

David G. Hallauer
District Extension Agent
Crops & Soils/Horticulture

Pesticide Labels

Tis the season for fighting weeds...and bugs...and diseases...in everything from field and forage crops to gardens and landscapes. We may try to combat them with our management practices (timely fertilization, harvest management, varied planting dates, etc...), or cultural practices like mulching or encouraging beneficial insects – but even that sometimes doesn't work exactly as planned. At that point, you might be considering a pesticide to help out a bit – and that's where an understanding of product labels is important.

The product label tells you much of what you need to know about just about any product available. It starts with knowing the product's active ingredient. We often refer to products by their brand name, but that can be misleading. Instead, check out the product's active ingredient listing. Some products may have two or three. Knowing those active ingredients can help you determine if it's really the right product – or not.

Next, explore application rate recommendations. Most products have different application rates based upon the pest we're after and the crop it's being used in. These rates are designed to achieve control of the pest for which we are applying while at the same time being safe for the plant to which we are applying. Part of those application recommendations will also likely include information on any additives that may be recommended – or prohibited. Failure to follow these instructions can result in unintended damage – or a lack of control.

Be sure to follow any application safety guidelines as well. Some products require specialized clothing. Many products have what's known as a pre-harvest interval – the time we need to wait after application before harvest/consumption can occur. Some will even include a pre-entry interval, and cautions against entering field areas after application until a specified time. All are designed to keep the applicator safe.

Products are required to carry a label for a reason – and failure to follow these directions could result in everything from poor control to a lost crop to harm to the applicator or those nearby. Products have been tested to make sure they work and approved by regulatory agencies to make sure they are safe – but the label is still the law. Be sure before you make any applications to understand how to make that product work the best it can, while being safe for you and your environment.

Looking to dig in to labels a little deeper? Manufacturer websites are a great source of information. Two additional websites: www.cdms.net and www.greenbook.net area also great resources and may help you search through labels a little deeper. Check them out if you are trying to find additional information.

Cindy Williams
Meadowlark Extension District
Food, Nutrition, Health, and Safety

Frugal Foods: Spend Less—Get More

One topic that has everyone talking about is the higher price of food. So, it has become even more important to find ways to get the most from your grocery dollars. Building meals based around the most low-cost, health-promoting foods is one way to cut costs while still providing good nutrition for our families. Let's look at some of those so-called "frugal foods".

The following foods are among the most expensive, great tasting, and most health-promoting foods available. They offer great taste while packing a nutritious punch. Try them for breakfast, lunch, supper and snacks.

Apples and Bananas. They are a perfect on-the-go snack. Both are satisfying and a sweet nutritional powerhouse which can be eaten either raw or cooked in a variety of ways. Eat one along or add to salads, desserts and baked goods.

Beans. Beans offer dietary fiber, protein and antioxidants that help fight disease. Canned beans cost about 30 to 35 cents per serving (maybe higher now). Dry varieties that you cook yourself cost even less. Serve them as a main dish or healthy addition to a soup or salad. Keep them on hand to pack into brown bag lunches and to make quick meals.

Brown Rice. With a slightly nutty taste, brown rice is a fiber-rich whole grain that is more nutritious than white rice. Brown rice can be served with cinnamon and milk for breakfast, used to complement a variety of entrees, and as a flavorful addition to soups, stews, casseroles and salads.

Canned Tomatoes. Canned tomatoes make a great base for countless main dishes, dips, sauces, soups, stews and chili. Tomatoes are rich in vitamin C and lycopene (two healthful antioxidants). Buy them without added salt if possible.

Canned Tuna. Tuna offers high protein at a low cost. The versatile fish is a source of vitamin D, low in calories and fat, and lends itself to sandwich fillings, salads and main-dish casseroles. Tuna is also a good source of heart healthy Omega-3 fatty acids.

Eggs. Eggs are a relatively inexpensive high protein food. Boiled, fried, or scrambled---eggs cook quickly. They are perfect for breakfast, lunch or supper. For variety, try French toast, huevos rancheros, or egg salad.

Fat-free Milk. A natural convenience food, fat-free milk offers a healthy dose of vitamin D, calcium, protein and potassium. Milk is important in building and maintaining healthy bones. Serve fat-free milk as a beverage with meals and snacks, and use in soups, smoothies and desserts.

Kale. Kale is one of the most costly green vegetables you'll find. Kale is easy to serve stir-fried with a small amount of vegetable oil and garlic, lightly steamed, or as a colorful addition to salads. Kale is even good used as a topping on home-made pizza, or in green smoothies.

Potatoes. White potatoes and sweet potatoes are satisfying and are high in dietary fiber, vitamin C and potassium. They can be baked, broiled, steamed, mashed, pan or oven-fried, roasted, or added to soup, stews, and casseroles.

Rolled Oats. At just a few cents per cup, rolled oats is a heart-healthy whole grain with 4 grams of dietary fiber. Rolled oats also offer complex carbohydrates that break down slowly to provide lasting energy and stave off mid-morning hunger. A perennial hot-cooked cereal, oats also can be included in such foods as breakfast bars, breads, rolls, cakes, cookies, meatloaf and more.

Needing to get the most from your food dollars? Building meals and snacks around these "frugal foods" helps to ensure good nutrition for your family yet allows you to spend less on trips to the grocery store.