-go option of already cut fruit. In that case, you can create a shelf in the refrigerator at a height that will be easy for them to reach things like fruits, vegetables, and even low-fat cheeses.

5. Pantry Perfection

If there is an actual place for a pantry in your home, the way that

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#### Congratulations!

to Tim and Surine Greenway on the birth of their son Taylor Sabino Greenway on April 25. He weighed 5 lbs. 5 ozs.

Surine will be out of the office through July.

If you have any questions regarding Food Preservation, please contact the Ada County Extension Office at 208-287-5900.



### Fat-Free, Low-fat or Whole? What and how much to consume?

The daily recommendations for the MyPlate Model (the current food guide endorsed by the United States Department of Agriculture) encourages consuming fat-free or low-fat milk. This is something that should be taken into consideration, especially depending on the age level of the individual consuming the dairy product. With younger-aged youth, especially those 2 and younger, fat assists with the absorption of key vitamins such as A, D, E and K and is important in their brain development. When children are growing, the inclusion of a little fat in their diet can be essential as they sometimes need assistance to ensure that the vitamins that they are consuming through their foods or supplements are actually being used by their little systems, but instead of the whole milk, try 1 or 2 percent instead.

As we age, we do need to be careful of the added fat that we can be including into our diet through our consumption of dairy such as milk and yogurt, so the lower-fat and fat-free items are definitely a better selection because of the reduced saturated fat. The one thing we need to look out for at this point are the dairy products – yogurt for example – that can then be loaded with increased sugar to increase their mouthfeel and desirability.



Dairy is just one of the five key food groups that is definitely essential in order to provide all of the different nutrients that our bodies need in order to function properly. Have you been incorporating these different groups into your daily meals? If you need help getting started or if you want to see if you are currently on the right track, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) today!

Wondering about your dairy group? Please consult the chart below. This is directly from the USDA at [ChooseMyPlate.gov](http://ChooseMyPlate.gov) ♦

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**Organize! . . . continued from page 9**

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you are going to be able to utilize it to its full -functioning capacity is through organization. If you can place it into specific sections such as; baking, cooking, breakfast, on-the-go snacks, lunch items, etc., you will have a much easier time of maintaining this space for yourself and your family. It will also assist you as you can easily see what food items you are low on and what you would need to purchase the next time you are headed to the grocery store. As you organize your kitchen – remember to keep your oils and vinegars away from heat, this can reduce the vinegar’s ability to provide the flavor you are seeking for your recipe and increase the oil’s probability of going rancid faster.



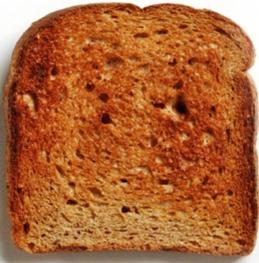
While organizing your kitchen may sound like quite a task within itself, just remember that it would be up-front work that could help save you a lot of time and hassle down the road. ♦

Daily Dairy Consumption Recommendations for Toddlers through Adulthood					
Children	2-3 years old	2 cups	Women	19-30 years old	3 cups
	4-8 years old	2 ½ cups		31-50 years old	3 cups
Girls	9-13 years old	3 cups	Men	51+ years old	3 cups
	14-18 years old	3 cups		19-30 years old	3 cups
Boys	9-13 years old	3 cups	Men	31-50 years old	3 cups
	14-18 years old	3 cups		51+ years old	3 cups



## Toast Toppers!

Are you bored with your morning breakfast routine, but you're always in a hurry and don't have time for a sit-down meal? Try these quick toppings to see if they help liven up your morning toast:



- Place a layer of cottage cheese over your toast and top this with some freshly cut fruit or try just a thin drizzle of honey. Layer peanut or another nut butter, you or your child's favorite fruit (thinly sliced peaches, strawberries, or bananas) and a light sprinkle of cinnamon.
- Spread on a small quantity of butter and add thinly sliced hard-boiled egg.
- Peel, pit, and smash an avocado, smearing it on top, and sprinkle very lightly with salt.
- Spread with cream cheese and add a thin slice of turkey, ham, or roast beef. ♦

## Three Breakfasts You Can Make-Ahead

You may not have the time for a sit-down breakfast in the morning, but the toast may not be enough to cut it for you and your family. Try these!

**Chia Pudding:** Chia seeds have recently gained interest and attention so maybe you are wondering what the hype is about. They are touted with having several nutritional benefits, including weight loss inducing capabilities, but there is no research to support these claims, so the jury is still out. Looking to try these anyway? Here's a simple way:

Mix ½ cup of chia seeds with 2 cups fat-free or reduced-fat milk, 1 tsp. vanilla extract, and a quick swirl of honey. Whisk well to incorporate entirely and refrigerate one to two nights, consume within a few days.

Another way of preparation would be to throw these ingredients into two half-pint or one pint-sized mason jars, top with the lid and ring and shake for about a 30 seconds before storing in the fridge overnight. Then the next morning it is all ready to grab and go.



**Parfaits:** This is a classic, but a great way to incorporate dairy and fruit groups into your morning routine! Layer plain Greek or a plain yogurt, your favorite fruit, and honey (optional). Store in the refrigerator up to four days. Sprinkle with granola just before serving.

**Ham-and-Cheese muffins:** Place a few pieces of chopped ham, turkey, bacon, or other desired deli meat in greased muffin cups. Cover lightly with your favorite chopped or diced vegetable (peppers, onion, garlic, spinach or grated carrots work well). Crack an egg into each cup, stir to break the yolk and incorporate all in-

redients. (Optional: sprinkle cheese lightly on top). Bake at 350° F for about 15 minutes or until centers are set. To ensure safety, insert a thermometer to confirm that the center of the "muffin" has reached 160° F. Refrigerate leftovers for up to four days and reheat in the microwave. ♦



## Reduce the Germs!

Many individuals are aware that hand towels located in the kitchen and in the bathroom can be the most germ-laden items within the home. According to research conducted by Charles Gerba, a Professor of Microbiology and Environmental Studies at the University of Arizona, this information is still being avidly supported. Through his recent work, it was actually found that nine out of ten cloths tested positive for fecal bacteria, an example of this would be E. coli.

While this may be disconcerting to you, you may be wondering how this can be the case. The moisture and temperature that are present on the cloth can create the ideal environment that bacteria need in order to multiply, and quickly. What can you do to reduce this occurrence in your home? Dr. Gerba's advisement is to either use paper towels (which can end up being costly as well as wasteful) or to wash dish and hand towels every two days or so. Working to rotate out your hand and dish towels can be easy once you start a routine. ♦



# Owyhee County



**Idaho's First County!**

<b>Inside this issue:</b>	
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**Check your email for the Newsletter follow-up for extras we didn't include!**

## SHEEP & GOAT WEIGH-IN SCHEDULE Friday, May 22

7:00-9:00 a.m. Fairgrounds in Homedale  
 11:00 a.m. Jordan Valley High School  
 3:00-4:00 p.m. Rimrock High School

**DON'T FORGET TO BRING YOUR COMPLETED AND SIGNED Bill of Sale/COOL Affidavit** (available on our website or contact the Extension Office) to weigh-in. You can staple a handwritten bill of sale to our form — as long as we have all the information (name, address or premise ID, and signature of Seller; and, name, address or premise ID, and signature of Buyer — or parent of buyer). We will need this on file before you can weigh-in at Fair.



All female sheep and goats will be checked for **Scrapies tags** at initial weigh-in and that tag number will be recorded. Those without a Scrapies tag will be allowed to weigh in initially; however, these animals **MUST** have a Scrapies tag at final weigh-in or they will not be able to participate in the show or sale at Fair.

### Speaking of Sheep . . .

The **SOUTHERN REGION SHEEP FIELD DAY** will be held on **Tuesday, June 2, 2015, 1:00-4:00 p.m.** at the **Payette County Fairgrounds in New Plymouth.**

There will be four rotations:

- *Sheep Camp — A Producer's Story*
- *The History of the Basque*
- *Commercial Sheep Breeds*
- *Wool Spinning*

Please pre-register **by May 29** at 365-6363 or [gem@uidaho.edu](mailto:gem@uidaho.edu). \$2 per person, due at check-in.



### Idaho CattleWomen and Farm Credit Scholarship



This scholarship is available to current Idaho Cattle Association members or immediate family. Applicant can be a freshman, sophomore, junior or senior majoring in an agriculture-related field of study. Students must be enrolled as a full-time student at a university for the upcoming academic year. Amount awarded is up to \$1,000.

Contact the Extension Office and we can send you a form, or go to <http://www.idahocattlewomen.org/wp-content/uploads/2015ICWScholarshipApplication.pdf>

**Website Update.** The University is making changes to their website servers so we are "frozen" and cannot make changes to our site at this time. If you cannot find a form you need or if there is a form that needs updated that we missed before we were "frozen", please let us know! <http://extension.uidaho.edu/owyhee>. Go to the 4-H page, then Documents and Forms.



**COMPLETED AND SIGNED  
COOL AFFIDAVIT/BILL OF  
SALE FROM THE  
FOLLOWING:**

**BEEF**

- Piper Colyer (2)
- Catie Decker
- Kasey Derrick
- Devin Edmiston (2)
- Emma Eldridge
- Taylor Ann Thomas Fisher

- Beeg Hockenhill
- Reuben Jolley
- Rozin Jolley
- Sage Jolley
- Llee Loucks
- Julia Reeves

Shailee Rutan (spare)

**SWINE**

- Carter Clay
- Janey Clay
- David Cossel
- Mary Ellen Cossel (2)
- Warren Dalley
- Allison Hall
- Kayloni Hall
- Sakota Hall
- Rianna Kent (2)
- Clay King
- Lorenzo Lankow
- Nickolas Lankow
- Alexis Loucks
- Emily Loucks
- Krista Mayer (2)
- Tylee McKay
- Dallin Mills
- Kyla Mills
- Zane Mills
- Bailey Purdom (2)
- Gage Purdom (2)
- Braelyn Scott (2)
- Ashley Stebly (2)
- Stansell (3)
- Jessie Wood
- Tyler Wood

*We must have this on file  
before you can weigh-in at Fair!*

**Owyhee Cattlemen's Association  
Beef Heifer Replacement Program**

If you are interested in learning more about this program or would like to apply, please contact the Extension Office or go to the OCA website at [owyheecattlemen.com](http://owyheecattlemen.com) and go to the Education page.



**Snake River Stampede Calf Scramble**

Forty-five 4H and FFA youth will have the opportunity to "scramble" for a calf again this year. Must be 14 as of 1/1/2015 through 16 years of age. Contact the Extension Office for an application or go to [www.snakeriverstampede.com](http://www.snakeriverstampede.com).

**RESOURCES FOR CLUB USE**

Leaders, don't forget that we have Beef, Sheep, and Swine Resource Kits you can check out for short-term use with your club. A \$25 refundable deposit is required. We also have Showmanship DVDs for each of these species you can check out.

Are there other resources you are aware of that would be beneficial to Owyhee County 4-H to provide for our clubs? Let us know and we'll definitely check into it!



Fairbooks for the 2015 Owyhee County Fair will be going to print soon. Look for a fairbook in your Owyhee Avalanche or pick one up at the Extension Office or a local business in your community. The fairbook contains schedules, exhibitor and livestock rules, and other details about the fair and exhibits.

*OPPORTUNITIES  
TO HELP AT FAIR*

**Livestock Judging  
Superintendent**

- Minimal time commitment
- One time event
- Assist with the judging contest at fair and help kids learn a great life skill.
- Small stipend

**Food Booth Chair**

This position would require a 2-year commitment. The first year would be as a partner with the current chair. The second year, you would serve a chair, working with the Food Booth Manager, volunteers etc.

**Duties:**

- Secure permits/rentals
- Buy supplies
- Set up/take down
- Schedule volunteer shifts
- Hire Cook and Manager
- Work with scholarship committee and 4-H Program Coordinator

If you are interested in either position or know someone who might be, please contact the Extension Office at 896-4104 or email Sarah at [sparkins@uidaho.edu](mailto:sparkins@uidaho.edu)

**CAMPER SPACE  
APPLICATIONS  
FOR FAIR**

will be available soon. As always, preference will be given to those living the greatest distance from Homedale, NOT to those who get their application in first.



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

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.	<b>Saturday, March 7</b> 7:00-9:00 a.m. Homedale (Burgess Angus) 11:00-11:30 a.m. (Jordan Valley) 2:00-3:00 p.m. Oreana (Bill & Bev White's)	Wednesday, August 5
Swine	114	85 (Suggested 65-80 lbs)	230 lbs.	<b>Monday, April 13</b> Homedale, Rimrock, Marsing, Jordan Valley [NOTE: Details on how we will be handling the initial swine weigh- in this year in Owyhee County will be coming soon.]	Wednesday, August 5
Sheep* **	75	90 (Suggested 75-85 lbs)	110 lbs.	<b>Friday, May 22</b> Homedale, Rimrock, Jordan Valley	Wednesday, August 5
Goats* **	75	Born after Jan. 1  and must have ADG of .3 at final weigh-in	65 lbs.	<b>Friday, May 22</b> Homedale, Rimrock, Jordan Valley	Wednesday, August 5

\* **NEW FOR 2015: No collars or leads may be worn by sheep or goats on the scale.**

\*\* 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](mailto: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>.

Revised: 1-7-2015

### 2015 Rule Clarifications/Changes and Reminders:

- Online enrollment** for new families or re-enrollment for returning 4-H and FFA members for 2015 is open at [ida-ho.4honline.com](http://ida-ho.4honline.com) and must be completed by **March 1**. Your enrollment must be complete to weigh-in. **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**. (The form is on our website)
- Fair entries** are REQUIRED and will open on **June 15 and close on July 15**. No exceptions. FREE online entries and \$25 per child for paper entry forms.
- **Early Arrival.** If you need to bring your animal to the fairgrounds at a time other than during the posted animal check-in hours, contact your Superintendent **IN ADVANCE** of your arrival at the fairgrounds to see if arrangements can be made.
- **NEW: Underweight Animals.** Those living a great distance from the fairgrounds may keep their underweight animal at the fairgrounds as long as they are removed no later than Saturday night. NO underweight animals can be on the fairgrounds Sunday morning when sale animals are sorted for delivery to packers. ALL animals must be checked out with your Superintendent.

**Owyhee County Fair & Rodeo August 3-8, 2015 . . . "Shootin' for the Stars!"**



<b>MAY</b>				
	4	M	7:00 p.m.	Owyhee County 4-H Horse Leaders (OCHL) meeting (Extension Office)
	10	S		Mother's Day
	11	M	10:00am-11:30am	Oral Presentation Workshop (Bruneau/Grand View Location TBA)
	13	W		Owyhee Watershed Council meeting (Extension Office)
	15	F	10:00am-11:30am	Oral Presentation Workshop (Extension Office)
	19	T	9:00 a.m. - 4:00 p.m.	Range Monitoring Workshop (Jordan Valley, Lion's Den)
	20	W	9:00 am– 4:00 pm	Range Monitoring Workshop (Oreena Community Hall)
	22	F		4-H & FFA Sheep & Goat Weigh-in
	25	M		Memorial Day (County Offices closed)
	26	T	10:00am-noon	4-H County Oral Presentation Contests for Ag, FCS & Miscellaneous (Grand View Legion Hall)
	28	Th	8:00 a.m.—noon	4-H County Oral Presentation Contests for Ag, FCS & Miscellaneous (Marsing Elementary School)
<b>JUNE</b>				
	1	M	7:00 p.m.	Owyhee County 4-H Horse Leaders (OCHL) meeting (Extension Office)
	2	T	1-4 pm	Sheep Field Day, Payette County Fairgrounds in New Plymouth, 1:00-4:00 p.m.
	3	W	1-4 pm	Swine Field Day, Owyhee County Fairgrounds, Homedale, 1:00-4:00 p.m.
	15	M	6:30 p.m.	Fair Superintendents meeting (Extension Office)
	15	M	7:30 p.m.	Pre-Fair meeting for 4H Leaders and FFA Advisors (Extension Office)
	15	M		FAIR ENTRIES OPEN JUNE 15 THROUGH JULY 15. FAIR ENTRIES ARE REQUIRED — NO EXCEPTIONS.
<b>JULY</b>				
	6	M	7:00 p.m.	Owyhee County 4-H Horse Leaders (OCHL) meeting (Extension Office)
	15			FAIR ENTRIES (online entries are free) CLOSE AT MIDNIGHT. PAPER ENTRIES (cost is \$25 per child) ARE DUE BY 5:00 p.m.
	17	F		Make-up 4H Record Book Interview Day. Schedule times with Sarah. ALL make-up interviews must be done prior to Record Book Evaluation Days. No makeup interviews will be done at Fair.
	21	T	8:00 a.m.—noon	4H Record Book Interview Evaluations (Armory at the fairgrounds in Homedale)
	22	W	4:30 p.m.	4H Horse Record Book Interviews (American Legion Hall in Marsing)
	23	Th	10:00 a.m.—noon	4H Record book Interview Evaluations (Bruneau American Legion Hall)
	27	M	6:30 p.m.	Style Review Clinic and Practice (Extension)

**University of Idaho**  
Extension

### Owyhee County

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Marsing, ID 83639  
(208) 896-4104 FAX (208) 896-4105  
Owyhee@uidaho.edu  
<http://extension.uidaho.edu/owyhee>

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### 4-H & FFA Sheep and Goat weigh-ins will be Friday, May 22.

See details on page 12.



Check out the new Owyhee  
Cattlemen's Association website  
at [owyheecattlemen.com](http://owyheecattlemen.com).  
We'd appreciate your input.

**Do you have questions about your garden or lawn?** Beginning Thursday, April 30 from 1:00-4:00 p.m., and on subsequent Thursdays, our Master Gardener, Sarah Perkins, will be available to review and diagnose issues you may be experiencing. Stop by the Extension Office during these hours and bring samples — that is always helpful!



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