



## Meadowlark Extension District Weekly Agent News Articles

### **Fenceline**

by Jody G. Holthaus

**Meadowlark Extension District Agent  
Livestock-Natural Resources**

#### Weaning Time

Bawling calves. Heard any lately? There's been considerable research on the best method to wean calves. Complete removal, fence line weaning and more. Whatever method you choose, it should best suit your needs and minimize weight loss, sickness and stress.

Weaning calves is mostly about common sense. Provide palatable grass hay, start them off slowly on grain, if you want them to gain. Provide salt and mineral and keep a watchful eye, for sickness. Pre-weaning vaccinations are preferred. If not done then, vaccinate the day of weaning. Your vet can help you with your health program, but usually they are given Blackleg, IBR, BVD and RSV. The vet might suggest deworming, lice and grub control.

Don't mix cattle from different sources, if you can help it. Weaning is a big stress on calves. Research shows, that having visual contact with mother cow, can relieve some stress. Fenceline weaning works, as well as the nose flaps. Using the nose flaps, be sure to follow the directions, they should not be left on more than 5 days, they can create sores, if left in too long.

They aren't 100%, sometimes calves can figure out how to get them off. We have used them, and it sure seems to help with the amount of bawling. Some of the research I heard about this summer suggests the cows stress out just as bad as the calves. For that, I guess fence line weaning is the best.



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**David Hallauer**  
**Meadowlark Extension District Agent**  
**Crops & Soils/Horticulture**

### **Letting Turf Grow Tall Before Winter**

On the surface, allowing turfgrass mowing heights to exceed typically recommended heights before winter sets in might seem reasonable. The thinking typically is that the extra foliage will insulate plant crowns to provide them some extra winter hardiness.

If mowing height has been lower than it should have been all summer, allowing turf to get a little taller might be fine. If you've been mowing at an appropriate height, continue to do so! Allowing turf height to exceed typically recommended mowing heights does little, if anything to increase winter hardiness and can actually increase winter diseases such as snow mold when turf gets laid over and matted down

The best way to increase cold tolerance is to increase plant health going in to winter via the use of good fertility, watering, and mowing programs year round! That may mean a soil test and appropriate fertilizer applications (the second most important fertilizer application window for cool season turf grasses: November!), watering if conditions are dry, and mowing at a normally recommended height. For tall fescue laws, that's two and a half to three and a half inches and two to three inches in height for bluegrass species. If you stay within these recommended ranges throughout the season, turf should be in good shape for winter.

### **Grain Storage Considerations**

Whether it be harvest time savings, the ability to better market grain – or both! – the value of on farm grain storage capacity to producers is great. It's only great, however, if storage results in good quality grain exiting the bin!

One of the better clearinghouses I've come across for grain storage information is from the CropWatch site at the University of Nebraska: <http://cropwatch.unl.edu/grainstorage2>. It's a great resource for everything from aeration to emergency storage, with links to information from a number of other states as well.

If you are storing grain – it's worth a look!



## Meadowlark Extension District Weekly Agent News Articles

**Cindy Williams**  
**Meadowlark District Agent**  
**Foods/Nutrition/Money Management**

### Getting the “Skinny” on Carbs

With so many fallacies about carbohydrates out there today, fall is a nice time to discuss the confusion surrounding carbs.

Low carb diets and books targeting grains and wheat have given carbohydrates a bad rap. However, when it comes to the health of carbs, the devil is in the details.

Carbohydrates are made up of short or long chains of carbons and their length and shape determines the type of carbohydrate. Carbohydrates are classified into two main categories: simple and complex, and each type also has subcategories such as monosaccharides, disaccharides, starches, and fiber. Carbohydrates can be found in a variety of foods, from bread, beans, fruit, and milk to cookies, soft drinks, and pie.

Grains provide many nutrients vital for health. Eating whole grains as a part of a healthy diet has been shown to reduce the risk of different chronic diseases. Whole grains are foods that are made with all parts of the grain kernel (the bran, germ, and endosperm). Refined grains have been put through a process that removes parts of the kernel, meaning fiber, iron, B vitamins, and even antioxidants are lost.

When shopping for whole grains be sure to find the words “whole” as the first ingredient. For example, “wheat” bread does not mean “whole wheat” bread.

Just because you are eating whole grain spaghetti or brown rice, does not mean that you can go overboard. The amount of grains you need each day depends on your age, sex, and physical activity level.

Someone who requires 2,000 calories per day should aim for 6 ounces of grains each day, with at least 3 ounces being whole grains. One ounce of grains equals 1 slice of bread, 1 cup of cereal, ½ cup of pasta, rice, and oatmeal, and ½ English muffin or bun.

Try searching beyond the bread aisle for other whole grain options. Wild rice, brown rice, and black rice are great ways to add variety to your plate. Ancient grains such as amaranth, quinoa, farro, and teff are also gaining popularity in the whole grain world.

Consider making the recipe listed below that uses farro. It is a grain that is very chewy and has a nutty flavor that is perfect for salads, side dishes, and soups. Farro can be cooked just like pasta and is a good source of fiber, protein and iron.

Mediterranean Farro Salad (makes 6 servings)  
3 Tablespoons red wine vinegar  
2 Tablespoons olive oil  
1 cup cooked farro  
½ cup Kalamata olives, pitted and halved  
Salt and pepper to taste

1/3 cup red onions, chopped  
1 cup cherry tomatoes, sliced or quartered  
1 cup cucumbers, diced  
½ cup feta cheese crumbles

Combine vinegar, oil, and farro in large bowl and stir. Add olives, onions, tomatoes, cucumbers, and feta. Toss to combine. Refrigerate for at least 2 hours before serving.

Nutrition per serving: 169 calories, 15 g. carbs, 3.6 g protein, 11.5 g fat, 480 mg sodium and 2.6 g sugar.



## Meadowlark Extension District Weekly Agent News Articles

**Nancy Nelson**  
**Meadowlark District Agent**  
**Family Life**

### **Get Moving**

Adults should get at least 30 minutes of moderate-intensity activity such as brisk walking on five or more days a week, according to recommendations from the Centers for Disease Control and Prevention (CDC).

Here are some ideas to get you moving:

- Walk, run and play with children or grandchildren.
- At work, take a walking break instead of a coffee break.
- Take the stairs instead of the elevator.
- Walk to lunch with a friend.

Set a good example. Be active and get your family to join in. Play with the kids or pets. Go for a walk and enjoy the fall foliage. Have an activity party. Plan the next birthday party around physical activity. Consider bowling or a skating. Try backyard Olympics or relay races. Give gifts that encourage physical activity, such as active games or sport equipment.

When outdoor temperatures drop, layer clothing and exercise outside. Choose undergarments that draw perspiration away from the body, and outer layers that are wind- and water-proof. Exercise during the day when temperatures are moderate. Exercise with a friend for safety and socializing. Always carry identification with you.