

Summer  
2011

## AG & FAMILY CONSUMER SCIENCE NEWS

### ChooseMyPlate.gov

YEA! Nineteen years of the food pyramid iconography is over. The United States Department of Agriculture (USDA) has published a new nutrition guide that I can apply anytime I eat. I understood both The Food Guide Pyramid and MyPyramid, but I never applied the concept when I was actually putting food on my plate. The **MyPlate** is the new nutrition guide which was unveiled June 2, 2011. The guide will be displayed on food packaging and used in nutritional education in the United States.

It is suggested to start off with a nine inch plate. Yes, I was the crazy lady at the store with a ruler. Did you know some plates are 13 inches? And some plates are square so they have even more space. Some bowls could be a serving dish. No wonder we have obesity and other health issues on the rise.

Remember making food choices for a healthy lifestyle can be simple. Try using the MyPlate guide, and remember, it is a guide. The simple "plate" makes it easy to see what a meal should look like in terms of nutrition--and there are few plates of food served in the US that resemble it. More common: a hunk of meat as the centerpiece, with a heaping serving of pasta or bread.

Vegetables are an afterthought, or a colorful decoration in the corner.



Check out this website: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

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210 N. Kaufman St.  
Mt. Vernon, TX 75457  
903-537-4017  
<http://franklin-tx.tamu.edu>

**Delta County**  
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Cooper, TX 75432  
903-395-4400 Ext. 230  
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#### COUNTY AGENTS

**Michael Berry-AG/NR**

**Lou Ann Rollins-FCS**



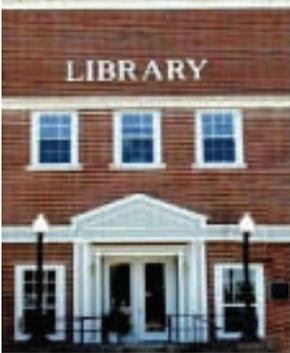
## CLUB NEWS

### DELTA COUNTY FAMILY CONSUMER SCIENCES CLUB

The Delta County FCS Club meets on the first Monday of each month at the Civic Center . For June, we made plans to meet at Doctor's Creek-Cooper State Park for a picnic lunch, but temperatures were in the high 90's so we met at the Civic Center. We played a game called "Apples to Apples" and **Paula Watson** was the winner. Several people brought sandwiches, cookies, bars and drinks. We will not meet in July, so the next meeting will be August 1st, 2:00 at the Civic Center. **Ophelia Banks** will present the program, "Guide to Selecting Furniture".



### FRANKLIN COUNTY FAMILY CONSUMER SCIENCES CLUB



The Franklin County FCS Club meets on the second Tuesday of each month at the Senior Meal Center. In May, we had regular business meeting and then **Lisa Lawrence**, Librarian, shared information and gave us a tour of the newly renovated library. June is our "Locally Dine Out" day, so we ate Mexican food at MiCasita. We do not meet in July, so the next meeting will be August 9th, 1:30 at the Senior Meal Center.

## CUCUMBER YOGURT DIP

#### INGREDIENTS:

- 2 large cucumbers
- 2 c. plain yogurt, low-fat
- 1/2 c. sour cream, non-fat
- 1 T. lemon juice
- 1 T. fresh dill
- 1 garlic clove, chopped
- 1 c. cherry tomatoes
- 1 c. broccoli florets
- 1 c. baby carrots



#### PREPARATION:

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix grated cucumbers, yogurt, sour cream, lemon juice, dill and garlic in a serving bowl. Chill for 1 hour.

#### Food Group Amount:

Color	Food Group	Amount
	Grains	--
	Vegetables	1 1/4 c
	Fruits	--
	Dairy	1/4 c
	Protein	0

#### Nutrient Totals

##### Per Serving:

Calories	100
Total Fat	1.5g
Saturated Fat	1g
Sodium	120 mg
Protein	6g

# COOKING FOOD OUTDOORS SAFELY

Outdoor grilling is a fun way to cook food for family and friends. I love just about anything cooked on the grill-- beef, pork, fish, squash, peppers, onions, pineapple, peaches..... I am hungry talking about this right now, I think we will have something on the grill tonight.



## It is very important to be careful when cooking outdoors.

- Bacteria grows best between 40 and 140 degrees.
- Raw or cooked meat, fish, poultry and seafood should not be left at room temperature for more than 2 hours.
- Or 1 hour if the temperature outside is 90 degrees or warmer.

## Before you Begin:

- Store meat, poultry, fish or seafood right away in the refrigerator.
- If the trip home is longer than 30 minutes, place in a cooler.
- Cook or freeze soon after purchase.( Ground beef, fish, seafood or poultry: 1-2 days; other meats: 4-5 days)

## Thaw Frozen Meat, Poultry and Fish Safety:

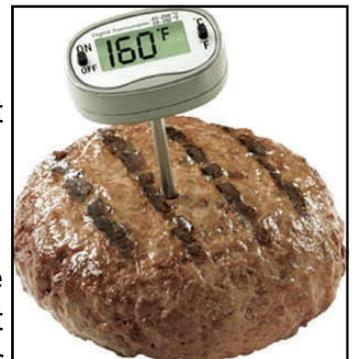
- **Never** leave frozen meat, fish, seafood or poultry out at room temperature to thaw.
- **DO NOT LET STEAKS WARM UP TO ROOM TEMPERATURE BEFORE COOKING.**
- Safest way to thaw is in the refrigerator.
- Can thaw in the microwave, but the food must be cooked immediately afterwards.

## Marinate safely to add flavor, not germs:

- Use plastic or glass container to marinate-acids can react with metal pans.
- Marinate only in the refrigerator--never on the countertop.
- If you want to use the marinade for a sauce on cooked meat or poultry, it is best to make an extra batch and set it aside.

## Cook Food Safely

- Cook food to a safe internal temperature to kill harmful bacteria.
- A thermometer is the **ONLY** way to tell if a food is "done". Place the thermometer in center part of meat or poultry-not touching a bone. Don't forget to wash thermometer with hot, soapy water and sanitize after using.



**Every year, thousands of homes catch fire because of grills. Listed below are some helpful tips:**

- Use in well-ventilated area. The Home Safety Council recommends, placing your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.
- Keep grill stable, inspect regularly and clean. Grease that collects in your grill builds up over time. A clean grill is a safer grill whether it is gas or charcoal.
- Be ready to extinguish flames. Use baking soda to control a grease fire and have a fire extinguisher handy. A bucket of sand or a garden hose should be near if you don't have a commercial extinguisher.

## GRILLED YELLOW SQUASH

This is a tasty way to use up all the yellow squash you have pouring out of your garden every summer. I also do the same thing with zucchini, asparagus, onions and bell peppers. Caramelizing flames and a touch of smoke do wonders for vegetables. Try different seasonings, you can get veggie grill seasoning.

### Ingredients:

4 medium yellow squash  
olive oil  
seasoning salt to taste  
pepper to taste



### Directions:

1. Preheat the grill for medium heat.
  2. Cut the squash horizontally into 1/4 inch to 1/2 inch thick slices so that you have nice long strips that won't fall through the grill.
  3. Sprinkle squash with olive oil and season with seasoning salt and pepper.
- Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness.

**Nutritional Information:** Amount Per Serving Calories: 146 | Total Fat: 14.2g | Cholesterol: 0mg

## PINEAPPLE GRILLED PORK CHOPS



I usually serve with a baked potato, but wild rice would be great.

### Ingredients

- 1/4 cup brown sugar
- 1/4 cup soy sauce
- 1/4 teaspoon garlic powder
- 4 pork chops
- 1 pinch ground black pepper
- 1 (8 ounce) can pineapple rings, juice drained and reserved

According to the new USDA guidelines, pork chops, roasts and tenderloins can be safely cooked to medium rare at a final internal cooked temperature of 145 degrees Fahrenheit as measured by a food thermometer, followed by a three-minute **rest time**.

### Directions

1. Mix together the drained pineapple juice, brown sugar, soy sauce, and garlic powder together in a large plastic zipper bag, and smush the bag a few times with your hands to mix the marinade and dissolve the sugar. Place the pork chops into the marinade, squeeze out any air in the bag, seal it, and refrigerate overnight. Reserve the pineapple rings.
2. Preheat an outdoor grill for medium heat, and lightly oil the grate.
3. Remove the chops from the marinade, shaking off excess, and grill until browned, the meat is no longer pink inside, and the meat shows good grill marks, 5 to 8 minutes per side. Brush several times with marinade and let the marinade cook onto the surface of the meat. Discard excess marinade. While the meat is grilling, place 4 pineapple rings onto the grill, and allow to cook until hot and the slices show grill marks; serve the chops topped with the grilled pineapple rings.

**Nutritional Information:** Amount Per Serving Calories: 193 Total Fat: 4g Cholesterol: 38mg

While most areas of both counties were very fortunate to get some good rainfall in April and May, June has not offered much in the way of moisture. The climate prediction center is predicting below average rainfall for the next 30 days. Most of the State is currently in extreme to exceptional drought conditions, these are the highest rankings on the drought scale. I am hopeful that by the time you get this newsletter we will have had some good rains.

## GRASSHOPPERS

Go forth, forage and multiply, that is the goal of a grasshopper. Unfortunately, with the dry weather we can expect the grasshopper hatch and lifecycle to be quite successful. In the fall grasshoppers lay their eggs ½ to 2” below the soil surface. One female grasshopper will lay an average of 200 eggs. The eggs are very resistant to cold and moisture. Grasshopper eggs typically hatch from late April through late June. Warm dry weather allows more of the nymphs and adults to survive and cause more damage and produce more eggs for the next year.



There are some established threshold levels to give you an idea of when it is economical to treat. Walking your field and watching how many grasshoppers jump or move within a square foot area, then repeating the process several times across the field can give you an idea of how bad an infestation you have. Early detection is critical! If you can spray the grasshoppers when they are small you will have less damage and can take advantage of a wider variety of control products.

<b>Control thresholds based on numbers of adult grasshoppers per square yard.</b>		
<b>Adult per square yard</b>		
<b>Rating</b>	<b>Margin</b>	<b>Field</b>
Non-economic	5-10	0-2
Light	11-20	3-7
Threatening	21-40	8-14
Severe	41-80	15-28
Very Severe	80	28+

**Some common grasshopper control products include:**

**Malathion 57 EC** use 1.5 to 2 pints per acre, no grazing or harvest restrictions.

**Malathion ULV**, 8 to 12 ounces per acres, use when ultra-low volumes can be applied, no grazing or harvest restrictions.

**Sevin 4F and Sevin XLR** ½ to 1 quart per acre, 14 day grazing and harvest restriction.

**Sevin 80 WPSP** use 2/3 to 1 ¼ lb per acre, no harvest or grazing restrictions.

**Karate** use 1.28- 1.92 oz. per day, 7 day restriction on hay harvest, no grazing restrictions.

**Mustang Max** use 2.8 to 4.0 oz. per acre, no grazing or hay restrictions

**Dimilin 25 W and 2L**, use 2 oz. per acre, no grazing restriction, 1 day harvest restriction on rangeland and pasture. Dimilin is a growth regulator and will not work on adult grasshoppers, must treat while grasshoppers in the 2<sup>nd</sup> or 3<sup>rd</sup> instar of their lifecycle.

There are many other products available for use on crops. Always follow the label directions. For more information and a complete list of products available for use on crops please refer to Texas AgriLife Extension publication E-209 Grasshoppers and Their Control, available from your local extension office or on either the Delta or Franklin County websites located in forages under the publication tab.

## DO YOU HAVE A DROUGHT PLAN????

For many it may seem like it is too late for a drought plan, but it is better to put a plan in place even if you are a little late. Due to the current market, beef producers have some better options than they have had in some previous drought situations. While prices have dropped some they are still pretty strong and with the predicted cost of corn and potential cost of hay, you do not want to be stuck feeding anymore cattle than necessary through the summer and winter.

I am including a very good article by **Hugh Aljoe** from the **Noble Foundation**. Although, he uses rainfall data from Oklahoma Counties, it closely resembles the rainfall data I have found for both Delta and Franklin Counties. I hope you enjoy the article.

### Managing Through Drought Conditions by [Hugh Aljoe](#)

Farmers and ranchers have become accustomed to managing through adverse conditions, and drought certainly falls into that category. During the last half of 2010 and the first few months of 2011, most producers have had to manage through drought conditions. Some have managed better than others. There is a common denominator for those producers who cope with drought better than others - they all have active drought management plans. Following is a set of guidelines for developing a drought management plan.

Know your expected forage production and annual rainfall patterns by season. As a rule of thumb for warm-season perennial pastures (native or introduced), about 70 percent of our annual forage production will occur by July 1 regardless of the total rainfall for the year. The most effective rainfall for our warm-season grasses occurs during the second quarter of the year (April through June), which is typically the most abundant rainfall quarter across the Southern Great Plains. Table 1 shows annual precipitation (including totals by quarter) from 1971 through 2000 for three selected southern Oklahoma counties extending on a line from east (Choctaw County), through Ardmore (Carter County), to west (Tillman County). About 30 to 37 percent of annual rainfall occurs during the spring quarter, in which 70 percent of our annual forage is produced. If precipitation is below average for more than one quarter, drought management plans should be implemented.

Establish conservative stocking rates based on average (or below) moisture conditions, providing an element of flexibility into the stocking rate. For example, with a spring calving cow-calf operation, maintain cattle inventory at about 70 percent of potential stocking rate with the plan to retain ownership of all or some calves through the following spring if moisture conditions are average or better.

Identify target dates to assess pasture conditions and make strategic decisions to keep the operation aligned with the long-term management plan. The most critical date during the growing season is the end of the second quarter, when 70 percent of our forage production should have occurred. At this time, determine production to date and the variance from what was planned or expected. Another critical date is the end of the third quarter when forage reserves for the winter should be determined.

Apply spring fertilizer and herbicides to the most productive introduced grass pastures at the appropriate times. Even if early spring rains are absent, prepare to have fertilizer applied in early May since peak spring rainfall in the Southern Great Plains occurs in May and June.

Maintain a culling criteria list for marketing livestock if drought requires such action. The first category of animals to market in a drought is non-producing stock, such as yearling steers and replacement heifers (usually heaviest weights first - especially in a stocker operation), and open cows. The second category would be producing cows that have poor udders, eyes, feet, teeth, disposition, etc. The third category for culling would be less productive cows, non-uniform cows and the oldest cows.

Wean calves early. It is typically more cost effective to feed early weaned calves through a drought than lactating cows. In addition, the maintenance requirements of a dry cow are about half that of a lactating cow.

If purchasing hay, purchase early in the growing season and only enough for winter use. Do not attempt to feed through a drought. If pasture can be located in another region within a reasonable trucking distance, it is often better to pay for a grazing lease for a short period of time (including hauling cattle to and from the alternate location) than to feed through a long drought spell.

There are no easy answers when it comes to dealing with drought. However, with a good drought management plan in place, a producer is better prepared to take action if drought conditions persist.

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Annual Precipitation (inches): 1971 - 2000					
County	Jan-Mar	Apr-Jun	Jul-Sep	Oct-Dec	Total
Choctaw	9.98	14.24	9.64	13.77	47.63
Carter	7.04	12.63	9.10	9.61	38.38
Tillman	5.02	11.45	8.38	6.19	31.03
Percent of Annual Precipitation by Quarter: 1971 - 2000					
County	Jan-Mar	Apr-Jun	Jul-Sep	Oct-Dec	
Choctaw	21.0	29.9	20.2	28.9	
Carter	18.3	32.9	23.7	25.0	
Tillman	16.2	36.9	27.0	19.9	

## IT IS GRILLING TIME IN TEXAS



Despite what PETA or the Humane Society would have you believe meat and beef in particular is a great source of nutrients and you should eat it as often as possible. Here are some common myths associated with meat and the actual truths.

### MYTHS ABOUT MEAT

#### **1) Hormone Use in Meat Production is a Health Concern.**

The hormones used in meat production, such as estrogen, are the same as, or synthetic versions of, those occurring naturally in animals. They are a fraction of the natural estrogen content of products such as soybean oil and eggs. Hormones result in

greater production efficiency and lower cost to the consumer.

**2) Meat is Less Safe Today Than It Was in the Past.** As just one example, the USDA reports that E. coli 0157:H7 in fresh ground beef declined by 63 percent from 2000 to 2009 and the Center for Disease Control reported in 2010 that its goal had been reached of less than one E. coli 0157:H7 illness per 100,000 people. This has occurred while tracking of such problems has increased significantly over the years.

**3) Grass-Fed Beef is Safer.** Research has shown no difference between grass-finished, organic, natural, and grain-finished cattle in the intestinal levels of E. coli 0157:H7. This organism is a naturally occurring presence in the gut of cattle; neither production system nor type of diet affects safety of the beef produced.

**4) Americans Eat Too Much Meat.** The U. S. Dietary Guidelines recommend 5 to 7 ounces of meat and beans per day. The National Health Nutrition Examination Survey showed that men consume an average of 6.9 ounces and women 4.4 ounces daily of meat and poultry.

**5) Meat Contains Saturated Fat and This Contributes to Heart Disease.** Meat does contain saturated fat, but some 40 cuts of meat qualify for the government designation of "lean". Regardless, a 2010 study by the Harvard School of Public Health found that, "there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of coronary heart disease or cardiovascular disease."

**6) Inspectors Only Visit Meat Plants Occasionally.** U. S. plants where livestock are handled and processed are inspected continuously, by as many as two dozen inspectors in large plants.

**7) Americans Get Most of Dietary Nitrite From Cured Meats and This Can Cause Cancer.** Nitrite added to cured meats plays an important role in preventing botulism. Besides, ninety three percent of a human's average consumption of sodium nitrite comes from vegetables and human saliva. And the nitrite from cured meats is the same as that from vegetables. In a study by the U. S. National Toxicology Program rats and mice were fed high levels of sodium nitrite but no association was found with cancer. Finally, nitrite has important physiological functions in humans.

**8) Antibiotic Use in Livestock Production Is Increasing and This Is a Human Health Risk.** As far back as the 1950s, articles in medical journals cautioned against overuse of antibiotics in humans to treat illnesses for which they were not warranted because of the potential to create resistant strains of organisms. And yet, a recent study of pediatricians reported that more than half wrote 10 or more antibiotic prescriptions a month they believed to be unwarranted, mainly due to parental pressure. Non-therapeutic use of antibiotics in livestock has been banned in Denmark since 1998, but this has led to a 110% increase in antibiotic use to treat sick animals. The USDA Under Secretary for Food Safety recently stated, "There seems to be little evidence after 10 years that public health has improved since the Danish ban on growth promoting and preventive antibiotics." (Summarized from "Myths and Facts About Meat and Poultry" downloaded from <http://www.meatscience.org>).

## PESTICIDE REQUIREMENTS

With the dry weather most weed control efforts are at a standstill. But, when we do get some rain the Woolly Croton and other weeds are going to take off. Here is a reminder of the basic records you are required by the Texas Department of Agriculture to keep on herbicide applications:

- Name of applicator and license number
- Month, day and year of application
- Start time of application
- Product name and EPA registration number
- Total amount of undiluted pesticide
- Total volume of material used
- Crop that received the treatment
- Name of person and license number responsible for the application if different from actual applicator
- If required spray permit number- this is a requirement in Delta County, you must have a spray permit before applying any 2, 4-D product.
- Size of the area treated-acres
- Location of area treated (use maps, field numbers, GPS, etc...)
- Pest for which product was used
- Site treated (name of crop)
- Wind speed and direction
- Total acres treated
- ID # for application equipment

You must complete the records within 14 days of application and you need to keep the records for two years. This is quite a bit to keep up with, but I do recommend you keep records; it could save you from a potential fine in the future and it is the law. There is a simple form provided by the TDA, you can get one at either office or by going to either counties web-site click on publications then Pesticide Applicator. For folks in Delta County you can get your spray permit number information at the office or on the Delta County web-site click publications and then private applicator documents. We will be glad to help with you with any of these documents.



## TEXAS A&M BEEF CATTLE SHORT COURSE



**WHAT:** 57<sup>th</sup> Annual Texas A&M Beef Cattle Short Course

All aspects of beef cattle production will be covered.

**WHEN:** August 1-3.

**WHERE:** Campus of Texas A&M University

**COST:** \$140.00

### ONLINE REGISTRATION

Participant Registration Includes:

\*3 Daily Breakfasts, \*2 Lunch Tickets, \*1 Prime Rib Dinner Ticket, \*1 Proceedings, \*Trade Show Admittance  
\*Refreshments, & \*Access to On Campus Shuttle Service.

The tentative agenda and course registration can be accessed at <http://animalscience.tamu.edu/ansc/BCSC/index.html>.