Marion County Extension Newsletter

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AgriLIFE EXTENSION
Texas A&M System

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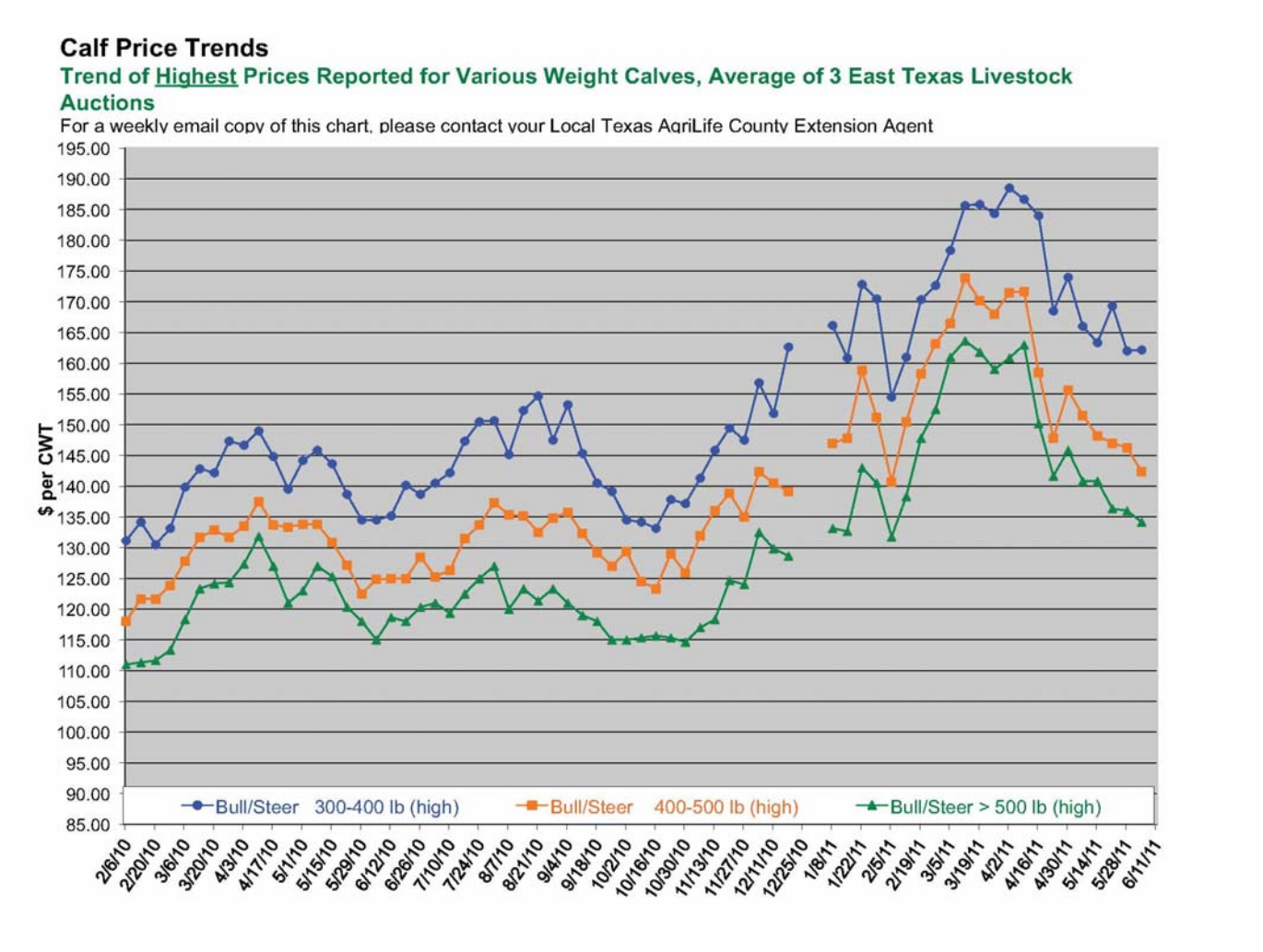
Topics Covered:

Beef Today

Marion County is having an exceptional drought this year. Things to consider when making management decisions about keeping cattle during a drought will include are they worth the expense, do we need to sell out and buy back later, how much do I have to spend on hay, cubes, mineral, how much water do I have. Feeding during a drought is expensive and has potential to make the bottom line turn into a sea of red. Consider feed prices and hay prices once hay gets to $100 plus per roll should you look at an alternative like grain, byproducts etc. The important thing is what nutrients are being past to the cattle. Not all hay is the same, and the worst case scenario is to feed poor quality beef high priced poor quality hay. You must consider the option of culling the herd or destocking, any open cows, problem animals, summer calvers, or just poor producers. Leasing land could be an option, if you find a trusted land owner to lease from. Many things need to be considered with the last option, AgriLIFE Extension has a good publication on this topic if you are interested.



Jefferson Farmers Market

The Jefferson Farmers Market had a bang of an opening on June 3, 2011. More than 100 people came out to meet local producers and buy quality local produce. The Farmers of Marion County has been planning this opening since February. Lots of hours went into the planning and developing of the Market. The board of directors includes President Matt Cadman, Public Relations Jerica Cadman, Secretary/Treasurer Cathy Moore. The group is seeking more local producers to be involvement, who are interested in making a little money and bring produce to market on Fridays at 4 P.M. This group is Social, so visit them on the web at : http://www.facebook.com/JeffersonFarmersMarket Please contact the Farmers Market by web or the Marion County Extension Office at 903-665-2421.

Extreme Drought

Please take precautions during this extremely dry time. Be vigilant with fire and do not be afraid to tell someone if they are posing a fire hazard. Utilize burning during safe conditions and do not risk causing a major fire. Keep water sources handy while burning and never leave a fire while it is burning. Much of our grass has stopped growing and trees are starting to show effects of the extreme heat. If you are expecting to stay outside in the heat for an extended period of time like going to the lake or swimming in your pool use sun screen. Pay close attention to what your body is telling you before you end up in the hospital with heat stoke or something worse. Parents be safe and teach your children to respect the sun and what it can do to them.

Grasshoppers: Frequently Asked Questions 2011

Allen Knutson,

Extension Entomologist, Texas A&M Research & Extension Center, Dallas

From where do grasshoppers come?

Grasshopper eggs are deposited in the soil ½-2 inches deep in weedy areas, fence rows, ditches and hay fields. The eggs hatch in the spring and early summer. Eggs of different grasshopper species hatch out at different times, so young grasshoppers can be seen throughout the spring and early summer.

Young grasshoppers, called nymphs, feed for about six weeks. Once nymphs reach the adult stage, they can fly. As weedy plants are consumed or dry in the summer heat, adult grasshopper can fly from weedy areas and pastures to more succulent crops and landscapes.

What can be done to reduce their number ?

Weed control. Eliminating weeds will starve young hoppers and later discourage adults from laying eggs in the area. Destroying weeds infested with large numbers of grasshoppers can force the hungry grasshoppers to move to nearby crops or landscapes. Control the grasshoppers in the weedy area first with insecticides or be ready to protect nearby crops if they become infested. Grasshoppers deposit their eggs in undisturbed soil, as in fallow

fields, road banks, and fence rows.. Shallow tillage of the soil in late summer may be of some benefit in discouraging egg lay.

When should insecticides be applied?

Monitor grasshopper infestations and treat threatening infestations while grasshoppers are still small and before they move into crops and landscapes. Immature grasshoppers (without wings) are more susceptible to insecticides than adults.

Some insecticides for controlling grasshoppers in the home landscape include:

Cyfluthrin. The active ingredient in Bayer Advanced Home and Garden Spray and Tempo

Bifenthrin. Active ingredient in Ortho Ready-to-Use Houseplant and Garden Insect Killer

Permethrin. Active ingredient in Spectracide and other products.

Acephate. Active ingredient in Orthene.

Note: Tempo (cyfluthrin) and Demon (cypermethrin) are labeled for use by Professional Pest Control Operators for insect control in lawns and landscapes.

The Fall Armyworm - Pest of Pasture and Hayfields 2011

Allen Knutson

Extension Entomologist, Texas AgriLife Extension

Texas AgriLife Research and Extension Center, Dallas

Two species of armyworms attack forage and field crops in north Texas. The fall armyworm is most abundant during August through early November in north Texas and feeds primarily on Bermuda grass, wheat and rye grass, although it attacks many other crops. The true armyworm is common during April and May when it attacks wheat, rye grass, winter pastures, and seedling corn and sorghum. Both caterpillars can occur in very large numbers, can consume a crop almost overnight, and will move in large masses or Aarmies@ to adjacent fields in search of food. Armyworms attack many different kinds of plants and when food is scarce, they can feed on plants not normally attacked.

The fall armyworm apparently does not overwinter in north Texas. Moths fly north from south Texas each year to re-infest the area. Outbreaks often occur in late summer and fall and follow periods of rain which create favorable conditions for eggs and small larvae to survive. Irrigated fields are also highly attractive to moths for egg laying, especially during drought conditions.

Life Stages of the Fall Armyworm.

Eggs. Eggs are laid in masses of up to 50 eggs on the grass leaves and are difficult to find. Eggs are covered with the grey scales from the moth=s body, giving the mass a fuzzy appearance. Eggs hatch in 2-3 days.

Caterpillar. Fall armyworms are green, brown or black. A distinct white line between the eyes forms an inverted AY@ pattern on the face. There are four black spots aligned in a square on the top of the 8th segment near the back end of the caterpillar. Armyworms are very small at first, cause little plant damage and as a result infestations often go unnoticed. Larvae feed for 2-3 weeks and full grown larvae are about 1 to 1 2 inches long. Armyworms consume 80% of their total food intake during the last few days of development. Given their immense appetite, great numbers, and

marching ability, armyworms can damage entire fields or pastures in a few days. Once the armyworm completes feeding, in tunnels into the soil about an inch and enters the pupal stage.

Pupa. The full grown armyworm tunnels into the soil and transforms to the pupae, an inactive, non-feeding stage. In 7-10 days, the moth emerges from the pupa and repeats the life cycle.

Moth. The fall armyworm moth has a wingspan of about 1 2 inches. The front pair of wings are dark gray with an irregular pattern of light and dark areas. Moths are active at night and common around lights at night. A single female can deposit up to 2000 eggs.

Development from egg to adult requires about 4 weeks during the summer and is longer during cool weather. There are several generations a year. Development ends with cold weather in November.

Management.

The key to managing fall armyworms is to detect infestations before they have caused economic damage. Fall armyworm larvae feed primarily during the night and during cloudy weather. During the day, look for armyworms under loose soil and fallen leaves on the ground. The presence of chewed leaves can indicate armyworms are present. Small larvae chew the green layer from the leaves and leave a clearing or Awindow pane@ effect and consume only a small amount of foliage. For this reason, infestations can go unnoticed unless the field is closely inspected.

Once larvae are greater than 3/4 inch, the quantity of leaves they eat increases dramatically. During the final 2-3 days of feeding, armyworms consume 80% of the total foliage consumed during their entire development. For this reason, extensive feeding damage can occur in a few days.

The density of armyworms sufficient to justify insecticide treatment will depend on the stage of crop growth and value of the crop. Seedling plants can tolerate fewer armyworms than established plants. Infestations of 2-3 armyworms per square foot may justify treatment.

Hot, dry weather and natural enemies limit armyworm populations. Insect parasites such as wasps and flies, ground beetles, and other predators help suppress armyworm numbers. Diseases such as insect viruses and fungi can also be important. However, these natural enemies can be overwhelmed when large numbers of migrating moths lay tens of thousands of eggs in a field.

Armyworms often infest fields of volunteer wheat and weedy grasses in ditches and around field margins. Destruction of volunteer wheat and weedy grasses can eliminate these sources of armyworms.

Labeled Insecticides for Armyworm Control in Pastures and Hayfields.

Always read and follow all label instructions on pesticide use and restrictions. Information below is provided for educational purposes only. **Read current label before use.**

Malathion 57% and Malathion ULV. Zero days to harvest or grazing**.**

Mustang Max (9.6% zeta-cypermethrin). The first pyrethroid insecticide labeled on pastures and hay fields. Applications may be made up to 0 days for forage and hay, 7 days for straw and seed screenings.

Tracer. Do not allow cattle to graze until spray has dried. Do not harvest hay or fodder for 3 days after treatment. There is no preharvest interval for forage. Treat when eggs hatch or when larvae are small. Use higher rates for larger larvae.

Sevin 4F, Sevin XLR, and Generic Formulations. When applied to pastures, there is a 14 day waiting period before grazing or harvesting.

Dimilin 2L. Wait one day until harvest. Label does not list a restriction on grazing. To be effective, Dimilin must be applied before larvae reach 2 inch or longer. Will not control larger larvae. Larvae must consume treated foliage. Provides residual control for up to 2-3 weeks, as long as forage is not removed from field. Dimilin acts as an insect growth regulator.

Intrepid 2F. Do not harvest hay within 7 days of application. There is no pre-harveest interval for forage. Begin applications when first signs of feeding damage appear. Use higher rates for heavier infestations. Intrepid is an insect growth regulator.

Lannate. Bermudagrass only. Do not apply within 7 days of feeding forage or allowing livestock to graze. Do not apply within 3 days of cutting for hay. Lannate is a highly toxic POISON and all label precautions must be carefully followed. A restricted use pesticide.

Karate, Warrior. (and other lambda cyhalothrin products) Pasture and rangeland grass, grass grown for

hay and silage and grass grown for seed. Pasture and rangeland grass may be used for used for grazing or cut for forage 0 days after application. Do not cut grass to be dried and harvested for hay until 7 days after the last application.

Baythroid XL. Pasture, rangeleand, grass grown for hay and seed. Labeled for control of small (1st and 2nd instar) fall armyworms. Zero days to grazing or harvesting hay.

Labeled Insecticides for Armyworm Control in Wheat and Small Grains include:

Baythroid, carbaryl, Lannate, Lorsban, Mustang Max, methyl parathion, Proxis, Karate, Warrior and Tracer. Refer to label for restrictions on grazing and harvesting treated crops.

Hurricane Season Is Here! Are you Prepared?

At no time in U.S. history has there been such a far reaching occurrence of significant natural disasters according to a recent news article found relating to disasters. These disasters wreak havoc on the financial well-being of those in their path. Family financial recovery is a long-term process and decisions made at the time of a natural disaster affect the financial well-being of survivors for a lifetime. There are also actions people can take in advance of a natural disaster which will lessen the financial impact. Rachelle Oblack, former writer (About.com Guide) offers the following information related to families and safety during a disaster: In her article, "Can You Pass the Family Safety Challenge Quiz" she points to the following questions for answers that not only relate to winter weather, but can prepare one for any of the major disasters related to hurricanes, storms, blizzards, earthquakes or any of the natural disasters. Families must make a plan and practice the drills set up in their plan, assuring that all members are familiar with it and know what role each must play. The following is a challenge quiz offered to assist families in preparation for any type of disaster. An old saying goes "It's better to be prepared and not have an opportunity than to have an opportunity and not be prepared". If you haven't got a plan, get out your paper and pen and let's get started. The following are tips and thought provoking ideas offered by the article to get started:

How well would your family do in case of a disaster based on the quiz?

1. Think of a loved one in your family such as a brother/sister, spouse, child, or parent you might be connected to or that might connect to you in case of an emergency. Could a neighbor connect someone to you or could you connect to someone to a neighbor?
2. You may even want to ask your children these questions in order to assess how well they remember any existing plans you may have in place.
3. The rules for the questions are - If you hesitate or get a wrong answer, you get zero points. If you immediately get the correct answer, give yourself 1 point.

Can You Pass the Family Safety Challenge Quiz?

1. Where exactly is your loved one at this very moment?
2. When are you expecting your loved one home?
3. What is your safe location for meeting in case anyone is lost?
4. Where is your first-aid kit?
5. Where are your emergency numbers listed? (and do these include the phone company, gas company, local hospital, ambulance service, and electric company?)

From Rachelle Oblack, former About.com Guide

A final consideration is food: Water, can goods and other non perishable items are a good to have also. For more information on packing a disaster backpack and preparing the community call our extension office and ask for the information on preparing the kit. A large variety of information can also be found at:

http://texashelp.tamu.edu/disaster-information-recovery.php and http://pvcep.pvamu.edu/emergency-prep.html

Prairie View A&M University Field Day Termed Successful

PRAIRIE VIEW, TX – Since 1983, Prairie View A&M University's College of Agriculture and Human Sciences has held the Agricultural Field Day to give small scale agricultural producers the tools needed to help them sustain and maintain their farm, goat and ranch operations. The Field Day also helps new and upcoming individuals find their niche in non-traditional operations such as organic farming. The 2011 Field Day, held March 7 on campus was no exception. Starting May 6 with a pre-Field Day workshop on "Farmscaping", the process of using biological and organic toxic controls in commercial crop production, Dr. Richard McDonald of Symbiotic Biological Pest Management in North Carolina, hosted approximately 40 participants in this one-day seminar. McDonald conducted field studies on the University Farm that focused on farmscape design, habitat development, insect collection and beneficial insect release.

Farmers, ranchers, community gardeners, goat and beef cattle producers, and other interested individuals started registering early on May 7 for the start of the Field Day events.

"This year, there were approximately 200 participants at the Agricultural Field Day," said Billy Lawton, Field Day chair and interim program leader – Agriculture & Natural Resources, Cooperative Extension Program. "All facets of the College worked together to offer workshops, university farm tours, academic and research poster displays highlighting student research, and a Goat Cook-off." Workshops included Food Safety, Goat Judging Basics, Diseases of Pregnant Goats, Matching Nutritional Needs with Forage and Hay Quality for Beef Cows, Internal Parasites in Goats, Pasture Management, Using the "Grazing Stick" and General Goat Management.

The College of Agriculture and Human Sciences continues to show the importance of agriculture to Prairie View A&M University's land-grant mission of teaching, research and service. Agricultural careers can be as diverse as nutrition education, dietetics, agricultural economics and agricultural Communications; however, the primary goal of the Agricultural Field Day was to focus on farming and ranching needs.

A favorite activity of Agricultural Field Day has been the Goat Barbecue contest. To add a twist to this Year's contest, a Goat Cook-off was held where entries were accepted for all types of prepared dishes made with goat products, including cheeses, stews and meat dishes. Winners of the Goat Cook-off were Swede Farm—Waller, Texas for their Specialty Goat Dairy entry and The Three Panthers –Montgomery, Texas for their Grilled Meat entry.

"We were certainly pleased with the turnout this year and look forward to next year's event," said Lawton. Contact Billy Lawton at 936/261-5117, bclawton@ag.tamu.edu or visit http://pvcep.pvamu.edu for more information about the Agricultural Field Day.

Information supplied by: Gloria J. Mosby, program director – Communications, Cooperative Extension Program

Information & Tips for your Health

Do you as a county resident know that for the last year and a half, more than 600 plus students at Jefferson Elementary school have been actively involved in a program called "Organ Wise"? The program is a comprehensive nutrition and physical activity program to address childhood overweight and obesity. The program is geared to grades K-5 and was put in place because of the high rate of cardiovascular disease, diabetes and other serious health problems facing youth and adults. Marion County especially, has a high rate of diabetes and if we all look around, we can see obesity on the rise also. The Curriculum based program came with the "Organ Wise Guys" which allow the students to learn the function of body organs and the function fresh fruits and vegetables , water and other foods found on the food guide pyramid play in keeping our bodies healthy and functional. The program is

sponsored through Blue Cross and Blue Shield of Texas and the Cooperative Extension program at Prairie View A&M University.

The American institute for cancer research in its recent news letter states that: we should bulk up our meals by adding fruit into salads, whole grains, breakfast cereals and sauces.

- That the anthocyanins , a potent antioxidant photochemical responsible for deep blue, purple and red colors found in Blueberries, strawberries and other berries have been found in laboratories studies to inhibit the growth of lung, colon and leukemia cancer cells. The studies also found that Ellagic acid is another prize found in berries that seems to suppress the reproduction of cancer cells in the colon, esophagus, liver, lung and skin cancers.

- Grapes have also been found to have "Resveratrol" a compound being studied to aid in the prevention of cancer according to a study by John M Pezzuto, PhD Professor and Dean of the College of Pharmacy, University of Hawaii at Hilo.(America Cancer Research NEWSLETTER, Summer 2011, Issue 112)

- The 2010 Dietary Guidelines now place greater emphases on avoiding sugary drinks and highly processed, calorie –dense foods. According to one writer, "Foods that are sources of empty calories- dense in fats and sugars while very low in nutrients and fiber have been linked to obesity, a cause of seven different cancers. The excess body fat according to Susan Higginbotham, PhD, (AICR, Vol. 112 p 12) has been linked to cancers of the colorectum, kidney, pancreas, esophagus, endometrium, and probably gallbladder.

- AARP is encouraging low income Texans to apply for LITE-UP Texas. It is a program that provides discounts on summer electric bills. It provides about a 10% discount to these households from May through August. While some residents receiving Medicaid or food stamps assistance are automatically enrolled, some qualified residents fall through the cracks. Texans whose incomes don't exceed $13,613 for an individual and $18,388 for a couple may qualify. For more information, go to liteuptexas.org or call 1-866-454-8387 toll free.

- A Cornell University study has found that labeling a food "Organic" even if it wasn't –made people think it tasted better. (spryliving.com)

- Shopping, according to a recent study, may be good for your health: Seniors who hit the shops every day were 27 percent less likely to die than those who rarely or never do. (spryliving.com)

Using SET as an opportunity to spend time with Children and Grandchildren

Many of you may be asking just what is S-E-T. It's one of those loose acronyms that people use to shorten titles, names and just about anything one wants to use them for. However, in the extension world, SET stands for Science, Education and Technology. Now how does this relate to family? Well it seems that summer is the right time for you to take the family on trips to the lake where they can study water, trash and its affect of our lakes and streams, the reduction of waste through recycling, identifying how many things are made from plastics and how they can be recycled. Going green is another term that is used often as we talk about reductions in energy saving technologies. Math can also be added as a component in any of these areas as they calculate types of waste and what percentages make up most of the trash. Learning weights and measures as they gather trash or other products can teach volume and guesstimation of percentages. A trip to Science museums can teach how other species live or how gravity and energy impact the body. There is so much to learn and expose our youth to new surroundings that we would be remiss if we as adults don't take the time to inspire our youth to get involved in new activities. For more information, go to the texas4-h.tamu.edu

website and see all the things Texas alone has to offer. You will be surprised.

We recently conducted a National Science Experiment (4-H2O) with student in Marion County and were excited by some of the findings from the approximate 200 evaluated. We found that we needed to do more work in some areas. Some of the youth were surprised that Co2 affected the lakes and streams in our area, some were not aware of the affects of water quality and its effects on global climate change or the affects it could have on humans or animals. Fish and aquatic life are areas we can enhance by teaching our youth about the lakes and streams and fish habitat. Fishing is a great sport that can be enjoyed with other family members especially children and grandchildren.

AARP Update

AARP had its final meeting in May and won't crank up again until September 2011. The theme for the month was "Cultures from Around the World". Many different foods from a variety of cultures were introduced and those in attendance had great time learning about food culture from Chef Gayle Rice. It was fun times and speaker Mr. Habibelahian and son Nicholas from Bulldog Pizza gave an inspirational speech relating to his experiences in his home land of Iran and the United States. The essence of his presentation was: if you have a dream and work hard pursuing it, you will eventually succeed. The group tabled their trip until February or spring and are working on setting the Defensive driving class for August. A date is pending final word from the instructor. Look for the invite in the News Papers for the exact date.

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