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## BEEF IS OK SAYS AHA

The American Heart Association has officially certified beef as “part of a heart-healthy diet”. That is, some beef. The following items meet their certification:

- Extra Lean Ground Beef (96% lean)
  - Bottom Round Steak (USDA Select)
  - Sirloin Tip Steak (USDA Select)
  - Top Sirloin Boneless Petite Roast (USDA Select)
  - Top Sirloin Strips (USDA Select)
  - Top Sirloin Filet (USDA Select)
  - Top Sirloin Kabob (USDA Select)
- Top Sirloin Boneless Steak (USDA Select)

Note these cuts, except for the ground product, require USDA Select grade. Perhaps this AHA certification could lead to higher consumption and greater value to the beef industry for product not qualified for high-quality branded programs, such as Certified Angus Beef®, which typically require mid-Choice grade or higher. At least, it can't hurt.

[ <http://beefboard.org> ]

## WEED CONTROL FOR NEWLY SPRIGGED BERMUDAGRASS

One of the many challenges producers face when establishing a new stand of bermudagrass is initial weed pressure. Prior to land preparation for establishment of

sprigs, it is important to eradicate any unwanted vegetation. Annual weeds may be controlled by thorough tillage; however, perennial weeds should be sprayed with a non-soil active herbicide such as glyphosate (Roundup) several weeks prior to tillage. This will allow re-treatment of any weed escapes prior to establishing bermudagrass. Any soil disturbance by plowing or disking promotes germination of weed seed.

The use of a pre-emergence herbicide (applied prior to weed emergence) is one of the best defenses against early season competition with the newly established sprigs. Diuron and 2,4-D + dicamba products are labeled for application immediately after sprigging and can provide

### Private Applicator Training

April 21, 2015

Lee County Extension Office  
310 South Grimes; Giddings

Call to register. 979.542.2753

\$50/person

price includes study guide

Continued on Page 2

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Keeton Ehrig  
Extension Agent  
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Portions of this newsletter are cited from the Texas A&M University Beef Cattle Browsing Newsletter, Dr. Steve Hammack.



Tonya Poncik  
Extension Agent  
Family & Consumer Sciences

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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

WEED CONTROL FOR NEWLY SPRIGGED BERMUDAGRASS (CONT'D FROM PAGE 1)

effective pre-emergence residual control (Table 1). However, be sure to check the label to ensure your product is labeled for pre-emergent application. Post-emergent herbicide treatments may still be necessary after sprig establishment.

Newly established sprigs are more sensitive to herbicides than established stands of bermudagrass, therefore, you should observe treatment timings recommended in Table 2 to avoid injury. Herbicide selection, rate, and growing conditions are critical in preventing injury to sprigs.

Table 1. Pre-Emergent Herbicides

| Herbicide  | Rate/Acre Broadcast  |
|--|----------------------|
| Direx 4L (diuron)  | 0.8 - 2.4 quart/acre |
| <p>COMMENTS: Apply Direx immediately after sprigging and rolling to control annual broadleaves and grasses (up to 4" in height). For control of emerged annual weeds up to 4 inches in height, apply 0.4 to 0.8 quarts per acre. Bermudagrass sprigs should be planted 2-3 inches deep to minimize damage. Emerged bermudagrass at the time of treatment may be temporarily injured. <b>Direx is not labeled for use in established bermudagrass hayfields and pastures.</b></p> |                      |
| Weedmaster (2,4-D & Di camba)  | 2 to 4 pints/acre    |
| <p>COMMENTS: Best results will be obtained if Weedmaster is applied 7 to 10 days after planting. Reduced control can be expected if weeds are allowed to reach 1" in height before application.</p>  |                      |

EPD AVERAGES, ADJUSTMENTS, and BREED COMPARISONS

The U. S. Meat Animal Research Center, Clay Center, NB, annually updates research that allows producers to: (1) see how individuals rank within a breed, (2) compare different breed average EPDs and, (3) adjust EPDs for direct comparison of individuals from different breeds.

Tables showing this information can be accessed at: <http://animal.science.tamu.edu/livestock-species/beef/publications/#genetics>

Always read and follow label instructions for any herbicide/pesticide/insecticide. **The label is the law.**

[ Forage Fax, April 3, 2015 <http://foragefax.tamu.edu> ]

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied.

| Table 2. Post-Emergent Herbicides   |                      |
|---|----------------------|
| Herbicide   | Rate/Acre Broadcast  |
| Outrider (Sulfosulfuron)  | 1.33 oz/acre         |
| <p>COMMENTS: Apply Outrider at 1.33 oz/ac to control johnsongrass, yellow and purple nutsedge, and other weeds four weeks after the emergence of the newly established bermudagrass. Addition of non-ionic surfactant at 1-qt/100 gallons is required. A follow-up application of Outrider can be made when sufficient weed regrowth is observed, but no sooner than four weeks after the previous application.</p> |                      |
| 2,4-D (amine/ester)   | 1.0 - 2.0 quart/acre |
| <p>COMMENTS: Apply 2,4-D to emerged broadleaf weeds 3-4 inches tall. Use non-volatile amine formulations from late March through September. Do not apply more than 2.0 qt per acre per season. Do not make more than two applications per year. Minimum interval between sequential applications is 30 days.</p>  |                      |
| PasturAll (2,4-D & Aminopyralid)  | 1.5 - 2.0 pints/acre |
| <p>COMMENTS: PasturAll should be applied only after perennial grasses are well established (have developed a good secondary root system and show good vigor).</p>   |                      |
| Surmount (Picloram & Fluroxypyr)  | 1.5 - 6.0 pints/acre |
| <p>COMMENTS: Apply at 1.5 pt/acre to sprigged bermudagrass once stolons (runners) have reached six inches in length and growing conditions are favorable.</p>   |                      |

## TRACE MINERAL SUPPLEMENTATION FOR BEEF COWS

A herd “in a production environment where forage and grazing was well managed but free-choice mineral supplementation was historically not practiced” was used in a research study. One-half of a herd of spring-calving cows was either injected or not injected on April 15 at the rate of 0.5 ml/100 lb body weight with a product containing the following:

- 60 mg/ml zinc
- 15 mg/ml copper

- 10 mg/ml manganese
- 5 mg/ml selenium

There was no difference in body weight at any time during the year-long study. Body Condition Score of injected cows tended to be higher when calves were worked, but not at weaning, calving, or re-breeding. Pregnancy rate, post-calving interval, and time from exposure to bull and subsequent breeding did not differ. NOTE: While trace mineral

supplementation did not affect reproduction in this study, results could be different under different forage and management. As with all nutritional supplementation, optimum implementation should be tied to animal requirements and dietary composition.

[ 2014 Southern Section ASAS Meeting, Abstract 20; Univ. of Arkansas ]

## Antibiotic Resistance

Antibiotic resistance continues to be a topic of wide interest. This past November, the National Institute for Animal Agriculture held a symposium on “Bridging the Gap between Animal Health and Human Health”, the third in a series on antibiotics.

The symposium included presentations by experts in the field, consumer advocacy organizations, grocery retailers, NIAA staff members, and media representing agriculture and consumer advocates. The summary of the symposium included:

1. Antibiotic resistance is highly complex and is subject to interpretation, and misinterpretation.
2. Resistance can be transferred from humans to animals, as well as from animals to humans.
3. Antimicrobial resistance occurs not only in food-production animals and in humans but in companion animals as well.
4. Evaluating antimicrobial resistance

involves balancing risks vs. needs while constantly recognizing the importance of maintaining an efficacious arsenal of human antibiotics.

5. Food-borne illnesses declined 29% in the last decade, but reports in the media have increased 150%.
6. No antibiotic is 100% effective.
7. Most classes of antibiotics used in food animals are not used in humans.
8. Significant efforts are being led by the public health community to reduce inappropriate antibiotic prescribing in human health and reduce hospital-acquired infections. Agriculture needs to be open to change as well.
9. Food animal production should enforce current regulations and address any antibiotic misuse or be prepared for an unfavorable outcome.

[ The full report can be accessed at <http://tinyurl.com/bridging-gap-white-paper>. ]

### ARE CATTLE NUMBERS FINALLY INCREASING ?

January 1, 2015 numbers released by the National Agriculture Statistics Service of USDA say yes, if one year represents a trend. Numbers (and % comparison to Jan. 1, 2014) are as follows:

- all cattle and calves 89.4 million (+ 1%)
- beef cows 29.7 million (+ 2%)
- milk cows 9.3 million (+ 1%)
- all heifers ≥500lb 19.4 million (+1%)
- beef replacement heifers 5.8 million (+4%)
- milk replacement heifers 4.6 million (+ 1%)
- other heifers 8.8 million (down slightly)
- steers ≥500 lb 15.8 million (+ 1%)
- ≥500 lb 2.1 million (+ 3%)
- calves ≤500 lb 13.7 million (+1 %)
- cattle and calves on feed for slaughter 13.1 million (+ 1 %)

[ More detailed information for 2015 and preceding years is available at <http://usda.mannlib.cornell.edu/MannUsda/viewDocumentInfo.do?documentID=1017> ]

## WHAT IS RESIDUAL FEED INTAKE?

For many years, efficiency has generally been measured as the ratio of feed required to produce a pound of gain (usually termed feed conversion), or less often as the reverse or gain from a pound of feed (usually termed feed efficiency). In the case of feed conversion, a smaller number equates to higher efficiency. With gain: feed a larger number means higher efficiency, and so is easier to understand especially in relationships to other production factors.

With either of these measures, animals that eat more in relation to their weight tend to gain faster and more efficiently. This is usually explained as greater consumption means a smaller proportion of consumption is needed to maintain the animal, so more is available for production.

In recent years, residual feed intake (RFI) has been increasingly used as a measure of feed efficiency. In fact, the concept was proposed over 50 years ago. RFI compares actual feed con-

sumption to what would be predicted based on an animal's gain. If an animal consumes less than predicted then RFI is negative and the animal is more efficient. Once again, as with feed conversion, a negative value is more efficient. (In some cases, the reverse is calculated as residual average gain or RADG, where positive values are more efficient.) RFI has been found to be independent of gain, so there are fast-gaining and slow-gaining animals with the same RFI.

It is not known exactly what causes difference in RFI. In a paper studying Angus steers from genetic lines selected for either low or high RFI, the amount of variation in RFI explained by various factors was:

1. protein turnover, tissue metabolism, and stress (37%)
2. digestibility (10%)
3. heat increment and fermentation (9%)

4. physical activity (9%)
5. body composition (5%)
6. feeding patterns (2%)
7. undetermined factors (28%)

The authors noted that some of these factors are either difficult to measure or may be ignored, resulting in inaccurate predictions. As is often the case, they urged more research to produce better answers.

[ J. Animal Sci. 87:14 suppl E64-E71; New South Wales Dept. of Primary Industries, Macarthur Agr. Res. Inst. of New South Wales ]

## USDA PROPOSES ALLOWING FRESH BEEF IMPORTS FROM BRAZIL

On December 23, 2013, the USDA Animal and Plant Inspection Service (APHIS) issued a proposal to amend current regulations and allow, under specific conditions, import of fresh beef (chilled or frozen) from 14 Brazilian states. Fresh beef is already imported from the South American country of Uruguay. Cattle are routinely vaccinated for Foot and Mouth disease in most Brazilian states. In making this proposal, APHIS indicated it had determined the Brazilian Ministry of Agriculture, Livestock, and Food Supply "could detect disease quickly, limit its spread, and report it promptly."

Under this proposed change, APHIS predicts annual imports of fresh beef to average 40,000 metric tons, an increase in imported beef of less than 1%. It also estimates this level of imports would decrease U. S. price of wholesale beef, retail beef, and live finished steers by 0.11%, 0.04%, and 0.14%, respectively. Currently, that would be a decrease of \$2.00-2.50/hd for finished steers.

[ Beef Cattle Browsing, January, 2015; <http://animalscience.tamu.edu> ]

The proposed rule can be viewed at <http://www.regulations.gov/#!documentDetail;D=APHIS-2009-0017-0010>

## NEW TRICH RULES

This information was also included in the December 2014 issue of this newsletter.

The Texas Animal Health Commission has adopted some changes to the Trichomoniasis control program as follows:

- if a bull is sold and later found to be infected, other bulls from the herd of origin may be required to be tested if the bull was not exposed to females after its sale and prior to testing by the new owner;
- if a bull has strayed on to property not owned or managed by the bull's caretaker and is found to be infected then other bulls from the unit of origin and bulls on the premises where the bull was last located must all be officially tested;
- the TAHC can evaluate the effectiveness of a herd control plan to monitor progress;
- all premises under a Trich Herd Certification Program must have perimeter fences adequate to control movement in and out of the premises.

[ TAHC Newsletter, 11/6/14 ]

## MAKING FRUITS AND VEGETABLE THE EASY CHOICE

In Texas, three out of four deaths are attributed to a chronic disease. However, studies show an intake of at least 2½ cups of vegetables and fruits per day as part of a healthy eating pattern can reduce the risk of certain chronic diseases. A healthy eating pattern, including fruits and vegetables, can help to lower risks of developing chronic diseases such as obesity, diabetes, heart disease and some cancers.

Lifestyles are hectic; however, increasing fruit and vegetables can be easy. Here are a few tips for making fruits and vegetables the easy choice!

**CHOOSE TO MAKE HALF YOUR PLATE FRUITS AND VEGETABLES.** The rest of your plate should be ¼ grains and ¼ protein foods with low-fat dairy on the side. MyPlate is a guide to making a healthy meal yet not every meal will look like MyPlate.

For example a sandwich may not fit in each portion of the plate; however, making a sandwich with whole grain bread, lean protein, a slice of low-fat cheese and adding lots of vegetables with a side of fruit make a healthy plate.

**CHOOSE A VARIETY OF COLORS.** The colors in fruit and vegetables are not just to make them look pretty. Fruit and vegetable colors are complex and those colors pack a healthy punch in reducing the risk of developing various chronic diseases. Be sure to vary the colors on your plate.

**CHOOSE WHOLE FRUITS AND VEGETABLES OVER JUICE.** Children and adults eat most of their fruits and vegetables in the form of fruit juice, which can contain added sugars and make it higher in calories. Choosing

whole fruits and vegetables provides fiber, less added sugar, vitamins and minerals. Eating patterns high in these nutrients have shown to reduce the risk of developing certain cancers.



### CHOOSE TO PREP YOUR

**SNACKS AHEAD OF TIME.** Busy schedules can sometimes mean reaching for unhealthy snacks. During the weekend, package small snack bags of bell peppers, carrots, strawberries or your favorite fruit or vegetable for the week. Place them in a spot you can see in the refrigerator. This may help to limit choosing less healthful and tempting snacks!

**CHOOSE TO MAKE FRUITS AND VEGETABLES EXCITING.** Create a fruit and veggie contest. Making fruits and vegetables part of a child's healthy eating pattern establishes positive behaviors early. Children learn from watching you. Try having a fruit and veggie contest once a week. It can be a simple game of name five blue fruits! The prize could be choosing the fruit for dessert tonight.

**CHOOSE TO FLAVOR YOUR WATER.** Flavored drinks are in every grocery store. However, they can be full of added calories. You can make your own flavored water by freezing diced fruits or vegetables and adding them to your water. When you finish your

water have the fruit or vegetable as a snack! It can be as easy as freezing slices of cucumber or whole raspberries and adding them to your water!

**CHOOSE FRUIT AND VEGETABLES TO START THE DAY.** Fruits can be an easy choice at breakfast food. However, mix in some vegetables too. Try adding spinach to your eggs, avocado to your toast or tomatoes to a breakfast sandwich.

Choosing fruits and vegetables can be an easy task, if you plan and prepare healthy options in advance. Making small creative changes can benefit your overall health. Overtime choosing more fruits and vegetables can help prevent chronic disease.

For more tips on improving your fruit and vegetable consumption, contact the Lee County office of Texas A&M AgriLife Extension Service at [lee.county@agnet.tamu.edu](mailto:lee.county@agnet.tamu.edu) or call 979-542-2753.

[ Danielle Hammond-Krueger, MPH, RD, LD, Extension Program Specialist, Texas A&M AgriLife Extension Service, College Station, Texas. March 2015. ]

## ORDERING RAW MEATS ONLINE

Have you been receiving fliers in the mail, on your door, or sent to your email about ordering raw food products and baskets online? Recent research by the U. S. Department of Agriculture shows that there are some serious health risks associated with ordering raw food products online. If you are one to purchase raw food items/packages online, you might want to do yourself and those around you a favor and reconsider.

Data show that that 1 in 10 Americans purchased or received perishable foods as a result of an online purchase this past year. Online sales are growing. There are more than 500 vendors in the U.S. that sell raw meats online. These online stores allow consumers to purchase foods without leaving their home. Popular products include items such as Kosher and Halal foods, along with game/exotic meats.

A key finding in the research is that consumers' overall concern was about package

delivery temperature. Many companies did not require a signature upon delivery, meaning these food items could be sitting outside, resulting in possible temperature abuse.

Also noted on many websites were inaccurate food safety messages, including improper thawing guidelines. Researchers ordered numerous products from the various vendors

and recorded surface temperatures upon arrival. Temperatures ranged from -23°F to 75°F. Almost half of the products ordered arrived in the danger zone (above 40°F) and would be considered unsafe for consumption. Another interesting finding was that only 37% of the packages displayed any food safety information on the outside of the box, and only a quarter con-

tained food safety information on the inside.

What does that mean for those of you who wish to purchase raw foods online? When shipping raw products, packers should include some way to keep food cold and protected. Only order raw foods from vendors who require a signature for delivery, which



will help prevent foods from sitting out at unsafe temperatures. Lastly, use a food thermometer when receiving food products to ensure the product is at proper temperature (below 40°F). Immediately place items in the freezer or refrigerator. If you are ever in doubt about a product's safety, contact the company directly to discuss your concerns.

## Keeping Summer's Bounty Safe to Eat

[ <http://www.foodsafetynews.com/2014/12/raw-meat-seafood-ordered-online-can-be-unsafe/#.VJhSul4BbQ+> ]

Fresh melons and berries fill the aisles of grocery stores and markets. Roadside produce stands full of home grown fruits and vegetables are seen along the highway. All of these are signs that summer is upon us and so is a bounty of fresh produce. Summer's harvest of fresh fruits and vegetables is an important part of a healthy diet. Just remember to handle fresh produce safely to prevent foodborne illness.

The Centers for Disease Control and Prevention estimate that there are 48 million cases of foodborne illnesses each year resulting in 128,000 hospitalizations and 3,000 deaths.

Although not traditionally associated with foodborne illness, fresh fruits and vegetables have recently been linked to several outbreaks. That's because fresh produce is often eaten raw. In fact, in recent years a number of outbreaks have been traced to

fresh fruits and vegetables that were processed under less than sanitary conditions.

To help consumers keep fruits and vegetables safe to eat, the Partnership for Food Safety Education ([www.fightbac.org](http://www.fightbac.org)) gives six recommendations for safe handling of fresh produce: **CHECK:** Food safety for fresh fruits and vegetables begins at the store. Before purchasing, make sure the produce is not bruised, cut or damaged. If purchasing items that are pre-cut, such as melons, or packaged items, such as salads, buy only the items that have been kept refrigerated. **CLEAN:** Hands should be washed in warm, soapy water for at least 20 seconds before and after handling fresh produce. Make sure cutting boards, counter tops, peelers and knives are also clean before using them.

Fresh produce should be rinsed under running tap water before you eat it. That's

also true for fruits and vegetables that have rinds or skins that will not be eaten. Scrub the outside of melons with a vegetable brush or rub them with their hands under running water. If bacteria contaminate the outside of a melon for example, when you slice into it you have the potential of bringing that contamination into the fruit.

Clean firm-skinned produce with a clean vegetable brush or rub it with your hands under running tap water. Do not use detergent or bleach to wash fresh produce. After washing, dry fruits and vegetables with a clean cloth or paper towel.

Vegetable brushes can be purchased at your local variety store. They are an inexpensive tool that can help you keep your fresh produce safe to eat.

# Rabies

It's here ...

## How do we deal with it?

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**Tuesday, April 21**

**Lincoln Community Center**

**7 pm**

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**Featuring:**

**MELISSA D. MAASS**, LVT; Program Specialist

Texas Department of State Health Services

Zoonosis Control Program



**TEXAS A&M**  
**AGRI LIFE**  
**EXTENSION**

**KEETON EHRIG**  
Extension Agent  
Agriculture/Natural Resources

**\$10/PERSON**  
**RSVP by noon April 20**  
**979-542-2753**

# Private Pesticide Applicator Training



**\$50 Registration**

*includes Training Materials*

- Upon completion of the training, a Training Verification Form is provided the applicant.
- Applicant then obtains a hard copy of the Private Pesticide Applicator license application form from TDA.
- Submit the completed application form, license fee of \$60 and the Training Verification Form to TDA for processing.
- Once the application is accepted, TDA will send the applicant a letter with their Account Number. This Account Number is the number the applicant will use to register and schedule the Private Applicator exam with PSI. The exam is free for the first attempt.
- Chemicals can not be purchased until applicant receives license from TDA.

**April 27**

1 pm - 5 pm

Lee County Extension office  
310 South Grimes • Giddings

Call to Register:

**(979) 542-2753**

**KEETON EHRIG**

**Lee County Extension Agent**

Agriculture & Natural Resources

310 South Grimes  
Giddings, Texas 78942

[lee.agrilife.org](http://lee.agrilife.org)

**TEXAS A&M**  
**AGRILIFE**  
**EXTENSION**



# Lee County Soil and Water Conservation District Program

1.5 hours of Continued Education Units will be offered to private pesticide applicators.

A stew meal, cooked by Larry Weiser and Spencer Schneider, will be served.

RSVP by April 27 to  
979-542-2753

Program and meal sponsored by local businesses.

Soil and Water Conservation Week  
April 26 — May 3, 2015

In recognition of Soil and Water Conservation Week,

**Lee County Soil and Water Conservation District #359**

is hosting a program.

**Thursday, April 30**

Lincoln Community Center

6:00 pm

Judon Fambrough, Real Estate Center  
Texas A&M University

Mr. Fambrough specializes in property rights, including oil and gas leases and right of way leases.

**TEXAS A&M**  
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**KEETON EHRIG**  
Lee County Extension Agent  
Agriculture & Natural Resources  
310 South Grimes— Giddings

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