

Oregon State University **OSU**  
 Warm Springs Extension Office  
 (541) 553-3238

## Central Oregon Farm Fair and Trade Show February 1-2, 2012

**Wednesday, Feb 1:**  
**9:00** Jefferson County Soil and Water District Annual Meeting Presentation, Sean Vibbert, Jefferson County SWCD  
**9:30** \*Venenata – Medusahead's Rival as New Grassy Weed Invader, Fara Brummer, OSU Extension, Warm Springs  
**10:00** \* Herbicide Resistant Weeds: Plant Characteristics that Speed the Process, Gustavo Sbatella, COARC Weed Scientist  
**10:30** \*Powdery Mildew in Carrot Seed: Should I Worry? Lindsey DuToit, WSU Plant Pathologist  
**11:00** \*Disease Management in Onion Seed: What When & How? Lindsey DuToit, WSU Plant Pathologist  
**11:30** Jefferson County Seed Growers Association, Kip Light & Mark Hagman  
**Lunch**  
**1:30** Wheat Marketing Made Easy: Fundamentals, Tools, Strategies, Dan Steiner, Pendleton Grain Growers  
**2:15** Weather and Climate: Past, Present and Future, George Taylor, State Climatologist Emeritis  
**3:00** Politics – Isn't it Fun, Fun, Fun! Paulette Pyle, Oregonians for Food and Shelter  
**3:30** Invisible Monsters on Your Farm: Identify and Tame Them, Roberta Gruber, FEELDS Program  
**4:00** Adjourn

**Thursday, Feb 2:**  
**9:00** Influences on the Rate of Ammonia Volatilization, Don Horneck, HAREC  
**9:30** Central Oregon Ammonia Volatilization Research, Marvin Butler, COARC  
**10:00** NUID Report & Basin Water Outlook, Mike Britton, NUID & Jeremy Giffin, OWRD  
**10:30** Local Support for COARC – How Does that Benefit You? Grower & Industry Panel  
**11:30** Jefferson County Smoke Management Program, Kristi Fisher, Jefferson County Smoke Management Coordinator  
**Lunch**  
**1:30** \* Brood Pheromone: Enhancing Honey Bee Foraging, Ramesh Sagili, OSU Apiculturalist  
**2:00** \*Alfalfa Breeding: Past, Present and Future, Mylen Bohle, OSU Extension  
**2:30** \*Management of Pests on Peppermint: Online Resource at Your Fingertips, Ralph Berry, OSU Entomologist Emeritus  
**3:00** \*Rodent Control Revisited, Jeff Amaral, Wildlife Biologist, USDA-APHIS  
**3:30** \*Pesticide Label Buffer Zones: What They Mean for You, Laurie Gordon, ODA Certification/Registration Specialist  
**4:00** Adjourn  
**\* Pesticide Recertification Credit – 4 hrs expected**

## Beef Industry Tour Information Part 2

The following article continues with information that was gathered from the Beef Industry Tour presented in December. It was titled New Concepts and Sustainable Approaches on Reproductive Management and Genetics of Beef Cattle. Like it or not, the beef industry is changing rapidly and many producers are now aware of enhanced techniques to improve their bottom line of production. In this issue, we will discuss "Nutritional Strategies to Enhance Reproduction in Beef Females" which was presented by Dr. David Bohnert of the OSU Eastern Oregon Agricultural Research Center in Burns, Oregon

Dr. Bohnert started off by stating that "Nutrition is the factor that most influences reproductive efficiency". This fact is well documented.

Our range grasses here in the Northwest are cool season grasses. This means that the majority of their growth is in the cool parts of the year. Crude protein, which is a part of plant nutrition is highest in the spring and fall (if there is greenup), and lowest in

the warmer months (the summer). In the winter, our range grasses go dormant due to the freezing temperatures. What does this mean for cattle production? As nutrition is consistently, best in the spring, grass nutrition from July on through the year is not sufficient for a mature cow that is producing milk for her calf. Supplementation may be necessary if your cows are still nursing calves at this time of year.

**Protein Supplementation** Research has shown that protein supplementation increases intake, but this has been with warm season grasses. Here in the Northwest with our cool season grasses, supplementation has not been shown to increase intake of the forage. However, supplementation can provide the necessary protein for the cow. Supplements come in many forms, but basically are either **naturally derived protein or non-protein nitrogen compounds (which is urea)**. While urea is cheaper and

can be very efficient, care has to be taken when feeding it to animals. Roughage has to also be present in the diet in the form of hay or good winter pasture. If too much urea is consumed, and not enough roughage is present, the animal can die from ammonia poisoning.

**Energy Supplementation** According to Dr. Bohnert, "Energy-based supplements can improve performance and reproductive efficiency of cows and developing heifers". Energy supplementation can also boost average daily gain or the overall weight of your animal if you are feeding it daily. Examples of energy supplements are grain or grain hay (with the intact seedhead).

**Mineral Supplement** A mineral supplement is also very important according to Dr. Bohnert, backed by many studies that show our area (in central Oregon) is deficient in some minerals such as selenium and copper. A good loose salt mineral can aid in better response to diet, a bet-

ter chance of conceiving, carrying calves to term, and breeding back. Dr. Bohnert also suggested grouping cows at feeding cows. Separate your thinner animals into a group away from your fatter animals. Some animals, especially older females, can be dominant over feed and edge out lighter, younger, or less aggressive females. By separating them, you can improve your feed costs, animal performance, and potentially also the pregnancy rates in all of your cattle because of better overall nutrition.

This information is also on line at the OSU Beef Cattle Library. The web address is: <http://beefcattle.ans.oregonstate.edu/BeefTour.htm>. If you would like any additional information, please contact me at the Extension Office at (541) 553-3238, or just stop by and visit us at the Education Building.



**Agriculture and Natural Resources**  
 Fara Brummer  
 John Brunoe

## Yummy Huckleberry Banana Muffins

A few helpful hints about baking. Your baked goods, breads, muffins etc. will turn out lighter and fluffier if you make just a few small changes to your regular routine when baking. Allow eggs, milk and butter to set out for about 30 minutes (**be sure to not allow them to sit out longer than this amount of time**) before adding to a recipe. The only exception to this would be if you are making pastries such as pies when you need your items chilled for best

results. Be sure to safely store your baked items in the refrigerator or airtight containers

- ¾ cup all-purpose flour
- ¾ cup whole wheat flour
- ½ cup sugar
- ½ teaspoon salt
- 2 teaspoon baking soda
- 3-4 mashed ripe bananas
- ½ cup low fat milk
- 1 egg
- 2 tablespoon vegetable oil
- 2 teaspoons lemon juice
- 1 cup huckleberries fresh or

frozen (be sure to thaw)

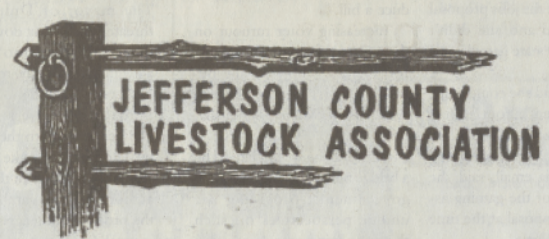
- Preheat oven to 400. Prepare muffin tins with non-stick cooking spray or use liners.
- In a medium sized bowl, combine flour, sugar, salt and baking powder.
- In a separate bowl mix together mashed bananas, milk, egg, oil, and lemon juice
- Add dry ingredients into wet ingredients. Be sure to not over mix as this can make your muffins very dense.

- Add huckleberries last and gently fold into mixture. Fill each muffin tin ¾ full. Bake for 18-20 minutes or until a toothpick inserted pulls out clean. Remove from oven, allow to cool

**Family Community Health**

Danita Macy  
 Arlene Boileau  
 Jeanette Henderson  
 Sara Smith  
 John Brunoe  
 Rosanna Sanders

## Announcements & Up Coming Events



The Jefferson County Livestock Association's 60<sup>th</sup> Annual Meeting and Banquet will be held on Saturday, January 14<sup>th</sup>, 2012, from 10:00a.m.-12:00p.m. with banquet at 5:30p.m. The Business Meeting as well as the banquet will be held at the Inn of Cross Keys in Madras. The cost of the banquet is \$25.00 per person. Please RSVP by calling Kristina Gomes at (541) 489-3350 or Marilyn Kasch at (541) 546-9446 by January 11<sup>th</sup>, 2012 (please leave a message if no one answers). There will be door prizes and an oral and silent auction to raise money for youth scholarships. The evening should be entertaining and fun. It's a great time to meet others in the livestock industry, and visit with old friends and neighbors. Hope to see you there.

### Nutrition Education Volunteers Sought by OSU Extension

Concerned about the food and shopping choices people are making that affects their health? If you would enjoy sharing ideas about healthy eating on a budget then you might enjoy becoming an Oregon State University Nutrition Education Volunteer. Volunteers demonstrate cooking healthy recipes at local food pantries or lead small groups with fun, interactive nutrition activities. To become a Nutrition Education Volunteer applicants take a 6 hour class on February 10, 9 AM to 3 PM at the OSU/

Deschutes County Extension office in Redmond. Once trained and certified, volunteers commit to demonstrating 6 times over 6 months. Read more about the program and see the application on the OSU/Deschutes County web site, <http://extension.oregonstate.edu/deschutes/index.php>. To apply, send your application to Glenda Hyde, Family and Community Health Faculty by January 30th at [glenda.hyde@oregonstate.edu](mailto:glenda.hyde@oregonstate.edu). If you have questions, please call 541-548-6088.

### 2012 4-H Summer Conference

June 27-30, 2012  
 Oregon State University, Corvallis, OR  
 Grades: 7th-12th  
 Cost: \$200 (Financial Assistance maybe available)  
 Registration open May 1 - June 1  
 Enjoy fun classes and incredible speakers! Make memories and get to experience OSU's beautiful campus! For more information, go to: <http://oregon.4h.oregonstate.edu/4h-summer-conference>



**4-H Summer Conference T-shirt Design Contest**  
 It's time again for our annual OSU Summer Conference T-shirt design contest! For all of you creative 4-H members out there, why not test out your graphic design

skills? If your design is selected, you will receive a reduced rate on your OSU Summer Conference registration. Guidelines for the Contest:  
 • T-shirt design is to include the theme of "Choose Your Adventure."  
 • Design must be created and submitted electronically to the email address below  
 • Design should include no more than three colors  
 • When you submit your design, please include your first and last name and phone number in your email message  
 T-Shirts designs are due by Friday, March 9th and should be sent to Pam Lundeberg at [lundeberg@onid.orst.edu](mailto:lundeberg@onid.orst.edu). If you have any questions, please contact Pam Lundeberg by e-mail or by phone at (541)602-1476. You may also contact OSU Extension Warm Springs, Morning Rae Ferris at 553-3238.  
 Good luck! Get creative!

**4-H Program**  
 Morning Rae Ferris

### 8<sup>th</sup> Annual Cattleman's Workshop Opportunities for the Northwest Cow/Calf Producer in a Changing World Saturday, January 21<sup>st</sup>, 2012

**Blue Mountain Conference Center  
 404 12<sup>th</sup> Street, La Grande, OR  
 FREE! No Pre-Registration Required. Lunch Included.**  
 or more information contact OSU Extension, Warm Springs

