

# news

for County Agents

MSC19A01P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 1, 1984

## COUNTY NEWS PACKET INDEX

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Also enclosed are public service announcements (PSA's) that you can use with local stations. You may also find them useful as newspaper column fillers.

Remember, the color coding is blue for agricultural stories and green for consumer stories.

The accompanying media packet (tan paper) has gone to daily newspapers, regional agricultural newspapers and magazines. It has not gone to weekly newspapers, so use it for your columns if you'd like to.

### Attention: Home economics agents

You may be interested in having a copy of a newly published book on home economics and consumer news writing. The book is "Writing about Food and Families, Fashion and Furnishings" by Ann Burckhardt. It is a writing primer plus it contains many helpful communication how-to-do-its. You can order a copy for \$10.50 (which includes postage and handling) from Iowa State University Press. Send your order to ISU Press, 2121 S. State Ave., Ames, IA 50010.

COPKTJUL

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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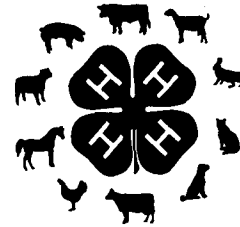
**Agents and specialists:** The following is a list of releases that we sent out in weekly mailings from May 17 to June 14. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

Dietary Self-Dosing Unwise  
Bones Need to Last a Lifetime  
Check Connection Between Weight-Blood Pressure  
Knowledge Base for '85 Ag and Food Policy  
Economic Policy Drives Ag Research  
Cookout Care  
4-H Campers Invited to 50th Anniversary  
Watch Those Bag Lunches  
\_\_\_\_\_ County Represented at 4-H JLC  
Rice County Dairy Farmer Wins Top 4-H Alumni Award  
Food from the Woods  
Minnesota Counties Participate in 4-H Exchange  
Beef is a Good Buy  
Special Wiring Needed for Ag Building  
Program to Reduce Drug Residues in Veal to Start June 4  
New Service Will Provide Phytophthora Race Identification  
Here's Some Good News for Asparagus Lovers  
Plant Pathologist Joins Northwest Experiment Station Staff  
Field Day To Be July 11 at Sand Plain Research Farm

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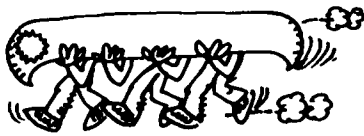
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JULY 1984



## New Publications

University of Minnesota   
Agricultural Extension Service

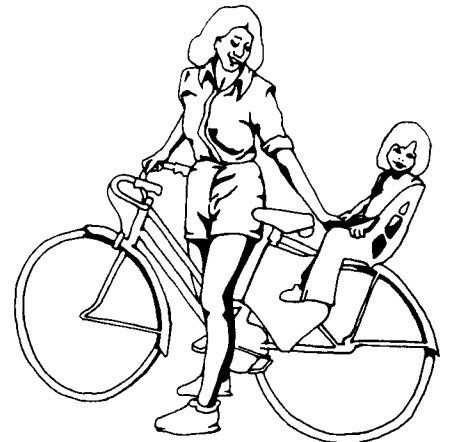


**Be Skeptical!**

**MINNESOTA** 



**Be Smart!**



# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 2, 1984

Source: Oregon State  
University

Writer: Deedee Nagy  
612/373-1781

## VACATION TIPS TO KEEP YOUR FAMILY SAFE AND HEALTHY

Preparation is the key to a successful vacation, whether you plan to stay at home or travel. \_\_\_\_\_ (name of agent) \_\_\_\_\_, \_\_\_\_\_ (name of county) \_\_\_\_\_

County Extension agent, offers these vacation-planning tips:

Is your home ready?

\* Stop mail and newspaper deliveries unless you have a reliable friend or relative to collect them daily. Arrange to keep your lawn mowed so it won't be obvious you're away. A timer that turns lights on and off is a good idea, too.

Is your car ready?

\* Have your car's cooling system, brakes, belts and tires carefully checked.

\* Don't leave home without your driver's license, duplicate car keys, vehicle registration, hospital insurance card, medical information card, auto insurance card, motor club card, and names and addresses of next of kin.

Be aware of regional hazards:

- \* Do a little research on hazards you could encounter in the area you plan to visit. For example, Rocky Mountain spotted fever, which is transmitted by ticks, occurs primarily in the Southwest, western Montana, Wyoming, parts of Idaho and eastern California.

- \* High altitude sickness can strike in the mountains. For healthy people, problems usually occur at elevations above 7,000 feet; for people with heart or lung disease, at heights above 4,000 feet.

Keep an eye on your gas gauge:

- \* If your destination is remote, try to arrive there with at least half a tank of gas. That way you'll be prepared for a middle-of-the-night emergency trip, which might be to a hospital or emergency first-aid station.

- \* Don't try to cover too many miles in a day. For safety's sake, pull over and rest for a while when you're tired.

When in the water:

- \* Don't overestimate your swimming ability and venture too far from shore.

- \* Don't swim alone if there's no lifeguard on duty.

- \* Keep small children under close supervision near pools and beaches

Respect the sun:

- \* Many eagerly awaited vacations are spoiled by sun burnout. Take your sunbathing in small doses at first.

- \* Use a suntan lotion or sunscreen, particularly on such sensitive areas as the nose, around the eyes, the chest, the tops of the feet and backs of the knees.

\* Reapply lotion after every swim or shower and every few hours of sun exposure to replace what's lost through evaporation and perspiration.

\* The most dangerous time to be in the sun is between 10 a.m. and 2 p.m., when the heaviest concentration of ultraviolet rays reach the earth. Use extra caution at midday.

# # #

CP

VACATION

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# news



for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 1, 1984

Living Resourcefully  
File VC

Source: Mary Darling  
612/373-4663  
Writer: Deedee Nagy  
612/373-1781

## READING BREAD LABELS MAKES YOU A SAVVY SHOPPER

You can bet your buns that bread makes a major contribution to most people's daily diets. But buying the bread that delivers both the best nutrition and the taste that you enjoy may require some lessons in label reading, suggests Mary Darling, nutritionist with the University of Minnesota's Agricultural Extension Service.

"Commercially baked breads offer many texture, flavor and nutrient choices. This variety makes it important for consumers to check the ingredient and nutrition information on the label," she says. For example, health-conscious consumers often look for breads that claim to have "natural whole-grain goodness." Reading the labels, however, may reveal that bleached wheat flour is still the primary ingredient despite the addition of some whole-wheat and whole-rye flour to the recipe.

The protein content of such breads is sometimes boosted with wheat gluten, soy flour and whey solids. Molasses may be used as a sweetener or the bread may contain caramel coloring. Either of these ingredients will give the bread a darker "whole-grain" appearance.

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"These breads are not necessarily inferior to whole-wheat breads," says Darling, "but the shopper should not be misled by claims or appearances. True whole wheat bread must contain whole wheat flour as the primary ingredient."

Other consumers choose breads that claim to have fewer calories. Some lower-calorie breads are created by adding powdered cellulose, which has the capacity to absorb water. Increasing the amount of water does not add any calories to the bread.

Calories can also be cut by slicing a standard loaf of bread thinner, says Darling. Such bread may be labeled "thin-sliced" or "fewer calories per slice" because it is sliced thinner.

To be labeled "reduced calorie" according to Food and Drug Administration regulations, a bread or any other food must contain one-third fewer calories than a similar product.

Many consumers are concerned about adding fiber to their diets, and they may buy a bread because of its fiber claims. Darling says the fiber value of wheat is contained in the bran, or outer layers of any grain. Some bran removed from milled flour is added back to whole wheat breads, but the significance of this added bran is questionable, she adds.

Until methods for determining the fiber content of foods is standardized, voluntary labeling information will remain confusing and sometimes misleading, Darling says. Consumers can be assured of getting adequate amounts of fiber if they eat a variety of fruits, vegetables and whole-grain products.

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CP

BREAD.1



# news



Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 1, 1984

Source: Mary Darling  
612/376-4663

Writer: Mary Kay O'Hearn  
612/373-1786

## SUGAR SUBSTITUTES STILL DEBATED

Sugar substitutes are said to figure in the diets of at least 44 million Americans who use them in low-calorie foods and beverages in an attempt to control weight. Scientific evidence doesn't exist, however, to say that's what the substitutes are accomplishing.

Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service, says non-nutritive sweeteners will continue to be in the news as the Food and Drug Administration (FDA) and other groups continue testing them.

Darling compares aspartame, saccharin and cyclamates with sucrose or ordinary table sugar, as described by Judith Stern, director of the Food Intake Laboratory at the University of California, Davis.

ASPARTAME: 200 times sweeter than table sugar; gained FDA approval in 1981 as a sweetener for table use and in 1983 for soft drink manufacture. It hides saccharin's bitter aftertaste when the two are used together. According to a study at Davis, it comes closest to the taste of sugar when it is used alone in noncarbonated beverages. However, it can't be used in baking since it breaks down under prolonged and high heat. It gradually breaks down in liquids too, but if soft drinks are used within a month--four months is the limit--and not stored at high temperatures, that shouldn't be a problem.

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It should not be used by persons with phenylketonuria (PKU), a genetic disease leading to mental retardation. Aspartame is made from two amino acids, phenylalanine and aspartic acid, and phenylalanine is not properly metabolized in these children or adults.

SACCHARIN: has been around since the late 19th century, is 300 times sweeter than table sugar, has a slightly bitter aftertaste and for a small part of the population does not taste sweet. In 1979, 100 years after saccharin's discovery, the FDA released results of a study examining the use of artificial sweeteners such as saccharin and cyclamates and incidences of bladder cancer in humans. Women, normally low-risk for bladder cancer, had 60 percent greater risk of bladder cancer (up from five cases in 100,000 to nine in 100,000) if they consumed sugar substitutes or diet beverages twice or more a day. Congress extended the moratorium on banning saccharin until 1985, but, says Stern, until more scientific evidence is available, one should be moderate in the use of saccharin, especially if pregnant.

CYCLAMATE: only 30 times sweeter than sucrose but acts with saccharin or aspartame or a combination of saccharin and aspartame and becomes sweeter than the individual sweeteners. Cyclamate was banned in 1969 by FDA when it was found to cause cancer in laboratory rats. FDA has accepted a petition for its reapproval, but has not lifted the ban.

Table sugar contains 18 calories per teaspoon while the sweeteners mentioned contain virtually no calories.

# # #

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 1, 1984

Source: Irene Ott  
612/373-1863

Writer: Mary Kay O'Hearn  
612/373-1786

## UPLINK TO FOOD AND FITNESS BRIEFS

Exercise coupled with the right kind of food will help keep health costs down. This year is Food and Fitness Year and more than 3,000 counties nationwide are participating. To find out more about Food and Fitness Year, contact your local county extension office. --From Uplink to Food and Fitness, international videoconference

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The average American gains one pound of weight per year. Between the ages of 25 and 55, for instance, it would be easy to put on 30 extra pounds. Couple this with losing a half pound of lean tissue (bone mineral and muscle mass) a year, and that 30-pound gain could turn into 45 pounds when you count the 15 pounds of lean that leaves the body. --From Uplink to Food and Fitness, international videoconference

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If you're planning to take off weight, do it gradually. It is not good to lose more than one or two pounds a week. Be sure to lose weight only under a doctor's care. --From Uplink to Food and Fitness, international videoconference

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Drinking water is the best replacement for heavy perspiration in exercising--whether it's circling the track or working in the garden. Nutrition in soft drinks is negligible, while milk is the healthful choice. For those whose daily diets include lots of soft drinks, an extra glass of milk would be a good idea. --From Uplink to Food and Fitness, international videoconference

\*\*\*\*\*

Americans probably eat 10 times as much salt daily as they need. Less salt and less weight can reduce hypertension. Twenty percent of the U.S. population has high blood pressure and 5 percent of that number has hypertension. If you know you will be eating salty food in the evening, balance the day's intake with a fruit salad at noon. --From Uplink to Food and Fitness, international videoconference

\*\*\*\*\*

Overweight people usually exercise less--they don't necessarily eat more than others. In a study of tennis players, players weighed less and ate more than overweight women who did not exercise. A moderate intensity of exercise is best. Start slowly with exercise, then back off if it doesn't feel right. Regular physical activity tends to decrease anxiety, hostility and depression. --From Uplink to Food and Fitness, international videoconference

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People enjoy the flavor and texture of foods that contain a lot of fat; perhaps that is one of the reasons Americans have become some of the fattest people on earth....When women lose weight as adults, but were fat as children, they still tend to think of themselves as obese....In a three-year study of increasing physical activity, older women had a steady rise in bone density....Good sources of potassium include bananas, oranges, lemons, limes, strawberries and melons. --From Uplink to Food and Fitness, international videoconference

# # #

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
July 1, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

CONSERVATION ISN'T JUST MAKING SURE WE HAVE  
ENOUGH WATER, OR FOOD, OR ENERGY. CONSERVATION  
IS MAKING SURE THAT THINGS WE TAKE FOR GRANTED,  
OR THAT SERVE A UNIQUE AND VITAL ROLE IN NATURE'S  
COMPLEX SYSTEMS, ARE SAVED FOR FUTURE  
GENERATIONS. CONSERVATION IS SOMETHING YOU CAN  
LEARN ABOUT--AND BEGIN TO PRACTICE IN 4-H. CALL  
YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF  
MINNESOTA'S AGRICULTURAL EXTENSION SERVICE AND  
FIND OUT MORE ABOUT 4-H TODAY.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
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ST. PAUL, MINNESOTA 55108  
July 1, 1984

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PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

AGRICULTURE IS EVERYBODY'S BUSINESS. WHEN YOU  
STUDY AGRICULTURE IN 4-H YOU LEARN A LOT.  
AGRICULTURE IS AT THE ROOTS OF THE 4-H PROGRAM.  
AND WHILE YOU'RE LEARNING SOMETHING YOU CAN BE  
HAVING FUN. MEET NEW FRIENDS, TRY NEW  
THINGS--IT'S ALL IN LEARNING BY DOING, THROUGH  
4-H. CALL YOUR ----- COUNTY OFFICE OF THE  
UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION  
SERVICE AND JOIN IN THE 4-H FUN.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
July 1, 1984

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PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

IF YOU'RE PLANNING YOUR VACATION, HERE ARE SOME  
TIPS FOR SAFETY. HAVE YOUR CAR'S COOLING SYSTEM,  
BRAKES, BELTS AND TIRES CHECKED BEFORE HEADING  
OUT ON THE ROAD. DON'T LEAVE HOME WITHOUT YOUR  
DRIVER'S LICENSE, DUPLICATE CAR KEYS, VEHICLE  
REGISTRATION AND INSURANCE CARDS. BE AWARE OF  
REGIONAL HAZARDS YOU MAY ENCOUNTER ON YOUR TRIP.  
AND DON'T TRY TO COVER TOO MANY MILES IN A DAY.  
THIS MESSAGE IS BROUGHT TO YOU BY YOUR -----  
COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S  
AGRICULTURAL EXTENSION SERVICE. AND BE SURE TO  
HAVE A GREAT TRIP!



AGRICULTURAL EXTENSION SERVICE  
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UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
July 1, 1984

ANY QUESTIONS? CALL Jennifer Obst  
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PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

EATING ON THE RUN SHOULD BE NUTRITIOUS AS WELL AS FAST. IF YOU ARE EATING WHAT IS HANDY, MAKE SURE WHAT YOU GRAB IS PART OF A HEALTHY DAILY DIET. FOR EXAMPLE, WITH YOUR COFFEE AND JUICE, INSTEAD OF A DONUT, SUBSTITUTE A BRAN MUFFIN OR WHOLE WHEAT TOAST. RATHER THAN ALWAYS THE STANDBY HAMBURGER FOR LUNCH, TRY A TURKEY SANDWICH, OR A SLICE OF PIZZA. VARIED FOODS OFFER VARIED NUTRIENTS SINCE NO ONE FOOD IS NUTRITIONALLY PERFECT. THIS MESSAGE FOR YOUR HEALTH IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
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ST. PAUL, MINNESOTA 55108  
July 1, 1984

ANY QUESTIONS? CALL Jennifer Obst  
(612) 373-1579

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

TV DINNER FANS USED TO BE MOSTLY SINGLE PEOPLE AND SMALL CHILDREN. BUT WITH NEW PACKAGING, HIGHER QUALITY INGREDIENTS AND FANCIER NAMES, FROZEN DINNERS HAVE A NEW FOLLOWING. AMERICANS SPEND MORE THAN \$600 MILLION A YEAR ON FROZEN DINNERS. ALONG WITH THEIR CLASSIER IMAGE COMES HIGHER PRICES. TO FIND OUT IF THE HIGHER PRICE TAG MEANS IMPROVED NUTRITION, READ THE LABEL BEFORE BUYING. NOT ALL OF THESE MEALS CONTAIN AT LEAST ONE-THIRD OF THE RECOMMENDED DAILY ALLOWANCE FOR IMPORTANT NUTRIENTS. THIS MESSAGE FOR YOUR HEALTH IS BROUGHT TO YOU BY YOUR ----- COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

# news

MJCL9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 1, 1984

## MEDIA NEWS PACKET INDEX

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**Specialists:** If you would like copies of the above releases, check the ones you'd like and send this cover sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

MPKTJUL

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M-1

# news



Food and Fitness

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 1, 1984

Source: Mary Darling  
612/376-4663

Writer: Mary Kay O'Hearn  
612/373-1786

## HERE'S TO NUTRITIOUS EATING ON-THE-RUN

Eating on-the-run needs to be nutritious, not just speedy.

"If you are eating what is conveniently available rather than having sit-down, three square meals daily, just be sure what you grab is part of a healthful daily diet," says Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service.

Substitute a bran muffin, pumpernickel bagel or whole wheat toast for a breakfast donut. Rather than always having the standby hamburger for lunch, try a turkey sandwich, a slice of pizza or a pita-pocket sandwich. Varied intake offers varied nutrients since no one food is nutritionally perfect.

Nancy Clark, author of "The Athlete's Kitchen: A Nutrition Guide and Cookbook," includes this food variety in her "good nutrition grab bag." She suggests low-fat milk and yogurt for protein, riboflavin and especially the calcium needed throughout life to maintain strong bones. Broccoli, spinach, green peppers, tomatoes and V-8 juice are good sources of vitamins A and C. If you're given a choice between spinach or lettuce at a salad bar, remember that spinach is more healthful. Half of a green pepper

Page 1 of 2

or one stalk of broccoli gives 100 percent of the Recommended Daily Allowance (RDA) of vitamin C. Peppers are a good vitamin-source addition to pizza. V-8 gives nutrients of eight vegetables without cooking or preparing them yourself. Half of a small cantaloupe gives 100 percent of the RDA of vitamins A and C. A baked potato supplies 75 percent of the RDA of vitamin C, but the vitamin is mainly contained in the skin or right below the skin. Instead of a butter or sour cream topping, Clarke suggests trying yogurt.

For low-fat protein and iron, try chicken and turkey, removing the skin to eliminate fat, cholesterol and calories. Remember, dark meat of turkey has more iron than white meat. Try broiled fish instead of the fried fishwich, which is high in calories.

Most cereals contain fiber, iron, carbohydrates and are fortified with vitamins and minerals. Bran flakes contain fiber and iron. Bran muffins are more nutritious than blueberry muffins. Any dark bread, whole wheat, rye, pumpernickel or oatmeal is a good choice for carbohydrates, B-vitamins and fiber. Pizza contains calcium, protein and vitamin A plus a variety of nutrients from the cheese and tomato sauce. Use a whole wheat crust, if possible, and add green pepper and other vegetables instead of the pepperoni and sausage.

Popcorn can be a low-calorie "munchie", providing carbohydrates and fiber, but it must remain unsalted and unbuttered to be low-cal.

# # #

MP, 4HE

ON THERUN

July 1, 1984

Source: Mary Darling  
612/373-4663

Writer: Deedee Nagy  
612/373-1781

## **FROZEN DINNERS ARE 'HOT' ON GOURMET, DIETER'S MARKET**

TV dinner fans used to be primarily singles and small children, but with contemporary packaging, higher quality ingredients and fancier names, frozen dinners have a new following.

Mary Darling, nutritionist with the University of Minnesota's Agricultural Extension Service, says that Americans spend more than \$600 million a year on frozen dinners--and that figure is rising. In the past, frozen meals were often high in calories, fat and sodium. Today's consumers, however, are more aware of nutrition, health and calories. Many are also interested in gourmet cooking, so some product lines cater to those tastes.

"The familiar divided aluminum trays of old-style TV dinners are being replaced with plastic plates and dome covers--perfect for the microwave oven. Swiss steak and fried chicken are being replaced with teriyaki beef and chicken cordon bleu," Darling notes. "Mashed potatoes and peas and carrots have been replaced by wild rice and Italian vegetables."

Along with classier image and packaging come higher prices. Darling says many of the new frozen dinners cost \$3 or more. To find out if the higher price tag means improved nutrition, read the label, she advises.

Page 1 of 2

Entrees designed for dieters usually provide less than 300 calories per serving. This is done by reducing fat content and portion size. Sodium content may or may not be reduced along with calories. Darling says the label should provide clues on sodium levels.

She adds that consumers should be aware that not all of these meals contain at least one-third of the U.S. Recommended Daily Allowance for important nutrients. A person may need to add a salad, fresh fruit or a glass of milk to the menu to have a nutritionally adequate meal.

# # #

MP, 4HE

TVDINNER.1

Page 2 of 2

July 1, 1984

Source: Ron Moser  
612/373-0980  
Writer: Kathy Hohmann  
612/645-8231

## REPARTITIONING AGENT INCREASES LEANNESS IN HOG CARCASSES

Animal scientists at the University of Minnesota's Agricultural Experiment Station have tested a new feed additive, called a repartitioning agent, in swine finishing diets. The repartitioning agent, from American Cyanamid, allows swine to use the same nutrients as animals not fed the agent, and partition them into more muscle tissue and less fat.

According to Ron Moser, one of the researchers, the agent caused a 10- to 15-percent improvement in muscle mass and a 10- to 15-percent decrease in fat measurements in this study. Carcasses from treated pigs had larger loin eye areas. Overall, the repartitioning agent did not improve performance traits--feed efficiency and daily gain.

One hundred and ninety-two crossbred pigs weighing an average of 130 pounds were used in the study. They were assigned to four treatments, eight pigs per pen. The pigs were housed on totally slotted concrete floors.

The pigs were full-fed one of four corn-soybean based diets. One group received no repartitioning agent, another group was fed .25 milligrams of the agent per kilogram of feed, a third group was fed .50 milligrams per kilogram and the fourth group received 1.0 milligrams of the agent per kilogram of feed. When the animals reached an average pen weight of 230 pounds, they were slaughtered and the carcasses were examined.

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M-6



The loin eye area of the pigs fed no agent was 5.7 square inches. Those fed .25 milligrams of the agent had a loin eye area of 5.9 square inches. The group fed .5 milligrams of the repartitioning agent had a measurement of 5.9 square inches, and the fourth group, consuming the highest amount of the agent, had a loin eye area of 6.2 square inches. The average backfat measurements of the pigs were also significantly reduced as the agent increased in the diet.

In this study, the average daily gain and feed conversion ratio were not affected by the repartitioning agent. Also, three independent evaluators rated the soundness of the pigs' feet and legs, but no effect from the repartitioning agent was found.

Moser says the agent would be useful for producers selling hogs on a grade and yield basis. At this time it is not approved for use in swine rations.

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MP, 4L, FB2

RM1KH06

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# news

MSC 9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 5, 1984

Source: David Pace  
612/373-1675  
Writer: Mary Kay O'Hearn  
612/373-1786

## **NEW MINNESOTA 4-H FEDERATION OFFICERS, AMBASSADORS TO GATHER**

Orientation for new Minnesota 4-H Federation officers and State 4-H Ambassadors is July 15-18 on the St. Paul campus of the University of Minnesota.

New federation officers installed in June during Junior Leader Conference are Paul Kuznik, Crookston (West Polk County), president; Rebecca Garber, Jackson (Jackson County), vice president; Maria Carlson, Sherwood Shores (Sherburne County), secretary; and Terry Knudson, Houston (Houston County), treasurer. David Pace, 4-H youth development specialist with the University of Minnesota's Agricultural Extension Service, says the other 12 officer candidates selected by and from the federation delegates will also serve as ambassadors during the year. Another 15 ambassadors will be selected from leadership, citizenship, achievement and National 4-H Conference award winners to participate in the July training.

Officer candidates invited to be ambassadors are Julie Conzemius, Dakota County; Wanda Cook, Lac Qui Parle County; John Lee, East Polk County; Lori Tjosaas, Dodge County; Rajan Bajumpaa, East Otter Tail County; Brian Hicks, Redwood County; Marie Welk, Beltrami County; Kimberlee Ann

Page 1 of 2

**University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating**

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Bell, Scott County; Jennifer Schmidt, Stearns County; Nancy Ness, Clay County; David Baumhoefner, Nobles County and Randy Stobb, Mille Lacs County.

Pace says ambassadors represent Minnesota 4-H at various district and state 4-H events and tell the 4-H story at other activities and speaking engagements. 4-H is a learning experience for youth, a cooperative effort of the Agricultural Extension Services of the state land grant universities and the U.S. Department of Agriculture.

# # #

CA, P2

AMBASSAD

Page 2 of 2

# news

MSC / e A 27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 5, 1984

Source: Hal Everett  
612/376-2936  
Writer: Sam Brungardt  
612/376-8182

## APPLETON TELEVISION STATION TO AIR NEW MARKETING PROGRAM FOR FARMERS

"Minnesota Market Update," a new weekly marketing program for farmers, will be broadcast for the first time July 13 on Pioneer Public Television, KWCM-TV, Channel 10, Appleton, Minn.

The 15-minute program will be produced by the University of Minnesota's Agricultural Extension Service. It will feature extension marketing specialist Hal Everett, who will discuss commodity market reports; news events that might affect commodity production, prices and demand; and farm policy and the economy in general.

"Minnesota Market Update" will be aired on the Appleton station each Friday at 12:15 p.m., immediately after "A. M. Weather." Each week's program will be broadcast again on the following Saturday at 11:45 a.m.

# # #

DPMP, 1A, CAS, FB2

MKTUPDAT

Page 1 of 1

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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# news

MSC 19A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 5, 1984

Source: David Pace  
612/373-1675  
Writer: Mary Kay O'Hearn  
612/373-1786

## **NEW MINNESOTA 4-H FEDERATION OFFICERS, AMBASSADORS TO GATHER**

Orientation for new Minnesota 4-H Federation officers and State 4-H Ambassadors is July 15-18 on the St. Paul campus of the University of Minnesota.

New federation officers installed in June during Junior Leader Conference are Paul Kuznik, Crookston (West Polk County), president; Rebecca Garber, Jackson (Jackson County), vice president; Maria Carlson, Sherwood Shores (Sherburne County), secretary; and Terry Knudson, Houston (Houston County), treasurer. David Pace, 4-H youth development specialist with the University of Minnesota's Agricultural Extension Service, says the other 12 officer candidates selected by and from the federation delegates will also serve as ambassadors during the year. Another 15 ambassadors will be selected from leadership, citizenship, achievement and National 4-H Conference award winners to participate in the July training.

Officer candidates invited to be ambassadors are Julie Conzemius, Dakota County; Wanda Cook, Lac Qui Parle County; John Lee, East Polk County; Lori Tjosaas, Dodge County; Rajan Bajumpaa, East Otter Tail County; Brian Hicks, Redwood County; Marie Welk, Beltrami County; Kimberlee Ann

Page 1 of 2

**University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating**

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Bell, Scott County; Jennifer Schmidt, Stearns County; Nancy Ness, Clay County; David Baumhoefner, Nobles County and Randy Stobb, Mille Lacs County.

Pace says ambassadors represent Minnesota 4-H at various district and state 4-H events and tell the 4-H story at other activities and speaking engagements. 4-H is a learning experience for youth, a cooperative effort of the Agricultural Extension Services of the state land grant universities and the U.S. Department of Agriculture.

# # #

CA, P2

AMBASSAD

Page 2 of 2

# news

MSC/9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 19, 1984

Source: David French  
612/373-0852  
Mark Ascerno  
612/373-1059  
Writer: Sam Brungardt  
612/376-8182

## **SUMMERTIME PRUNING OF ELMS MAY PROMOTE DUTCH ELM DISEASE**

There's evidence that pruning American elms in southern Minnesota during the summer makes the trees more attractive to the beetles that spread Dutch elm disease. Therefore, University of Minnesota experts now recommend that elm trees not be pruned from April 15 to Sept. 1.

Says plant pathologist David French, who conducts research on tree diseases for the university's Agricultural Experiment Station, "We know of two situations in Minneapolis in which elms that were pruned last summer wilted from Dutch elm disease and had to be removed this year. This happened with 30 elms along one street that had been pruned in June and with about 60 elms along another street that were pruned in August. That's enough circumstantial evidence for us to recommend no pruning until Sept. 1."

Pruning elms during the active growing season increases the probability that the trees will attract the smaller European and native elm bark beetles, says Mark Ascerno, an urban forestry entomologist with the university's Agricultural Extension Service.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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"When an elm is wounded while it is actively growing--whether by accident, as in a storm, or intentionally, by pruning--there's a greater chance that these beetles, which carry the fungus that causes Dutch elm disease, will move to it from unpruned trees," Ascerno says. "Our new recommendation applies to southern Minnesota, which is roughly that part of the state south of a line from Marine-on-St. Croix in the east to Moorhead in the west. Generally, we do not recommend pruning elm trees in this area from April 15 until Aug. 15. However, if anyone must prune an elm during this time, they should apply an asphalt-based tree wound dressing to the wounds to make the tree less attractive to the elm bark beetles."

The recommendation for pruning American elms in northern Minnesota has not changed. French and Ascerno say that elms in northern Minnesota should not be pruned from April 15 through July 15.

# # #

DPMP,1A,P2,4F,4H,TCO

ELMPRUNE

Page 2 of 2



# news

MSC 19A 27A  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 19, 1984

Source: Richard Epley  
612/373-0977  
Writer: Hank Drews  
612/373-1250

## BOOKLET ANSWERS CONSUMERS' QUESTIONS ABOUT MEAT

Do you have questions about meat? If so, an updated reference booklet is now available. The University of Minnesota's Agricultural Extension Service has recently revised the popular "Consumer Questions About Meats" by meat specialist Richard Epley.

This 12-page booklet gives clear answers to 66 most-asked questions about meats. The answers are easy to find and cover such topics as inspection, selection, pricing, storage, cooking and nutritional value.

Single copies are available from local county extension offices. The booklet may also be ordered by sending \$1 for each copy to: Communication Resources Distribution Center, 3 Coffey Hall, University of Minnesota, 1420 Eckles Ave., St. Paul, MN 55108. Ask for publication number AG-F0-0494A.

# # #

DPMP, FB1, FB2, 4HE, 4L

ABOUMEAT

Page 1 of 1

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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# news

MSC 19 A27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

July 26, 1984

Source: Hal Everett  
612/376-2936  
Writer: Sam Brungardt  
612/376-8182

## NEWSLETTER WILL HELP FARMERS MARKET CROPS, LIVESTOCK

These are difficult times financially for many Minnesota farmers. The difference in surviving or not often depends on being informed about markets and the factors which affect the supply and demand for agricultural commodities.

Recognizing this, the University of Minnesota's Agricultural Extension Service is gearing up to produce a four-page weekly newsletter, the Minnesota Market Update, which aims to help farmers maximize profits through better marketing of the commodities they produce.

Sample copies of the newsletter may be reviewed at county extension offices throughout Minnesota. Or, interested persons may obtain a free trial subscription to the newsletter by writing Minnesota Market Update, Department of Agricultural and Applied Economics, University of Minnesota, St. Paul, MN 55108.

Minnesota Market Update has three main features, according to the newsletter's editor, Hal Everett, extension economist in marketing. The first is a market analysis of the major livestock and crop commodities produced in Minnesota.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.

The second feature is market news briefs--concise summaries concerning major agricultural commodities. Examples are new information about exports, governmental farm programs, crop and livestock supply and demand and utilization, foreign production and import needs, and tips on commodity pricing and marketing strategy.

Market data from several Minnesota markets comprise the third part of Minnesota Market Update. Also included in this section of the newsletter are the USDA's Supply and Demand, Cost of Grain Storage, Cattle on Feed, and Hogs and Pigs reports as well as the NSPA Soybean Crush Estimates.

Initially, Minnesota Market Update will be mailed to subscribers each Friday afternoon. Eventually, the information in the newsletter will also be available via the University of Minnesota Agricultural Extension Service's EXTEND computer information network.

# # #

CAS,1A,4FC,4L

MINNMKT

Page 2 of 2

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 1, 1984

## COUNTY NEWS PACKET INDEX

<u>Stories in this packet:</u>	<u>Page numbers</u>
Use caution when cleaning apparel made of coated fabrics.....	C-3,4
Water marks on draperies need water cleaning.....	C-5
Chenille is fashionable but may not wear well.....	C-6,7
FDA guidelines aim at making bulk foods safe.....	C-8,9,10
Higher milk production with high-moisture shelled corn.....	C-11,12

Also enclosed are public service announcements (PSAs) that you can use with local stations. They may also be useful as newspaper column fillers.

The color coding is blue for agricultural stories, yellow for 4-H stories, and green for consumer stories.

The accompanying media packet (stories printed on tan paper) has gone to daily newspapers, regional agricultural newspapers and magazines. It has not gone to weekly newspapers, so use the stories for your columns or pass the stories on to your weekly newspapers.

C-1

**University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating**

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.

**Agents and specialists:** The following is a list of releases that we sent out in weekly mailings from June 18 to July 11. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

Keep your dog free of ticks this summer  
Lyme disease--public health concern for Minnesota  
4-H honors alumni, partners

County 4-H'ers to see Capitol Hill  
Precautions can reduce bird-window collisions  
U of M institute recognizes faculty, student accomplishments  
New Minnesota 4-H Federation officers, ambassadors to gather  
Drier July weather expected in Southwest Minnesota  
Yellowed corn may not need additional nitrogen  
Shade, fruit trees show signs of a hard winter  
First herbicide treatments limit replanting options  
Should one plant corn or soybeans at this late date?  
Commodity prices alone don't determine land use  
Extension office has list of licensed aerial applicators  
Minnesota 4-H'ers attend Co-op Leadership Conference  
New Ulm graduate wins speaking contest, trip to Israel  
Good Minnesota apple crop anticipated  
Hog production will likely be lower, prices higher for the rest of 1984  
Soil scientist joins Northwest Experiment Station staff  
Appleton TV station to air new marketing program  
Corn growers should be on alert for European corn borer  
Consider total health angle before taking diet pills  
Former Extension Director Pickrel dies

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 1, 1984

Source: Cherilyn Nelson  
612/376-1536

Writer: Mary Kay O'Hearn  
612/373-1786

## USE CAUTION WHEN CLEANING APPAREL MADE OF COATED FABRICS

Today's clothing comes with many different types of coatings designed for wind resistance and water repellence, and sometimes with special body, luster or color depth.

"Pay careful attention to the care instructions," cautions Cherilyn Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service, "because dry-cleaning should not be attempted with some garments."

Finishes which might be acrylic, rubber, urethane or vinyl may not respond to the care procedures normally thought of being appropriate with that type garment.

"A loss, separation or removal of a coating may occur in cleaning, giving the appearance of stain," Nelson says. Finishes may deteriorate with wear. Applications of solvents can cause the coating to feel sticky or greasy, self-stick, separate, peel, stiffen or blister. In quilted

garments, the loss of coating can give a show-through appearance to the filling material. "Changes in the coating can contribute to the garment's feeling of limpness or color fading," Nelson says.

According to the Federal Trade Commission, manufacturers are responsible that the finishes in garments are resistant to the care procedure suggested for cleaning the garment for the lifetime of the garment. Coatings should be able to stand accepted care procedures without separating, self-sticking or losing body or color. But there is no sure remedy for damage when a coating has been affected by solvents and separation occurs. This is why, Nelson says, it is important to read and heed special care instructions included by the manufacturer when buying, owning and cleaning these garments.

# # #

CP,4HE

COATEDFAB

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 1, 1984

Source: Cherilyn Nelson  
612/376-1536

Writer: Mary Kay O'Hearn  
612/373-1786

## WATER MARKS ON DRAPERIES NEED WATER CLEANING

Water marks on draperies need to be removed with a water process, not with dry-cleaning solvents, according to Cherilyn Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service.

Many soils are water soluble--removable by wet cleaning. Some draperies hang for years without being cleaned and absorb ordinary room soil and dust, atmospheric dirt and gases from industry, cars, even construction.

"If the draperies will survive the process, they will need to be wet-spotted and wet-cleaned," says Nelson. Water stains occur when moisture (it could be condensation on the window, humidity or spilled liquids) disperse the soils already on the draperies and leave the stain, she explains.

Moisture can also displace sizing, leaving a ring or streak after evaporation. When these stains are removed by the dry-cleaning solvent, the water stains that remain may be even more noticeable.

# # #

CP, 4HE

Page 1 of 1

WATERMRK

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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C-5



# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 1, 1984

Source: Cherilyn Nelson  
612/376-1536

Writer: Mary Kay O'Hearn  
612/373-1786

## CHENILLE IS FASHIONABLE BUT MAY NOT WEAR WELL

Have you noticed new kinds of chenille-looking fabrics?

"What used to be confined to bedspreads and bathrobes is now familiar in everything from sweaters to jackets and skirts," says Cherilyn Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service. And both men and women are wearing chenille.

"Chenille is the French word for caterpillar and refers to a yarn structure described as a hairy caterpillar," Nelson says. Chenille yarn is made by cutting a woven or knitted ladder-like fabric into warp strips. The cut end of the twisted yarn untwists and turns into a pile-like fringe. Chenille may be made of any fiber or fiber blend. Very often rayon and acrylic yarns are used.

Dry-cleaning can be a problem with some chenille knit fabrics used in sweaters, jackets, blouses and skirts. Chenille looks sturdy, but it is not the rugged, durable fabric you might expect. The soft pile chenille

Page 1 of 2

C-6

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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yarns sometimes work their way out of the base construction. Some loose-knit constructions wear thin, leaving bald areas under the arm, at the waist, or any other place where rubbing occurs. Stretching and distortion can also occur with use.

# # #

CP,4HE

CHENILLE

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 1, 1984

Source: Mary Darling  
612/376-4663

Writer: Mary Kay O'Hearn  
612/373-1786

## FDA GUIDELINES AIM AT MAKING BULK FOODS SAFE

It does seem a bit of a paradox: consumers want to buy well-packaged and well-labeled foods, yet they also like scooping out bulk foods at perhaps less cost and without the packaging and name brand promotions.

Dipping from barrels used to be reserved for old-time country stores, but now even the largest groceries are likely to have bulk-food operations.

Tailoring the size of purchase to the needs of the buyer is one of the advantages of bulk buying, points out Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service.

Whether it's a half-ounce of a spice or a cup of coffee beans, U.S. Food and Drug Administration (FDA) officials have become concerned about bulk food operations because these easily accessible foods may be open to human contact. Items called "potentially hazardous foods" are restricted from sale in bulk-food areas. They are the kinds of foods health and sanitation officials would not want to find in a bin or barrel. These include foods made wholly or partly of milk, eggs, meat, poultry, fish, shellfish, seafood or synthetic ingredients that could spoil and result in food poisoning.

Page 1 of 3

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating C-8

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.

The FDA developed sanitation guidelines, approved in April 1984, that deal with sanitation procedures, supervision and training of personnel, proper use of equipment and tips to consumers about handling bulk foods and dispensing tools.

The guidelines describe the type of container and lid (close-fitting, self-closing) most suitable, container size (no more than 18 inches deep to assure rapid turnover and freshness) and even the container position (high enough so customers won't be bending over to fill a bag). Customers should be provided proper tools for removing foods, whether it is a mechanical pump dispenser for liquids such as honey or hand utensils such as scoops, ladles and spatulas.

Dispensing tools might have to be tethered so they cannot fall on the floor if dropped by a customer. There should be a protective resting place, too, for the utensil when it is not being used.

Containers and utensils should be made of safe, non-corrosive, non-absorbent materials that are smooth, durable and easily cleaned. Wood that comes in direct contact with food should not be used, nor should cloth, burlap, cardboard, fiberboard and other absorbent materials. Non-food surfaces should be easily cleaned without unnecessary ledges, cracks or crevices where spilled food such as flour could collect.

A supply of bags, cups, and lids should be available for customers to take food items home. Marking pens or labels should be handy so shoppers can identify their packages and avoid confusing such look-alike products as grits, detergents, soap flakes, and coconut.

The FDA guidelines stress that a barrier or open space in the store separate the bulk products being sold for human consumption from pet foods and soap powders.

The FDA suggests consumers be able to see labeling information (a sign on each of the containers easily seen when consumers are making their selections) and that a list of ingredients (with the dominant ones listed first) be displayed, noting any artificial colors, flavors and preservatives (if any) used.

Under the guidelines, bulk foods returned to a store by a customer should not be offered for resale and customers should use containers provided by the store instead of their own containers.

# # #

CP,4HE,

BULKFOOD

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 1, 1984

Source: George Marx  
218/281-6510

Writer: Jack Sperbeck  
612/373-0715

## HIGHER MILK PRODUCTION WITH HIGH-MOISTURE SHELLED CORN

Milk production for the first 150 days of lactation was 3.2 pounds per cow higher for cows fed high-moisture shelled corn than for cows fed high-moisture ear corn in a recent study done at the University of Minnesota's Northwest Experiment Station by animal scientist George D. Marx.

However, Marx says the late lactation results were the same for both the shelled and ear corn. For the entire lactation, cows on the shelled corn produced 1.9 pounds more milk per day.

The research was done with the high-producing registered Holstein herd at the Crookston station. There were 54 lactations completed during a two-year period, with half the cows on each treatment.

The high-moisture whole shelled corn was harvested with a corn head on a Massey Ferguson 410 combine. For the high-moisture ear corn, a two-row snapper head attachment was used on a New Holland 892 field chopper. A one-inch recutter screen was used in the field chopper to get the best particle size for ensiling and feeding.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating C-11

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Both types of corn were stored and preserved in Harvestore structures.

Ear corn in the study had all the cobs and husks. "This included minor amounts of trash like tops, tassels and leaves pulled into the snapper rolls during harvest," Marx says.

Other systems--like a corn picker or combine designed to save the corn with part or most of the cob--may give cleaner, higher quality high-moisture ear corn with less trash and no husks. This could result in higher milk production, Marx says.

"Both systems are practical," Marx says. In this study, there was a 23 percent yield advantage for high-moisture ear corn. But farmers harvesting shelled corn can go back and pick up the crop residue to make lower quality forage and increase yield potential.

# # #

cp,1A,4D

HIGHMILK

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
August 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

STIR FRYING IS A GOOD WAY TO RETAIN NUTRIENTS IN  
THE JUICIER VEGETABLES--CABBAGE, SUMMER SQUASH,  
KALE AND COLLARDS. THOUGH COOKING FOODS AHEAD  
MAY BE A TIME SAVER, IT CAN RESULT IN LOST  
NUTRIENTS. FOR INSTANCE, THE VITAMIN C CONTENT  
OF FOODS THAT ARE COOKED, REFRIGERATED AND THEN  
REHEATED IS ONLY TWO-THIRDS TO ONE-HALF OF THAT  
OF THE SAME FOODS FRESHLY PREPARED. THIS  
INFORMATION FOR YOUR HEALTH COMES TO YOU FROM  
YOUR \_\_\_\_\_ COUNTY OFFICE OF THE UNIVERSITY  
OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.



AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
August 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

"CONSUMER QUESTIONS ABOUT MEATS" IS THE TITLE OF  
A QUICK REFERENCE BOOKLET AVAILABLE FROM THE  
UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION  
SERVICE. THE BOOKLET OFFERS ANSWERS TO 66  
MOST-ASKED QUESTIONS ABOUT MEATS. IT COVERS MEAT  
INSPECTION, SELECTION, PRICING, STORAGE, COOKING  
AND NUTRITIONAL VALUE. IF YOU'D LIKE TO OBTAIN A  
COPY OF "CONSUMER QUESTIONS ABOUT MEATS," INQUIRE  
AT YOUR \_\_\_\_\_ COUNTY AGRICULTURAL EXTENSION  
SERVICE OFFICE IN \_\_\_\_\_.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
August 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

PROPER STORAGE OF MILK AND EGGS IS IMPORTANT TO OBTAIN THE MOST FOOD VALUE POSSIBLE FROM THEM. MILK SHOULD BE KEPT COVERED, AWAY FROM STRONG LIGHT AND REFRIGERATED. RIBOFLAVIN, AN IMPORTANT NUTRIENT, MAY DISAPPEAR FROM MILK THAT IS KEPT IN DIRECT SUNLIGHT, DAYLIGHT OR EVEN ARTIFICIAL LIGHT. SHELL EGGS ARE A SOURCE OF HIGH-QUALITY PROTEIN AND SHOULD BE REFRIGERATED. WHEN PREPARING EGGS, COOK THEM AS QUICKLY AS POSSIBLE. THESE TIPS ARE FROM THE \_\_\_\_\_ COUNTY OFFICE OF YOUR UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
August 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

---

ANNOUNCER;  
30 SECONDS

NITROGEN DIOXIDE--A POISONOUS GAS PRODUCED AS  
SILAGE FERMENTS--CAN KILL OR INJURE HUMANS AND  
ANIMALS. MOST OF THIS GAS IS PRODUCED THE FIRST  
TWO OR THREE WEEKS AFTER SILAGE IS PUT UP.  
HIGHEST CONCENTRATIONS OCCUR DURING THE FIRST  
FORTY-EIGHT HOURS, BUT DANGEROUS CONCENTRATIONS  
MAY BE PRESENT FOR UP TO THREE WEEKS. IT'S BEST  
TO KEEP OUT OF A SILO FOR SEVERAL WEEKS AFTER  
IT'S FILLED. IF YOU MUST ENTER, RUN THE SILO  
BLOWER AT LEAST THIRTY MINUTES BEFORE ENTERING  
AND ALL THE TIME YOU ARE IN THE SILO. WEAR A  
LIFELINE THAT'S HELD BY ENOUGH PEOPLE TO PULL YOU  
OUT IF TROUBLE OCCURS. THIS INFORMATION COMES  
FROM YOUR \_\_\_\_\_ COUNTY OFFICE OF THE  
UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION  
SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
August 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

HOW YOU STORE--AND WHEN YOU PREPARE--FOOD SAYS A LOT ABOUT WHETHER YOU GET THE MOST BENEFIT FROM THE VITAMINS IT CONTAINS. CABBAGE, FOR EXAMPLE, MUST BE KEPT WRAPPED, AND SHOULD NOT BE ALLOWED TO DRY OUT IF IT'S TO BE KEPT IN THE REFRIGERATOR CRISPER A FEW DAYS. WAITING TO HULL AND SLICE STRAWBERRIES UNTIL JUST BEFORE SERVING MEANS RETAINING MORE OF THEIR VITAMIN C. THESE REMINDERS ARE BROUGHT TO YOU BY YOUR \_\_\_\_\_ COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
AUGUST 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

IF BIRDS ARE FLYING INTO THE PLATE GLASS WINDOWS  
OF YOUR HOME OR OFFICE, THERE MAY BE SOMETHING  
YOU CAN DO ABOUT IT. TO PREVENT THE BIRDS FROM  
STUNNING OR KILLING THEMSELVES, TRY PLACING A  
SILHOUETTE OF A LARGE BIRD SUCH AS A HAWK OR OWL  
ON THE WINDOW. OR, IF THE ROOF HAS AN OVERHANG,  
SUSPENDING WIND CHIMES OR A WOODEN MOBILE FROM  
THE OVERHANG COULD BE A SOLUTION. THIS  
SUGGESTION COMES FROM THE \_\_\_\_\_ COUNTY  
OFFICE OF YOUR UNIVERSITY OF MINNESOTA'S  
AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
August 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

TIME AND SAFETY--REMEMBER THEM IF YOU ATTEMPT TO  
RESCUE SOMEONE WHO'S BEEN OVERCOME BY GASES IN A  
SILO OR MANURE PIT. NEVER JUMP INTO A SILO OR  
PIT WITHOUT THINKING OF THE FOLLOWING TWO POINTS,  
OR YOU--THE RESCUER--MAY BECOME ANOTHER VICTIM.  
CALL A RESCUE SQUAD BEFORE ATTEMPTING A RESCUE.  
IF YOU MUST ENTER THE SILO OR PIT, TIE A ROPE OR  
HARNESS TO YOURSELF AND HAVE ENOUGH PEOPLE ON THE  
OTHER END TO PULL YOU OUT IF NECESSARY. THIS  
SAFETY TIP COMES FROM THE \_\_\_\_\_ COUNTY  
OFFICE OF THE UNIVERSITY OF MINNESOTA'S  
AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
AUGUST 1, 1984

ANY QUESTIONS? CALL:  
SAM BRUNGARDT AT (612) 376-8182

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER:  
(30 SECONDS)

EMERGENCY FIRST AID AFTER EXPOSURE TO SERIOUS  
ELECTRICAL SHOCK CAN SAVE THE VICTIM'S LIFE.  
KEEP OTHERS AWAY AND TURN OFF THE MAIN POWER  
SOURCE BEFORE YOU TOUCH OR MOVE A SHOCK VICTIM.  
ADMINISTER ARTIFICIAL RESPIRATION IF NEEDED.  
THERE GENERALLY IS FOUR TO SIX MINUTES IN WHICH  
TO RESTORE A VICTIM'S HEART ACTION BEFORE  
IRREVERSIBLE BRAIN DAMAGE OCCURS. THIS SAFETY  
MESSAGE IS BROUGHT TO YOU BY YOUR LOCAL COUNTY  
OFFICE OF THE UNIVERSITY OF MINNESOTA'S  
AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
AUGUST 1, 1984

ANY QUESTIONS? CALL:  
SAM BRUNGARDT AT (612) 376-8182

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

PROPER GROUNDING IS CRUCIAL TO SAFETY WITH  
ELECTRICITY ON THE FARM. GROUNDING SHOULD BE  
PROVIDED ON EVERY ELECTRICAL SYSTEM BECAUSE IT  
REDUCES THE ELECTRICAL SHOCK POTENTIAL OF THE  
SYSTEM. IF YOU HAVE AN OLD WIRING SYSTEM OR HAVE  
RECENTLY REMODELED OR EXPANDED YOUR ELECTRICAL  
SYSTEM, BE SURE TO HAVE A QUALIFIED ELECTRICIAN  
CHECK IT TO SEE THAT IT IS PROPERLY GROUNDED.  
THIS SAFETY MESSAGE IS BROUGHT TO YOU BY THE  
UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION  
SERVICE.



AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
AUGUST 1, 1984

ANY QUESTIONS? CALL:  
SAM BRUNGARDT AT (612) 376-8182

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER;  
30 SECONDS

FARMERS RELY HEAVILY ON ELECTRICITY TO PROVIDE  
POWER FOR AUTOMATIC, LABOR-SAVING EQUIPMENT. AND  
FARMWORKERS ARE EXPOSED TO MORE POTENTIAL  
ELECTRICAL HAZARDS THAN ARE PEOPLE WHO WORK IN  
OTHER INDUSTRIES. UNDERSTANDING THE BASICS OF  
ELECTRICITY IS THE FIRST STEP TO SAFETY WITH  
ELECTRICAL EQUIPMENT. A HELPFUL  
PUBLICATION--"ELECTRICAL SAFETY ON THE FARM"--IS  
AVAILABLE THROUGH THE \_\_\_\_\_ COUNTY  
EXTENSION OFFICE IN \_\_\_\_\_. THIS  
SAFETY MESSAGE IS BROUGHT TO YOU BY THE  
UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION  
SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
AUGUST 1, 1984

ANY QUESTIONS? CALL:  
SAM BRUNGARDT (612) 376-8182

PUBLIC SERVICE ANNOUNCEMENT

FOR IMMEDIATE RELEASE

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ANNOUNCER:  
30 SECONDS

PRUNING AMERICAN ELMS DURING THE SUMMER MAY MAKE  
THE TREES MORE ATTRACTIVE TO THE BEETLES THAT  
SPREAD DUTCH ELM DISEASE. IF YOU LIVE IN  
SOUTHERN MINNESOTA, DON'T PRUNE ELMS FROM APRIL  
FIFTEENTH TO SEPTEMBER FIRST. IF YOU MUST PRUNE  
ELMS DURING THIS TIME, APPLY AN ASPHALT-BASED  
TREE WOUND DRESSING TO THE PRUNING CUTS TO MAKE  
THE TREES LESS ATTRACTIVE TO ELM BARK BEETLES.  
THIS TIP IS BROUGHT TO YOU BY THE \_\_\_\_\_  
COUNTY OFFICE OF THE UNIVERSITY OF MINNESOTA'S  
AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
AUGUST 1, 1984

ANY QUESTIONS? CALL:  
SAM BRUNGARDT (612) 376-8182

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER:  
30 SECONDS

MINNESOTA FARMERS--DO YOU WANT OBJECTIVE MARKET ANALYSIS, IMPORTANT AGRICULTURAL MARKET NEWS, CURRENT MARKET DATA, AND TIPS ON COMMODITY PRICING AND MARKETING STRATEGY? IF SO, CONSIDER SUBSCRIBING TO "MINNESOTA MARKET UPDATE," A WEEKLY NEWSLETTER THAT AIMS TO HELP YOU MAXIMIZE PROFITS THROUGH BETTER MARKETING OF THE CROPS AND LIVESTOCK YOU PRODUCE. YOU MAY REVIEW SAMPLE COPIES OF THE NEWSLETTER AT THE \_\_\_\_\_ COUNTY EXTENSION OFFICE IN \_\_\_\_\_. THIS INFORMATION IS BROUGHT TO YOU BY THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

# news

MSC 19A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 1, 1984

## MEDIA NEWS PACKET INDEX

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**Specialists, researchers:** If you would like copies of the above releases, check the ones you'd like and send this cover sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

M-1

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
August 1, 1984

Source: Mary Darling  
612/376-4663  
Writer: Mary Kay O'Hearn  
612/373-1786

## PROCESSED FOOD LABELS MUST LIST SODIUM CONTENT BY NEXT JULY

Nutritional labeling on processed foods regulated by the U.S. Food and Drug Administration (FDA) will list salt-sodium content of products beginning July 1, 1985.

"That's welcome news to an estimated 60 million persons in the United States with high blood pressure and others who are trying to control or modify sodium intake," says Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service.

The sodium information will be given in milligrams (a milligram is one one-thousandth of a gram and there are 28.5 grams in an ounce). Information is already included on packaging for calories, protein, carbohydrate, fat and some minerals and vitamins. The 1985 deadline gives food processors time to do the necessary printing and any application changes in their products.

More than half of the processed foods regulated by FDA now carry nutrition labeling. Meat and poultry products, which are regulated by the U.S. Department of Agriculture, do not. A 1982 FDA survey discovered that about one in every six shoppers considered themselves regular buyers of sodium-modified products. Although the FDA says some studies show a possible association between sodium intake and hypertension or high blood pressure, not all persons

with hypertension or high blood pressure are sodium-sensitive. Some other precautions may need to be taken such as reducing weight, getting more exercise or drug therapy.

Here are some of the descriptions food processors may use when making sodium claims for their products, Darling says:

Sodium free--less than 5 milligrams per serving.

Very low sodium--35 milligrams or less per serving.

Low sodium--140 milligrams or less per serving.

Reduced sodium--processed to reduce the usual level of sodium by 75 percent.

Unsalted--processed without the normally used salt.

Darling says that according to the National Research Council, 1,100 to 3,300 milligrams of sodium daily is a safe and adequate amount for adults. Yet many Americans consume 5,000 to 7,000 milligrams daily. Salt, which is 40 percent sodium, is the major source of sodium in the diet. One teaspoon of salt contains nearly 2,000 milligrams of sodium.

# # #

MP,4HE,1A,P2

SALTLABEL

August 1, 1984

Source: Mary Darling  
612/376-4663  
Writer: Mary Kay O'Hearn  
612/373-1786

## GET THE MOST MILEAGE FROM FOOD NUTRIENTS

Whether you pick food from your own garden, bring it home from a farmers' market or buy it at the grocery store, you will want to get as much mileage as possible from the nutrients it contains. There are ways to ripen or store food to make sure the vitamins and nutrients don't disappear before the food reaches the dinner table.

"Vitamin C, for instance, is easily lost from some foods when they are exposed to air or heat," says Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service. "For example, hull or slice strawberries just before you serve them to get the most vitamin C.

"Cabbage, a more stable source of vitamin C than most leafy vegetables, shouldn't be allowed to dry out. If it is to be in the refrigerator crisper a few days, wrap it to protect its moisture content. And in trimming cabbage, remember the core, not just leaves, is high in vitamin C."

Higher concentrations of calcium, iron and vitamin A are found in the outer leaves of lettuce than in the tender inner leaves. It, too, should be wrapped for protection.

Stir frying is a good way to conserve nutrients in juicier vegetables such as cabbage, summer squash, kale and collards. Cooking foods ahead may save time, but may result in a loss of nutrients. The vitamin C content of reheated vegetables that have been stored several days in the refrigerator is only one-half to two-thirds that of the same food freshly prepared.

#### Ripening tomatoes

When tomatoes must be ripened indoors, keep them away from sunlight and at temperatures of 60 to 75 degrees F. Cover them with a cloth to ripen. Don't leave them on a hot windowsill or in the refrigerator, where they'll become soft and watery. Ripe, firm tomatoes will retain vitamin C several days when kept at room temperature, says Darling.

#### Saving the 'C' in citrus

Little vitamin C is lost in canning or freezing citrus fruits and juices. Whole citrus fruits keep their nutrients well for several days at room temperature or down to 60 degrees F, says Darling. Orange juice, whether it is freshly squeezed, canned or prepared from frozen concentrate, keeps vitamin C levels for several days when refrigerated.

When summer oranges fall within your grocery budget, don't be put off by the slightly greenish peel, say citrus growers. Oranges are never picked until completely ripe and the green pigment returns to the peel as Valencia oranges hang on the trees during warmer, sunny months.



Western-grown lemons, in plentiful supply during the lemonade and iced tea season, may have outside scarring due to heavy winds. Growers say this defect is only skin deep and shouldn't affect interior quality at all. The keeping quality of lemons should be especially good this season. Refrigerated in a plastic bag, they should keep a month or more.

Keeping principles for milk and eggs

Milk should be kept covered, away from strong light and, of course, refrigerated. Riboflavin, an important nutrient, may disappear in direct sunlight, daylight or even artificial light. Calcium and protein values remain about the same whether milk is whole, skim or reconstituted from nonfat dry or evaporated milk. Skim milk has little vitamin A unless it is fortified. Darling says pasteurization of raw milk does not destroy the principal nutrients.

Eggs are a source of high-quality protein. The yolk is rich in iron; vitamin A and riboflavin are also supplied by eggs. Whether in the shell or dried, eggs retain most of their nutrients when properly stored and cooked. Shell eggs should be stored in the refrigerator or other cold storage. They should be cooked for as short a time as possible.

# # #

MP, 4HE

MOSTMILE

August 1, 1984

Source: Cheryl Nelson  
612/376-1563  
Writer: Mary Kay O'Hearn  
612/373-1786

## SILK TAKES SPECIAL CARE

If there is silk in your wardrobe, it needs some special care, says Cheryl Nelson, textiles and clothing specialist with the University of Minnesota's Agricultural Extension Service.

"It's a delicate fiber, but simple precautions can prolong the life and beauty of silk fabric," she says.

When something is spilled on any fabric, the first reaction is to rub the spill with water to get it out immediately. But that's not what to do with silk, Nelson says. "Silk fibers are easily broken when wet. Don't ever attempt to remove a stain by rubbing with a damp cloth. Blot the area gently. If fibers are damaged, a permanent light spot may result."

If blotting doesn't remove the spot, tell the dry cleaner what caused the spot and a special treatment can sometimes improve its appearance.

Some silks are sized very heavily in the manufacturing; when wet, sizing sometimes discolors, causing the fabric to lighten or darken. This isn't always correctable.

Spilled soft drinks, fruit juices, mixed drinks, in addition to coffee and tea, can become permanent yellow stains on silk if not removed immediately. They may not be especially visible when first spilled, but become more difficult to remove when dry. If not removed, the stains can become set from heat in the cleaning process.

# # #

MP, 4HE

SILKCARE

August 1, 1984

Source: Marshall Stern  
612/373-0885

Writer: Kathy Hohmann  
612/644-9433

## CONTINUOUS CULTURE FERMENTERS HELP IN STUDY OF RUMINANT NUTRITION

Animal scientists with the University of Minnesota's Agricultural Experiment Station are using continuous culture fermenters, which imitate conditions in the rumen of cattle, in several ruminant nutrition studies.

Marshall Stern, one of the animal scientists involved in the research, says the continuous culture fermenters consist of eight culture flasks. The fermenters are designed to simulate the environment of the rumen. However, conditions inside the flasks are actually less variable than in the rumen since pH, temperature and liquid dilution rate are kept constant during experiments.

Stern and his co-workers are using the culture flasks to determine the total and essential amino acid profiles that exist when a variety of diets are "fed", a simulation of the amino acid supply to the intestine of a ruminant. The diets are combinations of corn gluten meal, whole soybeans extruded at 148 degrees Celsius, meat and bone meal, and soybean meal. The scientists are also determining the amount of protein degradation in the rumen.

Page 1 of 2

In their research, the scientists add to the culture flasks rumen fluid collected from cattle whose sides have been surgically cannulated. An artificial saliva solution prepared in the lab is infused continuously. The researchers then add pelleted experimental diets to the flasks so that dry matter makes up seven percent of the volume of the flask. The culture flasks are allowed to stabilize for five days, then they are sampled for three days.

Another study involves the breakdown of methionine, an amino acid, in the rumen. Various methionine sources will be "fed" to the flasks and the effluent from them will be analyzed for methionine.

"We're also studying rumen degradation of chemically treated soybean meal," says Stern. "We hope to protect the soybean meal from being broken down too much in the rumen. We will use continuous culture fermenters to compare the treated soybeans with a diet of untreated soybeans."

Stern is also using the culture flasks to examine forage tannin levels. Four forages with various levels of tannins will be "digested" in the flasks.

The effect of niacin and cobalt supplementation and the effect of branched-chain volatile fatty acids will also be subjects of studies done with continuous culture fermenters by University of Minnesota animal scientists.

These eight flasks promise to be a powerful tool for the ruminant nutritionist. "Eventually, we will be able to screen diets and processing techniques with these flasks," Stern says.

# # #

MP,4L,4D

MS1KH06

# news

MSC 19 A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 2, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Mary Kay O'Hearn  
612/373-1786

## GROCERY SHOPPING HABITS GIVEN NAMES

Your grocery store habits may classify you as a perimeter, dipper or weaver shopper, according to an article in the Journal of Home Economics.

These classifications are based on how consumers wend their ways through a supermarket, says Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service. Typically, supermarkets have long parallel aisles of canned or boxed foods and other nonfood items outlined with a perimeter of perishables: meats, bread, milk, and fresh fruits and vegetables.

The perimeter shopper picks up a few perishables, then hurries for the checkout exit. The dipper goes halfway down an aisle, finds the looked-for item, then retreats to the perimeter. The weaver thoroughly shops the store, up and down every aisle not missing a thing (undoubtedly the grocer's favorite).

Goss says one method stores have to encourage dippers and perimeters to turn into weavers is to place advertised sale items in the aisles. Recorded music and the fragrance from a bakery or deli can also relax and

Page 1 of 2

slow the shopping pace. Sometimes samples of several food items--anything from pizza to pickles to soda pop--are dispensed regularly to stimulate looking and buying.

Awareness that you can be influenced by many factors can help control what you put in your grocery cart, according to Goss. If your buying decisions are made before entering the store, it is easier to remain in charge of what goes into the grocery cart whether you are a dipper, perimeter or weaver shopper.

# # #

DPMP,P2,4HE

SHOPPING

# news

MSC 19 A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 2, 1984

Source: Mary Darling  
612/376-4663  
Writer: Mary Kay O'Hearn  
612/373-1786

## CAN THIS BE THE SUPERMARKET?

A large supermarket may add or delete 3,500 products from its shelves each year. This figure will increase according to an article by Elizabeth B. and Ronald E. Goldsmith in the Journal of Home Economics.

"Although growing home gardens and food preservation enter in strongly, most families still obtain most of their food from the supermarket," says Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service.

But today's pace of shopping supplies shoppers and home economists with many challenges. In addition to changes in conventional food delivery systems, mail order foods are showing greatly increased sales. These are the cheeses, steaks, lobster, canned soups, snack foods and even munchies (whole catalogs are devoted to popcorn products).

Darling says families need to engage in critical thinking and planning as shopping for food offers more choices. The future is said to hold more generic products and completely computerized or robotized checkouts. By 1994, say retailers, half the supermarkets in the United States will be using computers that read the Universal Product Code (UPC). This is said to save customers time and provide better inventory information for the retailer.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

The University of Minnesota, including the Agricultural Extension Service, is committed to the policy that all persons shall have equal access to its programs, facilities, and employment without regard to race, creed, color, sex, national origin or handicap.



One grocery chain is piloting a financial service center in one of its stores where stock and bond purchases would be possible. Darling wonders if travel agencies will soon be in supermarkets. And drive-in shopping, in which a computer is used to make up a phoned-in shopping list, is a reality in California. It only takes the shopper a few minutes to pay the bill and load the groceries into the car.

# # #

DPMP,P2,4HE

FUTURE

# news

Msc 10 A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 2, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Mary Kay O'Hearn  
612/373-1786

## PEEK INTO A SUPERMARKET OF THE FUTURE

A supermarket in Texas may be a prototype of supermarkets to come, according to an article in the Journal of Home Economics, says Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

It covers 61,000 square feet, which is large even by Texas standards considering the usual supermarket has 30,000 to 40,000 square feet. Goss says instead of the usual six-foot-wide aisles in parallel formations, it has seven-foot-wide aisles arranged in a very different pattern. Customers pass through a central island area first. It includes a bakery, deli, pharmacy and florist area in addition to a cafe and customer-service center. Then the store splits into food and nonfood areas.

Rather than written signs, enormous color murals designate departments (a plus for those whose first language isn't English). Nice touches such as skylights and a minimum of columns make customers more aware of the merchandise and less aware of the store structure.

POSItalkers, a laser beam computerized system that reads the Universal Product Code (UPC) and a synthesized voice that calls out prices, will be at the checkout counter.

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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The redeeming of coupons will increase, according to the article. Only about 3 percent of the more than 130 billion coupons offered each year are redeemed. But because of the threat from coupon criminals, machine-readable bar codes similar to the UPC will be added to coupons. A scanner will read them at the checkout, coupons will automatically be checked against the purchases and the correct discount subtracted from the bill. Retailers say this will save customer time and money and reduce risk of human error.

Supermarkets of the future supposedly will be built at less cost so they won't cost the consumer more. Another cost-saving measure will be less space devoted to frozen food and refrigerator cases (could mean less chilling stores for shoppers, too). Use of aseptic packaging (paper and plastic containers) allowing perishable foods to be stored at room temperature for extended times without refrigeration should make all this possible, Goss concludes.

# # #

DPMP,P2,4HE

SUPERMKT

# news

MSC19A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 9, 1984

Source: Mary Darling  
612/376-4663  
Writer: Mary Kay O'Hearn  
612/373-1786

## DRIED EGG MIX NEEDS SPECIAL HANDLING

"Dried egg mix, which is being distributed through some food shelves until October, is high in nutrients, but needs some special handling," says Mary Darling, nutrition specialist with the University of Minnesota's Agricultural Extension Service.

"After opening the plastic bag of mix, it must be kept in the refrigerator in a sealed container--a covered plastic or glass container--to maintain flavor, color, nutritive value and to keep it safe from bacterial growth."

Darling says that in baking, the dried egg mix can be sifted with dry ingredients. Remember to add an equal amount of water. Good ways to use the mix are in cookies, cakes, cornbread, eggs foo yong, bread pudding, custard and quiche, in addition to the traditional scrambled egg dishes.

To reconstitute the dried egg mix, remove no more than you would use at one time. Sift the powder once, then measure. Put warm water in a bowl and sprinkle powder over the water, then mix with a wire beater or fork until well blended.

Three cups of the sifted mix plus three cups of water is the same as a dozen large eggs, one cup of the sifted mix plus one cup of water is the same as four large eggs, and one-half cup of the sifted mix plus one-half cup of water is the same as two large eggs.

Dried egg mix is made of carefully inspected, high-quality shell eggs, according to Darling. Eggs comprise 53 percent of the mix; nonfat dry milk, 31 percent; vegetable oil (soybean, cottonseed or corn), 15 percent; and salt, 1 percent.

A U.S. Department of Agriculture handbook gives the following nutrient values for one cup of the mix: 475 calories, 30 grams protein, 32 grams fat (868 milligrams cholesterol), 3.62 milligrams iron, 425 milligrams calcium, 410 milligrams riboflavin, and 715 milligrams sodium.

# # #

DPMP,4HE

DRIEDEGG

# news

MSC/9A27p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 16, 1984

Source: Joe Deden  
507/467-2437  
Writer: Mary Kay O'Hearn  
612/373-1786

## MUSHROOM GROWING SEMINARS SET

Classes on how to produce a valuable edible mushroom--the Shiitake (pronounced she-tock-key)--will be held in four Minnesota locations (Mankato, Walker, Grand Rapids and St. Paul) and in Elkader, Iowa, (northwest of Dubuque) during the week of September 10-16. Small-diameter hardwoods, especially oaks, can be used to grow this mushroom.

To register for the one-day seminar (identical information will be presented in each location), contact the Southeastern Minnesota Forest Resource Center, Lanesboro, Minnesota, telephone (507) 467-2437, says Mel Baughman, forestry specialist with the University of Minnesota's Agricultural Extension Service. Registration is at 8:30 a.m. and the program will be from 9 a.m. to 3:30 p.m. It will be held in Elkader September 10, in Mankato September 11, in Walker September 12, in Grand Rapids September 14 and in St. Paul September 15. Cost is \$10 at each location except Walker, where it is \$15.

Instructors are from Mushroom People, California; the Minnesota Agricultural Extension Service; and the Southeastern Minnesota Forest Resource Center.

Seminars will discuss opportunities and possible problems of this potential forest industry, how to grow and market the mushroom, tree identification and methods of selecting trees or obtaining logs to be used for growing the mushrooms.

More than 1,500 people attended seminars on Shiitake cultivation in Minnesota and Wisconsin during 1983. Shiitake is the major edible mushroom in Asia. In 1978 the Japanese Shiitake industry employed 188,000 people and generated \$1.1 billion in retail sales while dried Shiitake was Japan's major export.

The mushroom is available in the United States on a limited basis, but markets could be expanded, Baughman says.

# # #

DPMP,HRAML,TCO,P2

MUSHROOM

# news

for County Agents

MSC/9AA7P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 16, 1984

Food & Fitness

Source: Joanne Slavin  
612/376-8748

Writer: Mary Kay O'Hearn  
612/373-1786

## 'PLAY' VITAL TO WEIGHT LOSS

Move out from under the pounds by adding "play" to the daily diet of fiber-rich foods, less fat and sugar. Play, translated to mean exercise, can be the difference in success or failure toward becoming leaner and feeling more energetic.

Joanne Slavin, foods and nutrition specialist with the University of Minnesota's Agricultural Extension Service, cites "The California Diet and Exercise Program," a book written by Peter D. Wood, professor of medicine at Stanford University. Uplink to Food and Fitness, the first international videoconference on good-eating, exercise and health, also mentions the book.

Wood contends the "cure" for our nation's overweight problem is convincing people to move more rather than to eat less and less.

In a comparison of three dieting groups: the first cut back 500 calories daily on food intake, the second increased physical activity to "burn" 500 calories daily and the third decreased daily caloric intake by 250 and increased daily activity to "burn" 250 calories. While weight loss

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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was similar in all three groups, the group that only dieted lost lean or muscle tissue as well as fat, while the exercise groups lost more fat. The minimum amount of exercise needed to trigger this beneficial effect of fat loss was 30 minutes of brisk walking daily. (About 165 calories are burned up by walking two miles in an hour.)

Physical activity stimulates metabolism for several hours after the exercise is completed. This is important to remember because the body's natural response to dieting is a reduction in metabolism so that when you eat less food, your body burns even fewer calories.

Most dieters, Slavin says, ultimately fail because of regaining lost weight. Those who successfully maintained weight loss were those who incorporated physical activity into their daily routine. So increasing the level of exercise at the same time food intake is decreasing seems to be a solution.

# # #

CP, 4HE

PLAYVITA

August 30, 1984

Source: Robert W. Snyder  
612/376-3433  
Writer: Mary Kay O'Hearn  
612/373-1786

## **PUBLICATION OFFERS SELF-HELP RELIEF ON MORTGAGE FORECLOSURE**

A new University of Minnesota Agricultural Extension Service publication, "Self-Help Relief From Mortgage Foreclosure" (CD-BU-2437), offers ways to save on legal costs while taking advantage of an extension in the Mortgage Foreclosure Moratorium Act.

A landowner facing mortgage foreclosure now has until June 30, 1985, to take advantage of a Minnesota law which allows up to a 12-month delay in the foreclosure sale of mortgaged property. Until the legislature voted the one-year extension, the 1983 Mortgage Foreclosure Moratorium Act was due to expire July 1, 1984.

If legal forms are baffling, the self-help relief publication written by Robert Snyder, land economist with the university's Agricultural Extension Service and a licensed attorney in Minnesota, may be just what you need.

"Use of the extended 1983 law isn't for everyone, but if an agreement can be reached with a foreclosing bank or agency in the up-to-30 day period allowed, the landowner will benefit from the new law without incurring legal fees," Snyder says. "If agreement isn't reached, the owner will need an attorney to obtain further relief under the moratorium act. Some owners may be eligible for free legal service under Legal Aid."

Page 1 of 3

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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This extended law applies only to qualifying first mortgages on certain property. The first mortgage must have been given before May 24, 1983, and not extended or renewed for longer than one year after May 24, 1983. The maximum postponement of a foreclosure under this law is 12 months if the mortgaged property is more than 10 acres, otherwise it's six months.

"You must have received a Notice of Default (or Acceleration) before you can request the district court to delay the foreclosure sale, but your action needs to take place before the actual sale occurs," Snyder cautions. The sale he refers to is the one where a representative of the county sheriff's office sells the property by auction at a time and place specified in the legal notice.

Invoking this law before the notice of foreclosure sale is published will also avoid having to reimburse the foreclosing party for its foreclosure expenses.

There are advantages and disadvantages in waiting until after the Notice of Mortgage Foreclosure Sale has been published in the newspaper. These are explained in the publication's step-by-step procedures, as well as how many copies of legal documents to make, who should receive copies and how many copies to keep yourself. Included in the publication are handwritten examples of how to fill out the legal forms.

The petitioner (the person under threat of foreclosure) needs to know about these four legal papers: Summons and Notice of Hearing, Petition and Verified Complaint, Order for Stay of Proceedings and Stipulation for Order of Dismissal.

Further information on the procedure may be obtained from your local county extension office. You can also call either the toll-free number (800) 642-9747 or (612) 297-4111 and ask for the Home Preservation Hotline, which is coordinated by Roger Culhane in the Minnesota attorney general's office. The office received 800 farm calls this spring.

# # #

DPMP,1A,P2,SN

SELFHELP

# news

MSC/gAa7p  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 30, 1984

Source: Dottie Goss  
612/373-0914  
Writer: Mary Kay O'Hearn  
612/373-1786

## BUYING TIME COULD REVERSE HOME FORECLOSURE

If buying some time could help resolve whether you keep the family homestead rather than having a mortgage foreclosure, ask to see a new publication called "Self-Help Relief From Mortgage Foreclosure" at your local county extension office.

"Some of the information is aimed at farm audiences, but much of it applies equally well to the homeowner, whether in a city, suburb or rural area," says Dottie Goss, family resource management specialist with the University of Minnesota's Agricultural Extension Service. Extension land economist Robert Snyder, who is also a licensed attorney in Minnesota, wrote the publication.

Goss deals with families under stress "and the threat of foreclosure is certainly that," she says.

A distressed homeowner now has until June 30, 1985, to take advantage of a Minnesota law allowing up to a 12-month delay in the foreclosure sale of mortgaged property. The Minnesota Legislature extended for one year the 1983 Mortgage Foreclosure Moratorium Act, which was due to expire on July 1, 1984. The extension applies only to qualifying first mortgages on

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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certain property. The new publication from the extension service includes samples of the legal forms which individuals can fill out themselves to take advantage of this law.

Goss gives some examples of instances when having the additional months might help work out problems. "If you are unemployed now and know that you will be called back soon or will be going to work steadily at a new job, it could be one of the alternatives. Another might be if you know someone who would loan you money in six months but couldn't immediately, or if there is a fantastic crop as well as good prices in the offing, perhaps that could change your situation in another year."

Goss emphasizes that only individual families can decide whether the extension in this law will benefit them. "If losing the house is inevitable because the mortgage payments can't be made, it might be best to get out from under the threat of foreclosure immediately," she says.

# # #

DPMP,TCO,P2,SN2,4HE

BUYTIME

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 1, 1984

## COUNTY NEWS PACKET INDEX

<u>Stories in this packet:</u>	<u>Page numbers</u>
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Earn garden credits on own turf.....	C-8,9
Pre-game meal depends on individual.....	C-10,11
'Play' vital to weight loss.....	C-12,13

The color coding is blue for agricultural stories, yellow for 4-H stories, and green for consumer stories.

Also enclosed are public service announcements that you can use with local stations or as newspaper column fillers.

The accompanying media packet (stories printed on tan paper) has gone to daily newspapers, farm broadcasters, suburban newspapers in the Twin Cities metropolitan area, co-op newspapers, regional agricultural newspapers and magazines, United Press International and Associated Press.

Releases included in the monthly packets are now available on EXTEND in the WRITEUP category. Soon, we will also begin uploading releases that we send out during the month. These will be uploaded the day they are approved and remain on the system for 30 days. With EXTEND, county offices can have information sooner than by waiting to receive it by mail. We encourage county offices to practice downloading releases from EXTEND onto a disk for their own uses. We'll be sending out detailed directions for downloading around September 1. If you encounter difficulties in downloading, call the EXTEND Help Line at (612) 376-7003.

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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**Agents and specialists:** The following is a list of releases that we sent out in weekly mailings from June 18 to July 11. If you would like to receive any copies, check the ones you'd like and send this sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

Booklet answers consumer's questions about meat

Silo, manure pits: sources of deadly gas

Summertime pruning of elms may promote dutch elm disease

Electrical hazards can be a shock to farmers

Newsletter will help farmers market crops, livestock

Try teletip for free consumer information

Free home, garden information is only a phone call away

Newsletter will help farmers market commodities

U of M agronomist participates in soybean research tour

Extension home economists mark golden anniversary

Extension home economics--50 years young and looking ahead

Grocery shopping habits given names

Peek into a supermarket of the future

Can this be the supermarket?

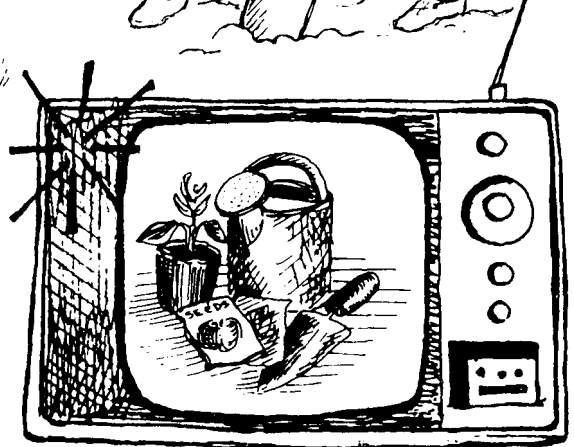
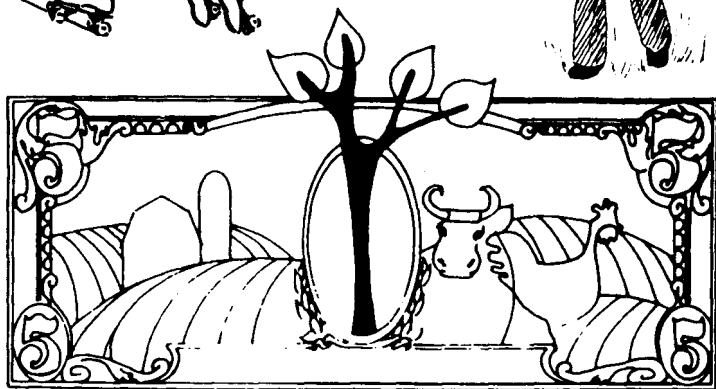
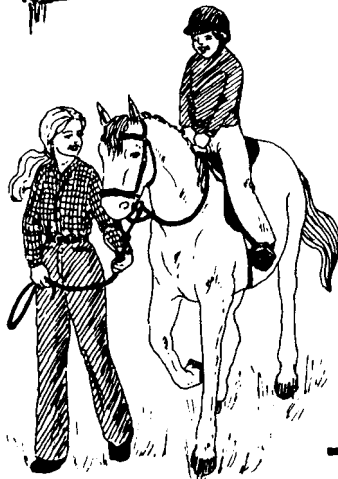
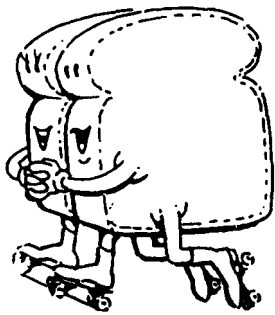
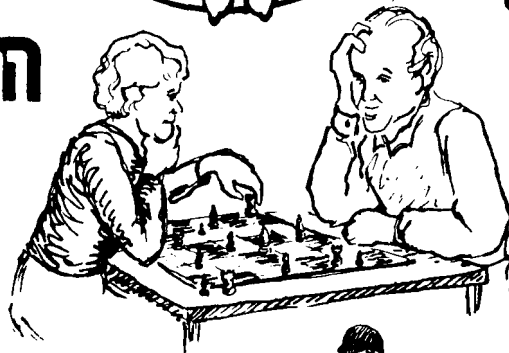
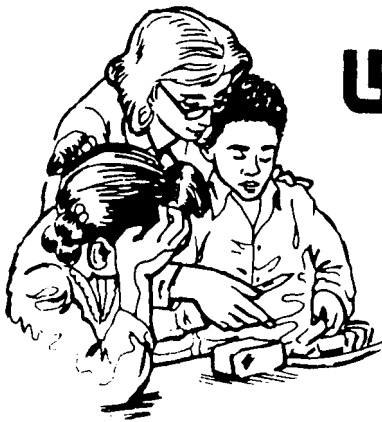
Horticultural society names Li, Wilkins fellows

Dried egg mix needs special handling

Mushroom growing seminars set



# clipart



## New Publications

University of Minnesota   
Agricultural Extension Service



**Food & Fitness**

Agricultural Extension Service  University of Minnesota

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 1, 1984

Source: Ervin Oelke  
612/373-1181  
Writer: Mary Kay O'Hearn  
612/373-1786

## SEED WINTER WHEAT IN SEPTEMBER

Minnesota farmers who plan to grow winter wheat should complete planting by Sept. 20 in the southern part of the state and by Sept. 10 in the northern part.

Although the harvest time for spring and winter wheat is only a few weeks apart in August, winter wheat spreads the workload on the farm and is a good crop where there is limited moisture, says Ervin Oelke, agronomist with the University of Minnesota's Agricultural Extension Service.

"Minnesota probably had the all-time record planting of winter wheat in the state last fall because of the PIK acreage set aside program," says Oelke. In 1982, there were 156,000 acres of winter wheat planted in the state; in 1983, the total increased to 400,000 acres.

Winter wheat varieties recommended in the 1984 edition of the Minnesota Agricultural Experiment Station's "Varietal Trials of Farm Crops" are Rose and Roughrider, says Oelke. Winter wheat, as well as winter rye, matures a little earlier than spring-planted wheat. Winter wheat and winter rye are harvested in early August while spring wheat and rye probably are cut in mid- to late

Page 1 of 2

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C-4

August. Winter wheat and winter rye are primarily used for bread flours.

Planting into a firm seedbed with some stubble remaining to retain snow cover can reduce winterkill, Oelke says. Adequate stands have been obtained with seeding rates of 75 to 90 pounds per acre. There is no advantage in higher seeding rates since the stand is somewhat controlled by the degree of winterkill. Heavier seeding rates may just result in more serious winter losses. Seeding should be 1.5 to 2 inches deep for best emergence.

Some fertilizing may be necessary in the fall and some topdressing to the crop in the spring. "Look at the results of your soil test to determine the correct applications for your land," suggests Oelke.

# # #

CP,4fc

WINTERWH

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

Sept. 1, 1984

Source: Ervin Oelke  
612/373-1181  
Writer: Mary Kay O'Hearn  
612/373-1786

## SEED WINTER RYE SOON

Winter rye, often a more profitable crop than oats or barley in some areas, should be seeded by Sept. 10 in northern Minnesota and by Sept. 30 in southern Minnesota.

Ervin Oelke says recommended varieties this year are Hancock, Musketeer and Rymin. Oelke, an agronomist with the University of Minnesota's Agricultural Extension Service, says the recommendations appear in the 1984 edition of the university's Agricultural Experiment Station publication, "Varietal Trials of Farm Crops."

In 1983, Minnesota ranked second (South Dakota was first) with 160,000 acres of winter rye harvested and a state-wide yield of 31 bushels per acre. Winter rye is grown principally for milling into rye flour, but it is also used for pasture, green manure, winter cover and establishment of cover on roadsides. Spring-seeded rye is not recommended because it yields much less than recommended winter rye varieties.

Winter rye does well on nearly any Minnesota soil, but can't survive winter in potholes or other wet areas where water stands and ices over. Oelke says, "It is recognized as a good conservation crop or cover crop

Page 1 of 2

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C-6

because it provides fall, winter and spring soil cover when wind and water erosion losses are greatest. A field of rye retains more snow and rainfall than a bare field and makes use of soil moisture in spring since there is no disruptive plowing of the seedbed to remove soil moisture."

Winter rye should be planted 1 to 3 inches deep in 6-inch rows at a rate of 1 to 1.5 bushels per acre. It should be planted on a well-prepared seedbed on fall-plowed ground which has been disked and harrowed.

If rye is being used as a green manure crop because of its winter hardiness, it should be turned under when it is knee high.

# # #

CP,4fc

WINTERRY

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
September 1, 1984

Source: Marie Ward  
612/373-0260  
Editor: Mary Kay O'Hearn  
612/373-1786

## EARN GARDEN CREDITS ON OWN TURF

Four degree credits at the University of Minnesota will be available this fall for a Home Landscape Gardening course taught on television by C. Gustav Hard, horticulturist with the University's Agricultural Extension Service.

The course can be viewed beginning September 29 on KAWA-TV in Bemidji, Saturdays at 10 a.m. Beginning October 6 it will air on KTCA-TV in the Twin Cities and on KWCM-TV in Appleton at 10 a.m. on alternate Saturdays.

The Television Independent Study course is Horticulture 1010 and an introduction to a working knowledge of home landscape gardening and design. Students will gain confidence in plant selection and in making environmental soil, atmosphere and light adjustments for house plants and landscape materials.

Hard is also a professor of Horticultural Science and Landscape Architecture at the University and a weekly garden columnist for the St. Paul Pioneer Press.

Registration and all assignments for the course can be handled by mail. October 12 is the last date to register without a \$5 late fee (charged October 13-26). MasterCard and Visa are accepted. For further information

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University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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C-8

on this and other courses offered through Television and Radio Independent Study, write or phone the Department of Independent Study, University of Minnesota, 45 Wesbrook Hall, 77 Pleasant Street Southeast, Minneapolis, MN 55455; (612) 376-4925.

# # #

CP, 4H

EARNGARD

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
September 1, 1984

Food & Fitness

Source: Joanne Slavin  
612/376-8748  
Writer: Mary Kay O'Hearn  
612/373-1786

## PRE-GAME MEAL DEPENDS ON INDIVIDUAL

Is there a best pre-game meal for an athletic event?

The meal that the athlete tolerates well and that works well in the athlete's body is the one to choose, but there are some guidelines in choices of foods, according to Ann C. Grandjean, dietitian from Omaha, Nebraska who participated in Uplink to Food and Fitness, the first international videoconference on good-eating, exercise and health.

Every pre-game meal should include water and lots of it in hot weather, Joanne Slavin, foods and nutrition specialist with the University of Minnesota's Agricultural Extension Service, agrees. Tension or pre-game stress can cause increased mobility in the lower intestinal tract causing diarrhea, says Grandjean.

The pre-game meal several hours before the event should range between 500 and 1,000 calories. Of course, there are individual differences. A "small" meal for a 98-pound gymnast is not the same as for the 250-pound tackle. It is desirable to have the stomach empty by gametime, especially in contact sports where there is possibility of injury. Anesthetics could be needed in an injury and these can induce nausea and vomiting. Another reason for emptying the stomach before gametime is to prevent competition between the stomach and muscles over the blood supply. Liquid pre-game

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meals can be eaten closer to competition time because liquids leave the stomach faster than solid foods, especially low-fat liquid meals.

No one food is guaranteed to be the advantage that wins the competition. In fact, nearly all foods have been on both recommended and nonrecommended lists. But there are some food composition factors to keep in mind: fats stay in the stomach longer than carbohydrates and proteins, for example.

The athlete should avoid large quantities of concentrated sweets immediately before an event because that fluid will be drawn into the gastrointestinal tract contributing to dehydration and increased possibilities of cramping, nausea and diarrhea. Absorption of simple sugar also stimulates insulin secretion and when taken in large amounts can result in hypoglycemia (low blood sugar) in a few individuals. Symptoms of this are weakness and dizziness, even fainting.

Pre-game food should be something the athlete likes and tolerates well. But there are exceptions to all guidelines. One world-class woman swimmer, Grandjean says, ate two hamburgers, french fries, a rootbeer float, three brownies and a candy bar two hours before setting a new world record in the 200 meter butterfly.

But generally low fat and high starch, in foods enjoyed, should prevail, Slavin and Grandjean agree.

# # #

CP, 4HE, 40S

PRE-GAME

# news

for County Agents

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

August 16, 1984

Food & Fitness

Source: Joanne Slavin  
612/376-8748  
Writer: Mary Kay O'Hearn  
612/373-1786

## 'PLAY' VITAL TO WEIGHT LOSS

Move out from under the pounds by adding "play" to the daily diet of fiber-rich foods, less fat and sugar. Play, translated to mean exercise, can be the difference in success or failure toward becoming leaner and feeling more energetic.

Joanne Slavin, foods and nutrition specialist with the University of Minnesota's Agricultural Extension Service, cites "The California Diet and Exercise Program," a book written by Peter D. Wood, professor of medicine at Stanford University. Uplink to Food and Fitness, the first international videoconference on good-eating, exercise and health, also mentions the book.

Wood contends the "cure" for our nation's overweight problem is convincing people to move more rather than to eat less and less.

In a comparison of three dieting groups: the first cut back 500 calories daily on food intake, the second increased physical activity to "burn" 500 calories daily and the third decreased daily caloric intake by 250 and increased daily activity to "burn" 250 calories. While weight loss

Page 1 of 2

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C-12

was similar in all three groups, the group that only dieted lost lean or muscle tissue as well as fat, while the exercise groups lost more fat. The minimum amount of exercise needed to trigger this beneficial effect of fat loss was 30 minutes of brisk walking daily. (About 165 calories are burned up by walking two miles in an hour.)

Physical activity stimulates metabolism for several hours after the exercise is completed. This is important to remember because the body's natural response to dieting is a reduction in metabolism so that when you eat less food, your body burns even fewer calories.

Most dieters, Slavin says, ultimately fail because of regaining lost weight. Those who successfully maintained weight loss were those who incorporated physical activity into their daily routine. So increasing the level of exercise at the same time food intake is decreasing seems to be a solution.

# # #

CP, 4HE

PLAYVITA

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
SEPTEMBER 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENTS

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FOR IMMEDIATE RELEASE

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ANNOUNCER:  
30 SECONDS

NOW YOU CAN STAY AT HOME SATURDAY MORNINGS,  
SWITCH ON THE TELEVISION AND EARN FOUR CREDITS IN  
GARDENING FROM THE UNIVERSITY OF MINNESOTA. A  
NEW COURSE IN HOME LANDSCAPE GARDENING WILL BE  
TAUGHT THROUGH THE UNIVERSITY'S DEPARTMENT OF  
INDEPENDENT STUDY ON THREE EDUCATIONAL TELEVISION  
STATIONS THIS FALL. IT BEGINS SEPTEMBER 29TH ON  
KAWE-TV IN BEMIDJI. ON OCTOBER 6 IT BEGINS ON  
KTCA-TV IN THE TWIN CITIES AND ON KWCM-TV IN  
APPLETON. GUS HARD, HORTICULTURIST WITH THE  
UNIVERSITY'S AGRICULTURAL EXTENSION SERVICE, IS  
THE AUTHOR AND INSTRUCTOR OF THE COURSE.  
REGISTRATION AND ALL ASSIGNMENTS WILL BE HANDLED  
BY MAIL. FOR INFORMATION ON HOW TO REGISTER FOR  
THIS HORTICULTURE COURSE, CONTACT YOUR  
\_\_\_\_\_ COUNTY EXTENSION OFFICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
September 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENT

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FOR IMMEDIATE RELEASE

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ANNOUNCER:  
30 SECONDS

IF YOU LIVE NEAR MANKATO, WALKER, GRAND RAPIDS  
OR ST. PAUL, MINNESOTA AND WANT TO GROW  
MUSHROOMS--SHE-TOCK-KEY MUSHROOMS--THIS IS FOR  
YOU. ONE-DAY SEMINARS ARE PLANNED AT EACH OF  
THESE LOCATIONS DURING THE WEEK OF SEPTEMBER 10TH  
TO 16TH. INSTRUCTORS WILL BE FROM MUSHROOM  
PEOPLE IN CALIFORNIA, AND THE UNIVERSITY OF  
MINNESOTA'S AGRICULTURAL EXTENSION SERVICE AND  
SOUTHEASTERN MINNESOTA FOREST RESOURCE CENTER.  
FOR MORE INFORMATION, CALL THE FOREST RESOURCE  
CENTER AT LANESBORO, MINNESOTA, AT AREA CODE 507  
467-2437. THIS INFORMATION COMES FROM YOUR  
COUNTY AGRICULTURAL EXTENSION SERVICE.

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
September 4, 1984

ANY QUESTIONS? CALL DeeDee Nagy  
(612) 373-1781

PUBLIC SERVICE ANNOUNCEMENTS

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FOR IMMEDIATE RELEASE

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ANNOUNCER:  
30 SECONDS

FEW OF US WILL WIN A SWEEPSTAKES OR LOTTERY, BUT EVEN SMALL WINDFALLS OF MONEY CAN CHALLENGE OUR HOUSEHOLD BUDGETS. RESEARCH SHOWS THAT THE AMOUNT OF UNEXPECTED MONEY AFFECTED HOW IT WAS SPENT. AMOUNTS OF LESS THAN \$450 USUALLY WENT FOR CURRENT EXPENSES OR A NEW PURCHASE. LARGER SUMS WERE MORE OFTEN INVESTED OR SAVED. PLANNING FOR WINDFALL INCOME HELPED FAMILIES USE THE MONEY WISELY SO THINK AHEAD IF THERE'S A TAX REFUND OR INHERITANCE ON THE HORIZON FOR YOU. THIS MESSAGE COMES TO YOU FROM THE UNIVERSITY OF MINNESOTA'S AGRICULTURAL EXTENSION SERVICE.

windfall

AGRICULTURAL EXTENSION SERVICE  
COMMUNICATION RESOURCES  
UNIVERSITY OF MINNESOTA  
ST. PAUL, MINNESOTA 55108  
SEPTEMBER 1, 1984

ANY QUESTIONS? CALL Mary Kay O'Hearn  
(612) 373-1786

PUBLIC SERVICE ANNOUNCEMENTS

---

FOR IMMEDIATE RELEASE

---

ANNOUNCER:  
30 SECONDS

IF YOU ARE AN ATHLETE, IS THERE A PERFECT MEAL TO EAT BEFORE ENTERING THE CONTEST? PRE-GAME FOOD SHOULD BE SOMETHING THE ATHLETE LIKES AND TOLERATES WELL. USUALLY IT SHOULD BE LOW IN FAT AND HIGH IN STARCH. A SMALL PRE-GAME MEAL SHOULD BE BETWEEN 500 AND 1,000 CALORIES AND EATEN SEVERAL HOURS BEFORE THE EVENT. A SMALL MEAL FOR A 98-POUND GYMNAST, OF COURSE, IS NOT THE SAME QUANTITY AS FOR THE 250-POUND TACKLE. IN CONTACT SPORTS, WHERE THERE IS CHANCE OF INJURY, IT IS BEST TO HAVE THE STOMACH EMPTY BY GAMETIME. NO ONE FOOD HAS THE EDGE WHEN IT COMES TO WINNING THE COMPETITION. IN FACT, NEARLY ALL FOODS HAVE BEEN ON BOTH THE RECOMMENDED AND NONRECOMMENDED LISTS. SO IT IS REALLY WHAT WORKS BEST FOR THE INDIVIDUAL ATHLETE. THIS INFORMATION IS FROM YOUR \_\_\_\_\_ COUNTY AGRICULTURAL EXTENSION SERVICE OFFICE OF THE UNIVERSITY OF MINNESOTA.

# news

MSC / 9 A 27 P.  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 1, 1984

## MEDIA NEWS PACKET INDEX

### Stories in this packet:

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Windfall income--should you spend or invest it?.....	M-2,3
Informal volunteering tops list.....	M-4,5

**Specialists, researchers:** If you would like copies of the above releases, check the ones you'd like and send this cover sheet with your name and address to Marilyn Masterman, 433 Coffey Hall.

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

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# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 1, 1984

Source: Jean W. Bauer  
612/373-0909  
Writer: Deedee Nagy  
612/373-1781

## WINDFALL INCOME--SHOULD YOU SPEND OR INVEST IT?

Few of us will ever win thousands in a state lottery or sweepstakes, but even small windfalls offer a challenge to many families' budgets, according to Jean W. Bauer, family resource management specialist with the University of Minnesota's Agricultural Extension Service.

Research shows that the uses for unexpected income are divided fairly evenly between meeting current expenses, paying debts, making investments and making new purchases. How the money is used often depends on the type and age of the family, Bauer adds.

"Most people think that families who get windfall income put it into savings, but this just isn't true," she says. "Larger families usually allocated most to debt repayment and new purchases while older families were more likely to invest it. Young families tended to use the money to meet current expenses."

The amount of the unexpected sum also affected how it was used, the research revealed. In most cases, amounts of less than \$150 went to meet current expenses while those of \$230 and more tended to go for new

Page 1 of 2

University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

M-2

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purchases. Only when the amounts were \$450 or more did the families usually invest or save the windfall, according to Bauer.

Family income also affected use of the money. Of families making less than \$5,000 annually, two-thirds used their windfall money to meet daily expenses. For those making more than \$25,000, however, one-third invested their money, one-third made a new purchase and one-third divided the sum between paying off debts and meeting current expenses.

Bauer adds that families who knew a windfall was coming were better able to plan for it and make decisions about its use. She suggests that persons who anticipate coming into a sum of money begin planning for it so it is spent or invested to help meet financial goals.

# # #

MP, 4HE

WINDFALL

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108  
September 1, 1984

Source: Irene Ott  
612/373-1863  
Writer: Mary Kay O'Hearn  
612/373-1786

## INFORMAL VOLUNTEERING TOPS LIST

Adults who take part in volunteering are most apt to do it informally and alone or for some religious cause.

Those two activities were most often mentioned in 1983 and 1981 Gallup Surveys, according to Volunteer, The National Center for Citizen Involvement.

Irene Ott, University of Minnesota's Agricultural Extension Service home economics leader, notes that participation in extension programs statewide is increasing, too. The national survey noted a 52 to 55 percent increase in the number of adult volunteers during the two years. "Working in some way to help others for no monetary pay," is the definition the Gallup Survey gives for volunteering.

On the national level, percentages were up in each of these categories: health, education, justice, citizenship, recreation, social welfare, community action, arts and culture, work-related, and fundraising. Political participation remained the same both years as did informal and religious causes (the latter two topping the list at 23 and 19 percent, respectively).

Regionally, the West had the most volunteer activity both years with 62 percent participation in 1983 and 57 percent in 1981. The Midwest had 54

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M-4

percent in 1981 (second to the West) and 51 percent in 1983 (lower than the East and South).

Adult volunteers seemed to parallel the higher income levels and years of education. In both years, 56 percent of the women surveyed were volunteers. In 1983, 53 percent of the men surveyed were volunteers; that figure was 47 percent male in 1981.

"Wanted to be useful, help others, do good deeds," was the prime reason given for volunteering in 1981 (1983 comparable statements were not available). "Too busy to continue" was the reason most gave in 1981 for stopping volunteering.

# # #

mp

voluntee

# news

MSC 13 A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 6, 1984

Source: Shirley Baugher  
612/373-1232

Writer: Deedee Nagy  
612/373-1781

## EXTENSION HOME ECONOMICS EMBARKS ON 'NEW INITIATIVES'

As they are everywhere, times are changing for extension home economics programs nationwide. Minnesota is an active participant in new program efforts that emphasize research-based information to help families become better off both financially and socially.

Shirley Baugher, assistant director of extension for home economics at the University of Minnesota, says the home economics effort, known as "New Initiatives," will focus on the needs of diverse types of families. This will mean new breadth in home economics subject matter and new ways of reaching families via new communication systems.

The areas that will receive special attention under New Initiatives are food, nutrition and health; family strengths and social environment; energy and the environment; volunteer and leadership development; and family economic security.

Baugher says, "Recent pressures on families as a result of rapid social and economic changes have made them objects of concern. Extension can strengthen families by providing sound, research-based knowledge about such basic living skills as the provision of food, clothing, shelter, economic management and emotional support."

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Such new technologies as cable TV, computers, satellite broadcasting and home video recorders will permit programs to reach more people. In addition, home economics agents are working closely with other community agencies and groups whose goals are similar to extension's, she reports. This 'networking' will allow extension's impact to be felt even more widely than it has in the past, according to Baugher.

# # #

DPMP,4HE

NEWINIT

# news

MSC/9A27P  
Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: Deborah Brown  
612/376-7574  
Writer: Sam Brungardt  
612/376-8182

## **NUTS ABOUT WALNUTS? SO ARE THE SQUIRRELS**

If you're fortunate enough to have a black walnut tree and are looking forward to enjoying walnuts this fall, you'd better keep on your toes. Squirrels are walnut fanciers who begin their harvest early and leave little or none of the crop, according to Deborah Brown, horticulturist with the University of Minnesota's Agricultural Extension Service.

Brown says all the nuts on a walnut tree can be shaken down and gathered as soon as the hulls turn from green to yellow green. It's necessary to wait until that stage of maturity because nuts will not continue to ripen after they are picked.

Hulling quickly after harvest is very important because black walnuts have a stain in the hull that will pass through the shell if the hull is left on for any length of time. The stain not only discolors the kernels but also makes them strong tasting. Brown recommends wearing rubber gloves to protect your hands from staining when you hull the nuts.

Walnut hulls are tough and hard to remove. Unhulled walnuts may be pounded through a hole in a board that is slightly larger than the size of the hulled nuts, walked upon after being placed in a burlap bag, or run over with a car. The nuts can be washed after hulling, placed in shallow

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trays or in a thin layer on a floor (one that it doesn't matter if it becomes stained), and dried in a cool place. After two weeks, crack a few nuts to see if the kernels snap crisply. If they do, the nuts are ready to be used.

Brown says black walnuts may be stored in the shell at 60 degrees F or lower with high humidity and good air circulation. Shelled walnuts can be kept in a refrigerator for several weeks or frozen.

To help in the shelling of black walnuts, soak the nuts in water for two hours. Then keep the nuts moist overnight but out of water, and covered by a cloth or sack. To split the nuts, apply pressure to their sides rather than to their ends.

# # #

DPMP,4H,4HE

WALNUTS



# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: D. R. Hicks  
612/373-1181

Writer: Anne Lewis  
612/373-1976

MSC  
9A27P

## FROST MAY HURT YIELD OF IMMATURE CORN

Corn in northwestern and north-central Minnesota is not as physiologically mature as in the rest of the state, and a killing frost before the corn matures could cut grain yields, says Dale Hicks, agronomist with the University of Minnesota's Agricultural Extension Service.

Fifty percent of Minnesota's corn crop is expected to be physiologically mature by Sept. 17, 75 percent by Sept. 25, and 100 percent by Oct. 6. Corn in northwestern and north-central Minnesota is not as far along as the state average. And since average frost dates are earlier in these two areas, some corn is likely to be killed by frost before it reaches normal maturity.

Frost that permanently damages leaf area will reduce yield, and yield loss will be proportionate to the amount of damage. The closer the crop is to physiological maturity, the less yield loss there will be. As a rule, yield will be reduced 1.7 percent for each day before physiological maturity. Frost-damaged corn is usually lower in test weight, but feed value is comparable to unfrosted grain when test weight is 45 pounds per bushel or more.

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Even if frost hits corn before it is fully mature, frozen corn should dry at a rate comparable to unfrozen corn when field conditions are good for drying, Hicks says.

In a field test at the University of Minnesota, researchers compared the field drying rates during September and October of untreated ears, ears with shank cut and husks loosened (to simulate husks killed by a light frost), ears with shank cut and husks not loosened, and ears that had been cut from the stalk, frozen and hung on plants to dry (to simulate a hard, killing frost). While there was little effect on the drying rate between the untreated ears and the unfrozen ears, there was an initial delay in moisture loss from ears with cut shanks. However, after Sept. 26, the drying rate for the frozen kernels was the same as for the unfrozen kernels, although the frozen corn was 5 to 9 percent wetter at successive test dates. Moisture loss from the ears with the loosened husks was greater than for the untreated corn, indicating that a frost that kills husk tissue can speed the drying rate.

# # #

DPMP,4FC,P2,FB1

NAGRO036

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

MSC

Source: Mark Seeley  
612/373-0750

GA27P

Writer: Anne Lewis  
612/373-1976

## DESPITE WETNESS, CORN SHOULD MATURE EARLY IN SOUTHWESTERN MINNESOTA

With normal temperatures, corn in southwestern Minnesota that wasn't planted late or stressed by moisture should mature during the last days of the second week in September, according to Mark Seeley, climatologist with the University of Minnesota's Agricultural Extension Service. That's a little earlier than normal and would be well ahead of the average first frost date of Oct. 4. The National Weather Service has predicted above normal temperatures and precipitation for September.

However, there were a lot of delays in planting due to the excessively wet spring and these crops will not mature as fast. The weather conditions experienced this year usually occur approximately once every 30 years. April rainfall was 5.15 inches, which was 2.83 inches above normal for that month. The June rainfall was 8.34 inches or about double the normal amount. This excess rain will also delay maturity of some corn in fields where flooding occurred.

# # #

SWdist,FB1,P2,4FC

NAGR0024

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# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: Mark Seeley  
612/373-0750

Writer: Anne Lewis  
612/373-1976

MSC  
GA27P

## **MOST CORN TO MATURE EARLIER THAN NORMAL IN WEST-CENTRAL MINNESOTA**

With normal temperatures, corn in west-central Minnesota should be mature in the last days of the second week of September, well ahead of the average first frost date of Sept. 26, according to Mark Seeley, climatologist with the University of Minnesota's Agricultural Extension Service. The National Weather Service has predicted above normal temperatures and precipitation for September.

This predicted maturity date probably won't hold true if farmers were delayed in planting corn or if the crop was stressed by lack of moisture in July and August, during crucial reproductive and grain-filling periods. This moisture stress is most critical on sandy, non-irrigated soils. Rainfall was 2.12 inches below normal in July and 1.13 inches less than normal in May.

# # #

NWdist, SWdist, 4FC, P2, FB1

NAGR0028

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# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: Mark Seeley  
612/373-0750

Writer: Anne Lewis  
612/373-1976

MSC

GA 27P

## CORN SHOULD MATURE EARLIER THAN USUAL IN SOUTH-CENTRAL MINNESOTA

With normal temperatures, corn in south-central Minnesota should mature in the early days of the second week in September, slightly ahead of normal, according to Mark Seeley, climatologist with the University of Minnesota's Agricultural Extension Service. This would be well ahead of the average first frost date of Oct. 1. The National Weather Service outlook for September is for above normal temperatures and precipitation.

This maturity date probably won't hold true if farmers were delayed in planting their corn or if the crop experienced moisture stress. The wet spring, which saw a heavy April rainfall of 1.64 inches above normal, did cause considerable delay in planting. On the other hand, Seeley says August was drier than usual with 1.45 inches less than normal rainfall.

# # #

SWdist,SEdist,4FC,P2,FB1

NAGR0025

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# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: H. L. Bissonnette  
612/373-0937

Editor: Sam Brungardt  
612/376-8182

MSC  
GAATP

## WILL SCAB BECOME A MAJOR PROBLEM FOR NORTHERN MINNESOTA WHEAT GROWERS?

Will the spring and durum wheat growers of northern Minnesota have trouble with scab as they did in the 1930s? That question is one that plant pathologist Howard Bissonnette of the University of Minnesota's Agricultural Extension Service is asking.

Despite localized losses annually, scab inflicts major losses on wheat in southern Minnesota approximately one year in three. However, Bissonnette points out that the growing of more corn in northern Minnesota's spring and durum wheat growing areas may well be setting the stage for a major scabby wheat problem in these areas in the years ahead.

The reason for his concern is that the *Gibberella* and *Fusarium* fungi that cause stalk rot of corn are the same species that cause scab on wheat. "Although today's corn hybrids are not as badly damaged by these fungi as in the old days, the fungi do invade the corn stalks as they mature nevertheless. The stover acts as a reservoir for these fungi and a source for contaminating the soil," Bissonnette says. "Scab is a disease problem on wheat each year. Fortunately, losses now in the spring and durum wheat production areas are usually less than 1 or 2 percent."

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According to Bissonnette, the occurrence of a major plant disease problem depends on three primary factors: a susceptible crop, presence of the disease-causing organism and a favorable environment for plant-pathogen interaction.

"In general," he says, "durum wheats are more susceptible to scab than are spring wheats. However, neither type is highly resistant. The annual occurrence of some scab is related to the presence of the pathogen in the soil and on the presence of old, infected cereal crop residue.

"Cool, wet or moist weather during the flowering period are favorable conditions for infection to take place.

"What is not needed in the spring and durum growing areas is an additional inoculum source and shorter periods of time between the growing of scab-susceptible crops such as wheat and corn."

Bissonnette adds that the pressure to maintain crop residue for soil erosion control and the difficulty of totally burying old corn residue increase the likelihood that scab will be more of a problem in northern Minnesota.

"Plant disease epidemics are not made overnight or in a single year. Time is required--maybe five, maybe ten years--to get everything in place. Susceptible varieties, many new and untested varieties, soil contamination and extra pathogenic inoculum are the players getting into position for the favorable season. Plant disease epidemics may not be stopped in a day or a year; they often result in crop loss for several years," says Bissonnette.

Scab can be a very costly disease. It causes wheat kernels to be small, shriveled, light-weight and bleached. Such wheat is docked at the elevator. Occasionally, wheat is so badly infected that it is unusable and

unsalable. If 10 percent or more of the kernels are affected, the wheat cannot be used for bread flour. Some livestock will not eat scab-infected wheat because the kernels contain toxins. And when infected kernels are planted, they may not germinate or the seedlings may be infected with blight.

Bissonnette says the current situation is not a new scenario: "This script was played out in the '30s. Brenzel and Wenger from North Dakota State University researched the problem then, when corn was introduced to the area and scab became a problem on wheat. The corn varieties of the time did not persist for other reasons, so corn faded from the scene.

"The relationship of the scab fungi between wheat and corn is well-known today. Growers can influence the outcome of this crop game. They can also replay the old game."

# # #

DPMP,4FC,P2,FB1

NAGRO034



# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: Richard Behrens  
612/373-0857

Writer: Anne Lewis  
612/373-1976

MSC  
g A27p

## CONTROL PERENNIAL WEEDS IN FALL, AGRONOMIST ADVISES

Farmers should control perennial weeds in the fall as well as in the spring, according to agronomist Richard Behrens. Behrens is with the University of Minnesota's Agricultural Extension Service.

"Don't ignore these weeds just because they're not producing seed or competing with crops," he advises. "Many perennial weeds, such as Canada thistle or quackgrass, grow vigorously until late fall, after the crops are in and frost has killed competing weeds. With the lack of competition and the fall rains, they grow rapidly. Shoot growth should be controlled before the weeds can store enough food in underground roots, tubers or rhizomes to overwinter and get off to a vigorous start in the spring."

University of Minnesota studies show that tillage and herbicides can be used to prevent the storage of food by perennial weeds in the fall and to weaken or destroy underground parts. Follow-up control the next spring and summer will eventually eliminate even the most serious perennial weed infestations.

Tillage methods differ in perennial weed control effectiveness. For heavy infestations, moldboard plowing in the fall is best. It is very effective in destroying shoots and disrupting the underground growth, and

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it brings a portion of the underground parts to the soil surface, where they are killed by drying or freezing. Chisel plows and field cultivators used for minimum tillage don't destroy the underground portions of perennial weeds as well as the moldboard plow.

In Minnesota, Canada thistle and quackgrass infest more acres than any other perennial weeds. Fall herbicide treatments can be used alone or in combination with tillage to control these weeds. To control top growth of Canada thistle and weaken the plants over the winter, apply 2,4-D, dicamba (Banvel) or glyphosate (Roundup) before frost to actively growing shoots 8 to 12 inches tall. Treatments over several years may be needed to eliminate all thistles. Follow the herbicide label directions for application rates and safety precautions.

Fall treatments with glyphosate or split fall and spring treatments with atrazine are highly effective on quackgrass. For successful control with glyphosate, quackgrass needs to be actively growing and 8 to 12 inches tall. Since glyphosate has no residual activity, any crop can be grown after it is used. Fall quackgrass foliage neednot be present if atrazine is used. Half of the atrazine should be applied in the fall, and the remainder after corn is planted the following spring. Because of atrazine's long residual activity, corn must also be grown the year following treatment. Use the rates given on the label for different soil types. The herbicide label instructions should be the final authority on herbicide use, Behrens says.

# # #

DPMP,4FC,P2,FB1

NAGR0035

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: Mark Seeley  
612/373-0750

Writer: Anne Lewis  
612/373-1976

MSC  
g A 27P

## **MOST CORN TO MATURE EARLIER THAN USUAL IN EAST-CENTRAL MINNESOTA**

Given normal temperatures, corn in east-central Minnesota should be mature in the third week of September, well ahead of the average first frost date of Oct. 1, according to Mark Seeley, climatologist with the University of Minnesota's Agricultural Extension Service. The National Weather Service has predicted above normal temperatures and precipitation for September.

This maturity date probably won't hold true for farmers who were delayed in planting their corn or if a field was stressed by lack of rain in July and August, during critical reproductive and grain-filling periods. Moisture stress is most likely on sandy, non-irrigated soils. Rainfall was 1.31 inches below normal in July and 0.84 inches below normal in August.

In contrast, rainfall was 4.49 inches above normal in June. That's more than twice the usual amount and this excess rain may have resulted in fertilizer and herbicide losses.

# # #

NEdist,SEdist,4FC,P2,FB1

NAGR0029

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Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

MSC

Source: Mark Seeley  
612/373-0750

GA27P

Writer: Anne Lewis  
612/373-1976

## **MOST CENTRAL MINNESOTA CORN TO MATURE EARLIER THAN USUAL**

With normal temperatures, corn in central Minnesota should be mature in the last days of the second week of September, well ahead of the average first frost date of Sept. 29, according to Mark Seeley, climatologist with the University of Minnesota's Agricultural Extension Service. The National Weather Service has predicted above normal precipitation and temperatures for September.

This predicted maturity date probably won't hold true if farmers were delayed in planting corn or if the crop was stressed by lack of moisture in July and August, during crucial reproductive and grain-filling periods. Moisture stress is most critical on sandy, non-irrigated soils. Rainfall was 1.45 inches below normal in July and 1.09 inches below normal in August.

# # #

SEdist, SWdist, NEdist, 4FC, P2, FB1

NAGR0027

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# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: Richard Meronuck  
612/373-0937

Writer: Anne Lewis  
612/373-1976

MSC  
GA27P

## BURY DRY BEAN REFUSE TO PREVENT DISEASE

Incorporate the refuse from your dry edible bean crop into the soil this fall to help prevent disease on your bean crop next year, recommends Richard Meronuck, plant pathologist with the University of Minnesota's Agricultural Extension Service.

Disease organisms such as bean rust can survive on the refuse. Given the right spring conditions, the spring rust stage can appear on the primary leaves of dry beans in nearby fields. This will establish inoculum for early development of a rust epidemic.

Burying the refuse early hastens its decomposition and decreases the amount of viable inoculum for rust anthracnose, angular leaf spot and bacterial diseases.

Other measures to control disease include three year rotations between bean crops, growing disease-resistant varieties and following a recommended spray program.

More information on Minnesota dry bean production, including disease identification and control, is available in extension bulletin AG-BU-1397, "A Guide to Dry Edible Bean Production and Pest Management in Minnesota." This publication can be obtained through county extension offices throughout Minnesota.

# # #

DPMP,4FC,P2,FB1

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NAGR0032

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Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

MSC  
GAAP

Source: Mark Seeley  
612/373-0750

Writer: Anne Lewis  
612/373-1976

## **MOST CORN IN SOUTHEASTERN MINNESOTA TO MATURE EARLIER THAN NORMAL**

With normal temperatures, corn in southeastern Minnesota should mature in the last days of the second week of September, according to Mark Seeley, climatologist with the University of Minnesota's Agricultural Extension Service. That's ahead of normal and well before the average first frost date of Sept. 28. The National Weather Service has predicted above normal temperatures and precipitation for September.

This maturity date probably won't hold true if a farmer was delayed in planting corn or if the crop had moisture stress. The wet spring, with nearly an inch more rain than usual during April, caused many planting and field work delays. The June rainfall was also heavy with 1.78 inches more than usual. On the other hand, August moisture was down .60 of an inch from normal.

# # #

SEdist,4FC,P2,FB1

NAGR0023

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

Source: Mark Seeley  
612/373-0750

Writer: Anne Lewis  
612/373-1976

MSC  
GA27P

## **MOST CORN TO MATURE EARLY IN NORTHWESTERN MINNESOTA**

With normal temperatures, corn planted in northwestern Minnesota should be mature by the third week of September, according to Mark Seeley, climatologist with the University of Minnesota's Agricultural Extension Service. This is close to the average first frost date of Sept. 21. The National Weather Service has predicted above normal temperatures and precipitation for September.

This predicted maturity date probably won't hold true if farmers got a late start planting or if the crop was stressed by lack of rain in July and August. Moisture stress is especially hard on corn grown on sandy soils. Except for June, every month from April to August has been drier than usual; there was 1.61 inches less than normal rainfall in May and 1.43 inches less than normal in August.

# # #

NWdist,4FC,P2,FB1

NAGR0026

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Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 13, 1984

MSC  
GA27P

Source: A. Scott Reed  
218/879-4528  
Writer: Hank Drews  
612/373-1250

## CHAINSAW ACCIDENTS ON THE INCREASE

Eighty-five percent of all deaths in chainsaw accidents are not caused by cuts. More often people are killed by the falling trees and limbs. "A hardhat and extra care can save lives," says Scott Reed, forest resources specialist for the University of Minnesota's Agricultural Extension Service.

The number of chainsaw accidents in Minnesota is increasing.

"Chainsaws can kick back faster than the operator can react," says Reed.

"Many people are going to be hurt cutting wood this fall, even though spring cutting allows the wood to dry better."

One emergency room doctor says chainsaw injuries are more prone to infect than other cuts.

All woodcutting injuries can be reduced if you use recommended procedures, rest when fatigued, and maintain the saw properly.

# # #

DPMP,1A,P2,4F

NCRD0038

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September 13, 1984

MSC  
9 A27P

Source: Richard Meronuck  
612/373-0937

Writer: Anne Lewis  
612/373-1976

## **AERATION, TEMPERATURE CONTROL ARE KEYS TO SUCCESSFUL GRAIN STORAGE**

The high quality of stored grain can be maintained with proper management, says Richard Meronuck, plant pathologist with the University of Minnesota's Agricultural Extension Service.

"Good management starts before harvest," he says. "Clean all old grain out of bins. Spray bin floors and walls with malathion or methoxychlor to prevent insect infestation. If you must store new grain with old, check the old grain for insects and, if needed, treat it with recommended residual insecticides or fumigants before adding new grain.

"Dry and cool the grain adequately before you store it. Inadequate drying or moisture transfer due to non-uniform grain temperatures can result in severe mold or insect problems. Use aeration of 0.1 cubic foot per minute per bushel to cool stored grain."

The recommended aeration schedule involves a cool-down period from September to December, winter holding from December until March, spring warm-up from March to June, and summer holding from June until September.

During cool-down, grain temperature should be lowered to below 35 degrees but not lower than 20 degrees F.

During winter holding, fans are turned off and should be covered to keep grain near ducts from getting too cold or else great temperature variations will result in condensation in the cold grain. Check grain weekly and turn the fans on when temperatures within the grain mass differ by 20 degrees. Run the fans for a day or two during good weather when the outside temperature is close to the lower bin temperature.

During spring warm-up, grain temperature must be raised to 50 to 60 degrees F to prevent serious moisture migration during summer storage. "Bring the entire bin up to the same temperature before shutting the fan off or there may be some areas of condensation and this can cause spoilage if it remains for more than a few days," Meronuck warns. "Condensation is more severe with large temperature differences."

During summer holding, the grain temperature should be maintained between 50 and 60 degrees F. Run the fan during cool, fair weather when the outside temperature is close to the lower bin temperature or when there are temperature differences of more than 20 degrees within the grain mass.

During aeration, air can be moved either up or down through the grain. Downward aeration minimizes roof condensation when aerating warm grain during cold weather. However, it's hard to know when downward aeration is complete as the grain at the bottom is the last to be cooled or warmed. If the temperature of the grain at the bin bottom differs from the rest, spoilage could result.

Aeration can be hampered by spoutlines, the fine material that collects under overhead spouts. Air passes around instead of through a solidly packed spoutline, increasing spoilage hazards. Minimize spoutline problems by screening fines before you load the bin or by drawing out the central core of fines after the bin is filled. This is a special problem with corn because the kernels tend to break with handling and the percentage of fines increases with each transfer.

The following publications contain more information: AG-FO-0564 "Good Grain Storage"; AG-FS-0997 "Preventing Stored Grain Insect Infestation"; and AG-FO-1327 "Management of Stored Grain with Aeration". They are available through county extension offices throughout Minnesota.

# # #

DPMP,4FC,P2,FB1

NAGR0037

# news

Agricultural Extension Service  
Communication Resources  
University of Minnesota  
St. Paul, Minnesota 55108

September 20, 1984

Source: Leland Schultz  
612/373-0764  
Writer: Mary Kay O'Hearn  
612/373-1786

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## AVOID NEW LAYERS OF STRESS AT HARVEST

Harvest time is busy and normally stressful for everyone on the farm. But it may be abnormally stressful this year if today's economy is causing lost sleep over unpaid bills and machinery that might break down and cause delays for costly repairs.

"Stress results from having to deal with unpredictable factors beyond one's control," says Leland Schultz, safety specialist with the University of Minnesota's Agricultural Extension Service. "Stress that takes your mind off the job at hand can contribute to farm accidents."

Weather is probably the largest stress in farming. It's a constant one. Time lost over weather can mean longer work hours to accomplish the harvest. It may even mean time away from other duties, such as schooling or an off-the-farm job.

Stress can cause agriculturally related accidents through human error, fatigue and hurry. A farmer may know safety procedures, see them written right on the machinery, yet risk a shortcut when pressed for time and working under stress.

"But there are precautions to take," Schultz says. "Establishing realistic working goals is just one of those. Taking breaks from the job

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at hand, both morning and afternoon, is a good idea. One study says most accidents occur between 10:00 and 11:00 in the morning and in mid-afternoon.

"Keeping physically healthy is another precaution, and getting needed sleep is part of that.

"Saving some time for the family is important as well; it may help eliminate many hazards and frustrations because it provides opportunities to talk out problems with those involved in the family and the farming business."

As the working day is lengthened, the accident rate goes up out of proportion to the increased working hours. Managing for better health and safety can improve and lengthen the lives of the farm family.

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Source: John Moncrief  
612/373-1060  
Writer: Anne Lewis  
612/373-1976

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## FALL TILLAGE CAN MINIMIZE SOIL COMPACTION

Doing primary tillage in the fall, when soil moisture is usually low, lessens the probability of soil compaction that can inhibit drainage and reduce yield, say three soil scientists. All three--John Moncrief, W. E. Fenster and George Rehm--are with the University of Minnesota's Agricultural Extension Service.

"With today's tractors weighing about 20 tons, compared with the 3-ton machines used in the 1940s, compaction of the subsoil can be a real problem. If the soil is tilled in the spring, when the moisture content is high, compaction can persist for years. Soil moisture level is the most important factor in surface and subsoil compaction," Moncrief says.

"Field studies done by soil scientist Ward Vorhees on Webster clay loam at the Southern Experiment Station, Waseca, show that subsoil compaction to 30 inches under axle loads of between 10 and 20 tons in 1981 decreased internal drainage, kept the soil wet and cool during the spring, and led to nitrogen deficiency even though the nitrogen level was increased 60 percent over the recommended level."

Corn yields in that study were 170, 155 and 125 bushels per acre for the control, 10 ton/axle and 20 ton/axle machines, respectively.

On a similar soil, Nicollet silt loam, at the Southwestern Experiment Station, Lamberton, similar treatments had little effect on corn yields, perhaps because of lower soil moisture at the time of traffic.

"Farmers with machines with dual tires sometimes till under higher moisture conditions, but this also causes significant subsoil compaction because the axle weight, not tire size, is the key," Moncrief says. "This should be remembered when fertilizer is spread with the so-called floaters."

If the fall is wet, use shallow, light tillage to incorporate crop residue in the spring if you are growing a temperature-sensitive crop such as corn after a high-residue crop such as corn or small grain. Little or no tillage will be needed if you follow a low-residue crop with corn. Less tillage will be needed with soybeans as they are insensitive to the cooler temperatures and less-aerated soil conditions associated with the high crop residue resulting from conservation tillage.

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9 A27P

## CONSERVATION TILLAGE CAN ALTER SOIL TEST SHOWINGS

When farmers use conservation tillage, added nutrients such as potassium (K) and phosphorus (P) aren't always uniformly mixed within the surface soil. Consequently, soil tests can be misleading, according to three University of Minnesota soil scientists. The scientists--John Moncrief, William Fenster, and George Rehm--are with the University of Minnesota's Agricultural Extension Service.

University studies show that tilling with a chisel plow distributed the K throughout the top 4 inches of a plot over two years of application, whereas when a no-till method was used, K applied at the same rate was primarily distributed in the top 2 inches. However, there is evidence that there is some movement with fine-textured soils. This should be taken into consideration when further soil samples are taken to check for fertilizing needs. Checks of soil pH to determine herbicide effectiveness may need to be made at different depths.

Tests in Goodhue County on K-fixing soils show higher levels of K per application in samples from the top 6 inches for no-till than for chisel plowing. On soils that fix K, conservation tillage could be an



advantage; the reduced mixing could minimize fixation and increase potential recovery. However, recovery would depend on timely precipitation to keep the upper soil moist enough to let plants use the soil K.

In addition, recovery will depend on the soil type and the degree to which mixing is reduced. Soil tests for P and K can vary widely under these circumstances. Studies have shown that on a high-fixing soil, soil test P or K per unit applied can be twice as high for no-till as for moldboard plowing.

For those using ridge-till, soil samples should be taken after planting but before cultivation to prevent misleadingly high or low values for P and K. When sampling cannot be done then, later samples should be taken halfway up the ridge for an accurate analysis.

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Source: Hal Everett  
612/376-2936  
Fred Benson  
612/376-3563

Writer: Anne Lewis  
612/373-1976

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## **CORN, SOYBEAN STORAGE COSTS NEED CAREFUL ANALYSIS**

Storing this year's corn and soybean crop may not be the best marketing move financially, according to agricultural economists Hal Everett and Fred Benson. Both are with the University of Minnesota's Agricultural Extension Service.

They say, "At this point, storage of corn or soybeans at harvest looks unattractive because cash prices will have to rise appreciably and the spreads between forward prices need to widen also in order to cover the storage costs. Cash prices may rise, but that's highly speculative. Also, the existing price spreads may not widen much because the grain industry is encouraging early delivery and discouraging storage due to export and processing commitments."

Items calculated in storage costs are building or elevator costs, the interest on the value of the grain, and drying costs and resulting shrink. Using commercial storage, it will cost 37 cents a bushel to store corn until March 1, 1985, and 55 cents per bushel to store it until July 1. The cost of storing soybeans until March 1, 1985, will be 50 cents per bushel, and 84 cents if they are stored until July 1.

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To recover storage costs, the corn price would have to rise 15 percent to \$2.82 per bushel by March 1 and increase by 22 percent to \$3 by July 1. Soybean prices would also have to rise to warrant paying storage costs, but not as much as corn prices. Soybean prices would have to reach \$6.50 per bushel, an 8.3 percent increase, by March, and \$6.54 per bushel, or 14 percent, by July 1.

Storage costs can sometimes be recovered by forward pricing grain for delivery after harvest. This is effective if the forward price exceeds the harvest price by more than the storage cost. Forward pricing of grain on Sept. 5 in southern Minnesota might have brought about \$2.55 and \$6.15 for corn and soybeans for March delivery and \$2.60 and \$6.35 for July delivery. Although these prices exceed harvest prices, they fall short of covering storage costs for either crop into 1985.

But it's not necessarily a bad time to price grain, with the basis as tight as it is. The alternative to storage may be to deliver some grain at harvest to eliminate physical storage costs and price later by taking a long position in the futures market or by using a basis contract or a delayed pricing contract from an elevator. While these alternatives are attractive for their reduced costs compared with storage, they do involve speculating on price changes in the futures, not the cash markets.

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