By: Jodie Pennington

This schedule is to be used as a guide to assist you in developing a protocol for your fall management program. Practices and dates may vary with your specific program. Regardless of your specific program, it is important to record each task and the results so you can refer back to it in following seasons or years.

Periodically, look at the schedule to see if a management practice should be conducted in the present month or should be done in another month. Some practices should be conducted every month or as needed, i.e., evaluate both quality and quantity of forages, parasites, body condition, foot care, health, and need for culling.

This article will emphasize management associated with the recent dry weather and the need to have quality forages to get body condition or fat on animals before breeding. Also, time of marketing and the weather next year should be considered when breeding animals this fall as Ramadan, the month of fasting and decreased demand for meat from small ruminants continues to move earlier in the year, starting on June 18 and continuing until July 17 in 2015.

Evaluate forage conditions and inventory. Start looking for hay if needed. Winter annuals such as rye, ryegrass, and wheat can provide quality forages to animals which will improve their body condition. Generally, goats and sheep will perform much better on winter annuals than on average quality hay. Winter annuals should be sown by early September if adequate moisture is in the soil. If funds are available, it might be worth sowing winter annuals if soil moisture is limited rather than just hoping for rain. In general, over 90% of the fall seasons will have adequate rain. There is almost always good forage in the spring from winter annuals. This last spring was the exception as winter annuals did not produce much forage because it was dry. Most spring weather has rain. You can sow into early October as long as you recognize that the amount of pasture this fall will be less.

Consult with your local extension office to determine the best options for varieties and planting times.

If you have goats and feed is limited, consider putting the non-lactating animals in good vegetation in the woods or on an especially weedy field. They should do well for a short period of time. Weeds do not produce much dry matter per acre. Remember to provide trace mineralized salt, water, and protection from predators. Soil tests should be done every three years to determine fertilizer needs. Fertilize as needed but not until it starts raining. Treat for internal and external parasites. Later in the year, treat for lice if necessary. In the past two months, we have had more problems with worms than in a normal summer, perhaps due to the rains in late May and June. Evaluate animals for body condition and health; sell unsound and inferior animals. Be especially critical of animals with no teeth. Evaluate for foot rot and the need for hoof care. If hoof rot is present, contact a specialist from Lincoln University who can culture the organisms to see if special treatment is needed. Trim as needed.

Is your marketing plan sufficient? How can you improve it for next year? Remember that Easter is April 5, 2015, and Ramadan (month of fasting) starts on June 18. Females bred in September will kid or lamb in February so shelter may be needed at parturition. Will you be able to get your kids or lambs ready to sell by mid-March? Should you plan to breed later and have the animals give birth later and market the offspring after mid-August? Kids and lambs grow better in cooler weather and parturition is less stressful in cooler weather. In mid-March, 2014, excellent kids were $2.80 per pound compared to less than $2/lb in mid-July, 2014. How the earlier Ramadan will affect fall prices remains to be seen.
Use Your Time Effectively – cont.

By: Janet LaFon

When learning to make better use of time, it’s important to not confuse efficiency with effectiveness. Efficiency means to do a job right with as little time and energy as possible. Effectiveness, on the other hand, means doing the “right” job right. It reminds you to invest your time on the most important tasks.

In the last issue of Ag News and Views, I shared six strategies for effective time use. These were part of the “dynamic dozen.” The final six are discussed below.

Learn to work with your biological clock. Each of us has a peak time of day when our energy level is at its highest. Find your peak time and then plan your work accordingly.

Develop systems to keep things running smoothly at home. Calendars can be useful tools. In a family, a master calendar can help everyone know the time commitments on each family member and find potential conflicts. A master bulletin board can also be useful for posting reminders, etc.

Set up a simple filing system. At home, as well as at work, you need a filing system so that you can find important papers when you need them. A simple system will make filing go faster and there will be less temptation to put it off.

Break down large jobs into manageable pieces. One of the sources of procrastination is that some tasks seem too overwhelming to even begin. Learn to break these down into smaller, more manageable pieces. Then begin with a piece you know you can handle. Often the most challenging step on major undertakings in the first one.

Work on overcoming procrastination. Conquer time-wasting habits. When you see that you are procrastinating, make it a point to take the first step toward completing the task.

Reward yourself. Celebrate the completion of major tasks or when major challenges have been met. Set up a reward system for yourself that serves as both a motivator to get certain tasks done and an acknowledgment that you are making effective use of your time.


Continued from page 1...

Start the month by giving your bucks or rams a good examination and their selenium injections, if needed; check the housing for the bucks to make sure that it is escape proof. Begin preparing for the breeding season if not already done so. Pull out your production records and decide which does or ewes will be bred early and which will be bred later. Your decision on marketing will affect breeding dates for the animals. Vaccinate for reproductive diseases if they are a problem in your area. Begin flushing does and bucks for 2-3 weeks before and after breeding season if they need a little extra body condition. Flush with fresh green pasture or 1/2 pound feed/head/day. If you plan to use bucks or rams from other people, be sure you have contacted the owners and have made arrangements. Allow for a quarantine period before the male goes in with your females. Keep fences in good repair to prevent breeding accidents. Review all facilities to minimize exposure of sheep and goats to nails, debris, mud or manure. Do animals have shelter for winter? Check water quality and quantity if it appears to be a problem. Provide best quality forage to animals in breeding herd. Test hay for nutrient content. Have special buck-keeping (or ram) coveralls ready for use to help keep odor from your regular clothes. Breed large kids and lambs that weigh at least 65-70% of the expected mature weight. Consider letting the small ruminants eat your left-over garden. Check all equipment and conduct maintenance as needed. Plan to attend educational meetings. Visit with a neighbor to see what he/she is doing that might improve your management program.

University of Missouri Extension 4-H

Enrollment starting now! If you have children or grandchildren that would like to be involved in 4-H there’s no time like now to get them started.

4-H brings young people, ages 5 to 19, and adults together to learn everyday skills through hands-on learning. Working on activities from animal and plant sciences to robotics, 4-H’ers learn problem-solving skills that can make a positive impact upon our community. Through 4-H, young people learn to:

- Meet the diverse challenges of today’s world
- Build self-confidence
- Learn responsibility
- Make positive decisions

Clubs meet monthly for group activities and club business. Each club elects officers and has an approved adult leader who supervises club activities. Club members also enroll in projects in their areas of interest.

How to join:

Joining 4-H is as easy as contacting the extension center. A staff member will explain the enrollment process and membership dues. Young people are welcome to join at any time. The 4-H program year runs from September 1 to August 31.
November is Time to Sign up for Forage Insurance
By: Mark Jenner

The University of Missouri has helped the USDA Risk Management Agency increase awareness of a pasture-based crop insurance program. The Pasture, Rangeland, Forage (PRF) Rainfall Index Insurance is crop insurance for hay and pastures. As the name implies, it is based on a reference rainfall benchmark for the local area. The annual sign-up period for this crop insurance product ends November 17, which is right around the corner.

There are a number of decisions a producer makes when this PFR insurance coverage is purchased. These are months of coverage, intended use (hay or grazing), coverage level (70 to 90 percent), and the productivity factor (60 to 150 percent). Like other insurance products premiums increase with coverage and productivity levels (risk). The PRF insurance is subsidized by the federal government so the individual producer and the crop insurance provider don’t bare the entire risk burden. Producers gain risk protection when they pay a premium on their hay or pasture acres for specific 2-month combinations. When the standardized local rainfall is below the chosen coverage level, the farmer receives an indemnity payment. The rainfall that counts here is based on National Weather Service (NWS) estimates for an area about 17 miles tall by 13 miles wide – not the producer’s own rain gauge.

The NWS estimates for local rainfall amounts for this insurance product can be emailed to anyone if the land owner signs up to receive them at http://agebb.missouri.edu/horizonpoint/. The locations required to establish the Horizon Point email rainfall reports can be gathered from the Grid Locator site, or from Google Maps. The required latitude/longitude locations must be in the decimal form (rather than degrees).

MU Extension has provided an excellent guide on PRF Rainfall Index Insurance, G457 and it can be found on the internet at http://extension.missouri.edu/explorepdf/agguides/agecon/g00457.pdf, or through any county Extension office.

Before contacting your local crop insurance provider it may be useful to visit the PRF Grid Locator internet site, http://maps.agforceusa.com/prf/ri/. This site allows identification of the location in question for the PRF insurance. On this same website grid rainfall histories are available, which can be compared to the producers own weather records if desired.

Livestock producers are relatively new to the crop insurance safety net. This program has been around since 2009, and has seen covered acreage increase every year. The year that paid the highest indemnity payment per premium was of course 2012. If I can help answer your questions contact me at the Bates County Extension Office or go directly to your private crop insurance provider.

Build Garden Soil with Green Manure Crops
By: John Hobbs

With autumn breezes blowing in, it is easy to turn to indoor activities and neglect a few of our garden duties. Yes, there is still work to be done in your garden! Now is the perfect time to consider improving your garden by adding organic matter.

Organic matter improves the garden soil in many ways. It is home to many kinds of microorganisms including earthworms that break down plant and animal residues into more organic material. Soils with adequate amounts of organic matter contain more nutrients for the plant to use and hold more water for the plants to utilize than soils low in o.m. Improving o.m. also develops a loose and crumbly top soil. This allows for ease of cultivation and water enters the soil with ease as compared to a soil with low organic matter and is packed.

Some home gardeners do not have easy access to animal manures or other plant degradables including saw dust or wood chips to improve organic matter and build the soil. Green manure crops are an easy and economical way to improve organic matter content in a garden soil. Green manure crops (also called cover crops) are planted after this years garden harvest is over. They occupy the garden area during fall and winter months and are plowed under in early spring. The tops do provide good organic matter, but it is the extensive, fine root systems that provide good organic matter to build the soil. Another advantage of a winter cover crop is soil erosion is reduced.

Several grasses can be used for a cover crop. Annual ryegrass, oats, and rye are excellent winter annuals that can be planted in the fall and plowed under in the early spring. Ryegrass can be put on at a rate of 3 pounds per 1000 square feet and oats at a rate of 11/2 pounds per 1000 square feet. Broadcast the seed and incorporate it in no more than 1/8 to 1/4 inch deep into the soil.

Grass should be plowed down in early spring when they are not over 6-8 inches tall. This should give the garden area during fall and winter months and are plowed under in early spring. The tops do provide good organic matter, but it is the extensive, fine root systems that provide good organic matter to build the soil. Another advantage of a winter cover crop is soil erosion is reduced.

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How To Grow Strawberries

Farmer Evans was driving his John Deere tractor along the road with a trailer load of fertilizer. Tim a little boy of eight was playing in his yard when he saw the farmer and asked, "What've you got in your trailer?"

"Manure," Farmer Evans replied.

"What are you going to do with it?" asked Tim.

"Put it on my strawberries," answered the farmer.

Tim replied, "You ought to come and eat with us, we put ice cream on our strawberries."

Joke of the Day!
Sleep, Dietary Choices and Health
By: Lydia Kaume

Currently mechanisms of sleep are only partially clear and subject to intense research. According to the National Sleep Foundation, “sleep is an active period in which a lot of important processing, restoration, and strengthening occurs.” Determining the specific amount of sleep that is sufficient for optimal health is difficult since it may vary depending on age of the individual, performance, co-existing health problems, life-style and environmental factors. As a guideline though, studies indicate that getting enough sleep, 8 to 10 hours for adults may provide significant long-term health benefits.

According to research conducted by Jinny Hopp, former Human Development Specialist, Jasper County, University of Missouri Extension, as many as two-thirds of Americans lack enough sleep. Jinny reports that a 2011 National Sleep Foundation poll found that 43 percent of Americans between the ages of 13 and 64 say they rarely or never get a good night's sleep during the week. In addition, more than 60% report a sleep problem every night, including: snoring, waking in the night or waking up too early.

Researchers are also searching for links that demonstrate a relationship between sleep and its influence on dietary choices of individuals. Some cross-sectional and epidemiologic studies have demonstrated that those who sleep less are more likely to consume energy-dense foods, including fats or refined carbohydrates, more likely to have more irregular meal patterns, and less likely to consume adequate amounts of vegetables. A review published in Nutrition Research in April of 2012 by Peuhkuri K, and others shows these relationships. The review also showed inconsistent findings in clinical trials; using mostly healthy people. The studies show that foods most helpful in promoting sleep increased bioavailability of tryptophan and production of serotonin. It is important to consider that the studies that link tryptophan effect to better sleep relied on doses that would require eating a pound of meat at a sitting—which would be unhealthy!

Tryptophan is an essential amino acid (the body cannot produce it thus has to be consumed in the diet), and is found in cheese, chicken, eggs, milk, peanuts, pumpkin seeds, sesame seeds, soy, tofu and turkey. Our bodies’ body uses tryptophan to make serotonin, a neurotransmitter, a chemical that is thought to promote sleep and balanced mood, and multiple functions including effects on appetite and memory. In addition, Dr. Michael Grandner, a sleep researcher at the University of Pennsylvania, and Dr. Wilfred Pigeon, a sleep researcher at the University of Rochester both agree that foods that impact production of serotonin, and melatonin (a sleep promoting hormone naturally produced in the body) are generally good for our health but show little effect in sleep studies.

With regard to health, several studies support the link between sleep disturbances immune function, and inflammation. Although these relationships are complex and unclear, sleep deprivation is known to result in increased levels of inflammatory markers, which then lead to further activation of the inflammatory cascade. Studies have also shown associations between sleep disorders and in inflammatory bowel disease (IBD), a chronic immune-mediated inflammatory disease of the gastrointestinal tract. As more of such studies are published, it is becoming apparent that individuals need to consider taking action to ensure they sleep better to prevent health problems associated with sleep disturbances. Most researchers agree that eliminating habits or foods that interfere with sleep would be a great way to deal with sleep problems.

Here are some tips that may help:
- Avoid caffeine for 4 hours before bed time. Caffeine typically stays in the body for four to six hours and may decrease melatonin levels in the body.
- Avoid alcohol before bed, although it may make individuals doze off easier, the sleep is shallow, causing one to awake later in the night.
- Avoiding nicotine and spicy meals may also be helpful as they interfere with sleep.
- Keep a regular schedule-sleep at the same time every night.
- Light sleepers may wear ear plugs.
- Avoid liquids near bed time to avoid getting up in the night to use the restroom.

For more information on nutrition issues, go online to http://extension.missouri.edu or contact one of the nutrition and health education specialists working in the Ozarks: Dr. Lydia Kaume in Barton County, (417) 682-3579; or Dr. Pam Duitsman, in Springfield, (417) 886-2059.

Save Money by Keeping Hay Feeding Losses to a Minimum
By: Tim Schnakenberg

A considerable loss of hay can occur when livestock producers feed large round hay bales. In fact, research shows that hay losses from improper feeding of bales can be as high as 43 percent. The good news is that there are several methods producers can use to minimize those losses. One of the best ways to reduce losses is to feed hay in small amounts.

In doing this cattle have less opportunity to trample hay and make it unappealing for consumption. This requires some calculations of how much hay is needed per animal in the operation, factoring in potential losses associated with your feeding method.

Many producers are using bale unrollers and some use bale choppers that windrow the hay on the ground. These work well for distributing manure around the farm due to moving the hay feeding to different locations each day. If using this method, it is imperative to feed only a daily supply of hay at one time. Daily amounts fed at one time result in about 12 percent losses according to university research. Otherwise, hay losses may be over 40 percent because cattle walk or lie on it.

If feeding large bales, a bale ring or other type of feeder limits access to the bale. Research shows that feeding losses, when using a ring or rack, are considerably lower (about five percent with one-day or seven-day supplies) than feeding without a ring. When using rings or racks consider the space available around the feeder; most rings have enough space for 10 cows at a time. If you do not have enough space, the aggressive cows crowd out the timid cows, forcing them to eat lower quality hay. Bale rings have their problems too. If they are not moved they can become mud holes and could contribute to disease and even parasite problems in the herd. Ideally you should provide only one or two day’s supply of hay to cattle. Limiting access to the big bale feeder for 10 or 12 hours per day can also help reduce waste. Overfeeding of hay also tends to exaggerate the waste. Hay is an expensive feed source, so it makes sense to try to keep waste as low as possible by following good management practices.