



# Cattlemen's Corner Beef Newsletter

Owyhee County

University of Idaho  
Extension

July, 2016

## Veterinary Feed Directive

*K. Scott Jensen, Extension Educator, Owyhee County*

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There seems to be considerable confusion and even consternation over the new veterinary feed directive (VFD) announced in 2015 by the Food and Drug Administration (FDA). The stated purpose of the new VFD is to address public health and food safety concerns regarding antibiotic resistance, protect drug effectiveness, and reduce antimicrobial resistance. The VFD will provide veterinary oversight of medically important antimicrobials and limit their use for therapeutic applications.

A VFD is simply a written statement (prescription) issued by a veterinarian that authorizes and supervises the use of drugs on the VFD list. Blanket prescriptions cannot be written. Prescriptions must be written to include an expiration date and length of time it can be fed to a specific group of animals. VFD feeds must be fed according to the label and prescription from your veterinarian.

How do you know if a certain product requires a VFD? All VFD labels will contain a caution statement indicating that federal law restricts the use of the feed to a veterinary prescription. Over the counter drugs will not have this statement. Additionally, feed suppliers cannot sell or distribute VFD feeds without a signed VFD form.

Your responsibility as a producer will be to develop a good veterinary-client-patient relationship with your veterinarian. When using feeds containing a VFD drug, it must be fed according to the prescription which includes only feeding it for the prescribed amount of time. You will need to provide your feed supplier with a copy of the prescription when purchasing the VFD feed. You will also need to maintain records of all VFD feed prescriptions, purchases, and actual use for a minimum of 2 years.

The initial VFD rule became active in October of 2015. The initial drugs requiring a VFD are Avilamycin, Florfenicol, and Tilmicosin. By December of 2016, any claims regarding growth or performance enhancement must be removed from the labels. The full rule will take effect January 1, 2017. Neomycin, Tylosin, Menicillin, Virginiamycin, Chlotetracycline, and Oxytetracycline will be added to the list of drugs requiring a VFD prescription when used in feeds.

If you have commonly used some of the affected products at weaning, receiving, or other times, be sure to plan ahead and work with your veterinarian in order to have a VFD in place to help keep your animals healthy. ♦



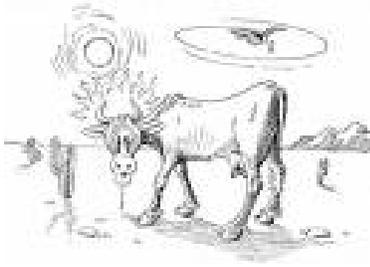
## Hot Sun, Scorching Temperatures, and the Possibility of Heat Stress . . . For Your Livestock!

*Rikki Ruiz, Extension Educator, Gem County*

With the summer temperatures on the rise, many of us are taking cover with a cool glass of ice water and the breeze of the air conditioner.

Heat stress is a common problem during these hot summer months. Not only does the heat take a toll on us, but also on our livestock.

Livestock don't handle heat stress as well as humans do, therefore it is important to monitor and prevent them from getting overheated which can cause a significant production loss in your operation. Heat stress is defined as any combination of temperature, humidity, radiation, and wind producing conditions higher than the animal's thermal neutral zone.



There are several signs to look for when watching for heat stress. These can include bunching together, slobbering, high respiratory rates, open mouth breathing, lack of coordination, and wobbling. If any of these signs persist they need to be handled in a low stress manner to minimize even further risk of over exhaustion.

Other precautions include watching animals that have had past health problems because they may be more susceptible to heat stress. Additionally, livestock in confinement areas usually have greater heat loads than livestock on pasture, and dark hided livestock are more likely to get heat stress.

There are several prevention techniques that may help minimize this risk and keep your production levels high. The most important concept is water. Water is the best avenue to dissipate heat. As the livestock drinks water it moves through their body and removes a lot of heat in the process. Some important aspects of making sure there is an adequate water supply is by ensuring that there is enough space at the watering hole for all the animals, if space is limited, temporary water sources should be used, such as: tubs or portable troughs. Heat stress can be lessened by providing water via sprinklers for short periods of time, but if you are going to do this be sure that the sprinkler is producing large droplets of water, versus misting the water onto the animals because misting can increase the humidity, making the livestock even warmer.

In addition to water, other necessary precautions are to avoid handling livestock in the heat of the day. It is best to work livestock either before 10am or after 5pm when there is the least amount of solar radiation. The same goes for hauling livestock, it is best to haul them early in the morning or later in the evening and hauling fewer animals at a time will also help decrease heat stress.

Feeding livestock several hours after the day's peak temperature in the late afternoon or early evening is another technique for reducing heat stress. Feeding them in the late morning can cause the animal's body temperature to rise because heat is produced in them by the digestion process, therefore making the animal it's hottest at the hottest time of the day.

Livestock in confinement areas need to have their corrals inspected to make sure there isn't any structure restricting air flow. Ideas to increase air flow include, cutting down vegetation around the pens and building earth mounds inside the pens to increase airflow by preventing the animals from bunching together.

The temperatures are going to get hotter, so as you sit back by the air conditioner, make sure to double check your livestock. A good rule of thumb to remember is if you are not comfortable in the scorching temperatures, your livestock definitely aren't either!

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### Three of the Most Common Range Weeds . . . continued from page 3

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blue, pink and purple. Similar to Larkspur, all parts of the Lupine plant are poisonous but seeds contain the highest amount of alkaloids. For this reason the plant is least toxic right before it flowers.

Lupine affects the central nervous system of animals and can cause nervousness, depression, muscle twitching, convulsions, labored breathing, and eventually death. Most poisoning is seen in late summer when livestock are trailed through meadows with Lupine that has flowered. Sheep are more susceptible to poisoning with only ¼ lbs. being a lethal dose, whereas cattle must consume more than 1 lbs. of Lupine before being affected. Because of this, Lupine is more deadly to sheep but cows 40-70 days into gestation that consume lupine may affect their fetus causing a condition called "crooked calf".



Photo: Five month old calf with "Crooked" calf disease. Notice the crooked spine and severely stunted growth. Carmen Willmore.

To avoid poisonings keep cattle out of affected pastures in early spring when cows are in their first trimester of gestation. Lupine can be controlled with herbicides if applied before the bud stage.

Range weeds are difficult to control but managing cattle and sheep to graze when the plants are least poisonous can help control animal losses. Making sure that there are palatable forages available and keeping livestock out of heavily infested areas can also help reduce losses. Work with local managers to treat affected areas.



# Three of the Most Common Range Weeds

*Carmen Willmore, Extension Educator, Lincoln County*

Because of this year’s wet spring, some of our rangelands have become infested with weeds. Three of the most common are Leafy Spurge, Larkspur and Lupine...the 3 “L”s. Here is an overview of these damaging weeds, what they look like, how they poison livestock and how to prevent poisoning of your animals.

**Leafy Spurge** is seen along roadsides and in dry, unused areas. The plants are erect, leafy and can grow to be 3 feet tall. When you break off the leaves a “milky” juice will appear. The plants narrow leaves alternate and are 1-4 inches long with yellow/green flowers.



Photo: Leafy Spurge. Rob Routledge, Sault College, Bugwood.org

Leafy spurge is poisonous at all times. However, cattle don’t usually eat leafy spurge unless it is baled in hay. Though leafy spurge is deadly it is not actually considered a poisonous plant because it doesn’t cause any neurological problems. It is an irritant that causes blistering, swelling and skin lesions on the animal’s face. Further irritation will be seen as indigestion, vomiting, pain and diarrhea causing scours and weakness. Cattle and horses are most susceptible to poisoning while sheep and goats have some resistance and in certain cases can be used for weed control.

The biggest problem with leafy spurge is how to get rid of it. Leafy spurge is resistant to control methods because of the many ways it can repopulate an ecosystem. One is through the spread of seeds. Once seed capsules are dry they can explode, spreading seeds as far as 15 feet. Once spread these seeds are viable for 8 years. Also they have extensive root systems allowing new growth to come from roots.

Herbicides are usually only affective on small patches of leafy spurge being most effective in fall or early spring. For large areas affected by leafy spurge, integrated control measures will produce better results, using a combination of herbicides, biocontrol and physical control (disturbance of the soil).

**Larkspur** is typically found on plains, open hillsides and meadows. Plants are usually 2 feet tall with leaves on the bottom half and flower clusters at the top. Flowers are purple with a distinct spur pointing backwards. All parts of the larkspur plant are poisonous, especially young plants and seeds where the alkaloids are concentrated. There are three types of Larkspur; Geyer Larkspur, Low Larkspur and Dune-

cap Larkspur (Commonly known as Tall Larkspur). All three types are poisonous to cattle and grazing in areas infested by any one of the three should be carefully monitored.

Larkspur is poisonous during spring, summer and fall and produces toxic alkaloids that affect the animal’s nervous system. Symptoms usually are seen as salivation, a straddled stance, arched back and repeated falling caused by muscle fatigue and paralysis triggered by the consumption of alkaloids. Further poisoning will cause paralysis of the diaphragm and digestive tract, making it more difficult for the animal to breathe and causing the animal to bloat resulting in death within 3-4 hours.



Photo: Low Larkspur. Dave Powell, USDA Forest Service (retired), Bugwood.org

Poisonings usually occur in areas that are overgrazed in early spring or when little other forage is available when the plants are flowering. In late summer when pastures have dried out, if Larkspur is the only plant that still contains some green vegetation cattle will begin to select for it and overconsume, causing a toxicity. The lethal dose for cattle is 0.5% of their body weight. For a mature cow (1200 lbs.) that would be approximately 6 lbs. of forage consumed. If cattle do consume an uncertain amount and begin to show symptoms it is best not to stress them as they are already having difficulty breathing and moving as a result of the paralysis. If caught in time consult a veterinarian for treatment. In certain cases treating for bloat by placing the animal on its brisket with their head uphill can help.

Herbicides can be used to control Larkspur populations. Applications to Low Larkspur should be timed before flowers open but after significant vegetative growth. Tall Larkspur can be controlled through the flowering stage. Consult your local weed specialist for information on herbicide products specific for each species.

**Lupine** is usually seen along foothills and mountains in areas with sagebrush or aspen trees.



Photo: Yellow Lupine. Carmen Willmore

Plants are 6 inches to 3 feet tall and have leaf clusters that resemble a “wheel spoke”. Flowers mature from the bottom of the plant upwards and can be shades of white, yellow,

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## Across Breed Adjustment Factors Released at Recent Beef Improvement Federation (BIF) Convention

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

The first across breed adjustment factors for beef cattle growth traits (birth weight, weaning weight, yearling weight) and maternal milk were calculated and published in 1993. In 2008, across breed adjustment factors were added for several carcass traits (marbling score, ribeye area, fat thickness). Updated across breed adjustment factors were presented at the 2009 Beef Improvement Federation (BIF) Annual Research Symposium and Annual Meeting, which was held in Manhattan, Kansas from June 14 to June 17, 2016. Growth trait and maternal milk adjustment factors are available for eighteen (18) beef breeds and carcass trait adjustment factors are available for fifteen (15) beef breeds. The most recent list of evaluated breeds and their across breed adjustment factors are presented in Table 1.

Breed	Birth Weight	Weaning Weight	Yearling Weight	Maternal Milk	Marbling Score	Ribeye Area	Fat Thickness	Carcass Weight
Angus	0.0	0.0	0.0	0.0	0.00	0.00	0.000	0.0
Beefmaster	4.7	17.9	0.5	5.9				
Brahman	10.3	45.1	6.6	23.8	-0.78	-0.05	-0.145	-27.8
Brangus	3.3	12.0	4.0	6.3				
Braunvieh	1.9	-25.5	-50.0	-0.8	-0.70	0.78	-0.092	
Charolais	8.0	34.6	4.4	8.2	-0.33	1.01	-0.208	13.0
Chiangus	3.2	-27.0	-40.5	-1.7	-0.34	0.34	-0.093	-18.1
Gelbvieh	2.8	-22.6	-29.3	2.3	-0.27	0.75		15.0
Hereford	2.3	-7.8	-28.6	-17.3	-0.31	-0.07	-0.056	-59.0
Limousin	2.3	-18.2	-41.3	-13.7	-0.43	1.01	-0.132	12.0
Maine-Anjou	4.2	-30.5	-38.7	-6.2	-0.57	0.97	-0.187	-15.9
Red Angus	2.5	-31.4	-34.6	3.3	-0.27	0.01	-0.016	-9.0
Salers	1.8	-7.3	-25.7	5.9	-0.09	0.94	-0.196	-23.5
St.Gertrudis	5.7	36.3	43.0	17.0	-0.54	-0.09	-0.080	2.2
Shorthorn	4.7	-36.6	-17.3	4.1	-0.14	0.37	-0.105	-7.1
Simmental	3.2	-9.4	-12.1	4.4	-0.34	0.49	-0.129	4.4
South Devon	3.3	-11.4	-27.1	3.9	-0.08	0.29	-0.133	-24.8
Tarentaise	3.4	25.1	5.6	24.2				

Table 1. 2016 Adjustment factors used to estimate across breed expected progeny differences (EPD). (Adapted from BIF, 2016)

Since the release of the first national sire summary in 1971, beef cattle producers have been using expected progeny differences (EPDs) to assist them in making selection decisions. Expected progeny differences are estimates of the differences in performance of future progeny from two or more sires from the same breed. Expected progeny differences are generated from breed association data banks and are published in sire summaries. These EPDs are specific to the breed for which they were generated and cannot be compared to any other breed. Expected progeny differences are available for a number of traits (birth, growth, maternal, carcass, etc.) and are reported in trait units.

Many beef producers have benefitted from using EPDs to select animals to meet defined or desired production goals. However, since EPDs are specific to the breed from which they were generated and cannot be compared from one



## Across Breed Adjustment Factors . . . continued from page 4

breed to another, beef producers using crossbreeding have found challenges in using EPDs. To address these challenges, the concept of across breed adjustment factors was employed. For a number of years, researchers at the Meat Animal Research Center (MARC) in Clay Center, Nebraska have evaluated breeds, collected data, and developed tables of adjustment factors that account for differences between breeds. These adjustment factors are updated annually and released at the BIF meeting.

Across breed EPD are particularly useful to beef cattle producers that are considering the purchase of bulls from multiple breeds for use in crossbreeding programs. Across breed EPDs can assist producers in identifying sires of different breeds that are similar in their genetic potential for desired performance targets, which leads to greater uniformity of calf crops from crossbreeding systems. Beef cattle producers should be aware that across breed EPDs do not have associated accuracies. Therefore, it is difficult to assess the potential risk involved in using a particular sire based on an across breed EPDs. However, across breed EPDs are the best method available for estimating the genetic potential of bulls from different breeds. An example of how to use the adjustment factors to calculate an across breed EPDs follows.

**Example #1:** To calculate an across breed EPD, you need a current EPD from a breed association sire summary and a current across breed adjustment factor for the same breed and trait. Consider a Gelbvieh bull with a weaning weight EPD of + 70.0 lb and a Hereford bull with a weaning weight EPD of + 45.0 lb. The across breed adjustment factors (Table 1) for weaning weight are -22.6 lb for Gelbvieh and -7.8 lb for Hereford. To calculate an across breed yearling weight EPD for the Gelbvieh and Hereford bulls, simply add the adjustment factor to the bull's original EPD. The across breed weaning weight EPD is  $70.0 \text{ lb} + (-22.6) \text{ lb} = 47.4 \text{ lb}$  for the Gelbvieh bull and  $45.0 + (-7.8) \text{ lb} = 37.2 \text{ lb}$  for the Hereford bull. The expected difference in progeny weaning weights when both bulls are mated to cows of another breed would be  $(47.4 \text{ lb} - 37.2 \text{ lb} = 10.2 \text{ lb})$ . In other words, the expected difference in progeny weaning weights when using these two bulls is approximately ten (10) pounds.

**Example #2:** To calculate an across breed EPD, you need a current EPD from a breed association sire summary and a current across breed adjustment factor for the same breed and trait. Consider a Red Angus bull with a yearling weight EPD of + 105.0 lb and a Simmental bull with a yearling weight EPD of + 85.0 lb. The across breed adjustment factors (Table 1) for yearling weight are -34.6 lb for Red Angus and -12.1 lb for Simmental. To calculate an across breed yearling weight EPD for the Red Angus and Simmental bulls, simply add the adjustment factor to the bull's original EPD. The across breed yearling weight EPD is  $105.0 \text{ lb} + (-34.6) \text{ lb} = 70.4 \text{ lb}$  for the Red Angus bull and  $85.0 + (-12.1) \text{ lb} = 72.9 \text{ lb}$  for the Simmental bull. The expected difference in progeny yearling weights when both bulls are mated to cows of another breed would be small  $(72.9 \text{ lb} - 70.4 \text{ lb} = 2.5 \text{ lb})$ . In other words, these two bulls would provide approximately the same level of yearling growth potential to the progeny of cows of another breed. ♦

## LOST RIVERS GRAZING ACADEMY

September 13 - 16, 2016 ▪ Salmon, Idaho



A boots-on-the-ground workshop for livestock operators who want to increase their forage production, stocking rates, animal performance, and net income by letting their livestock harvest the sun's energy through their feed.

### Who Should Attend:

- Producers of beef and dairy cattle, sheep, horses, and other domesticated grazing animals
- Professionals working in livestock-related industries

### How You Can Benefit:

- Enhance your grazing-management skills and improve your forage and livestock production
- Reduce the dollars and hours you spend fertilizing, harvesting, and feeding hay
- Increase your animal units and net income
- Improve deteriorating pastures
- Gain a foundation of knowledge from which to launch a new livestock operation
- Learn sustainable practices that will maintain and improve the productivity of your ranch

### Learn How to:

- Design grazing cells and determine appropriate stocking rates
- Design water systems
- Design and build permanent and portable electric fences for use under center-pivots and wheel lines
- Minimize animal stress during handling
- Stockpile standing forage and draw on animals' "fat banks" to reduce winter feed costs
- Devise custom-grazing leases
- Develop a ranch economic plan

For More Information: Scott Jensen at 208-896-4104 or [scottj@uidaho.edu](mailto:scottj@uidaho.edu)



## 138th Annual Meeting Owyhee Cattlemen's Association

Silver City



### Saturday, July 30

9:00 am **Registration**

9:30 am **Business Meeting**

Pledge

Membership Bit Drawing

Introductions

President's Report - Daniel Richards

#### **Reports/Updates**

BLM Fuel Breaks Projects - Lance Okeson

#### **BREAK**

#### **Deck o' Cards Raffle**

County Natural Resource Committee - Jim Desmond, Chad Gibson

OCA Beef Heifer Replacement Program

Noon **LUNCH BREAK (Potluck)**

Owyhee County Socio-economic study report - J.D. Wulfhorst

#### **Reports/Updates**

Idaho Cattle Association - Laurie Lickley

Owyhee Rangeland Fire Protection Association - Doug Rutan

#### **BREAK**

Public Lands Council - Brenda Richards

#### **Deck o' Cards Raffle**

**Life Members:** Gary Penny, Neil Rimbey, George & Donna Bennett

#### **Resolutions**

#### **New Business**

Election of Directors

Passing of the gavel to incoming President Chad Nettleton

5:00 pm **Evening Activities**

Social Hour

6:00 pm Dinner by **Cross Country Catering**

9:00 pm **Dance**, music provided by

### **Runnin' for Cover**

\$7/person, \$12/couple

### Sunday, July 31

7:00 am Doors will be open and coffee

available at the historic *Idaho Hotel*

8:00-10:00 am Breakfast available at the *Idaho Hotel*

10:00 am OCA Board of Directors Meeting

at the Nettleton Horse Corral



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## Homemade Popsicles

Looking for a sweet treat to help you and the family cool off from this warm (more like hot!) weather? There is nothing better than trying out your hand on a delicious, but healthy homemade dessert. Make these for a special Fourth of July celebration where the extended family can join in on the fun, or just have these for a snack when you have the craving. My family enjoys fresh produce, and some great treats and this is a wonderful way to get both in at once.

If you are going for a patriotic fruit popsicle, try this:

**Red:** 2 cups strawberries, finely chopped

**White:** 2 medium bananas, finely chopped

**Blue:** 2 cups blueberries



Take your strawberries and mix with one-half of a 32 ounce carton of vanilla yogurt and blend. Pour into bottom of popsicle molds or paper cups with wooden sticks. Repeat steps with bananas and blueberries.

If you do not have a blender that is no problem, simply stir the fruit and yogurt together and pour into the molds – the color and texture will be different, but the flavor will still be great.

Have a happy Fourth of July!

Source: Recipe adapted from “Homemade Popsicles” Justine Hoover, Registered Dietitian <http://blogs.extension.iastate.edu/foodsavings/2015/06/29/homemade-popsicles/>

**Financial issues are going to be a recurring topic of discussion and often we pick the wrong time and place to discuss money.**

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### Discussing Finances . . . continued from page 8

While having a discussion revolving around finances may not be something that you look forward to doing, it can be a very rewarding experience. It can be an opportunity to educate yourself as well as others as far as how you are currently handling your finances and would like to continue handling them in the future. Follow these tips above to have a healthy conversation today.

Source: This information was adapted from the “Four tips to avoid discussing finances at the wrong time” article published by [Michigan State University Extension](http://www.msue.msu.edu). For more information, visit <http://www.msue.msu.edu>.



## What is Zika and How to Protect Against It?

According to the Centers for Disease Control and Prevention (CDC), Zika virus spreads to people primarily through the bite of an infected mosquito. (There are other ways that one can contract the disease, but the most common is the bite from a mosquito.) Mosquitoes that carry Zika are aggressive daytime biters, but they can also bite at night. With the current Zika outbreaks being reported throughout different countries, including the United States, awareness is increasing. Since mosquitoes travel and this is the primary source of contraction, areas where Zika virus is spreading are often difficult to determine.



The symptoms associated with Zika virus are fever, rash, joint pain, red eyes, muscle pain or headache. Symptoms can last for several days to a week. Fortunately, people do not usually get sick enough to go to the hospital and people rarely die of Zika. Once an individual has been infected with Zika, they are likely protected from future infections.

Zika is very risky for those who are pregnant because the virus can cause fetal birth defects and impaired growth. The most important ways you can work to prevent Zika is in the same way that you would work to prevent against mosquito bites. Zika does not have a vaccine, so therefore here are some recommendations to prevent becoming infected:

- wear long-sleeved shirts and long pants
- stay in places with air conditioning and window and door screens to keep mosquitoes outside
- take steps to control mosquitoes inside and outside your home
- treat your clothing and gear with permethrin or buy pre-treated items
- do not use insect repellents on babies younger than 2 months old
- mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs to protect them from mosquito bites.

Source: <http://www.cdc.gov/zika/pdfs/fs-zika-basics.pdf> ♦

## Guidelines for Discussing Finances

One of the most important topics you can discuss with your family is money. Money is a sensitive subject for many families and often one of the biggest things that couples fight about. While there are many contributing factors that create a negative outlook on the subject, in the end it is because many individuals do not know how to talk about money. As a society, it has gained the notoriety of being one of those things that you are not supposed to mention in company, or even in a polite conversation.

But if you're married or in a serious relationship, it really is necessary for you to talk about it. Financial issues are going to be a recurring topic of discussion and often we pick the wrong time and place to discuss money. Try to use this acronym, HALT, as a way to avoid discussing finances when it isn't the right time.

Timing is key when discussing your finances with others.

Don't discuss money if you are:

- **Hungry:** When we are hungry, we have a general feeling of weakness in our body, making it hard to think. When you can't rely on yourself to be functioning at your best, this is definitely not a time that you want to be having this kind of conversation.
- **Angry:** Anger causes you to say and do things that you wouldn't normally do, and you may well regret your actions later. An angry person doesn't think things through as well as one who is calm.
- **Lonely:** If you're feeling lonely this can lead to depression, being overwhelmed and having anxiety. It is important to avoid discussing finances at this time because it can contribute to these feelings and a negative outlook on the situation. Wait until you are in a happier, more content state of mind.
- **Tired:** Being tired and run-down creates so many physical and emotional concerns and can cause your brain to not function properly. Try taking a nap and being well rested before having a conversation about finances.



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## Wondering if You're Feeding Your Young Children the Right Things? How About a Picky Eater?

You may want to start trying out new foods with your children, but are wondering where to begin. If you have a long history or allergies that run in your family, you may want to contact your doctor first to see what they recommend. According to the American Academy of Allergy, Asthma and Immunology, starting young with your children can help greatly in reducing allergens as well as becoming more familiar with what types of foods your child enjoys. As early as six months of age and the child consuming cereals, fruits and vegetables, you can start trying out nuts, a high allergen food. With a variety of kinds available on the market – you don't have to limit it to just peanut butter. Try out cashew, almond, or even a seed butter like sunflower. Remember that chunks and lumps can be a choking hazard, so still practice safety while trying out the news types. Try mixing a small amount of the butter into a cereal or puree or even placing a little bit on your finger.



Another great food you can slip onto their plate is eggs. These are easily digestible and full of nutrition such as iron, folate, choline, protein and vitamins A, D, and E, all essential nutrients for your growing child. You would want to make sure that you are hard cooking or hard-boiling

the egg. When feeding babies or young children egg, you want to stay away from runny yolk because if the yolk has not reached an internal temperature of 160°F, then it can still contain the bacteria *Salmonella Enteritidis*, which can pose serious health risks for the young, immune-compromised and the elderly. Keep an eye on the egg, and also make sure that it is available in smaller pieces.

One more type of food to try out is fish. While fish used to be off-limits due to allergy risks, it is now highly recommended. Cold-water fish such as salmon, herring, canned tuna or sardines are something that you can easily try with your infant or toddler. If you are starting with an infant, try baking or steaming and pureeing into a thin consistency with the use of breast milk, formula or water. For older children, try cooking and cooling it and allowing them to eat it like a finger food, making sure that there are no bones in the fish, as well as making sure that there are smaller pieces of food for them to be feeding themselves.

A pantry staple nutrient-rich food that you should be trying with your young family members are beans and lentils. Since nutrition is key with growing children, you can never focus too much on nutrition. You can gain a lot of protein, iron, folate, zinc and manganese for the intake of your children and yourself by the inclusion of this food at mealtime. Beans and lentils can be soaked overnight, drained, rinsed and cooked until very soft. Since red beans cook fast, they do not require prior soaking. For younger ones, puree boiled legumes so that they do not pose a choking hazard.

Are you hesitating about incorporating more herbs and spices into your little one's plate? Since the goal of including different foods is to help transition your baby to solids, there is nothing wrong with trying new ingredients in their meal. This can help your young one become more adventurous. You will want to be very careful as you begin since their palates will not be able to handle heat very well and may become overwhelmed. You can start with classic combinations such as applesauce and cinnamon, meat sauce with oregano, vegetables with thyme, or even a little bit of lemon on the fish.

Lastly, don't forget about the importance of the protein source. According to the American Academy of Pediatrics, dark poultry and red meat are some great foods that provide an iron source that is easier digested than that from plant sources. By combining the meat with foods high in vitamin C, it can contribute to even higher absorption levels. Sounds like whole grain spaghetti with meatballs and a tomato sauce with a little oregano is a great dinner choice for the whole family to eat up. (If feeding to infants or very young children, you may want to steam or simmer the meat and then puree into a smooth consistency for them to be able to consume.)

The biggest thing to keep in mind when you are working with new foods with your young ones is to keep track of the different foods that you are introducing and when. If you are worried about allergies with your child, then making sure to only introduce one food at a time will help you determine what food may need to be off-limits. Also, if you are trying to get your child to become more adventurous, but you are pairing many different flavors together all at once, it may end up being too much for their very alert taste buds to handle at once, making it harder for you to determine if it is the food that they do not like or the ingredients that you are pairing with that new food. If you take it slow and steady and start to bring in small amounts of different foods over a period of time, you will end up with a higher success rate with a more adventurous eater at your table!



Source: Information obtained from "10 Foods to Feed Your Baby (That You Probably Aren't)" available at <http://www.parents.com/recipes/baby-food/new-foods-to-feed-baby/> ♦



# Owyhee County 4-H



July, 2016

## To make your trip on the road to the Fair a great one, please remember:



- ◆ If you did not turn in your **BILL OF SALE** (see page 11), we must have it on file at the Extension Office or you cannot weigh in at Fair.
- ◆ Visit our web site at [www.owyheecounty.net/extension](http://www.owyheecounty.net/extension) for information and forms, such as:
  - ◇ Unloading map at fairgrounds
  - ◇ Record Books
  - ◇ Involvement Reports
  - ◇ Buyer fliers
  - ◇ Buyer certificates
- ◆ When doing your fair entries, if you are planning to participate in the **STYLE REVUE**, please “enter” in that Department, and then the Division (Sewing Construction or Select and Show), and Class (age division). Knowing the number of participants helps us in planning for a great Style Show on Friday at Fair!
- ◆ **Fair Entries are REQUIRED for all 4-H and FFA youth.** Entries close at midnight on July 15. If you have questions or are having problems signing up, please contact the Extension Office PRIOR to July 15. We can help you now, but there’s nothing we can do after that date.
- ◆ **4-H Record Book Interview Evaluation sign-ups** close on July 15. If you are unable to attend either date, we are scheduling make-up interviews on Thursday, July 28. Please call the Extension Office to sign up for a make-up interview. All other interview time sign-ups can be done at 4honline.com.

### All 4-H Projects except Horse:

- ◇ Tuesday, August 2, noon - 4:00 p.m. at the American Legion Hall in Bruneau
- ◇ Thursday, August 4, 8:00 a.m. - noon at the Armory at the fairgrounds in Homedale

### Horse Project:

- ◇ Thursday, August 4, 8:00 a.m. - noon at the Armory at the fairgrounds in Homedale

### Make-up 4-H Record Book Interview Evaluations:

- ◇ Thursday, July 28. All make-ups must be done **PRIOR** to the regularly scheduled days. There will be no make-up interviews at Fair.

This year we are trying something **NEW!** Each 4-H youth will have all of their record book interviews with **ONE JUDGE**, regardless of the number of projects they have. If you have 1-2 projects, please sign up for one time slot; 3-4, sign up for two time slots; 5 or more, sign up for three. We will be asking your feedback on this, so please let us know!



This year we helped send:

- 2 to 4-H Camp
- 8 to Horse Camp
- 1 to Know Your Government Conference
- 1 to Natural Resources Camp

In addition, we awarded:

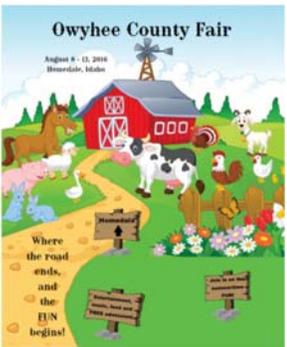
- two college scholarships (One in memory of Mary Lootens and another in memory of Celia Tindall)



We can't wait to see the great decorations your clubs and chapters are coming up with for the 2016 Owyhee County Fair,

**“Where the Road Ends and the Fun Begins!”**

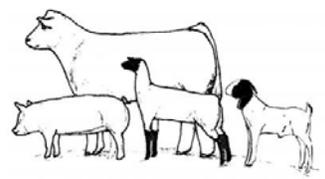
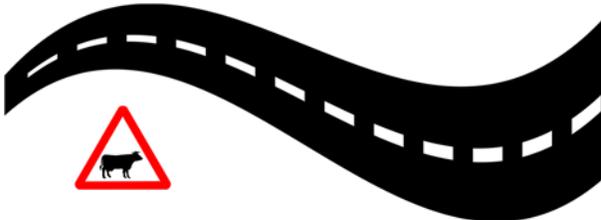
The fair books were included in the June 22 edition of the Owyhee Avalanche. They are also available at local businesses in your communities and at the Extension Office. We strongly encourage each family to get a copy and review the schedules and the rules. If you have any questions regarding the 4-H and FFA exhibits and shows, please contact the Extension Office.



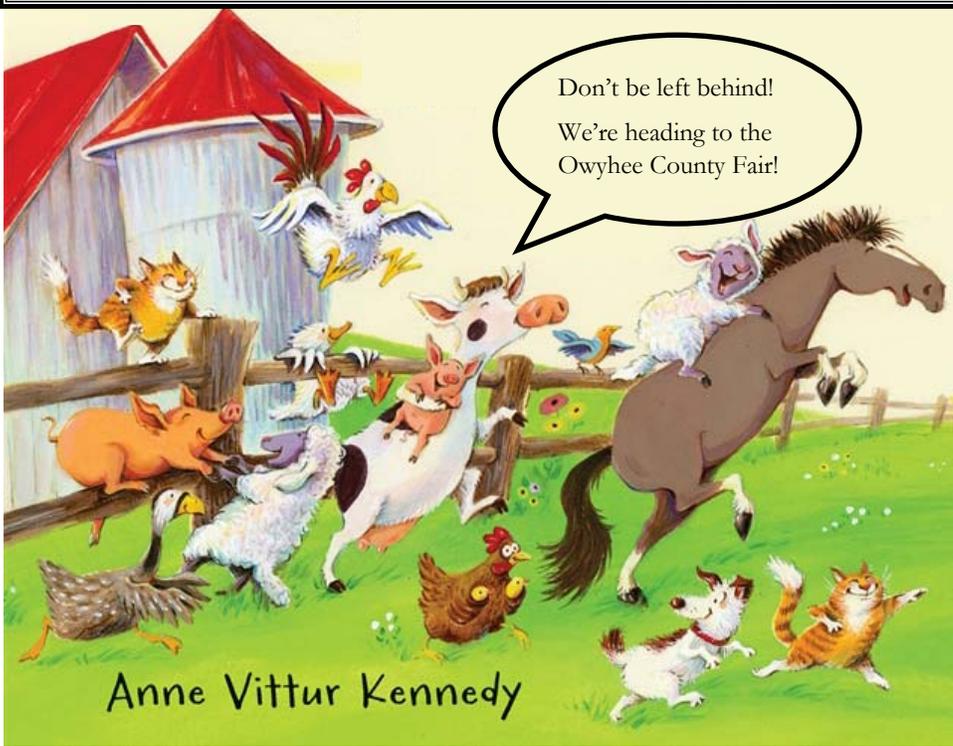
## 2016 Owyhee County 4-H & FFA Market Livestock Weigh-in Schedule



Species	Days on Feed	Maximum at Initial Weigh-In	Minimum at Final Weigh-in	Final Weigh-in
BEEF	158	900 (Suggested 750-850 lbs.)	1,100 lbs.	Wednesday, August 10
SWINE	121	85 (Suggested 65-80 lbs.)	230 lbs.	Wednesday, August 10
SHEEP	82	90 (Suggested 75-85 lbs.)	110 lbs.	Wednesday, August 10
GOATS	82	Born after Jan. 1	65 lbs.	Wednesday, August 10
		AND must have ADG of .3 at final weigh-in		



**ATTENTION THOSE WITH MARKET ANIMALS!** If you did not turn in your **BILL OF SALE** at initial weigh-in, please remember we **MUST** have it on file at the Extension Office **BEFORE** you can weigh in at Fair. We still need Bills of Sale from the following individuals:



- BEEF**
- Emma Kraupp
- Jacob Kraupp
- Devin Edmiston
- SWINE**
- Justin Linqvist
- Lauren Bowen
- Keegan Mckay
- Tylee Mckay
- Bentley McIntyre (2)
- Gus Black
- Ira Black
- SHEEP**
- Adonis Stelzried
- Teagan Bennion
- Taylor Magers
- Lauren Jensen
- GOAT**
- Kaci Carter



The **Style Revue** is a great opportunity to showcase something that you made yourself or assembled as an outfit! There will be a clinic offered before the fair, as well as a practice during the fair and the final event will take place on Friday.



Style Revue Clinic

**Monday, July 18, 6:30 p.m., Marsing School Cafeteria, 800 W Main Street, Marsing**

This is a great opportunity to learn tips about self-confidence and overall presentation.

Style Revue Practice

**Wednesday, August 10, 5:00 p.m., Tumbleweed Theatre at the fairgrounds in Homedale**

Come join us for practice to learn how to enter and exit the stage.

Style Revue

**Friday, August 12, 6:00 p.m. at the Tumbleweed Theatre.**

Please remember to “enter” in the Style Revue when you do your fair entries. This helps us to know counts so we can prepare for awards, time allowed, announcers, etc. Cloverbuds are welcome as well!

# Awards

We still need a few **4-H and FFA Fair Award Sponsors**. If you or someone you know would be interested in helping us sponsor any of the following awards, please contact the Extension Office as soon as possible. We need sponsors for:

4-H Herdsmanship	\$20
4-H Herdsmanship	\$20
Junior Champion Beef Showman	\$25
Grand Champion Meat Goat	\$25
Reserve Champion Jr. Meat Goat Showman	\$20
Dog Obedience Reserve Champion	\$20
Junior Champion Small Animal Round Robin	\$25
Junior Reserve Champion Small Animal RR	\$20

There might be a couple more, but we are waiting to hear back from the individuals who sponsored last year. Thank you for helping us get the word out!

**ATTENTION LEADERS AND ADVISORS!** If you would like to check to be sure all your members have their fair entries done, we will download entries on Monday, July 11. If you would like to check, please contact the Extension Office. That gives us some time to get things taken care of **BEFORE** entries close on **July 15**.



JULY			
4	M		Independence Day! (Extension Office Closed)
11	M	7:00 pm	Owyhee County Horse Leaders (OCHL) meeting at the Extension Office
15	F		FAIR ENTRIES CLOSE AT MIDNIGHT
15	F		RECORD BOOK INTERVIEW EVALUATION SIGN-UPS CLOSE AT MIDNIGHT
20	W	6:30 pm	4H & FFA Fair Superintendent's meeting at the Extension Office
		7:30 pm	4H Leader and FFA Advisor Pre-Fair meeting at the Extension Office
30	S		Owyhee Cattlemen's Association Summer Meeting in Silver City (see agenda on page 6)
AUGUST			
2	T		4-H Record Book Interview Evaluations at the American Legion Hall in Bruneau
4	Th		Horse Record Book Interview Evaluations at the Armory Exhibit Hall in Homedale
4	Th		4-H Record Book Interview Evaluations at the Armory Exhibit Hall in Homedale
8-9	M-T		Owyhee County Fair 4-H Horse Show (Homedale)
10	W		WEIGH IN AT FAIR! Did you turn in your Bill of Sale? We MUST have it before you can weigh in!
10-13	W-S		Owyhee County Fair (Homedale)
13	S		Owyhee County Junior Livestock Sale (Homedale)
SEPTEMBER			
13-16			Lost Rivers Grazing Academy in Salmon (see page 6 or contact Scott Jensen for more info)

Since you've been out of school for awhile . . . this is a quick summertime TEST. If you pass, your trip on the road to the Fair will be a FUN and successful one!

1. When you did your fair entry for your market animal, did you remember to sign up in BOTH market and showmanship (age as of January 1)?
2. Did your club complete their ETHICS training for this year — for all projects, not just animal?
3. If you are taking a market animal project, did you turn in your BILL OF SALE? It must be on file with the Extension Office before you can weigh in at Fair.
4. If you will need one, did you turn in your CAMPER SPACE APPLICATION?
5. Does your family have a copy of the FAIR BOOK and did you all take time to review it?
6. Did you help your club with their COMMUNITY SERVICE PROJECT by doing something awesome for your community?
7. If you are in 4-H, did you sign up for your RECORD BOOK INTERVIEW EVALUATION time yet? Sign-ups close July 15.
8. Has your club paid for all 4-H BOOKS and returned all materials that have been checked out? This must be done prior to Fair in order to participate.
9. Have you remembered to thank your LEADERS and ADVISORS?
10. Are you getting ready to PACK and head to the Fair — Where the Road Ends, and the FUN BEGINS!



**THE  
PRE-FAIR MEETING  
WILL BE  
WEDNESDAY,  
JULY 20  
AT THE  
EXTENSION  
OFFICE.  
6:30 P.M.  
SUPERINTENDENTS  
7:30 P.M.  
LEADERS  
AND  
ADVISORS**

**Owyhee County**

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

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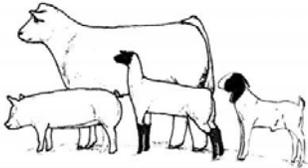
MARSING, IDAHO

PERMIT NO. 11

*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.*



**Please join us**  
**Saturday, August 13, 2016**  
**for the Owyhee County**  
**Junior Livestock Sale!**  
**Buyer's Lunch begins at noon,**  
**with the Sale**  
**immediately following.**





*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 at [owyhee@uidaho.edu](mailto:owyhee@uidaho.edu) or 208-896-4104. Past editions of the newsletter are available on our website, [www.owyheecounty.net/extension](http://www.owyheecounty.net/extension)*

Inside this issue:	
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<b><i>Family Issues</i></b> <b><i>Newsletter</i></b> 	<b>7-9</b>
<b><i>Owyhee County</i></b> <b><i>4-H Newsletter</i></b> 	<b>10-13</b>
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