

Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
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For release on or after Jan. 1

NEW FOOD STAMP
BENEFITS GO INTO
EFFECT JANUARY 1

Some senior citizens and disabled persons will receive increased food stamp benefits as a result of a new federal law which goes into effect Jan. 1.

According to James Campbell, state food stamp program supervisor, the 1979 Amendments to the Food Stamp Act provide an increase to two groups of program participants: persons 60 years or older and disabled persons of any age whose income is from Supplemental Security Income (SSI) or Title II of the Social Security Act (RSDI).

Both groups will be allowed a deduction for certain medical expenses and an unlimited deduction for shelter costs which exceed 50 percent of their net income. Food stamp benefits are determined by net income, or gross income less certain deductions. Increased deductions will result in greater benefits, Campbell says.

Federal rules effective last March had standardized and severely restricted deductions, reducing benefits to many households. This was particularly a problem for the elderly and the disabled, who frequently have high medical expenses. The new law will restore some of those benefits, Campbell says, by allowing medical deductions to be figured into food stamp calculations for the month when it's known how much of the bill will be reimbursed by insurance or other third party payments.

Another change in the Food Stamp program, effective November, 1979, allows participants to choose between submitting their actual monthly utility costs or a standard utility rate as a deduction, whichever will benefit them more. This change should offset some of this year's fuel and utility cost increases, Campbell says. "Food stamp households should contact their local food stamp worker to see if the utility standard would benefit them."

Also scheduled for January is the semi-annual adjustment in the food budget used to determine the maximum amount of food stamps an eligible household will receive. The January benefit levels provide an additional two dollar maximum benefit to a household of one and an extra dollar for each additional household member.

Questions about the Food Stamp program may be directed to your local welfare agency or the state's toll-free Food Stamp Hotline at 1-800-652-9747. For those living in the metro area, call 296-0190.

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Contact: Richard Meronuck
612/373-0725

MAKE HOME ENERGY
INVESTMENTS PAY

A consumer forum to help you make your home energy efficient will be held at the St. Paul campus of the University of Minnesota Jan. 19. The H.E.A.T. Forum (Home Energy Action Tips) is sponsored by the U.S. Department of Housing and Urban Development and the Agricultural Extension Service.

H.E.A.T. begins at 9 a.m. at the Earle Brown Center. Morning speakers will discuss the fuel price and availability outlook, and the economics of making a home energy efficient. In the afternoon participants may select two of seven sessions: attic insulation, sidewall insulation, windows, heating equipment, financing, older homeowner help, and utility bill assistance.

The Forum fee is \$2.75 and an optional hot lunch is \$3.95. Reservations can be made by Jan. 14 for onsite child care for infants to children age 9 at a cost of \$5. Each child should have a bag lunch. For details contact the Office of Special Programs, 405 Coffey Hall, 1420 Eckles Ave., University of Minnesota, St. Paul, 55108, telephone 612/373-0725.

The general sessions will be accessible to the hearing impaired. The Forum is open to interested persons without regard to race, creed, color, sex, national origin or handicap.

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Source: Ervin Oelke
612/373-1181

WILD RICE SYMPOSIUM
JAN. 25 IN BEMIDJI

Learn the latest in wild rice research at the Annual Wild Rice Symposium in Bemidji Jan. 25. University of Minnesota researchers and extension specialists will be available from 9:30 a.m. to 3:30 p.m. at the Holiday Inn.

Soil scientist John Grava will discuss temperature and plant development, nitrogen fertilization, and foliar fertilizers. Agronomist Ervin Oelke will look at weed control and difficulties in changing fields to a new variety. Plant breeder Robert Stucker will give details on the new variety Netum and progress in developing other new varieties. Agricultural engineer Cletus Schertz will discuss methods to determine grain loss through combines and his colleague John Strait will look at separation of mature and immature grains before processing as well as processing procedures. Plant pathologist Jim Percich will talk about wild rice disease control and entomologist Dave Noetzel will look at crayfish problems.

Other speakers include wild rice grower Leonard Jacobson who also serves as vice chairman of the Minnesota Paddy Wild Rice Research and Promotion Council. He will give an update of council activities. A staff member of the Minnesota Pollution Control Agency will report on the influence of wild rice cultivation on water quality.

There is no cost for the symposium. Lunch will be available. The Wild Rice Growers' Association will hold their annual banquet at 6:30 that evening with Mark Seetin, Minnesota Commissioner of Agriculture as speaker. The association will hold its program and business meeting the next day, Jan. 26.

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add one--gasohol briefs

"Several bills are now before Congress that will simplify regulations for small producers," Moore said. The bureau hopes to remove a \$100 bond requirement and to reduce record-keeping regulations for on-farm producers.

Farmers who make alcohol for their own fuel use are currently licensed as experimental permit holders. They are not taxed, but must post a bond. Further licensing and production information is available by calling the National Alcohol Fuel Information Center toll-free at 1-800-622-5234. For callers outside Minnesota the number is 1-800-533-5333.

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Source: Vernon Eidman
612/373-1093

Writer: Kathy Frank Chesney
612/373-0714

GASOHOL BRIEFS. . .

Gasohol Economics Improve: The continuing shortage of liquid fuel and increasing gasoline prices are brightening the economic picture for gasohol, a University of Minnesota economist reports. Gasohol contains one-tenth ethanol produced from corn or other crops.

Vernon Eidman, extension agricultural economist, reports that the gap between the cost of gasoline and gasohol is rapidly closing. A federal gasoline tax of four cents per gallon has been lifted from gasohol. The wholesale price of the gasoline that would be replaced by ethanol has doubled since Eidman first studied gasohol economics in 1978.

Eidman found that the cost of ethanol in a gallon of gasohol would be about 13 cents if corn costing \$2.50 per bushel were used. The same amount of regular gasoline cost an average of eight cents on the Twin City wholesale market as of Dec. 28.

A problem with gasohol sited in earlier studies is that more energy is put into producing it than is received from it. "Our energy problem is actually a shortage of liquid fuels," Eidman says. "We should be talking about a liquid fuel balance, not the total energy balance."

* * * *

Changes Sought in Alcohol Laws: The federal agency that regulates alcohol production wants to simplify the licensing requirements for farmers who produce alcohol for fuel. Merle Moore from the Bureau of Alcohol, Tobacco and Firearms talked about his agency's proposed changes in legislation at a corn conference sponsored by the University of Minnesota Agricultural Extension Service.

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Source: William Angell (612) 373-0910

Writer: Cori Scarbnick (612) 373-0710

Immediate Release

HOUSING BRIEFS. . .

New Home Construction Down: 1980 should be a tough year for new home construction state-wide, with a 30 percent decrease in new housing starts by the end of the year, says William Angell, an extension housing specialist at the University of Minnesota. Due to high interest rates and a slackening demand, housing prices should moderate, but not drastically.

"These changes have some major implications for consumers," Angell says. "There may be some very good buys this year, due to the light demand. There may be some moderation in price increases although the cost of new housing should keep pace with inflation in 1980. Except for a five-year period during the Great Depression of the 30s, new home prices nationally have consistently surpassed long-term inflation rates."

No matter what the price, there'll always be buyers looking for new housing stock, Angell says. "Americans have gone to incredible lengths to achieve the Great American dream of building their own home. Despite the energy crisis and runaway inflation, I see no substantial change in this pattern now or in the future."

* * *

Older Homes Hot in 1980: Despite inflation and rising energy costs, the American dream still seems to include a single-family house on a private piece of land. According to William Angell, an extension housing specialist at the University of Minnesota, there should be a 50 percent increase in the number of first-time buyers of older homes in Minnesota in the 1980s, over what was seen in the previous decade.

The increase can be explained in several ways, Angell says. First, there's the demographic fact of life of the post-war baby boom; this part of the population has reached prime house-buying age. The affordability of housing has increased since World War II and in recent years has stabilized somewhat, allowing young workers to enter the housing market.

* * *

Income and Housing: Many first-time buyers of older Minnesota homes are now paying up to 35 percent of their total annual income for housing, says William Angell, an extension specialist at the University of Minnesota. Moreover, at least 40 percent of all home-buying couples experience serious disagreement about the price they can afford to pay for their first house.

-more-

add one--cattle feeder briefs

for new arrivals. Meiske also made these recommendations during Cattle Feeders' Days:

- Provide clean water from an open tank
- Provide a salt-dicalcium phosphate (60:40) mixture free choice if required minerals are not included in a ration supplement
- Provide good quality feeds rather than low quality forages such as grass hay or corn cobs
- Avoid or lower the level of Rumensin for 2-3 weeks because it decreases feed intake
- Use soybean meal the first few weeks, and then consider changing to a non-protein nitrogen such as urea to reduce costs.

"The quicker you get those calves to the gaining stage, the better they are going to withstand disease insults," Meiske concluded.

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Source: Jay Meiske
612/373-1110
Writer: Kathy Frank Chesney
612/373-0714

CATTLE FEEDER BRIEFS. . .

Sires Strongly Influence Returns: Sires alone made a difference of more than \$80 in returns per head in a feeder cattle trial conducted by University of Minnesota animal scientists.

Jay Meiske reported on the trial which involved steer calves from five different sires during Cattle Feeders' Days. The steers were from one cow herd and were subjected to the same management conditions and feeding regimens.

"Three of the sires have prominent national reputations," the animal scientist said. "All are recognized as being sires of outstanding calves. Yet returns ranged from a loss of \$9 to a return of \$74 per head."

Feeding started at slightly over 500 lb. and steers were marketed at almost 1,100 lb. Average daily gains ranged from 2.14 to 2.40 lb. The faster gaining steers also had the highest average marbling scores and grades, and the largest rib eye areas. The slowest gainers were the poorest performers in all three categories.

"We valued these calves at \$80 per hundredweight initially," Meiske reported. "However, in order to make the average return of \$42 per head on each sire group, we should have paid only about \$70 per hundredweight for the poorest performers, but could have paid \$86 for those with the best sire."

* * * *

Nutrition of New Feedlot Cattle: To protect newly arrived feedlot cattle from disease and enhance performance throughout the feeding period, a ration containing at least 50 percent concentrate or grain should be fed for the first 2-3 weeks.

University of Minnesota animal scientists Jay Meiske and Richard Goodrich said that research from several states supports the use of concentrate in rations

add 1--housing briefs

"First-time buyers will be forced to establish priorities and make compromises to enter the housing market," Angell says. "The house they purchase may be smaller than they had hoped, or may be in a different location or may need work."

First-time buyers will also find housing costs continuing to stretch their budget over time. While principal, interest and insurance costs should remain relatively stable, utilities, maintenance and repair expenditures will be difficult to budget for as they increase in cost in the future.

* * *

Home Remodeling Popular in 1980: As many as 150,000 Minnesota families will undertake some sort of home remodeling this year, an increase of about 50 percent over the last decade. Kitchens top the list as the most popular remodeling spot in the house, with bathrooms and general energy conservation work following close behind.

"This increase is a direct result of record home sales prices, interest rates and selling costs," says William Angell, an extension housing specialist at the University of Minnesota. "Remodeling has always had a high level of owner involvement, and in times of inflation, more people are willing to do the work themselves to save money. Remodeling is a good way to save, since the bulk of the total expense is the labor costs."

Consumers should take heed before embarking on any remodeling project. Almost without exception, homeowners underestimate the cost and time required to complete the job, Angell says. If a commercial contractor is hired, consumers should be especially cautious; remodeling is consistently a major source of consumer complaints at both the state and national levels, Angell says.

"As the remodeling market heats up, skilled and qualified craftspeople become overbooked," he says. "More people will cut corners and could leave you with more headaches than you'd like to believe. The last place you want disaster is in your home."

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add one--crop planning briefs

intercept the spray and prevent it from coming in contact with the soil where weeds are germinating. Carryover of persistent herbicides in unplowed soil can be a serious problem in low rainfall areas.

Different types of herbicides, and different methods of applying them are often necessary with reduced tillage. At some time during the crop rotation, reverting to conventional moldboard plowing may be necessary to control some weeds. For details, ask your county extension office for Agricultural Chemicals Fact Sheet No. 12-1979. For the latest information on use of approved herbicides, ask for Extension Bulletin 400, Cultural & Chemical Weed Control in Field Crops --1980.

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Writer: Kathy Frank Chesney 612/373-0714

CROP PLANNING BRIEFS...

Fertilizing Sunflowers: Nitrogen (N) fertilizer applications generally lowered the percentage of oil in sunflower seeds grown at University of Minnesota branch experiment stations in 1979. At Morris, for example, where less than 40 pounds of nitrate-nitrogen was found in the top two feet, oil content varied from 44.3 percent with no added nitrogen to 42.3 percent with 150 lb. added nitrogen.

Seed yields increased when up to 120 lb. of nitrogen was added, however. Yields were 1,524 lb. with no added nitrogen, 2,092 lb. with 60 lb. added (N) and 2,436 lb. with 120 lb. of N. At 150 lb., yields declined to 2,318 lb. of sunflower seeds per acre.

Adding potassium fertilizer to soils low in exchangeable potassium increased both seed yields and oil content. Fertilization did not change yields in fields where soils were already relatively high in nitrogen, phosphorus and potassium.

* * *

Weed Control with Reduced Tillage: "The effectiveness of chemical weed control is often a key to success in growing corn or soybeans with reduced tillage. Much of the tillage in conventional cropping systems is to control weeds. More consistent performance of recently developed herbicides makes reduced tillage practical."

That's what agronomists Gerald Miller and Jeff Coultas say in extension fact sheet "Weed Control for Corn and Soybeans in Reduced Tillage Systems." They point out reasons for weed problems with reduced tillage, and ways of dealing with them.

For instance, weed species usually change under reduced tillage. Biennial and perennial weeds can increase. The crop residue on the soil surface may

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Source: Jerry Hawton
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Writer: Kathy Frank Chesney
612/373-0714

WET CORN HOG FEEDING GROWS AS FUEL COSTS RISE

When properly stored and fed, high-moisture corn provides hogs with a feed nutritionally equal to dried corn while saving fuel costs and precious harvest time, a University of Minnesota extension specialist says.

Jerry Hawton, swine nutritionist, says pork producers show more interest in feeding high-moisture grains each year. "The prospect of fuel shortages and the near certainty of higher fuel costs, plus the fact that most drying systems will not keep pace with modern harvesting equipment, are reasons for the growing interest."

On a dry matter basis, high-moisture and dried corn are nutritionally equal. The high-moisture grain must be either ensiled or treated with an organic acid. It can be fed either as a complete mixed ration or free-choice.

"The ideal moisture content to ensile wet grain for hogs appears to be in the 22-28 percent range," Hawton says. "Moisture content above 28 percent leads to a less palatable feed. Below 22 percent the fermentation process is too slow to prevent spoilage."

The wet grain may be stored in sealed or non-sealed storage. For either method, the environment must be oxygen-free to prevent spoilage. Sealed storage is the most popular method, even though initial capital investment is higher. Specially constructed oxygen-limiting silos offer greater grain handling ease and 5-10 percent less grain loss than conventional upright unsealed storage.

With unsealed storage, the grain should be ground to insure an adequate pack to exclude oxygen. The ideal particle size is similar to medium-ground dry grain. These materials must be unloaded from the top of an upright silo since they will not flow and the pack must be maintained.

add one--wet corn

The ensiled corn is subject to spoilage shortly after removal from storage. To avoid palatability problems with growing hogs, the grain should be fed on a daily basis. No more than a 2-3 day supply should be kept in a self-feeder. Hawton suggests these guidelines: when the temperature is higher than 80°F, feed 2-3 times daily; from 40°-80° feed daily: and below 40° wet corn can be fed every other day.

Acid treatment: "Studies during the past decade have shown that high-moisture corn can be treated with organic acid for storage up to one year without damage or loss of feeding quality to swine," Hawton says. Less expensive storage can be used than with ensiled corn, and there is little danger of spoilage shortly after removal from storage.

Producers should also realize the cost per bushel of treating wet grains with an organic acid may run as much as, or more than, the cost of drying corn 10 percentage points (from 25-15 percent moisture content). Also, the acid may cause corrosion of many types of metal in feed handling and storage equipment.

Feeding: Pigs less than 60 lb. usually do not perform as well on wet grain if it is fed free-choice. Hawton recommends properly balanced, complete mixed rations for 30-60 lb. animals, and no feeding of high-moisture grain to pigs below 30 lb.

"Never feed grain to the breeding herd if you suspect any spoilage or mold contamination," Hawton says. "Some molds produce substances which cause pregnant hogs to abort or absorb their litters."

No one should expect better feed efficiency or growth from wet corn, Hawton adds. Using this grain in a swine-feeding program should be based on economic factors, not nutrition. The costs involved should be carefully examined.

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Source: Isabel Wolf 612/376-3401

U. OF M. NUTRITIONIST:
CONSIDER FOOD SAFETY IN
CURBING DIETARY SALT

Salt fulfills many functions in food processing, and any "decisions to restrict or eliminate its use in specific products must take into account the effects on food safety.....," according to Isabel D. Wolf, extension foods and nutrition specialist at the University of Minnesota and regional spokesperson for the Institute of Food Technologists (IFT).

A newly released IFT summary defends the use of salt in food preservation at the same time that it calls for "clearer labeling and access to information on sodium content of all ingestible substances... for the benefit of those whose genetic makeup leads to medical vulnerability."

Salt has been used as a preservative for centuries, Wolf said. It is essential in processing meats and cheese products, and controls textures and moisture levels in various foods, as well as providing its obvious flavoring function. By controlling the rate and kind of fermentation process, salt makes it possible to produce aauerkraut, pickles, specific kinds of cheeses and uniform loaves of bread.

At the same time, the IFT summary, prepared by the group's Expert Panel on Food Safety and Nutrition, points out that there has been concern about sodium (salt is 40 percent sodium) in the diet, especially in relation to hypertension or high blood pressure. Health professionals estimate that there are 24 million cases of hypertension in the United States, and that in 90 percent of the cases, the cause is unknown.

-over-

add one--UofM nutritionist

"It is not generally accepted that sodium causes hypertension," the IFT summary states, "however...the blood pressure of many unmedicated patients with essential hypertension will go down when they are fed a diet severely restricted in sodium (below 1 gram per day)." On the other hand,"people with normal blood pressure will usually not show an increase...even when fed levels of sodium substantially in excess of that normally consumed."

Those who are concerned with salt in their diet should be aware that it is not the only source of ingested sodium, Wolf said, citing various sodium-containing food ingredients, sodium in drinking water (especially softened water), and a variety of non-prescription drugs.

According to the IFT summary, the average daily salt intake in the U.S. is between 10 and 12 grams (5 to 6 teaspoons). About 3 grams of this total occurs naturally in the food, another 4 to 6 grams is added in processing, and 3 grams is added in cooking and at the table. The amounts of sodium actually ingested can be controlled by careful food selection while shopping, and the IFT panel calls for clearer labeling to make this selection easier for those who must limit sodium intake for medical reasons.

"Drinking water supplies, especially those from deep wells, contain varying amounts of sodium whether 'softened' or not. In addition, many non-prescription drugs contain substantial amounts of sodium compounds which the consumer often overlooks," the IFT summary states.

The IFT summary concludes that "as is the case with many dietary components, there are levels of salt consumption which cannot be exceeded with placing vulnerable individuals at risk. The potential hazard of salt intakes above the requirement are specific for each person based on such factors such as genetic vulnerability, stress, nutritional status, and -- perhaps especially -- obesity."

The IFT summary also urges that "considering the unique functions filled by the sodium ion in food processing, decisions to restrict or eliminate salt in specific products must take into account the effects on food safety and on the free choice of food products for that majority of consumers who are not at risk."

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HOME ECONOMICS BRIEFS. . .

Lubricate Your Home: Eliminate sticky situations by greasing up your home periodically. Every spot where one surface rubs against another means a chance for sticking. Drawers, windows and doors are most vulnerable.

Turn drawers upside down and rub greaseless jelly or paraffin on sides and the center track. Windows go up and down much easier if a cake of soap is rubbed into the grooves where windows slide. Machine oil is fine for door hinges, but never put oil in a lock; powdered graphite works much better. Look for it in plastic tubes at your local hardware store; the tube makes it easy to squirt the lubricant right into the lock.

* * * *

Perfect Pineapple: Don't leave pineapples out to ripen, as you would pears or bananas--unlike most fruit, pineapples have no starch reserve to convert to sugar and therefore will not grow sweeter after harvesting. In fact, a pineapple will just ferment sitting out at room temperature. If you must delay eating it, store pineapple in the refrigerator.

By the way, the ease with which leaves may be pulled from its crown or the bright green color of its leaves are no indication that a pineapple is ripe. Ripeness of a pineapple is determined in the fields, and most are shipped in a ripened state. Bright green leaves do indicate that the fruit is fresh.

* * * *

Tax Time Tips: Don't forget about items that are legitimate deductions on tax returns. Most commonly forgotten deductions are old clothes donated to charity,

add one--home economics briefs

transportation costs for visits to the doctor's office and expenses for working for charitable organizations. Here's a few other tips:

--Medical expenses over three percent of adjusted gross income can be deducted. Try to bunch your medical deductions so you have enough to itemize at least every other year, tax experts say. You can do this by delayed bill payment or planning elective medical services to your tax advantage.

--Married taxpayers can choose between filing jointly or sending in separate individual returns. You should figure your tax liability under both systems to see which will benefit you more.

--You can prepay income or property taxes in order to get above the standard deduction amount.

--You can double your tax savings if you contribute stocks or bonds to a charity rather than cash. If their value has appreciated, you can avoid capital gains tax, deducting the current fair market value.

* * * *

Inflation Facts: During the last decade, consumer prices rose 95 percent overall, according to the U.S. Departments of Labor and Commerce. With the cost of many goods and services rising well over 100 percent, one of the few really good bargains around is a basic, 19-inch black and white television set. In 1969, the television would have cost you about \$136. Today? About \$142, an increase of only three percent.

Other goods whose prices have risen less than 50 percent include a dozen eggs (44 percent); a fifth of whiskey (24 percent); vacuum cleaners (35 percent); a square yard of carpeting (34 percent) and an auto tire (40 percent).

Here's bad news--a ten-pound bag of sugar increased 104 percent over the last 10 years (\$1.23 in 1969; \$2.51 today). A pound of margarine increased 150 percent (26 cents in 1969; 65 cents today). A one-day stay in a hospital room increased 185 percent (\$46.10 in 1969; \$131.38 today). Coffee was the really big winner or

add two--home economics briefs

loser, depending on how you look at things: in 1969, a pound of coffee cost 75 cents; today, \$2.63, an increase of 251 percent.

* * * *

(Note to Home Economics agents: This next item was inadvertently misprinted in Consumer Briefs in the Jan. 21 packet. It is printed here in its entirety as it should have read.)

Limited and Implied Warranties: A limited warranty is exactly what it sounds like. The coverage under a limited warranty is less than provided under a full warranty, and the exact coverage may vary from product to product.

For example, a limited warranty might only cover parts but not labor, or it might allow only a partial credit for a repair depending on how long you've owned the product. Sometimes a limited warranty will require you to return a heavy item to the store where you made the purchase, while other limited warranties only cover the first owner of the item.

Some products have only implied warranties. The most common example of an implied warranty is a "warranty of merchantability." This means the seller, by selling the product, promises that what you buy is fit for ordinary uses of the product. For example, a reclining chair must recline; a heating pad must heat.

Another type of implied warranty is a "warranty of fitness for a particular purpose." This means that when the seller uses his or her expertise to sell you a product that can be used for a special purpose, his or her advice may create a warranty.

"Unless the product is sold 'as is' or 'with all defects,' implied warranties come with a sale," says Dottie Goss, an extension family resource management specialist at the University of Minnesota. "In other words, an implied warranty needn't be in writing. An implied warranty may give you the protection a written warranty doesn't offer."

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Source: Deborah Brown 612/376-7574
Writer: Deedee Nagy 612/373-1781

Immediate release

POINSETTIA CARE CAN
PROLONG THE BEAUTY

Poinsettias can extend their holiday cheer long into the winter months if properly cared for, says Deborah Brown, extension horticulturist at the University of Minnesota. It's even possible to nurse them along and enjoy them next Christmas although their second-season beauty seldom equals their first.

To keep your poinsettia looking good as long as possible, keep it in a brightly lit window and remove any decorative foil wrapping so water can drain from the pot. Water thoroughly but allow the top layer of soil to dry between waterings, Brown suggests.

During the summer, poinsettias can be placed in a sunny spot in the garden. Apply fertilizer during the spring and summer and trim the plant back if it is getting too large and rangy.

If you want to coax colored bracts from the plant in time for next Christmas, about mid- September you must subject the plant to daylight hours in a sunny spot and at least 14 hours of uninterrupted darkness each night. Brown says that a closet or basement is usually best for this darkness, which must be total. Even turning the closet light on briefly during the plant's dark period will undo the effect of that night's darkness.

If this routine is followed carefully, Brown says the poinsettia should display color prior to the holidays. Home conditions are never as ideal as those in a greenhouse, however, so "recycled" poinsettias usually are not as beautiful as they were when new.

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LOW HUMIDITY
PARCHES HOUSEPLANTS

Winter's low humidity levels can be as troublesome to houseplants as they are uncomfortable to people.

Deborah Brown, extension horticulturist at the University of Minnesota, suggests some measures to raise the humidity and help ease your plants through this difficult time of year.

First, follow the energy-saving guidelines for lowered thermostats. Lower temperatures mean higher relative humidity, and this benefits plants.

If you still notice dry tips and margins of leafy plants, try to raise the humidity by other methods. Room and in-furnace humidifiers are helpful, but if these aren't available to you, Brown suggests grouping your plants together. As each plant loses moisture through its leaves, it raises the moisture level in the air right around it. By grouping plants, the moisture lost from all the leaves raises humidity in that area.

Pebble trays also raise humidity. These are containers filled with coarse gravel or pebbles and water. Plants are then set atop the gravel, above the water level. Water evaporating off the many surfaces keeps the humidity high right around the plants.

Occasionally, it is a good idea to put houseplants under the bathroom shower, rinsing off both sides of the leaves to control for insects that thrive in low humidity, Brown adds.

She cautions, however, against misting plants. This practice raises humidity only briefly and it encourages the spread of both fungal and bacterial plant diseases.

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HAVE PLANTS
WILL TRAVEL

The best place for houseplants during the winter is just where their name suggests--in the house. Occasionally, however, you may need to move a plant from one house to another and even such a brief exposure to Minnesota's frigid weather can be fatal to your plants, says Deborah Brown, extension horticulturist at the University of Minnesota.

If you must transport plants during the winter, Brown suggests "double bagging" them to keep them warm. To do this, put the plant in a plastic bag and blow air into the bag. Close the opening with a twist tie or rubber band and place the plant and balloon-like bag inside a larger plastic bag. Repeat the blowing and closing process with this bag, and your plant will be fairly well insulated from wintery blasts.

Even protected by two plastic bags, plants should be moved as quickly as possible from one warm location to the next, Brown says. Most common houseplants are from tropical regions and even a few minutes of exposure to freezing temperatures could kill them.

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add one--farmland prices

reported average sales price in 1978, 1979 appears to have been a year of rapid recovery for its land market, the economists say.

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Contract for Deed. Use of contract for deed to finance Minnesota farmland transfers has increased gradually since the mid-1950's. After reaching a level of 60 percent of all purchases in 1974, the percentage of transfers financed by contract for deed gradually declined through 1978. However, they reached a new record level in 1979 when 61 percent of all reported farmland transfers were financed by contract for deed.

Statewide, the use of mortgage financing declined in 1979, falling from 29 percent in 1978 to 24 percent in 1979.

* * * *

Farmland Market Localized. In Minnesota, 68 percent of all farmland buyers lived less than 10 miles from the land they purchased. Only three percent of all sales involved "long distance" buyers living over 300 miles away.

* * *

CA, IA

Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
January 28, 1980

Sources: David Heneberry 612/373-0951
Philip Raup 612/373-0952

Writer: Jack Sperbeck 612/373-0715

(The following items on farmland prices are taken from the January 1980 issue of MINNESOTA AGRICULTURAL ECONOMIST. Copies of the publication are available from Dr. Philip Raup, 337 Classroom Office Bldg., University of Minnesota, St. Paul, MN 55108)

Farmland Prices The estimated statewide average value of farmland for the first six months of 1979 was \$1,040 per acre, according to a study by agricultural economists David Henneberry and Philip Raup of the University of Minnesota.

This was an increase of \$151 per acre or 17 percent over 1978. Annual increases in estimated farmland values from 1973 to 1978 were 20, 42, 24, 27, 19 and 12 percent, respectively. Henneberry and Raup say the 1979 increase of 17 percent does not represent an unusually large percentage increase compared to previous years, but it is a large dollar increase.

* * * *

Farmland Sales. The statewide average reported sales price for farmland per acre was \$1,185 in 1979. This is 21 percent over the 1978 average sales price, according to agricultural economists David Heneberry and Philip Raup of the University of Minnesota.

The economists say the statewide slowdown, which had been occurring over the past two years is apparently reversing. In 1979 all districts showed an increase in the average reported sales price, the first time in three years that no district has declined.

* * * *

Southwest Land Prices Up. Reported farmland sales prices in southwestern Minnesota were up 28 percent in 1979 compared to 1978. This was the largest percentage increase among Minnesota's agricultural land districts, according to agricultural economists David Heneberry and Philip Raup of the University of Minnesota. Since the southwest was the only district showing a decline in

add one--ag policy

Bergland added that the grain reserve program was designed to accomodate the valleys and peaks of grain production and trade. He says he recommended the embargo to the Carter Administration as a way of dealing with the Soviet's "outrageous behavior." He said overall economic sanctions were the best alternative to military action or no reaction to the Soviet invasion of Afghanistan.

* * * * *

Grain Embargo to Hurt Soviets: The suspension of grain sales to the Soviet Union is likely to cause some political and economic difficulty in that country, G. Edward Schuh, agricultural economist at the University of Minnesota says. "Soviet government officials have taken improvements in the diets of their consumers as a measure of how well they are doing compared to the United States."

The turn to imports as a means of building livestock herds and adding more meat to the Russian diet was a major policy shift for the Soviets, Schuh adds. Until they began buying grain in the mid-70's, the Soviet Union did not want economic relationships with capitalist countries.

"For them to turn to dependence on the United States for something as important as food illustrates how important that trade was to them and how potentially damaging it could be when it's taken away," Schuh says.

* * * * *

Embargo May Slow Export Growth: The embargo of about 17 million tons of grain and other economic sanctions could slow the rate of growth in U.S. export markets for years to come, says G. Edward Schuh, agricultural economist at the University of Minnesota.

"The suspension of sales, following hard on the heels of economic retaliation against Iran, could well cause a crisis of confidence among our trading partners," Schuh explains. "Then we can expect to see sizable efforts to diversify sources of imports and a serious drive toward self-sufficiency."

-more-

Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
January 28, 1980

Writer: Kathy Frank Chesney 612/373-0714

AG POLICY BRIEFS...THE GRAIN EMBARGO

Paid Acreage Diversion/Conservation Considered: U.S. Secretary of Agriculture Bob Bergland said there is about a 50 percent chance of a corn acreage diversion program this spring due to the ban on grain sales to Russia. Such a diversion could include payments to farmers who install soil conservation practices on the retired corn acreage.

Bergland addressed students and faculty at the University of Minnesota's St. Paul campus Jan. 23. He said the agriculture department is looking into the feasibility of paying farmers up to one year's rent for land planted to a grass cover instead of a corn crop. Payments would be tied to "a sound soil and water conservation plan for the farm."

"We would propose to target our ACP (Agricultural Conservation Program) cost-sharing and the technical assistance provided by the Soil Conservation Service to those farms and fields where the soil losses are the most severe," Bergland said. "That means there would be farms where there would be no diversion if they don't have a soil erosion problem."

A decision will be made by March 1, Bergland said.

* * * * *

Grain Embargo Impact: The ban on grain sales to the Soviet Union will have no long-term impact on U.S. grain markets, Secretary of Agriculture Bob Bergland said Jan. 23. He told students and faculty at the University of Minnesota's St. Paul campus that other foreign buyers will pick up much of the suspended grain.

"The embargo is far more interesting than it is important," Bergland said. "There's this obsession with the Russians as though it's the only game in town. They're not that important to us. We do expect our exports to exceed last year's tonnage of grains about nine million without the Russian business."

add tow--ag policy

U.S. grain markets have recouperated "much better than expected," Schuh adds. The Carter Administration can probably sustain grain prices in the short term. In fact, a possible crop failure in India or elsewhere, and the fear of war, coupled with U.S. moves to isolate domestic grain from the market, could result in panic buying and a rapid grain price rise.

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CA, 1A

Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
January 28, 1980

Contact: G. Edward Schuh
612/373-0945

GRAIN EMBARGO TO HURT SOVIETS,
SLOW U.S. EXPORT GROWTH

The suspension of grain sales to the Soviet Union is likely to cause some political and economic difficulty in that country, G. Edward Schuh, agricultural economist at the University of Minnesota, said Jan. 22.

The embargo of about 17 million tons of grain and other economic sanctions could also slow the rate of growth in U.S. export markets for years to come, Schuh said. He heads the University's Department of Agricultural and Applied Economics.

"There's little doubt in my mind that the suspension of sales will impose some political and economic pain on the Soviet Union," Schuh said. "Government officials there are still quite sensitive to the Polish food riots of a few years ago. They have taken improvements in the diets of their consumers as a measure of how well they are doing compared to the United States."

The turn to imports as a means of building livestock herds and adding more meat to the Russian diet was a major policy shift for the Soviets, Schuh added. Until they began buying grain in the mid-70's, the Soviet Union did not want economic relationships with capitalist countries.

"For them to turn to dependence on the United States for something as important as food illustrates how important that trade was to them and how potentially damaging it could be when it's taken away," Schuh said.

Actions by American allies could determine how much the Soviets are affected. Canada, Australia and the European community have agreed they will

add one--grain embargo

not replace the grain that the U.S. would have sold. Schuh said some difficulty may arise because other grain-exporting countries were not consulted before the suspension was announced, however.

A serious long term impact on the U.S. economy could be a loss of confidence by the world trade in this country as a source of grain. "The suspension of sales to the Soviet Union, following hard on the heels of economic retaliation against Iran, could well cause a crisis of confidence among our trading partners," Schuh said. "Then we can expect to see sizable efforts to diversify sources of imports and a serious drive toward self-sufficiency."

As a senior staff economist of the President's Council of Economic Advisors, Schuh helped shape the original grain agreement made with the Soviet Union in 1975. That agreement committed both countries to a minimum yearly grain sale. He was deputy assistant U.S. secretary of agriculture for international affairs and commodity programs during 1978. He joined the University of Minnesota in July, 1979, after several years at Purdue University.

U.S. grain markets have recuperated "much better than expected," from the suspension, Schuh said. The administration can sustain grain prices in the short term, but officials could over-react. Possible crop failures and the fear of war, coupled with U.S. moves to isolate domestic grain from the market, could result in panic buying and a rapid grain price rise.

Government actions could also add to inflation, the economist said. He estimates the administration will spend about \$4 billion to keep grain prices up. More money may have to be printed to cover this addition to the budget deficit, a move that usually fuels inflation.

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CA, PII-P, IA

Department of Information
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University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
February 4, 1980

Immediate release

Note: These briefs are taken from
publications issued by the
U.S. Departments of Agriculture
and Energy.

ALCOHOL FUEL BRIEFS...

FmHA to Make Alcohol Fuel Production Loans: The Farmers Home Administration (FmHA) has allocated up to \$10 million for loans for on-farm alcohol and methane energy producing systems this fiscal year.

These direct farm loans are part of President Carter's support for petroleum-saving sources of fuel and energy. FmHA will also provide up to \$100 million of its business-industrial loan budget to alcohol fuel production facilities and operation.

"President Carter's goal is 500 million gallons (of alcohol fuel) by 1981," U.S. Secretary of Agriculture Bob Bergland said. "The financing from FmHA can account for about 25 percent of that goal."

* * * *

DOE Grants: The U.S. Department of Energy makes grants to individuals or community groups to develop locally appropriate solutions to energy problems. This is through its Office of Small-Scale Technology. More information is available through the Small-Scale Technology representative at the DOE Region 5 Office, 175 W. Jackson Blvd., Chicago, IL 60604.

* * * *

DOE Funds State Training Program: Southwest State University (SWSU) in Marshall is one of 40 community colleges in the country receiving funds for alcohol fuels production training. The grant from the Department of Energy helped develop workshops that will be offered this winter through technical schools in Canby and Granite Falls. The one-week courses will be offered starting Feb. 18, and March 3, 10 and 17. More information is available by calling (507) 537-6252, or by contacting the Continuing Education Department at SWSU.

The DOE program is aimed at training farmers and others involved in agriculture in the safe production and use of alcohol fuels. The grants were also made to help producers develop decision-making tools for successful small-scale operations.

-more-

add 1--Alcohol fuel briefs

SWSU is also the site of the National Alcohol Fuel Information Center, which gives information to the general public through its toll-free number: 1-800-622-5234.

* * * *

On-Farm Alcohol Production--Words of Caution: "The production of fuel grade alcohol is still more of an art than a cookbook science. The principle is uncomplicated, but it is not easy, and it is not cheap to build a good producing still. I would hate to see farmers and others invest their limited savings in an alcohol plant only to find out in a few months or a few years that their plant cannot compete in the marketplace with large-scale alcohol operations outproducing them tenfold.

"I think there is room for both large and small-scale plants, with the smaller ones supplying fuel for on-farm or cooperative use. But I think the small guys should look pretty carefully before they leap into production: look at the safety of their operation, look at the regulations they have to comply with, and look at the market they'll have for their product." --Loran Schmit, Nebraska State Senator, in "The Energy Consumer" published January 1980 by the DOE Office of Consumer Affairs.

* * * *

Small-Scale Alcohol Production--Words of Support: "The question for the United States is how do we reach that target of 500 million gallons a year by the end of 1980. The first choice calls for placing our resources and our faith in large scale alcohol plants. The second choice would have us concentrate our efforts and our technological support on smaller-scale, decentralized systems looking at alcohol production from the standpoint of the individual citizen and the community.

"In support of this second choice, it may be helpful to cite a few statistics about an existing successful, decentralized production system. In the U.S. approximately 11 million cows produce 15 billion gallons of milk a year. Since the average dairy herd numbers about 60 cows, it is fair to say that sizable quantity is efficiently supplied by small-scale decentralized operations. By comparison, the 500 million gallon goal is only 1/30th of our annual dairy output of milk." --Tina Hobson, Director of DOE's Consumer Affairs Office, in "The Energy Consumer," January, 1980.

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Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
February 4, 1980

Immediate release

Source: Paul Hasbargen (612) 373-1145

EXPAND HOG PRODUCTION NOW?

Hog prices are low making this a good time to expand, says Paul Hasbargen, extension economist at the University of Minnesota.

"Most people think that they should cut production when prices are low," Hasbargen says. "And many do cut down. When most other people are discouraged, and some are dropping their hog production enterprise, the alert manager will take a longer-run look and move in the opposite direction of the majority."

The farm management specialist lists these advantages to expanding or starting a hog enterprise now:

Low gilt and sow prices: Weanling pigs have been selling recently for less than \$30 each. If those pigs are used to expand a breeding herd, their offspring are likely to be worth at least 50 percent more in the spring of 1981 because other producers will have cut back hog supplies by then.

Better bargaining positions with building contractors: Because of the lapse in hog building construction expected in 1980, farmers who do build should find themselves in a little better bargaining position than a year earlier.

Ample feed supplies and lower prices: Minnesota grain producers will be taking more than their share of the negative effects of the partial embargo of grain sales to the Soviet Union.

"Because we are located in mid-America, the transportation back-up from the recently stalled grain sales is likely to impact most heavily on our feedgrain prices," Hasbargen says. "One way for Minnesota farmers to adjust is to feed more livestock."

Hog numbers should expand in Minnesota in 1981 while U.S. hog numbers decline. This would be a good long-term adjustment for the Minnesota agricultural industry, Hasbargen says.

"Given the longer-term outlook for higher transportation costs and continued transportation shortages for our commodities, a shift from grain to pork exporting would significantly benefit our rural economy," he explains.

One disadvantage of expanding at this time is the high interest rate. If money is available for facilities on flexible interest rates, however, they will decline as money market conditions improve.

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February 4, 1980

Immediate release

Contact: Craig Sheaffer (612) 373-1677
Jack Sperbeck (612) 373-0715

FORAGE DAY FEB. 28 AT ST. CLOUD

Growing your own protein is the theme of Minnesota's fifth annual Forage Day Feb. 28 at the Holiday Inn in St. Cloud.

Featured speakers include Richard L. Vetter, director of research for A.O. Smith Harvestore Products, Inc., and Roman Popp, Minnesota's 1979 Premier Forage Producer.

Registration begins at 8:30 a.m.. Advance registration is encouraged through the Minnesota Forage and Grassland Council, 213 Agronomy, University of Minnesota, St. Paul 55108.

Speakers during the morning session will discuss protein and the ruminant, weather analysis, economics of forage harvesting and storage, and hay harvesting.

During the afternoon session there will be concurrent producer-forage specialist workshops. Discussion session topics include weed control, alternative silage crops, pest control, hay preservatives, and pasture programs.

Extension and research specialists from the University of Minnesota will lead the discussion groups.

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CA, IA

Department of Information
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University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
February 4, 1980

Immediate release

Source: Paul Hasbargen (612) 373-1145
Writer: Jack Sperbeck (612) 373-0715

DIFFERENT PRICE OUTLOOK FOR BEEF CATTLE PRODUCERS

The Jan. 1 cattle inventory improves the beef price outlook for later this year, says Paul Hasbargen, extension economist at the University of Minnesota.

"This 'good news' is because the 1979 calf crop is now estimated at two percent less than last year's--and two percent below earlier estimates.

"But there was some bad news for cattle feeders in an earlier USDA cattle on feed report," Hasbargen says. Larger than expected numbers of heavier cattle in feedlots will hold prices to lower levels this winter than what most analysts had expected earlier.

Hasbargen says this news, added to the grain embargo effects and higher interest rates, may hold choice steers below \$70 for a few months longer than had been expected last fall.

Hasbargen sees an emerging beef price picture for the year that differs from that of the past two years. "Instead of early spring rises in beef prices, I look for a possible price run-up in the third quarter. This could be a significant price jump if current low prices discourage cattle on feed placements this winter," he says.

The partial suspension of grain sales to Russia plus refusal of longshoremen to load Russian bound vessels has plugged the grain transportation network and caused lower feedgrain prices in the Midwest. This is expected to add to meat supplies by encouraging producers to feed more animals and feed them to heavier weights.

-more-

add one--different price outlook

The large jump in interest costs has caused increased sales of breeding stock. There has been an increase both in cow slaughter and in the slaughter of steers and heifers that have not gone through feedlots during the past couple months.

However, the relatively high slaughter of cows during the last quarter of 1979--due in part to high interest rates and in part to a drop in feeder prices from September levels--carries with it the "seed" of better prices ahead. All beef prices will bounce back this spring when green grass lures cattle back to pastures. The lower than expected number of beef cows (the number remained the same as a year ago in the face of an expected increase) means a smaller 1980 calf crop and less beef in 1981.

Also, pork production, which is currently running one-fifth over year earlier levels, will be relatively lower in late 1980 and 1981.

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CA, IA, 4-L

Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
February 4, 1980

Source: J. W. Rust
218/326-3485

TWO RALGRO IMPLANTS BOOST CALF GAINS

Using two Ralgro treatments on nursing calves provided twice the added weight gain of one implant in a trial at the University of Minnesota North Central Experiment Station, Grand Rapids.

Animal scientist J. W. Rust found that calves implanted at 35 days of age and at 120 days gained 10.5 percent more during the 171-day growing period than calves with no implant. Those implanted only at 35 days gained 5.1 percent more than those not treated.

Sixty crossbred calves were divided into four groups. The control group received no Ralgro, the second group was treated May 1, 1979 at an average age of 35 days, the third group was implanted July 24 at about 120 days, and a fourth group was treated at 35 days and 120 days.

Average daily gains during the growing period were 1.98 lb. for the control group, 2.07 lb. for the second group, 2.10 lb. for the third and 2.18 lb. for those receiving two implants.

The weight gain advantage over the control group during the growing period was 17.3 lb. for those implanted at 35 days, 22.1 lb. for those at 120 days, and 35.6 lb. for the double implants.

All calves and their dams grazed on the same pastures of good to excellent quality forage throughout the summer. From weaning on Sept. 24 to Oct. 19 the calves grazed second growth orchardgrass and fescue pasture and received 4 lb. of a mixture of ground corn and ground oats with supplements.

Both steers and heifers were included in this study. Rust recommends that heifer calves to be used for breeding should not be implanted with Ralgro more than one time.

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February 4, 1980

Immediate release

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Jack Sperbeck (612) 373-0715

CONFERENCE ON COMMERCIAL ALCOHOL PRODUCTION MARCH 7

A conference on financing and operating commercial fuel alcohol production units is scheduled March 7 at the Registry Hotel in Bloomington, Minn.

The conference is intended for people who may be involved in financing commercial alcohol production operations and potential investors.

Speakers include Ed Schuh, head of the University of Minnesota's Department of Agricultural and Applied Economics, and Algernon Johnson, director of the Minnesota Energy Agency.

Other speakers are from business and industry. Topics include raw materials, steam generation, process engineering, managing a distillery, marketing, permit requirements and preparing a financial analysis.

The session begins with registration from 7:30 to 8:30 a.m. The fee is \$50. For more information contact the Office of Special Programs, University of Minnesota, St. Paul 55108. Telephone (612) 373-0725. For hotel reservations contact the Registry Hotel at (612) 854-2244.

The conference is sponsored by the University of Minnesota's Agricultural Extension Service, the Minnesota Departments of Agriculture and Economic Development, and the Minnesota Energy Agency.

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CA, IA, TCO

Department of Information
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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
February 4, 1980

Immediate release:

Source: Dottie Goss (612) 373-0914
Writer: Deedee Nagy (612) 373-1781

COLLECTION METHODS DRAW FTC FIRE

The Federal Trade Commission has filed complaints against collection agencies in Ohio and Florida for their unlawful methods, including abusive language when dealing with debtors, threatening legal action when none is intended and using form letters that appear to be legal forms but are not.

Dottie Goss, extension home management specialist at the University of Minnesota, says increasing numbers of consumers are likely to have dealings with collection agencies as inflation makes it more difficult to plan spending and borrowing capabilities. She reminds consumers, however, that even as debtors they have a number of rights spelled out under the Fair Debt Collection Practices of 1978.

The law prohibits harassment practices by collectors. Agencies or individuals may not contact debtors at inconvenient times (earlier than 8 a.m. or later than 9 p.m.), at inconvenient places or if the debtor has notified the collector in writing that he or she refuses to pay a debt or objects to the contacts. If the collection agency knows of the attorney representing the debtor, the agency must work through the attorney rather than contacting the individual.

Specifically outlawed are such techniques as:

- * the use or threat of violence or harm to the person, his reputation or property
- * the use of obscenities
- * publicizing the debt
- * annoying or repetitive phone calls and anonymous calls
- * false representation of the collector's identity, status of the debt or consequences of non-payment.

Goss says that collectors must provide consumers with a written notice including the amount of debt and the name of the creditor. The consumer then has 30 days to dispute or pay the debt. During this period the collector may not attempt to obtain payment.

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Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
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Tel. (612) 373-0710
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Immediate release

Source: Sherri Johnson (612) 376-1537
Writer: Deedee Nagy (612) 373-1781

RESEARCH RATES STAIN REMOVERS

When faced with a common household stain, do you know which weapon on your laundry room shelf is best? Research conducted recently at California State University matched such stains as blood, grass, oil, tomato, chocolate and ink with widely used stain removal agents including pre-soaks, bleaches, liquids, aerosols, stick stain removers and detergents advertised as spot removers.

Sherri Johnson, extension textiles and clothing specialist at the University of Minnesota, reports that the researchers tested the stain removers on pure cotton, a cotton/polyester blend and polyester double knit. In general, the researchers found that no one stain remover was adequate for all stains. Enzyme pre-soaks worked best on protein-based stains such as blood and egg white. Bleach was most effective on colored stains while aerosol sprays tackled oil-based stains best.

They also noted that fresh stains were consistently easier to remove than set-in stains. This was particularly true of the blended fabric. The passage of time had the least effect on the stained polyester.

Other findings included:

- * Stains were more easily removed from the polyester than from the blend or the cotton. Oil-based stains caused the most problems in polyester.
- * Bleach had the most "excellent" ratings and the liquid detergent advertised as having stain removal capabilities had the most "poor" scores. The aerosol stain remover had the best all-around score.
- * Enzyme pre-soaks removed blood, ink and fruit juice stains effectively but had little effect on oil-based stains. Bleach failed to remove most oily stains, but the aerosol product removed oil well.

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February 4, 1980

Immediate release

Source: Sherri Johnson (612) 376-1537
Writer: Deedee Nagy (612) 373-1781

RESEARCH CONFIRMS
SIZING IS A HEADACHE
IN CHILDREN'S WEAR

If you have ever bought a size 18-months child's garment and found that it barely fits your 10-month-old child, you are in good company.

Sherri Johnson, extension textiles and clothing specialist at the University of Minnesota, reports that research done at Kent State University reveals industry-wide inconsistencies in sizing standards for infant sleepwear.

The Kent State team found a lack of standardization within and between manufacturer's brands. In many cases, size labels were not representative of today's infants' body dimensions. The garments were often smaller than the consumer would expect from reading the label.

To complicate the consumer's plight, past experience in buying infant clothing was not much help, the researchers found. Higher priced garments were not necessarily sized any more accurately than others.

Because of this problem, Mrs. Johnson recommends that shoppers know body measurements of the intended infant wearer. Weight and body length are often better guides to fit than is a size stated in terms of the child's age.

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CA

RECOMMENDED VEGETABLE VARIETIES

Western Minnesota

These varieties are available from one or more of the following seed companies:

Stokes Seeds, Inc.
737 Main Street, Box 548
Buffalo, New York 14240

Joseph Harris Co., Inc.
Moreton Farms
Rochester, New York 14624

Farmers Seed & Nursery Co.
Faribault, Minnesota 55021
(plus Garden Stores)

L. L. Olds Seed Co.
P. O. Box 1069
Madison, Wisconsin 53701

Otis S. Twilley Seed Co., Inc.
P. O. Box 65
Trevose, Pennsylvania 19047

W. Atlee Burpee Co.
Clinton, Iowa 52732

Earl May Seed & Nursery Co.
Shenandoah, Iowa 51603

Seedway, Inc.
Hall, New York 14463

Gurney Seed & Nursery Co.
Yankton, South Dakota 57073

Asparagus - Faribo Hybrid, Mary Washington

Green Beans - Blue Crop, Bush Blue Lake 274, Greencrop, Spartan Arrow, Tendercrop

Wax Beans - Cherokee Wax, Gold Crop, Kinghorn Wax

Lima Beans - Fordhook 242, Kingston

Italian Bean (Bush) - Romano

Beet - Burgundy Monoking, Ruby Queen

Broccoli (Early) - Green Comet, Spartan Early

Broccoli (Late) - Bravo, Premium Crop

Brussel Sprouts - Jade Cross

Cabbage - Emerald Cross, Green Boy, Jet Pak, Market Prize, Market Topper, Round Up, Stonehead, Sun Up, Tastic

(Red) - Red Head, Ruby Ball

(Savoy) - Ice Queen, Savoy Ace, Savoy King

Carrots - Hi Pak, Gold King, Pioneer, Royal Chatenay, Scarlet Nantes, Spartan Bonus, Target, Touchon, Trophy

Cauliflower (Early) - Snow Crown, Snow Mound

(Late) - Selfe Blanche, Snow Drift, Snow Imperial, White Princess

Chard, Swiss - Burgundy, Fordhook Giant, Giant Lucullus

Celery - Utah 52-70

Cress - Curlycress, Salad Cress

Corn, Yellow (order of ripening) - Earlivee, Seneca Dawn, Earliking, Sundance, Sugar King, Morning Sun, Candystick II, Stylepak, Tastyvee, Epic, Trigold (NK199), Top Style, Golden Jubilee, Golden Sweet, Mainliner, Seneca Chief, Golden Queen, Iochief

Corn, White - Comet, Silver White, White Delight, Silver Queen

Cucumber, Slicing - Burpee Hybrid, Marketmore 70, Space Master (bush type), Slice Master, Sweet Slice, Victory

Pickling - Green Star, Liberty, Patio Pik (bush), Pioneer, Saladin, Salty

Egg Plant - Dusky, Early Beauty, Stokes Early Hybrid

Endive - Green Curled, Salad King

Kohlrabi - Early Purple Vienna, Early White Vienna, Green Duke

Leek - Conqueror, Elephant, Titan

Lettuce, Leaf - Grand Rapids (Waldeman strain), Green Ice, Slobolt

Bibb - Buttercrunch, Summer Bibb, Tom Thumb

Crisp Head - Pennlake

Muskmelon (order of ripening) - Earlisweet, Sweet & Early, Earlidawn, Alaska, Hoagen, Burpee Hybrid, Harper Hybrid

Exotic Types - Early Crenshaw, Earlidew

Onions (Sweet Spanish) - Fiesta, Gringo, Ringmaster

(Seeded) - Autumn Spice, Buccaneer, Canada Maple, Early Harvest, Super Spice

(Bunching) - Beltsville Bunching, White Lisbon

Parsley - Banquet, Minncurl, Italian Giant (drying type)

Parsnips - All America, Harris Model

Peas - Frosty, Lincoln, Spartan Arrow, Wando

Sugar Podded Peas - Sugar Snap, Dwarf Grey Sugar

Peppers - Bell Boy, Canape, Early Bountiful, Lady Bell, Stokes Early Hybrid, Jalapeno (hot), Italian Sweet

Potatoes - Bounty, Kennebec, Norchief, Norgold Russet, Norland, Pontiac

Pumpkins - Cinderella, Funny Face, Jack O'Lantern, Jackpot, Spirit, Triple Treat

Radish - Cherry Belle, Red Prince, Scarlet Knight, All Season White, Burpee White

Radish (Winter) - Chinese White, Round Black Spanish

Rhubarb (Roots) - Chipmans Canada Red, MacDonald, Valentine

(Seed) - Victoria

Rutabara - Alta Sweet, American Purple Top, Laurentian

Spinach - America, Avon, Melody

(Summer) - New Zealand Spinach

Squash (Summer) - Zucchini - Aristocrat, Eldorado, Elite, Golden Girl, Scallopini

Squash (Winter) - Buttercup Type - Burgess Buttercup, Gold Nugget, Kindred,
Sweet Meat

Acorn Type - Table Ace

Butternut - Burpee Butterbush, Ponca

Tomato, Red (order of ripening) - Early Girl, Mytop, Big Early, Super Sioux, Ultra
Girl, Rushmore, Floramerica

Small Plant Types - Patio, Pixie, Saladette

Cocktail Type - Small Fry, Tom Boy

Paste Type - Bellarina, Nova

Pink - Pink Gourmet

Yellow - Golden Boy

Turnip - Just Right, Purple Top, Tokyo Cross, White Globe

Watermelon - Yellow Baby, Petite Sweet, Sweet Favorite, Sweetmeat, Family Fun,
Panomia, You Sweet Thing

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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
February 4, 1980

Immediate release

Source: Paul Hasbargen (612) 373-1145
Writer: Kathy Frank Chesney (612) 373-0714

MINNESOTA FARMERS, RURAL
BANKERS HURT BY EMBARGO

Minnesota cash feedgrain producers and their bankers could be the groups hardest hit by the partial embargo on grain exports to the Soviet Union, according to agricultural economist Paul Hasbargen.

"Minnesota producers will be hit more so than producers in other states because we're at the end of the transportation line," the University of Minnesota extension economist says. "Minneapolis grain terminal prices are 30-40 cents below Chicago prices, while before the embargo they were about 20 cents below Chicago."

Hasbargen says it's likely that cash grain prices are more depressed in Minnesota than in any other state, and that this situation could prevail through 1980.

A transportation tie-up caused by longshoremen's refusal to load grain destined for the Soviet Union is also hurting farmers. "They're not able to move their grain and pay off some debts," Hasbargen says. "Because of high interest rates, the farmers' costs of holding that grain are up substantially."

Rural bankers are having trouble meeting their clients' growing credit needs, the economist adds. Bankers were running into problems already last summer when farmers were asked to pay back loans on grain in the federal reserve program, but transportation tie-ups prevented them from delivering that grain.

-more-

add one--embargo

At the same time as credit demand has been rising, the Federal Reserve Board has been trying to control inflation by curtailing the money supply. "Some banks will not be able to serve the full needs of the farmers," Hasbargen says, "which means some of their clients will have to shift to other credit sources. Some of these shifts could be permanent."

Farm machinery dealers in the state would also be hurt by lower cash farm incomes and higher interest costs.

Livestock producers who buy a substantial amount of feedgrains will benefit from lower cash prices. This could translate into lower pork and beef prices for consumers.

"It's likely that by the end of 1980, and certainly in 1981, that we will be producing more pork and beef as a result of depressed grain prices," Hasbargen says. "However, consumers could be hurt more in 1981 by the growing inflation rates generated by added government spending to maintain grain prices after the embargo, than they are helped by lower meat prices."

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CA, PII-p, IA

Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108
February 5, 1980

Contact: Paul Hasbargen
612/373-1145

LAND TRANSFER MEETINGS TO
AID FARM BUYERS, SELLERS

Educational meetings on the various methods of buying and selling farmland will be held in 14 Minnesota counties during March by the University of Minnesota Agricultural Extension Service.

"Taking part in a meeting on land value, finance and transfer could improve one's ability to deal with the many problems of buying or selling a farm," says extension farm management specialist Paul Hasbargen. Speakers from the University and local financial institutions will help individual participants consider such questions as:

- What is land of different quality selling for in this area?
- What is the maximum bid price I can justify?
- What financing alternatives are available?
- Will buying farmland cause problems with yields, cash flow, estate transfer or taxes?
- How can parents best transfer a farm to the next generation?

Hasbargen says the meetings will try to deal with the issues involved in land pricing that stem from a basic dilemma: "On the one hand land is almost always a good investment. But on the other hand the net income from cropping is almost never enough to cover land payments in the early years of the repayment schedule."

Participants will receive worksheets to help them estimate their ability to meet cash flow requirements when buying land under various financing methods. For details on the land transfer meetings, contact your Minnesota County Extension Office.

Schedule for Land Value/Finance/Transfer meetings

<u>DATE</u>	<u>HOST COUNTY</u>
March 3	Martin
4	Jackson
5	Pipestone
6	Lyon
10	Yellow Medicine
11	Meeker
11	Freeborn
12	West Otter Tail
12	Olmstead
13	West Polk
13	Goodhue
18	Kanabec
19	Wadena
26	Morrison

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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
February 11, 1980

Immediate release

ENERGY BRIEFS...

"In-sider" storms: Are in-sider storm windows worthwhile or just a gimmick? "A glazing pane mounted inside a primary window can be very energy-effective," says Roger Peterson, extension residential energy specialist at the University of Minnesota. "Plastic or glass panes with a lightweight edge framing can be installed during the winter months, but it may be necessary to nail a wood strip around the inside of the window frame so the glazing pane seals well against air infiltration."

An air-tight seal around the edges of the glazing pane increases energy savings. Annual savings are about 40 cents per square foot if you use oil, electric or propane heat and about 20 cents per square foot with natural gas heat.

#

Remodeling to solar: Remodeling your home for increased passive solar heat gain is feasible if the landscape to the south of your home allows a clear path for sunlight from 9 a.m. to 3 p.m. in December and January, says Roger Peterson, an extension residential energy specialist at the University of Minnesota.

"Shading on the house or proposed addition during more than 20 percent of this period makes solar heating questionable," Peterson says.

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Windows and solar gain: To get the most out of the passive solar heat coming through your windows, make sure windows are double glazed and covered at night and on cloudy days says Roger Peterson, an extension residential energy specialist at the University of Minnesota.

"Double-glazing is the best compromise of letting sunlight in while preventing excessive heat loss," Peterson explains. "Uncovered windows at certain times cause a net heat loss; that is, heat lost from an uncovered window at night and during cloudy days is greater than the heat gained during sunny periods."

A window covering, including the insulating ability of the two panes of glass, should have an R-value of at least 5 when covered. Air flow around the edges of the covering must be prevented.

-more-

add one--energy briefs

"For example, insulating panels of rigid plastic foam, insulating fabric, blinds or shutters must have a design which seals tight to the window frame to be effective," Peterson says.

#

Insulating walls: Although there are many types of plastic foams available for insulating walls, only urea formaldehyde (U-F) foam has the properties suitable for filling cavities in existing walls, says Roger Peterson, an extension residential energy specialist at the University of Minnesota. Other types of foam insulation will expand with considerable force while "curing."

"U-F foams are fire safety approved if installed behind plaster or one-half inch gypsum board interior surface," Peterson says. "The R-factor of this foam is about R-4 per inch. However, competent installation is extremely critical, since improperly mixed foam ingredients or improper spray techniques can cause chemical vapors to be released. These vapors can irritate eyes, nose and throat.

Shrinkage can also be a problem, Peterson says. "Problem cases have shown up to 20 percent shrinkage directly linked to inferior installation," Peterson says.

Other alternatives for insulating walls include blown-in cellulose, which has an R-value of 3.7 per inch, or polystyrene beads, which have an R-value of 3.85 per inch. "These loose-fill materials won't release odors, nor will they shrink away from wall studs," Peterson says. "Some settling may occur with cellulose, but a minimal loss of insulating area occurs if cellulose is blown in at correct density, about 3.5 pounds per cubic foot. Generally speaking, the cost-effectiveness and reliability of properly blown-in cellulose or polystyrene beads is superior to U-F foam."

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Agricultural Extension Service
University of Minnesota
St. Paul, MN 55108
Tel. (612) 373-0710
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Source: James Bauder
612/376-8163

TILLAGE BRIEFS...

Reduce Spring Tillage: Farmers who were unable to till their fields last fall should avoid excessive tillage operations this spring, according to University of Minnesota soil scientist James Bauder.

Farmers may want to reduce tillage in order to minimize compaction and to avoid creating very rough, cloddy surfaces that call for extra field operations. "Rough, cloddy surfaces are likely to result if wet soils are moldboard or chisel plowed this spring," the extension specialist says. "Many soils that are suitable for fall moldboard and chisel plowing need the frost action to break down the rough surfaces over winter."

A number of tillage studies have been conducted throughout Minnesota the past 10 years. Most have shown that under wet conditions, or when tillage normally performed in the fall needs to be put off until spring, reduced tillage can bring far more success than conventional moldboard or chisel plowing.

* * * *

Recognize Tillage Alternatives: "No doubt many farm operators are wondering what tillage is necessary for the 1980 season," says James Bauder, University of Minnesota extension tillage specialist. Although it's not possible to second guess what the weather will bring, there are some alternatives that should be recognized:

-- Spring tillage may turn out to be an improved practice on many soils, especially those that are susceptible to erosion over the winter.

-- Wet soils, which will probably be common this spring, compact more easily than dry soils and traffic should be minimized.

-over-

add one--tillage briefs

-- Excessive spring primary tillage may create rough surface soils and undesirable seedbed conditions.

-- Soybean production may be aided by combining light spring tillage with pre-plant, incorporated herbicides like Treflan.

-- Reduced tillage systems for corn, such as till planting and light spring disking, may provide the best seedbed conditions and 1980 corn yields."

* * * *

NOTE TO AGENTS: The following publications, which relate to the above briefs, are now available through the Bulletin Room:

"Reduced tillage practices for South Central Minnesota," Extension Folder 492.

"Wind Erosion: Its Control in Minnesota," Extension Folder 496.

"Tillage systems in Southwest and West Central Minnesota," Extension Folder 491.

"Tillage and Wheel Traffic Affect Soil Compaction," Soils Fact Sheet No. 32.

"Tillage: Its Role in Controlling Soil Erosion by Water," Extension Folder 479.

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CA

add one--land transfer

Participants will receive worksheets to help them estimate their ability to meet cash flow requirements when buying land under various financing methods. For details on the land transfer meetings, contact the County Extension Office.

Schedule for Land Value/Finance/Transfer Meetings

<u>DATE</u>	<u>HOST COUNTY</u>	<u>DATE</u>	<u>HOST COUNTY</u>
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4	Jackson	12	Olmsted
5	Pipestone	13	West Polk
6	Lyon	13	Goodhue
10	Yellow Medicine	18	Kanabec
11	Meeker	19	Wadena
11	Freeborn	26	Morrison

#

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University of Minnesota
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Source: Paul Hasbargen
612/373-1145

Writer: Kathy Frank Chesney
612/373-0714

LAND TRANSFER MEETINGS TO AID FARM BUYERS, SELLERS

Persons thinking of buying or selling a farm have some major dilemmas to ponder, questions to ask and decisions to make, says _____ County Extension Director _____.

"Taking part in our meeting on land value, finance and transfer could improve your ability to deal with the many problems of buying or selling a farm," _____ says. The meeting will be held _____ at _____.

Speakers from the University and local financial institutions will help participants consider such questions as:

- What is land of different quality selling for in this area?
- What is the maximum bid price I can justify?
- What financing alternatives are available?
- Will buying farmland cause problems with yields, cash flow, estate transfer or taxes?
- How can parents best transfer a farm to the next generation?

_____ says the meetings will try to deal with the issues involved in land pricing that stem from a basic dilemma: "On the one hand land is almost always a good investment. But on the other hand the net income from cropping is almost never enough to cover land payments in the early years of the repayment schedule."

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Immediate release

Source: Neal Martin (612) 373-1181
Writer: Kathy Frank Chesney (612) 373-0714

FORAGE BRIEFS...

Pasture Improvements Triple Beef Gains: Beef cattle producers involved in an extension demonstration project nearly tripled their gains per acre of pasture through improved management, reports Neal Martin, University of Minnesota agronomist.

Seven cooperators in the Northern Minnesota Beef Demonstration Project showed an average increase in pounds gained per acre of 286 percent. The increase was made on pasture improved by fertilizing permanent grass, and by planting a legume-grass mixture on some land. Gains on these pastures were compared to gains on unimproved pastures on each farm that typically included partially wooded areas and Kentucky bluegrass-dominated grass mixtures.

On a typical ranch the return over cost per acre was \$50.96 on the unfertilized permanent grass and \$154.54 on the improved managed pastures. "The main reason for the increased returns was increased carrying capacity," Martin says. "Cooperators were surprised that 38 acres of improved pasture could carry 30 animal units for more grazing days than could 64 to 114 acres of unimproved pasture."

#

Value of Forage Harvest Management: The substitution value of grade 1 alfalfa for corn at \$2.50 per bushel and soybean meal at \$10 per hundredweight is \$125 a ton. Harvest and storage losses can range from 15 percent under good management to 43 percent under poor management. "Our calculations show that in southern Minnesota, profit margins vary from \$340 per acre for grade 1 alfalfa at good management to only \$14 per acre for grade 4 under poor management," extension agronomist Neal Martin says. "Leaving nutrients in the field is an expensive business."

One management tool is use of hay preservatives. Harvesting at higher moisture rates and applying propionic acid preservatives can minimize harvest and storage losses. Preservatives also increase harvest rates by extending the length of harvest days. Details are available in Extension Folder 489, "Hay Preservation".

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Immediate release

Contact: Jack Sperbeck (612) 373-0715

NEW REPORT ON SUSPENDED RUSSIAN GRAIN SALES

Economic sanctions such as the partial grain embargo to Russia are the only realistic courses of action for the United States, according to a report from the University of Minnesota's Agricultural Extension Service.

The grain embargo will create problems for the Soviets--a major inconvenience by slowing the rate of increase in livestock production. "The embargo on the sale of high technology items will also create problems for the Soviets," the report says.

"These and other actions will force the Soviets to pay a price--and in the long run a reasonably high price--for invasion of Afghanistan. The price may not be high enough to cause Soviet withdrawal from Afghanistan, but it could be high enough to deter repeat actions. This is the significant part for United States citizens."

The report was written by agricultural economists at the University of Minnesota. Limited supplies are available free from the Bulletin Room, University of Minnesota, St. Paul 55108. Ask for Extension Miscellaneous Publication 103.

The impacts of suspending USSR grain shipments could be quite high on Minnesota and surrounding states, depending on policies chosen by the government. Minnesota corn prices have been depressed more than prices at other major market centers.

Before the suspension, Minnesota terminal corn prices were about 20 cents less than Chicago cash prices. Since then the difference has been 35 to 40 cents. The greater impact on Minnesota could be caused by its distance from export points, the report says.

The suspended grain shipments may lead to some short-term financial problems in Minnesota. To the extent that the partial embargo curtails grain movement, it could lead to cash flow shortages for some farmers who hold rather than sell grain. It could lead to credit crunches for bankers who in effect finance holding of farm inventories (on Jan. 1, 1980, 80 percent of the stored corn and 75 percent of the wheat in Minnesota was on farms).

-more-

add one--new report

To the extent that feed grains are cheaper in Minnesota than in other parts of the country, Minnesota livestock producers will benefit. And in the long run, lower feed grain prices in Minnesota could stimulate expansion of livestock production. Exactly what will happen depends on decisions of farmers, grain traders and government policy makers.

Although the suspended grain sales are likely to cause some political and economic difficulty in that country, they could also slow the rate of growth in U.S. export markets for years to come, according to G. Edward Schuh, agricultural economist at the University and one of the authors of the report.

The suspension of sales to Russia, following hard on the heels of economic retaliation against Iran, could cause a crisis of confidence among our trading partners, Schuh said. Grain importing nations may work to diversify sources of imports and try harder to become self-sufficient.

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CA, II-P, IA, TCO

add one--home economics briefs

* Prices were judged reasonable for most kitchen tools and gadgets.

* Yellow is a favorite kitchen color while blue leads for bedroom decor.

* * * *

Growing Sprouts. You can give your salads a change of tempo by adding fresh sprouts that you grow yourself. Alfalfa, mung beans, soybeans, lentils, wheat and rye will all produce flavorful sprouts, but be careful not to buy seeds packaged for planting. They may be treated with a fungicide.

Place a spoonful of seeds into a canning jar which you have covered with cheesecloth or nylon stocking fabric secured with a rubber band.

Fill the jar three-quarters full with warm water and shake the mixture for 15 seconds before draining the water out through the cloth. Beans should be moist, not wet. Repeat the rinsing process twice daily until the sprouts are ready to eat. To keep the sprouts fresh for several days, refrigerate them.

* * * *

Savings Decisions. Women are exerting their influence on family financial decisions and plans, according to a study undertaken recently by a national trade association for the mutual fund industry. The survey showed that women are generally conservative investors, preferring low risk investments.

About half of the women polled said that after paying bills, they have little or no money left to save. Only about one-third of the respondents said they have regularly saving habits.

Employed women with regular savings habits reported that their plans for using the money included travel or vacation (45 percent), retirement (45 percent), home purchase (39 percent), children's education (23 percent) and car purchase (18 percent).

Other reasons for saving included financing a business venture, easing the budget for day-to-day living and building an estate for one's spouse or children.

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HOME ECONOMICS BRIEFS...

Furniture Buying Savvy. Furniture is a major investment in anyone's budget, so make sure you get the highest quality possible for your dollar. A spokesman for a major furniture manufacturer suggests six points to look for when buying good furniture:

- * How sturdy are the legs? If they are screwed into the frame, they are not as good as when they are part of a single solid wood piece.
- * Do the drawers have center and side glides? Are there stops to prevent them from pulling out completely?
- * Is the upholstered piece well padded along the sides as well as on the seat? You should not feel the edge of a chair behind your knees.
- * Springs should be close together, and you shouldn't be able to feel them through the fabric.
- * How will the fabric wear? Note fiber content and its wearing patterns.
- * Furniture joints should be interlocking and reinforced with corner blocks at stress points.

* * * *

Homemakers on Housewares. How do homemakers view the housewares that simplify so many daily routines? Research done recently shows some patterns in homemakers' opinions:

- * The homemakers rated price as the most important factor when buying housewares.
- * Small electrical appliances are expected to last 10 years or longer and most homemakers expected guarantees to go beyond one year.

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Immediate release

Source: Dottie Goss (612) 373-0914
Writer: Cori Scarbnick (612) 373-0710

KEEPING YOUR RECORDS STRAIGHT

Every April 16, many people vow to keep better financial records for next year's taxes. Before you get into a tough spot this year, start organizing your records now.

"A family account book is a convenient way to keep track of cash flow," says Dottie Goss, an extension family resource management specialist at the University of Minnesota. "Besides being helpful at tax time, the record book can help you plan. In fact, with inflation dealing most families a heavy blow, it's more important than ever to keep accurate records of where you've spent your income."

A calendar, with an account record kept for each week of the month, is one way of maintaining financial records. This method is easy to use and can act as a reminder of irregular payments such as insurance, property taxes and automobile license renewal. Record books are sold in stationery stores and are often given away; a looseleaf binder or notebook may also serve your purposes.

To streamline record keeping, Goss suggests you choose one spot in your home where records will be kept, so that everyone has access to them. Also pick a place where everyone can store receipts or spending records; this could be a spindle, box or drawer. A pad of paper is handy to have in your purse or billfold to record what you've bought and how much you've paid.

"Make a regular time when you'll enter records and stick to it," Goss says. "Don't worry if you don't get every cent. Some families find it easier not to keep accounts on small personal allowances."

add one--keeping records

Some people find a checking account is more convenient for keeping track of cash flow. Each time a check is written, a notation is made in a ledger of what was purchased or paid for and the amount paid. Some people also make notations directly on the checks themselves as double security.

"Most cancelled checks should be kept for one year as proof of payment," Goss says. "Cancelled checks used as a basis for tax deductions should be filed with supporting materials for tax records. Checks and receipts for large purchases of furniture, equipment and appliances should be kept for insurance and tax loss purchases as long as you own the item. Receipts and cancelled checks for home improvements should be transferred to tax records files after one year. Cancelled checks not included in these categories generally can be discarded."

For tax purposes, you need income and deduction information with adequate supporting materials. Keeping this information organized can mean less confusion at critical times, Goss says. Some people collect supporting documents and enter the information in an account book on a regular basis; others collect these documents and do the recording when they're preparing their tax forms.

Folders or envelopes are one way to store supporting tax documents. Major information categories should be written at the top of each file. Some of the main categories and what should be filed in each are:

--Income: pay stubs, record of interest and dividend payments, rent or royalty income, prizes or bonuses, tips and gratuities, alimony received, annuity and pension income (save proof of taxable portion), partnership or trust income.

--Medical expenses: prescriptions, non-prescription recognized drugs, medical insurance premiums, payments to doctors, dentists, nurses, clinics, hospitals and transportation expenses related to obtaining medical treatment.

add two--keeping records

--Taxes: state and city income taxes withheld and-or paid on estimate, real estate taxes, automobile licenses, sales tax if you plan to itemize, especially for large purchases such as an automobile, boat, new home construction, personal property tax and documentary tax.

--Interest paid: real estate mortgage, "points" to acquire a loan, cash loans, installment contracts and charge accounts.

--Contributions: cash, gifts of property or out of pocket expenses for rendering services to charitable organizations.

--Expenses related to employment: union dues, professional dues, required safety equipment, child care and job-related moving expenses.

--Expenses related to investments: telephone and postage in connection with investments, fees paid for investment counselors and income tax service, safe deposit rental.

"If you think it might be necessary to substantiate your entitlement to a dependency exemption for a child, keep maintenance records and estimates," Goss adds. "This may be needed when the child has earnings or when more than one person contributes to the child's support."

Make sure you can easily locate previous tax records; the federal government can question tax returns within three years of the April filing deadline or within six years if you omit from gross income an amount excluding 25 percent of the total. In cases of fraud, there is no limit.

"Keep checks, receipts, supporting evidence, a copy of the tax withholding statement, and copies of returns for at least three years, and preferably for six," Goss advises. "Home improvement records should be kept longer. The profit made on the sale of a home is calculated on the difference between price received and your purchase cost plus improvement cost. These records would need to be kept three to six years after you've sold your home."

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FOOD STAMP UPDATE

Inflation Hurts Food Stamp Users: Incomes in this country have increased five times faster than the incomes of food stamp recipients alone, according to data from the U.S. Department of Agriculture. As a result, food stamp households are feeling inflation's pinch even more than the general population.

According to a recent survey, food stamp households have an average monthly income of about \$320 compared to an average monthly household income of about \$1,500 nationwide. At the supermarket, food stamp recipients were found to buy less costly food, more economical cuts of meat, fewer bakery products and about half as many snacks as other shoppers.

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Food Stamp \$\$\$ Add To Economy: Food stamp shoppers bought more than \$6 billion worth of food in 1979, or about twice as much as they would have without the stamps, according to findings from the U.S. Department of Agriculture. This spending increased farmer income by nearly \$1 billion and added an even larger amount to the incomes of food processors and distributors.

Overall, the value of food stamps issued in 1979 was 3.9 percent of the total sales of food through retail stores for home use, the USDA reports.

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Immediate release

Source: Mary Darling (612) 376-4662
Writer: Deedee Nagy (612) 373-1781

Note to home economists in county offices:
In several weeks you will be receiving
copies of the new publication explaining
these new dietary guidelines. This news
release gives you the essence of the
recommendations.

USDA, HEW Issue
Dietary Guidelines

The U.S. Department of Agriculture and the Department of Health, Education and Welfare have issued jointly a set of seven dietary guidelines that they say "are suggested for most Americans."

In a recently published booklet explaining the guidelines, the departments acknowledge that "no guidelines can guarantee health or well-being. . . but good eating habits based on moderation and variety can help keep you healthy and even improve your health."

Extension Nutritionist at the University of Minnesota Mary Darling says that the guidelines have evolved from dietary goals proposed about three years ago by the former U.S. Senate Select Committee on Nutrition and Human Needs.

She explains that although the government cannot dictate how Americans eat, the guidelines are likely to be considered in setting up menus for federally funded feeding programs such as school lunches and congregate meals for the elderly.

The guidelines are:

- * Eat a variety of foods
- * Maintain ideal weight
- * Avoid too much fat, saturated fat and cholesterol
- * Eat foods with adequate starch and fiber
- * Avoid too much sugar
- * Avoid too much sodium
- * If you drink alcohol, do so in moderation

-more-

add one--dietary guidelines

The publication explaining the guidelines says, "There are no known advantages to consuming excess amounts of any nutrient. You will rarely need to take vitamin or mineral supplements if you eat a wide variety of foods."

Exceptions to this statement include some women in childbearing years who require iron supplements and women who are pregnant or breast-feeding. Elderly or inactive persons should eat small amounts of low calorie foods containing the essential nutrients and healthy full-term infants "should be breast-fed unless there are special problems," the publication recommends.

In the section dealing with dietary fat, the booklet states, "The recommendations are not meant to prohibit the use of any specific food item . . . for example, eggs and organ meats contain cholesterol, but they also contain many essential vitamins and minerals as well as protein. Such items can be eaten in moderation, as long as your overall cholesterol intake is not excessive."

Limitations on sodium intake are aimed primarily at persons with high blood pressure, and "not everyone is equally susceptible," the publication admits. It states, however, that "in populations with low sodium intakes, high blood pressure is rare (but) in populations with high sodium intakes, (it) is common."

Because most Americans eat more sodium than they need, the USDA and HEW recommend using less table salt and eating sparingly those foods to which sodium has been added in large amounts.

Alcoholic beverages can cause problems, the publication states, both because they add excess calories to the diet and because heavy drinking suppresses a person's appetite for foods containing essential nutrients. "One or two drinks daily appear to cause no harm in adults," the publication states, but it cautions that pregnant women should limit alcohol intake to two ounces or less on any single day because of the risk of birth defects associated with sustained or excessive alcohol use.

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February 18, 1980

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HUEG TO TALK ON WORLD FOOD NEEDS

"Food for all--a challenge for the 80's," will be the theme of the seventh annual H. K. Hayes memorial lecture Tuesday, March 4 at 8 p.m. in the Earle Brown Center on the University of Minnesota's St. Paul Campus.

The lecture will be given by William F. Hueg, Jr., deputy vice president and dean of the University's Institute of Agriculture, Forestry and Home Economics.

Hueg will discuss the need to double food production during the next 20-30 years just to maintain current world nutrition levels. "And for one-third of the world's population this nutrition level is very critical," Hueg says.

The challenges of meeting world food demands are especially timely as we start a new decade and approach the end of the century, Hueg says.

"The United States and the world still does not have a documented food policy. We need to ask what our priorities are," Hueg says. "Do we use scarce fuel supplies to feed hungry people where starvation is a stark reality, or do we use fuel so we can have the convenience of our automobiles for pleasure and business?"

We need to establish priorities for the world's scarce resources and make commitments as a world society. We have talked long enough. We need to act now!"

-more-

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We need to establish priorities for the world's scarce resources and make commitments as a world society. We have talked long enough. We need to act now!"

-more-

2--Hueg

The recent curtailment of grain sales to Russia has made farmers especially sensitive to world food and political problems. "If we want more control over marketing, farmers have to do more of the marketing," Hueg says. "Farmers presently 'give it away' and let someone else market it, then take the damages that get passed back to them. Farmers are 'sitting on' most of the grain reserve in Minnesota at the present time.

"We need to use our God-given soil resources for more efficient food production. We've done a reasonably good job thus far, but the challenges are enormous. It took us 100 years to get average corn yields of 100 bushels per acre. But to double food production using the same system, we need to achieve 200 bushels per acre by year 2000."

Hueg will expand on these themes in his March 4 presentation. Dr. Hayes was a distinguished researcher, teacher and author in the field of plant breeding. He was affiliated with the University's Department of Agronomy and Plant Genetics for over 40 years and led it to world prominence for its work in plant breeding.

#

CA, II-P, TCO, 1A

100-57111

add one--key to diet success

* Cut down portion sizes. Portions of some foods, such as meat, are hard to estimate. A 3-ounce serving of cooked lean meat without bone is equal to a 3-by-5/8-inch hamburger pattie.

* Use whole milk and products made from it sparingly. Low fat and skim milk foods such as skim milk cheese and ice milk have fewer calories than their whole milk counterparts.

* Use calorie-cutting cooking methods. Cook foods with little or no added fat. Trim visible fat from meat and poultry and either broil or roast on a rack. Drain the fat from braised or stewed meats. Broil or bake fish. Steam, bake or boil vegetables, or, for an occasional change, stir-fry in a small amount of oil.

* Don't overlook the foods and drinks enjoyed during social outings. They are part of your day's calorie allotment.

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CA

Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
February 19, 1980

Immediate Release

Source: Mary Darling
(612) 376-4663

Writer: Deedee Nagy
(612) 373-1781

CUTTING DOWN,
NOT OUT, CAN BE
KEY TO DIET SUCCESS

Dieting is a national pastime. Too often, however, the advice offered over coffee klatch or in popular magazines focuses on cutting out certain foods rather than cutting down on a wide variety of menu favorites.

This is the conclusion of Mary Darling, extension nutritionist at the University of Minnesota. She stresses the importance of moderation in dieting. "Taking weight off and keeping it off depends on changed eating habits as well as increased levels of activity," she says. "How many of us take the time to walk when we could ride?"

She points to seven guidelines developed by nutritionists at the U.S. Department of Agriculture's Human Nutrition Center as being useful reminders for weight-conscious Americans.

* Cut down on fatty foods such as margarine, butter, fatty meats and fried foods. Other high fat foods include salad dressings, cream sauces, gravy and many whipped dessert toppings.

* Cut down on sugary foods such as candies, jelly, jam, syrups, fruit canned in heavy syrup, pastries, soft drinks and other sugar-sweetened beverages.

* Cut down or eliminate alcoholic drinks.

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Immediate release

PESTICIDE WORKSHOPS SCHEDULED IN MARCH

If you plan to become a licensed, certified commercial pesticide applicator in Minnesota you may participate in one of four workshops in March.

The workshops are scheduled as follows:

March 11 and 12,	Rochester--Midway Motor Lodge
March 12 and 13,	Marshall--Ramada Inn
March 13 and 14,	St. Cloud--Holiday Inn
March 18 and 19,	Crookston--University of Minnesota (Ag. Research Center)

Registration will begin at 12:30 p.m. on the first day at each location. Basic or core training will be offered the first day and the morning of the second day, followed by training in various license categories.

This training will prepare participants to take license and certification examinations. However, attendance will not qualify presently licensed applicators for relicensing.

Registration fee is \$6 for the course.

For further information, contact the Office of Special Programs, University of Minnesota, St. Paul, or your local county extension office.

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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
February 19, 1980

Immediate release

ANNUAL SPRING CLINIC FOR HORSEMEN MARCH 29

Dr. Terry Swanson, an equine practitioner from Littleton, Colorado, will be the keynote speaker at the Annual Spring Clinic for Horsemen on March 29. The conference will be held in the Classroom Office Building on the University of Minnesota campus in St. Paul.

Dr. Swanson will address the conference on the "Care of the Pregnant Mare and the New Born Foal" and "Equine Pediatrics - Care of the Foal to One Year of Age." During the afternoon session, Dr. Swanson will give a demonstration on evaluating stress in the performance horse.

Additional speakers will include Dr. Larry Booth, College of Veterinary Medicine, University of Minnesota, who will talk on wound therapy. Anne Gilquist, a trainer from Rockford, Minnesota, will give a demonstration on the principles of dressage training.

The Horseman of the Year award ceremony will take place at the noon luncheon held during the conference.

The Annual Spring Clinic for Horsemen is an educational program which deals with a variety of subjects of current interest to horsemen. The program is open to: horse owners and breeders, saddle club members, 4-H horse project members, stable owners and managers, members of the Minnesota Horse Council, and practicing veterinarians.

The clinic is sponsored by several University of Minnesota departments. Additional sponsors include the Minnesota Horse Council, Inc., and the Minnesota Association of Equine Practitioners.

The fee for the clinic is \$20 per person. Families who plan to attend the short course may pay \$20 for the first family member who registers and then \$10 for each additional family member.

For further information and registration materials, contact:

Gerald Wagner
Office of Special Programs
University of Minnesota
St. Paul, MN 55108
(612) 373-0725

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Department of Information
 and Agricultural Journalism
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 St. Paul, Minnesota 55108
 Te. (612) 373-0710
 February 19, 1980

Immediate release

Source: Paul Hasbargen (612) 373-1145

HAY PRICES UNDER
 DOWNWARD PRESSURE

Hay prices will likely remain under pressure during 1980 due to high hay stocks and stable cattle numbers, says University of Minnesota extension economist Paul Hasbargen.

Hay stocks on U.S. farms set a record high in January, up nine percent over 1979. Cattle numbers, however, were essentially unchanged from a year earlier. In Minnesota, hay stocks were up 11 percent with cattle numbers up three percent. "It will be very difficult to move low-to-average-quality hay," the farm management specialist says.

Top quality alfalfa hay is currently selling for \$50 to \$55 in dairy areas of Minnesota. Most of the rest of the state report prices of under \$45 for good alfalfa hay with the exception of the Pipestone Livestock Auction barn which reports \$50 to \$65.

Straw continues to command prices equal to or better than hay. Adding in the value of wheat straw makes the spring wheat crop alternative for 1980 look like a higher net return crop than either corn or soybeans on many Minnesota farms. It also requires less credit.

MID-MONTH HAY PRICES AS REPORTED BY USDA FOR SELECTED STATES

		ALFALFA HAY					OTHER HAY				
		Minn.	Wisc.	S.Dak.	Pa.	Calif.	Minn.	Wisc.	S.Dak.	Pa.	Calif.
July	1977	58.00	59.50	44.00	68.50	67.00	44.50	45.50	39.50	49.50	61.50
June	1978	44.50	40.00	33.50	86.50	62.50	33.00	34.50	29.00	61.50	49.00
May	1979	44.50	36.00	32.00	60.50	86.50	32.00	28.00	24.50	45.50	57.00
July	1979	43.00	32.00	32.00	59.50	83.50	32.00	25.00	25.50	45.00	61.00
Sept.	1979	42.00	34.50	32.50	56.00	84.00	30.50	24.50	27.00	45.00	60.50
Nov.	1979	43.50	32.50	36.50	59.00	95.00	32.50	24.50	30.50	47.50	74.00
Jan.	1980	44.00	31.50	34.00	64.00	115.50	36.00	26.00	32.00	48.00	89.50

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Department of Information
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University of Minnesota
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Tel. (612) 373-0710
February 25, 1980

Immediate release

Source: Robert G. Robinson (612) 373-0881
Writer: Sam Brungardt (612) 376-8182

MINNESOTA STATION RELEASES
NEW PROSO MILLET, ADZUKI BEAN

The Minnesota Agricultural Experiment Station has named and released two new field crop varieties, Minsum white proso millet and Minoka adzuki bean.

Minsum originated as a single-plant selection from a nursery of common white proso millet at Rosemount, Minn., in 1968. For the past six years, it has been tested in yield trials throughout Minnesota as Minn. 55.

While Minsum did not differ significantly in the trials from Minco white proso millet in average seed yield, test weight, or plant height, it matured about a week earlier and produced individual seeds weighing 11 percent more than those of Minco.

Minsum has the added advantage of being the only white proso millet with effusum-type panicles or heads. The seeds are borne on long, spreading branches evenly distributed around the open heads, a characteristic that may hasten drying.

In the trials, Minsum matured about 86 days after planting. Plant height averaged about 45 inches in years of normal rainfall on silt loam soil.

Agronomist Robert G. Robinson, who made the selection, thinks Minsum may have potential in western Nebraska and South Dakota as well as Minnesota.

Robinson also developed Minoka adzuki bean by purifying Sp-168, an introduction from the Oklahoma Agricultural Experiment Station, originally from Taiwan. He rogued Sp-168 for five years to eliminate viny and late-maturing plants and small seeds.

Minoka was tested as Minn. 1 from 1977 to 1979 at Rosemount, Becker, Lamberton, Morris, and Crookston, Minn. Yields ran as high as 3,295 pounds per acre at Rosemount, and equalled or exceeded yields of navy beans at all locations except Crookston.

Minoka is the largest-seeded adzuki variety, with an average seed weight 29 percent greater than recent Japanese introductions. The pods are white and light straw color in contrast to the tan or brown pods of Japanese varieties.

Most of the pods of Minoka are held 2 to 16 inches above the ground. Minoka matures about 115 days after planting, but like other adzuki varieties, all pods on a plant do not mature at the same time and green leaves often remain at maturity.

add one--minnesota station releases

The large, dull-red seeds of Minoka should be especially well suited to the manufacture of high-quality an, a sweetened bean paste which has potential for export to Japan. In 1979, Minnesota farmers grew approximately 250 acres of adzukis.

This spring, the Minnesota Crop Improvement Association has Foundation and Registered seed of Minsum white proso millet and Minoka adzuki bean for sale to qualified members. The Minnesota Agricultural Experiment Station will maintain Breeder seed.

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CA, 4FC, 1A

13-36

add one--agriculture tops in minnesota

The importance of agriculture to the state of Minnesota and the nation is emphasized by statistics showing 80 percent of the agricultural output of Minnesota's farmers is sent outside the state, with a large proportion going overseas to help our balance of payments deficit.

America's, and Minnesota's, agriculture is her "biggest stick". No other country has an agricultural capacity to match American soil, climate, and advanced technology. In fact, one Minnesota farmer alone produces enough food to feed 56 others.

When it comes to making America the world's top food producer, helping lead the way are tens of thousands of industrious and innovative Minnesotans who cultivate and conserve the state's rich natural resources to help supply the world's food and fiber needs.

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Department of Information
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University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 3, 1980

By Frank Zaworski

AGRICULTURE TOPS IN MINNESOTA

Agriculture is America's biggest business and Minnesota agriculture plays a big role in keeping it that way. Agriculture continues to be Minnesota's number one industry.

To help educate consumers about Minnesota and American agriculture--its contributions, concerns and challenges--the non-profit Agriculture Day Foundation is sponsoring Agriculture Day on Thursday, March 20. Ag Day serves as a salute to the farmer and the food and fiber industry and gives consumers a chance to learn more about the world's most productive food factory, the American farm.

"The University of Minnesota joins in this tribute to agriculture," says James Tammen, dean of the College of Agriculture.

Although only about five percent of the state's population is actually farms, an estimated four out of ten working Minnesotans are involved in the food and fiber production and distribution chain. In addition to farmers, the chain includes persons in processing, transportation, sales, marketing, manufacturing and more.

According to the Minnesota Crop and Livestock Reporting Service, the state contained 104,000 farms in 1979 encompassing 30,300,000 acres with an average size of 291 acres per farm. These farms produce a wide variety of crops and livestock creating, in 1979, a gross farm income of more than \$5.5 billion. Nationally, Minnesota ranks fifth in number of farms behind Texas, Iowa, Missouri and Illinois.

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Tel. (612) 373-0710
March 3, 1980

Immediate release

FACTS ABOUT MINNESOTA AGRICULTURE

Ag Related Businesses:

The farmer is not the only person involved in the food chain. Businesses related to Minnesota farming include: --THE INPUT INDUSTRIES--manufacturing and distributing farm supplies and providing production services to farmers; --THE OUTPUT INDUSTRIES--assembling, processing, storing, and distributing farm commodities and items made from them.

#

Farm Land Is Shrinking:

Since 1964, Minnesota has lost 500,000 acres of prime farm land to spreading urban areas. In 1979, Minnesota land in farms totaled 30,300,000 acres.

#

Corn Yields Climb:

Thanks to the introduction of hybrids, corn yields in Minnesota have improved consistently during the past two decades. In 1967, the average corn yield in Minnesota was 72 bushels an acre. In 1979, average yields topped 100 bushels per acre. The increase is attributed to improved corn varieties and inputs such as fertilizer.

#

Beef Makes Burgers:

The hamburger meat from a single beef steer will make about 720 quarter-pound hamburger patties ... enough for a family to have hamburgers each day for nearly 6 months.

A beef steer weighing approximately 1,100 pounds when sent to market will yield about 450 pounds of useable carcass meat. This would include about 180 pounds of hamburger.

#

Minnesota Ranks First:

Nationally, Minnesota ranks among the top states in agricultural productivity. In fact, Minnesota leads the nation in the production of sugarbeets, timothy seed, sweet corn for processing, turkeys, and non-fat dry milk.

add one--facts

Minnesota ranks second nationally in the production of butter, American cheese, oats, hay, sunflowers, and red clover seed.

#

Valuable Livestock:

The combined value of all livestock and poultry on Minnesota farms in 1979 was \$2.1 billion, a sharp 59 percent increase from the previous year.

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Tel. (612) 373-0710
March 3, 1980

by Lynne Medgaarden

AG CAREERS COVER MANY FIELDS

When most people talk about careers in agriculture they usually mean farming; raising crops and livestock. Times have changed. Today, agricultural careers include everything from engineering to public relations.

Agriculture has changed dramatically in the last few decades. High-powered machines have replaced horses and many barnyards have become gigantic feedlots. Even more changes are expected. The future holds such things as farm-produced fuel, computer management, and specialized agricultural consultants.

These new developments require the skills of qualified individuals and the opportunities are immense. "We definitely will have more jobs than we have qualified applicants for," said Agnes Goligoski of the University of Minnesota Agriculture Placement Office.

Where will qualified applicants come from? All over. In fact, over 50 percent of the students currently enrolled in the College of Agriculture at the University of Minnesota are from urban areas. Agriculture is also an area in which woman play an equal role with men.

The number of different jobs in agriculture seems endless. Agricultural business, for example, includes business administration, analysis, management, and industries that manufacture and supply materials for farm production such as feed, seed, fertilizer, machinery and pharmaceuticals. The transportation, assembling, and process industries are also important.

Other career choices could include agricultural education, agricultural journalism, technical communications, public relations, advertising, broadcasting, agronomy, horticulture, animal science, veterinary medicine, soil science, food science and nutrition, wildlife management and many others.

In choosing a career, consider agriculture. The field of agriculture is broad and there is bound to be a career that can fit your needs. If there is not one for you today, keep your eyes open, there will likely be one tomorrow.

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Agricultural Extension Service
University of Minnesota
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Tel. (612) 373-0710
March 3, 1980

Immediate release

Sources: Herbert Johnson (612) 373-0937
David MacDonald (612) 373-1845

Writer: Kathy Frank Chesney
(612) 373-0714

NEW SOYBEAN PEST COULD BE WIDESPREAD IN STATE

A partial survey of Minnesota soybean fields indicates that the soybean cyst nematode (SCN) first found in Faribault County during 1978 is more widespread than originally estimated, a University of Minnesota plant pathologist reports.

Herbert G. Johnson, extension specialist, says that the 1979 survey by the state agriculture department turned up the SCN in seven counties: Cottonwood, Faribault, Freeborn, Kandiyohi, Martin, Renville and Waseca. "Indications are that many more fields may be infested with this soil-borne pest," he says.

Races of SCN different from those found in Minnesota have caused crop losses in the millions of dollars in heavily infested states such as Missouri. Yield reductions of up to 90 percent have been measured in the worst parts of infested fields in other states.

"Because of the widespread distribution indicated by the survey, soybean farmers are advised to watch closely for signs of the disease," Johnson says. Plants damaged by SCN are stunted, yellow and unthrifty. The area of the field affected will generally be oval-shaped and elongated in the direction of primary soil tillage.

From about mid-July to mid-August, if infected roots are carefully removed from moist soil, the white, lemon-shaped females can sometimes be seen attached to the roots. But absence of the females does not mean the field is free of SCN. "Soil testing is the only reliable method of verifying SCN," Johnson says.

If the nematodes are present, Johnson advises growers to rotate away from soybeans and other host crops for three to five years. Hosts include snap beans, field beans, peas and several other legumes. Although alfalfa is a legume, it has not been regarded as a host for SCN.

Chemical control has been partially effective in other states and is being tested here, Johnson says. Resistant varieties planted in other states are not adapted to Minnesota latitudes, but work is in progress to develop appropriate varieties.

For details about SCN and soil testing services, contact your Minnesota county extension director.

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Tel. (612) 373-0710
March 3, 1980

Immediate release

Note to agents: These briefs review new and revised horticulture publications that you should be receiving through April.

HORT PUBLICATIONS BRIEFS

The Complexities of Pruning: Trees and shrubs should sometimes be pruned to promote health and pleasing appearances. Simple enough. But the proper timing, tools and techniques differ widely by species, which makes pruning much more complex than you would think.

For instance, some plants become more susceptible to disease if pruned at the wrong time. Fireblight is more likely to attack apple trees pruned during the growing season than those pruned during winter. On the other hand, "bleeding" trees can create a mess if they are trimmed during late winter or early spring. Maples and elms have free-flowing sap that is least likely to bleed if pruning is done early in the growing season.

The recently revised Extension Folder 317, "Pruning Trees and Shrubs," gives details for several plant species. It describes how to trim bare-root nursery stock, renew overgrown shrubs, use the right tools, and know when not to prune. The folder is available at your county extension office.

#

Home Fruit Spray Guide: You don't need a chemistry degree to control pests in your garden, but knowing a little about those "all-purpose spray mixtures" could improve your fruit harvest.

What ingredients should a good, all-around fruit spray contain? What pests and diseases will a recommended spray control? Which ones need special sprays, or maybe a different type of treatment? How can you avoid hurting helpful insects, such as the bees so crucial to pollination?

The "Home Fruit Spray Guide" answers many of these questions for individuals who grow apples, pears, fruits with stones, raspberries, currants, gooseberries and grapes. It is revised every year so that the most recent pest control information is included. The 1980 copy of Extension Folder 375 is available at your county extension office.

#

Ahhh-Strawberries: It's still winter and you desperately need something summery to raise your spirits. Biting into a fresh, sweet strawberry would be just the thing! But since you can't run outside and pick one at the moment, why not try reading the latest information on raising the best berries possible?

add one--hort. publications

Newly revised fact sheets on growing strawberries are available at your county extension office. They give the latest available information on starting and maintaining strawberry beds in Minnesota. They also discuss how to improve your chances of producing a big crop of delicious fruit every year. For information on proper planting of carefully selected varieties, fertilizing and general good care, ask for Horticulture Fact Sheet No. 19, "Strawberries for the Home Garden." For details on disease control, request Plant Pathology Fact Sheet No. 2, "Strawberry Diseases."

#

Top Tomato-Growing Recipe: What are the ingredients to producing a bountiful harvest of flavorful tomatoes? A new fact sheet available at your county extension office tells what it takes.

Horticulture Fact Sheet No. 49, "Growing Tomatoes" starts with a description of how to seed plants indoors. You will have to get busy in April if you want to grow your own transplants. If mid-May is a better starting time for you, the fact sheet describes what to look for in transplants from your local nursery.

"Growing Tomatoes" gives ways to improve your soil and to fertilize for top production. Drawings show how to prune, stake or cage your plants. Tips on improving fruit set, such as tapping each flower cluster at mid-morning, may come in handy. The authors also describe ways of extending harvest beyond the first few frosts.

(Note to agents: "Growing Tomatoes" is now being printed. You should receive copies during March.)

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St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 3, 1980

SOURCE: Dotties (612) 373-0914

WRITER: Cori Scarbnick (612) 373-0710

INCOME TAX BRIEFS...

Personal exemptions: A new law has increased the personal exemption from \$750 to \$1,000 which is of particular importance if you have children according to Dottie Goss, extension family resource management specialist at the University of Minnesota. "As long as your child is under the age of 19 or in school, it may be possible for you to claim the child as a dependent, even though he or she may have an income of \$1,000 or more. You must still meet the other dependency tests, however."

The dependent child is also eligible for the \$1,000 personal exemption, Goss says, and as long as the income is from wages rather than dividends and interest, no tax will be due on income under \$3,000.

"If you have an unincorporated business, it's possible to hire your child to perform services for you, deduct the payment of wages from your business income and take the child as a dependent," she says. "For instance, if you paid the child \$3,300, your income could be reduced by \$4,300 and your child would pay no income tax on that amount. The child won't have to pay social security tax on the \$3,300 either, as long as he or she is under 21 and employed by parents."

* * * *

Changes in itemized deductions: Two important changes have been made in itemized tax deductions this year says Dottie Goss, an extension family resource management specialist at the University of Minnesota. One change is the repeal of state and local gasoline tax and the other is the repeal of the deduction for political contributions.

"It's still possible to claim a tax credit for political contributions equal to one-half of the contributions," Goss says. "The credit is limited to a maximum of \$50 per person, or \$100 on a joint return."

* * * *

Changes in earned income credit: The earned income credit was originally enacted to offer tax relief to low-income persons whose income came from salaries and wages. Social security rates have been climbing, the wage base has increased and, for some individuals, the social security tax deduction has been greater than the federal income tax liability.

-over-

add one--income tax briefs

"Originally, the earned income credit was only available to the person whose income was less than \$8,000 and who had a dependent child under the age of 18," says Dottie Goss, an extension family resource management specialist at the University of Minnesota. "Although it was supposed to be eliminated in 1979, it has now been made permanent. The earned income credit has been increased from 10 percent of the taxpayer's earned income up to \$4,000 to 10 percent of the taxpayer's earned income up to \$5,000. So, in 1979, the maximum credit is \$500."

General criteria for eligibility include:

- Total income in 1979 must be less than \$10,000.
- Compensation for services must have been in the form of salaries or wages; earning from self-employment can be considered, however.
- You must have a child who is considered a dependent.

* * * *

Energy and tax credits: Business and individuals have opportunities for tax savings under the Energy Act of 1978 according to Dottie Goss, an extension family resource management specialist at the University of Minnesota. Savings will come in the form of tax credits, she says, which are non-refundable but may be carried forward and used in succeeding years.

"Both homeowners and renters may use this tax credit," she says. "If you put in storm windows or doors, caulked or weatherstripped your home, installed automatic set-back thermostats or other energy-saving devices last year, you should remember this when the 1979 tax return is due. The credit is accumulative 15 percent on expenditures up to \$2,000. This means a total of \$300 over the years 1977 through 1985."

Tax credit is available only on residences which were completed before April 20, 1977, Goss adds.

There is also a credit for residential solar, wind or geothermal energy equipment placed on both existing and newly constructed homes. This credit is 30 percent on the first \$2,000 and 20 percent on the next \$8,000 of expenditures.

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Tel. (612) 373-0710
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SOURCE: Mary Darling
612/376-4663

WRITER: Deedee Nagy
612/373-1781

Special Nutrition Series #1

WINTER ISN'T OVER YET:
KEEP EMERGENCY SHELF STOCKED

Has a March storm left roads and sidewalks impassable? Or is a "virus" keeping you inside and under the weather? Whatever the reason, you may suddenly find yourself making fewer grocery store trips, and the larder could start to look bare.

Mary Darling, extension nutritionist at the University of Minnesota, suggests keeping extra food on hand to see you through a possible emergency of 10 to 14 days. This is particularly important for the elderly, but it applies to others as well. A power failure, for example, could leave you without refrigeration, a working water pump or power for cooking.

Canned foods should be the basis for your emergency food supply, but don't forget to include a hand-operated can opener in case it is a power failure that forces you to use the provisions.

Ms. Darling suggests keeping foods in a cool (below 65°) dry cupboard. Powdered milk, ready-to-eat cereals, crackers and dried fruits will keep longer when stored in metal containers.

Rotate the supplies, using some in regularly weekly menu plans and restocking with new items. If you live in a rural area and have your own electrical pump, keep a gallon or two of drinking water on hand.

Non-fat dry milk, canned evaporated milk and instant cocoa mixes are easily stored forms of milk. Canned or dried fruit, canned fruit juice, canned or dehydrated vegetables and soups are other handy additions to the emergency shelf.

add one--winter isn't over yet

Store grain foods in the form of ready-to-eat cereals, crackers, canned quick breads and dry breads such as melba toast. If you have a freezer, breads keep well and cooked meat or cheese can be used directly from the freezer.

Easily stored protein foods include peanut butter, pressurized processed cheese, canned meat and fish and main dish items such as stew, pork and beans, hash or chili.

Ms. Darling suggests filling the gaps of menu planning with such foods as canned puddings, canned fruit sauces and miscellaneous items like pickles, bouillon, jams and jellies, canned nuts and candies.

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Department of Information
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Agricultural Extension Service
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St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 3, 1980

SOURCE: Mary Darling
612/376-4663

WRITER: Deedee Nagy
612/373-1781

Special Nutrition Series #2

LOOK TO FOOD, NOT PILLS
FOR A BALANCED DIET

If you're worried that your diet isn't providing the vitamins and minerals your body needs, look to your grocery purchases, not the vitamin and tonics section of your drug store, for a solution.

This is the suggestion of Mary Darling, extension nutritionist at the University of Minnesota. She adds, "Taking extra vitamins and minerals will not necessarily balance an unbalanced diet. A varied selection of foods best supplies good nutrition."

No pills or tonics can supply all nutrients in the right amounts and combinations for your body. Also, your body needs fiber to mix and move nutrients through the digestive tract and vitamin/mineral supplements do not contain fiber, Ms. Darling says.

Vitamin manufacturers and retailers often aim their sales at older persons, Ms. Darling says. They sometimes suggest that adults need more vitamins and minerals as they age, but this just isn't the case. The Recommended Daily Allowances for people over 50 are about the same. Although these are aimed at healthy people, Ms. Darling points out that many older persons are very healthy so the same allowances apply to them as apply to younger adults.

She adds that in small and moderate amounts, vitamins and minerals are nutrients that help the body maintain itself. But in large amounts, vitamins and minerals are drugs with no miracle powers but possible poisonous side effects if doses are too large. Too much vitamin A, for example, can trigger hair loss, rashes, fragile bones and painful joints. Extra amounts of trace minerals are toxic.

add one--look to food, not pills

"Taking a large dose of vitamin or mineral supplement without a doctor supervision can be dangerous," Ms. Darling says. "You are much less likely to overdose a vitamin or mineral from the foods you eat because vitamins and minerals are scattered and diluted in foods."

She adds that some persons with stomach or intestinal disorders may need high potency vitamin supplements because their conditions interfere with vitamin absorption from the digestive tract. Similarly, some persons need increased levels of certain nutrients following surgery, an infection, a bone fracture or certain types of drug therapy.

If poor diet is apparent and a physician suggests a vitamin/mineral supplement, it should be one that contains a wide range of nutrients in only moderate doses, Ms. Darling says. "And it doesn't matter whether the supplement is a so-called natural one or a synthetic product, the effect in the body will be the same."

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Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 3, 1980

Immediate release

Consumer Briefs . . .

WHAT'S YOUR CREDIT CARD LIABILITY?

Most people carry credit cards without giving much thought to their liability should the cards be lost or stolen and then used illegally to buy merchandise.

Dottie Goss, extension home management specialist at the University of Minnesota, reports that in a survey of more than 3,500 consumers, less than 60 percent knew that notifying the credit card issuer of a card loss or theft before its illegal use protects the card holder from financial responsibility.

About 15 percent of the respondents, all credit card holders themselves, knew that if the credit card holder failed to notify the card company or did so only after it was already used illegally, he or she could be held responsible for payment of up to \$50 worth of illegal purchases. Fewer than 10 percent of those polled could correctly answer both questions about their credit card liability, according to the Purdue University research results.

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PROTECT YOUR CREDIT CARDS

Fraudulent or unauthorized use of credit cards cost merchants more than half a billion dollars nationwide last year, and these costs are eventually passed on to you, the consumer.

Protecting your credit cards is essential, states Dottie Goss, extension home management specialist at the University of Minnesota. She offers these pointers:

- * Treat cards like cash. Don't carry more than you need and keep them in a safe spot.

- * Sign all cards as soon as you receive them, and never lose sight of your card when making a purchase.

- * Save sales slips and compare them to your monthly statement. Report any discrepancies or unauthorized purchases immediately.

- * Make copies of all your cards or keep a list of your account numbers. Also keep a list of the addresses and phone numbers of all card issuers so you can notify them quickly if a card is lost or stolen.

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YOU AND YOUR
INCIDENTAL CREDITORS

Incidental credit is that granted to you by your physician, dentist, lawyer, accountant or a similar businessperson who does not issue credit cards and normally does not add finance or interest charges to your bill.

Dottie Goss, extension home management specialist at the University of Minnesota, reminds women that incidental creditors are bound by the Equal Credit Opportunity Act in much the same way that department stores and bank card companies are. Incidental creditors may not discriminate against applicants for credit on the basis of sex or marital status.

They are also prohibited from asking a credit applicant about his or her birth control practices and from discounting income from part-time employment, retirement benefits, alimony or child support. They can, however, consider the likely stability of these payments in making a credit decision.

Also outlawed is a refusal to grant a creditworthy married person an individual account. Incidental creditors cannot close or change the terms of a standing credit arrangement because the credit holder's marital status changes.

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March 3, 1980

Immediate release

CENTRAL LAMB TESTING NOMINATIONS DUE

The national Lamb and Wool Show Central Lamb test entries are due March 22, according to C. J. Christians, extension animal scientist, University of Minnesota.

The central test will be conducted at the LaVerne Martin farm near Albert Lea, Minnesota. Producers may enter wether lambs which weigh at least 40 pounds and are unshorn when delivered to the station March 28 or 29.

All lambs are given a six-day adjustment period, fed a standard ration, and tested under uniform conditions until the National Lamb Show is held June 6 and 7 at Pipestone, Minnesota. Over \$1,000 in prize money is offered in this division.

For further information, contact: National Lamb and Wool Show, Pipestone Vocational School, Pipestone, Minnesota 56164.

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Tel. (612) 373-0710
March 3, 1980

Immediate release

SOURCE: Bill Lueschen
507/835-3620

FORAGE PRODUCERS NAME
TOP MANAGERS IN MINNESOTA

Gary Allen, a dairyman from Eyota, MN who uses advanced forage production and feeding practices, was named Premier Forage Producer during the Minnesota Forage and Grassland Council program in St. Cloud Feb. 27.

Allen operates a 420-acre farm and a 128-head Holstein herd in Olmsted County. His alfalfa production program includes thorough soil testing to determine fertilizer needs. He also established alfalfa with chemicals rather than a cover crop in 1979.

"Gary was a pioneer in using cold-flow ammonia as an additive to corn silage to increase protein," said William Lueschen, University of Minnesota researcher who presented the award. "He also uses forage testing and does his own ration balancing."

The Council recognized four others as outstanding forage managers. Ben Zweber, Elko, operates 593 acres and milks 180 cows. He uses oats as a companion crop in establishing alfalfa to control soil erosion. "Ben applies fertilizer once or twice a year based on soil test results," Lueschen reported. "His yield level is about six tons per acre".

Loring Paschke, Windom, also received honorable mention. His management practices have resulted in a six to seven ton-per-acre alfalfa yield. Paschke has added alfalfa to his 20 acres of permanent pasture and fertilizes them each year.

Gerald Meierhofer, Watkins, direct-seeds alfalfa with a cultipacker type seeder and chemical weed control. His plant nutrient and disease management programs have helped him reach a five to six ton yield. Meierhofer uses ammonia with corn silage to increase protein.

John Kvasniska farms 314 acres and operates a 43-head Jersey herd near Hayfield. He sold more than 110 tons of the seven to eight ton-per-acre yielding alfalfa he produced last year. He uses three phytophthora-resistant alfalfa varieties and orchard grass to overcome this root disease on his farm. High fertilizer rates help him maintain the superior production level.

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University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 3, 1980

SOURCE: Donald Barnes
612/373-0865

BARNES WINS STATE
FORAGE SERVICE AWARD

Alfalfa breeder Donald K. Barnes received the outstanding service award from the Minnesota Forage and Grassland Council Feb. 27.

Barnes is a research geneticist for the U.S. Department of Agriculture in the Department of Agronomy and Plant Genetics at the University of Minnesota.

Barnes has been a leader in the development of alfalfa varieties resistant to phytophthora root-rot, a major disease problem for Minnesota forage producers. Before coming to the state he developed the first varieties resistant to alfalfa weevil and anthracnose. He is currently working on alfalfa lines with high nitrogen-fixation potential.

Barnes received his Bachelor and Master of Science degrees at the University of Minnesota. He received his Ph.D degree in 1962 at Pennsylvania State University. He worked for USDA in Puerto Rico, Pennsylvania and Beltsville, Md., before returning to Minnesota in 1968.

Barnes has been elected a fellow of the American Society of Agronomy and serves as national technical advisor for USDA alfalfa breeding. He is permanent secretary of the National Alfalfa Improvement Conference.

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Immediate release

STATEWIDE RESORT MEETING SET FOR QUADNA MOUNTAIN RESORT

Energy costs and efficient use plus market strategies and the economy in the 80's will be featured at a resort managers' conference March 24 - 25. The seminar will be held at Quadna Mountain Resort, Hill City.

The Department of Energy will team with Jim Boedicker, University of Minnesota agricultural engineer, and John Peterson, energy consultant, to discuss the energy outlook and what the individual resorter can do to most efficiently use energy.

Marketing in the 80's will be discussed by a team keynoted by Mark Ludlow, well known resorter and business management instructor at the University of Minnesota. Kirk Watson, Department of Economic Development research leader, and Fred Senn, advertising consultant, will discuss developing market strategies for individual resorters.

Featured speaker for the evening banquet will be Lt. Governor Lou Wangberg, who will discuss "The Challenge of the 80's". Final wrap-up speaker at the Tuesday luncheon will be G. Edward Schuh, Department of Agricultural Economics, University of Minnesota, with his view of the economic outlook for the 80's.

The meeting begins with noon luncheon on March 24 and concludes about 2 p.m. Tuesday.

Minnesota's nearly 2,000 resorts are an important part of Minnesota's tourism industry. This meeting gives Minnesota an opportunity to share ideas and get to know their business neighbors, according to Larry Simonson, Extension Tourism Specialist at the University of Minnesota. The state tourism industry generated about \$1.6 billion in 1979 and adds over \$100 million per year in direct state tax revenues. It employs about 90,000 people.

The conference is sponsored by the University of Minnesota's Agricultural Extension Service, the Minnesota Department of Economic Development, the Minnesota Resort Association and other industry groups.

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add one--don't sell productive dairy, beef cows

Share operations might be considered in either beef cow or cattle feeding enterprises if traditional credit is limited. That is, contact a non-farm friend or relative who is interested in investing in beef cows or feeder cattle. Projections can be made as to the relative proportion of the total enterprise costs that will be borne by each partner and the returns from cattle sales can be split in that same percentage.

For example, beef cow ownership used to account for about 20 percent of the total costs of keeping a cow for a year. But, for 1980 the proportion has jumped to about 30 percent. A worksheet for making such an estimate is available from county extension directors.

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Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 4, 1980

SOURCE: Paul Hasbargen
612/373-1145

WRITER: Jack Sperbeck
612/373-0715

Credit Crunch Advice:

DON'T SELL PRODUCTIVE DAIRY, BEEF COWS

"It's a mistake to sell dairy or beef cows that are still productive if you're caught in a credit crunch," says Paul Hasbargen, extension farm management specialist at the University of Minnesota.

Hasbargen says that barren beef cows or dairy cows that are due to be culled in 1980 should still be sold. "But hold them until late April or May to take advantage of the usual cow price upsurge that comes at the time as most cattle go back on grass."

Beef cows that have calves but are due to be culled in 1980 for some other reason should be sold in June after calves are weaned early. Research shows that beef calves can be weaned at 60 days if they're fed properly.

"This will help in two ways," Hasbargen says. It will add \$500 to \$600 to the cash flow system for each cow sold early. Secondly, prices are apt to be about 20 percent higher in May-June than late next fall. In addition, you'll save over \$35 per cow in interest costs and save on summer feed costs.

Feeder animals--both dairy and beef--that have been overwintered should also be held a couple of more months. Hasbargen says May feeder prices are usually five percent higher than early March prices. The outlook is for an even greater price rise during the next two months. And May sales would still provide cash flow early enough to help pay for some of the spring planting costs.

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Tel. (612) 373-0710
March 3, 1980

Immediate release

SHORT COURSE OFFERED FOR TOWN OFFICERS

Township officials from _____ County are invited to the Township Officers Short Course, a day-long educational program beginning at 9 a.m. _____ at the _____ in _____. Registration starts at 8:15 a.m.
(date) (place) (town)

Expected to attend from _____ County are: _____, _____, and _____. (List names and offices if available.)

Insurance, liability, finance, land use, fire protection and a town meeting demonstration are topics for the morning session. Separate discussion groups for supervisors, clerks and treasurers will take place in the afternoon.

The course is presented at 12 locations throughout the state by the University of Minnesota Agricultural Extension Service through the Office of Special Programs under the sponsorship of the Minnesota Association of Township Officers.

The course provides township officers with technical information to effectively and efficiently carry out their duties and responsibilities.

Dates and locations:

- March 18, Holiday Inn South, Rochester
- March 19, University of Minnesota Technical College, Waseca
- March 20, Orchid Inn, Sleepy Eye
- March 21, Southwest State University, Marshall
- March 24, Holiday Inn, St. Cloud
- March 25, Benson Bowler, Benson
- March 26, Holiday Inn, Fergus Falls
- March 27, Craguns on Pine Beach, Brainerd
- March 31, Area Vocational Technical Institute, Detroit Lakes
- April 1, Best Western Motel, Thief River Falls
- April 2, Rainbow Inn, Grand Rapids
- April 3, Holiday Inn, Eveleth-Virginia

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University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 4, 1980

SOURCE: Paul Hasbargen
Fred Benson
612/373-1145

WRITER: Jack Sperbeck
612/373-0715

Credit Crunch Advice:

CONSIDER GROWING LOWER COST CROPS, ECONOMISTS ADVISE

Farmers should reexamine their choice of crops to grow in 1980 due to tight credit and high interest rates, University of Minnesota farm management specialists advise.

"Some crops require less fertilizer, fuel and other high cost inputs than others," say specialists Paul Hasbargen and Fred Benson. Soybeans require less than half as much cash costs to grow as corn. Projected 1980 budgets suggest cash costs of over \$150 an acre to grow and harvest an acre of corn compared to less than \$75 for soybeans.

Soybeans are apt to make you more money anyway. Soybean budgets based on fall contract prices show greater potential net returns than corn for all areas of southern Minnesota except the extreme southeast corner of the state.

Wheat is another crop that should be seriously considered by southern Minnesota farmers, Hasbargen and Benson say. Cash costs for wheat are similar to soybeans but wheat ties up credit for less time. Despite low yields from late planting the last two years, farm management records from southwestern Minnesota show that wheat yielded net returns equal to corn over the past three years.

"Budgets based on current contract prices show wheat to be more profitable than corn if a dry spring permits timely planting of the wheat crop in April. With declining world wheat supplies, the current outlook for wheat is quite favorable.

"In addition, straw has been a premium commodity in recent years. If you grow wheat, salvage the straw even if you don't need it. It's been selling for more than average quality alfalfa hay the past two years," they add.

Growing sunflowers also requires lower cash operating costs than corn. Although flower prices are currently below the more favorable prices of recent years, the longer-run market growth potential for them looks good, Hasbargen and Benson say. "Even with prices of only nine to 10 cents per pound for the 1980 crop, sunflowers appear competitive with corn and other crops in northwestern Minnesota," they say.

More information is available from Minnesota County Extension Offices.

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University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 4, 1980

SOURCE: Paul Hasbargen
612/373-1145

WRITER: Jack Sperbeck
612/373-0715

Credit Crunch Advice:

MAINTAIN OR EXPAND SOW HERDS

Sow herds should be maintained through 1980, advises Paul Hasbargen, extension economist at the University of Minnesota.

High interest costs coupled with hog prices that are below production costs are encouraging liquidation of sow herds. "But Minnesota farmers should maintain--or even expand--their sow herds during the coming months," Hasbargen says.

More hog production will help market the growing supplies of feedgrains that have been backed up on Minnesota farms because of the transportation problems of the past year.

"Hog producers courageous enough to 'buck the trend' of the hog cycle will be in a position to reap greater profits in 1981 when hog prices bounce back," Hasbargen says.

"If hog prices make the same percentage jump in 1981 that they have made following the last three low price years market hogs will be back to \$55 a year from this summer."

More information is available from Minnesota County Extension Offices.

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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 4, 1980

SOURCE: Dick Hawkins
612/373-1145

WRITER: Jack Sperbeck
612/373-0715

Credit Crunch Advice:

FARMERS ADVISED TO SEE CREDITORS EARLY

All farm credit requests won't be filled this year due to tight money supplies.

"Your best chance of getting credit is to see your creditor early with a detailed financial plan," advises Dick Hawkins, extension farm management specialist at the University of Minnesota. Your plan should demonstrate your willingness and ability to adapt your farming operation to tight money and high interest rates," he adds.

Hawkins suggests following these steps:

-- Develop a "near minimum" credit requirement plan by doing some cost cutting. For example, soybeans and wheat require less than half as much in cash costs to grow as corn. Sunflowers also cost considerably less to grow.

-- Get an early appointment to go over your projected credit needs with your lender.

-- With your lender, develop a marketing plan for the current crop and market livestock inventories. In addition, your projected production plans should take full account of high interest costs involved in carrying inventories.

-- Develop a cash flow plan that pinpoints timing of loans and repayment schedules.

-- Fix a firm objective in your mind to stay within your projected budget in 1980.

-- Inform your creditor immediately of any unexpected change in your cash flow projections.

More information is available from Minnesota County Extension Offices.

3/11/80
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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 6, 1980

Immediate release

SOURCE: Herbert Johnson
(612) 373-0937

CORRECTION:

Soybean Cyst Nematode NOT found in Renville County

A news release dated March 3, 1980, titled NEW SOYBEAN PEST COULD BE WIDESPREAD IN STATE, contained an error. Renville County was listed as one of the seven counties in which soybean cyst nematode has been found. The list should have included Brown County and omitted Renville County. We regret the error.

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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 10, 1980

Immediate release

SOURCE: Mary Darling (612)
376-4663
WRITER: Deedee Nagy (612)
373-1781
Special Nutrition Series #3

APPETITE LAGGING?
TRY THESE TRICKS
TO COAX IT BACK

The loss of appetite can affect anyone at times, but it may be a particular problem for persons who have been ill or for some older adults, suggests Mary Darling, extension nutritionist at the University of Minnesota.

Observing regular mealtimes and making meals as appealing as possible may be the key to coaxing back an appetite that has lagged, Ms. Darling adds. "But three meals a day is not the only way to eat. You might enjoy five smaller meals. Perhaps, a light breakfast, a mid-morning snack, a hearty lunch, a light dinner and a bedtime snack."

A walk shortly before mealtime will also help spur an appetite even if you go no further than around the outside of your home or through the halls of your apartment building. Here are some other tips that may spur a lagging appetite:

* Develop an interest in cooking. Check the library for interesting cookbooks or join a cooking club or class in your community.

* Build contrasting flavors into each meal. Contrast tart with bland flavors, mild with strong. Additional seasonings such as lemon juice or pepper may perk up the flavor of some foods.

* Vary each meal with both hot and cold foods, and try to give your plate some "eye appeal." A sliced orange salad and bright green broccoli brighten up a meal of meat loaf or roast chicken.

* Add something crisp to each meal, even if it is just a lettuce leaf or a pickle. Crisp foods contrast with softer ones.

* Pamper yourself a bit. An occasional splurge on an expensive cut of meat or an off-season fruit can make a meal special and appealing.

* Try to make mealtime a special event. Eating at a restaurant is relaxing and the fellowship of others can make it pleasant even if it is more expensive than eating at home.

If you or your spouse is at least 60 years old, you may be able to get a hot noon meal at a federally-funded nutrition program meal site in your community. Check with your county human services department or the local community health services office. Menus are often published in the newspaper.

add one--new energy labels

* Refrigerator Y costs \$500 and has an estimated annual operating cost of \$67.20.

Divide the price difference by the operating cost difference. This will tell you the number of years needed to recover the difference. (The average life expectancy of a refrigerator is 15 years.) In this example:

$$\frac{\$550 - \$500}{\$67.20 - \$48} = \frac{\$50}{\$19.20} = 2.6 \text{ years to recover the cost difference between model X and model Y}$$

It is also possible to figure the total cost of appliance ownership, known as life cycle cost. Mrs. Olson says this computation takes into account purchase price, operating costs, service or repair costs and even the likely hikes in electricity rates and the money that could have been earned if the difference in the purchase prices had been invested for the life expectancy period of the appliance.

To do this more complicated figuring, obtain a copy of Home Economics-Family Living Fact Sheet 39, "Appliance Energy Labeling," from the _____ County Agricultural Extension Service Office or write to the Bulletin Room, Coffey Hall, University of Minnesota, St. Paul, MN 55108.

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NEW ENERGY LABELS CAN GUIDE APPLIANCE BUYERS

You are about to buy a new refrigerator. Model X costs \$50 more than model Y, which is identical in size and features. But is it wise to spend that extra \$50 to get Model X's better energy efficiency?

Beginning in May, this type of decision will be easier for the consumer to make, says Wanda Olson, extension household equipment specialist at the University of Minnesota. Energy labels will be required on new refrigerators, freezers, water heaters, clothes washers, dishwashers, air conditioners and furnaces.

The labels for most of these appliances will state annual energy costs for the model based on "typical usage." Also included will be a scale showing how the model compares to the least and most efficient models of the same size or type.

Mrs. Olson says the energy labels should be used as consumer guides in much the same way that mileage estimate ratings on new cars are used. Each family's use varies so they may not come up with precisely the stated yearly operating cost. But by comparing the label data from several appliances, a buyer can see which appliance probably will cost the least to operate.

More efficient appliances typically cost more, so the consumer may want to compute the length of time required for lower operating costs to pay back the higher initial investment for the more costly appliance.

For example:

* Refrigerator X costs \$550 and has an estimated annual operating cost of \$48.

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Immediate release

DEPENDING ON USE,
MICROWAVE OVENS
DUBIOUS ENERGY SAVERS

Have you noticed the change in microwave oven advertising recently? Gone are the claims for their energy saving benefits. There's a good reason, says Wanda Olson, extension household equipment specialist at the University of Minnesota. The study of energy used in homes before and after the purchase of a microwave oven showed that the ovens saved only about three to four percent of electricity used for cooking.

As a result of these findings, the Federal Trade Commission now prohibits microwave manufacturers from making energy-saving claims about this percentage.

Mrs. Olson says, "At one time, microwave buyers listed their reasons for buying as convenience first and energy savings second. Now that the energy savings claims are restricted, microwave manufacturers are concentrating on promoting their ovens' convenience features."

She adds, however, that some owners get better energy savings from the ovens, depending on how they use them. When microwave ovens are used instead of conventional ovens, savings are considerably larger. Preparing meats, casseroles and baked products in a microwave oven is energy efficient.

But instead of replacing conventional oven cooking, most microwave oven owners use them primarily to cook items normally prepared on the top of the range. Range-top cooking is more energy efficient than conventional oven cooking. "For cooking vegetables, sauces, pudding, warming soups and cooking of that type, the microwave method doesn't save much over range-top heating unless the amount is small--2 cups or less," Mrs. Olson says.

She also points out that even when a microwave oven user gets maximum energy savings from the appliance, the difference may not be noticeable on the monthly utility bill. Cooking accounts for only four percent of household energy consumption compared to 71 percent for heating and 14 percent for water heating. Clothes drying takes about as much energy as cooking and refrigeration takes slightly less.

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Consumer Briefs . . .

FEDERAL AGENCIES
SET CONSUMER PROGRAMS

The U.S. Department of Agriculture, along with all other federal departments, has been ordered to design a consumer program. These Consumer Affairs Councils in all federal departments will set procedures for consumer in-pur into agency policies and programs and will attempt to inform consumers of pending proceedings and opportunities for their participation.

Dottie Goss, extension family resource management specialist at the University of Minnesota, reports that the USDA is asking for consumer comments on its proposed program. Comments or suggestions received this week will be taken into consideration in adopting or revising the proposed consumer participation program.

The USDA proposal calls for consumer participation in advance of all important decisions. This would be done through forums, open meetings, comment periods and hearings. In addition, aides to an Assistant to the Secretary for Consumer Affairs will monitor consumer complaints and take responsibility for educating the public on effective complaint procedures.

The complete USDA proposal can be found in the Federal Register, Volume 44, No. 238, December 10, 1979, which is available in public libraries. If you wish to comment on the proposed consumer program, address your remarks to Elizabeth Webber, Acting Director, Public Participation. OBPE, U.S. Department of Agriculture, Room 118-A, Washington, D.C. 20250.

* * *

PRODUCT ENDORSEMENTS
MUST MEAN WHAT THEY SAY

Have you ever wondered how believable the endorsements in advertisements are? The Federal Trade Commission has adopted new guidelines to prohibit bogus endorsements and inflated claims, according to Dottie Goss, extension family resource management specialist at the University of Minnesota.

Under the guidelines, advertisers must be able to prove that the average person will get comparable product performance to that claimed in the endorsement.

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add one--consumer briefs

In addition, persons endorsing products must actually use the products, and ads featuring consumers must use actual consumers or else identify the endorsers as actors.

Advertisers are prohibited from using endorsements out of context in a manner that could distort them. They also must reveal if there is any connection between the advertiser and the endorser that could affect the credibility of what the endorser says.

* * *

SHOPPING BY MAIL
SAVES GAS, TIME,
BUT ISN'T PROBLEM-FREE

Americans will spend an estimated \$82 million on goods and services this year without ever visiting a store that deals in these items. They are the consumers who make shopping by mail a growing enterprise.

Dottie Goss, extension family resource management specialist at the University of Minnesota, reports that the time and gasoline savings possible by mail shopping may not tell the whole story. Although most mail order firms are responsible and reliable, even the most trustworthy company may occasionally slip up or misunderstand what the consumer wants. And, as in any industry, a few unreliable and even fraudulent companies lie in wait for the unwary buyer.

Before deciding to buy by mail, Goss suggests reading the advertisement or catalogue description carefully. "And always remember, if it sounds too good to be true, it probably is," she says. Be certain that you fill in the order blank completely, and be sure to include shipping or other charges as indicated in the catalogue.

Before mailing any order, make a complete record for yourself. File away the name, address and phone number of the company, the specifications of your order and the date on which you placed it. A photostat of the order blank is an additional piece of insurance, Goss adds.

* * *

HOW LONG IS
'TOO LONG' TO WAIT
FOR MAIL ORDERS?

Waiting is a necessary part of mail order shopping, but sometimes a reasonable wait can stretch into an annoying delay. Dottie Goss, extension family resource management specialist at the University of Minnesota, says the Federal Trade Commission has ruled that 30 days is a reasonable time to allow mail order firms to fill your order. If, however, the advertisement or order

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Immediate release

FIRE EDUCATION
WORKSHOPS SCHEDULED

Deaths and injuries from Minnesota fires are on the rise, and persons in small communities and rural areas seem to be particularly vulnerable.

The University of Minnesota's Fire Information Research and Education (FIRE) Center is sponsoring a free public series of fire education workshops in ten communities during March and April. The workshops are intended for educators, civic and youth group leaders and members, industrial safety overseers and fire department personnel.

Participants will look at education's role in reducing fire deaths and injuries and will review fire education programs that have proved successful, according to FIRE Center director Antona Richardson. FIRE Center offers the workshops through a grant from the U.S. Fire Administration and the Consumer Product Safety Commission.

Each workshop begins at 7:30 p.m. The communities and dates are:

Rochester, Area Vocational Technical Institute, Cafeteria East	March 17
Mankato, Area Vocational Technical Institute, A166	March 19
Marshall, Southwest State University, Individualized Learning Bldg. 219	March 20
Willmar, Area Vocational Technical Institute, A100	March 24
Fergus Falls, Community College, Science/Health S204	March 25
Brainerd, Area Vocational Technical Institute, 231	March 26
Thief River Falls, Area Vocational Technical Institute, 114	March 31
Bemidji, Area Vocational Technical Institute, Accounting Lab	April 1
St. Cloud, Area Vocational Technical Institute, Auditorium	April 14
Duluth, University of Minnesota, Social Science Bldg. 308	April 15

add two--consumer briefs

blank states that a longer wait is required, you have little choice except to wait longer.

If a company cannot send your merchandise within 30 days, it must notify you of the delay and give you the option of cancelling your order. A phone call will solve some problems of non-delivery. Many mail order firms maintain toll-free numbers. To find out if the company in question has such a number, call Directory Assistance for toll-free numbers. That phone number is 800-555-1212. If no toll-free number is available, write to the customer service department or the president of the company.

* * *

EFFECTIVE COMPLAINING GETS BEST RESULTS

Most mail order transactions come off without a problem, but even the most experienced mail order shopper may occasionally need to complain or request a correction in an order. Dottie Goss, extension family resource management specialist at the University of Minnesota, says effective complainers get the best and quickest results from their efforts.

In corresponding with any company, always state clearly the details that the company needs to know to handle your situation. Give the order number, item numbers, descriptions, date ordered, your name and address and photostatic copies of material substantiating your claim (the order blank, cancelled check or money order, credit card billing).

State precisely what action you want the company to take--replacement, exchange, cancellation or refund. Never return damaged or unsatisfactory merchandise until you have received a reply to your complaint letter.

If you haven't received any response to your letter after 30 days, go public with your complaint, Goss recommends. Inform your city or state Department of Consumer Affairs, write to your State Attorney General's office, or contact the Mail Order Action Line (6 E. 43rd St., New York, NY 10017) which is a free service of the Direct Mail/Marketing Association. This organization is concerned about keeping its industry as complaint-free as possible, and it will act as consumer advocate on your behalf with the company involved.

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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 17, 1980

Immediate release

SOURCE: Roger Machmeier
612/373-0764

Michael Hansel
612/296-7250

PUMP, DON'T FLUSH
SEPTIC TANK SOLIDS

Solids should be removed from a septic tank by a qualified maintenance service that pumps out and carries away tank contents, according to University of Minnesota extension agricultural engineer Roger Machmeier.

"Septic tank additives that chemically flush solids defeat the purpose of the tank," Machmeier explains. "The solids are flushed into the drainfield where they plug soil pores."

Michael J. Hansel, Minnesota Pollution Control Agency staff engineer, also requests homeowners to avoid chemical tank additives. "Certain degreasers are not broken down by the sewage system and will end up in the groundwater," he explains.

Two common tank degreasers, trichloroethane and methylene chloride, were once suspected cancer-causing agents. Recently completed research, however, shows that they are not carcinogenic. Hansel warns that they are still a problem: "Please do not add these or other halogenated hydrocarbons to your home sewage system where they can find their way into, and contaminate, the groundwater."

A septic tank in a home sewage treatment system settles out sewage solids, Machmeier explains. Then, the bacteria active in the tank partially decompose the organic material. Proper septic tank care is to have a qualified septic tank maintenance service remove the solids by pumping.

For more information on home sewage systems, read Extension Folder 337 "Get to Know Your Septic Tank," available from your local Extension office or the Bulletin Room, 3 Coffey Hall, University of Minnesota, St. Paul 55108.

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Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 17, 1980

Sources: Jim Kitts 612/373-1016
Larry Nelson, DNR
612/296-3344
Writer: Kathy Frank Chesney
612/373-0714

THERE'S HELP FOR PRESERVING
WILDLIFE HABITAT ON FARM LAND

Modern agriculture provides more food than the world has ever known, but much wildlife habitat has been lost in the process, says Jim Kitts, University of Minnesota extension wildlife specialist.

"We have destroyed cover by draining wetlands, bulldozing windbreaks and fence rows and farming nearly all of the available land," Kitts explains. "Economic realities have forced farmers to plant crops that provide little protection for wildlife."

The public has a stake in preserving habitat for ducks and geese, ring-neck pheasants, deer and all other wildlife species, Kitts adds. That's why new or revived government programs use tax dollars and hunting fees to help landowners improve wildlife habitat.

State Programs: Minnesota hunting license fees help pay the landowner's costs through the Wildlife Habitat Improvement Program, reports Larry Nelson of the state Department of Natural Resources (DNR). "Since 1967, thousands of landowners have signed simple one-page agreements that spell out what the individual will do and the funding he or she will receive," he says.

add one--there's help

The property owner works with the DNR area wildlife manager to draw up a plan that includes one or more of the following practices:

- Building a shallow water impoundment or restoring a wetland ,
- Tree-planting around buildings or fields (10 rows or more with four rows of evergreens),
- Providing nesting cover that must be maintained for at least five years, and
- Providing food plots of corn or sorghum on farmland for birds, or browse for deer in forested areas.

"The landowner works with one person at one agency for several cost-sharing opportunities," Nelson adds. "The plans are tailor-made for the individual farm."

Soil and Water Conservation Districts in the state share the cost of practices meant to reduce soil erosion. Many of these practices, such as planting field windbreaks and grass cover, also improve wildlife habitat.

Tax Incentives: Landowners are encouraged not to drain wetlands through a new state tax law. Starting this year, landowners are exempt from paying property taxes on wetlands that could be drained for crop production. County auditors are also instructed to reduce the owner's total property tax bill by three-fourths of one percent of the average value of cropland in the township for each acre of wetland on the landowner's property.

Property owners who wish to take advantage of the wetlands exemption and credit must agree not to drain the wetland during that year. County assessors have details. The state must reimburse counties for tax revenues lost and credits paid.

Federal Programs: "One of the most popular is the Federal Water Bank," Nelson says. Landowners are paid annually for 10 years to preserve and improve their wetlands and adjacent acreage. Payments are reviewed and may be adjusted after five years.

Water Bank funding is administered through the county office of the

add two--there's help

Agricultural Stabilization and Conservation Service (ASCS). The Soil Conservation Service (SCS) provides technical help.

(The state also has a water bank program, but it is open only to farmers who are denied a permit to drain wetlands designated as public waters. The payment rate is five percent of the appraised value of the land per year.)

The ASCS also shares the cost of habitat improvement through the Agricultural Conservation Program (ACP). SCS provides technical assistance.

"We know of farmers who, through careful planning and combining of programs, have come close to the income they made cropping the land," Nelson says. "They save labor, machinery and chemical costs as well in most cases. Hunting leases and fur-trapping can bring in added income."

"Wetlands preservation does more than provide a home for ducks," Nelson adds. "Ponds and marshes trap water-borne soil and plant nutrients that otherwise pollute our waterways. They help recharge the groundwater supply. Their ability to store water lowers the frequency and intensity of flooding."

For details on improving wildlife habitat, contact your area wildlife manager. These professionals know about all the state and federal incentive programs and are housed at area or regional offices of the Minnesota DNR. County extension agents can also help locate governmental offices and personnel for specific programs.

* * * * *

Helpful publications available from the U.S. Government Printing Office, Washington, D.C., 20402 are "Making Land Produce Useful Wildlife", Farmers' Bulletin No. 2035; and "Ponds and Marshes for Wild Ducks on Farms and Ranches in the Northern Plains," Farmers' Bulletin No. 2234.

* * * * *

Note to newspaper editors: For names of farmers or landowners involved in wildlife habitat programs for possible interviews, please contact your nearest office of the Department of Natural Resources, Soil Conservation Service or University of Minnesota Agricultural Extension Service.

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Department of Information
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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
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March 17, 1980

Immediate release

YOU CAN TRIM CLOTHING EXPENSES

With most household budgets stretched to the limit, no one wants to spend more on clothing than they must. Sherri Johnson, extension textiles and clothing specialist at the University of Minnesota, suggests a number of ways that families can hold clothing expenses in line.

*Look for economical places to shop. Check newspaper ads and browse in stores other than the ones you regularly use. Clothing stores that sell used clothing on consignment often have better quality garments than other types of used clothing stores.

If the used clothing store does not have a fitting room, find out if the garment can be returned. If the store has a no-return policy, be certain the garment fits before buying.

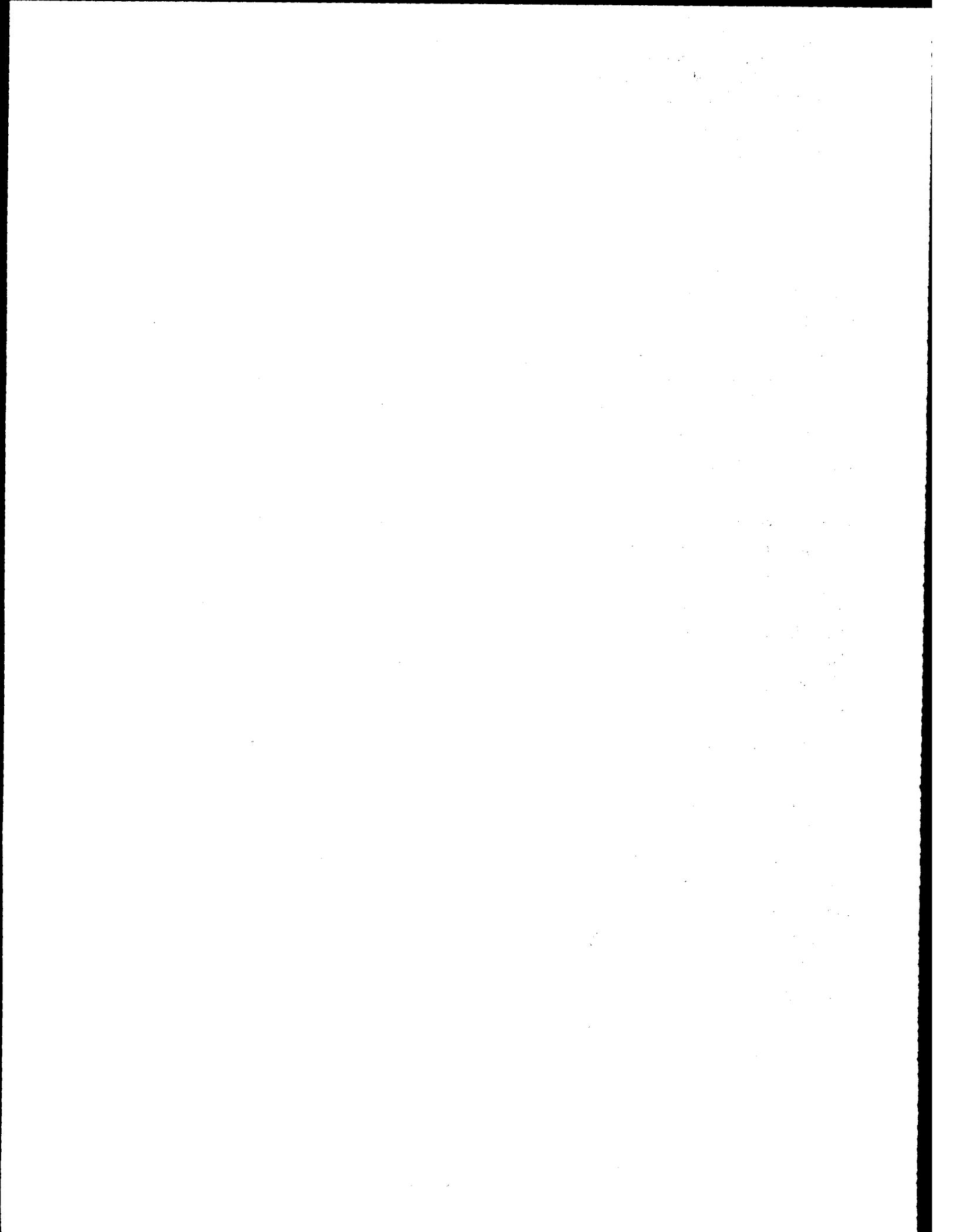
*Catalogue shopping can save money on both clothing and the gasoline normally used to run from store to store. Mrs. Johnson cautions, "Be sure to read the instructions on how to measure and determine the correct size so the clothing won't have to be returned. Also, consider if the cost of postage is included in the price of the garment. If it will be an additional charge, the clothing item may not be such a bargain as it first appears."

*If you sew at home, try to select fabrics in wider widths because they usually allow more efficient use of fabric with less waste. Plain color or small all-over designs are also more economical than one-way designs or textured fabrics.

If you are sewing a garment that must be lined, check the remnant table for a less expensive fashion fabric with the same properties as a regular lining fabric. If you sew regularly, buy interfacing by the yard to cut down on waste and to have it handy for many garments.

In the final analysis, the best way to save money on clothes is not to buy them! Try to find ways to utilize the clothes you already have. Often you can change them a bit, add accessories, or combine them to achieve a "new" look.

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and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 17, 1980

Immediate release

KNOW YOUR COTTONS
FOR EASY CARE

Cotton has come of age in terms of easy care and shrink resistance. Sherri Johnson, extension textiles and clothing specialist at the University of Minnesota, adds that most of today's cottons need little care, often no more than selecting the right cycle on the washer or dryer.

It also helps when the consumer knows the different brand names for the care-free features. For example, among the finishes for wrinkle-resistance are Koratron, Penn-Prest, Perma-Prest, Coneprest or Dan Press. Super Set is often used on woven fabrics while the trademark Qualitized applies mainly to knit shirts.

For shrinkage-free cottons, the Sanforized finish is the most familiar process. It guarantees that the fabric will shrink no more than one percent. On denim, look for the trademark Sanforset, Mrs. Johnson suggests. This same process has other names. It's Lee-Set jeans from Lees, No Fault jeans from Wranglers and Fitting Jeans from Sears.

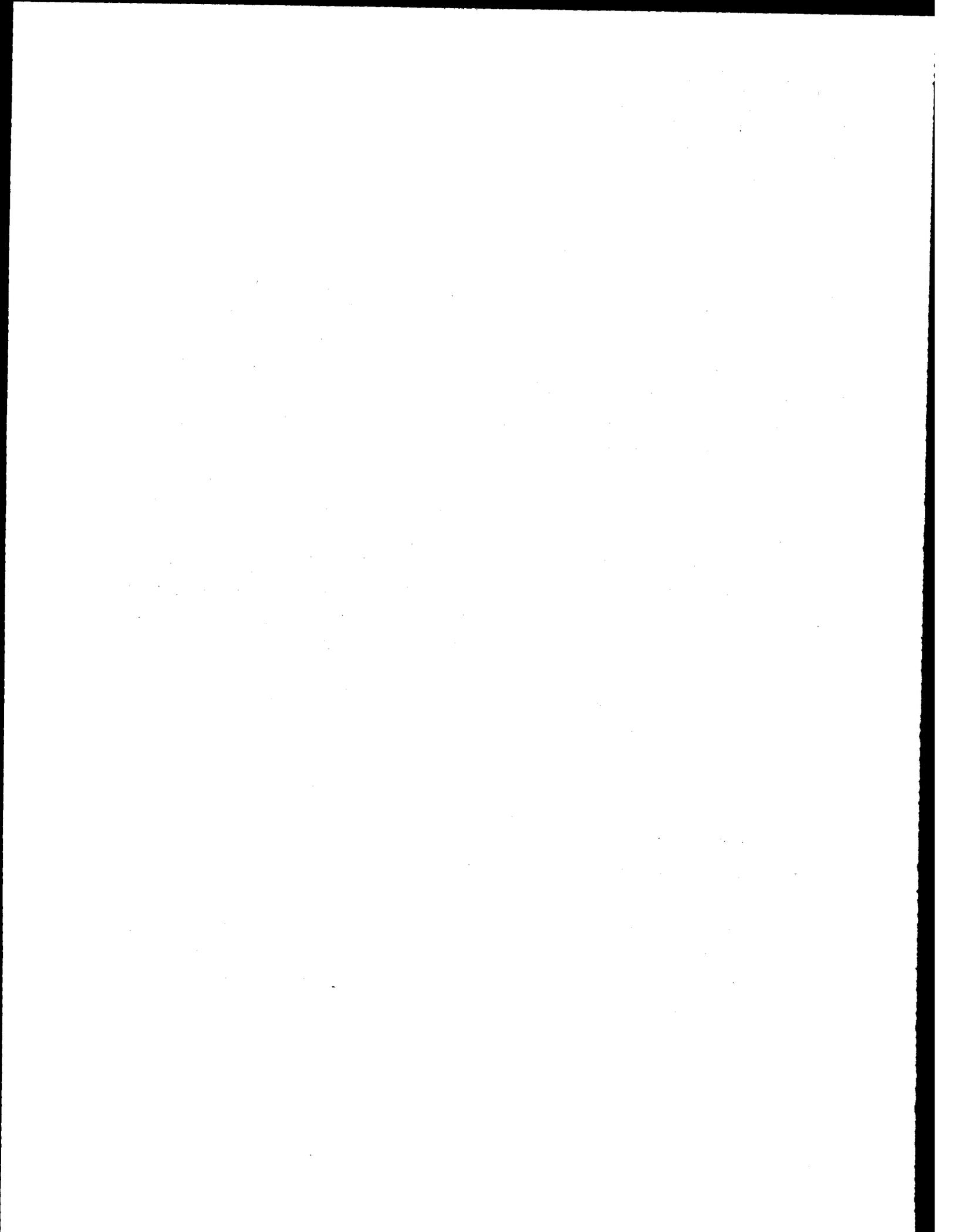
In addition, Lady Arrow markets "Cotton Ease" shirts treated by the Sanforset process. Knits treated for shrinkage-control are identified as having Sanfor-Knit and Pak-Nit finishes.

A few fabric finishes control shrinkage and wrinkling at the same time. The trade names for these include Pepp-Set, Sanforized-Plus, Press 10/11, Almi-Set and Danset Plus.

Mrs. Johnson adds that if you care for such cottons properly, their special finishes will assure a wrinkle-free appearance. Warm or hot water in the washing machine relaxes wrinkles, and a permanent press cycle in the dryer is hot enough to relax wrinkles at the beginning and it cools the fabric at cycle's end to keep wrinkles from returning. Low heat cycles generally won't remove wrinkles from permanent-press fabrics.

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St. Paul, Minnesota 55108
Tel. (612) 373-0710
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Immediate release

SOURCE: James Bauder
(612) 376-8163
WRITER: Kathy Frank Chesney
(612) 373-0714

Reduced Tillage May Help Loosen Farm Credit Crunch

Farmers may want to reduce tillage operations this spring to help conserve cash, fuel and soil, says University of Minnesota extension tillage specialist Jim Bauder.

"Research has shown repeatedly that excessive secondary tillage in the spring is not necessary," Bauder says. "Under most conditions, only a single operation, using a light field cultivator or light offset disk performs the necessary seedbed firming and smoothing."

An implement that saves considerable time and energy in the spring is the till planter, Bauder adds. It will plant corn directly in the existing residue, tilling the soil in the row as it deposits the seed.

"Any operation that can eliminate a trip over the field will help reduce capital inputs this spring," Bauder stresses. "For instance, farmers may want to use contact-type herbicides that do not require incorporation. If phosphorus and potassium have been incorporated into the soil annually for the past several years, they may not be needed this year."

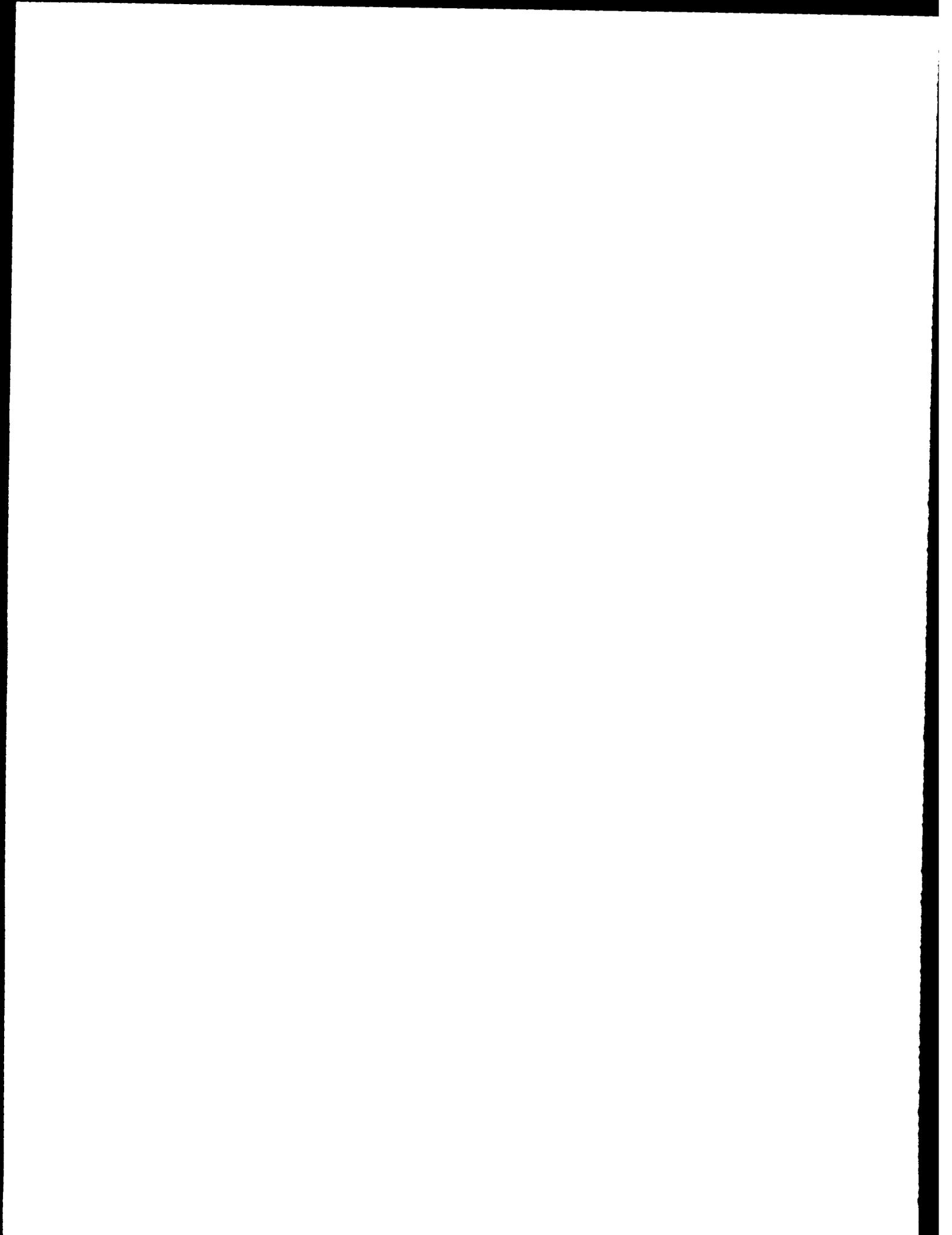
For the farmer who must perform primary tillage this spring, using the disk to reduce residue to about 1.5 tons per acre will allow for successful planting. If the residue is from soybeans or sunflowers, herbicide incorporation may be the only tillage necessary.

Bauder adds that some precautions will help insure success with reduced tillage. "Farmers may want to increase planting populations by about 10 percent. They should also make sure their planters are placing the seed at the proper depth. Surface residue tends to cause uneven planting depths that on the average are shallower than with no residue. Adding weight to the planter may help."

To minimize compaction and rough, cloddy surfaces, avoid tilling wet soils. Once soils dry out sufficiently, a light, surface tillage operation is probably best.

Bauder bases his recommendations on results from Minnesota field research. On clay loam soils in the southern counties, soybean yields are about the same for most tillage treatments where adequate herbicides were used.

For corn, one four-year study showed highest yields with till-planting and moldboard plowing. Yields were lower with chisel plowing, and lowest with no-till.



Department of Information
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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
March 17, 1980

Source: Mark Seeley
612/373-0750
Writer: Kathy Frank Chesney
612/373-0714

WEATHER OUTLOOK CALLS FOR EARLY ALFALFA CUTTING

Historical weather patterns coupled with the outlook for this spring show that alfalfa producers should be ready to harvest the first cutting early and quickly for best quality hay, a University of Minnesota extension climatologist reported at the 1980 Forage Day.

"Both rainfall and temperature patterns indicate that the late May to early June period is best suited weather-wise for the first cutting," Mark Seeley said. Forage Day was sponsored by the Minnesota Forage and Grassland Council.

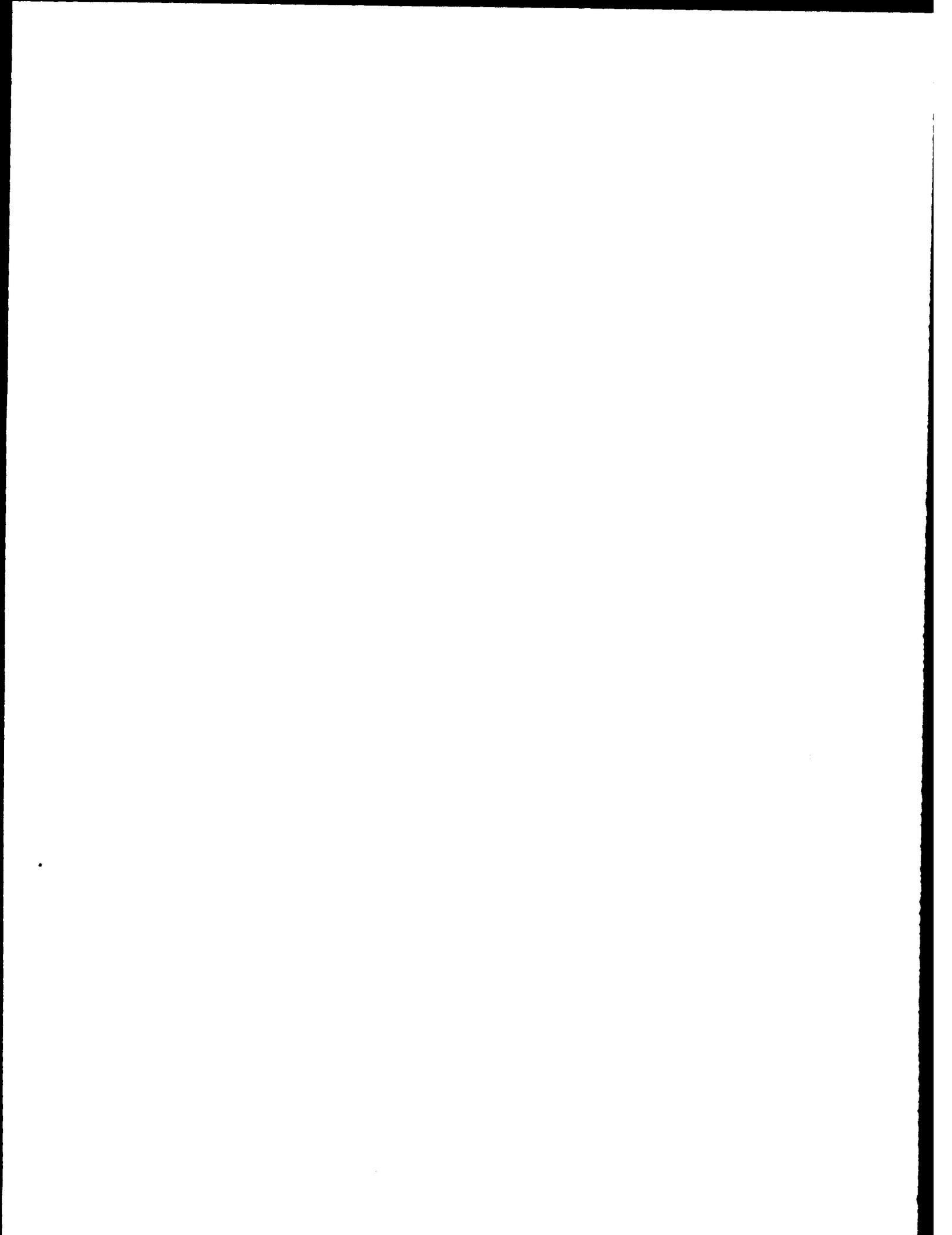
"Over the years the most striking characteristic of our spring weather has been the tendency for more rainfall and more intense storms late in the season, peaking in June," Seeley explained. "During the first-cutting period in Minnesota (May 17--June 20), the first two weeks are the least likely to be interrupted by rain."

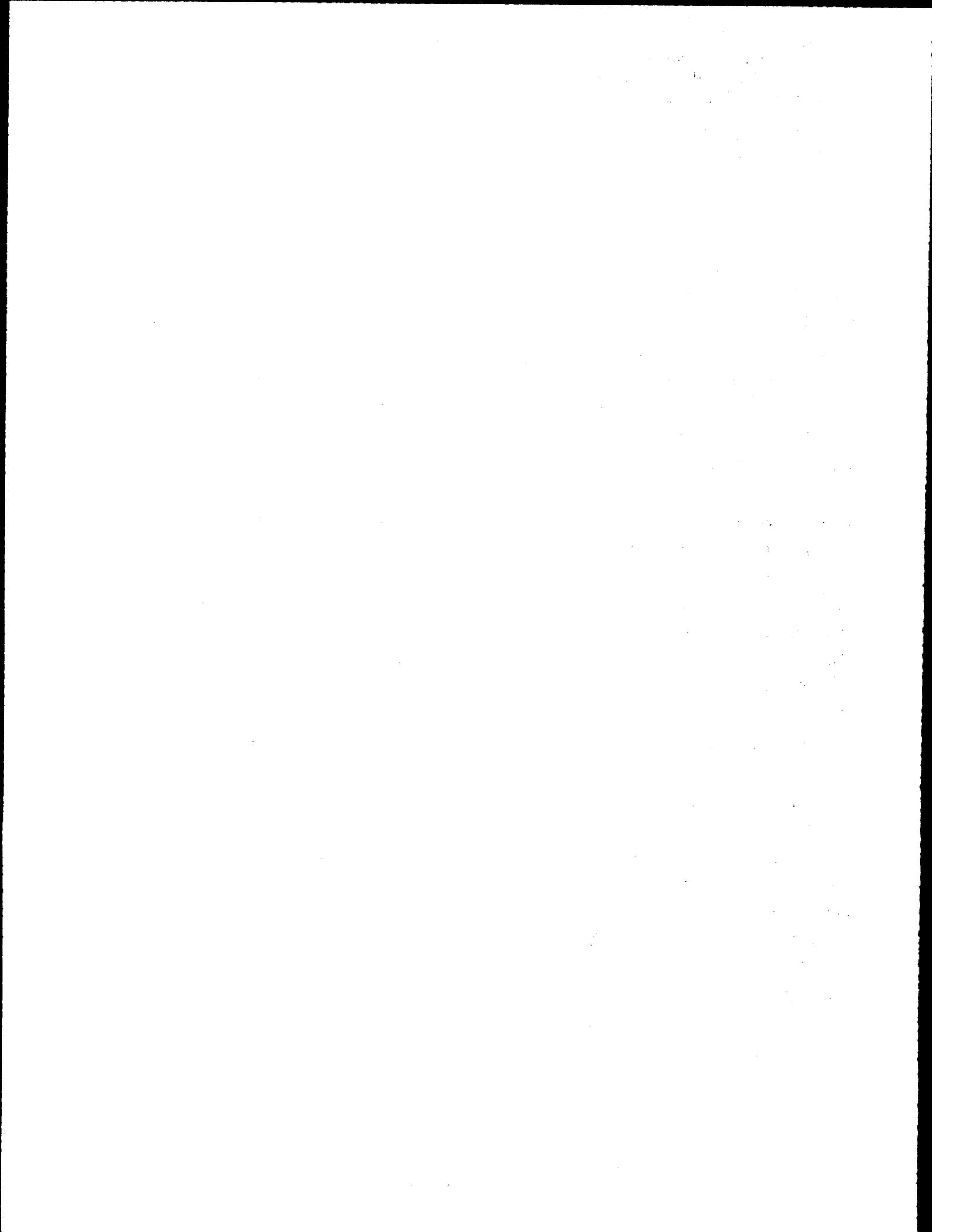
Spring temperature patterns dictate both crop and insect development. On the average, growers who start cutting in the pre-bud or bud stage should be able to harvest before alfalfa weevils have a chance to damage the crop.

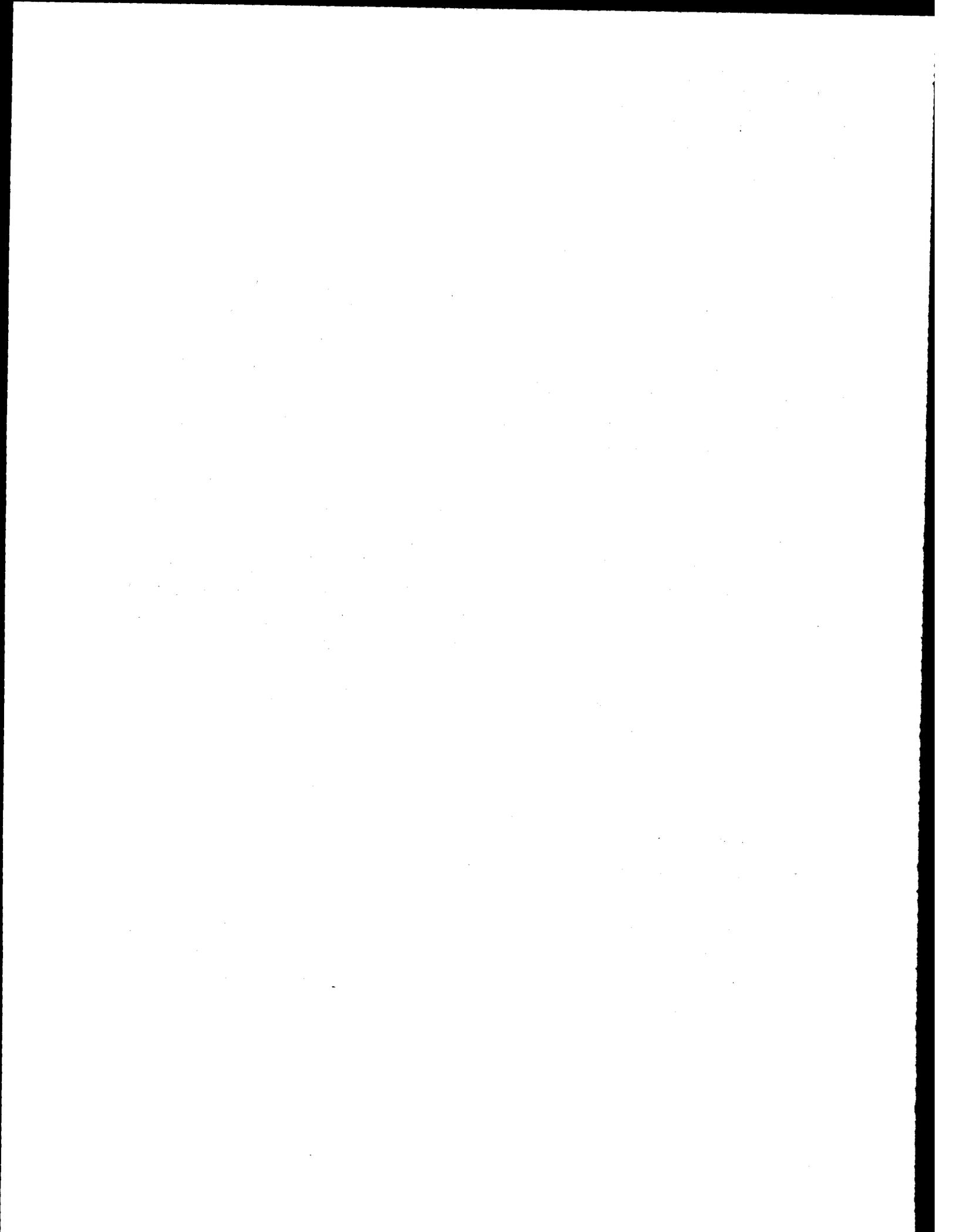
"We rarely have normal spring conditions in Minnesota, and 1980 is no exception," Seeley said. "The weather outlook for March, April and May shows a trend toward below-normal temperatures."

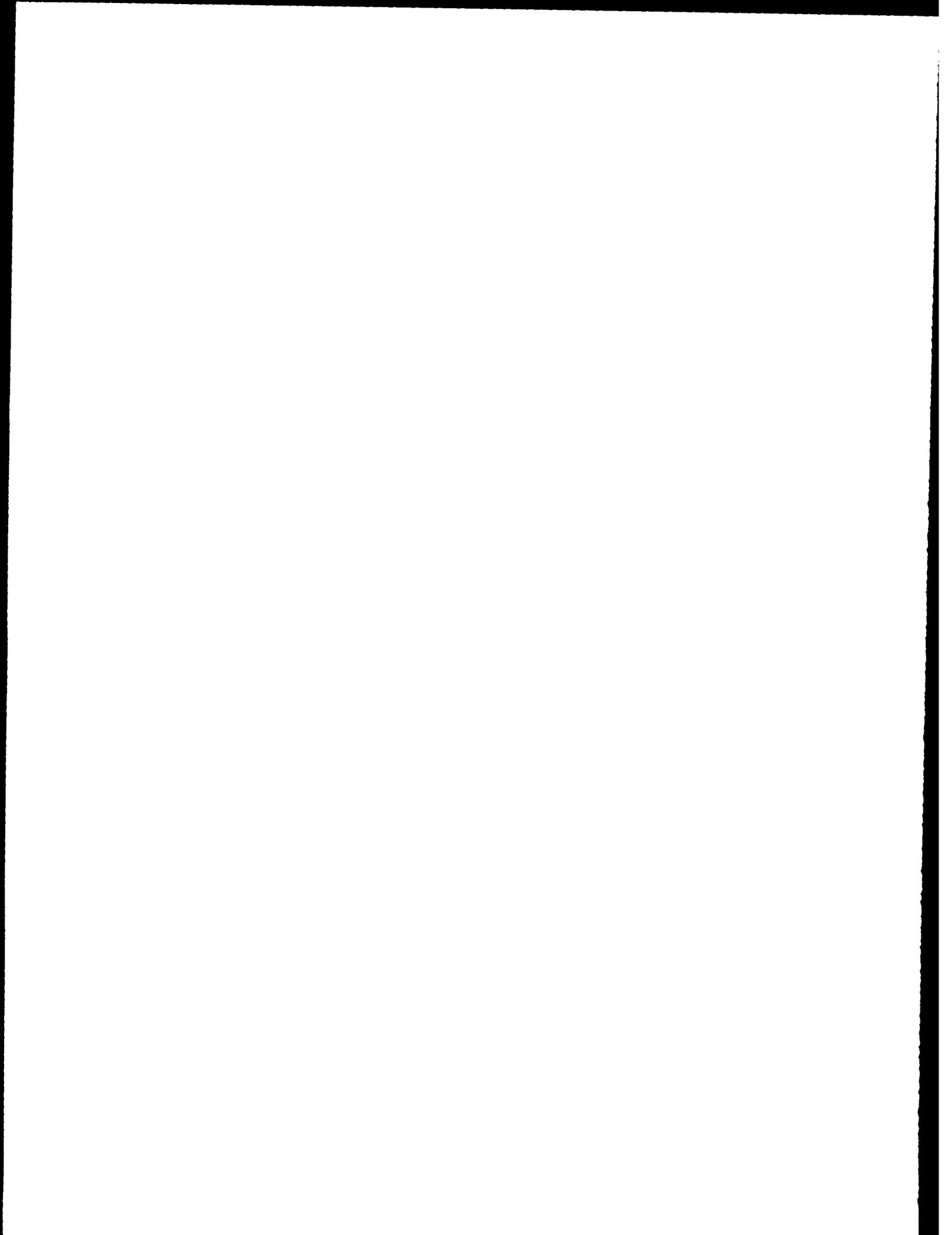
Soil moisture is higher than normal throughout much of the state. Soils are saturated in southern counties, and nearly saturated in the east central region.

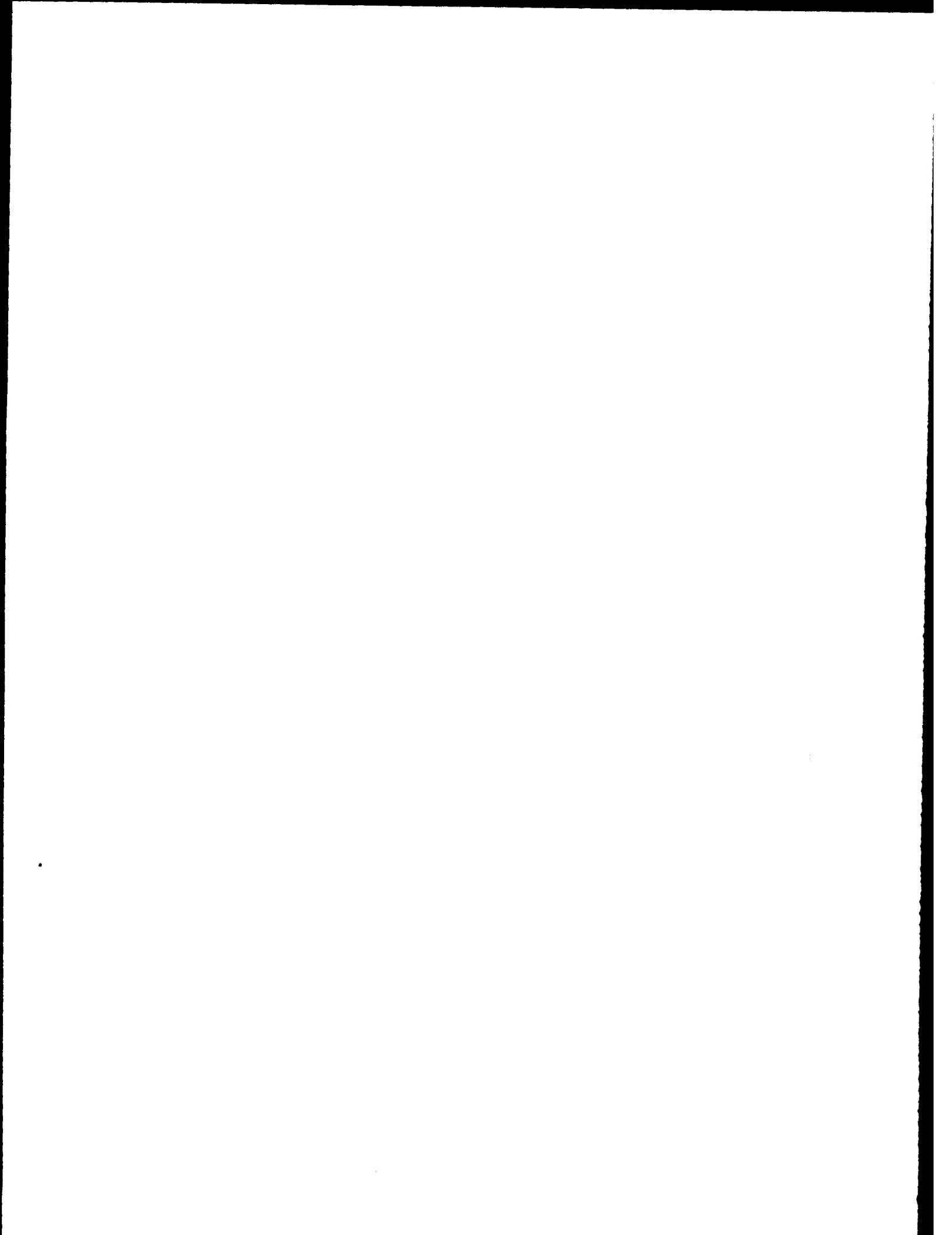
"Our crop should be in very good shape for moisture needs except for northwest Minnesota," Seeley said. "However, those late spring rainfalls are











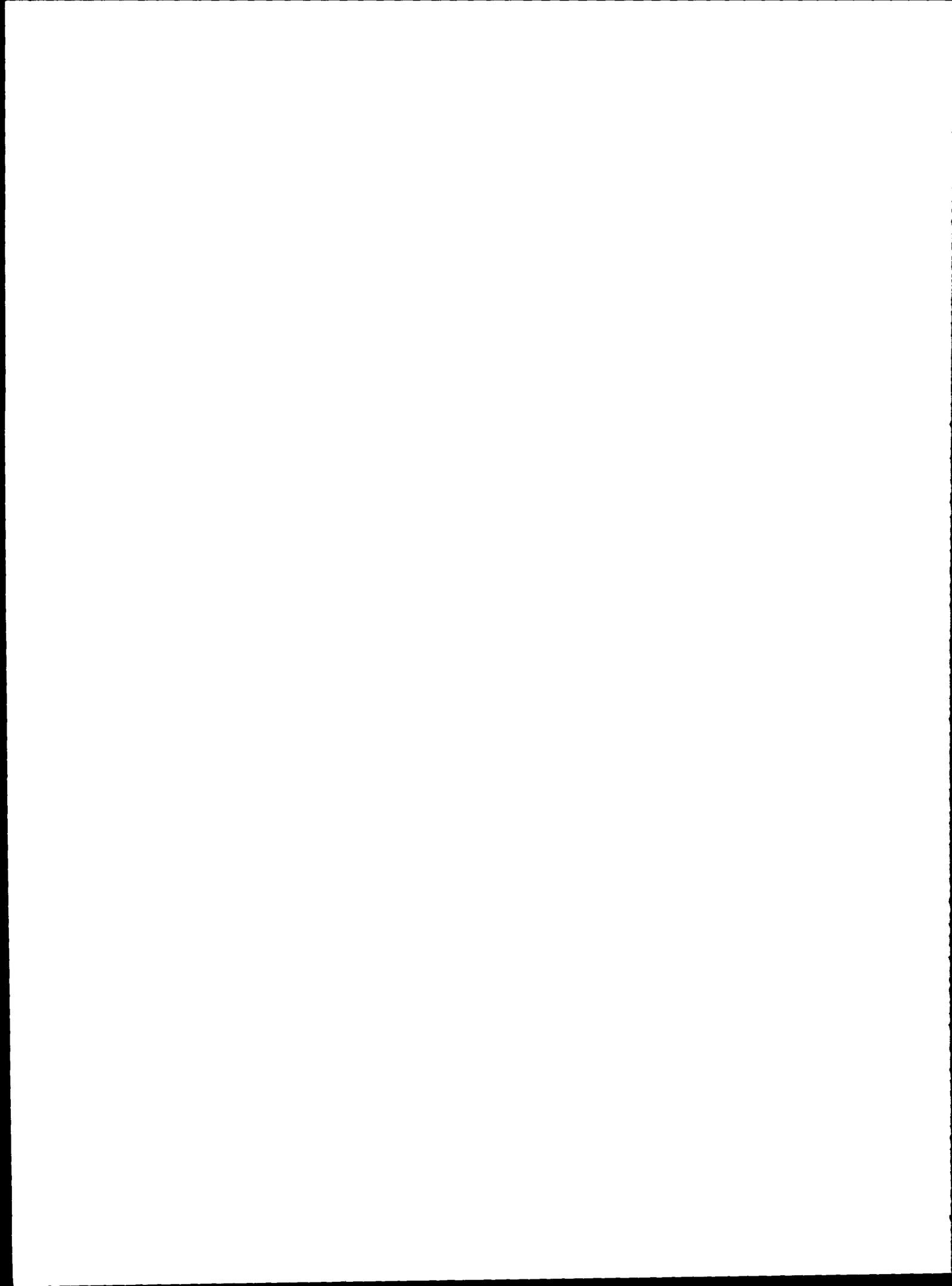
add one--weather outlook

not going to be as readily absorbed by the soil as normal."

Cooler temperatures will slow down evaporation as well. "This year there is probably going to be a lot of weather reasons for a very timely first cut," Seeley says. "The producer will need to be ready to go when there is a break in the weather."

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Department of Information
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 Agricultural Extension Service
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 St. Paul, Minnesota 55108
 March 20, 1980

Sources: Charles Simkins
 Janis Grava
 (612) 373-1060
 Writer: Jack Sperbeck
 (612) 373-0715

EXTREMELY HIGH SOIL TEST
 MAY NOT MEAN HIGHER PROFITS

Long-term fertilizer research aimed at producing maximum yields shows that farmers need to become better acquainted with soil test values, say University of Minnesota soils scientists.

University researchers who have been eager to break so-called yield barriers find that top crop yields cannot be obtained with low or medium soil test levels. The scientists do find, however, that it is not necessary to continue to build higher soil test levels once the test value is high.

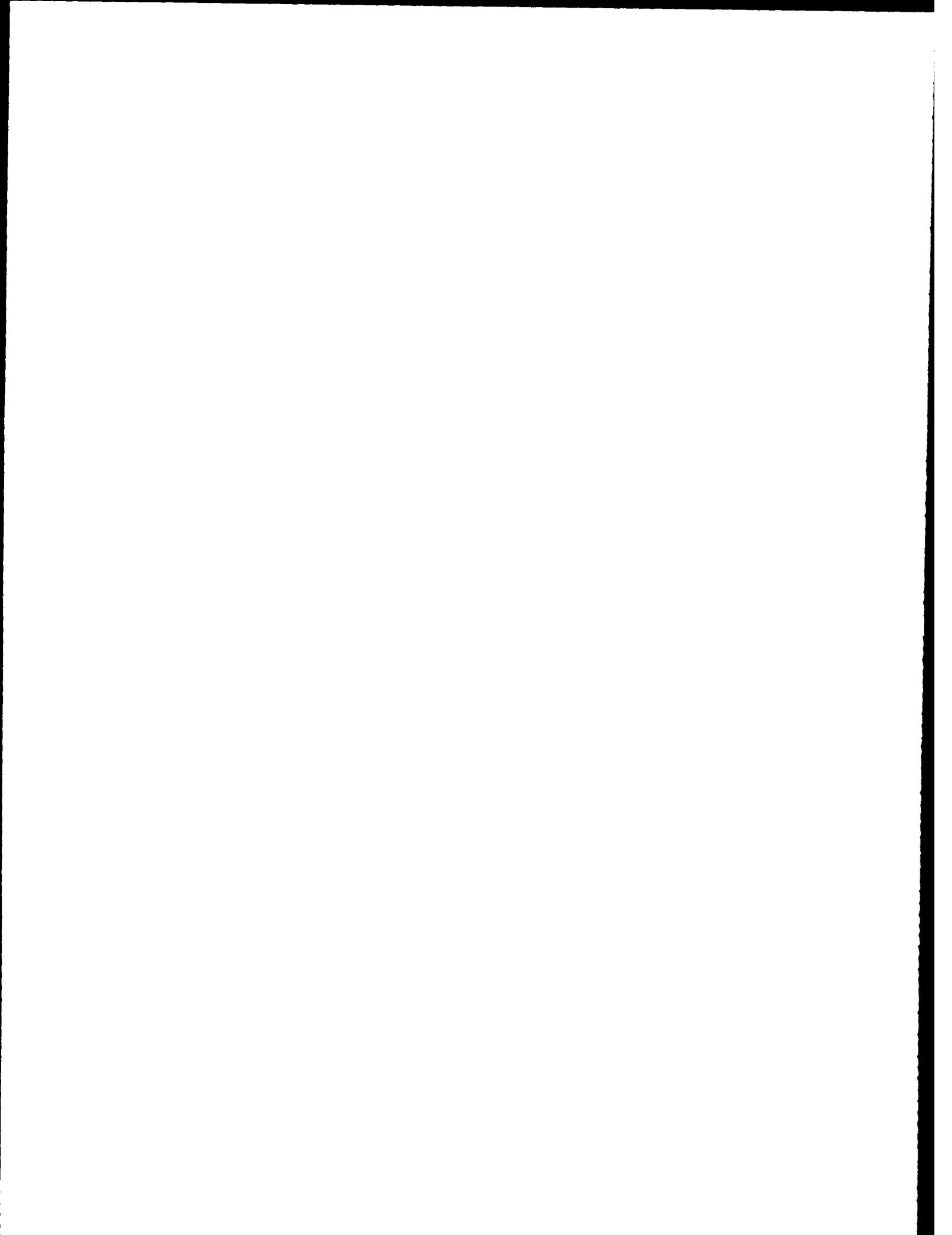
Long-term trials (some more than 20 years) show that farmers should have a soil test level of 40 pounds of P and 300 pounds of K per acre to set the stage for maximum corn yields.

The results of five years of research in Martin County, Minn., illustrate how little fertilizer is apt to influence crop production when soil tests are high.

Continuous Corn, Martin Co., Minn.

1971 - 1975		
Fertilizer Applied (5 years) <u>P₂O₅ lbs/A</u>	Av. yield 5 years <u>BU/A</u>	Av. P test 5 years
0	148	40
250	144	50
1000	147	83
<u>K₂O lbs/A</u>	Av. yield 5 years <u>BU/A</u>	Av. K Test 5 years
0	144	232
250	147	276
2000	150	392

The above trials received 210 pounds of nitrogen fertilizer per acre annually, says Charles Simkins, University of Minnesota extension soil specialist.



add one--extremely high soil

University of Minnesota trials show that corn yields of over 200 bu/acre and wheat yields of over 90 bushels per acre can be produced with the 40-pound P and 300-pound K level. Once the soil test reaches this level, factors other than soil nutrients often limit yields.

It's not necessary to document benefits from fertilizer when the soil test values are low or medium, Simkins says. An investment in fertilizer when soil test P values are low (less than 10 lbs. per acre) and K values are less than 100 lbs. per acre may result in a 100 percent yield increase under good management.

Simkins offers these fertilizer management tips:

1. High crop yields produce a profit only when the inputs to produce these crops are less costly than the value the inputs produce in increased yields.

2. To further build soil test levels, even over a period of several years, does not necessarily result in increased yields or profits when soils already test high.

3. Phosphorus and potassium fertilizer can be safely stored in the soil. The choice as to whether to store more fertilizer and build very high soil test levels should be based on future concerns about inflation and higher prices.

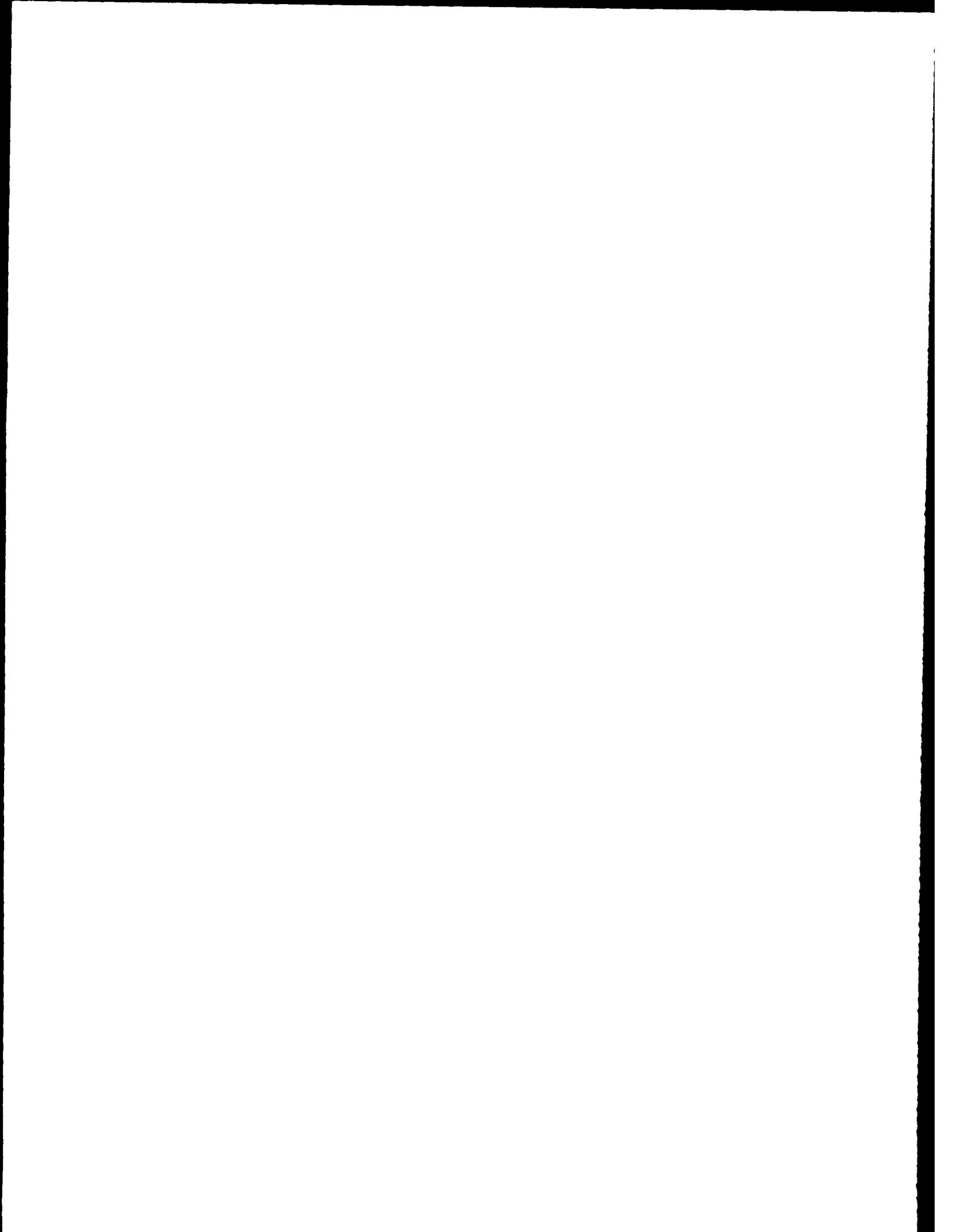
University scientists feel that a positive research program to maximize yields and profits will become more important as fertilizer costs increase.

"The object of University soils researchers is to help farmers get the highest profit per acre from fertilizer use," Simkins says. "Soil tests and fertilizer responses must be carefully correlated with real responses and fertilizer costs--NOT with non-replicated field trials."

University researchers feel there are some good signs on the horizon, Simkins says.

University researchers from state to state strongly agree on soil test values and response to fertilizer. And, several well established commercial soil testing laboratories are now using correlated research results in their fertilizer recommendations to farmers.

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- May 16-18 Minnesota State Fire School, Earle Brown Continuing Education Center, St. Paul Campus. For volunteer and paid fire department personnel, city officials and interested government and industry personnel who deal in fire safety, prevention, control and rescue and first aid work. *EA
- June 16-20 Intensive French Program. Two five day sessions and two two-day sessions of intensive French instruction. Participants will achieve active control of spoken French at elementary and early intermediate levels. *CN
- 21-22, 23-27,
28-29
- June 17 & 18 Homemakers Workshop, Morris +
- June 24 Crops and Soils Field Day, Waseca +
- June 24-26 National Feed Ingredient Conference, Earle Brown Continuing Education Center, St. Paul Campus. A training program on feed ingredients for members and non-members of the National Feed Ingredient Association. *GW
- June 25 Crops and Soils Field Day, Lamberton +
- June 28 NWSA Alumni Reunion, Crookston +
- July 10 Crops and Soils Field Day, Morris +
- July 8-10 Summer Agricultural Education Conference. A workshop for instructors and administrators of vocational and technical education courses in agriculture to become informed of current developments and trends in agricultural education. *CN
- July 16 Crops and Soils Field Day, Crookston +
- July 17 Crops and Soils Field Day, Crookston +
- August 14 Annual Irrigation Field Day, Irrigation Center, Staples.+
- August 16 Crops and Soils Field Day, Staples. +

- March 25-28 Gas Chromatography Short Course, Food Science and Nutrition, St. Paul Campus. To discuss the latest developments and techniques in use of gas chromatography as an analytical tool. *RM
- March 26 International Student-Trainee Adjustment Seminar. *FH
- March 27 Exchange Program Host Family Orientation. *FH
- March 28-29 Beekeepers Short Course for Beginners, St. Paul Campus. For hobby beekeepers and others interested in beekeeping. *EA
- March 29 Annual Spring Clinic for Horsemen, Classroom Office Building, St. Paul Campus. Educational programs on a variety of subjects of current interest to horsemen. *GW
- April 10 Nature Photography Short Course, Earle Brown Center, St. Paul Campus. For amateur photographers and naturalists interested in recording the natural world with a camera. *EA
- April 11 & 12 Nutrition Education Training Conference, Earle Brown Continuing Education Center, St. Paul Campus. *RM
- April 15-18 Better Process Control School, Earle Brown Continuing Education Center, St. Paul Campus. Provides training, examination and certification for employees of canning factories. *GW
- April 19 Rental Property Investment. *RM
- April 19 Lighting Workshop, McNeal Hall, St. Paul Campus. *RM
- April 20-22 Minnesota State FFA Convention and Leadership Conference, St. Paul Campus. To promote a learning experience for vocational agriculture students and FFA members. *CN
- April 24 College of Home Economics Annual Conference, McNeal Hall and the Earle Brown Continuing Education Center, St. Paul Campus. Color Us Successful! An exploration of color and its affect on our lives. *EA
- May 2 Estate Planning for Women, Earle Brown Continuing Education Center, St. Paul Campus. Financial planning for women in regard to investments, retirement planning and estate planning. *EA
- May 5-10 Know America. The Southwest District Extension Service is sponsoring a one week educational program in Washington, D.C. on America, its culture, its heritage, its government. The program is for adults arranged in cooperation with the National 4-H Foundation. *GW
- May 8-10 African Dress and Textiles - Arts Symposium Cultural Artifacts, Their Visual Symbols and Economic Significance. Earle Brown Continuing Education Center, St. Paul Campus and the Holiday Inn, Downtown Minneapolis. *CN

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St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 24, 1980

SOURCE: Delane Welsch
612/376-3563

FARM SPENDING CONTINUES TO RISE

Farmer-members of the Southwestern Minnesota Farm Management Association spent an average of \$244,763 each in their communities during 1979, according to association records analyzed by University of Minnesota farm management specialists.

Delane Welsch, the extension economist who prepared the association annual report, adds that the spending figure was an increase of 21 percent (\$42,000) over 1978.

Farmers with membership in the Southeastern Minnesota Farm Management Association spent \$169,598 on the average. This was a 13 percent (\$20,000) increase over the year before.*

Data from 179 southwestern association farms showed that an average of about \$67,250 was spent on the farming inputs of fertilizer, chemicals, seed, feed, repair and fuel. Another \$24,700 was used to purchase machinery and equipment. More than \$64,250 was paid to other farmers for livestock and custom work, while members spent about \$2,200 for support of local government through property taxes.

In the southeastern association, the average farmer-member spent approximately \$55,000 on the farming inputs and \$23,000 on machinery. Other farmers were paid about \$13,700, and support of local government cost about \$2,700. These averages are based on records from 83 farms.

In the southwestern association on an operator's share basis, return to operator and family labor, management, and equity capital (net worth) declined

add one--farm spending

by 54 percent, from \$62,473 in 1978 to \$28,746 in 1979. Among the reasons for the decline were increased costs, lower returns from beef cattle and hogs due to lower prices, and lower returns from corn and soybeans due to hail damage. Returns to dairy cows were up, but there were only 24 dairy farms among the 179 southwestern members.

In the southeastern association, on an operator's share basis, return to operator and family labor, management, and equity capital (net worth) declined by 37 percent, from \$55,428 in 1978 to \$35,061 in 1979. Although returns from dairy cattle were up, only 38 dairy farms remain among the 83 southeastern records summarized. Dairy gains were more than offset by decreased earnings from hogs and soybeans and increased costs.

*Counties included in the southwest group are Pipestone, Murray, Redwood, Cottonwood, Watonwan, Nobles, Jackson, Martin and Faribault. The southeastern association members reside in the counties of Nicollet, Scott, Dakota, LeSueur, Rice, Goodhue, Waseca, Steele, Dodge, Olmsted, Winona, Freeborn, Wabasha, Houston and Mower. No claim is made on whether or not these farmer-members are representative of their regions or the state as a whole.

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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 31, 1980

Immediate release

MARKETING SPREAD PUSHED
1979 FOOD PRICES HIGHER

The difference between what farmers receive and consumers pay for food--called the marketing spread--widened nearly 12 percent last year, the largest increase in five years, according to a report issued recently by the U.S. Department of Agriculture.

This spread, representing costs for handling, processing and distributing, accounted for more than half of the 10.8 percent rise in grocery store food prices last year. Increased farm value accounted for about one-third of food price increases and higher fish and imported food prices made up the rest of the 1979 gain, according to USDA's Economics, Statistics, and Cooperatives Service.

Unlike the farm value of food, the marketing spread has risen each of the past 10 years and has been the most persistent cause of rising food prices, according to the USDA report.

The report also revealed these facts about last year's food prices:

* Farmers received about 39 cents of every food dollar spent in grocery stores, about the same as in 1978.

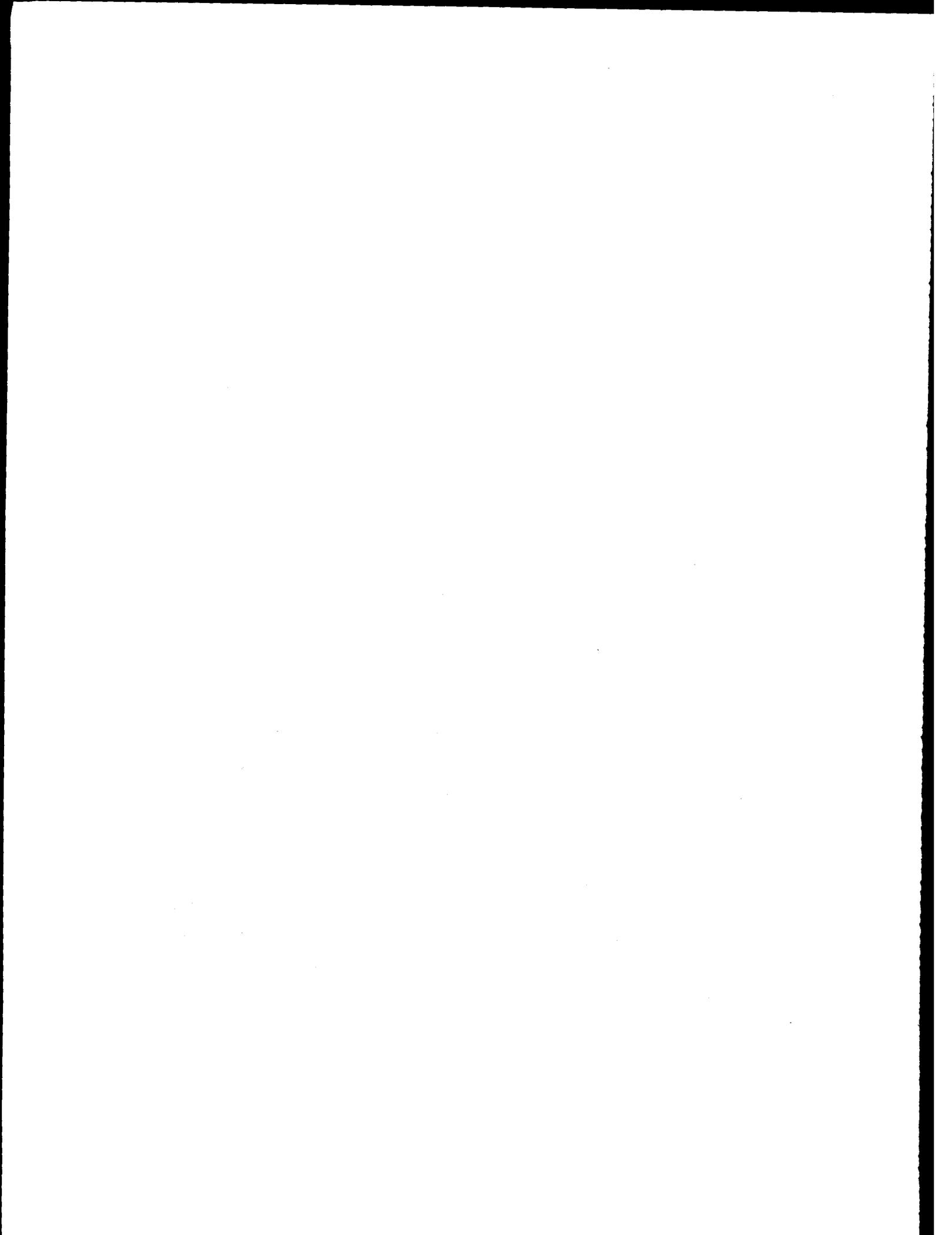
* Retail prices rose 17 percent for red meat, 12 percent for fresh fruits and vegetables, 10 percent for bakery products, 8 percent for fats and oils and 5 percent for poultry. Dairy product prices went up 12 percent, while egg prices averaged 10 percent higher.

* Prices of inputs, such as fuel and food containers used by food processors, rose 13.5 percent.

* After-tax profits of food chains with more than \$100 million in annual sales averaged 1 percent of sales for the second and third quarters of last year. After-tax profits of food manufacturers averaged 3.4 percent of sales during the first nine months of 1979. Each of these percentages is up fractionally from the same figure for 1978.

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St. Paul, Minnesota 55108
Tel (612) 373-0710
March 31, 1980

Immediate Release

Source: Mary Darling
612 376-4663
Writer: Deedee Nagy
612 373-1781
Special Nutrition Series #7

WHEN SPARING SALT,
BE SURE SPICES
RETAIN THEIR FLAVOR

If you are using a light hand with the salt shaker these days because of warnings about sodium in your diet, you may be turning to your spice shelf more regularly.

Spices help make meals tasty and perk up appetites, but don't expect much flavor from seasonings that have been sitting in a kitchen cupboard for several years. Mary Darling, extension nutritionist at the University of Minnesota, suggests that newly purchased dried herbs and ground spices have a shelf life of about six months. Most whole spices will last a year or two, but whole cloves, nutmeg and cinnamon sticks keep their quality for two years or more.

Heat fades the flavor of spices so store them in airtight containers away from warmth. Cupboards and shelves above the range top, a built-in oven or the refrigerator are poor spots for your spice supply, Ms. Darling adds.

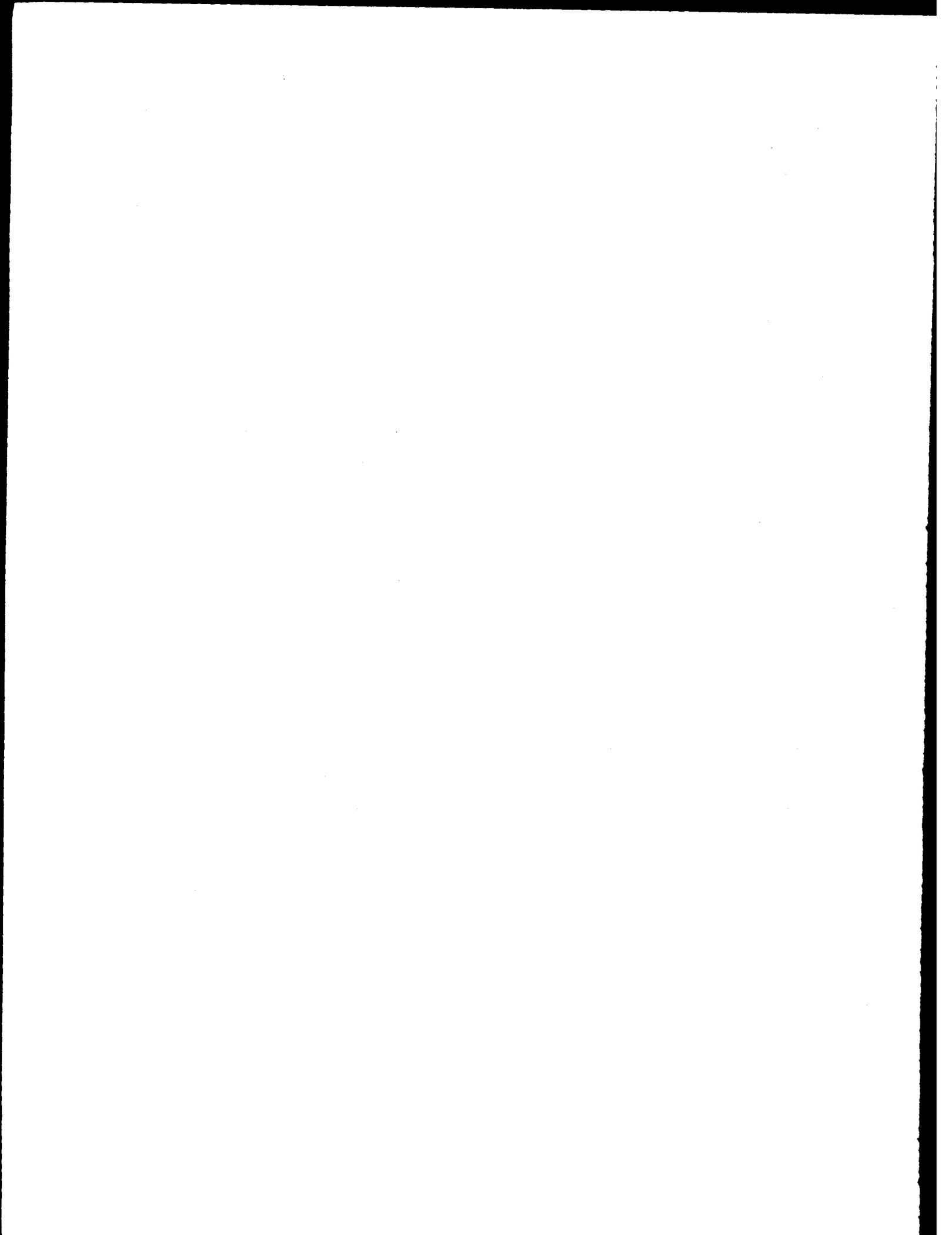
Some spices are used infrequently, so for these, she suggests sharing them with a friend or buying small amounts at a cooperative. Seal in airtight containers and store in a cool dry place. If you grow some of your own herbs, such as fresh parsley, chives and dill, freeze them to retain their fresh flavor.

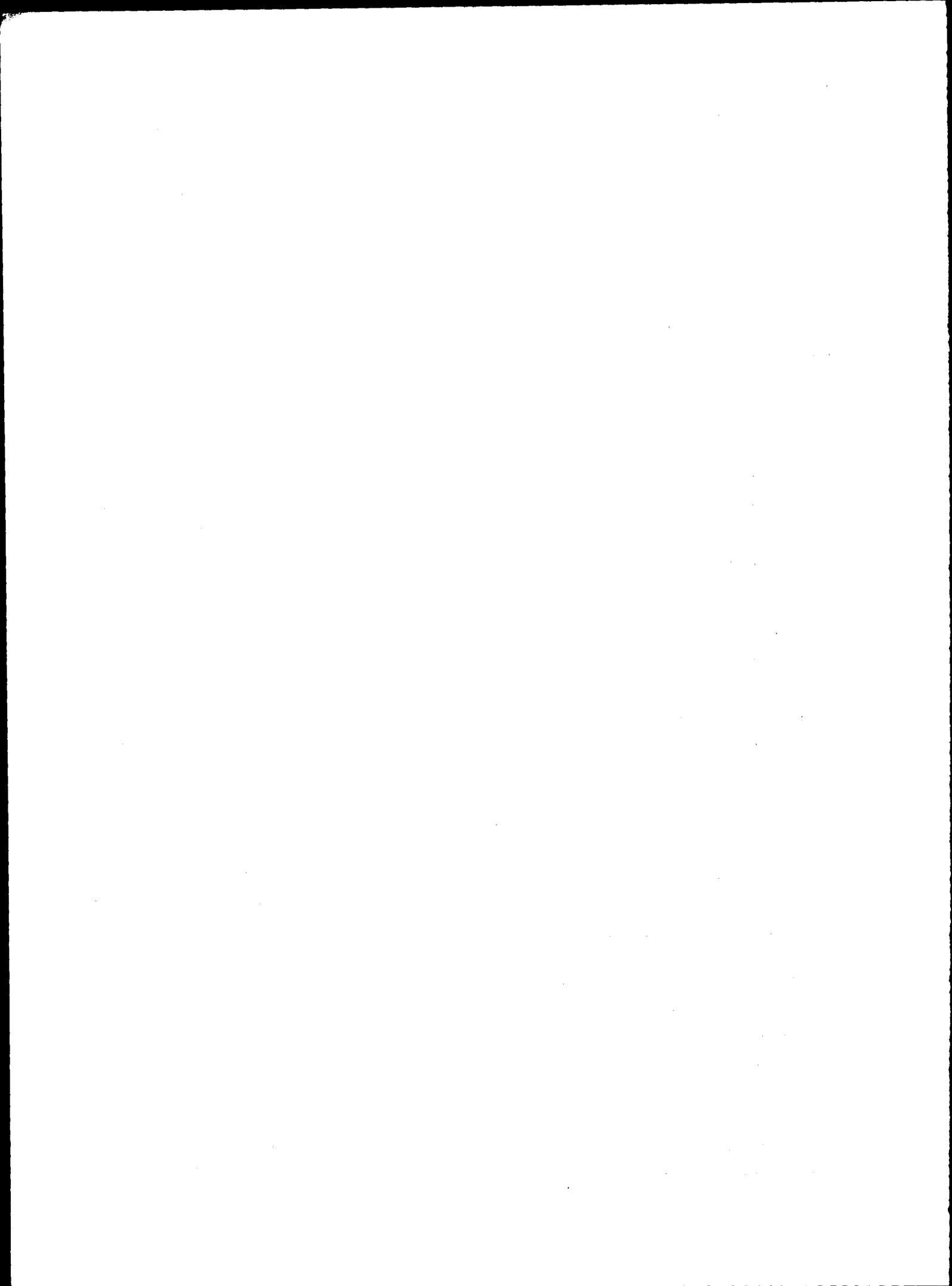
Herbs you dry yourself retain their full strength for about a year. To decide whether to keep them beyond a year, smell them to gauge their strength, Ms. Darling recommends.

Like spices, coffee and tea also need special care. Ground and instant coffee keep well two to three weeks once opened. Keep coffee tightly covered and measure it with a dry spoon. Refrigerate ground coffee after opening if you use it slowly.

Store tea in an airtight container away from sunlight and heat. Tea bags will keep well for 18 months; loose tea, two years; instant tea, three years.

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612 376-4663
Writer: Deedee Nagy
612 373-1781
Special Nutrition Series 8

FATS ESSENTIAL TO HEALTH,
SO EAT A LIMITED VARIETY

Perplexed about the role that fats play in your diet? Confused by conflicting reports and theories, many people wonder if they should stop eating fat or eat only certain types.

Mary Darling, extension nutritionist at the University of Minnesota, says fat is a part of most foods, so it would be nearly impossible to avoid it altogether. The same problem exists if you try to eat only certain types of fats. All fats, whether liquid or solid, animal or vegetable, contain a mixture of saturated and unsaturated fatty acids.

Instead of worrying about eliminating fats, try instead not to overdo any one source of fat in your diet, Ms. Darling suggests. Vary the sources among oils, margarine, milk products, eggs, meat, fish, nuts and seeds.

Fats are necessary to the body. They carry fat-soluble vitamins (A,D,E and K), and help the body absorb vitamins and provide essential fatty acids in your diet, according to Ms. Darling.

Fats are made up of fatty acids but they differ in the proportions of the acids they contain. Most vegetable and fish oils contain more unsaturated fatty acids than do animal fats. Two vegetable fats that are exceptions are coconut and palm oil. Animal fats in meats, cheeses, eggs and other animal foods contain more saturated fatty acids than do vegetable and fish oils.

Beef contains about half and half saturated and unsaturated fats. Pork has about twice as much unsaturated as saturated fat. Coconut oil and palm oil, common ingredients in non-dairy creamer, artificial whipped toppings and some baked sweets, are 85 percent saturated fats, a figure similar to cream or butter.

If overweight is your problem, fats alone probably are not responsible, Ms. Darling says. However, extra calories from any food can contribute to overweight. For people who need to lose weight, it's best to limit foods high in fats and sugar.

- March 11-14
18-19 Pesticide Training for New Applicators. March 11-12, Rochester; March 12-13, Marshall; March 13-14, St. Cloud; March 18-19, Crookston. For persons planning to become licensed pesticide applicators. Training in the basics of pesticides, their application and regulation. Will NOT meet requirements of license renewal for applicators already licensed. *EA
- March 14 International Student-Trainee Graduation and Dinner Dance. *FH
- March 15 Owner Built Housing, Earle Brown Continuing Education Center, St. Paul Campus. *RM
- March 16-17 Commercial Small Fruit Short Course, Earle Brown Continuing Education Center, St. Paul Campus. For commercial fruit growers. *RM
- March 17-18 Pest Control Operators Conference, Sheraton Inn Northwest, Brooklyn Park, MN. Current information on identification, prevention and safe control of structural pests. *EA
- March 18 Livestock Industry Day, Waseca. *CN
- March 18-21
24-27, 31
April 1-3 Township Officers Short Course. A one-day educational program for town board officers and others interested in town government. The program will deal with finances, zoning and land use, fire protection, roads and cartways, legislation, legal problems, liability insurance, election procedures, duties and responsibilities of officers. March 18, Rochester; March 19, Waseca; March 20, Sleepy Eye; March 21, Marshall; March 24, St. Cloud; March 25, Benson; March 26, Fergus Falls; March 27, Brainerd; (March 31, Detroit Lakes, April 1, Thief River Falls; April 2, Grand Rapids; April 3, Eveleth.) *GW
- March 19-20 Sugarbeet Growers Institute, WS Area, Crookston +
- March 24 International Student-Trainee participants arrival. *FH
- March 24, 25, 26 New Exchange Student Homestay with faculty, staff families. *FH
- March 24-26 Liquefied Petroleum Gas Short Course, Classroom Office Building, St. Paul Campus. A concentrated study program on the latest technical service, and commercial developments in liquefied petroleum gas, equipment and appliances. For servicemen and technicians in the Minnesota gas industry. *CN
- March 24-26 Sunflower Growers Seminar, WS Area, Crookston +
- March 25, 26 New International Student-Trainee Orientation and Adjustment Seminar. *FH
- March 25-27
April 1, 3, 8, 9 Tree Inspectors Workshop. March 25, Rochester; March 26, Mankato; March 27, Marshall; April 1, St. Paul; April 3, St. Cloud; April 8, Detroit Lakes; April 9, Grand Rapids. Annual training workshops required of all Minnesota Municipal Tree Inspectors. *EA

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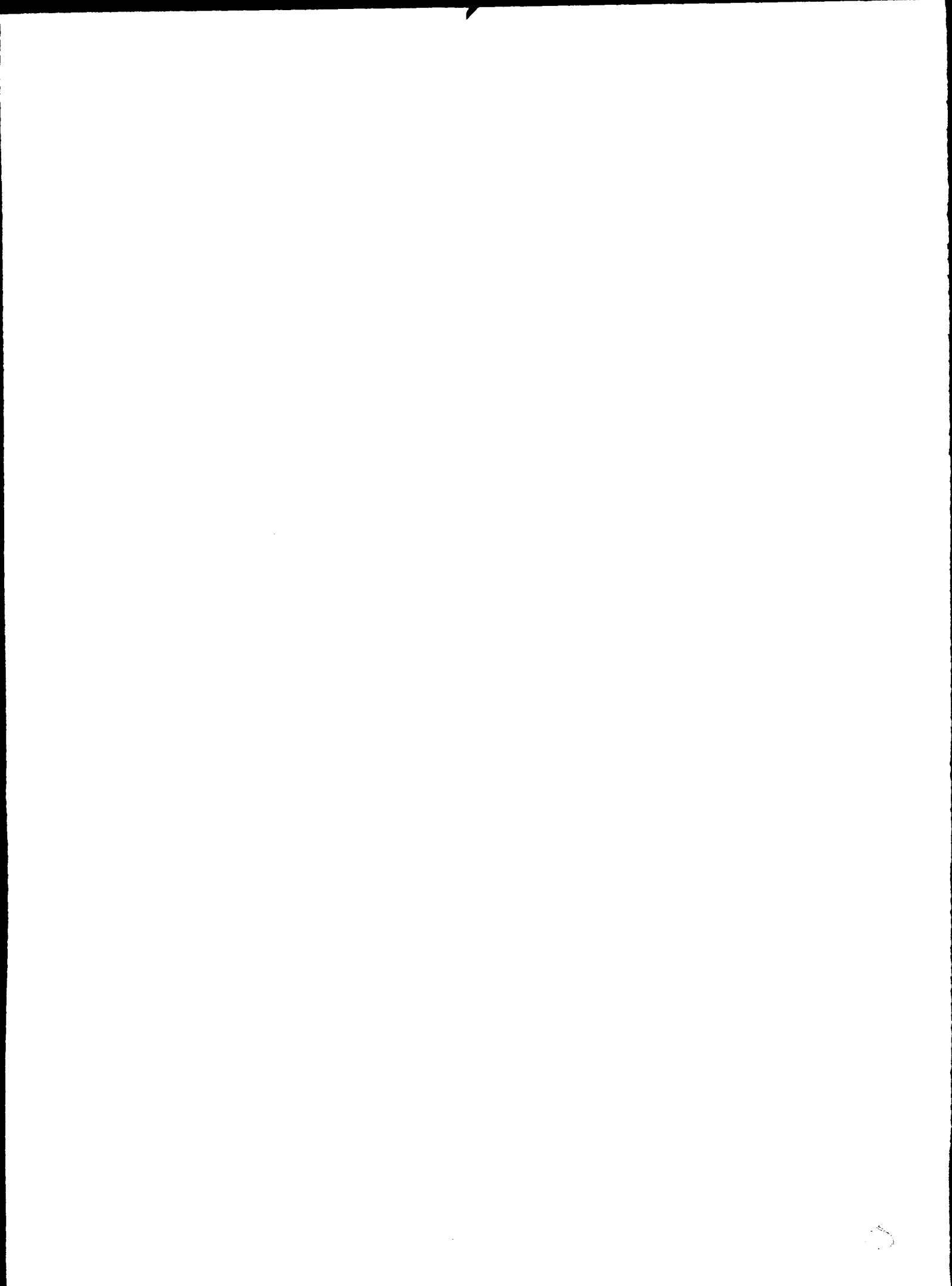
SPECIAL SHORT COURSE SCHEDULE (March - August 1980)

- Mar. 4-6, 11-14 1980 Home Sewage Treatment Workshops. March 4-6, Hopkins; 25-27, April 8-10 March 11-13, Moorhead; March 25-27, Arden Hills; April 8-10, 15-17 Grand Rapids; April 15-17, Arden Hills. For county planners, zoning officers, contractors, public health inspectors and building inspectors. *GW
- March 5-7 Aerial Applicators Workshop, Holiday Inn, St. Cloud. Designed for aerial pesticide dealers to provide information on plant and animal pest problems and pesticides accreditation for retention of the pesticide applicator's license. *RM
- March 6-7 US Agricultural Trade - Promises, Problems, and Policies for the 1980's, Marriott Inn, Bloomington. This timely conference on agricultural trade in the 1980's will provide participants with analysis and perspectives on current and emerging trade trends and issues. For community, agribusiness, and farm organization leaders and University teaching, research and extension faculty. *GW
- March 7 Alcohol Fuel - Engineer and Financing Perspective, Registry Hotel, Bloomington. Identify and describe financial and planning parameters for producing fuel ethenol from agricultural products. *CN
- March 8 Minnesota Copper - Nickel Symposium - B45 Classroom Office Building, St. Paul Campus. To examine the question of copper - nickel mining and smelting in Minnesota. *EA
- March 10 Asparagus Clinic, Irrigation Center, Staples.+
- March 11-14 Texas Feedlot Study Tour to Amarillo, Texas. The tour will provide a four-day study tour to inform Minnesota cattle feeders and other corn belt beef industry people about the nature of the competition from commercial feedlots in the Southwest. *GW
- March 11, 12, 18 & 19 Fair Management Short Course, March 11, Owatonna; March 12, Redwood Falls; March 18, Detroit Lakes; March 19, Hinckley. Management principles for county fair improvement. For fair board members, fair officers, superintendents and supervisors who have management responsibilities for county, district and state fairs. *CN

*For further information call the Office of Special Programs

CN--Curtis Norenberg	612-373-0725
RM--Richard Meronuck	"
GW--Gerald Wagner	"
EA--Eugene Anderson	"
FH--Fred Hoefler	"

+For further information call the Research or Experiment Station designated.



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April 21, 1980

SPRING MEANS PRUNING, BUT BE PATIENT

The first warm weather gives many homeowners the urge to prune their evergreens, but Deborah Brown, extension horticulturist at the University of Minnesota, warns that it's still too early to tackle that task.

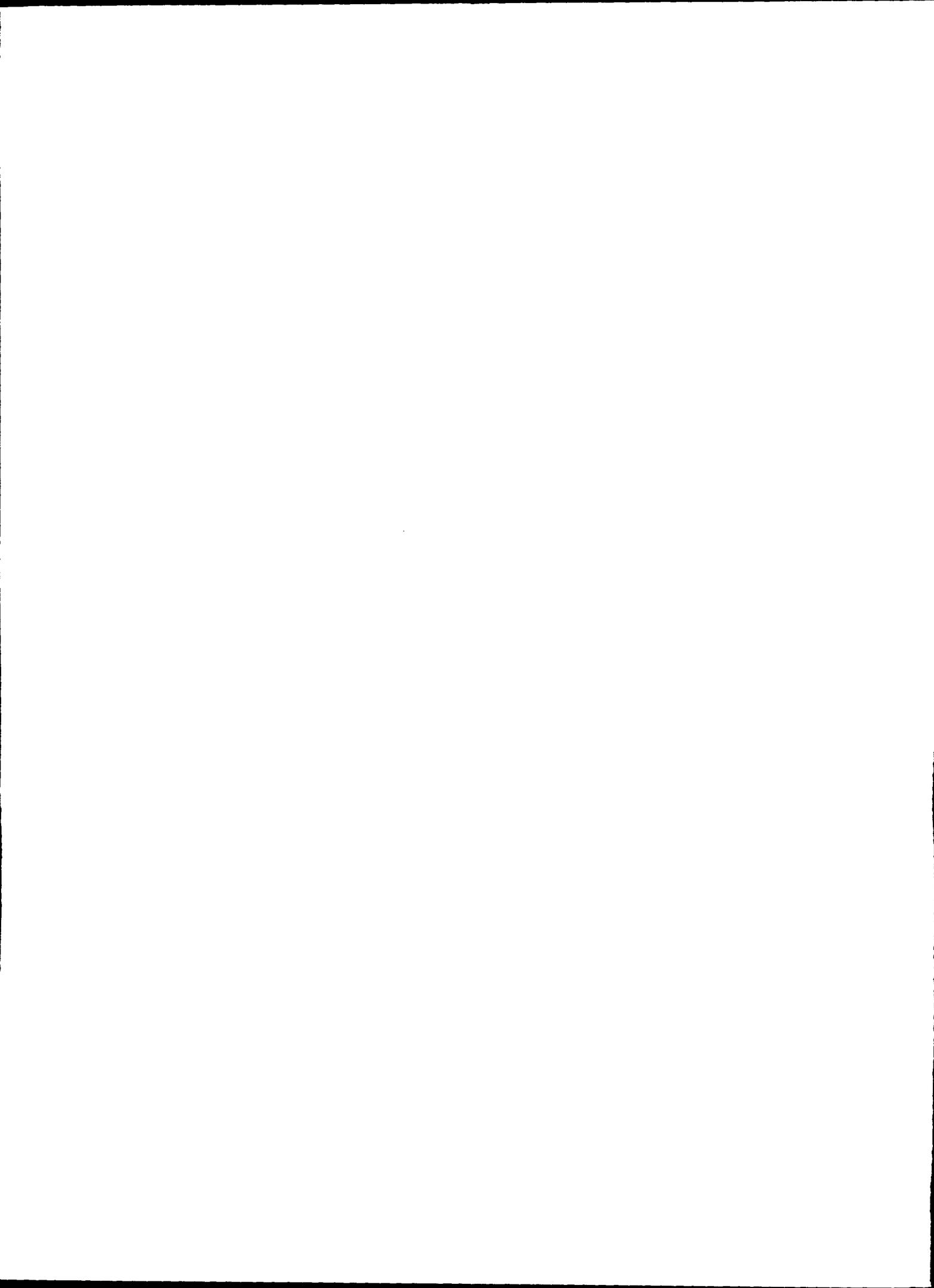
She recommends waiting until new growth is visible. For pines, spruces and firs, this means until young, green "candles" appear at the tips of branches. Yews, junipers and arbor vitae will show growth in the form of tender, pale green growth.

To prune properly, Brown reminds homeowners that wherever a cut is made, branching and new growth will begin behind the cut line. Cutting off one-half to two-thirds of the candle on pines, spruces and firs will encourage growth that makes the trees look fuller and more compact. Trimming the new growth in yews, junipers and arbor vitae has the same effect, but Brown cautions pruners not to cut back into the old growth. This destroys the chance for new growth at that point.

Pruning is appropriate through the spring and summer, but is best stopped before August. Because it encourages new growth, pruning can interfere with the gradual slow-down of growth needed to prepare for winter, Brown says.

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April 21, 1980

REMEMBER MOM WITH A PLANT THAT WILL BLOOM FOR YEARS

Stumped for a Mother's Day remembrance? How about a flowering shrub or perennial that will give renewed beauty and pleasure each year?

Deborah Brown, extension horticulturist at the University of Minnesota, suggests several types that have been bred in Minnesota and can withstand our climate.

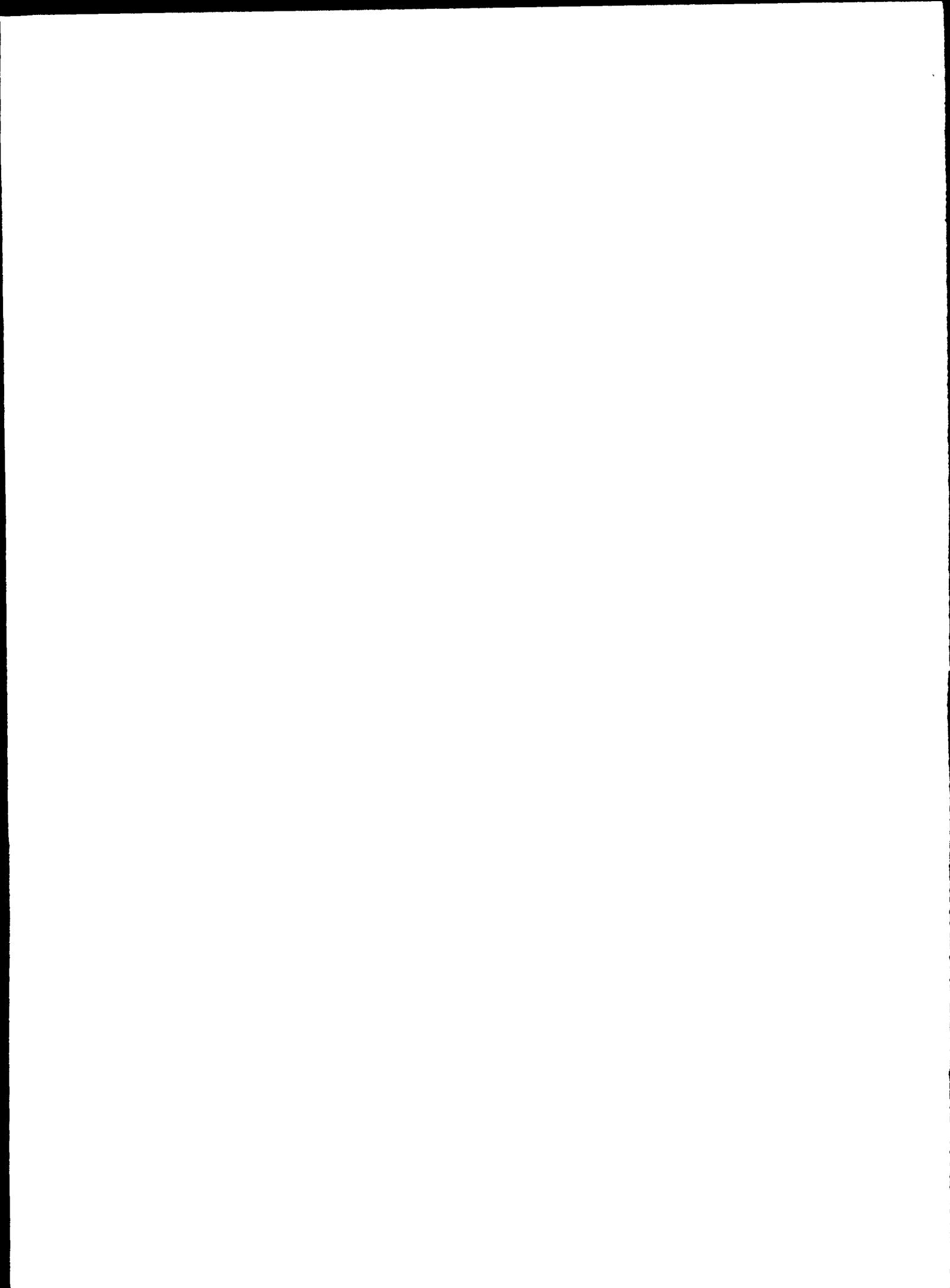
Northern Lights Azalea--This is the only winter hardy azalea that can be counted on to produce full bloom every year. Its buds can withstand winter temperature of -45° F without injury. The fragrant pink flowers appear in late May or early June on plants that are compact and will grow to about six to seven feet in height and spread.

Azaleas require acid soil, but if your soil is of neutral pH, backfilling around the roots with acid peat will achieve this.

Minnqueen and Royal Knight Chrysanthemums--These are the two newest mum varieties bred at the University. Minnqueen has flat, rose-pink blossoms on plants that average 12 inches high and 24 inches wide. Royal Knight produces $3\frac{1}{2}$ -inch maroon-purple or burgundy flowers on plants that are about 12 to 15 inches across and 20 inches high.

Both mums should be planted after the danger of killing frost, preferably in well-drained loam soil in full sunlight. A commercial fertilizer such as 5-10-5 or 10-10-10 formula is recommended in the spring. After freezing weather in the fall, mulch the plants heavily with leaves, straw or hay to increase their chances for survival through the winter.

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IT'S STILL TOO EARLY TO TREAT CRAB GRASS

Despite what television advertising wants you to believe, it is still too early to treat crab grass, according to Deborah Brown, extension horticulturist at the University of Minnesota.

Crab grass control is generally of the pre-emergent variety, so wait until about May 10 to apply it. A slightly later date is recommended for northern parts of the state, Brown adds.

If you apply chemicals now, they will lose much of their effectiveness before most annual weed grasses become a factor in your lawn. Brown says that either granular weed treatments or fertilizer/weed treatment combination products will offer effective crab grass control. However, if you have newly planted grass seed on your lawn, look for products containing either Siduron or Tupersan. These two chemicals will prevent crab grass without harming blue grass seeds. Lawn treatments containing Siduron or Tupersan are usually labeled as suitable for newly seeded lawns, Brown says.

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CA, TCO

add one

tips for the novice tomato grower

or peat material container below the surface.

When tomatoes start blooming, begin a weekly dust or spray program to help prevent fungal diseases.

Stake, trellis or cage tomato plants for best results, Brown recommends. Any method that keeps fruit off the ground will work.

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TIPS FOR THE NOVICE TOMATO GROWER

Tomatoes are the most popular garden vegetable in Minnesota, according to Deborah Brown, extension horticulturist at the University of Minnesota. Growing them, however, can be either rewarding or frustrating.

If you are growing tomatoes for the first time, Brown suggests some pointers to help you avoid common problems.

First, don't try to grow tomatoes unless you have an area that receives sunlight for a least six hours during the day. Also, don't rush the tomato season. They must not be set in the garden until frosty weather is over and soils are warm--typically the very end of May or the beginning of June.

Good soil is a must for tomatoes. If garden soil is poor, it will need to be improved with the right amount of organic matter and fertilizer. Your county agricultural extension agent can give you procedures for having your soil tested at the University of Minnesota if you want specific recommendations on fertilizers or other soil additives.

Select a variety of tomatoes with maximum resistance to common diseases, Brown advises. Look for the letters VF and N after the variety names. These indicate resistance to Verticillium, Fusarium and Nematodes.

Always buy short, stocky, young plants. Select plants four to six inches tall. If plants are in peat pots or peat blocks, do not remove them, Brown says. Set the plants deeply into the ground with the top of the peat pot

add one--fresh peas

Sugar Snap Peas also should be planted early. Brown says these peas climb, so you will need a trellis, fence or netting to grow them successfully.

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April 21, 1980

FRESH PEAS ARE AN
EARLY SEASON TREAT

Fresh peas from your own garden have a flavor and tenderness unmatched by canned or frozen peas, and peas are easy to grow, says Deborah Brown, extension horticulturist at the University of Minnesota.

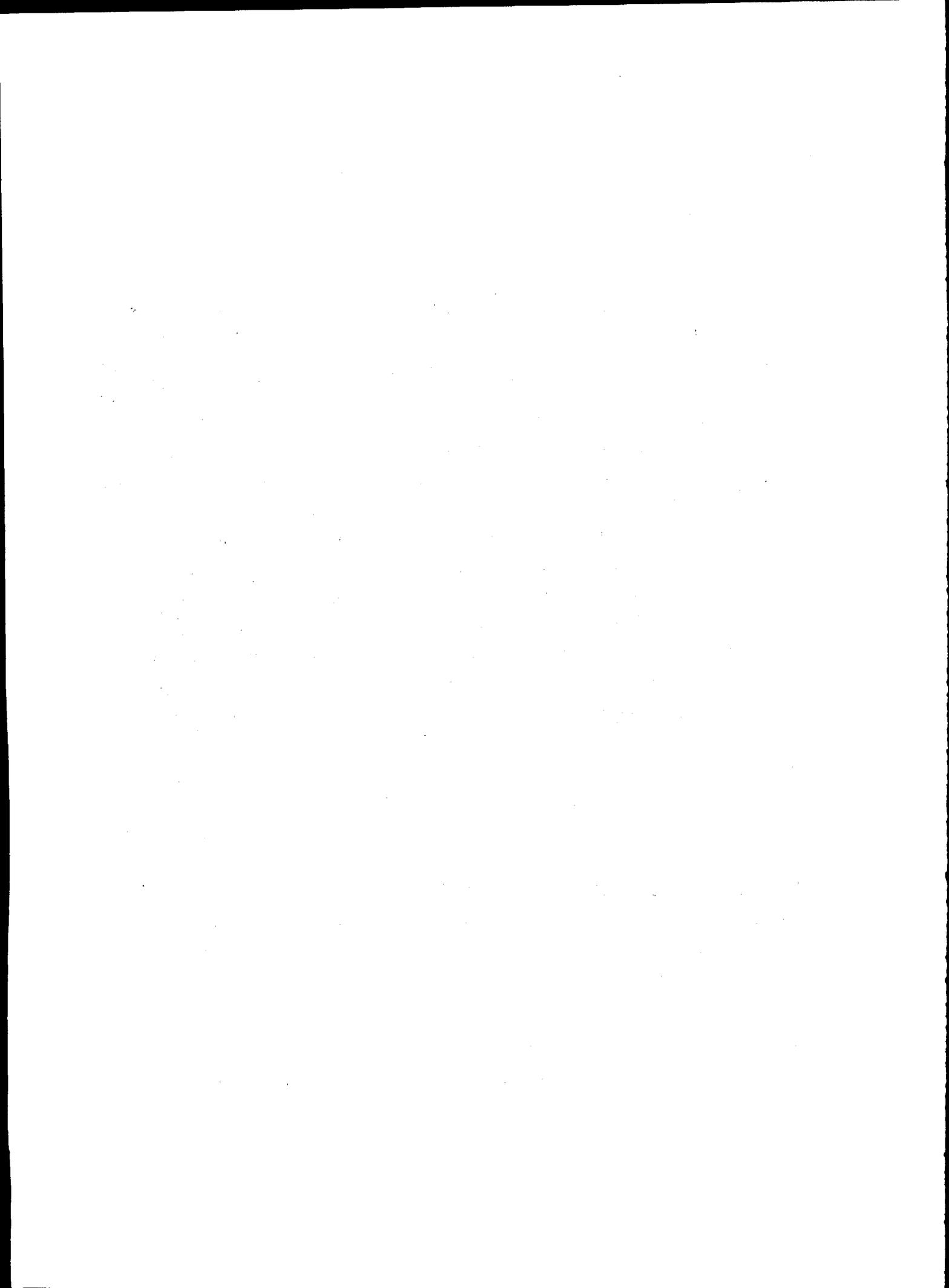
Follow a few simple procedures for best success. Brown recommends early planting because peas grow best in cool weather and are tolerant of frost. They should go in the ground as soon as it has thawed and is workable, usually between mid-April and early May in Minnesota.

Pea seed germinated fastest if planted into moist, finely tilled soil at a depth of 1 to 2 inches. If the soil is not moist, it is best to irrigate before planting. If seeds are planted into moist soil, they will not usually need additional irrigation until they have emerged (usually about eight to 14 days). Irrigation lowers the soil temperature and slows germination.

Excessively wet soil also increases the chance of soil diseases developing. These can attack the seeds or seedlings, Brown says.

When buying seed, look for some that has been coated with a fungicide or seed protectant chemical. If the seed has been treated, it will be labeled. If you buy untreated seed, treat it yourself with a fungicide powder such as Captan. Simply place a pinch of the powder in the seed packet and shake a few times until the seeds are coated.

If you are looking for a tasty variation on garden peas, you may want to grow Sugar Snap Peas this year, Brown suggests. These are edible podded peas with fleshy walls and tender peas that can be eaten raw or cooked as fully developed pods.



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Special Nutrition Series #4

FOCUS ON A VARIED DIET,
NOT FEAR OVER CHEMICALS

Chemicals in foods have become a cause for alarm in many people's view. But concern about chemicals in foods shouldn't keep you from enjoying your meals, says Mary Darling, extension nutritionist at the University of Minnesota.

All foods are made of chemicals. Some are natural and others are manmade, but in either case it's only when you don't vary your diet that you risk getting too much of a chemical into your system, she says.

Her advice is to enjoy a wide variety of foods, both fresh and processed. Because processing sometimes removes vitamins and minerals from a food, it's wise to include fresh produce in the diet regularly.

Although our growing season is limited, Ms. Darling suggests buying locally grown produced fruits and vegetables whenever possible. Their food value is greatest when it is stored carefully or refrigerated and used promptly.

However, frozen or canned goods are nutritious because their quality is captured at the peak and the processing removes little food value. Store-bought fresh produce may have lost some of its food value during transportation or because of improper handling or the passage of time before and after you buy or use the food.

Convenience foods may save time, but vary their frequency in your diet, Ms. Darling suggests. Many contain amounts of salt, starches and fats which may tip the balance on your diet.

Foods that contain potentially harmful substances are probably eaten in such small quantities in a well-balanced and varied diet that any risk is minimal. If, however, you eat enough of any substance, even water, there's a level at which it will be harmful.

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add one--low salt diet

Ms. Darling says that some foods are canned without salt, but foods labeled as dietetic are not all salt-free. Some contain no sugar but have salt, so it's important to read the ingredients listings before buying special diet foods. Be alert for the word sodium as well as salt in the lists.

What changes can you make in your cooking habits to conform to a low salt diet? Ms. Darling recommends making more soups, stews and casseroles from scratch. She also suggests learning to appreciate flavors other than salt--lemon, vinegar, wine, onion, fresh and dried herbs and spices.

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March 24, 1980

Special Nutrition Series #6

LOW SALT DIET RESTRICTS SOME SURPRISING FOODS

If your physician tells you to cut back on salt, what he or she is really concerned about is sodium. Table salt has more than 2000 milligrams of sodium per teaspoon, and that's a hefty amount when some diets restrict you to as little as 500 milligrams (half a gram) a day.

Mary Darling, extension nutritionist at the University of Minnesota reports that the Health and Nutrition Examination Survey done recently found that American adults eat seven to nine grams of salt each day (2800 to 3600mg sodium) even without adding any salt to cooking or at the table.

She admits that many persons on a low salt diet find that food just doesn't taste the same, particularly when they have been used to freely shaking salt into their cooking and at the table. Most low salt dieters must learn new habits of cooking and eating in addition to acquiring new tastes.

Foods high in salt that need to be restricted or avoided include:

- * baked products that contain baking soda, baking powder and salt
- * cured meats such as ham, bacon, sausage and luncheon meats
- * salted meats such as corned beef, smoked salmon and salt pork
- * canned fish such as salmon, tuna, sardines
- * dried soups and bouillons, canned soups and many frozen convenience foods
- * condiments such as pickles, ketchup, mustard, mayonnaise
- * snack foods including salted crackers, potato and other chips, salted popcorn, salted nuts and cheese snacks
- * olives, sauerkraut and pickled vegetables

add one--kitchen cleanliness

To keep wooden boards sanitary, use them just for cutting breads and other dry foods. Meat, fruit and vegetable juices soak into wood and it becomes a breeding spot for bacteria and toxins.

Use a non-porous board such as one made of hard rubber, fiberglass or plastic to cut meats, fruits, and vegetables.

During warm weather, transfer cereals and crackers to a cool place. Keep them in covered metal cans, glass jars or rigid plastic ware. This prevents a loss of crispness due to humidity levels in the air. To protect bread from mold, keep it refrigerated or frozen.

A clean refrigerator also protects your investment in the food stored there. Frost-free refrigerators and freezers are often neglected because they don't have to be defrosted. Clean it inside with a soap and water solution, followed by a rinse with a solution of baking soda and warm water.

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March 24, 1980

Special Nutrition Series #5

KITCHEN CLEANLINESS CONTRIBUTES TO FOOD SAFETY, HOUSEKEEPING EASE

Does your kitchen seem to self-destruct? If you never quite get ahead of the clutter, don't throw in the towel and scrub brush. Instead, remind yourself that your cleaning efforts contribute to the safety of the food you feed your family.

Mary Darling, extension nutritionist at the University of Minnesota, reminds homemakers that clean work areas reduce the risk of food spoilage and food poisoning. Sanitizing work surfaces and utensils can be done by washing with hot soapy water, rinsing and treating with a dilute bleach solution -- 1 tablespoon chlorine bleach to 1 quart of warm water. The same treatment is appropriate for kitchen knives, can openers, meat grinders and blenders.

If a food gets moldy in a refrigerator dish or tray, clean the moldy container with hot soapy water and the same weak bleach solution recommended for work surfaces and utensils.

Don't soak wood such as wooden spoons, salad bowls, cutting boards and rolling pins. The wood warps and splits, creating cracks where food can lodge and bacteria can multiply.

Rinse dishes well with scalding water and let them air dry in a drying rack, Ms. Darling recommends. The only things that need towel drying are cast iron utensils, sterling silver and silver plate items.

-over-

add one

noting arbor day

region of the state, the Agricultural Extension Service offers helpful publications geared to your local conditions. You may obtain copies of the Minnesota Tree Line series from your local county extension office or by writing to the Bulletin Room, 3 Coffey Hall, University of Minnesota, St. Paul, MN 55108.

The publications are:

Tree Line #2--Shade Trees for East Central Minnesota

Tree Line #7--Shade Trees for Southeast Minnesota

Tree Line #12--Shade Trees for Southwest Minnesota

Tree Line #13--Shade Trees for West Central Minnesota

Tree Line #14--Shade Trees for Northeast Minnesota

Tree Line #16--Shade Trees for North Central Minnesota

Tree Line #18--Shade Trees for Northwest Minnesota

Tree Line #23--Shade Trees for South Central Minnesota

Tree Line #26--Shade Trees for Central Minnesota

Another publication that may prove helpful if you decide to plant is Extension Folder 402, Planting Landscape Trees. It is also available from your county extension service office or by writing to the Bulletin Room at the University of Minnesota.

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NOTING ARBOR DAY

April 25 is Arbor Day, the day traditionally associated with tree planting. Deborah Brown, extension horticulturist at the University of Minnesota, suggests that if your lawn is new and bare or has lost mature trees to Dutch Elm disease or oak wilt, you may want to do some planting this spring.

In fact, the U.S. Department of Agriculture's Forest Service is noting its 75th anniversary with a "Plant a Birthday Tree" campaign encouraging tree planting to note birthdays or other special occasions.

"When you plant a tree, it rewards you in many ways," Brown says. "It will give you cleaner air to breathe. It will buffer you from noise, dust and wind. Its roots will help hold soil and its canopy will shade you. Some varieties provide beautiful fall color for you to enjoy while others may provide you with homegrown fruits or nuts."

Brown encourages homeowners who are planting young trees to deal with local nurseries. "Trees that are grown in your area are better adapted to local conditions," she says. "And it's also easier to get your questions answered or your guarantee honored if you deal with local nurseries."

If you have questions about the types of trees suited to your

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SOURCE: Jim Bauder 612/376-8163

WRITER: Kathy Frank Chesney 612/373-0714

MOLDBOARD PLOW USED
MORE, NEEDED LESS

The chisel plow seems to have lost some popularity as a fall primary-tillage implement, while the moldboard plow has gained favor, surveys of farmers in the southwestern quarter of Minnesota indicate.

Jim Bauder, University of Minnesota (UM) extension tillage specialist, asked farmers attending county soils meetings about their tillage practices. About 250 responded to his 1980 survey. A similar survey was conducted in 1979.

About 65 percent of the farmers said they moldboard-plowed corn ground this fall, compared to only 48 percent who said they used this implement in past years. Use of the chisel plow decreased from 21 percent in 1978 to seven percent in 1979.

On ground that had been planted to soybeans, moldboard-plowing increased from 12 percent in the 1978-79 survey to 25 percent. Chisel decreased from 61 percent to 12 percent.

Bauder says that wet soil conditions may explain the change. "The chisel plow is quite a bit more work to use when the ground is really wet. Also, the late spring exaggerated the weed problem last summer, probably prompting some farmers to return to the moldboard plow."

This change could raise fuel costs and worsen soil erosion, Bauder warns. "The moldboard plow may not be the most efficient energy consumer. It also contributes to soil erosion, which was really bad this winter in part because of the light snow cover."

About 23 percent of the farmers followed corn harvest with no tillage other than disking or stalk chopping. This was a four percent increase over the

add one--moldboard plow

1979 survey. "It's encouraging to see an increase in at least one form of reduced tillage," Bauder says.

"Chisel and moldboard plowing on soybean ground was surprisingly high, however, totaling 74 percent," Bauder adds. "Our research has shown that disking could replace plowing without reducing soybean yields. As reduced tillage, it has the potential for decreasing soil erosion and fuel use."

Spring tillage rarely included the chisel or moldboard plows. Farmers used the field cultivator more than any other implement--48 percent on corn ground and 55 percent on soybean residue--during spring.

On the average, the farmers performed 3.1 tillage operations on corn residue and 2.8 on soybean ground. "This is more tillage than is necessary," Bauder says. "Results from years of field research in this part of the state show that much less tillage will produce yields at the same levels as these farmers are now receiving."

Reduced tillage does require extra management and experience. Bauder says farmers can observe and ask questions about reduced tillage systems during field crop days held at UM Agricultural Experiment Station branches each spring and fall. Most county extension directors can provide names of farmers who use reduced tillage successfully and are willing to share their experience.

The surveyed farmers were also asked to rank tillage-related problems in order of importance. Among the top five listed, compaction, clods and wind erosion could be decreased through reduced tillage, Bauder says. Weed problems, which were ranked first in soybeans and second in corn, should be controlled before tillage is reduced.

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add one--farm spending

by 54 percent, from \$62,473 in 1978 to \$28,746 in 1979. Among the reasons for the decline were increased costs, lower returns from beef cattle and hogs due to lower prices, and lower returns from corn and soybeans due to hail damage. Returns to dairy cows were up, but there were only 24 dairy farms among the 179 southwestern members.

In the southeastern association, on an operator's share basis, return to operator and family labor, management, and equity capital (net worth) declined by 37 percent, from \$55,428 in 1978 to \$35,061 in 1979. Although returns from dairy cattle were up, only 38 dairy farms remain among the 83 southeastern records summarized. Dairy gains were more than offset by decreased earnings from hogs and soybeans and increased costs.

*Counties included in the southwest group are Pipestone, Murray, Redwood, Cottonwood, Watonwan, Nobles, Jackson, Martin and Faribault. The southeastern association members reside in the counties of Nicollet, Scott, Dakota, LeSueur, Rice, Goodhue, Waseca, Steele, Dodge, Olmsted, Winona, Freeborn, Wabasha, Houston and Mower. No claim is made on whether or not these farmer-members are representative of their regions or the state as a whole.

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March 24, 1980

SOURCE: Delane Welsch
612/376-3563

FARM SPENDING CONTINUES TO RISE

Farmer-members of the Southwestern Minnesota Farm Management Association spent an average of \$244,763 each in their communities during 1979, according to association records analyzed by University of Minnesota farm management specialists.

Delane Welsch, the extension economist who prepared the association annual report, adds that the spending figure was an increase of 21 percent (\$42,000) over 1978.

Farmers with membership in the Southeastern Minnesota Farm Management Association spent \$169,598 on the average. This was a 13 percent (\$20,000) increase over the year before.*

Data from 179 southwestern association farms showed that an average of about \$67,250 was spent on the farming inputs of fertilizer, chemicals, seed, feed, repair and fuel. Another \$24,700 was used to purchase machinery and equipment. More than \$64,250 was paid to other farmers for livestock and custom work, while members spent about \$2,200 for support of local government through property taxes.

In the southeastern association, the average farmer-member spent approximately \$55,000 on the farming inputs and \$23,000 on machinery. Other farmers were paid about \$13,700, and support of local government cost about \$2,700. These averages are based on records from 83 farms.

In the southwestern association on an operator's share basis, return to operator and family labor, management, and equity capital (net worth) declined

Americans love their orange juice. This country produces more than twice as many oranges as any other country--an average of 80 glasses of juice and 30 fresh oranges per person in this country each year.

* * *

Availability of fresh fruit varies throughout the year. Here's a guide to what's in season at what times:

- Apples-- Fall and winter most plentiful
- Bananas-- supplies good year around
- Blueberries-- June-August
- Cantaloupe --May-September
- Cherries --May-August
- Grapefruit --October-June
- Grapes --June-December
- Oranges--November-June

- Strawberries--April-June

* * *

Did you know---

The food Americans order most often when eating in a restaruant is steak?
An average American eats about 3,000 calories a day?
For every \$10 we spend in the grocery store, about \$1 goes for milk and eggs?

* * *

Americans are big snackers. We spend \$2.4 billion a year on such snack foods as soda, other sweetened drinks, potato chips, pretzels, buttered popcorn and corn chips.

* * *

How many people work on farms? In the U.S., about 2 percent of the country's total working population work on farms. Compare this to 13 percent in Italy, 19 percent in the USSR, 39 percent in Mexico, 62 percent in China and 85 percent in Bangladesh.

* * *

More wheat is grown throughout the world than any other crop. Russia produces almost three times as much wheat as any other country. Corn is the second largest crop. The U.S. leads in its production, growing almost half of the world's supply.

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Note to Agents: The 1979 USDA Yearbook is a colorful often whimsical paperback called "What's to Eat and other questions Kids Ask about Food." These filler items are pulled from the yearbook. Copies are generally available from your senator or representative or, with a fee, from the U.S. Government Printing Office.

Fillers on Food...

Forty years ago, the average egg-laying hen laid 100 eggs a year. She's more than doubled her egg-laying ability. Today, an average hen lays about 240 eggs a year. Let's hear it for the hard working hen!

* * *

Have you ever heard the expression "He's not worth his salt"? Today, salt doesn't cost very much, but back in the Middle Ages it could cost half as much as the piece of meat or fish it seasoned. And it was important then because it preserved meat.

* * *

Agriculture's productivity has made great strides. A century ago, an acre of corn would yield about 28 bushels. Today, farmers get 100 bushels or more from that same acre. Also, the average cow produces nearly three times as much milk as in 1945.

* * *

In the 1700's, one farm worker could feed three people. By the time of the Civil War, a farm worker could feed five others. Currently, one farm worker feeds 60 people and this is expected to jump to 80 people by 2000.

* * *

How savvy are you about cows? Try this Quiz:

*What state produces the most milk each year?

*How many glasses of milk does the average cow produce in a day?

*A cow in Indiana set a record in 1975. She gave more milk in one day than any other cow ever has. How much milk did she produce?

(Answers: 1. Wisconsin: 2. 62 glasses of milk: 3. 100 quarts)

* * *

For many years, people thought that if you ate a tomato, you would die before morning. In 1820, Colonel Robert G. Johnson of Salem, N.J. stood on the courthouse steps there and ate a whole basketful of tomatoes in front of hundreds of people. He not only lived, he didn't even get sick.

* * *

-over-

Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 24, 1980

Immediate release

Note to home economists: Edna Jordahl was recently an unwitting participant in this drama of man vs. computers. This is her first-hand account of the incident and its lesson for consumers.

Pity the Harried Shopper When
a Computer's on the Blink

By Edna Jordahl
Extension Family Resource Management Specialist

Don't rely completely on automation. You may encounter an emergency when manual behavior is a necessity. It happened at a large Twin Cities supermarket during the afternoon rush hour. The computer-run cash registers--all seven of them--stopped running.

The lines of waiting customers kept lengthening as cashiers listed groceries on paper bags, added the costs plus tax manually and asked customers for exact change. Plus, there were empty bottles and coupons to deal with. Each customer was asked for his or her name and telephone number in case the math was wrong or a customer complained later.

The customer could write a check, pay the exact amount or wait for change from a spare cash register--about half wrote checks. Generally the situation was calm. The cashiers worked steadily; the customers took things in stride. Cashiers had been told what to do in case the computer failed, but all needed reassurance about the system.

Several people left their loaded carts and went home. Foods from refrigeration or freezer were of concern to the manager. Some in line tried to be helpful by listing their items and adding the costs. One woman went home and returned with her pocket calculator for one cashier. Someone asked if the radio could be turned loud enough so the state hockey tournament could be heard. Generally the public was cooperative.

Later, the bookkeeper reported that the hour-long emergency was handled well. There was a difference of about \$132 between orders written on bags and money collected. The bookkeeper thought that several lost orders might account for extra cash. Only one customer complained of being overcharged.

The moral to this story: Computers can do a lot of detailed calculating--but only when they are "tuned in." Sometimes math, patience and humor must rescue us from technology that has gone awry.

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St. Paul, Minnesota 55108
Tel. (612) 373-0710
March 24, 1980

SOURCE: These short items are condensed from the recent (Winter 1980) issue of National Food Review, published by the USDA's Economics, Statistics, and Cooperatives Service.

Consumer briefs. . .

Food: At Home and Away

Americans spent an average of \$911 per person for food at home in 1979, an increase from \$827 spent in 1978. Their costs for away-from-home eating in the same years jumped from \$283 to \$305. When adjusted for price increases, per person food-at-home spending rose about 1 percent. Real away-from-home food spending, however, declined more than 2 percent on a per capita basis.

* * *

Food vs. Disposable Income

All food purchases, both at home and away, accounted for about 16 percent of disposable personal income in 1978, the most recent year for which data are available. This is a similar percentage to that posted each year since about 1970. The percentage has been on the decline since about 1945 when food took up more than 25 percent of disposable income.

* * *

Food Advertising

About 94 cents out of every \$100 of the food bill goes to pay for advertising. Thus, a family whose annual food bill is \$3,000, pays about \$28 indirectly to the media. Of this, some \$24 goes to television, \$2.50 to magazines and the remainder to radio, newspaper supplements and billboard advertising.

What products are the heaviest advertisers? Soft drinks account for about 13 percent of all food product advertising dollars and ice cream, candy and dessert advertisements generate a similar percentage.

* * *

-over-

add one--consumer briefs

Convenience Food Update

Recent studies of so-called convenience foods show what many consumers have long suspected. Convenience usually costs money. Of 166 convenience foods considered, 59 percent cost more per serving than ingredients for the fresh or home-prepared counterparts. But, the researchers also found that 28 percent of convenience foods cost less than their homemade counterparts and 13 percent cost about the same.

Of the convenience foods that were less expensive than fresh or home-prepared items, most were fruits and vegetables. The relative economy of canned or frozen fruits and vegetables varies, of course, with the season. When fresh produce is at its peak locally, it usually is cheaper than frozen or canned forms of the same food.

* * *

What Are We Eating?

The state of our pocketbooks, weather variations and our concerns about diet all affect how and what we eat. In 1979, beef consumption dropped 11 percent, the largest decline since 1945. It was partially offset, however, by increased pork and poultry consumption.

Cheese consumption last year reached its highest level ever. U.S. Department of Agriculture researchers speculate that increased consumption is because cheese often substitutes for costly meat as a protein source. We are also consuming more low fat milk, more fats and oils, less fresh fruit, more fish and more coffee.

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University of Minnesota
St. Paul, Minnesota 55108
April 1, 1980

Immediate release

Source: Mary Darling 376-4663

Writer: Deedee Nagy 373-1781

Special Nutrition Series #10

ARTHRITIS: YOU CAN'T EAT YOUR WAY IN OR OUT

Food doesn't cause arthritis, and, unfortunately for its sufferers, it isn't effective in treating or curing it, according to Mary Darling, extension nutritionist at the University of Minnesota.

The pain and disabling effects of arthritis will drive its victims to spend hundreds of millions of dollars on fraudulent cures and treatments this year, she adds. "Yet despite its uselessness as an arthritis cure, some people will needlessly stop eating red meats or will supplement their diets with lecithin, alfalfa, honey, vinegar and extra vitamins and minerals in hopes of finding relief," Ms. Darling says. "You cannot eat your way into arthritis and you cannot eat your way out."

But what about endorsements for various foods or diets made by arthritis sufferers who suddenly found relief? Ms. Darling says that arthritis symptoms sometimes go away temporarily without treatment. "If such a remission happens at the time a new food is tried or some food is discarded from the diet, it's easy to think the change in diet cured the disease. Symptoms sometimes go away but they can flare up again."

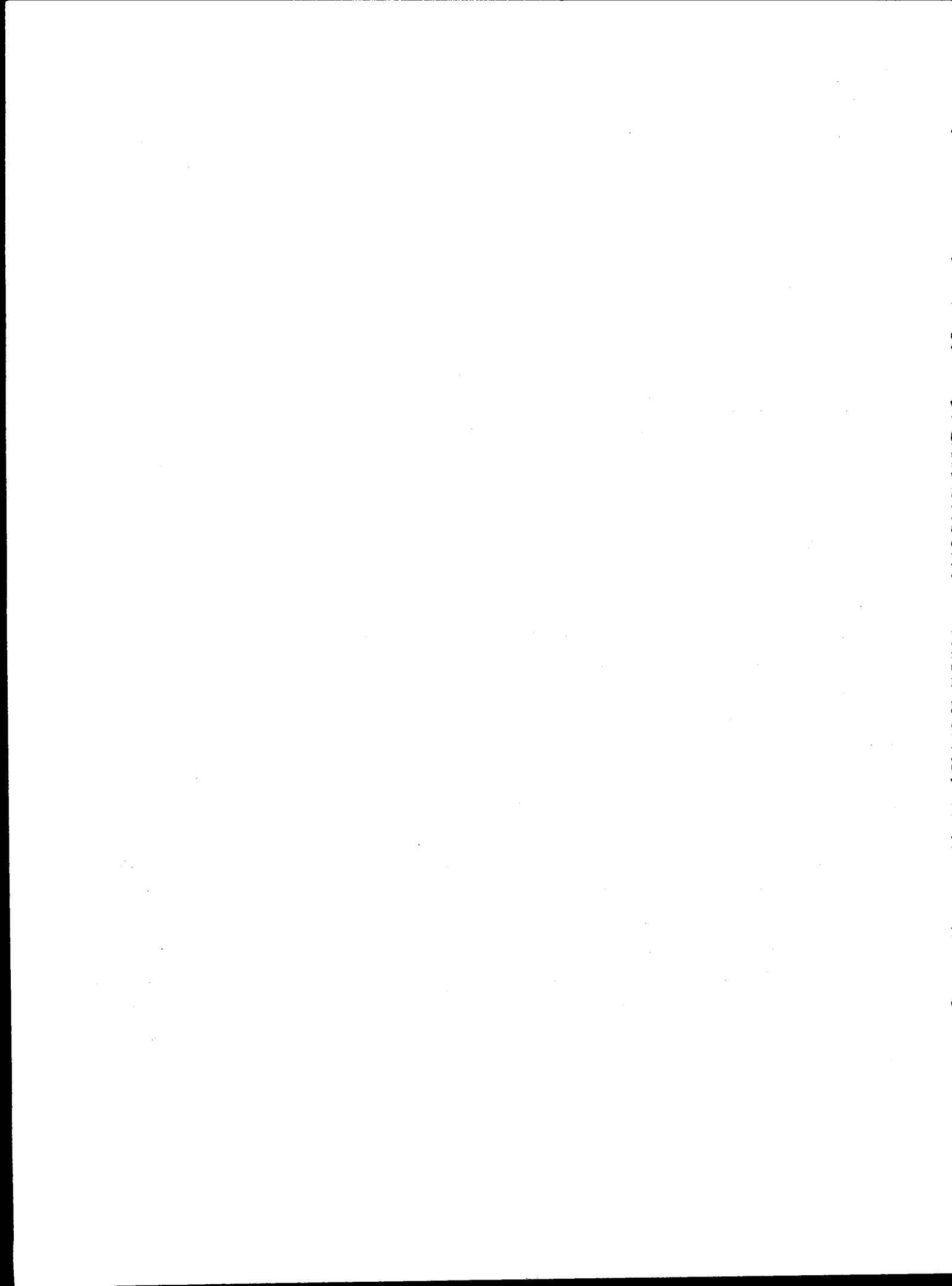
She adds that there are effective medical treatments to relieve arthritis pain and prevent crippling, but no food or food supplement has been shown to be effective.

Does that mean that diet is of little concern to the arthritis victim? No. Nutritionally balanced meals benefit anyone's health and muscle tone, Ms. Darling adds. Weight control is also important.

Physicians may sometimes prescribe a weight loss diet for patients with some types of arthritis who are overweight. Losing weight won't cure the disease, but it can relieve strain on inflamed joints and offer some pain relief.

Some arthritis sufferers lose weight and may need extra nourishment because underweight can lead to fatigue and lower resistance to infection. Better food choices and easier preparation methods may be needed, Ms. Darling says. Special techniques or equipment may help relieve the pressure on painful joints from opening jars or packages or from lifting heavy pans of food and hot water.

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Department of Information
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Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
April 7, 1980

Source: Mary Darling 376-4663
Writer: Deedee Nagy 373-1781
Special nutrition series # 9

LAXATIVE, FIBER ABUSE CAN DAMAGE HEALTH

The overuse of laxatives and misuse of fiber in the diet can cause health problems. Unfortunately, too many people, particularly the elderly, think that a daily bowel movement is a "must" for good health, and they may resort to these measures to achieve it.

Mary Darling, extension nutritionist at the University, stresses that daily bowel movements are not necessary to good health. "It's a regular pattern of bowel movements that's important," she adds. "Most people can have a safe frequency of easily passed movements if they just include moderate amounts of grains, fruits and vegetables in their diets."

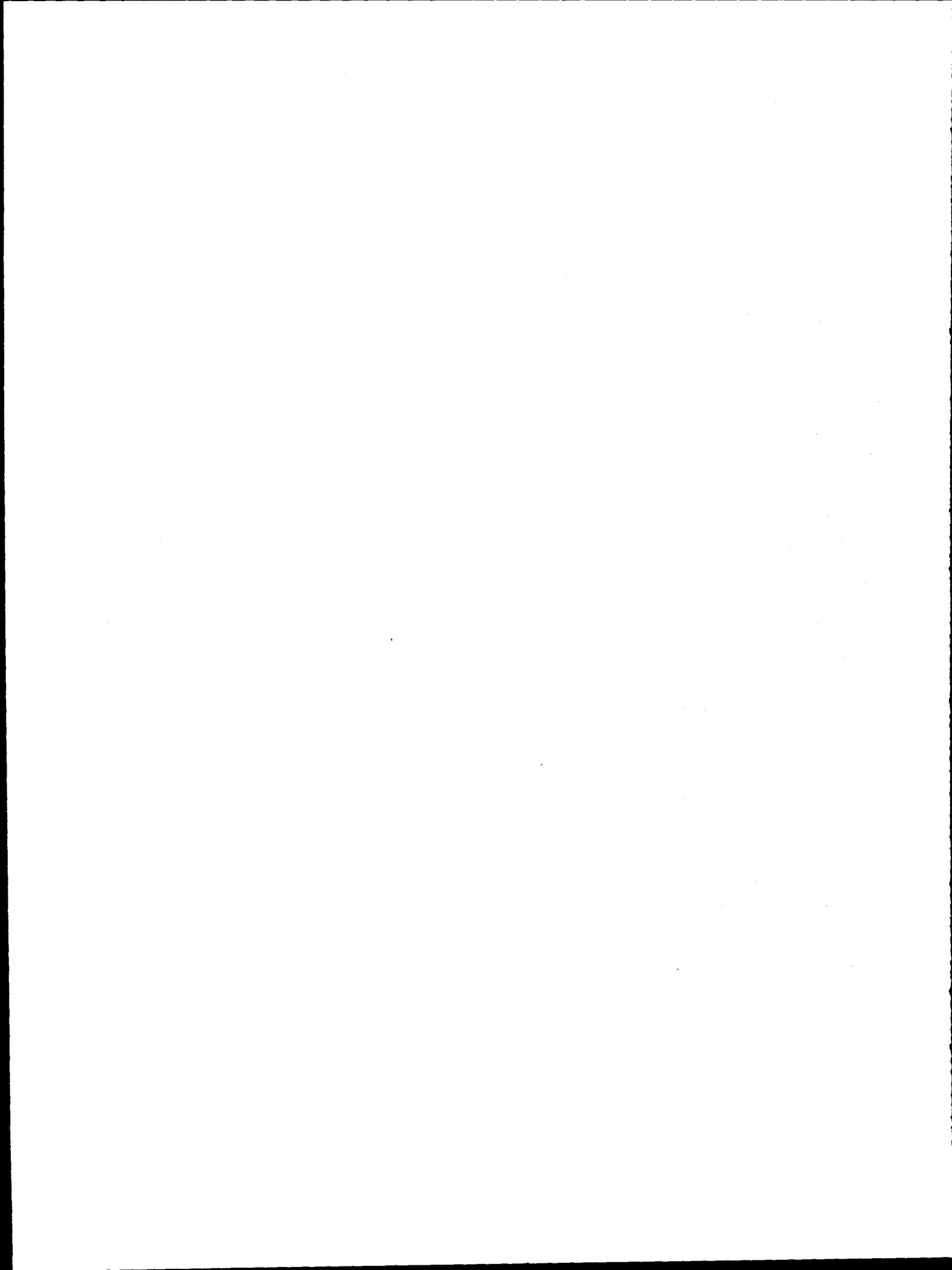
She recommends two or more daily servings of whole grain cereals or breads and four or more servings of fruits and vegetables. Other foods that promote regularity are beans, peas, lentils, nuts and prunes and prune juice. Though prune juice, like other fruit juices, has little fiber, it does contain a laxative compound.

Too much fiber in the diet can prevent the body from absorbing some minerals it needs from food, and it can trigger diarrhea. Ms. Darling says bran is in fashion, and it is a high fiber source. She adds, however, that your body needs fiber and nutrients from wholegrain products, not just the bran of wheat. Use breads and cereals made from whole wheat, oatmeal and cornmeal as well as fruits and vegetables. This will provide different forms of fiber along with useful amounts and combinations of many essential nutrients.

If you experience pain with your bowel movements, seek a physician's help, Ms. Darling says. The problem could be serious and you could harm yourself by ignoring the problem or turning to commercial laxatives.

Physicians sometimes find that patients who complain of constipation or watery diarrhea may hide or deny the fact that they take laxatives routinely. If you are taking laxatives, be sure to tell your physician, she urges.

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St. Paul, MN 55108
Te. (612) 373-0710
April 7, 1980

Immediate Release

SOURCE: Herb Johnson

PLANT PATHOLOGY BRIEFS. . .

New fire blight control: Fire blight, a serious and costly bacterial disease, affects apple trees, other pome fruits and some other species of the rose family including the mountain ash.

Although research on the disease has gone on for more than 100 years, no satisfactory control yet exists although progress is being made reports Herbert G. Johnson, an extension plant pathologist at the University of Minnesota.

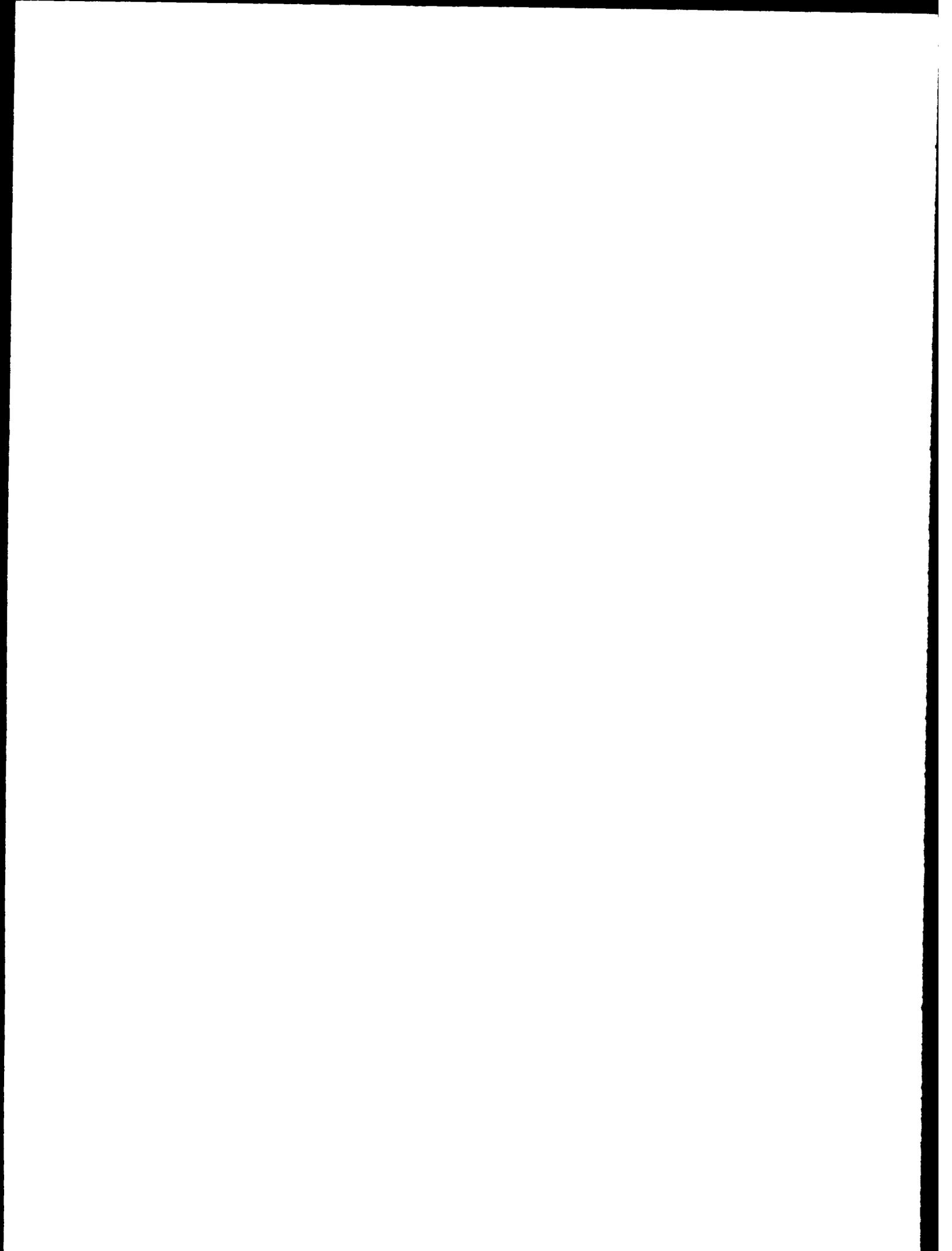
"New information on the disease from Dr. Steven V. Beer at Cornell University seems promising," Johnson says. "Application of Bordeaux mixture and oil at the silver tip stage in apple trees looks very helpful and can be used this spring."

This new information is now available as a printed supplement to Plant Pathology Fact Sheet No. 17, "Fire Blight" (Revised 1980) at all County Extension offices.

* * * * *

Controlling strawberry disease: Fungus diseases can cause heavy losses of strawberry crops, especially during periods of damp weather which promote disease. Pest control and the use of good cultural practices can be extremely rewarding in strawberry growing, says extension plant pathologist Herbert G. Johnson of the University of Minnesota.

"Fungicide applications can reduce much of the loss," Johnson says. "A first application is usually made at 'bud stage' before blossoms open, but an earlier application can be beneficial. Applications should be continued at weekly intervals until harvest begins. Fungicides alone without insecticides should be applied during the bloom period."



add one--plant pathology briefs

Detailed information on strawberry disease control is available at County Extension offices. Ask for Plant Pathology Fact Sheet No. 2, "Strawberry Disease" and Extension Folder 375, "Home Fruit Spray Guide."

* * * * *

Raspberry disease control: Even if your raspberry planting has various diseases or other problems which require long range treatment, the planting may have the capacity to produce a fair-to-good crop with attention to seasonal disease control.

According to Herbert G. Johnson, an extension plant pathologist at the University of Minnesota, the common and serious fungus disease, anthracnose, infects leaves, canes, blossoms and other above-ground parts of the plant. Spur blight and a few other diseases are often present also, Johnson says, but fungicide control is essentially the same for most of these problems. Without such treatment, loss can be minor in some cases or devastating. "Seventy-five percent fruit loss is not uncommon when fungicides are not applied and damp weather is present," Johnson says.

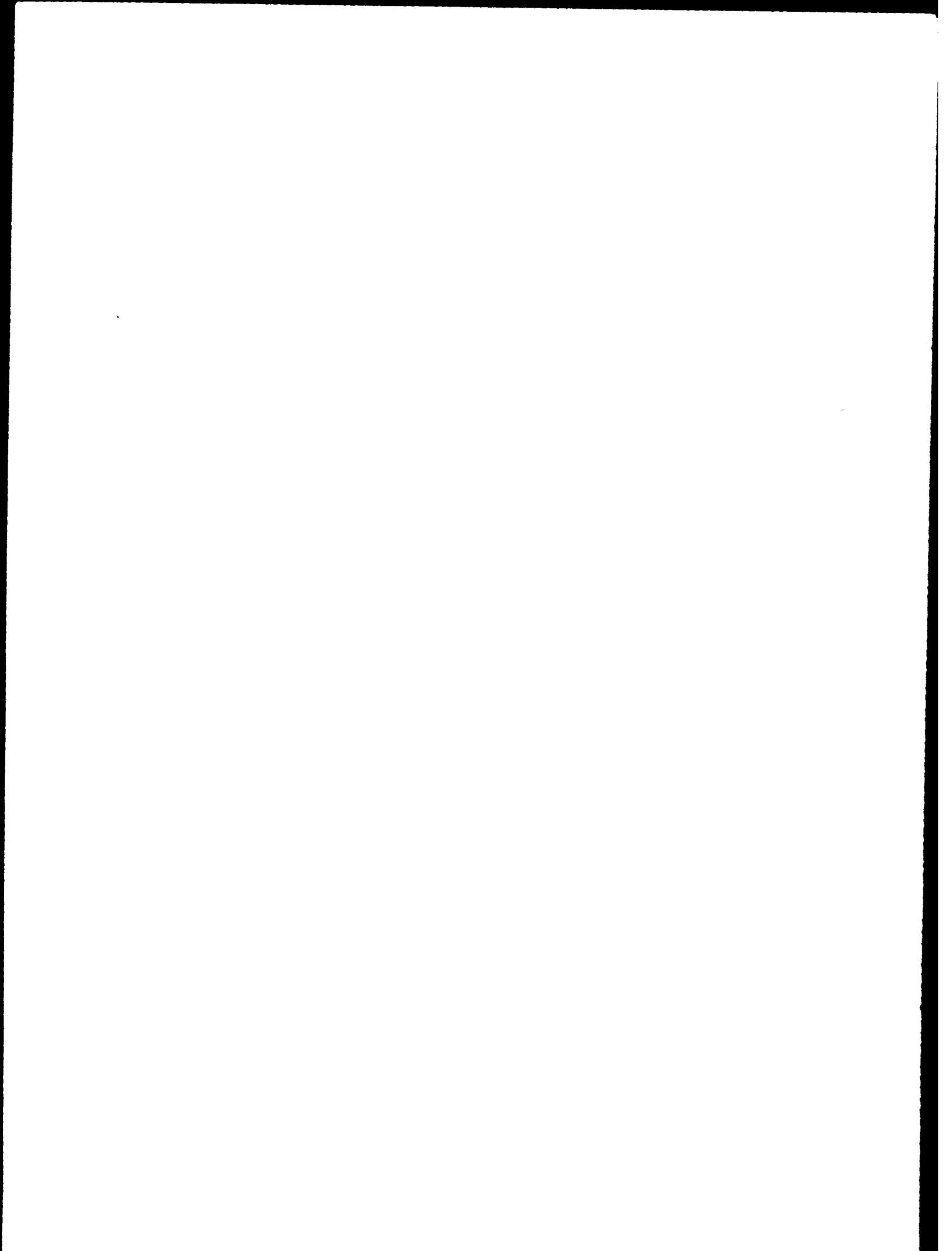
A minimum program for control is applications of a fungicide at the time when leaves are fully expanded and again at bud stage, Johnson says. Weekly fungicide application starting at early growth and continuing to near harvest will give better control. Only fungicides without insecticides can be used during bloom.

"After harvest, the planting should be sprayed with fungicides at two-week intervals to protect the plants from disease for the rest of the season," Johnson says. "This will help to produce a good crop next season."

Additional information on fungicide application is found in Plant Pathology Fact Sheet No. 8, "Raspberry Diseases," and Extension Folder 375, "Home Fruit Spray Guide." Both are available at all County Extension offices.

* * * * *

Spring apple disease control: Apple diseases can cause loss of leaf surface, reduced fruit size, damaged fruit, death of branches or



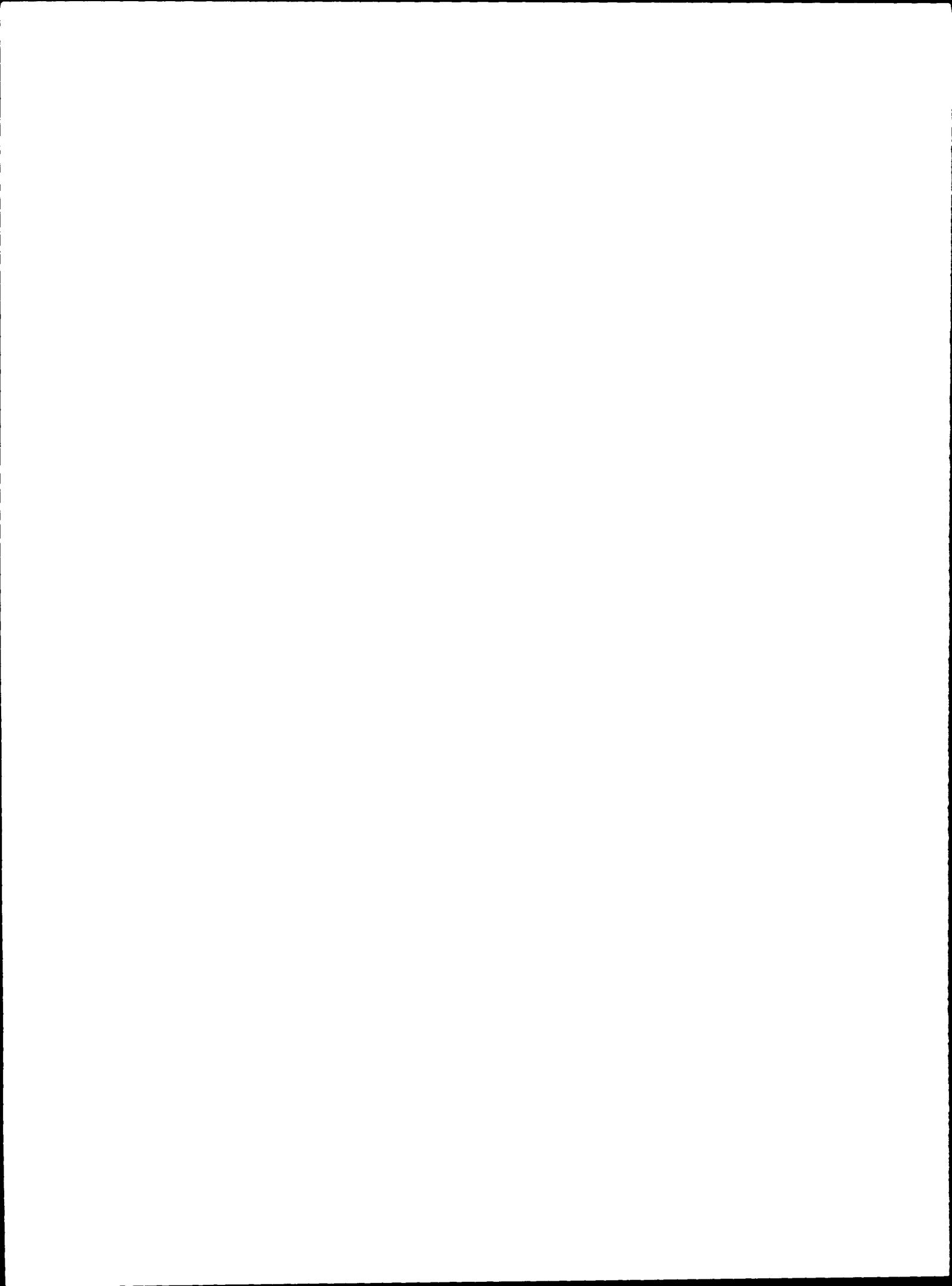
add two--plant pathology briefs

sometimes even death of the entire tree. Good timing of fungicide application, selection of the right fungicides and complete coverage of plant surfaces are necessary for good disease control says Herbert G. Johnson, extension plant pathologist at the University of Minnesota.

Cedar-apple rust, scab and fire blight are the most serious diseases affecting apple trees in Minnesota, Johnson says. "There is some degree of variation in resistance and a susceptibility to these diseases between apple varieties, but generally the best resistance is not adequate to produce good crops without some fungicide help for rust and scab control. Fire blight, however, is a different problem."

Some trees escape one or more of these diseases for various reasons, Johnson says. A knowledge of the disease history of the trees in a location is the best guide to the need for fungicide application.

"An early season application at silver tip stage with a Bordeaux mixture and oil is recommended for fire blight control," Johnson says. "Applications for scab and rust control normally start at pink stage of the blossom buds. Several fungicides that control scab do not control rust, so check directions carefully."



Department of Information
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University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0715
April 8, 1980

Sources: Bob Appleman
Harold Cloud

Writer: Jack Sperbeck

STRAY VOLTAGE PROBLEMS ON DAIRY FARMS

Stray electrical voltage that sends "tingles" through the bodies of dairy cows is causing production losses and health problems on some Minnesota dairy farms. University of Minnesota extension specialists have diagnosed the problem on approximately 50 Minnesota dairy farms.

"Stray Voltage Problems with Dairy Cows" is the topic of a new publication from the University's Agricultural Extension Service. Dairy scientist Bob Appleman and agricultural engineer Harold Cloud authored the publication.

This publication, prepared specifically for farm electrical professionals, outlines procedures to use in determining if a problem exists, the probable cause of the problem and recommended corrective action.

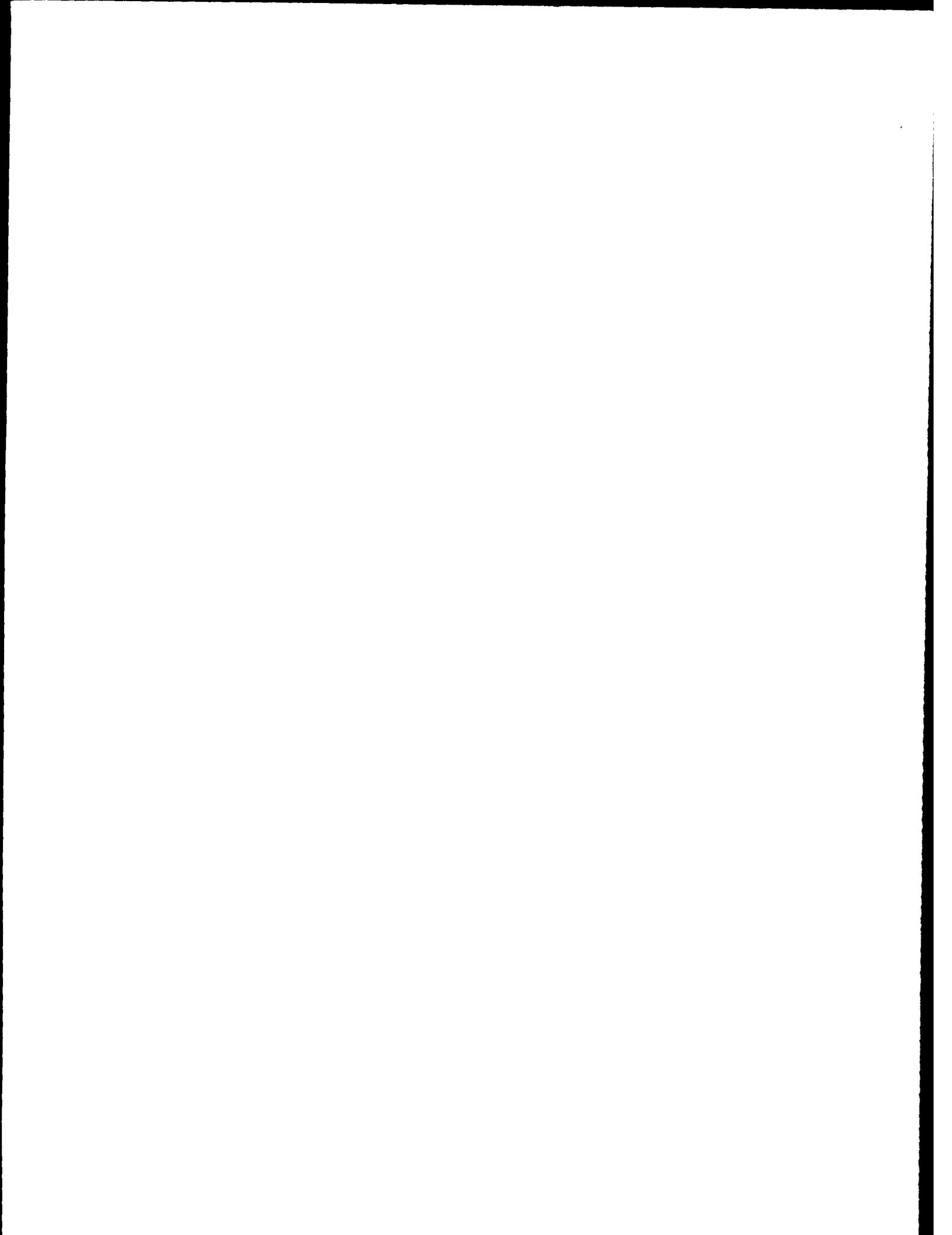
Cows affected with stray voltage problems are apt to milk out unevenly. They may also be reluctant to enter the milking parlor and be extremely nervous while in the parlor stall. Increased mastitis, reduced feed intake in the parlor and reluctance to drink from metal drinking cups in stall barns are other symptoms. A drop in milk production occurs.

However, other factors such as mistreatment, milking machine problems, disease, sanitation and nutritional disorders can create problems that cause the same symptoms, say Appleman and Cloud.

First, check out your milking equipment, milking practices and mastitis control program. If these seem to be in order, then contact your local power company representative for assistance.

Cloud and Appleman say losses on individual dairy farms can be substantial. One farmer with an 80 cow herd suffered a 3,000 pound drop in annual milk production per cow for a two year period. He also spent more than \$15,000 to replace components of the milking system trying to correct the problem.

Detailed information is available in the new publication entitled "Stray Voltage Problems with Dairy Cows." Single copies are available free for Minnesota residents. Contact your local county extension agent or write to the Bulletin Room, University of Minnesota, St. Paul, MN 55108. Ask for Extension Folder 552.



Department of Information
and Agricultural Journalism
Agricultural Extension Service
University of Minnesota
St. Paul, Minnesota 55108
Tel. (612) 373-0715
April 8, 1980

Sources: Charles J. Christians
Writer: Jack Sperbeck

SIMMENTAL, GELBVIEH BULLS TOP GAINERS IN MINNESOTA TEST

Simmental bulls on official test at the Minnesota Bull Test station were the top gaining breed. The 24 Simmental bulls averaged 3.53 pounds per day the first 112 days on test.

The top gaining bull was a Simmental sired by Salz and owned by Jeff Sorenson, Ada, Minn. This 3/4 Simmental had a 4.87 average daily gain and 3.55 pounds weight per day of age.

Fifteen Gelbvieh bulls averaged 3.50 pounds per day for the 112 day test. Michael Hustoft, Sibley, Iowa had the top bull with a gain of 4.20 pounds on test and 3.66 pounds per day of age. This highest gaining Gelbvieh bull was sired by Sherman.

Twenty-two Shorthorn bulls averaged 3.35 pounds on test. A bull owned by the Minnesota West Central Experimental Station at Morris topped all Shorthorns at 4.15 pounds per day.

Twenty-two Charolais bulls averaged 3.22 pounds per day. The top Charolais bull was owned by Harold Schmidt, Prior Lake, Minn. with 4.42 pounds on test. John Blanker's Charolais bull ranked high on weight per day of age with 3.44 pounds.

Thirty Angus bulls averaged 2.93 pounds per day. Herb Mensch and Aldo Senne, Welcome, Minn. owned the top gaining Angus bull with a 3.53 pound gain for 112 days.

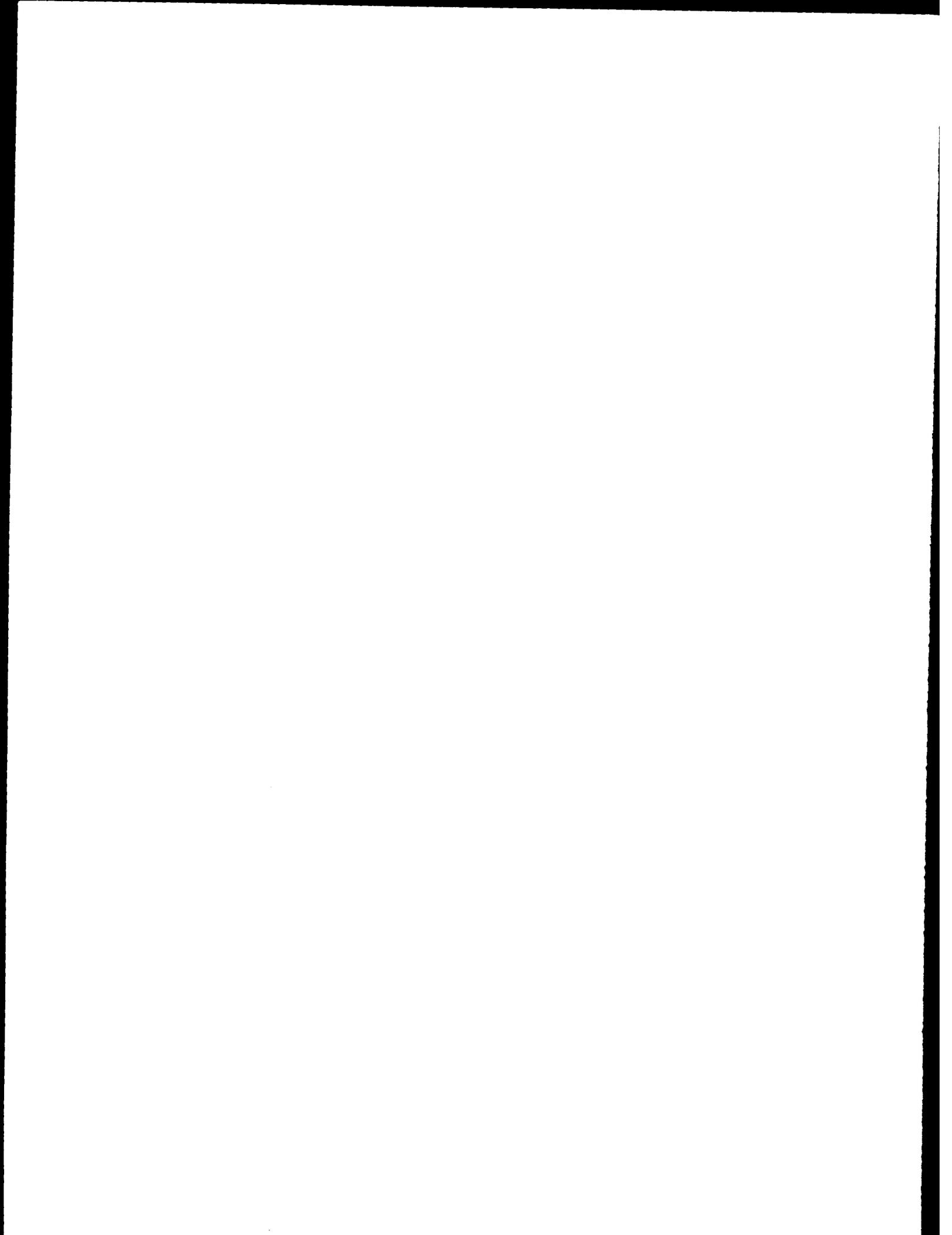
Three Limousin Bulls gained 3.48 pounds per day. Leonard Wulf, Morris Minn., had the top bull with a gain of 3.80 pounds per day.

Four South Devon bulls gained 3.17 pounds per day. These bulls were owned by Horseshoe Lake Farms, Royalton, Minn.

The top gaining Red Angus bull had a 3.20 average daily gain and was owned by James Bryan, Red Wing, Minn.

The 125 bulls averaged 3.27 pounds for the first 112 days on test and will be for sale April 19, 1980 at the Harder Livestock Exchange, Jackson, Minn.

The Minnesota Bull test is sponsored by the Minnesota Beef Cattle Improvement Association and supervised by the University of Minnesota Agricultural Extension Service. For more information on Central Bull Testing, contact C.J. Christians, 101 Peters Hall, 1404 Gortner Ave., University of Minnesota, St. Paul, MN. 55108



Department of Information
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University of Minnesota
St. Paul, Minnesota 55108
April 9, 1980

Contact: Paul Hasbargen
612-373-1145

Jack Sperbeck
612-373-0715

Misc
9/1/80

FARM CREDIT, CASH FLOW ADVICE

by

Paul R. Hasbargen
Extension Economist
University of Minnesota

Who's to Blame for the Credit Crunch?

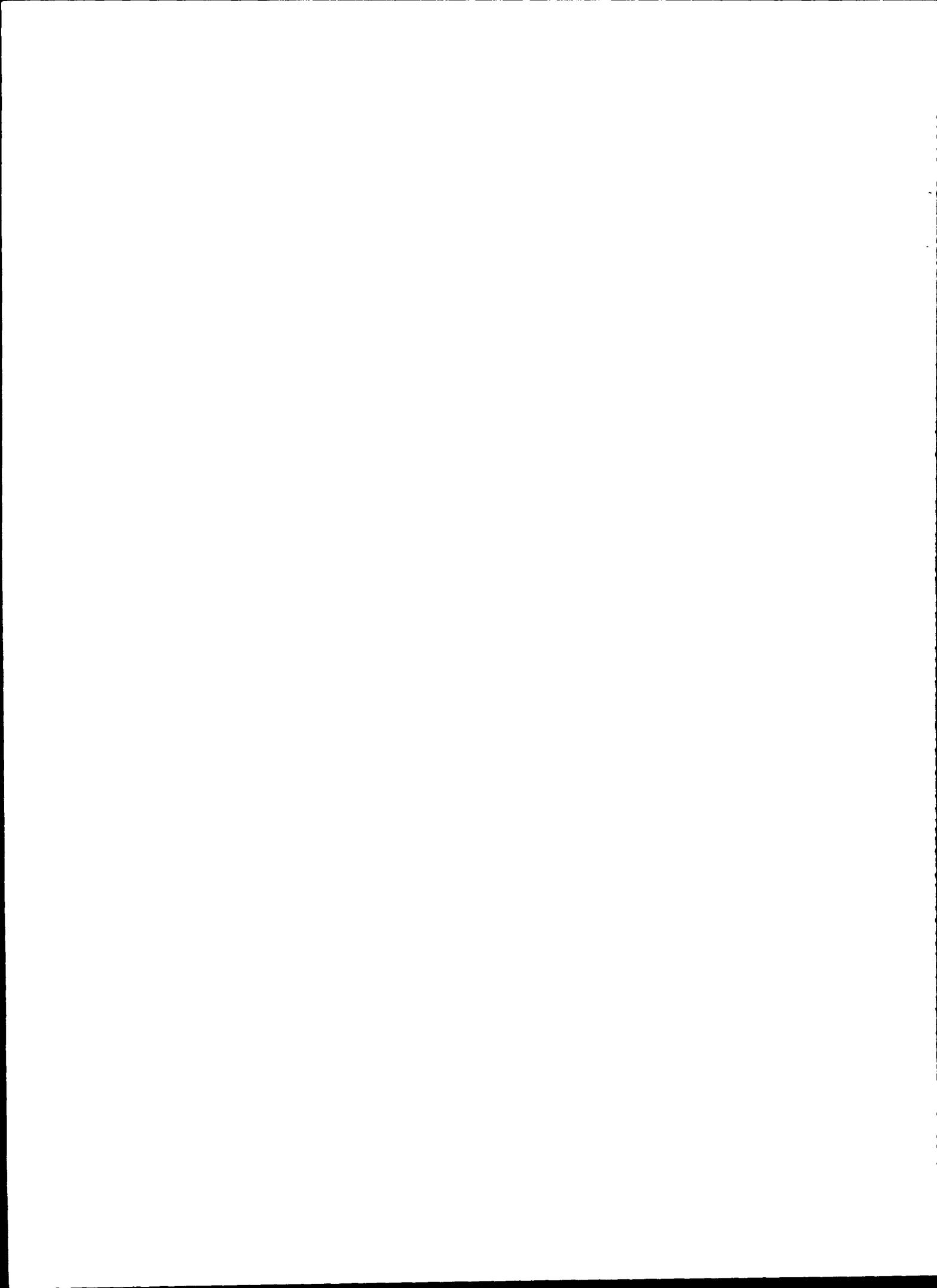
All of us to an extent. We could point to many different events--and people. When we find ourselves in such a tight pinch, it is human nature to look for the bad guy.

We might point our finger at the government--too much deficit financing. Or we could point to the grain embargo--or at the Federal Reserve Board for increasing the money supply too rapidly in recent years, thus precipitating the current high inflation rates which necessitate high interest rates.

But in reality we're all partly responsible for our current economic problems--at least for the longer-term aspects of the current credit crunch problem because of the legislation and management of the money supply that we have asked from government.

The short-term forces behind the current liquidity problem faced by bankers and farmers are:

- Lower farm earnings in 1979, and outlook for higher costs again in 1980.
- An inadequate transportation system to handle our bumper crops of 1978 and 1979 that was made even more inadequate by the Duluth strike and railroad shutdowns in 1979.
- The grain embargo and longshoreman strike with subsequent lower Minnesota grain prices that discouraged farmer selling.
- Increasing inflation, a growing negative trade balance and a declining dollar value abroad which necessitated a tightening of the money supply by the Federal Reserve Board.



add one--farm credit

The long-term problem is apparent from the attached graph showing changes in loan/deposit ratios in commercial banks over the past 60 years.

- We now have the highest debt ratio since the 1920's.
- We have been shifting from "savings" people to "spending" people during the past few decades. We all want to "live it up today" then "pay for it with cheaper dollars tomorrow" and trust that the government will take care of us in our old age.

Can More Funds Be Found?

First, some don'ts:

Don't react in the usual manner to news of a "shortage". Too often we act like thirsty animals when they smell water--some get trampled!

Remember how Johnny Carson created a toilet paper shortage by saying there was one? In the same view, beef prices leaped a year ago when impending "beef shortages" were widely claimed.

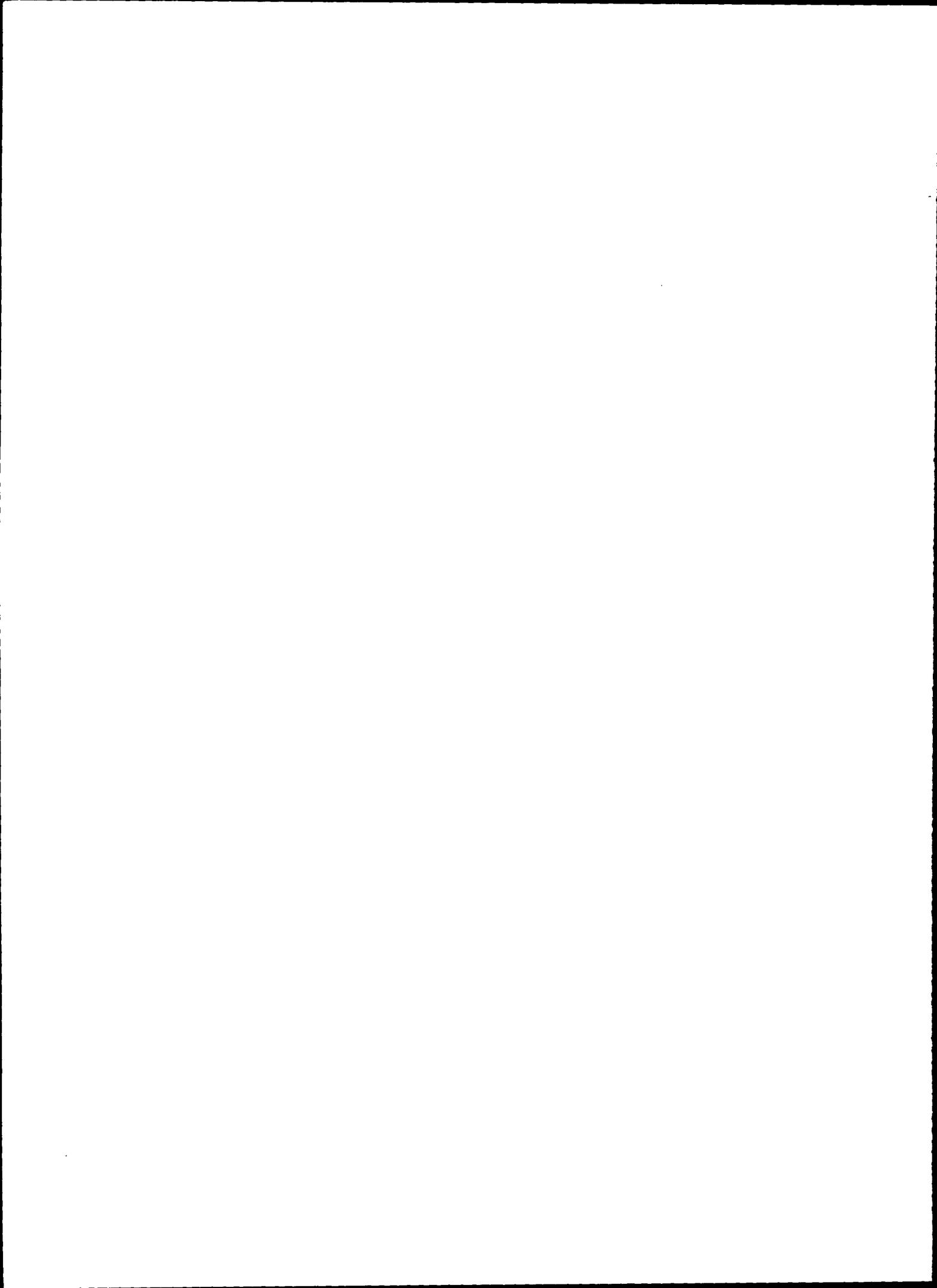
Likewise, if business people and consumers now rush out to use as much credit as possible before being cut off--interest rates will go even higher.

Don't sell breeding stock to generate cash. Both beef cows and dairy cows will be profitable. Sows will be profitable again in 1981.

Don't expend all your energy crying to Washington for help with more Federal funds. Remember, that's what helped to create the long-term problems in the first place. The current budget deficit is due to too many past pleas to "Uncle Sam" for dollars to "help" solve the problem.

Some Do's--let's cooperate rather than compete:

- Remember that bankers cooperate with Production Credit Associations (PCA's). Banks can get funds from PCA's.
- You can borrow on your life insurance at very favorable interest rates.
- Farmers can help farmers. Give neighborly help and exchange labor. Remember, "It is better to give than to receive."



add two--farm credit

- Landlords can help tenants by changing from cash rent to share rent to better share risks.
- Farmers can work with nonfarmers by setting up livestock share leases. Do not look for a cosigner, but for a nonfarm partner who will own beef cows for a share.
- Farmers can cooperate with government. Check with your ASCS office on the 1980 program. Get the \$2.35 corn target price by staying in your "normal crop acres" versus only \$2.05 if you over-plant.
- Long-term creditors can work with short-term creditors by refinancing.
- Farmers might also consider: 1) Selling 1979 beans since they will likely remain under price pressure as compared with corn, which should strengthen now that barge and Great Lake traffic has opened up.
2) Culling beef cows in May-June rather than in November.

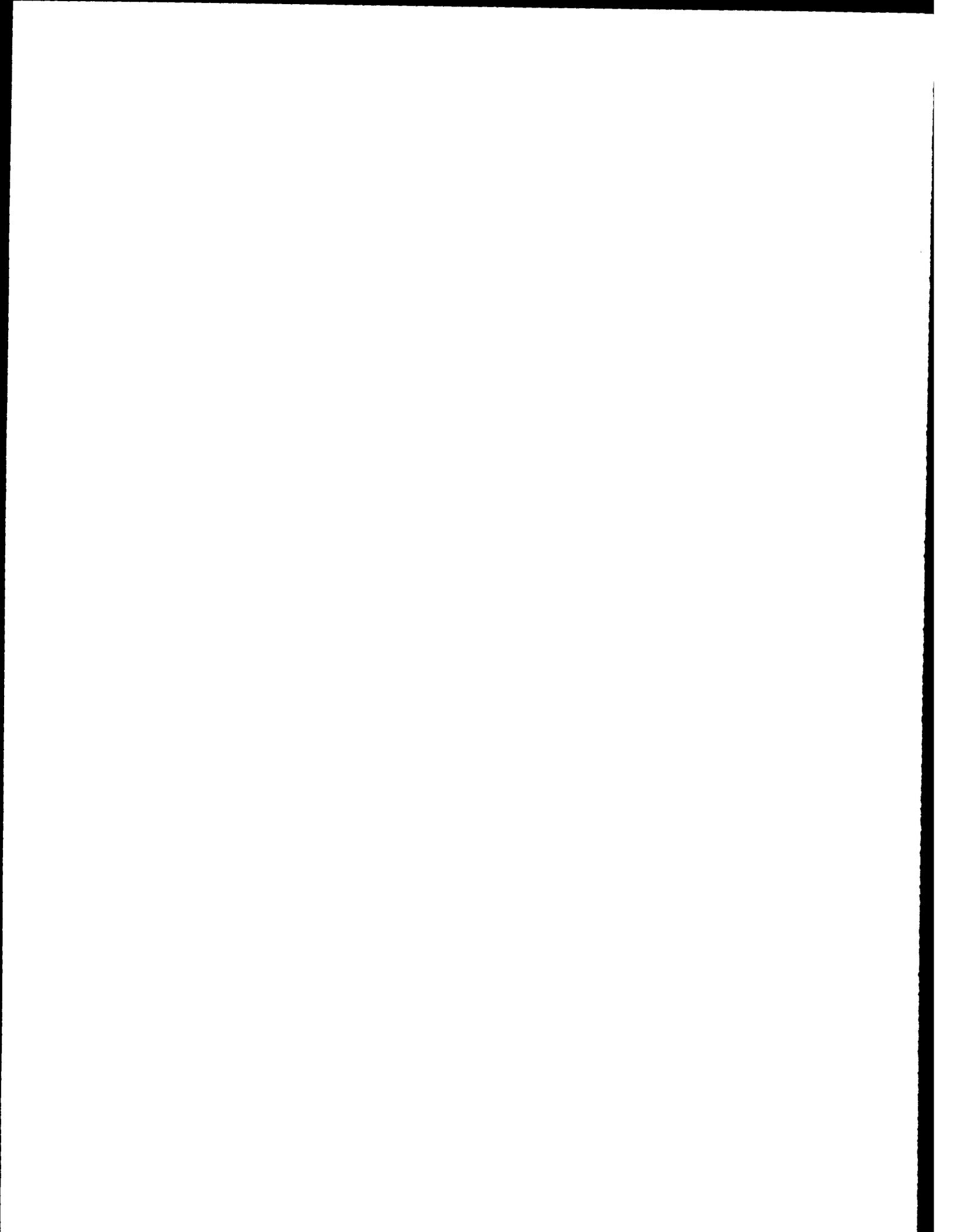
How Can Farming Costs Be Cut?

Again, let's list more don'ts:

- Don't buy new machinery unless you really need it.
- Don't leave land lie idle--land costs continue whether or not land is used.
- Don't establish a new legume seeding unless you really need it or seed and fertilizer has already been acquired. Rather, manage old stands of alfalfa another year or buy needed forage since cattle numbers are likely to decrease more than forage acres in 1980.

If you do seed down, don't use prolific short strawed wheat varieties (like Era) as cover crops with legume seeding. They're apt to kill out new seedings.

- Don't cut back much on your weed control program. However, some shift from expensive herbicides to cultivation and hand hoeing may be appropriate in some cases.



add three--farm credit

- Don't cut back much on nitrogen use on corn--this will only cut your corn yields in a year when reduced corn acreage, plus less fertilizer and herbicide use could result in a significantly reduced corn crop and improved prices for the 1980 crop.

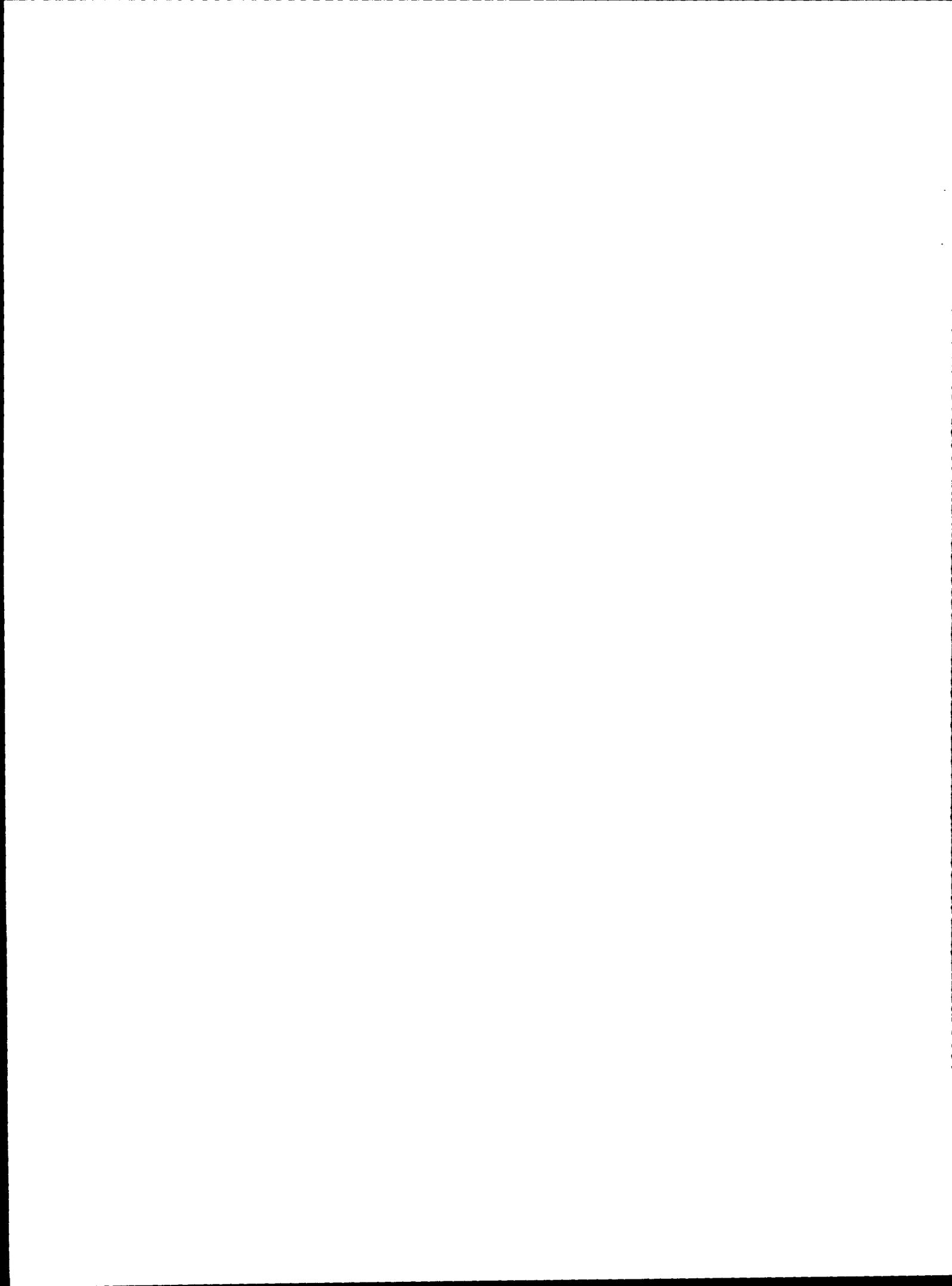
Here are some Do's:

- Do cut phosphorous and potash fertilizer--especially on fields with high soil test results since this will not cut 1980 yields.
- Do, depending upon your location and crop history, grow more beans, sunflowers or wheat (check with local Extension Director on yield potentials in 1980). These crops take only about half as much in cash operating expenses as corn.
- Do hold down the interest costs involved in grain storage by doing some forward contracting for fall delivery when the futures prices recover to satisfactory cost-covering levels. This will also assure you of priority considerations for delivery to your elevator during the busy fall harvest season.
- Do plant shorter season corn varieties to cut down on fall drying costs.
- Do continue to buy protein feeds and use properly balanced livestock rations.

Summary Suggestions

First, a realistic look at the next few months--and also at the next few years--suggests that some difficult economic times are on the horizon. For the next several months the cash flow crunch will be very severe for farmers.

And for the next decade the outlook for the national economy is dim--it looks like we may be due for some cyclically poor years. In fact, a 50-year cycle in economic activities, as discovered by an economist by the name of Kondratieff some years ago, suggests that debt loads and inflation rates build to a breaking point about every 50 years in western economies.



add four--farm credit

Then, as interest rates climb, the borrower becomes more of a slave to the lender. Price levels then tend to move lower as people shift back from the "spend-spend" philosophy to that espoused by Ben Franklin.

But, even though tough times are on the horizon, don't be angry, depressed or afraid.

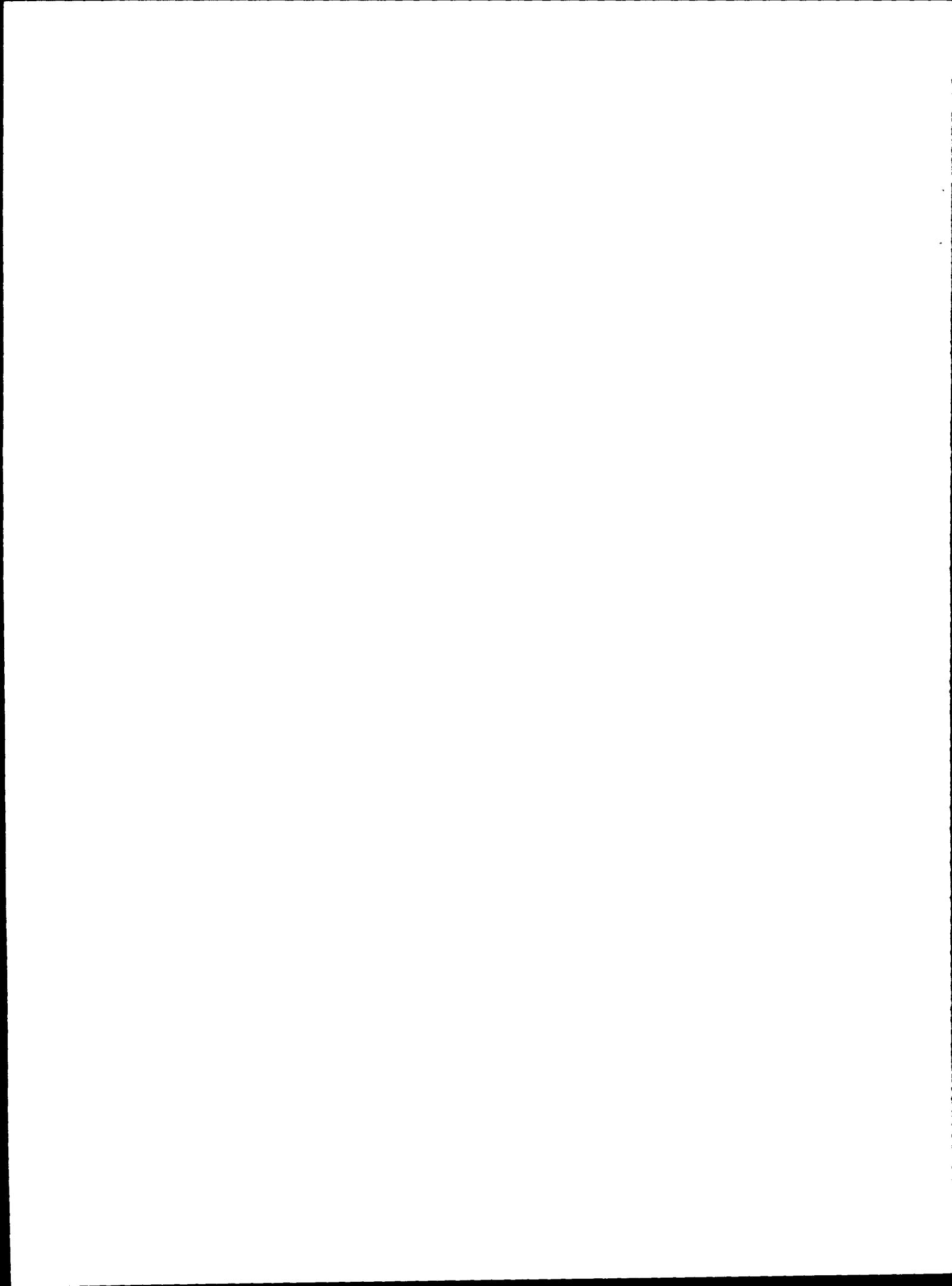
A prudent man who sees danger ahead will make more careful plans--and carefully laid plans can lead to abundance even in periods of hard times. And, after this year I see relatively better times for the farm sector than for the nonfarm sector.

So, farmers and nonfarmers alike should project a budget for 1980 with minimum cash requirements. Go over it with your creditors. Set realistic cash flow objectives--then stick with them.

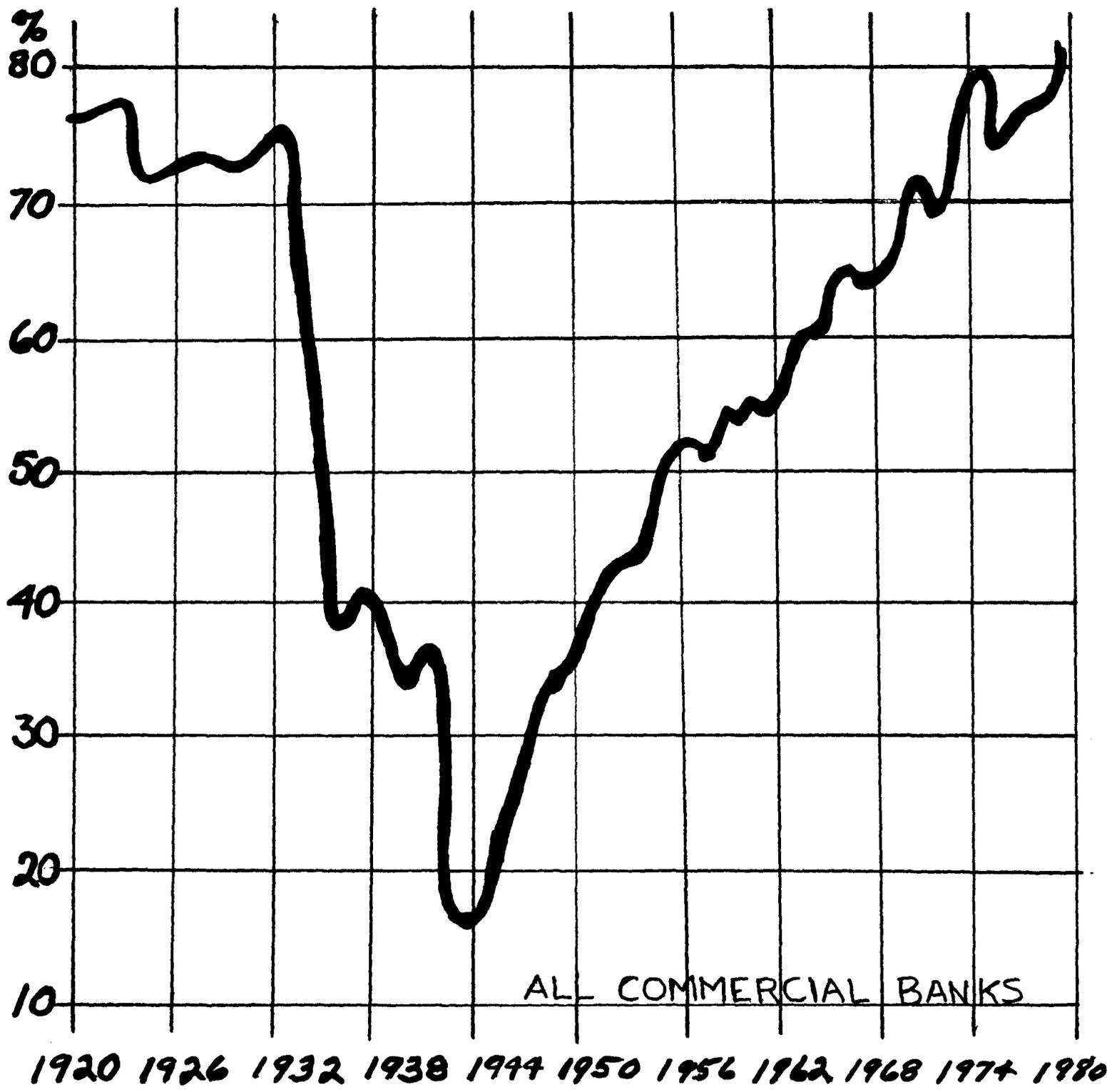
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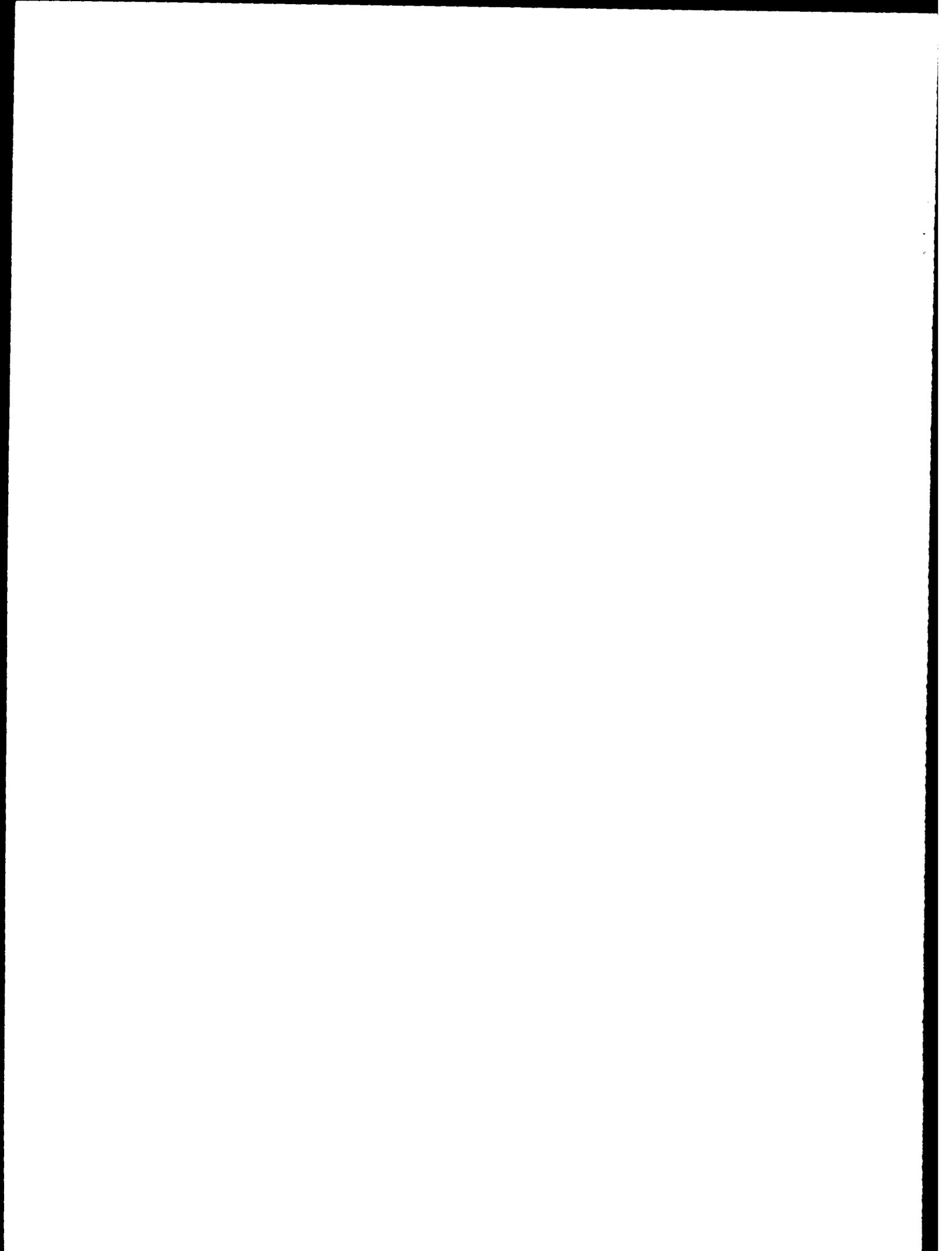


LOAN/DEPOSIT RATIO



ALL COMMERCIAL BANKS

1920 1926 1932 1938 1944 1950 1956 1962 1968 1974 1980



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April 9, 1980

SOURCE: Deborah Brown
612/376-7574

WRITER: Deedee Nagy
612/373-1781

SAVE YOUR MONEY--
IGNORE ZOYSIA GRASS ADS

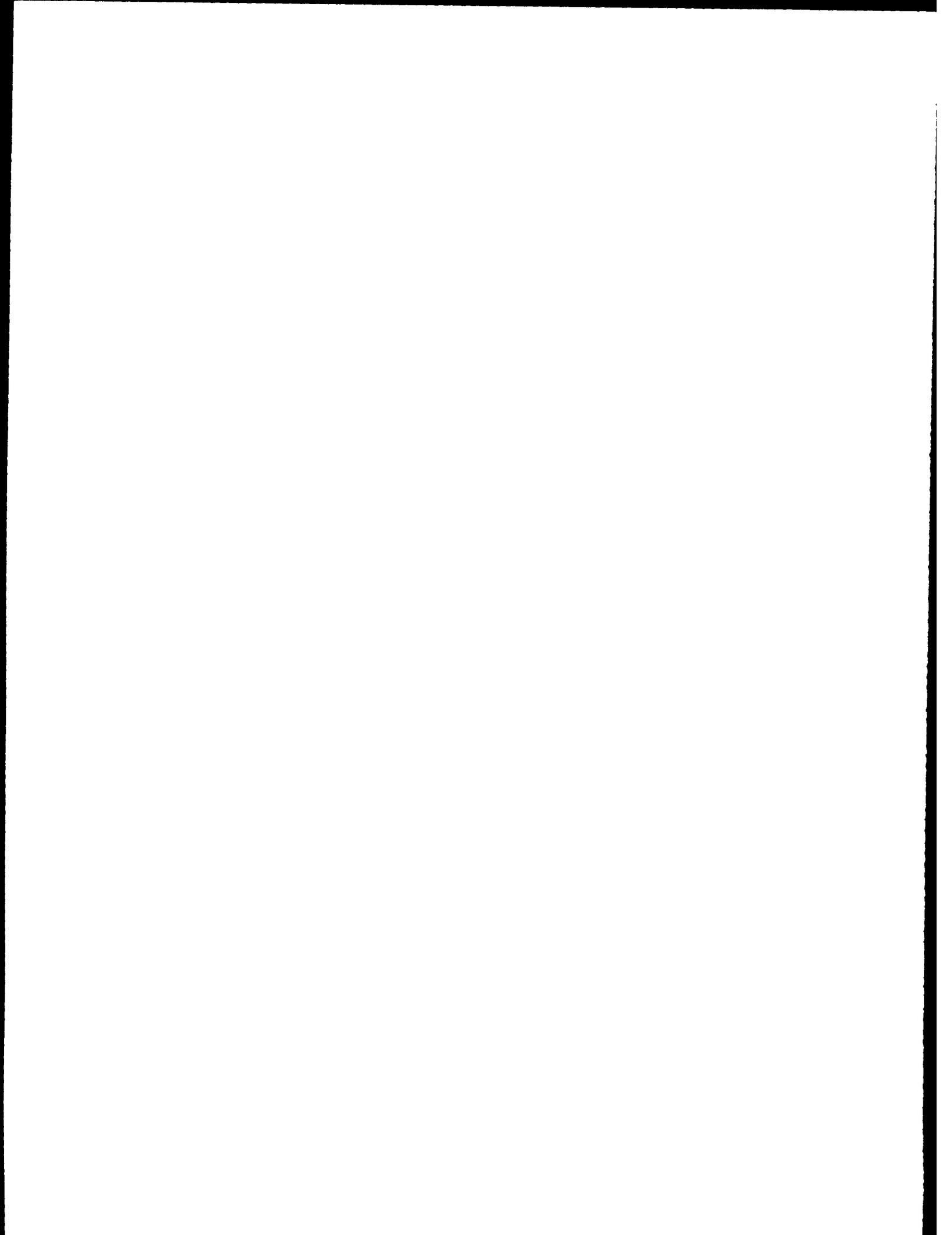
The University of Minnesota's horticulture clinic continues to get many questions about advertising claims being made in many popular magazines for Zoysia grass plugs, says Deborah Brown, extension horticulturist at the University.

"Zoysia is a poor choice for Minnesota," Brown says. "In many cases it will survive the winter, but the plugs of grass won't spread in this climate to cover your whole lawn like the ads claim."

She says Zoysia grass is suited to the South, but even there it is a coarse grass. In this area, Zoysia will turn brown at the first frost and will turn green again very late in the spring.

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Agricultural Extension Service
University of Minnesota
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SOURCE: Deborah Brown
612/376-7574

WRITER: Deedee Nagy
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DON'T DESPAIR OVER
YOUR WEEPING MAPLES

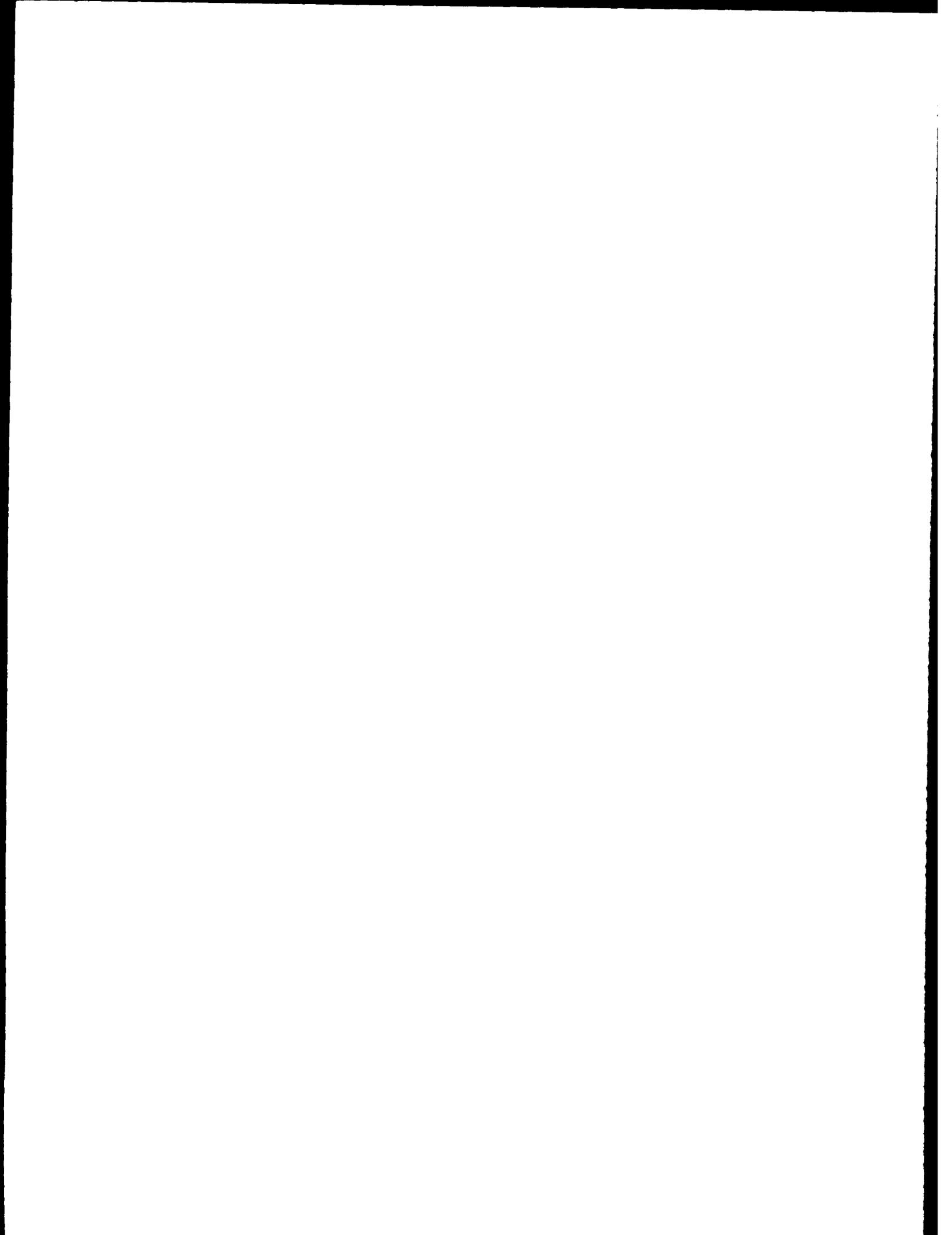
It may look alarming, but the sap flowing from recently pruned maple trees is mostly water and is not harming the tree, says Deborah Brown, extension horticulturist at the University of Minnesota.

Brown says the University's horticulture clinic has received many phone calls from worried homeowners whose trees are producing great quantities of sap. "This is typical of trees that were pruned in fall, winter or even early spring," she says. "It's normal and people shouldn't rush to apply sealants or wound dressings. They won't work anyway."

Despite its harmlessness, if the sap flow bothers you, Brown suggests pruning your maple trees in June next time. Once the leaves are full sized, the sap has generally stopped running. Similarly, maples that are currently weeping will stop as soon as their leaves expand.

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Credit Crunch Advice:

ANALYZE FERTILIZER PROGRAM CAREFULLY

Give some careful thought to cutting back on fertilizer use due to limited credit, advises Curt Overdahl, extension soils specialist at the University of Minnesota.

A general statewide recommendation that applies to all crops and soil types is not possible, he adds.

However, nitrogen on nonlegume crops is usually the most needed element. In addition, potassium is vital on coarse textured soils, especially for alfalfa.

For corn in southern Minnesota, there's evidence that many farmers have built phosphorus and potassium to very high levels, Overdahl says. If soil tests are above 30 pounds per acre for phosphorus and 250 pounds per acre for potassium, research indicates there's no great risk when broadcast phosphorus and potassium are eliminated for a year.

Farmers on non-sandy soils can use small amounts of a nitrogen-phosphorus-potassium fertilizer in the row. It should usually be placed quite close to the seed for greatest efficiency. But if you're contemplating applying fertilizer on or close to the seed, remember that some fertilizer materials can be toxic to germinating seed. Check with the fertilizer dealer first, Overdahl advises.

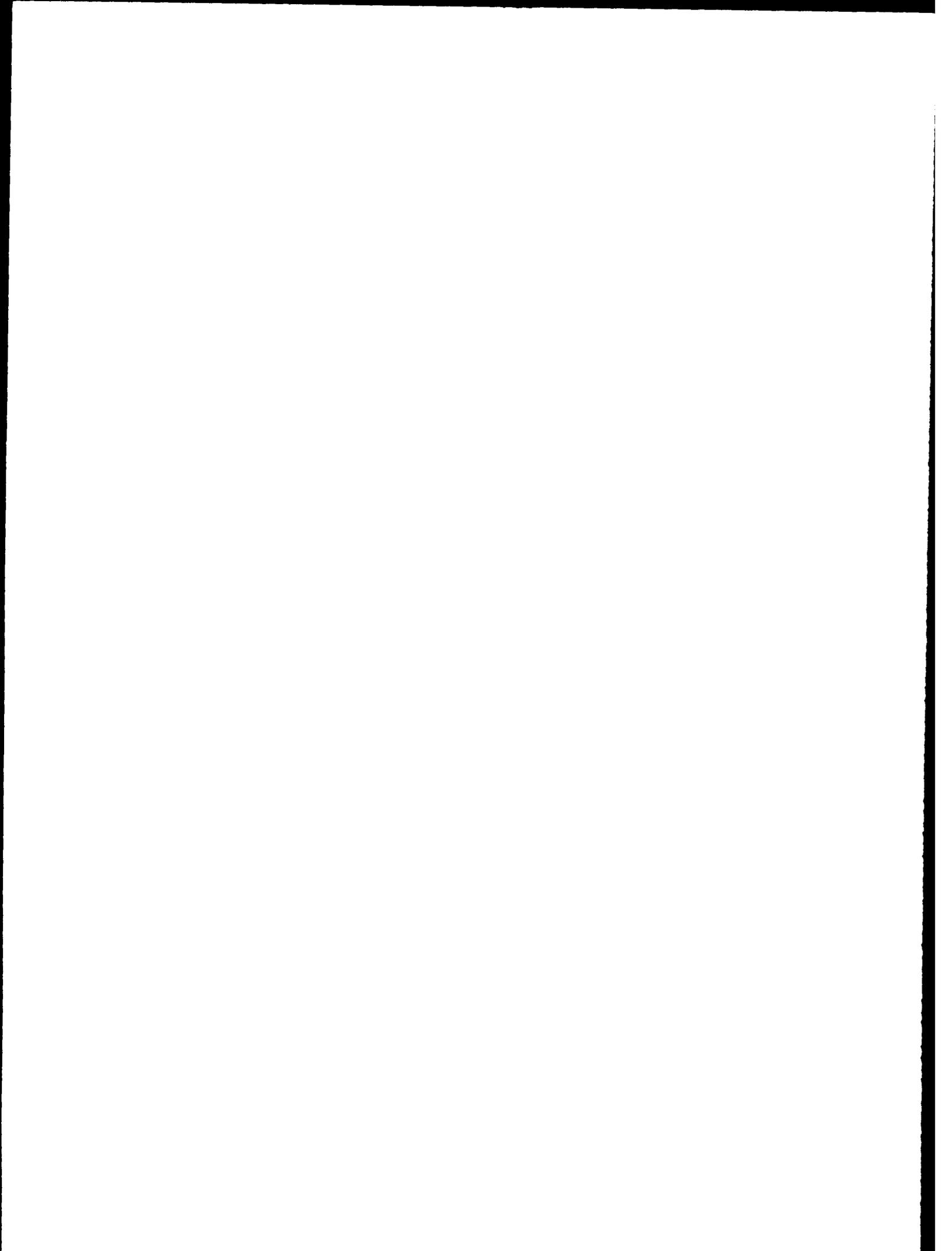
If soils do not test very high, then phosphorus and potassium will be needed. However, a slight cutback may be forced if money is scarce. In non-sandy soils in southern Minnesota, sulfur is seldom needed and could be omitted from the fertilizer program.

Except for very high pH soils where zinc is needed for corn, micro-nutrients could be dropped from the fertilizer program--at least for this year.

In west central and northwest Minnesota, nitrogen and phosphorus are very important. But reducing or even eliminating potassium use for one year may be feasible.

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Credit Crunch Advice:

REDUCE WEED CONTROL COSTS

by Gerald R. Miller
Extension Agronomist
University of Minnesota

Many farmers can reduce costs of their weed control program and still get good weed control

Precision tailoring of weed control practices and use of herbicides according to specific field situations requires some management. But, with the tight money situation, the dollars saved can be very helpful. Here are some suggestions for maintaining an effective but more economical weed control program.

1. Don't cut corners on weed control. Despite rising herbicides and fuel costs, your investment may be returned several times through reduced crop losses due to weeds. In University of Minnesota trials over five years at three locations, use of chemicals plus cultivation compared to cultivation alone increased corn yields 28 bushels per acre and soybean yields 8 bushels per acre. In addition, without herbicides, there's considerable risk of losing a crop completely or having yields reduced below economic production levels due to heavy weed growth in rainy weather when fields are too wet to cultivate.

add one

reduce weed control costs

2. Properly identify the weeds in your field and select herbicides for those specific weeds rather than using a general "shotgun" approach.

3. Map the weed locations in the field. Often it is possible to treat only parts of a field rather than the entire field. Perennial weeds like Canada thistle, quackgrass and nutsedge which are expensive to control usually occur in patches. Scattered clumps and individual weeds can be spot treated or cut.

4. Include soils information--texture, organic matter content and pH--on the map. Use labelled rates of chemicals for your specific soil situation. Do not exceed recommended rates for a given soil condition. Excessive rates not only add to costs but may also result in crop injury. Considerable savings may be accomplished by adjusting rates to different soils in the field instead of treating the whole field uniformly. Cutting rates below recommended levels could result in poor weed control.

5. Chemical mixtures usually cost more than single herbicides. Use mixtures only if they are needed to control more kinds of weeds or to improve weed control over varying soil conditions. In some fields, one herbicide may be sufficient.

7. Compare prices of different formulations and brands on the basis of cost per pound of active herbicide. Although some of the new formulations may be easier to handle, weed control is essentially the same for the same herbicide.

8. Tank mixing herbicides is usually less costly than buying prepackaged mixtures. In addition, tank mixing allows you to adjust rates to your specific conditions.

add two

9. Don't waste money on additives that are not needed. Most formulations contain the needed additives. Check the herbicide label to see if you need to use a surfactant or oil.

10. Band applications of overlay preemergence or postemergence herbicides may be adequate for annual weeds cut the cost by one-half to two-thirds.

11. Once-over with a harrow, rotary hoe or cultivator may do the job and be cheaper than another chemical treatment.

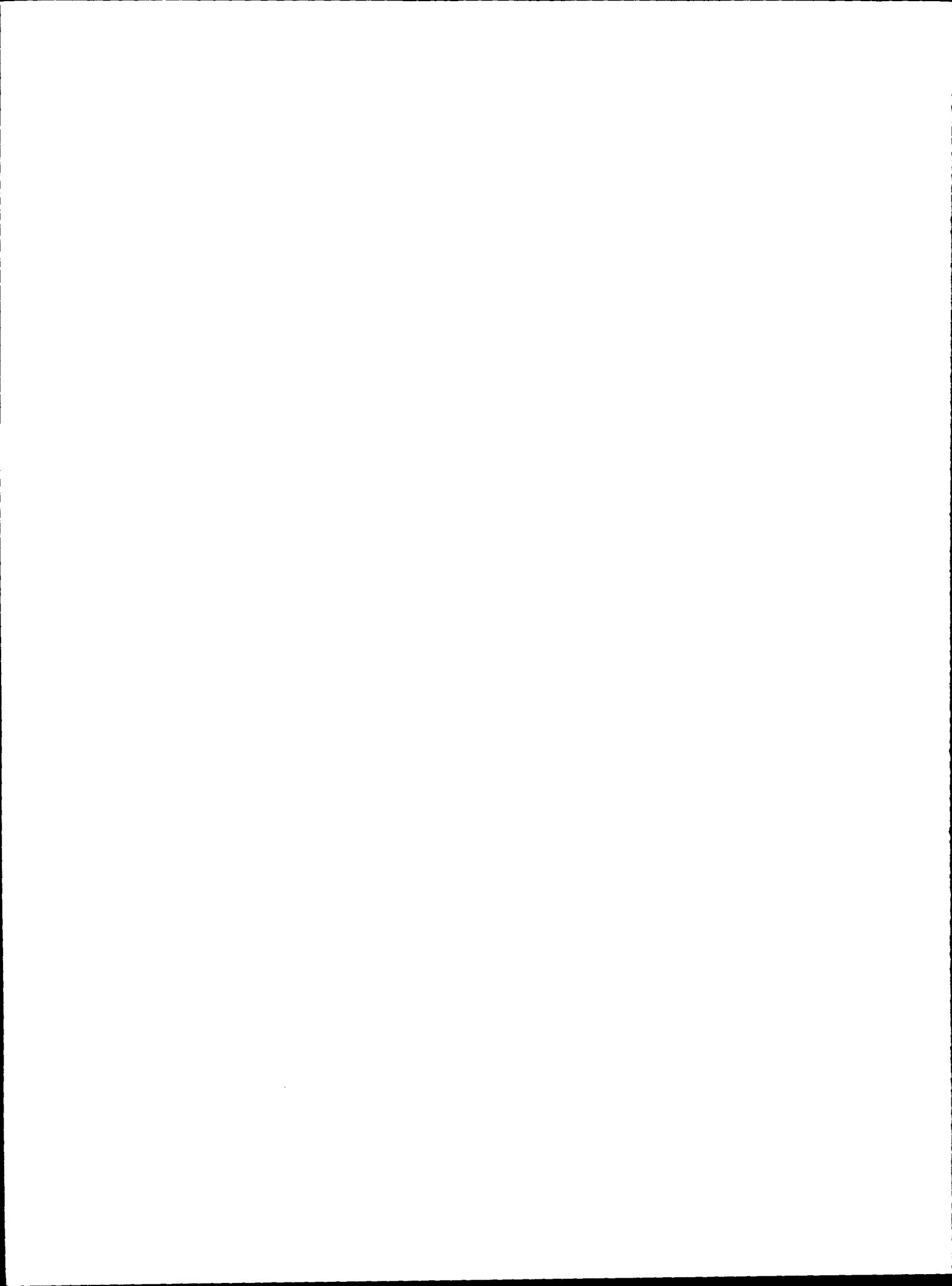
12. Apply postemergence chemicals when weeds are most susceptible--while the weeds are small--and before yields are reduced. It takes less herbicide to kill a "one-incher" than to knock down a "one-yarder." Yield returns are much better from early weed control.

13. Incorporate soil applied chemicals only where it is essential for assuring performance of the chemical. Some chemicals must be incorporated, others offer the option of incorporation or surface application. Increased fuel costs have made additional tillage operations more expensive. If dry weather results in poor early weed control, harrowing or rotary hoeing after the crop and weeds are just emerged is cheaper than incorporation tillage operation before planting.

14. A light tillage operation just ahead of the planter, possibly in a tandem hookup, will kill weeds that have germinated, thus reducing the weed pressure and improving herbicide performance. Some herbicides work on germinating seeds, but they don't kill weeds that have already germinated.

15. If possible, avoid extra trips over the field by applying herbicides and fertilizers together. Or, use multiple hitches to apply chemicals, and plant at the same time.

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Credit Crunch Advice:

ROOTWORM INSECTICIDES NOT NEEDED ON FIRST YEAR CORN

by John Lofgren
Extension Entomologist
University of Minnesota

Many Minnesota corn growers could save \$4 to \$10 an acre by not applying soil insecticides on first year corn.

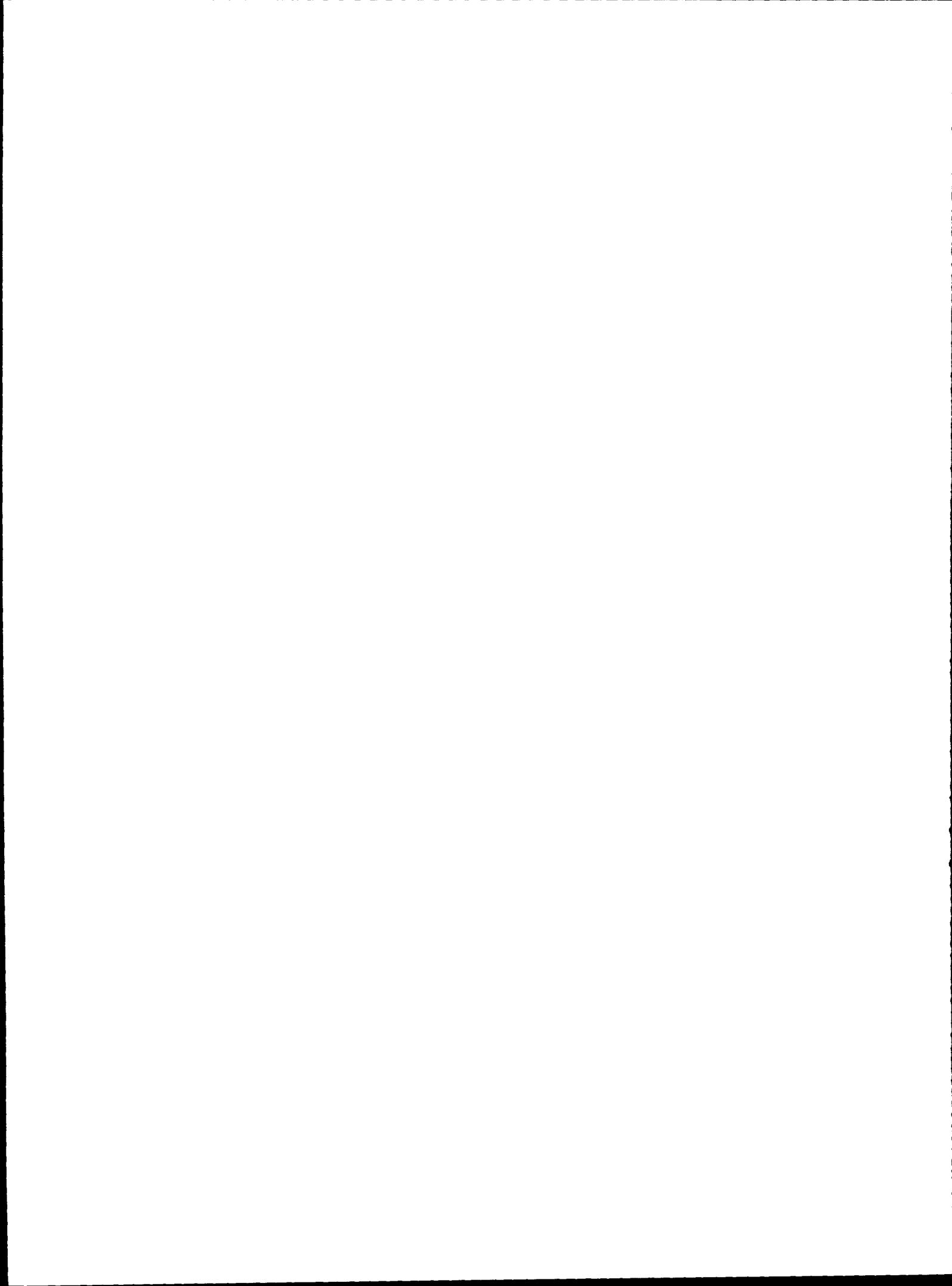
"In the past many farmers have used soil insecticides as crop insurance on corn ground that was in another crop the previous year," says John Lofgren, extension entomologist at the University of Minnesota. "We're not recommending treating first year corn," Lofgren emphasizes.

"The only situation where you should even consider treating first year corn with a soil insecticide is when last year's crop was full of volunteer corn," he adds.

On the other hand, rootworm beetle numbers were up last summer so use a soil insecticide if you plant corn in fields that were in corn last year.

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SOURCE: Paul Hasbargen
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Credit Crunch Advice:

CATTLE PRICES SHOULD RECOVER

Cattle prices should make some recovery in the next two months, says University of Minnesota extension economist Paul Hasbargen.

"May and June are normally the seasonally high months for beef cows and feeders. When cattle go on green grass prices should recover," he says.

Hasbargen thinks cattle prices bottomed out in the first half of April. The last half of April may still be a good time to buy feeders--if prices don't jump drastically before you read this.

In the near future, Hasbargen looks for fed cattle prices to recover. "There's been low placement of cattle on feed lately. From a supply-demand standpoint, fed cattle prices could realistically get into the low \$70's before long."

It wasn't the usual supply-demand factors that led to sharply lower cattle prices in March and April, Hasbargen says. Instead, it was a combination of the following four "unexpected occurrences" that led to the collapse:

-- A large drop in "fifth quarter" prices caused by a sharp drop in hide prices. This drop of almost \$50 per steer compared to a year ago accounts for \$5 per cwt. of the current low beef prices. "This is a factor that many analysts don't consider in their price forecasting, and it explains about one-half of the difference between expected beef prices this spring and actual prices," he says.

-- Inflation and high interest rates. High interest rates have decreased the willingness of anyone to hold inventories--all the way from the feedlot to the retail store. And high inflation rates--especially high fuel costs--have reversed the "eating out" trend. Consequently, hotels and restaurants were buying 15 to 20 percent less beef from packers in late March.

-- Larger than expected pork supplies, due to larger than normal litter sizes on sows farrowed this past winter. The mid-March hog report reported hog numbers up seven percent instead of the three percent that had been expected. Therefore, large pork supplies have helped to depress beef prices.

add one--cattle prices

-- Finally came the big crash in the silver market, which spilled over into other commodities, including beef.

According to Hasbargen, these factors depressed live beef prices below what they should have been in late March and early April.

"From a fundamental supply-demand standpoint, cattle should not be \$15 a hundred less than they were a year ago when beef supplies are essentially unchanged. A more reasonable level would be only one-half that much," he says.

Despite the drop in live animal prices, retail market prices did not drop. This may have been partially due to fear of wage and price controls by retailers, says Harbargen.

Where will beef prices go? Hasbargen thinks that prices can only go up from early April. How much depends on economic news. If interest rates move lower as expected and hog prices strengthen into summer, the beef market could make a \$10 per cwt. upward adjustment from the below \$60 level of early April by midyear.

So, Minnesota cattle feeders should buy feeders now. Sellers of feeder cattle or cows might best wait a month to sell.

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Credit Crunch Advice:

REDUCTIONS IN FERTILIZER USE POSSIBLE, BUT YIELDS MAY SUFFER

by C. J. Overdahl
Extension Soils Specialist
University of Minnesota

Where credit is tight, some reductions in fertilizer rates can be made in 1980. But the degree to which cutbacks can be made varies throughout the state.

The important point to remember is that reducing fertilizer use will usually mean some lowering of yields. What I'm suggesting here is trying to make reductions so yield losses can be held to a minimum.

These suggestions for reducing fertilizer use from recommended levels are only for the emergency credit crunch in 1980. Reduced fertilizer rate should be spread across the whole farm. Don't let some fields go without fertilizer--the first few reduced pounds are not as serious in reducing yields. In other words, the upper few pounds of a fertilizer recommendation usually give the least benefit.

Southeast and South Central Minnesota

Field trials on corn show that phosphorus and potassium added with the objective of increasing soil test levels can be eliminated with no yield loss for this year. Where soil tests are very high (above 30 lbs/acre in phosphorus and over 250 pounds of potassium) broadcast applications of these two products can be omitted.

add one

reductions in fertilizer use possible, but yields may suffer

The first 20 percent reduction of recommended rates of nitrogen will note reduce yields greatly. A row application of an NPK fertilizer at perhaps 100 pounds per acre should be used as insurance where broadcast has been eliminated. There is rarely a need to buy sulfur or micronutrients in this area.

West and West Central Minnesota

Nitrogen and phosphate have always given the most benefits for corn and small grains in this area. Generally, potassium soil tests are quite high. If you need to cut back, omit potassium except on sandy textured soils (these are quite uncommon).

If phosphorus tests have been built up to high levels (above 30 lbs per acre), phosphorus can also be eliminated.

Nitrogen rates can be reduced slightly from recommended rates. But if you have limited credit for fertilizer, spend money for nitrogen first.

Sulfur and micronutrients can be eliminated. Zinc responses are common for corn on high pH soils and soils should be tested for zinc to be sure zinc is not needed. Use a nitrate soil test to 2-foot depth to make reliable estimates on nitrogen cutbacks.

Northwest Minnesota

Nitrogen should get priority for wheat and other non-legume crops. Soil tests are recommended to determine cutbacks.

A nitrate test to a two-foot depth is very important to determine if nitrogen rates can be reduced. On non-sandy soils, potassium can be eliminated for 1980 with a minimum of yield reduction. Sulfur and micronutrients can be eliminated except for a few specific cases.

add two

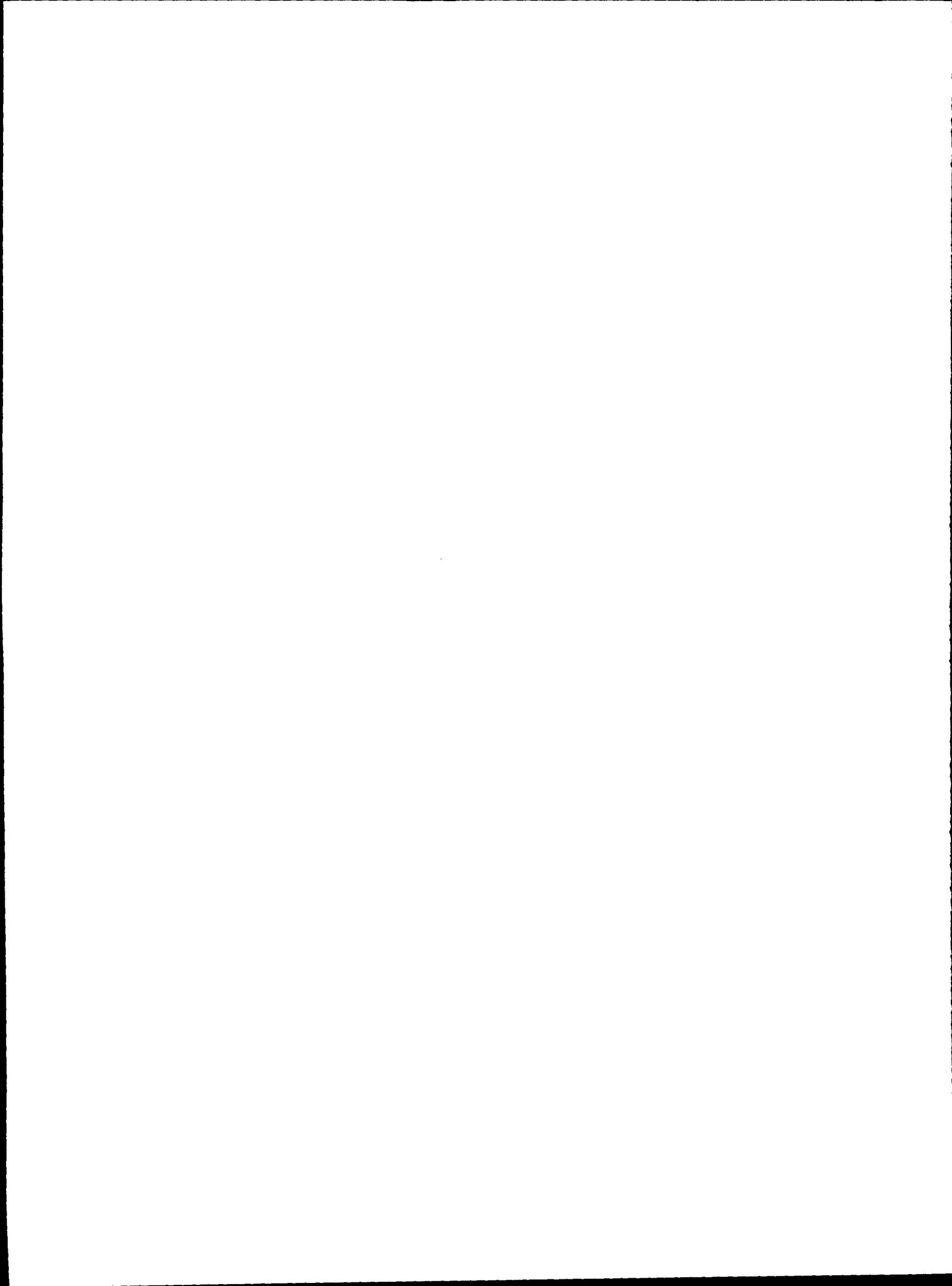
reductions in fertilizer use possible, but yields may suffer

Northeast Minnesota

On forage crops—especially alfalfa—give potassium high priority. Phosphorus often tests quite high and can possibly be eliminated for 1980. Nitrogen on grasses such as pastures and small grains should get high priority. Sulfur is quite often needed for alfalfa, but if a field has had sulfur added within the last two years, perhaps this is a place to cut. With the exception of boron for mineral soils on alfalfa and copper on peat soils, micronutrients don't need to be purchased in 1980.

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BE ON THE ALERT FOR
EARLY GARDEN PESTS

The gardening season is upon us once again, and Mark Ascerno, extension entomologist at the University of Minnesota, reminds gardeners that early season insect pests can create havoc in the vegetable garden.

Root maggots are the most important group to control for at planting. Damage from these pests may not show up until later in the season, but control measures are best done now. Ascerno suggests preparing your garden bed, cutting furrows and placing diazinon into the furrows just before seeding or transplanting.

"A single application should be sufficient for short season crops like radishes," Ascerno says. "However, an over-the-row drench with diazinon may be necessary four weeks after planting for long season crops such as cabbage."

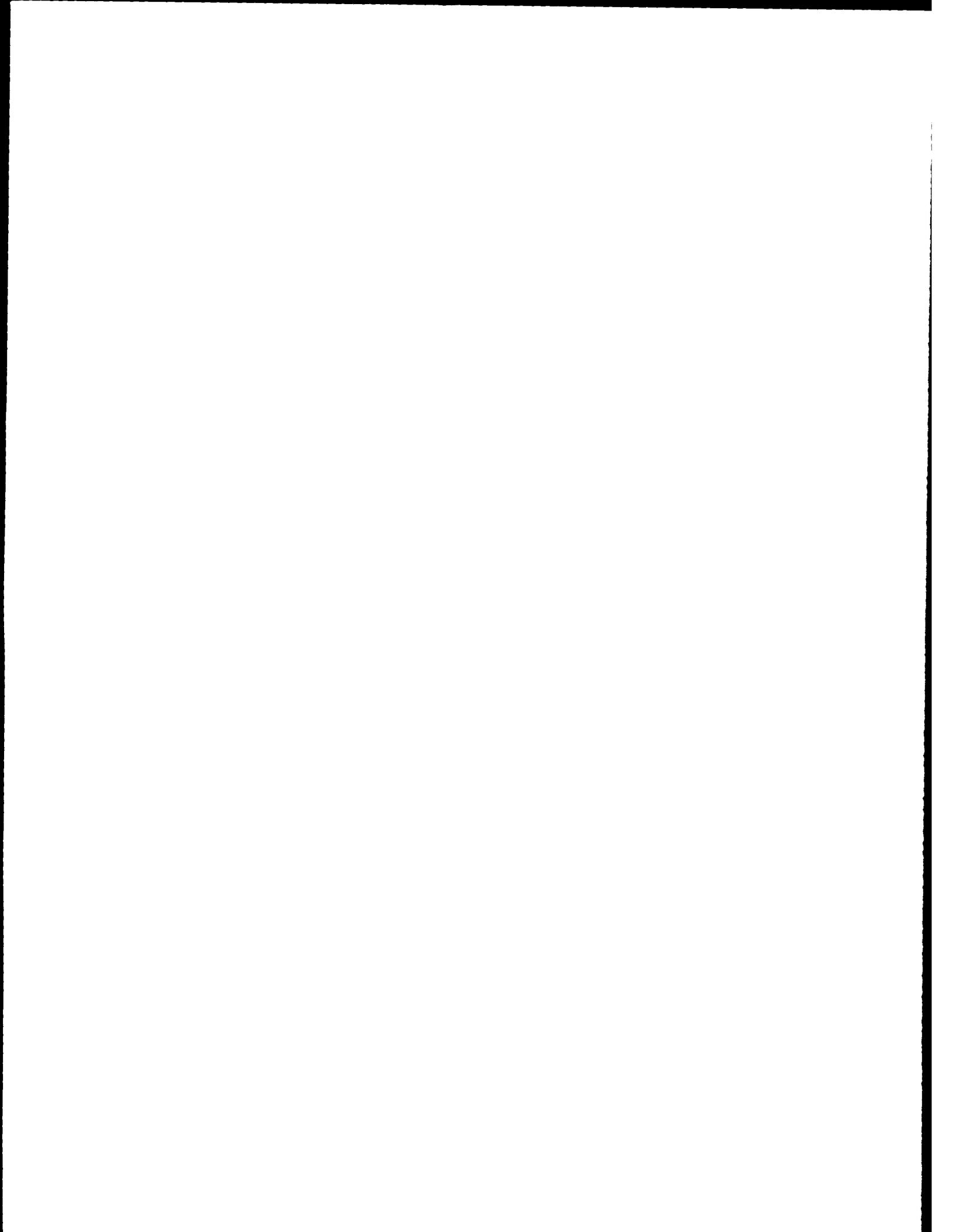
Cutworms can also cause early season destruction. Ascerno recommends protecting transplants by placing cardboard collars (toilet tissue cores are useful) around the stem at transplanting. The collar should extend at least two inches above and below the soil line.

Like white grubs and wire worms, cutworms can be controlled chemically as well. Ascerno suggests broadcasting diazinon over the garden prior to planting. You should then work it into the top four inches of the soil. If you must use rescue treatments once the worms are already active, a five percent Sevin bait is effective.

Small, jumping beetles, known as flea beetles, produce shot-hole damage on newly emerging plants. An application of Sevin dust when damage first appears is a good control measure, according to Ascerno.

He adds that many other insects may be found in the garden, but they do not always cause damage. He recommends that gardeners learn to identify common insect pests in their area so they can best gauge their needs for pest control.

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Home Economics Briefs

Lecture on Disturbances in Youth Set May 21

George Albee, University of Vermont psychology professor and director of the President's Commission on Mental Health's Prevention Task Force, will deliver the annual Gisela Knopka lecture on the University of Minnesota's St. Paul campus from 4 to 6 p.m. May 21.

His topic will be "Social Science and Social Change: The Primary Prevention of Disturbance in Youth." The lecture, with a reception following, will be in McNeal Hall. It is free.

Your Hunches were Right About Energy Bills

You had lots of company in paying higher fuel bills this winter. The U.S. Department of Labor has revealed that in February, the latest month for which data are available, gasoline rose to an average of \$1.19 a gallon, nearly 8 cents higher than the previous month and about 48 cents higher than in February 1979.

Prices for leaded regular gasoline averaged \$1.16; unleaded regular, \$1.21; and leaded premium, \$1.23. A gallon of fuel oil averaged 98 cents, nearly 5 cents higher than in January and 40 cents higher than in February 1979.

Electricity rates are also higher. The U.S. average price for 500 kilowatt hours was \$27.70 in February, up about one dollar from January's rates.

add one--home economics briefs

Know Your Best
Buys for April

Pork, broiler-fryers and eggs will be among your most economical protein buys at the supermarket this month, according to marketing specialists at the U.S. Department of Agriculture. Milk and dairy products will also be good buys throughout the spring.

Pork production for the last half of 1979 and the first three months of this year is up more than 20 percent over a year earlier. Broiler output is at an all-time high for the seventh consecutive year, and egg output will be up several percentage points from last year.

Other grocery items that will be plentiful include oranges and grapefruit, winter pears, canned apple products, raisins and most processed vegetables.

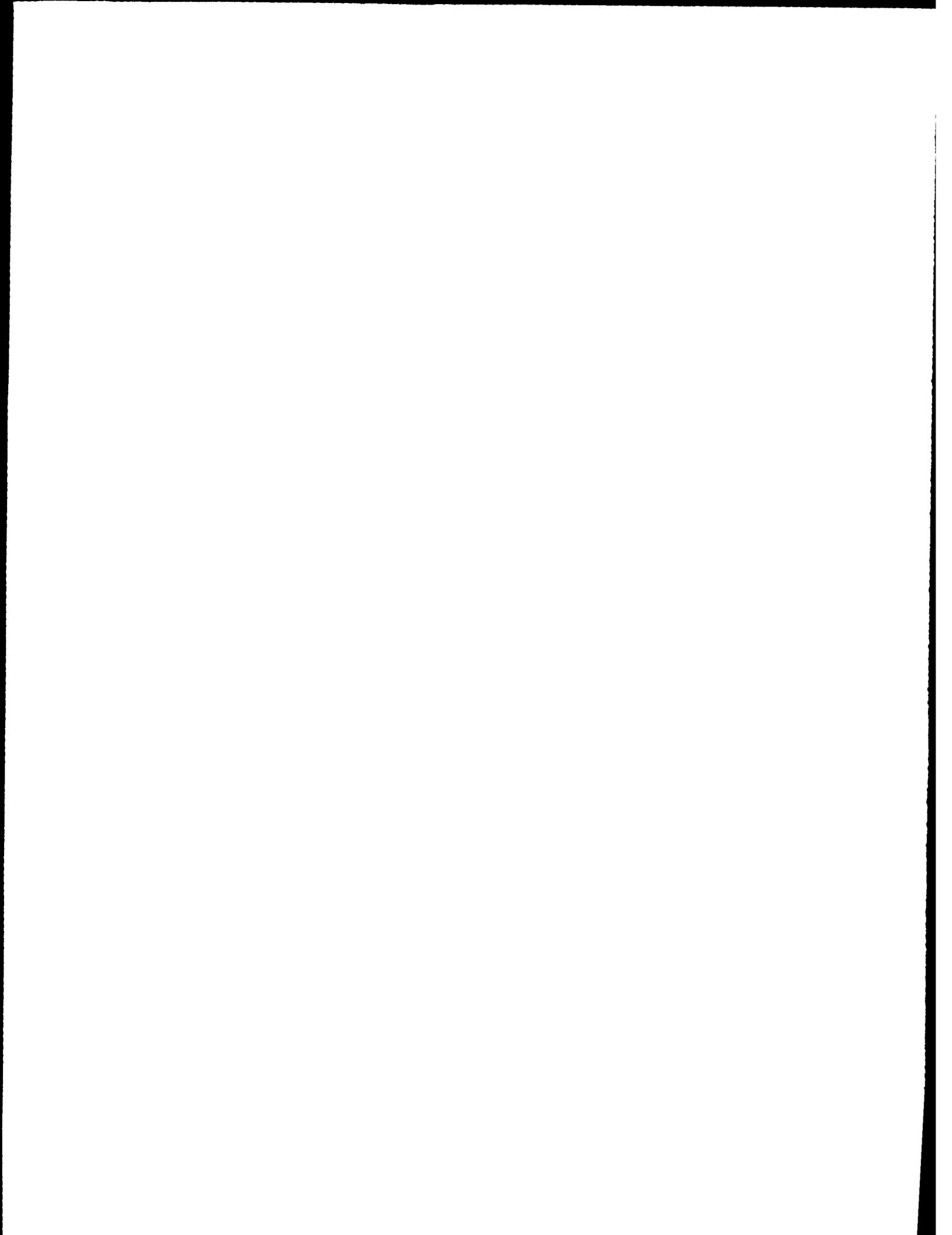
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When to plant? How? Use this handy guide.

Vegetable	Planting dates Plant seeds or plants outdoors	Planting distances (in inches)		
		Between rows, hand cultivated	Between plants	Depth of seeding
Asparagus	April 15 - May 1	36 - 48	18 - 24	6 (plants)
Beans, Snap (bush)	May 15 - July 1	18 - 24	3 - 4	1½
Beans, Snap (pole)	May 15 - July 1	36	36	1½
Beets	April 15 - July 1	18 - 24	2 - 4	1
Broccoli	April 15 or June 1	24 - 30	24	¼ (indoors)
Cabbage, Early	April 15 - May 1	24 - 30	18	¼ (indoors)
Cabbage, Late	June 1	24 - 30	24	¼ (seedbed)
Carrots	April 15 - June 15	18 - 24	2 - 3	½
Cauliflower	April 15 or June 1	24 - 30	18 - 24	¼ (indoors)
Celery	May 15	18 - 24	6 - 8	1/8 (indoors)
Cucumbers	May 15 - June 1	48 - 60	48 - 60	1 - 2
Endive	April 15	18 - 24	8 - 12	½
Kohlrabi	April 15 - June 1 or August 1 - 15	18 - 24	6 - 8	½
Lettuce, Leaf	April 15 - June 1 or August 1 - 15	18 - 24	4 - 8	½
Lettuce, Head	April 15 - May 1	18 - 24	12	¼ (indoors)
Muskmelon	May 20 - June 1	60 - 72	60 - 72	1 - 2
Onion, Seeds	April 15	18 - 24	2	1
Onion, Transplants	April 15	18 - 24	2 - 3	½ (indoors)
Onion, Sets	April 15	18 - 24	2 - 3	1 - 2
Onion, Winter	August 1 - 15	18 - 24	1	4
Parsnips	May 1 - 15	18 - 24	3 - 4	½
Peas	April 15 - May 1	18 - 24	2	2 - 3
Pepper	June 1	18 - 24	18 - 24	¼ (indoors)
Pumpkin	May 20 - June 1	72 - 96	72 - 96	1 - 2
Radishes	April 15 - June 1 or August 1 - 15	18 - 24	1 - 2	1
Rhubarb	April 15 - May 1	36 - 48	36 - 48	—
Rutabaga	May 15 - June 15	18 - 24	6 - 8	½
Spinach	April 15 or August 1 - 15	18 - 24	3 - 4	1
Spinach, New Zealand	May 1	30 - 36	12 - 18	1
Squash, Summer	May 20 - June 1	36 - 48	36 - 48	1 - 2
Squash, Winter	May 20 - June 1	72 - 96	72 - 96	1 - 2
Sweet Corn	May 10 - July 1	30 - 36	30 - 36	1 - 2
Tomatoes	June 1	36 - 48	36 - 48	¼ (indoors)
Turnips	April 15 or August 1	18 - 24	3 - 4	½
Watermelons	May 20 - June 1	60 - 72	60 - 72	1 - 2



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NEW CHEMICAL WILL
CLEAR UNWANTED GROWTH

Glyphosate, a new chemical that will non-selectively kill all vegetation in an area that you want cleared, is now available in homeowner-sized containers and concentrations at most garden stores.

Deborah Brown, extension horticulturist at the University of Minnesota, says that glyphosate, because it kills any vegetation it contacts, is a potentially very destructive chemical, but if used carefully can be a boon to the homeowner who wants to clear small areas for gardening or landscape plantings.

Glyphosate is particularly useful in clearing vegetation because a few days after it is applied, the soil can be used for other plantings. The chemical affects only the vegetation that it contacts, leaving no harmful residue in the soil, according to Brown.

If you plan to use glyphosate to clear your lawn, wait until all vegetation is growing actively. Brown says this usually occurs when daytime temperatures are consistently in the 60s or higher.

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