

Jan. 3, 1985

Source: Sherri Johnson
612/376-1537

Writer: Deedee Nagy
612/373-1781

'CURE' FOR SHRUNKEN WOOLENS PROVES USELESS

A quick method for restoring shrunken woolens to their original shape with a shampoo soaking is ineffective and a waste of time, says Sherri Johnson, textiles and clothing specialist with the University of Minnesota's Extension Service.

Johnson says that tests performed by a former colleague, Cheryl Nelson, disproved the merits of a technique for restoring shrunken woolen sweaters to their former dimensions. The method received publicity in the Twin Cities last winter. It was allegedly based on research conducted in another state nearly 40 years ago.

The technique called for soaking a shrunken sweater in a solution of 2 tablespoons of baby shampoo dissolved in a gallon of water. Reportedly, the garment--which was not rinsed after the soaking--could then be stretched to its original shape.

When identical sweaters were deliberately shrunk and then treated by the method, they could be stretched to either their original length or their original width but not to both

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dimensions, Johnson reports. In addition, the sweaters were harsh to the touch and had a greasy feel due to the residual shampoo in the fibers. When redampened and allowed to air dry, the sweaters returned to their shrunken dimensions, not those obtained through the shampoo and stretching treatment.

Johnson is unsure how the method ever gained credibility. It was claimed that the shampoo would relax the wool fibers and return them to their original size. In reality, Johnson says, the type of shrinkage caused by high water temperatures and washing machine agitation involves actual movement of fibers toward one another and a characteristic "matted" appearance. Textiles experts consider such shrinkage irreversible.

"A consumer hoping to restore an expensive, shrunken garment would certainly want to believe that such a simple method would work, but it cannot possibly be effective," Johnson warns. She adds that the complex nature of textile products should cast doubt on any generalized techniques for "fixing" problems.

"Any method that fails to take fiber, yarn and fabric properties into account should be suspect," Johnson says. "Most miracle 'cures' for abused garments are hoaxes. Consumers should be wary of them."

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CEO,G,7

NHEC1048

news

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

1000
2007P

Jan. 3, 1986

Source: James Harner
612/376-3535

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

LOOK FOR SAFETY FEATURES WHEN CHANGING HOUSES

If you are considering changing houses, give some thought to the safety features of the one you may be moving into.

A poorly designed house can be a constant source of problems from falls, electric shock and fire, according to James Harner of the University of Minnesota's Extension Service Fire Information, Research and Education Center.

"Be sure that each room and habitable basement (one that could be used for sleeping, dining or recreation) has at least one door to the outside or a window low enough and large enough to be used as an emergency exit," he says.

If it is a two-story house, each room on the upper floor should have a roof or deck outside it for refuge in event of fire. A fixed fire escape or rope or chain ladder that can be lowered quickly from a window can substitute if there is no roof or deck area. Also, there should be doors either at the top or bottom of stairways so each level of the house can be closed off.

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In checking the heating system, be sure it is securely mounted in place, in good condition and free of excessive rust. Have the wiring checked by a local building department or an electrical contractor if there's evidence of do-it-yourself wiring.

"In the electrical system, overload protection should be provided by either circuit breakers or fuses," Harner says.

If there are gas cooking appliances in the kitchen, they should be equipped with automatic cut-offs in the event of flame failure. (A local utility service representative can check this.)

In the bathroom, be sure that electrical fixtures and switches are not within reach of the tub or shower enclosure and that all electrical equipment is grounded. Harner adds that residents might want to use ground fault interrupter circuits or outlets in the bathroom or any other place where water is a consideration.

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CEO,G,4,7

NHEC1068

news

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

Jan. 9, 1986

Source: Stanley Stevens
612/376-2936
Writer: Jack Sperbeck
612/373-0715

STABILIZING LAND VALUES WILL HELP FARMERS

A "holding period" during which farmland is removed from the market may be needed to keep land values from going even lower, a University of Minnesota agricultural economist says.

Costs to taxpayers would probably be low or nonexistent if the holding period were long enough to allow land values to return to long-term equilibrium levels, says Stanley Stevens, a marketing economist with the Minnesota Extension Service.

Stevens based his conclusions on a historical analysis going back to 1850, in which he correlated University of Minnesota's land values to gross returns per acre.

"Real land values," adjusted to 1985 dollars, declined 55 percent in Minnesota from a high in 1916 to the 1943 low. "The value of prime corn land in southwestern Minnesota bottomed in 1935", Stevens says.

As of 1985, real land values have declined 30 percent nationally, 55 percent in Minnesota and 57 percent in Minnesota's corn country. "In just four years, Minnesota's drop in real land prices has exceeded that of the entire period from 1916 to 1935,"

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Stevens says.

To adjust for inflation, Stevens used the 1985 Consumer Price Index as a base. "Real" land prices (1985 figures) were divided by real gross returns per acre (also adjusted for inflation) to give a ratio that reflects the value of the land relative to its earning potential. The lower the ratio, the less expensive land is in terms of its ability to pay for the land investment.

From 1850 to the mid-1890s, land was inexpensive. This helped attract farmers to the new frontier. From 1894 to 1919, the average ratio for corn land was 3.76. "This was a fairly stable relationship and represented roughly an equilibrium condition," Stevens says. But in the 1920s and '30s there was a long adjustment period. Memories of these difficult years kept the ratio at an average of 1.91 for southwestern Minnesota corn land from 1942-48. The 1956-72 period saw a return to the equilibrium levels of the early part of the century.

For a 1985 example, Stevens uses an example of top-quality southwestern Minnesota corn land capable of yielding 150-bushels per acre. With a government target price of \$3 per bushel, it grosses about \$450 per acre. Adjustment for the costs of idling 20 percent of the corn acreage to qualify for the government's deficiency payment gives an average gross return of \$390 per acre.

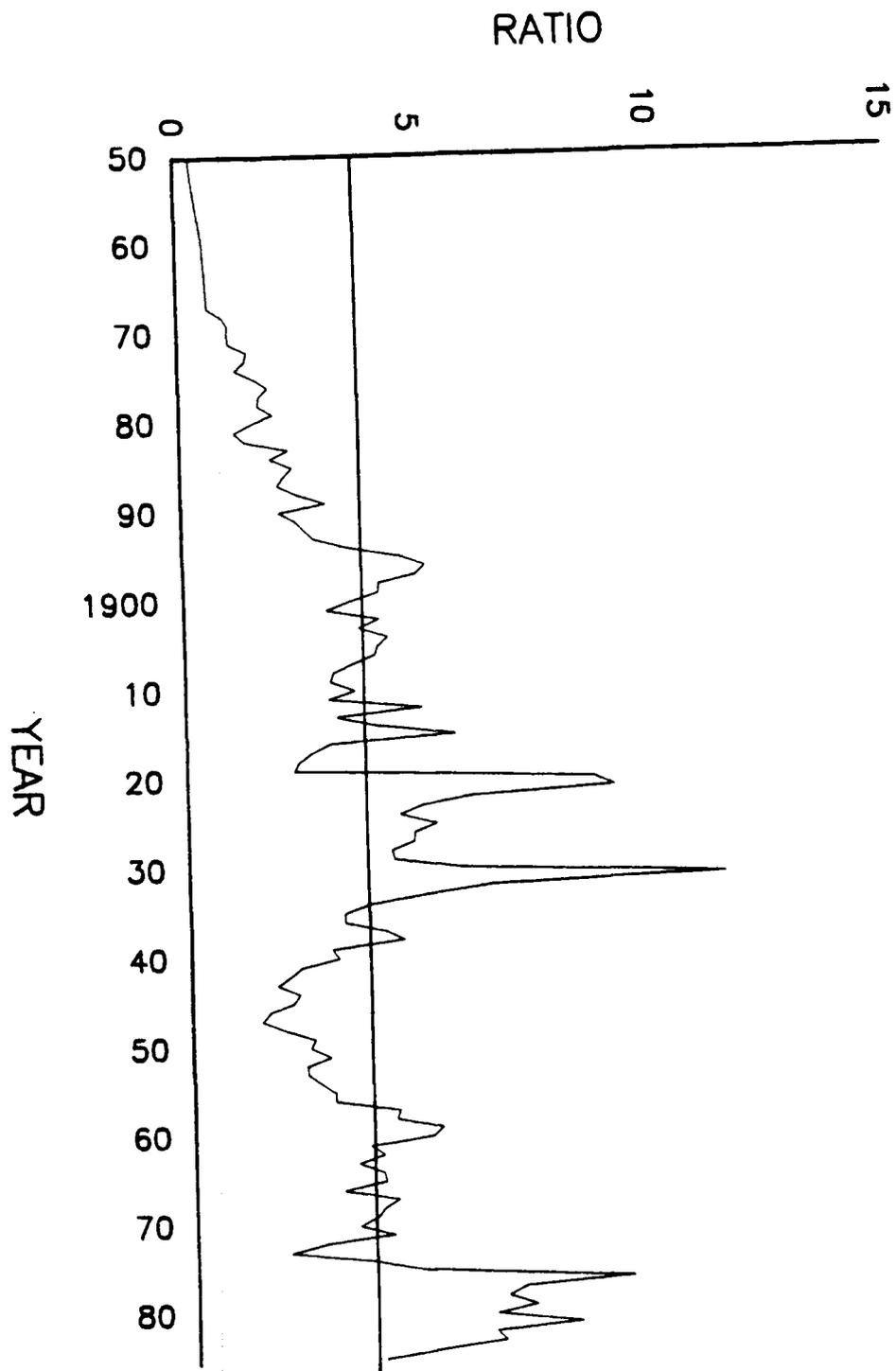
"This argues for an equilibrium value of about \$390 times a 3.75 ratio, or \$1,462 an acre. But in a 1940s-type psychological environment with a 1.91 ratio, the value is \$745 per acre," Stevens says.

In a totally "free market" environment, corn could easily be as low as \$1.80 per bushel, Stevens says. "With deficiency payments removed and with the 'free' market environment prevailing, the land value could go as low as \$516 per acre," he says.

"Land values have already adjusted to reasonable economic levels," Stevens says. He thinks policies should be designed to remove land from the market to support it at the long-term equilibrium relationship, roughly a 3.75 ratio for corn. "This could avoid the severely depressed land market of the 1940s," he says. "A period of about 10 years might be a sufficient time period after which land could be returned to the private sector at values that would result in low or no net costs to the public sector."

Directed stabilization policies would benefit primarily current landowners by helping them preserve their share of agriculture's increased productivity gains. Although there could be practically no costs to taxpayers, there would be a cost to the new land investor who would have to forego the opportunity of buying depressed land, Stevens says.

LAND VALUE / GROSS RETURN SW MINNESOTA CORN



MCC
1/12/86

Jan. 9, 1986

Source: John True
612/373-0764
Writer: Mary Kay O'Hearn
612/373-1786

FARMWORKERS MUST HAVE SAFETY TRAINING

Minnesota farm operators who employ 10 or more workers or operate a temporary labor camp of migrant workers and employ any of its residents must provide training for workers exposed to hazardous substances such as herbicides and other pesticides.

John True, agricultural engineer with the University of Minnesota's Extension Service, calls attention to the standard defining state requirements for handling hazardous substances on farms, which became effective Sept. 9, 1985. "The standard requires that after March 1, 1986 farmworkers must receive training prior to working with or near hazardous substances," True says. "Training materials have been developed by Minnesota's Occupational Safety and Health Division."

Most affected will probably be Minnesota Red River Valley sugarbeet operations and possibly truck gardening operations elsewhere in the state. The standard was developed under Minnesota's Employee Right-to-Know Act by a task force of farmers, farm groups, migrant workers and individuals with

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knowledge of hazardous substances used on farms.

Two training programs are available, one for workers who handle hazardous substances and another for field workers. Farmworkers with a Minnesota pesticide applicator license have met standard requirements and don't have to take this training. Copies of the standard are available from the Minnesota Occupational Safety and Health Division (phone 612/296-2116).

Employers may rent or buy training materials developed by Minnesota's Occupational Safety and Health Division. "Ask your county extension office about them," True says. "If county agents haven't received the information yet, they will very soon."

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AEA,CEO,1,4,7

NAGR1074

news

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

Jan. 9, 1986

Source: Dale Hicks
612/373-1181
Writer: Jack Sperbeck
612/373-0715

NEW CORN HANDBOOK IS AVAILABLE

A new national corn handbook with current information on all phases of production, marketing and economics is available from the University of Minnesota's Extension Service.

Extension specialists from several states cooperated in the project. "This made it possible to do a more complete job. There aren't enough specialists in any one state to do a project like this," says Dale Hicks, Minnesota extension agronomist who worked on the project.

Initial subscription to the "National Corn Handbook" costs \$25 and includes at least 23 fact sheets in a high-quality, three-ring notebook. Another 11 fact sheets will be sent to subscribers within six months. Eventually, the handbook will contain 130 to 150 publications. The \$25 subscription price includes semiannual mailings of new and revised fact sheets until July 1, 1988.

The "National Corn Handbook" is available from the Distribution Center, 3 Coffey Hall, University of Minnesota, St. Paul, MN 55108 as item AG-MI-2861. Checks or money orders for

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\$25 should be made payable to the University of Minnesota.

It will give you a complete corn production and marketing reference "library" in one place. And, the notebook format allows for adding new fact sheets and updating of present ones.

The material has been written and reviewed by experts to ensure thorough, accurate treatment of each topic. Diverse viewpoints and regional differences are taken into account.

The project participation by many state extension services means that county agents and state specialists already familiar with the fact sheets can better assist with questions you may have or management problems you may be experiencing.

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CEO,F,1

NAGR1076

news

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

Jan. 16, 1986

Source: Michael Boehlje
612/373-0945
Writer: Jack Sperbeck
612/373-0715

(First in a series on the future of agriculture. Next week:
Agriculture More Competitive, Innovative)

THERE'S ROOM FOR OPTIMISM IN AGRICULTURE

Mike Boehlje tells the story of a 55-year-old man who started over in farming. "He'd been sold out and had to give his land back to the Federal Land Bank," says Boehlje, who is head of the Department of Agricultural and Applied Economics at the University of Minnesota.

"He's a 'recycled' farmer success story. He is renting cropland and purchased 'like new' used machinery at low prices. Production costs are so competitive that he doesn't need government support prices to make a profit," Boehlje says.

"This guy didn't just sit around and complain. He bit the bullet and restructured his operation. Some low-cost machinery is all that he has for assets, but he's back in farming."

Boehlje says examples like this are becoming more common. "Times are very good for people to get into farming or to recycle back in after reorganizing the business. Many of the people recycling back into farming learned some valuable lessons and are better managers now," he says.

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Boehlje says it's time to look at the positive dimensions of the current financial stress in agriculture. "We can't ignore the financial and human trauma that many farm families are suffering. But dwelling on past problems isn't very productive. Farmers and the agribusiness sector have learned some lessons.

"One lesson is the importance of efficiency--volume is not a good substitute for cost control and efficient production. Farmers are refocusing their attention on throughput rather than output. This means getting more bushels per acre, more pigs per crate per year or higher calving percentages and weaning weights rather than more acres, more stalls or more cows.

"These farmers recognize that more efficient producers who followed a prudent expansion strategy are less vulnerable than those who expanded aggressively and hoped to offset less efficient production with higher volume."

Farmers are becoming smarter borrowers, Boehlje says. During the 1970s, low interest rates and high inflation suggested that debt-financed expansion was the best strategy and that there was little risk in borrowing. "But the painful lesson was that there is a risk-reward ratio with borrowed money. And with increased leverage, the risks increase more rapidly than the reward."

Farmers will not be able to eliminate the use of borrowed funds in their operations. But they will recognize that credit is a valuable resource that can be either converted into debt or used as a reserve to handle difficult times. Farmers will be more aware of repayment capacity and safe debt loads tied to income and cash flow generating ability rather than collateral and asset values.

news

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

Jan. 16, 1986

Source: Marcia Hyatt
612/373-1294
Writer: Deedee Nagy
612/373-1781

CONFERENCE TO WORK TOWARD TELECOMMUNICATIONS NETWORK FOR AREA

A two-day conference that organizers expect to lay the groundwork for a northeastern Minnesota public telecommunications network will be held Feb. 6 and 7 in Duluth. The conference is sponsored by the Telecommunications Development Center of the University of Minnesota's Extension Service.

The educational session is expected to draw representatives from area schools, libraries, colleges, universities and governmental agencies who are interested in cooperating on a public video network to serve all of northeastern Minnesota. Conference speakers will focus on data and information transfer and accessibility, telecommunications and distance education as it applies to Minnesota's Arrowhead Region.

Featured at the meeting will be speakers from Hubbard Broadcasting in the Twin Cities, LANCOMM Corp., the university's Telecommunications Development Center and exhibitors from the cable, telephone, utility, satellite and microwave industries. In addition to informing participants about the

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possibilities of such a network, selected conference registrants will close the final session with a plan of action and a budget for the cooperative venture based on information presented in the first day's meetings.

Registration fee for the program, which will be held at Greysolon Plaza, is \$20. Further information and registration materials may be obtained by writing to the Telecommunications Development Center, 433 Coffey Hall, University of Minnesota, St. Paul, MN 55108 or by phoning (612) 373-1294.

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NEDist,4

NEXT1077

news

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

MSC
GAATP

Jan. 23, 1986

Source: Arnold Sandager
612/373-1244
Editor: Mary Kay O'Hearn
612/373-1786

BE ALERT FOR DANGERS POSED BY LATE WINTER, EARLY SPRING STORMS

Late winter and early spring are capable of tricky snowstorms, so it's no time to become complacent about the dangers posed by winter storms.

"Survival in cars in winter storms can depend on advance preparations plus careful common sense action. That seems abundantly obvious, yet every year there are many tragedies with stranded motorists who are snowstorm victims," says Arnold Sandager of the University of Minnesota's Extension Service safety committee.

Sandager calls "a car in good repair the first requisite." Simple things like a well-charged battery, a defroster that really delivers, wiper blades that work (with enough washer liquid to keep the windshield clean) and tires with enough tread for good traction are all "a must for staying out of trouble."

The best defense in bad weather is not to drive at all. Weather report warnings should always be heeded. Remember, there can be "whiteout" pockets of worse driving conditions where the storm zone is more intense. "The sacrifice of changing plans by turning back can turn out to be the smartest decision," Sandager says.

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These are some of the "must have" items that should be in the car in case get stuck in a storm: shovel; ice scraper; tow chain; flashlight; reflective triangle or flares; matches in a glass container or a lighter; candles; traction material such as sand, salt, mats or cat litter; high-energy food such as candy bars; a couple of empty cans such as coffee cans; battery jumper cables; sleeping bags or blankets; large plastic bags; boots and some extra warm clothing.

"If you should become stranded, don't panic. Exercise common sense," Sandager says.

Stay with the car. DON'T venture out and risk getting lost and frostbitten.

Run the engine for heat about once every 30 to 45 minutes. Burn a candle inside a coffee can for supplemental heat.

Shovel an area around the end of the exhaust pipe to prevent carbon monoxide backup and keep one window cracked open for fresh air.

Clear outside heater vents in the grill area under the windshield.

Signal that you are stranded with flares, flashlights or by tying a bright cloth to the radio antenna.

"Motorists know that some of the toughest driving in the Upper Midwest can come with late winter or early spring snowstorms. The big temperature differentials after a January thaw can bring on heavy snow and high drifts. It's good to be prepared," Sandager says.

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news

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

Jan. 23, 1986

Source: Diane Hedin
612/376-7624
Writer: John Colmey
612/376-9689

mcl
8/25/86

MINNESOTA STUDENTS SPEAK OUT IN NEWEST YOUTH POLL

▷ "Minnesota students think sex education is as important, if not more important, than math, science and computers," is one of the many findings in the newest Minnesota Youth Poll.

That is only one of the answers that startled chief researcher Diane Hedin, who says kids in general do not see school in the same light as parents. "Adults are more concerned about what kids learn, while kids' greatest concerns revolve around the environment in which learning takes place," she says.

The Minnesota Youth Poll, one of the few polls in the country that regularly collects data on adolescent concerns and opinions, is a project of the university's Agricultural Experiment Station. Nearly 1,600 youths ages 10-18 participated in this statewide study, which was sponsored by the Governor's Council on Youth.

Other questions posed by the poll:

--What do kids think adults think of them? Hedin says she was surprised to learn that the majority of students believed they were negatively perceived by adults.

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--What three changes would kids make to improve their community, state or country? A non-nuclear world, a cleaner environment and a reduction in crime got high marks.

What do kids see as the greatest source of conflict in their families? Chores, curfews and choice of television programs were common answers for elementary students; dating, clothes and drugs were typical responses for highschoolers.

To obtain a copy of "Minnesota Youth Poll: Youths Look at Themselves and the World," item number AD-MR-2666, send \$2 to the Distribution Center, 3 Coffey Hall, University of Minnesota, 1420 Eckles Ave., St. Paul, MN 55108. Checks should be made payable to the University of Minnesota.

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BSS,CEO,G,Q,1,7

NHEC1084

news

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

Jan. 23, 1986

Source: Michael Boehlje
612/373-0945
Writer: Jack Sperbeck
612/373-0715

mmc
3/1/86

(Second in a series on the future of agriculture. Next week:
Cash Returns Improved for Beginning Farmers)

AGRICULTURE MORE COMPETITIVE, INNOVATIVE

U.S. agriculture is becoming more competitive as a result of the current economic crunch. That's one of the positive signs for the future of agriculture, according to Mike Boehlje, head of the Department of Agricultural and Applied Economics at the University of Minnesota.

Boehlje says U.S. agriculture has become more vulnerable to foreign competition in recent years. As our cost structure rose, it eroded our competitive advantage. "One of the major components of this cost increase has been the higher cost of farmland and the debt used to buy this land," Boehlje says.

With lower resource values--especially for land and other capital assets--production costs will decline and the competitive position of the United States will improve. For individual producers, profit margins can be increased through higher prices, increased efficiency or lower input costs.

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Lower land values and reduced capital costs per unit of output will result in lower production costs. "We can't ignore the adjustments and major losses that some farm families have suffered," Boehlje says. "But the competitive position of the industry will improve once the adjustment takes place."

Another positive factor is the innovation occurring in financial arrangements to alleviate financial stress and solve financial problems. Contracts are being renegotiated with new terms and arrangements including equity kickers, delayed principal payments, unpaid interest added to the principal outstanding and rental equivalent payments in lieu of principal and interest.

New lease agreements are being negotiated. These include flexible cash leases and even barter payments (providing services to the landlord in lieu of cash). Lenders are taking back collateral in lieu of debt and leasing the assets back to the original owner.

"The innovations in arrangements and agreements in the financial markets are mind boggling and some of them won't work," Boehlje says. "But out of this 'induced innovation' will come some new ideas on how to finance agriculture--and perhaps even some new institutions. Institutional innovation is frequently a result of economic and financial stress."

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MCC
CARP

Jan. 23, 1986

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

HOUSEHOLD BLEACHES MAY BE CAUSE OF LIGHTER COLOR SPOTS ON CARPETS

Spots on carpeting that gradually become lighter may be caused by common household bleaching agents such as acne ointments. Sherri Johnson, textiles and clothing specialist with the University of Minnesota's Extension Service, says increasing numbers of consumers' phone calls to county agents and her colleagues indicate that many homeowners are experiencing the problem and are confused about its cause.

Most callers deny that anything has spilled on the carpet, but they have watched spots on their carpets lose more and more color. Many of them complain to the manufacturer or dealer, assuming that the carpet is defective, Johnson says. This is unlikely, she adds, because defective dyes in a carpet will follow a lengthwise row and will never appear as spots involving several rows of the weave.

Instead, many products found in the home can cause such bleaching. These can range from caustic laundry and hair bleaches to the weak bleaches found in acne preparations. If the bleach contacts the carpet in a powder or ointment form, it may

remain inactive until moisture contacts it, Johnson adds.

"Dropping acne ointment containing benzoyl peroxide on a bedroom or bathroom rug will produce a small spot which will gradually lighten," she says. "If the person who spilled the product attempts to wipe it up, it may only smear the bleaching agent further and result in a worse spot."

Such spots can also result on carpeting or upholstery fabric if acne ointment users carry small amounts of it on their hands and unknowingly wipe it on carpeting or furniture where they often sit. As the concentration of the benzoyl peroxide builds up, it begins to affect the dye. Johnson cautions users of such skin remedies to wash their hands thoroughly with soap after applying the ointments. If any ointment spills on the carpet, it should be washed out immediately with carpet shampoo or a diluted detergent solution.

She stresses that there is no way to reverse a lightened spot. If you seek the help of a professional, that person may be able to add touch-up dyes to blend the light area with the surrounding color. If you have an extra piece of the same carpet, it is possible sometimes to have a professional carpet layer cut out the light area and replace it with a patch.

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Jan. 30, 1986

Source: Michael Boehlje
612/373-0945
Writer: Jack Sperbeck
612/373-0715

(Third in a series on the future of agriculture. Next week:
Home Farm Management Skills as Employee)

CASH RETURNS IMPROVED FOR BEGINNING FARMERS

A beginning farmer today has better odds of getting a cash return that will pay living expenses than someone who started farming in the 1970s.

In the go-go days of the '70s, beginning farmers typically had large capital gains but paltry cash incomes. "To live decently, a beginning farmer can't afford high capital gains at the expense of cash income," says Mike Boehlje, head of the Department of Agricultural and Applied Economics at the University of Minnesota.

Two disadvantages for beginning farmers in the '70s have turned around and are now advantages:

--Low cash returns in the '70s meant that many families needed off-farm jobs or other income for living expenses--even though their farm assets were appreciating.

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--High capital gains from rising land values kept raising the "entry fee" into farming.

"Now these two factors are reversed," Boehlje says. "The cash rate of return has improved. And assets, particularly land and 'like new' used machinery, are more reasonably priced."

Also changing is the basic philosophy that beginning farmers jump in as full-time owner-operators. "It takes a massive amount of capital to buy into a farming operation," Boehlje says. "In most other industries, it's not very common for someone to start in business as the sole owner."

Owning farmland does not provide the highest cash returns. "More beginning farmers will rent more of the resource base, especially land," Boehlje says.

Typical "get started" scenarios include working in a business and gradually buying into the operation before becoming a majority owner; and starting a family business "on the side" and maintaining a full-time outside job until the business has been developed. People starting farming are more apt to follow those patterns in the future, Boehlje says.

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AEA,BSS,CEO,IAC,1,4,6

NAGR1095

Jan. 30, 1986

Source: Edward Blonz
612/376-3401
Writer: Deedee Nagy
612/373-1781

MCC
2/27/86

CYTOTOXIC TEST FOR ALLERGIES CAN BE A HEALTH THREAT

Beware of expensive medical evaluations known as cytotoxic tests being administered at some area clinics to diagnose allergies. Edward R. Blonz, nutritionist with the University of Minnesota's Extension Service and president of the Minnesota Council Against Health Fraud, warns that the test has never been medically validated as accurate.

Blonz adds that the test could pose a health threat if persons with serious medical problems postpone medical attention based on the unsubstantiated results of cytotoxic tests.

He explains that the test involves taking a blood sample and then subjecting the white blood cells to substances that might cause allergic reactions. Supposedly, if the white blood cells change shape when exposed to the substances, the person is allergic to those things.

"It sounds simple," Blonz says, "but when duplicate samples were submitted, different results have occurred. When individuals with known allergies were tested, their results conflicted with observed responses."

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

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The American Academy of Allergy and Immunology also has stated that the tests are unfounded and ineffective. Despite this, Blonz says, the test is still being used, "and people run the risk of being ripped off."

Pennsylvania has banned the test until it can be validated. Violators there can lose their operating permits or be subject to legal action.

"Minnesotans should be aware of the experimental nature of this test and refrain from depending on it until its reliability is scientifically verified," Blonz concludes.

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CEO,E,G,H,7

NHEC1090

M.C.
J.A.P.

Jan. 30, 1986

Source: Jim Lewis
612/373-1083
Writer: Hank Drews
612/373-1250

MINNESOTA 4-H VOLUNTEERS LAUNCH ASSOCIATION

A dream, many years in development, will become a reality this spring when the Minnesota Association of 4-H Adult Volunteers is born. The association will be launched at a 4-H Volunteers Forum, April 5 and 6, at Cragun's resort, near Brainerd. More than 400 Minnesota 4-H volunteers are expected to participate in this historic event.

The timing of this event is especially significant since the 1986 Minnesota Volunteer Appreciation Day is April 29. More than 14,000 Minnesota adults volunteer their time, talent and energies to the 4-H program. They give guidance, leadership and encouragement to a program which annually touches the lives of more than 100,000 Minnesota young people.

The unselfish dedication of these volunteers represents hundreds of thousands of hours of caring encouragement and love to youth throughout the state. Through the efforts of more than 40 4-H volunteers who serve as a founding committee, this new association represents an opportunity to establish a statewide network for training and idea sharing.

Page 1 of 2

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

Co-chairpersons of the founding committee are Mary Priesler, a 4-H volunteer from Bejou, Minn., in Mahnomon County, and Ed Brophy, a 4-H volunteer from St. Joseph, Minn., in Stearns County.

All Minnesota 4-H adult volunteers are invited to attend the April 5 and 6 conference. For details, contact the Minnesota Association of 4-H Adult Volunteers, c/o Ed Brophy, Route 3, St. Joseph, MN 56374.

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CEO,Q,4,7

N4-H1089

news

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

MSC
9A27p

Feb. 6, 1986

Source: Michael Boehlje
612/373-0945

Writer: Jack Sperbeck
612/373-0715

(Fourth in a series on the future of agriculture. Next week:
Governments Respond to Farm Crisis)

HONE FARM MANAGEMENT SKILLS AS EMPLOYEE

You may be able to enter--or re-enter--farming by working as a farm manager before going on your own.

Now is the most favorable time to get started in farming in the last 15 years, says Mike Boehlje, head of the Department of Agricultural and Applied Economics at the University of Minnesota.

"Working as a farm manager is a good way to develop management skills and possibly work into your own farming operation," says Boehlje. "Many farm management companies have been adding staff lately. Financial stress has led to more farms going back to creditors, who need someone to manage the farm. In many cases, the creditor hires a farm management service to manage the farm.

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"In other cases, the banker may hire an individual to manage the farm or operate it as a tenant. Most lenders have no interest in directly managing or operating acquired farm properties. And that has led to management opportunities for aspiring farmers.

"If I were a farmer with good management skills but in financial trouble because of excessive debt, I'd think of going to a lender and asking if they were looking for people to manage farm properties," Boehlje says. "Renting properties acquired by lenders is also a possibility."

For those contemplating starting farming, Boehlje says there's "less downside risk than upside potential." Entry costs are lower than they were in the '70s and there's more potential for competitive cash returns.

And for those farmers who've hung in there thus far, Boehlje encourages them to stay with it. "I believe we're close to the bottom now. The risk is not that high if you've hung on until now."

But things won't turn around quickly. By starting farming in the next year, you won't get rich in 1988, Boehlje says.

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CEO, IAC, 1, 4, 6

NAGR1105

news

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

MSC
2/27/86

Feb. 6, 1986

Source: Edward Blonz
612/376-3401

Writer: Deedee Nagy
612/373-1781

DIETERS: DON'T BE FOOLED; ALL WEIGHT ISN'T EQUAL

Dieters shouldn't concentrate solely on dropping pounds. Instead, they should seek to lose excess body fat and they should keep in mind that all weight is not equal.

That's the advice of Edward R. Blonz, nutrition specialist with the University of Minnesota's Extension Service. Blonz says that this misunderstanding of body weight accounts for many of the so-called successes of fad diets.

He explains that a person needs to burn 3,500 more calories than he or she takes in to shed a pound of body fat. But a deficit of only 480 calories could cause a person to lose a pound of body protein, the vital substance that makes up our muscles and organs. A pound of the body's water can sometimes be lost without trimming calorie intake at all.

"A particular diet determines how the weight is lost," Blonz explains. "Find out how your diet works before you start. If the program includes diuretics or laxatives or is low in carbohydrates, your bathroom scale may show results quickly but you've actually lost little body fat. And, after all, body fat

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is what you really want to get rid of."

He adds that the deception is compounded by the fact that rapidly lost water and protein weight are regained quickly as soon as the diet ends.

So, how much should a dieter expect to lose? Blonz says, "Even on a 1,200-calorie-per-day diet--and it's unwise to attempt a lower-calorie diet without medical supervision--there would be a calorie deficit of about 1,200 calories. This means that to lose the 3,500 calories in a pound of body fat would take about three days."

Blonz says consumers should be suspicious of diets that promise weight loss in excess of 2 or 2-1/2 pounds per week. "What the consumer is led to believe and the actual loss of body fat the diet delivers are two different stories," he adds.

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CEO,E,G,H,7

NHEC1091

news

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

MTC
2/28/86

Feb. 6, 1986

Source: Robert Snyder
612/376-3433

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

ZONING WORKSHOP TO BE HELD AT 7 MINNESOTA LOCATIONS

A one-day workshop to acquaint the public and local government officials with "Duties and Powers of Zoning Boards of Appeals and Adjustment" will be held in seven Minnesota locations between Feb. 19 and March 5.

Robert Snyder, attorney and land economist with the University of Minnesota's Extension Service, will be the facilitator for the workshops.

Dates and locations for the workshops are Feb. 19, Vacationaire Resort, Park Rapids; Feb. 21, Earle Brown Center, University of Minnesota St. Paul campus; Feb. 24, Holiday Inn, Fergus Falls; Feb. 25, Tobies, Hinckley; Feb. 27, Holiday Inn, 1630 S. Broadway, Rochester; March 4, Donovan Conference Center, Redwood Falls; and March 5, Holiday Inn, 37 W. Division, St. Cloud.

The workshops will begin at 9 a.m. and end at 4:30 p.m. Advance registration is \$21 and should be mailed to Government Training Service, 202 Minnesota Bldg., 46 E. Fourth St., St. Paul, MN 55101. Payment should be received at least five days

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before the workshop date to avoid an additional late payment fee of \$3.

For more information about the workshops, phone the Government Training Service at 1-800-652-9719 or 222-7409 in the Twin Cities metro area. Sponsors of the workshops are the Minnesota Extension Service and the Government Training Service.

Participation will be the style of the workshops; participants will problem solve in small groups with Snyder's guidance.

Some of the questions to be discussed include: Do practical difficulties justify a variance? What are the effects of unlawful variances? Can hardship be self created by a purchase? What happens if the record is inadequate? When can the district overrule a board's decision?

One township zoning administrator who attended a previous workshop wrote, "Entire planning and zoning commission could have used this," and a city council member noted, "It helped me learn more about my job as a council member. My eyes are wide open now! Thanks."

A Legislative Flexibility: Rezoning Amendments workshop will be announced later for March in six Minnesota locations.

This is the fourth year for workshops of these types. Over 1,200 registered the first three years with attendance increasing threefold.

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news

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

MSC
3/18/76

Feb. 13, 1986

Source: Donald Baker
612/373-1356
Writer: John Colmey
612/376-9689

PUBLICATION DETAILS MINNESOTA TEMPERATURE DATA, APPLICATIONS

A publication that will be of great interest to farmers, energy specialists, engineers and other weather watchers, "Climate of Minnesota Part XV--Normal Temperatures (1951-1980) and Their Application", is now available from the University of Minnesota.

The publication provides a 30-year average of monthly, annual and seasonal temperatures in Minnesota. It also provides basic information on temperature applications such as growing-, heating-, melting- and freezing-degree days. Data for the publication were collected at 159 weather stations, 85 in Minnesota and the remainder along the Minnesota border in adjoining states. An earlier bulletin, "Climate of Minnesota Part III"--which is now out of print--provided similar information for the period 1931-1960.

According to Donald Baker, agricultural climatologist with the university's Agricultural Experiment Station, "Part XV" is the only publication of its kind in Minnesota and the best

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available source on statewide temperatures and their applications.

To obtain a copy of "Climate of Minnesota Part XV", publication number AD-SB-2777, contact a county extension office or send \$2 to the Distribution Center, 3 Coffey Hall, University of Minnesota, 1420 Eckles Ave., St. Paul MN 55108. Checks should be made payable to the University of Minnesota.

Other titles in the Climate of Minnesota series, also available from county extension offices and the Distribution Center, are "Hydrologic Cycle and Soil Water" (AD-TB-2041), "Duration and Depth of Snow Cover" (AD-TB-2051), "Wind Climatology and Wind Power" (AD-TB-1955) and "Solar Radiation in St. Paul" (AD-TB-2153).

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BSS,CEO,F,L,S,1,4,7

NAGR1106

news

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

MSC
2-27P

Feb. 20, 1986

Source: Michael Boehlje
612/373-0945
Writer: Jack Sperbeck
612/373-0715

(Fifth in a series on the future of agriculture. Next week:
Changes in Landlord-Tenant Rights.)

GOVERNMENTS RESPOND TO FARM CRISIS

Both state and federal governments are responding to the farm crisis.

There's debate about how much public sector intervention should occur and how effective it will be in solving the farm problem. But the fact that there is debate is significant in itself, says Mike Boehlje, head of the University of Minnesota's Department of Agricultural and Applied Economics.

"It is certainly not true that the federal government or individual state governments 'are not interested in agriculture,'" Boehlje says.

Legislation at the national level has been aimed at bailing out the Cooperative Farm Credit System. And, the new farm bill

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is designed to make the United States more competitive in agriculture and still provide a financial safety net for farmers.

In Minnesota, state efforts include continued discussions about a revision of an interest rate buy-down program. There's also the voluntary mediation program between farmers and lenders instigated by Gov. Perpich.

At the University of Minnesota, there have been intensified research efforts on restoring profitability in agriculture and on reducing production costs. Project Support and the FINPACK farm financial planning package for farm families are other efforts aimed at assisting farm families make decisions.

Project Support, through the Minnesota Extension Service, helped over 6,900 people develop strategies to continue farming. Another 9,400 improved their family resource management and 14,300 people worked to cope more effectively with stress.

In Nicollet County, Minn., the 110 farmers in an extension farm financial management counseling program saved \$610,000 by reducing their principal and interest payments and operating expenses. Cost savings in Nicollet County averaged \$5,500 per participating farmer.

More information about Project Support is available from county extension offices throughout Minnesota.

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AEA,BSS,CEO,IAC,1,4,6

NAGR1146

news

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

MSC
7 AR 1p

Feb. 27, 1986

Source: Harold Alexander
612/373-0931
Writer: Deedee Nagy
612/373-1781

TOSSING AND TURNING? A WORN-OUT MATTRESS MAY BE TO BLAME

If a restful night's sleep often eludes you, there may be something to blame other than nervous stress or a pepperoni pizza right before bed.

A commonly overlooked cause of poor sleep is a poor mattress, according to Harold Alexander, interior design and furnishings specialist with the University of Minnesota's Extension Service. He suggests that if you've been dreaming for 10 years or more on the same mattress, it may be time to invest in a new one.

Other telltale signs of a mattress that has outlived its usefulness include:

- a depression or sag where you sleep
- recurring morning backaches
- squeaks and creaks when you get into bed or change position
- rolling to the center of a full-, queen- or king-size bed

Alexander says when shopping for a new mattress, there's no substitute for kicking off your shoes and lying down for a while. Roll onto your side and check for pressure on your hip or arm, he suggests. If you share your bed, bring that person along. Be

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sure that each has enough room and that one person's movements don't disturb his or her partner.

Ignore labels that declare a bed extra-firm or soft. Alexander says there are no industry standards for firmness or softness. He recommends looking for a mattress that provides even support, particularly to the torso and lower back.

He says mattresses are basically of three types: innerspring, foam or waterbed. Innerspring mattresses are the most common. How they feel and perform will depend largely on the configurations of the springs and the amount and quality of the upholstery covering the springs.

Foam mattresses lack the mechanical parts that roll sleep partners into one another or toward the center of the bed. They are often the choice of sleeping partners of widely differing weights.

Waterbeds are gaining popularity, Alexander says. These usually have foam shells that eliminate some of the undulations of the water and insulate against the cold.

Regardless of the type of mattress you choose, Alexander advises buying the highest quality you can afford. The better the mattress, the longer it will last and the more good nights' sleep it will provide for your investment.

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CEO,G,M,4,7

NHEC1147

news

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

MSC
A27P
5

Feb. 27, 1986

Source: John True
612/373-0764
Editor: Mary Kay O'Hearn
612/373-1786

POISON PREVENTION PROGRAM IS SHOWING RESULTS

How's this for a productive safety program?

In the 22 reporting years since Congress designated National Poison Prevention Week in 1961, an 88 percent reduction in deaths from poisoning accidents has resulted in children under age five.

According to the 1986 proclamation from President Reagan designating March 16-22 as National Poison Prevention Week, there were 450 accidental poisoning deaths in 1961 compared with 55 in 1983, the last year complete statistics are available.

Some of the improvements, says John True, University of Minnesota Extension Service safety committee member, result from programs that brought child-resistant packaging and public awareness of hazardous substances in the home.

He has some suggestions on ways to continue and improve those statistics. Before looking at his suggested list, post emergency telephone numbers near the phone (state-wide Minnesota Poison Control Center toll free number is 1-800-222-1222).

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Then be sure the following happens in your household:

--Store all household chemicals in the original containers with the labels intact.

--Never put (or store) other liquids in soft drink bottles.

--Watch children closely when using household cleaners and other chemicals.

--Maintain child-resistant containers for medicines.

--Discard all old or "left-over" medicines.

--Keep medicines, household chemicals and poisonous plants out of reach of small children.

--Be prepared for accidental poisonings by keeping syrup of ipecac to induce vomiting (use ONLY on the advice of medical personnel). Be sure you have the statewide Poison Control Center number and other local emergency telephone numbers near your phone.

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CEO,G,4,7

NHEC1148

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

10/26
GATP

Feb. 27, 1986

Source: Byron Schneider
612/373-1083
Writer: Hank Drews
612/373-1250

STUDY OF YOUTH ORGANIZATIONS GIVES HIGH MARKS TO 4-H

"Without question, the study showed that former 4-H members gave higher rankings to personal development, knowledge, leadership and coping skills experiences than did former members of other organizations" says Dr. H. Ladewig of a nationwide poll that assessed the effect of several organizations on American youth.

The study compared 4-H, Scouts, Boys and Girls Clubs, YMCA, YWCA, church groups, FFA and FHA. It found no significant difference in youth backgrounds, incomes, educations and other characteristics.

Ladewig and other sociologists from Texas A & M University recently analyzed a poll of 1,761 individuals which they conducted last fall. They found that adults who participated in organizations as youth have much higher involvement in community activities than others who did not. A key finding was that former 4-H'ers more often took leadership roles in those community activities.

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Commenting on the results, the head of 4-H in Minnesota, Byron Schneider said, "A large sample of those studied were from Minnesota, so the findings are suitably applied here."

The national findings are even more revealing for Minnesota he said, "when you consider that we do a better job in leadership development (programs) than other states."

The study was funded by a grant from the Extension Service, USDA.

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CEO,Q,4,7

N4-H1149

mc
3/2/86

Feb. 27, 1986

Source: Michael Boehlje
612/373-0945
Writer: Jack Sperbeck
612/373-0715

(Sixth in a series on the future of agriculture. Next week: Tell People About Agriculture)

CHANGES IN LANDLORD-TENANT RIGHTS

To be a "successful farmer" usually means owning farmland. But farm real estate has historically generated a low cash rate of return that hasn't been competitive with other investments.

"The risk of not owning--or not controlling--land is a major factor pushing farm operators to buy land," says Mike Boehlje, economist with the University of Minnesota's Extension Service and head of the Department of Agricultural and Applied Economics. A big line of machinery can suddenly be left with less land to work if the landlord pulls land away from the renter.

But changing the balance of property rights of tenants versus landlords may make it more socially acceptable and economical to rent land instead of owning it. This includes longer term leases and compensation to the tenant for improvements made, Boehlje says.

Real estate accounts for 75 percent of the asset base in agriculture. Lessening the debt used to purchase real estate would free up capital to be used elsewhere in the farm business.

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"In Europe, tenants have lifetime leases that are passed on to heirs," Boehlje says. "That is probably too far in the direction of tenant rights. But in the same vein, urban business operators in a shopping center don't own the store. They rent it--typically with a five-year lease--and put their capital into store inventory.

"Clearly, the right to private property is fundamental in this country. It's one of the basic reasons our founding fathers left Europe. But the extreme of too few rights for tenants may not be much better than too many.

"A better balance of landlord and tenant rights could improve the financial resiliency of agriculture," Boehlje concludes.

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BSS,CEO,IAC,1,4,6

NAGR1169

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

mac
3/6/86

March 6, 1986

Source: Ellen Schuster
612/373-0805
Writer: Deedee Nagy
612/373-1781

SUGAR: SORTING OUT THE MYTHS AND LIVING WITH (OR WITHOUT) IT

Although she's not a champion of sugar's contributions to our diets, Ellen Schuster thinks sugar may sometimes be blamed too harshly for ailments that it didn't cause. Schuster, Expanded Food and Nutrition Education Program (EFNEP) coordinator with the University of Minnesota's Extension Service, notes, for example, that claims about sugar causing hyperactivity in children have not proved to be true. Instead, one recent study has shown the opposite -- sugar caused a slowing of activity among some youngsters.

There's no denying sugar's contribution to tooth decay, however. Schuster says the frequency of sugar consumption is particularly important in the effect it has on teeth. "Each time you eat a sugary food, the bacteria on your teeth have enough sugar to produce acid. It's this acid that eats away at your teeth and causes cavities," she notes.

To help lessen sugar's damage to your smile, Schuster recommends limiting the number of times a day that sweet foods

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are eaten. She also cautions against snacking on sugary foods that cling to the teeth. These include candy, raisins, dried fruit rolls and sweetened cereal, particularly when it's eaten without milk. If it isn't possible to brush after each encounter with sugary foods, she suggests at least rinsing the mouth with water.

Sugar is only one of many potential villains for a dieter, she says. "The reason most people think that sweets are fattening is because it is so easy to eat too many sugary foods before your stomach 'feels full'."

She adds, "Sugar has the same number of calories as protein and it contains fewer calories than fat. Anytime you're eating more calories than your body needs, it can make you fat. It doesn't matter if the extra calories come from sugar, protein or fat."

Should sweets be banned from a sensible eater's diet? Schuster says no, but they should be eaten only after nutritious, well-balanced meals and then, only in moderation.

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CEO,4,H

NHEC1182

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 6, 1986

Source: Signe T. Betsinger
612/373-0758

Writer: Sam Brungardt
612/376-8182

SHOW RECALLS DESIGN HERITAGE OF DANES IN SOUTHWESTERN MINNESOTA

The year's 1885. Karen unpacks the family trunk. Out comes an embroidered tablecloth, crocheted doilies, an Aebleskive pan, a silver spoon, seeds of flowers that bloomed in the windows of the farmhouse in Denmark. Familiar, treasured objects to make the hastily built, two-room house on the Minnesota prairie seem more like home.

An exhibition that opens March 9 on the University of Minnesota's St. Paul campus recalls the design traditions that Danish immigrants brought to their new homes in Lincoln County, Minn., and what has happened to that heritage in the years since. The show, "Danish Immigrant Homes: Glimpses from Southwestern Minnesota," runs through April 25 at the Goldstein Gallery in McNeal Hall. This summer, it will be at the Danebod Folk School Gym Hall in Tyler, Minn., on July 6, 11, 12 and 13.

The show resulted from research done by Signe T. Nielsen Betsinger, University of Minnesota professor of design, housing and apparel. Betsinger, who's also assistant director of the university's Agricultural Experiment Station, thinks the show has

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a message for the state's hard-pressed farm families: Whatever the present financial situation, people have made it before; life goes on; and there's comfort and continuity in the things that surround our daily lives.

"It's important we document the near environment, the things with which we surround ourselves every day," Betsinger says.

"These things show what is significant in life and what isn't. Festive days are important, but I believe that it's what affects one's daily life that is more important.

"I think we have a real crisis in rural Minnesota. One can become so engrossed in immediate problems that it's not easy to have a historical perspective. I think it's important to have a sense of history when you have problems; it helps you understand why you are where you are. I also think it's good to see how those early immigrants coped with scarce materials and high prices--some of the same problems that face farm families today."

For her research, Betsinger studied more than 25 Danish immigrant homes in and around Tyler and Lake Benton. Lincoln County was the destination of many Danish immigrants from 1885 to World War I, and many brought aspects of their material culture to their new homeland.

In the exhibition, that material culture transfer is documented by photos and artifacts. While Betsinger found that external Danish design elements of immigrant homes tended to become obliterated as the homes were enlarged and "improved," many design traditions persist in the interiors to this day. Such things as the use of embroidered cloths and wall hangings, the way pictures are hung, the use of pattern, even the A-shaped shelving or Amagerhylder seen in Lincoln County homes today are typically Danish.

A 64-page show catalogue is available for \$5 from the Goldstein Gallery, 250 McNeal Hall, University of Minnesota, St. Paul, MN 55108.

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BSS,CEO,1,4,7,G

NHEC1170

MCC
3/6/86

March 6, 1986

Source: Stanley Stevens
612/376-2936
Editor: Jack Sperbeck
612/373-0715

SOYBEAN MARKET IMPROVES SLIGHTLY

The long-term outlook for soybean prices is slightly less negative as a result of the latest USDA supply/demand report.

The USDA revised the 1985-86 soybean crop downward by 30 million bushels, says Stanley Stevens, economist with the University of Minnesota's Extension Service. USDA also adjusted soybean export projections up 25 percent over levels of a year ago.

The USDA is expected to eventually lower the soybean loan rate to the permitted \$4.77 level. "Only a minor adjustment to lower loan levels will be required for soybeans, compared to wheat or corn," says Stevens. The Commodity Credit Corporation (CCC) soybean inventory sales policy permits sales at 105 percent of the loan rate in effect plus reasonable carrying charges. CCC soybean inventory can come onto the market at moderately higher levels of around \$5.60 per bushel. If the soybean loan rate is lowered to \$4.77 on Sept. 1, 1986, these stocks will be available at about \$5.20 per bushel.

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

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For old crop soybeans, the best marketing strategy is probably to plan for forfeiture to the government. "If soybeans have not yet been sealed, they should be sealed soon," Stevens advises. "We have an improved export outlook and potentially tight-free stocks versus domestic crush requirements. That might cause prices to return briefly to a premium to the nine-month loan redemption price level, as was the case in January.

"If these modest premiums do return, they should represent a marketing opportunity. But the potential for substantially higher prices is limited by the availability of CCC inventory over the market at moderately higher levels," Stevens says.

"The outlook for new crop soybean prices is slightly better. There's about a one-third chance of a summer weather market. If it develops, soybeans should be more responsive than corn since soybean ending stocks projections are 27 percent, versus 50 percent for corn. Also watch improving soybean export statistics," he advises.

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BSS,CEO,1,4,F

NAGR1177

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

MSC
3/28/86

March 6, 1986

Source: Michael Boehlje
612/373-0945
Writer: Jack Sperbeck
612/373-0715

(Last in a series on the future of agriculture. You may wish to use this story during Agriculture Week--March 17-21).

"TELL PEOPLE ABOUT AGRICULTURE," ECONOMIST ADVISES

We have a unique opportunity to tell people about the strengths of agriculture. And it's essential that we use it.

So says Mike Boehlje, economist with the University of Minnesota's Extension Service. "Those of us in agriculture should take advantage of news media interest in farm issues to discuss the opportunities as well as contributions of agriculture," he says. Boehlje is also head of the university's Department of Agricultural and Applied Economics.

Agriculture has contributed significantly to the economic and social well-being of the United States. When farmers receive a fair return on their investments, they add to the wealth of national, state and local economies.

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

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Farmers assure a safe and dependable food supply. They also generate jobs. Nationally, one of every five jobs in the United States is linked to agriculture, even though farmers represent less than 3 percent of the U.S. population.

A number of major business firms get a large portion of their revenue from farmer purchases of inputs and the resulting sale and processing of raw food and fiber products.

Countless communities depend on farmers and the firms that buy and sell to farmers because of the workers they hire, as well as their contributions to the local and state economies and tax bases. And agriculture has contributed significantly to the balance of trade through large net exports.

"Our response to news media questions should not dwell exclusively on the problems and how bad things are. We should discuss the adjustments needed in agriculture, the benefits of an orderly adjustment process and the 'new industry' that will emerge," Boehlje says.

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AEA,CEO,IAC,1,4,6

NAGR1181

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

MDC
GASP

March 6, 1986

Source: John True
612/373-0764
Editor: Mary Kay O'Hearn
612/373-1786

BE A SAFETY CONSCIOUS GRANDPARENT

Anyone who is a grandparent should remember this statistic from the U.S. Consumer Products Safety Commission in Washington, D.C., says John True of the University of Minnesota's Extension Service safety committee.

"Thirty-six percent of the accidental childhood ingestions related to a prescription vial involved a grandparent's medication." This startling fact turned up in a recent study done by the U.S. Consumer Product Safety Commission (CPSC) in association with the Poison Information Center at the Children's Hospital, Birmingham, Alabama. It ties in well with the 25th observance of National Poison Prevention Week, March 16-22, 1986.

Grandparents need to realize that their medicines are attractive to children and keep close watch both when they are visiting the children's home or the children are visiting their home.

Said the study, grandparents often have non-child-resistant prescription vials or loose pills on tables, kitchen counters or in purses or pockets. And it follows that children are great

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

imitators, they want to do what the grownups do--so it's natural they would want to try the pills they see others taking.

To prevent these tragedies, the CPSC has the following suggestions:

- . Parents and grandparents must keep medicines out of the reach and out of the sight of grandchildren.

- . Grandparents should use child-resistant vials if they are able to, at least whenever children are around. It is true that child-resistant closures are inconvenient to use, but saving a child's life is worth the inconvenience.

CPSC was begun in 1973 and since then an estimated 325 million potentially hazardous products have been called back from the marketplace. Most were voluntarily recalled by manufacturers who established programs to repair or replace the products or refund the purchase price.

Minnesota Poison Control System can be reached in the Twin Cities area by phoning 612/221-2113. Outside the Twin Cities the toll-free 800 number is 1-800-222-1222.

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CEO,4,E

NAGR1184

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 13, 1986

Source: Ron Pitzer
612/376-3851
Editor: Mary Kay O'Hearn
612/373-1786

PROGRAM CHILD'S PROTECTION

A child's caregiver (parents and others) needs to learn quickly how to keep poisonous substances far from the child's reach (often this means under lock and key).

"What to and not to do must be geared to the child's age," says Ron Pitzer, family life specialist with the University of Minnesota's Extension Service. His information is based on the Minnesota Poison Control Center's preparations for Poison Prevention Week, March 16-22.

When the child is newborn to six months old, before the crawling stage, take an inventory to decide what is dangerous in the household. This is the time to discard all old medicines and poisons. Put up and lock up any dangerous products and medications that must be kept. Locks are available in stores or call the Minnesota Poison Control Center (the statewide toll free number is 1-800-222-1222) for recommendations.

Remove any house or outdoor plants that are known to be poisonous. Purchase a one-ounce bottle of syrup of ipecac from a pharmacy for each child in the household. It is the safest, most

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effective substance to induce vomiting, but use it only on the advice of the poison control center, hospital emergency room or your physician, Pitzer says.

At six months to a year old, the child will be moving around, self-propelled. This is a learning, exploring, touching, tasting, feeling, imitating time. The caregiver needs to reconsider what should be put up, locked up or discarded (this includes the plants referred to earlier). It's smart to get down on all fours and crawl around the room yourself to see what is at the child's eye level. Keep tabs on the child when you are using drugs, cleaners, alcohol-containing products and beverages, pesticides, paints and solvents.

As a one-year-old, the child is highly mobile, opening things, rearranging things to climb. It is a time of trying to practice independence yet not really knowing how to handle it. "No" and "mine" are two favorite words and there is antisocial behavior. Pitzer says the caregiver should anticipate the child's behavior and take steps to childproof the home. Expect inconsistencies and surprises from the child together with these new physical achievements. Again, reconsider what needs to be thrown away, put up and locked up. The caregiver must NEVER assume the child understands the words "danger," "poison," "no"

or any similar warning, even when it is parroted back. Always remember that the caregiver has total responsibility for the child's safety.

From age 2 to 5, the child is walking, running, skipping, jumping, climbing, unfastening, unlocking, hiding things, enjoying fantasy and make-believe play--sometimes with real props. The ability to talk is way ahead of any judgment or decisionmaking skills.

"The child is still unable to understand the meaning of poison or its deadly consequences," Pitzer says.

The caregiver should remain cautious despite promises and assurances from the child and always assume that the child can get to anything wanted--by climbing, pushing, pulling or tugging.

The Minnesota Poison Control Center, open 24 hours, seven days a week, can be reached from the St. Paul area by phoning 221-2113 and from the Minneapolis area at 347-3141.

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CEO,G,4,7

NHEC1187

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 13, 1986

Source: Ron Pitzer
612/376-3851
Editor: Mary Kay O'Hearn
612/373-1786

COPYING ADULT BEHAVIOR CAN BE DANGEROUS FOR CHILDREN

Children are copycats; they love copying grown-ups--can't wait until they are grown-up themselves. What is important to you, their caregiver adult, becomes overly important to them.

During Poison Prevention Week, March 16-22, it's appropriate to think of how dangerous some of those copying activities might be, says Ron Pitzer, family life specialist with the University of Minnesota's Extension Service.

Children think you value cleanliness and pills when they see you cleaning house and swallowing pretty-colored medicines on a daily basis. "They think you do these things because you enjoy them and they want to enjoy them, too," Pitzer says. Because cleaning products and medicines seem important to grown-ups, there is something intriguing about them to young children. Many poisonings occur while the product is being used.

But young children can't make choices on use as an adult can. They don't know when it is and isn't appropriate to use a cleaning product or a medicine. They may attempt to attract

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grown-ups' attention by getting into the cleaning products or the medicines.

"Poison Prevention Week is a good time to take stock of how careful each of us is in keeping cleaning supplies and medicines away from young children," Pitzer says.

Always remember that the caregiver--whether parent, grandparent or babysitter--has total responsibility for the child's safety.

"If you suspect a poisoning has occurred, phone the Minnesota Poison Control Center," advises Pitzer. "The statewide toll-free number is 1-800-222-1222. From the St. Paul area, phone 221-2113, and from the Minneapolis area, 347-3141. The center, located at St. Paul-Ramsey Medical Center, is open 24 hours a day, seven days a week."

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CEO,G,4,7

NHEC1186

March 13, 1986

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

SNACKS AND KIDS CAN BE GOOD COMBINATION IF MIXED WISELY

Snacks have an undeserved reputation for being kids' meal-spoilers and waistline-thickeners, but a nutritionist with the University of Minnesota's Extension Service disputes that. Nutritionist Mary Darling says eating between meals is a good thing for growing children. They need the energy and their capacity is limited.

She cautions, however, "Continuous eating, eating on demand or high-calorie snacks that do not contain other nutrients can cause problems."

Darling suggests timing snacks carefully. A regular snack pattern helps small children adapt to the idea that food isn't available all day long. It encourages them to eat at mealtime because if they do not, a snack won't be available for some time.

"Poor eaters" who are coaxed to eat continually may actually take in fewer calories because they are never hungry enough to consume a significant quantity of nutritious food. Darling recommends trying to anticipate children's hunger by offering snacks before a child is famished. Once a child reaches that

Page 1 of 2

point, he or she may have only one food in mind and will reject alternatives.

Snacks can have drawbacks when it come to dental health, hoeever. Darling says that the more times sugary snacks are eaten, the more often bacteria in the mouth produce acid that can result in cavities. She particularly cautions against sticky, chewy sweets that stay in the mouth a long time. These do more damage than treats such as sweetened beverage that are swallowed quickly. However, even these can cause problems when consumed in excess. Young children and babies who continuously drink beverages from a bottle or cup can ruin their teeth in a condition known to dentists as "nursing bottle syndrome."

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CEO,H,Q,4,7

NHEC1194

March 13, 1986

Source: Joseph Warthesen
612/373-1049
Writer: Jennifer Obst
612/373-1527

UNIVERSITY OF MINNESOTA RESEARCHERS TRACK VITAMIN LOSS IN FOODS

Vitamin loss can be blamed on various culprits depending on the food and the vitamin in question, according to Joseph Warthesen, food scientist with the University of Minnesota's Agricultural Experiment Station. Riboflavin and vitamin A, for example, are very sensitive to light and can be lost in food storage, while thiamine is water soluble and can be lost in cooking.

Researchers have been studying exactly what happens to vitamins during storage and cooking, attempting to find strategies to avoid loss. Take milk, for example. Milk subjected to light can lose vitamin A and riboflavin. This loss takes place mainly during storage, both in the store and in the home. Lowering the display case lights in the store may help save vitamins. But some types of milk may be more susceptible to losing vitamins than others. "We've found that low-fat milk, which has vitamin A added, tends to lose vitamin A faster than whole milk, and we're trying to figure out why that may be so," Warthesen says. "We're studying 2 percent milk, too."

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

It could be that vitamins which are added to foods may have less "staying power" than naturally occurring vitamins. For example, pasta that has been enriched with thiamine seems to lose more thiamine in cooking compared to whole wheat pasta which is not enriched. "But the amount of thiamine in whole wheat products is lower, so the enrichment is designed to take into account a certain amount of loss," Warthesen points out. If you use less water, you lose less thiamine.

The water solubility of thiamine is also a consideration when cooking rice. There, however, the loss may not be permanent. "We found one of the first things that happens when rice is cooked is a large amount of thiamine is leached out of the rice into the water. Fortunately, when you cook rice, the water is absorbed back into the rice and it carries the thiamine with it," Warthesen says.

Researchers have also been looking at the effect of the kind of water used in cooking and have discovered the alkalinity of that water can affect thiamine's stability. "We found that there could be extensive destruction (of thiamine) out there in the water before the water is absorbed into the rice, if the water is too alkaline," Warthesen says.

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BSS,CEO,H,S,4,7

NHEC1155

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 13, 1986

Source: Barbara Koth
612/373-1093
Writer: Mary Kay O'Hearn
612/373-1786

RESORT OPERATORS TO HEAR INSURANCE CONCERNS AT MARCH SEMINAR

Climbing liability insurance rates for resort operations prompted the "Successful Marketing and the Insurance Crisis" theme of the annual Minnesota Resort Management Seminar, which will be March 23 and 24 at Quadra Mountain Resort, Hill City.

Speaking about the insurance crisis at 2 p.m. March 24, will be Shirley Brantingham, assistant general counsel of the Minnesota Association of Commerce and Industry, and Robert Provost, president of the Minnesota Insurance Information Center.

Sponsors of the seminar, which begins at 7:30 p.m. March 23, with resort operators swapping ideas informally, are the University of Minnesota's Extension Service, Small Business Development Center, Minnesota Resort Association and Minnesota Office of Tourism.

Successful marketing is the focus of the Monday morning program which begins at 8 a.m. Jerry Galas, executive vice president of the Grand Rapids Visitor and Convention Bureau and Mel Grossman, owner of Eagle Nest Resort, Nisswa, will discuss promotion strategies at the community level. Joe Egge, executive director, Minnesota Heartland, Brainerd, will talk about regional tourism marketing innovations and Hank Todd, assistant commissioner for tourism, Department of Energy and Economic Development, will describe the state's role in the

marketing picture. How to develop and implement a market plan for the individual resort will be addressed by Mark Ludlow, owner of Ludlow's Island Resort, Cook, and an adjunct professor in business studies at the University of Minnesota.

Luncheon emcee will be John Sem, extension program leader, Community Economic Development, St. Paul. The state's award-winning tourism movie, "Overtures," will be shown and Don Feeney, senior analyst for the State Planning Agency, will discuss Changing Times/Changing Markets.

Barbara Koth, assistant extension specialist, tourism development, St. Paul and Larry Simonson, extension specialist, tourist services, Grand Rapids, who are both with the Minnesota Extension Service, will highlight the newly published grounds management section of "Managing Small Resorts for Profit," an extension handbook. The emphasis will be on matching resort qualities to guests' needs, while developing a unique style and appeal.

Giving the resort association update before 4:45 p.m. adjournment Monday will be Arnold Hewes, executive vice president of the Minnesota Restaurant, Hotel and Resort Association, and Tom Newcome, staff attorney and chief lobbyist for the Minnesota Resort Association.

The \$12.50 registration fee (which includes lunch) is tax deductible. To make overnight lodging arrangements, call Quadna's toll free number, 1-800-662-5798. Advance reservations for the management seminar are not required.

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 20, 1986

Source: Mary Darling
612/376-4663
Writer: Deedee Nagy
612/373-1781

KIDS CAN HELP IN KITCHEN EVEN BEFORE THEY CAN READ RECIPES

Children usually enjoy "helping" with kitchen chores long before they are old enough to actually relieve the chef of many tasks. This shouldn't deter parents from letting them take on a few food preparation tasks, suggests Mary Darling, nutritionist with the University of Minnesota's Extension Service.

Besides helping pass the hungry pre-meal time, a few cooking duties may help children take an interest in new foods. Darling says the simplest tasks include tearing lettuce leaves for a salad, snapping beans, scrubbing potatoes and dipping food such as fish in bread crumbs or flour.

When children gain a little more coordination, they can help pour liquids and spread butter with a knife. Rolling cookie dough into balls and peeling eggs or bananas also require increasing dexterity, she adds.

When children are old enough to comprehend safe work habits, they can be taught how to handle knives as well as hot liquids and pans. With adult supervision, children can progress to such duties as slicing fruit, peeling carrots and grating cheese.

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CEO,H,Q,4,7

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NHEC1193

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news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 20, 1986

Source: Pat Borich
612/373-1223
Writer: Jack Sperbeck
612/373-0715

EXTENSION BUDGET CUTS WOULD HURT FARM FAMILIES, OTHERS

Programs for Minnesota farm families would be severely cut under the president's proposed budget cut of 59 percent for federal extension funding. "Never before have these programs for rural families been needed more," says Patrick J. Borich, dean and director of the University of Minnesota's Extension Service.

The proposed budget would cut about \$4.7 million in federal funding in Minnesota. It would eliminate more than 80 Minnesota extension staff positions in the state, Borich says.

In addition to the budget cut, the president has requested a change in legislative language to restrict use of federal extension funding "to assist farm operators." "This would be a catastrophic cut in terms of dollars and programs," Borich says.

"Our Project Support program has helped farm families address problems resulting from the farm crisis. The restrictive language of the proposal would severely weaken Project Support. It wouldn't allow us to continue to work with groups like farm families, youth, bankers and mental health professionals at the levels needed," he says.

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Project Support programs have given the Minnesota Extension Service more visibility. "As a result, we're getting more requests for all types of farm marketing, production and financial management information," says Matt Metz, acting program leader for agriculture in Minnesota's southeast extension district.

"In my 30-plus years with extension, I've never seen agents work harder," says Metz, who was a county agent in Wabasha County for many years. Many farmers who are not in serious financial trouble are concerned that county agents don't have enough time for them, Metz adds.

The president's proposed budget would eliminate food and nutrition programs for low-income homemakers and youth in 13 Minnesota counties--both urban and rural. "This education program is cost effective. It's a positive way to help low income people improve their diets and self image, and ultimately to break the welfare cycle," Borich says.

The proposed budget would also cut targeted programs such as pest management, pesticide application training, farm safety, rural community economic development, natural resources and Sea Grant extension activities along the Lake Superior shore.

"If the proposed budget is enacted, it will severely cut our efforts in home economics, youth development, community development and natural resource management," Borich says.

"These restrictions would drastically weaken our program. They would not help us serve production agriculture or farm families."

Less than 28 percent of the budget for the Minnesota Extension Service comes from federal dollars. In 1966, the figure was 49 percent. State, county and private funds have picked up the difference.

"We've increased the private share of our funding from just under 1 percent in 1966 to over 13 percent in 1986. We're making progress, but it's not realistic to believe the nonfederal partners in Minnesota Extension can make up \$5 million in one year," Borich says.

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AEA,BSS,CEO,IAC,1,4

NEXT1245

March 20, 1986

Source: John True
612/373-0764
Editor: Mary Kay O'Hearn
612/373-1786

DUST OFF YOUR ATV SAFETY TRAINING

Finding the ATV (all terrain vehicle) under a few layers of winter dust and taking off on it could be in your spring weekend plans.

Remember these three- and four-wheelers are not toys--heavy use is made of them as recreational vehicles and accidents do happen, cautions John True of the University of Minnesota's Extension Service Safety Committee.

Training is required for youngsters ages 12 and 13 to operate ATVs on public land and the Department of Natural Resources provides this training (write to the department at Box 40, 400 Lafayette Rd., St. Paul, MN 55146 for information). Strict rules and regulations govern where adults can and can't operate an ATV. To save headaches and possible fines, True suggests getting this information together before putting your ATV in operation this spring.

The Minnesota Safety Council reports nearly half of the ATV fatalities are among those not yet 16 years old and half of these are not yet 12.

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CEO,1,4,7

Page 1 of 1

NAGR1239

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

March 20, 1986

Source: Wayne Carlson
612/373-1083

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

MARKETING CURRICULUM HELPS FARMERS DEAL WITH RISK MANAGEMENT

An agricultural marketing curriculum to help farmers deal with risk management in agricultural commodities has become reality due to cooperation between the University of Minnesota's Extension Service and Farm Credit Services (FCS).

Wayne E. Carlson, who took a three-month leave from his job with extension's 4-H Youth Development program last year to help develop this educational package, says it is an expansion of a successful agricultural marketing program piloted by 10 FCS associations in North Dakota, Michigan, Wisconsin, Kentucky and Minnesota in 1984. Carlson moved his office to downtown St. Paul and FCS Seventh District headquarters during his three-month leave last year.

Materials developed draw on agricultural experts from throughout the nation. The outcome is fifteen 30- to 40-minute videotapes, three notebooks of workshops and related exercises (one each for facilitators, loan officers and member borrowers/farmers) plus a promotional videotape and brochure for farmers.

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

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Ken Egertson, Minnesota extension economist in agricultural marketing, is featured on one of the tapes, entitled "A Marketing Strategy on Livestock," which is based on a marketing management system developed with colleagues Paul Hasbargen and Earl Fuller.

The challenge was to complete the project in time to train 20 facilitators from a dozen FCS districts in the U.S., meeting at the Chicago Mercantile Exchange in midsummer. The plan called for these 20 to train 20 loan officers who would in turn reach 50 farmers for a total of 20,000 producers.

Midway through the project it was discovered that extension specialists in the North Central region were considering a similar series of video instructions. A meeting with them in Chicago in early May 1985, to preview the FCS package, became the start of a cooperative relationship: loan officers, FCS personnel and extension agents working together on a common problem.

By this April, 50 extension agents in Minnesota will have been trained in use of the materials so that they, in turn, can train loan officers or producers locally. For information on where training can be obtained, Egertson suggests contacting a county extension office.

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1,4

NAGR1158

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 20, 1986

Source: Barbara Koth
612/373-1093
Writer: Mary Kay O'Hearn
612/373-1786

KNOW YOUR COMMUNITY THROUGH TOURISM WORKSHOPS

If a visitor to your main street stopped to ask, "Where's a good place to eat?" would you point them 20 miles up or down the pike to a restaurant in another city?

The sponsors of Community Tourism Development Workshops that will be conducted in 15 Minnesota communities during April and May hope that wouldn't be your response. They want you to know your community well enough (at least after attending a workshop) to make a recommendation in your hometown.

Workshop sponsors are the University of Minnesota's Extension Service and Small Business Development Center, the Minnesota Office of Tourism and local chambers of commerce or visitor convention bureaus.

In most locations, a 2-to-5 p.m. workshop will be repeated from 7 until 10 p.m. (except where noted): April 1, Benson (evening session only); April 2, Waseca; April 7, Taylors Falls; April 8, Lindstrom; April 10, Grand Marais (afternoon session only); April 14, Worthington; April 15, Albert Lea; April 16, Blue Earth; April 21, Sandstone/Hinckley; April 22, Moose Lake;

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April 23, Aitkin; April 28, Southeast Minnesota Historic Bluff Country, Caledonia; May 1, Grand Rapids (evening session only); May 7, Two Harbors; and May 8, Silver Bay.

At each location, a panel of local residents will exchange experiences and ideas on tourism around the theme "to be a better salesperson, know your community."

Larry Simonson and Barbara Koth of the Minnesota Extension Service will open each workshop by talking about ways to develop and manage community tourism. Hospitality consultant Jane Preston will discuss the art of hospitality as she has those attending "slip into the shoes of tourists" to look at the subject from a different perspective. A representative of the Minnesota Office of Tourism will present the state's role in tourism.

For more information on attending the Swift, Chisago, Cook, Pine, Aitkin and Itasca county workshops, contact the local extension office. In Waseca, Worthington, Blue Earth, Caledonia, Moose Lake, Two Harbors and Silver Bay, contact the chamber of commerce and in Albert Lea, contact the visitor convention bureau.

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CEO,1,4

NCRD1237

March 20, 1986

Source: Marlene J. Forbes
612/373-1083
Writer: Hank Drews
612/373-1250

STEVENS, RENVILLE COUNTIES WIN HONORS IN 4-H CONSERVATION, SAFETY

Two Minnesota counties--Stevens and Renville--have won national honors for their outstanding 4-H conservation of natural resources and safety programs.

Stevens County was awarded \$50 by John Deere Foundation for achievements in the 4-H conservation of natural resources program. Renville County received a share of General Motors stock from the General Motors Foundation to honor the county's safety projects.

The cash awards will be used to further conservation and safety activities among 4-H members.

Fifty-four counties nationwide gained recognition this year in awards programs arranged by National 4-H Council. Winners were selected by the Cooperative Extension Service of the state land-grant universities and the U.S. Department of Agriculture.

The winning Stevens County program had members give demonstrations about planting trees, raising and protecting

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pheasants to increase their population, and many other conservation topics. They handed out bulletins to township members on soil conservation practices and had a scavenger hunt at their local wildlife park.

The winning Renville County safety program trained members to teach safety, write safety slogans for the local newspaper, and make and distribute posters on the subject. As the members became more safety-conscious, they participated in snowmobile, firearm, swimming, babysitting and motorcycle safety training sessions.

The 4-H conservation program is designed to encourage an understanding of effective citizenship in conserving resources today and in the future, and of application of appropriate scientific practices in conservation

The 4-H safety program is designed to teach young people how to reduce accidents and injuries through recognition and correction of hazards.

The National 4-H Council is a not-for-profit educational organization that uses private resources to help expand and strengthen the 4-H program.

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CEO,Q,1,4

N4-H1201

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 20, 1986

Source: George Rehm
612/373-1060
Writer: Jack Sperbeck
612/373-0715

SOIL TESTING IS THE FIRST STEP

Wet weather last fall meant that many Minnesota farmers didn't have time to collect soil samples. "If this was the case with you, don't ignore this important task this spring," advises George Rehm, soils specialist with the University of Minnesota's Extension Service.

"Soil testing has never been more important than it is this year," Rehm says. "Those who guess on the amount of fertilizer to use could be making an expensive mistake. There's no substitute for a soil test when it's time to decide on the amount of fertilizer to use for 1986," he says.

A soil test is important in two ways. The results of the laboratory analysis identify the nutrients that are needed as well as those that are not required. And, the results provide a basis for making a fertilizer recommendation to match a yield goal for any crop.

Fertilizer recommendations from the University of Minnesota have been revised, Rehm says. They give the grower specific suggestions for either broadcast or starter applications for

Page 1 of 2

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

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corn, and broadcast or row applied fertilizer for small grains. These new recommendations are available at county extension offices.

County extension offices also have boxes for samples and sampling instructions for use this spring. "Farmers who are looking for a way to keep costs down without hurting yields shouldn't ignore soil testing as a management tool. It's the all-important first step," Rehm says.

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CEO,BSS,F,1,4

NAGR1246

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 20, 1986

Source: Kenneth Bailey
612/376-2936
Writer: Jack Sperbeck
612/373-0715

FARM INCOME TO STAY AT '84-85 LEVELS UNDER FARM BILL

The new farm bill will result in farm income remaining at 1984 and 1985 levels. But crop prices should start to rebound in 1988 as foreign countries adjust to lower U.S. prices and demands for farm exports increase.

That's the conclusion of a new study by researchers with the University of Minnesota's Agricultural Experiment Station. The projections are based on existing trends in the national and world economy, agricultural economists Kenneth Bailey, Vincent Byron and James Houck wrote in the report.

The new farm bill marks a significant departure from previous legislation as loan rates are given greater downward flexibility in an attempt to make U.S. commodities more competitive overseas, the report says. The lower loan rates combined with frozen target prices will result in greater deficiency payments, which are expected to help producers adjust during the transition to lower crop prices.

This producer income protection has a significant cost to the federal government. The larger deficiency payments combined with greater participation in the farm programs will result in more federal budget costs.

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

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Minnesota farm crop prices are projected to fall significantly in the coming crop year and will remain at low levels until they start to rebound in 1988.

The study projects these season average-per-bushel farm prices for the 1986 crop year: corn, \$1.87; soybeans, \$4.80; and wheat, \$2.63.

Acres planted to corn and wheat in Minnesota are expected to fall in 1986 in response to increased participation in the farm program and greater set-asides. Soybean acres were projected to remain fairly stable through 1988.

Estimates had cattle prices rising to \$48.74 in 1986 with pork prices falling to \$41.14.

The combination of lower farm prices, more set-aside acres, normal yields and larger government payments will result in a 2.2 percent reduction in Minnesota's realized net farm income from 1985 to 1986. "But there's a good chance yields could be higher, which would raise farm income. We used average yields in the projection, not the higher yields that many Minnesota farmers had last year," Bailey says.

The projected reduction in farm income assumes a \$339 million reduction in Minnesota farm marketing receipts in 1986, moderated by a \$176 million increase in direct government payments to Minnesota farmers. "Our analysis suggests the new farm bill will not fully support income in Minnesota's crop sector at 1985 levels, but will only moderate any reductions in farm marketing receipts," Bailey says.

Gross revenue for the crop sector will probably fall due to the '85 farm bill. But crop production expenses are also expected to be lower than last year in response to higher set-aside acres, Bailey says.

The government program will probably have a higher level of farmer participation in 1986 than in previous years due to lower projected market prices for wheat and feed grains. "The resulting deficiency payments make non-participation a more risky decision than before since forecasted returns are significantly lower than returns for participating farmers," the report says.

"Based on these projections, we can say that the 1985 farm bill will be essential in helping Minnesota farmers adjust to a new environment of lower farm prices. There's some light at the end of the tunnel for hard pressed farmers. But it won't come until 1988 unless something drastic happens in the world market," Bailey says.

In the study, the economists linked Minnesota's farm economy to a national model of the U.S. farm economy. The national model is managed by the Food and Agricultural Policy Research Institute (FAPRI) located at the University of Missouri and Iowa State University.

Limited copies of the report, "The Food Security Act of 1985: Implications for Minnesota's Farm Economy," are available from the Department of Agricultural and Applied Economics, University of Minnesota, St. Paul, Minn. 55108.

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March 20, 1986

Source: Richard J. Sauer
612/373-0734
Writer: Jack Sperbeck
612/373-0715

AGRICULTURAL RESEARCH HURT BY BUDGET CUTS

Pseudorabies can devastate a swine herd. And nitrate pollution of groundwater is a serious concern in parts of Minnesota. The two were slated for top-priority research projects through the University of Minnesota's Agricultural Experiment Station. But the combination of state and federal budget cuts means they can't be funded.

Total cuts from the Gramm-Rudman deficit reduction law will be close to \$200,000 in fiscal year 1986, according to Richard J. Sauer, director of the experiment station and vice president for the Institute of Agriculture, Forestry, and Home Economics at the university. Cuts will be even higher in fiscal year 1987. Sauer says the "most crippling" cuts in the 1987 budget are proposed for animal health research. "Some research projects that are very important to the livestock industry are proposed for elimination," he says.

The cuts would hurt hard-pressed farmers first. PigCHAMP and DairyCHAMP are new health care delivery systems for hog and dairy farmers. "These are top-priority programs that can help farmers,

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

but funding is threatened," says Tom Fletcher, acting associate dean of the University of Minnesota's College of Veterinary Medicine. And in the longer run, budget cuts mean that "we aren't protecting our livestock industry against the potential for serious disease outbreaks," Fletcher says. Federal funding for animal disease research in Minnesota is about \$322,000 yearly.

"We can't turn research on and off like a faucet," Fletcher says. "The research is technical and requires trained people. Once funding is cut back, it's hard to assemble the people you need to get started again."

Health maintenance for animals--like HMOs for people--is the direction that veterinary medicine needs to go, Fletcher says. The emphasis is on keeping the animals well instead of treating and controlling diseases. PigCHAMP and DairyCHAMP are examples, but current funding runs out June 30, 1986. Fletcher says their continued funding is uncertain.

"One serious disease outbreak would cost a lot more than what's supposedly being 'saved' with these budget cuts. And the federal government should be involved in supporting animal health research," Fletcher says. "Diseases don't stop at state lines. We can have one state with a large commitment to animal health disease. The neighboring state may be doing nothing, yet the

disease can start there and spread into the state that has spent money to control the disease."

Several other research projects will be cancelled or delayed unless the federal budget situation changes, Sauer says.

"Groundwater contamination is emerging as a large issue for agriculture in parts of Minnesota. A new research project on groundwater will be delayed due to a combination of cuts in state funding and Gramm-Rudman."

Federal funding for forestry research through the experiment station is scheduled to be cut about \$25,000 this year, according to Richard Skok, dean of the university's College of Forestry. Projects cut include remote sensing, recreation and resource management, and a pulp-paper project.

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AEA,BSS,CEO,D,F,IAC,P,S,1,4

NAGR1244

March 27, 1986

Source: Curt Overdahl
612/373-1060
Writer: Jack Sperbeck
612/373-0715

FARMERS CAN REDUCE NITRATE CONTAMINATION OF GROUNDWATER

Farmers in areas of Minnesota where nitrate contamination of groundwater is a possibility can take action to reduce or eliminate the problem.

Soil scientists with the University of Minnesota Extension Service offer these recommendations:

- Avoid excessive additions of nitrogen to the soil.
- Where it's appropriate, use proper soil nitrate testing procedures to establish how much nitrogen is in the soil. In the absence of a test, cropping histories help.
- On course or sandy soils, use split applications of nitrogen.
- Use nitrification inhibitors to reduce rate of conversion from ammonium to nitrate.
- Give proper credit to manure applications, nitrogen supplied by legumes and the previous crop when deciding how much nitrogen to apply.

"We don't want to spread alarm in areas of the state where nitrate contamination of groundwaters is not a problem," says Curt Overdahl, extension soils specialist with the university. Southeastern Minnesota has many aquifers susceptible to

contamination from sources such as surface runoff, domestic sewage and industrial wastes. Nitrates are found in some southeastern Minnesota wells due to geological conditions, even where wells are deep. This permits direct flow of nitrates to the aquifer.

"In southeast Minnesota, a special effort should be made to reduce possible nitrate contamination," Overdahl says. In addition to the above recommendations, intensive soil conservation efforts might include contouring of row crops, conservation tillage and special crops monitoring for nitrogen status. Crop monitoring can include a spring nitrate soil test (to a 2-foot depth), followed by a plant analysis during the growing season.

Nitrates are also high in wells of sandy-textured areas where aquifers and farm wells are shallow. Wadena and Crow Wing counties are examples.

"But in most areas of the state where wells are deeper than 200 feet, nitrate contamination is not a problem," Overdahl says. More information is available in the publication "Nitrogen Fertilization and Possible Relationships to Groundwater." It's available at county extension offices in Minnesota. Or, write to the Distribution Center, 3 Coffey Hall, University of Minnesota, St. Paul, Minn. 55108. Single copies are \$2 (Minnesota residents, add 6% sales tax). Ask for item AG-FO-2734 and make your check payable to the University of Minnesota.

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news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 27, 1986

Source: Mary Darling
612/376-4663
Writer: Deedee Nagy
612/373-1781

SNACKS NEEDN'T BE VILLAINS IF YOU SELECT THEM CAREFULLY

Snacks seem to be here to stay. A recent U.S. Department of Agriculture study of children's eating habits revealed that 83 percent of the children surveyed had eaten one or more snacks on the day of the survey. This is an increase from the 77 percent who had snacked when the survey was done initially in 1977. The children surveyed in 1985 obtained from 9 to 22 percent of their food energy (calories) and nutrients from snacks.

Mary Darling, nutritionist with the University of Minnesota's Extension Service, defends snacking for young children, but she thinks that snacks should contribute to good nutrition.

"Snacks that contain carbohydrates (fruit or fruit juice, vegetables or plain bread) will satisfy immediate hunger, but not for long," Darling says. "Such foods are useful if it will be mealtime soon. If you want a snack to have more 'stick-to-the-ribs' power, combine the carbohydrate snack with milk, cheese or other protein foods to make a more substantial snack."

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Here are some of the snacks on Darling's list of nutritious between-meal treats:

Fruits--Unsweetened fruit juices; wedges or sections of apples, pears, melon, citrus or other seasonal fruits; fresh or water-pack pineapple pieces; grapes; berries; and raisins or pitted prunes.

Vegetables--"Coins" made from carrots, cucumbers or zucchini; raw potato cubes; green pepper rings; raw broccoli or cauliflower; and celery ribs cut into small pieces.

Bread and cereals--Ready-to-eat cereal or crackers that are low in sugar, fat and salt; whole grain or enriched white breads or muffins; small cookies made with oatmeal, molasses or peanut butter. Plain popcorn, nuts and edible seeds are a good snack, but Darling cautions against giving these foods to young children who may choke on them.

Milk and cheese--Milk; plain yogurt; cheese cut in cubes, sticks, slices or small balls; cottage cheese.

Other protein foods--Sliced or cubed lean meat, hard-cooked eggs and peanut butter.

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CEO,H,Q,4,7

NHEC1195

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 27, 1986

Source: Elmer Schmidt
612/376-4319

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

SHIITAKE MUSHROOM PRODUCES WELL IN U OF M EXPERIMENTS

So far, the only success stories about growing the gourmet shiitake (pronounced she-tah-key) mushroom commercially in the United States have come from the East and West Coasts.

But the University of Minnesota Department of Forest Products, in reporting its first successful crops in 1984 and 1985 on bur and red oak logs incubated outdoors, is encouraged that the Midwest may tap into that market. There was 100 percent production on the 200 logs placed in the log yard of Kaufert Laboratory on the university's St. Paul campus. Seven to 25 mushrooms were counted per log, according to Elmer Schmidt, forest products researcher. After dime-size holes were drilled in the logs, each was inoculated with birch plugs overgrown by shiitake spawn.

Currently the university's Agricultural Experiment Station (through forest products researchers) is collaborating with the Itasca Development Corporation in Grand Rapids, Minn., to determine whether shiitake could become a commercial crop in

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Minnesota. It is examining which Minnesota hardwoods will successfully produce mushrooms, which strains or varieties of the fungus work in this climate, and the conditions required to operate a controlled environment greenhouse for year-round mushroom production. Crop production on the logs outdoors on the St. Paul campus is concentrated from August through October, Schmidt says.

Shiitake, a black forest mushroom, will fruit only after the fungus has thoroughly colonized a log. This takes up to two years. Schmidt emphasizes that it takes four or five growing seasons to see the total crop and to determine whether it is a cost-efficient operation.

Shiitake, the world's second major cultivated mushroom, is a billion-dollar industry in Japan and much of that crop is exported. In the Twin Cities metro area, shiitake command \$11 a pound fresh and \$2 an ounce dried. Schmidt says Japanese research has confirmed the mushroom's ability to reduce blood cholesterol and recognizes that it has anti-tumor properties. Chefs who specialize in oriental, French and Italian cuisine are said to favor the shiitake for its robust, meat-like flavor.

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BSS,CEO,H,S,T,1,4

NCRD1159

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 27, 1986

Source: Joan Nassauer
612/373-1296
Writer: Sam Brungardt
612/376-8182

RESEARCHER AIMS TO DEFINE RURAL BEAUTY AND ITS WORTH

What do you feel when you look out your living room window and find that a favorite grove of oaks has been bulldozed to make room for new homes? When you go for a drive in the country and see new mobile homes along the once quiet road? When you discover that a plant and parking lot have sprung up where a strip-cropped field once followed the contour of a hill?

You may feel that something intangible yet valuable has been lost.

Trying to define what makes rural landscapes attractive and desirable is the aim of research being conducted by University of Minnesota landscape architect Joan Nassauer for the university's Agricultural Experiment Station.

She says, "We will conduct in-depth interviews with at least 35 farmers around Rochester to identify those elements of the landscape that they find attractive and beautiful. We'll also do a computer-based assessment of rural landscape quality, mapping the entire county. In both cases, we'll be trying to identify

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the landscape elements--for example, woodlands, farmsteads, the way the land is cropped--that make the landscape pleasing."

Nassauer's objective is to find ways to accommodate the development that is intruding on farmlands surrounding Minnesota's growing cities without threatening the aesthetics and agricultural productivity that contribute so much to the quality of life. She says her research will allow local planning boards to make land use decisions that will ensure that new development is compatible with, not destructive to, the rural beauty so many Minnesotans enjoy.

Nassauer has conducted similar studies in Washington County, Minn., and in Iowa, Illinois and Louisiana.

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BSS,CEO,1,4,7

NEXP1254

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

March 27, 1986

Source: Bill Larson
612/373-1063
Writer: John Colmey
612/376-9689

LEGISLATURE APPROVES \$250,000 FOR WATER QUALITY RESEARCH

The Minnesota legislature has approved \$250,000 for the University of Minnesota's Agricultural Experiment Station to begin research into the connection between water quality and agricultural chemical use.

According to Bill Larson, head of the Soil Science Department at the university, the greatest use of agricultural chemicals occurs in the form of nitrogen, phosphorus and potassium fertilizers with 900, 600 and 500 million pounds of each applied annually in Minnesota.

Potentially even more dangerous is the amount of pesticide used. "In 1983, for example, over 90 percent of our row crops and over 50 percent of our small grains were treated with pesticides; this amounted to nearly a million pounds of insecticides and 20 million pounds of herbicides applied directly to the soil. With those kinds of numbers," says Larson, "the potential for transport into ground and surface waters is tremendous."

Ground water seepage, a concern throughout Minnesota, may be most serious in the loess soils of southeastern Minnesota, where sinkholes

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coarse-textured soils of central Minnesota, where heavy fertilizer use (required on poor-retention sandy soils) combines with irrigation to accentuate water movement into underground resources.

While the university's College of Agriculture has amassed considerable information on management practices for minimizing chemical movement into waters, Larson says that only very recently has the technical capability existed to monitor this movement and determine the extent of contamination. Research funds would be used to develop the techniques to monitor seepage and contamination, to develop research field sites in southeastern and central Minnesota, and to further educate farmers in efficient agricultural chemical use.

Larson believes the use of chemicals in agriculture to be critical to economic production, but thinks it necessary to develop safe and effective management practices. "We need agricultural chemicals but could manage them more effectively than we are now," he says.

Larson says the funding amount is a small price to pay to ensure the continued high quality of Minnesota waters. "Due to quantities and toxicities of some of these chemicals, water contamination could have serious consequences for Minnesota's wildlife, tourism industry and agricultural productivity."

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BSS,CEO,C,1,4

NEXP1252

April 1, 1986

Source: Tom Zurcher
612/373-1083
Writer: Hank Drews
612/373-1250

DUNHAM GETS LEADERSHIP AWARD FROM STATE LIVESTOCK ASSOCIATION

David Dunham of Route 1, Pelican Rapids has been responsible for some outstanding 4-H youth development in West Otter Tail County and the Minnesota Livestock Breeder's Association decided to recognize it. They recently awarded Dunham their Outstanding 4-H Animal Science Project Leadership Award for his work in the Northwest district of Minnesota.

Dunham has served as 4-H General Livestock Judging Team coach for more than five years. He has long been active on county 4-H and county fair livestock committees. Dunham has also served on the State 4-H General Livestock Judging Contest Committee for the past two years. Dunham and other volunteers are greatly valued by the Minnesota Extension Service for their work.

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2,4,6,Q

N4-H1277

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news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

April 3, 1986

Source: Mary Darling
612/376-4663
Writer: Deedee Nagy
612/373-1781

STUDY SHOWS SNACKS ARE BECOMING FOURTH 'MEAL' OF THE DAY

For many of us, the old idea of "three square meals a day" has now expanded to include at least one snack. A study of women's and children's eating habits conducted in 1985 showed that eating four times a day was more common than it had been about eight years ago. Three-fourths of women and more than 80 percent of children identified at least one of their times to eat as a "snack."

Mary Darling, nutritionist with the University of Minnesota's Extension Service, says that figures like these should make most families concerned about the kinds of foods they offer for snacks. "Many standard snack foods -- chips, cookies, sodas, candy bars -- are high in sugar, sodium and fat for the nutrients they provide."

She adds that the study, conducted by the U.S. Department of Agriculture, showed that children got from 9 to 22 percent of their food energy and nutrients from snacks in 1985 compared to a range of from 6 to 16 percent in 1977. Also on the increase was the percentage of women and children who ate at least part of their food away from home each day. In 1985, food away from home

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provided about 25 percent of daily nutrients for women and 15 percent for children.

Darling says that if a snack is going to be a fourth "meal" of the day, it should contribute nutrients to the diet. "So select snacks that are protein foods, milk products, whole grain or enriched grains and cereals, fruits and vegetables while staying fairly light on fats, sugar and alcohol," she advises.

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1,G,H,Q

NHEC1269

April 3, 1986

Source: Mary Darling
612/376-4663
Writer: Deedee Nagy
612/373-1781

WHAT WE'RE EATING IS CHANGING -- SOME FOR THE GOOD, SOME NOT

The eating habits of American women and children have changed noticeably in the past eight years, and that can be viewed as a mixture of both good and bad news, according to Mary Darling, nutritionist with the University of Minnesota's Extension Service.

Citing a 1985 U.S. Department of Agriculture study of women's and children's eating habits as compared to 1977, Darling notes that calorie intakes as well as intakes of nearly all vitamins and minerals are as high or higher now than they were eight years ago.

Both women and children reported eating less fresh beef and pork in 1985. Darling notes, "For women, some of this was offset by increased consumption of such meat mixtures as stews, casseroles and sandwich meats. However, this may contribute to higher sodium and fat intakes than are ideal."

For both women and children, total milk consumption dropped. Darling comments, "This trend is a concern in light of the fact that the calcium in milk is needed for increased bone density, a long-term investment in preventing osteoporosis in the years

ahead." Drinking lowfat or skim milk rather than whole milk jumped by 60 percent over 1977's levels. Darling also notes nearly a 30 percent reduction in egg consumption between the two studies.

Vegetable consumption also dropped slightly, but the intake of grain products increased significantly for both women and children. Especially large were increases for such pasta or bread items as macaroni and cheese, pizza and spaghetti with meat sauce. "This may reflect a desire to economize as well as a need for convenient, ready-to-eat foods in homes with employed parents," Darling concludes.

In 1985, about half of the women surveyed reported drinking carbonated soft drinks. This was an increase over 1977. The greatest increase came in the consumption of low-calorie drinks.

About 60 percent of both women and children in the study reported using some type of vitamin or mineral supplement regularly or occasionally. This is also an increase over 1977 when 39 percent of women and 47 percent of children used them.

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1,A,D,G,H,N,Q,S

NHEC1268

April 3, 1986

Source: Charles Christians
612/373-1166
Writer: Jack Sperbeck
612/373-0715

YEARLING BEEF BULLS A GOOD INVESTMENT

There have been more yearling beef bulls used in Minnesota's beef cow herds the last few years. One reason is that yearling bulls are available from on-farm performance programs and central test stations with performance data.

Yearling bulls usually cost less than older bulls. And, they have not been exposed to reproductive diseases like "used" bulls have. Selecting herd sires on visual appraisal without performance data is a thing of the past, says Charles Christians, animal scientist with the University of Minnesota's Extension Service.

"Beef producers realize the impact a sire has on growth of calves produced, calving ease and value of replacement heifers," Christians says. Using central test station and on-farm records helps you predict the genetic breeding merit of yearling bulls. Genetic improvement is faster with regular, systematic use of performance tested yearling bulls.

Here are some management tips for yearling bulls. Choose yearling bulls that are at least 14 months old and weigh at least 1,000 pounds before breeding. "These bulls are still growing and

should be conditioned for the breeding season," Christians says.

Don't place the bull directly with open cows or heifers after purchase. Place him in an acre lot so he can exercise his muscles, condition his feet and remove excess fat. Sex drive will be enhanced if this lot is near or in sight of a female herd.

If you plan to pasture breed, feed him at least 10 pounds of grain per day while at pasture. Yearling bulls will lose weight and condition. A rotational system where bulls rest every two weeks will improve herd conception and breeding ability.

Yearling bulls should never be left with the cow herd over 60 to 90 days, Christians says. During this time, a well developed yearling bull should be able to service 20 to 25 females. Overuse can result in a reduced calving percentage, a longer calving season and damage to the bull.

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BSS,CEO,1,A

NAGR1276

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

April 3, 1986

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

START TOMATOES IN APRIL

Tomatoes transplant best when they are young, sturdy plants. To avoid tall, overgrown transplants, begin the germination process about six to eight weeks before you intend to move the seedlings into your garden, advises Deborah Brown, horticulturist with the University of Minnesota's Extension Service.

Brown says, "Start tomato seeds in fresh, sterile potting soil, using new containers. Old containers must be cleaned and disinfected by soaking them an hour in a solution of one part liquid chlorine bleach to nine parts water, then rinsing them carefully.

"You might get by placing the containers on a bright, sunny windowsill. It's a much better idea, though, to rig up some fluorescent lights 4 to 6 inches above the tiny seedlings. Keep the lights on 14 to 18 hours daily. Without lights, you're likely to get thin, spindly plants that are much slower to take off and grow once they're in the garden."

Brown says tomato seedlings can be fertilized sparingly weekly after the first true leaves appear. She recommends using a water-soluble fertilizer mixed one-fourth strength to avoid burning the seedlings. The fertilizer solution should be applied only to soil that is already slightly moist.

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1,4,7,I Page 1 of 1 NAGR1205
University of Minnesota, U.S. Department of Agriculture, and Minnesota Counties Cooperating

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

April 3, 1986

Source: Jim Luby
612/373-1149
Writer: Sam Brungardt
612/376-8182

U OF M INTRODUCES COLD-HARDY, JAPANESE-TYPE PLUM

Home gardeners and commercial fruit growers in Minnesota and other North-Central states will be interested in Alderman plum, a high-quality, cold-hardy plum, recently introduced by the University of Minnesota's Agricultural Experiment Station.

Says Jim Luby, horticultural scientist in charge of the station's fruit improvement program, "Alderman will thrive in cold climates where other high-quality, Japanese-type plums may suffer winter injury. Alderman fruited consistently and showed little winter injury at Excelsior, Minn. (near Minneapolis-St. Paul), from 1972 through 1983. Trees have also survived well in harsher climates at Morris and Grand Rapids, Minn. Laboratory freezing tests indicate that Alderman is as hardy as hardy, high-quality plums such as Superior and Underwood."

As a fresh fruit, Alderman is rated excellent, being notably sweeter than other cultivars commonly grown in the North-Central states. Alderman can also be used for preserves. Fruits are clingstone and oval to heart-shaped. The average size of the fruit, which ripens in mid-August in Minnesota, is 1-1/2 to 2 inches in diameter and 2 to 2-1/2 inches in length. The skin is burgundy red

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and smooth, with little or no bloom. The flesh, which is bright, golden yellow, is sweet, juicy and moderately soft. Brown rot and plum curculio have been noted as pests on Alderman fruit, but appear to be no more severe than with other cultivars and have been controlled with routine sprays.

Trees of Alderman are vigorous, reaching 12 to 15 feet in height at maturity. The growth habit is round-headed and spreading. Trees bear fruit as early as one year after planting. Alderman bears many white flowers, 1 to 1-1/2 inches in diameter, making it desirable as a landscape plant as well as for fruit production. To fruit successfully, Alderman requires cross pollination by a compatible cultivar such as Toka or South Dakota.

Alderman was named in honor of the 100th birthday in 1985 of Professor W. H. Alderman, who contributed much to horticultural science at the University of Minnesota. It originated from a cross Alderman made between Burbank and Older. It was tested as MN 416 at the university's experiment stations at Excelsior, Grand Rapids and Morris between 1945 and 1984, and is being propagated by nurseries under a royalty agreement with the Minnesota Nurseryman's Research Corporation.

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BSS,CEO,I,L,1,4

NAGR1265

April 3, 1986

Source: Jim Luby
612/373-1149
Emily Hoover
612/373-1024
Writer: Sam Brungardt
612/376-8182

NEW U OF M BLUEBERRY IS HARDY, HAS WILD BLUEBERRY FLAVOR

Northcountry is a hardy, half-high blueberry that is being introduced this spring by the University of Minnesota's Agricultural Experiment Station. The new cultivar is a sibling of Northsky, which the station introduced in 1983.

"Northcountry is similar to Northsky in many fruit characteristics, but the plants are larger and more productive," says Jim Luby, horticultural scientist who heads the station's fruit improvement program. "Because of this higher productivity, we're recommending it and Northblue (a half-high blueberry released earlier by the station) for commercial plantings and home gardens in northern regions of the United States and Canada."

Fruit of Northcountry are 1/2 inch in diameter, with an attractive, sky-blue bloom. The flavor of the fresh fruit, according to horticultural scientist Shirley Munson, who evaluates fruit quality of possible introductions for the experiment station, is sweet and mild, typical of the wild lowbush blueberry. In fact, Munson considers Northcountry the

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

best flavored of the half-high blueberries that the Minnesota station has released so far. Quality of the processed fruit is equal or superior to that of Northsky and Northblue.

Mature plants of Northcountry are 18 to 24 inches high and 30 to 40 inches in diameter. Plants can tolerate midwinter temperatures down to minus 35 degrees Fahrenheit with little injury. Well-established plants normally bear 2 to 5 pounds of fruit per plant. Under optimum conditions, an 8-year-old plant can produce up to 7 pounds of fruit. The fruit begin to ripen about five days earlier than those of Northblue and the ripening period extends for two to three weeks.

Says Emily Hoover, horticultural specialist with the Minnesota Extension Service, "Northcountry, like other blueberries, is most productive when grown in full sun on a well-drained site with a light-textured, acid soil. A soil pH between 4.2 and 5.5 is ideal. Although Northcountry is self-compatible and need not be planted with another cultivar, pollination by domestic or wild bees is essential.

"Protection from rabbits, deer and birds is necessary where these animals are a problem. It's usually not necessary to prune young plants except to remove injured or broken wood. Remove unproductive older stems when the plants are 5 to 7 years old."

Northcountry is available in limited quantities at Minnesota nurseries and garden centers this spring. Large quantities of plants should be available in 1987. Nurseries are propagating Northcountry under a royalty agreement with the Minnesota Nurseryman's Research Corporation.

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BSS,CEO,I,L,1,4

NAGR1261

April 3, 1986

Source: Jane P. McKinnon
612/373-1759
Editor: Sam Brungardt
612/376-8182

SPRING TREE PRUNING TIPS

Here are some spring tree pruning tips from Jane McKinnon, horticulturist with the University of Minnesota's Extension Service:

Tip No. 1: Homeowners should not attempt to prune and repair large shade trees. Such jobs require special tools, safety equipment and much training and experience for climbing and large limb removal. Each year, some ambitious property owner is injured or killed attempting a job that could be done properly and safely by an experienced and insured arborist, and for less cost than a hospital stay or worse.

Tip No. 2: Spring is NOT the time to prune oaks. Opening cuts at this season of the year may attract the beetles that carry the oak wilt fungus. Wait until late summer or cool weather to thin or shape oaks.

Tip No. 3: Early pruning of maples will result in quantities of running sap. The loss probably does not injure the trees, but sap is unsightly and a nuisance if it falls on walks or automobiles. It's better to prune "bleeding" species after the leaves have expanded; cuts will dry up to callus over much more quickly.

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1,4,7,I

NAGR1207

April 3, 1986

Source: Mike Zins

612/443-2460

Editor: Sam Brungardt

612/376-8182

PLANT VEGETABLES WHEN THEY'LL GROW BEST

Early spring planting of some cool-season vegetable crops can improve their quality and yield, says Mike Zins, area horticulturist with the University of Minnesota's Extension Service.

Zins says, "Seeds of cool-season vegetables like lettuce, radish, kohlrabi, spinach and peas can be planted as early as the garden is prepared. These vegetables do best when the weather is cool. Delay sowing beans, sweet corn, cucumbers, melons, squash and pumpkins until mid-May, when the soil is warm."

Zins cautions against planting small seeds too deeply. This applies especially to radish, lettuce and carrots. He says, "Limit the depth of the planting trench to one-half inch or less. Lightly cover the seeds with a small amount of soil.

"Remember, it takes only six weeks to make a good transplant from seed. This means that seeds of cabbage, cauliflower, broccoli and tomatoes may be sown indoors up to April 15. Tomatoes should not be transplanted outdoors until the end of May."

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NAGR1213

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April 3, 1986

Source: Jane P. McKinnon
612/373-1759
Editor: Sam Brungardt
612/376-8182

APRIL IS GOOD TIME TO PRUNE SHRUBS, CRABAPPLES

Pruning is the ideal job for early spring, says Jane McKinnon, horticulturist with the University of Minnesota's Extension Service. She says, "For too many homeowners, thinning, sheering or shaping shrubs and trees seems a great mystery. They are afraid they will ruin plants by pruning at the wrong time of the year, or by cutting them at the wrong place or by opening a cut that will not heal.

"But early spring--before the leaves open--is a time when gardeners can enjoy the chore and have the best chance of benefitting many landscape plants. Two things are important: sharp pruning tools and a little knowledge of the kind of plant being pruned."

McKinnon says it's easiest to rejuvenate old, overgrown shrubs in early April. If lilacs are too tall for you to see, smell or cut the blossoms, you can improve the situation by cutting out about a third of the oldest, largest stems, just above the ground line. This will do away with part of this year's bloom, but if you prune lilacs before the leaves open, it's easy to see which shoots you should remove. Then, if you cut out the thin suckers that usually fill up old lilacs, you

will still have a well-shaped, sturdy plant that will grace your garden with flowers this May.

"However," McKinnon adds, "if your lilacs are just too old, weak, or half filled with dead shoots, it's easier to cut the whole mass down to about 6 inches from the ground, fertilize the soil by working in a half cup or so of high-nitrogen fertilizer, and start the plant over again. It will grow vigorously if fed and watered during early spring and renew itself to bloom in two or three years."

McKinnon says this method of one-cut pruning works equally well with crowded, overgrown mockoranges, buckthorn, common ninebark, hedge cotoneaster, Van'Houtte spirea, and gray or redosier dogwood. However, thinning a third of the old stems is more satisfactory because the plants will continue to bloom and fruit each spring without interruption.

Early April is an excellent time to shape small shrubs. McKinnon says, "Anthony Waterer and Froebel spirea--those that bloom a smokey pink during the summer--are best cut to the ground each spring. They bloom on new shoots and do not need old wood to thicken the plant and detract from its appearance. Hills of Snow hydrangea and its new cultivar, Annabelle, also bloom at tips of new shoots. These plants are prettier if all the old shoots are cut away before growth starts.

"Potentilla are slightly different. They should be thinned of their oldest shoots at ground level, but only the dead flower heads from last year should be sheared off the remaining stems. In this way, flowers will appear much sooner than if drastic topping is done."

Flowering crabapples are often the landscape plants that most need pruning, according to McKinnon. Although it's unnecessary to shorten branches routinely, cutting out the water sprouts that obscure the trunk and branch structure and encourage foliage disease is an easy and satisfying April chore. Branches that grow so low as to make mowing difficult or interfere with path or driveway use should be removed also at this time as should diseased or broken limbs. Callus will form more quickly to heal pruning wounds if a small amount of the branch "collar" adjoining the trunk is left instead of making a long cut in the bark.

McKinnon says, "Insect-infested tips of Zabel and Tartarian honeysuckle should be cut off and removed from your property before the leaves open and aphid eggs hatch. Early and repeated sprays of an aphid-specific pesticide can help keep honeysuckle reasonably attractive. Follow the directions on chemical labels carefully. Horticulturists at the University of Minnesota Landscape Arboretum are selecting and testing aphid-resistant honeysuckle shrubs and hope to have some available soon."

McKinnon adds that any peony tops that were not cut away last fall should be removed before the new shoots emerge from the soil. Old foliage can harbor fungus diseases that cause new buds to discolor and fail to open.

The Minnesota Extension Service has a folder that describes and illustrates these and many other pruning techniques. The publication, "Pruning Trees and Shrubs," is available at county extension offices or from the Distribution Center, 3 Coffey Hall, University of Minnesota, St. Paul, MN 55108 for 50 cents. Ask for item number AG-F0-0628. The Distribution Center has a minimum mail order of \$1.

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NAGR1206

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

April 4, 1986

Source: Earl Fuller
612/373-1145
Writer: Jack Sperbeck
612/373-0715

(Use as soon as possible and before April 15)

TAX CONSIDERATIONS IN THE DAIRY BUY-OUT

You've had your dairy buy-out bid accepted and now the IRS wants to know by April 15 how you want to be paid. If you haven't already seen your tax accountant, do it fast and take this article along.

How the bid payments are to be handled tax-wise may require an IRS ruling, says Earl Fuller, farm management specialist with the University of Minnesota's Extension Service. But until a ruling occurs, Fuller suggests this "reasonable and logical way." What you have done is sold your property right to milk production for the next five years. Such property rights are intangible assets. They are somewhat similar to the sale of business good will or the sale of a franchise agreement. But the dairy buy-out programs seem even more similar to an agreement not to compete.

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Following this reasoning, the bid payments should be reported on schedules 4797 and on schedule D, but not on 1040-F. This reasoning assumes the payments constitute ordinary income payments that are treated like short term capital gains.

See pages 102 to 300 of IRS publication 334, "Tax Guide for Small Businesses." IRS publication 544 (page 9) says the same thing. The dairy bid payments are different than government deficiency or set aside payments. For instance, you would continue to receive them even if you stopped the operation entirely. They are not earned income for self employment or social security benefits.

"Your objective should not be just to save income taxes over the five-year period. It should be to have the most after-tax income available for debt payment, ongoing expenses and family living," Fuller says.

That means setting a bid payment schedule that recognizes interest savings if you pay off debt with the bid payment. Most people should try to get larger payments early so they have use of the money.

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CEO,AEA,1,4

NAGR1275

news

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

April 10, 1986

Source: Mike Zins
612/443-2460
Editor: Sam Brungardt
612/376-8182

EARLY SPRING FRUIT CARE

Fruit trees may be pruned before new growth starts in May, says Mike Zins, area horticulturist with the University of Minnesota's Extension Service.

He advises, "Remove broken branches, suckers, rubbing and crossing branches, as well as all branches that grow toward the center of the tree. Open the center of the tree up by removing excess branches. This will allow more light and air movement throughout the tree, which should result in better fruit production. It's better to prune a little each year than to prune heavily at two- to three-year intervals."

Zins says strawberries with a protective mulch should be left covered as long as possible to hold back bloom until after late spring frosts. He says, "As the weather warms, check the strawberry leaf condition frequently. If the leaves start to turn yellow, remove the mulch immediately. Place the mulch between the rows in the event it might be needed to cover the plants because of a late frost."

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news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

April 10, 1986

Source: Tom Zurcher
612/373-1083
Writer: Hank Drews
612/373-1250

MORRISON COUNTY WOMAN WINS STATE LIVESTOCK LEADERSHIP AWARD

Beef, sheep, dairy, horse, rabbit, poultry; Helen McLennan has helped organize 4-H animal science projects in six species. No wonder the Minnesota Livestock Breeder's Association recently named the woman from Cushing to be their Outstanding 4-H Animal Science Project Leader Award winner for 1986.

As a volunteer for the Minnesota Extension Service, Mrs. McLennan represents the northeast district of Minnesota. She has been an active 4-H adult leader for years, presently leading her club organization. She has two years experience on the state 4-H Livestock Program Development Committee as well as, that of Morrison County. This year, she helped organize and teach project training sessions for adults and members in poultry, rabbits and general livestock. As judging assistant in the county fair poultry and rabbit shows she ensures 4-H'ers will have a good learning experience.

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She is credited with motivating the youth and adults who got involved in the state's General Livestock Bowl contest last year in which the Morrison County team placed first in both dairy and general livestock knowledge.

McLennan is presently the editor of the "4-H Barnyard Beat" a state newsletter for 4-H livestock project members. A dedicated hard worker, it is no wonder the Breeder's Association chose her.

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2,4,6,Q

N4-H1279

April 10, 1986

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

LONGER DAYS SPELL RELIEF FOR WINTER-WEARY HOUSEPLANTS

Houseplants that languish the less-than-ideal light of Minnesota's dreary winters suddenly come to life again with the onset of longer days and sunnier weather. The more light plants receive, the higher is their rate of photosynthesis, the process whereby light energy is transformed to food energy for growth.

"Plants need nutrients to supplement the food made through photosynthesis," says Deborah Brown, horticultural specialist with the University of Minnesota's Extension Service. "That's where fertilizer comes in. The time to fertilize houseplants is when they are growing actively, and that is when they are receiving abundant light."

Brown suggests using a water-soluble fertilizer mixed to half the label-recommended strength for houseplants. She says, "Apply the fertilizer solution to soil that is slightly damp, allowing it to drip through the pot's drainholes to insure a thorough job.

"Wait four to six weeks before fertilizing again. Too much fertilizer simply collects in the soil and burns the roots,

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causing brown tips and margins on leaves, followed by stunted growth and eventual death.

"Spindly winter growth," Brown says, "can be pruned out once growing conditions are more favorable. New shoots will be stronger and will put out leaves that are closer together, resulting in a plant that looks healthier and more luxuriant."

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4,7,1

NHEC1203

news

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

April 10, 1986

Source: Tom Zurcher
612/373-1083

Writer: Hank Drews
612/373-1250

BARBARA HOUCK WINS LIVESTOCK BREEDERS' LEADERSHIP AWARD

She is called the "key pin" on her nomination. That means as a 4-H horse project leader Mrs. Houck is very involved in Dakota County. A 15-year member of the county horse committee and a woman highly knowledgeable of horses; she has been responsible for an outstanding 4-H youth development program in Dakota County.

She recently was selected to receive the Minnesota Livestock Breeder's Association's 4-H Animal Science Project Leadership Award for her work in youth development and Dakota County horsemanship projects. The county's 4-H Horse Camp is an example of one outstanding educational program which Houck is involved in that teaches hands-on skills.

She sees to it that knowledgeable adult and junior leaders are involved in planning, conducting and evaluating 4-H horse project programs. Judging teams and Horse Bowl teams under her direction have won county, state and national recognition. 4-H is a part of the Minnesota Extension Service.

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N4-H1280

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April 10, 1986

Source: Jeffrey Hahn
612/376-3377
Editor: Sam Brungardt
612/376-8182

CONTROL IRIS BORER IN SPRING

April may seem a little early to be thinking about irises, but gardeners who intend to grow some this year had better be prepared for possible attacks from a very destructive insect, the iris borer.

Jeffrey Hahn, entomology educator with the University of Minnesota's Extension Service, says the iris borer hatches in early spring as a small caterpillar and crawls up to the leaves of iris, where it enters the tissue. As it feeds, it works its way down to the rhizome, where it eats the center out. Although the borer's feeding damages the plant, the real injury occurs when bacteria enter the wound and cause soft rot. Despite the severity, the damage is usually not noticed until serious injury has occurred and it's too late for effective control.

Hahn says control of iris borer needs to be attempted in the spring, when new growth is 4 to 6 inches tall. Dimethoate (DE-FEND 267 or Cygon) is the recommended insecticide.

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4,7,I

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news

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

April 10, 1986

Source: Mike Zins
612/443-2460
Editor: Sam Brungardt
612/376-8182

VEGETABLE GARDEN PREPARATION TIPS

It will soon be time for Minnesotans to start their vegetable gardens. Mike Zins, area horticulturist with the University of Minnesota's Extension Service, has these tips for experienced and novice vegetable gardeners alike:

--Proper soil preparation is one of the keys to success in all gardening activities. Working the soil too early often results in cloddy soil. Wait until the soil has adequately dried before tilling. The addition of organic matter such as compost or well-rotted manure can help improve the soil's ability to retain moisture and air.

--Before planting, apply a commercial fertilizer to supplement the soil's fertility. Apply 3 to 5 pounds of complete fertilizer to each 100 square feet, and incorporate it in the upper 2 inches of soil. This will make nutrients readily available to vegetable seedlings as they begin to grow. If the need arises, a soil test should be taken to determine fertility needs.

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NAGR1210

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news

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

April 10, 1986

Source: Tom Zurcher
612/373-1083
Writer: Hank Drews
612/373-1250

BUSY REDWOOD 4-H LEADER GETS STATE LIVESTOCK AWARD

For more than 25 years, she has been a 4-H club leader and advisor particularly in the animal science projects. Now the Minnesota Livestock Breeder's Association will honor her as Outstanding 4-H Animal Science Project Leader.

She is Betty Salfer of RR 1, Redwood Falls. Although her own children have now graduated from 4-H she still keeps busy in club activities. Working one-to-one she teaches the basics of record keeping, production costs, grooming, care and showmanship.

She judges poultry in 15 counties and gives workshops throughout the state. For 14 years she has been the county fair's poultry and rabbit barn superintendent, not to mention similar duties at the state fair for the past eight years.

She was recently elected chair of the state committee that gives direction and support to over 6000 4-H'ers in the small animal projects. The breeder's association has picked a real winner in "Mother Hen" as she is affectionately called by her state fair youth.

The Minnesota Extension Service greatly values Salfer and the many other volunteers who help Minnesotans help themselves.

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N4-H1276

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news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

April 10, 1986

Source: Jane P. McKinnon
612/373-1759
Editor: Sam Brungardt
612/376-8182

WELCOME, NEWCOMERS TO MINNESOTA GARDENS

The newest plants developed by University of Minnesota horticultural scientists for the university's Agricultural Experiment Station are Orchid Lights azalea, Northcountry blueberry and Alderman plum.

Orchid Lights azalea and Northcountry blueberry require acid soil and good moisture to succeed.

Jane McKinnon, horticulturist with the Minnesota Extension Service, says, "Although the university's half-high blueberries have been introduced for their delicious fruit, they also make handsome landscape plants in suitable locations. Since Orchid Lights is a small, compact shrub, why not find a sunny spot where the soil can be modified with acid peat moss and plant it along with blueberries?"

"Northsky and Northblue are two University of Minnesota blueberries introduced earlier. They, like Northcountry, have deep green leaves that turn red in the fall. If you are fortunate enough to have pine needles that can be spared from under evergreen plantings, you will find them a useful and

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attractive mulch for all acid-loving plants."

Alderman plum, also new this year, does not require special soil conditions. McKinnon says Alderman has pretty, white blossoms that open before the leaves. This is a hardy, Japanese-type plum. The large, wine-colored fruit has yellow flesh.

Says McKinnon, "Plums usually bear much quicker than apples, Alderman produces fruit as a very young tree. You will need a pollenizer somewhere near, either a Toka or South Dakota plum. Plant Alderman where you can enjoy its early spring bloom, in a well-drained, sunny location, and gain both landscape effect and delicious plums."

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NAGR1255

April 16, 1986

Source: Jon Groth
612/625-1201
Writer: Deedee Nagy
612/625-0288

HOME ECONOMICS VOLUNTEERS HELP PUT THE 'EXTEND' IN EXTENSION

Whether they're leading a home study group lesson, teaching a low-income family to stretch a food budget or working out financial plans for a family whose income has dropped sharply, volunteers in home economics programs of the University of Minnesota's Extension Service contribute more than 200,000 hours each year.

Among the new ways that county extension agents and specialists are using volunteers to teach others are in the specially-funded programs aimed at farm families and others whose incomes have fallen sharply in recent months.

For example, an innovative program to train financial management extension consultants now has more than 100 volunteers working with small groups of economically distressed Minnesotans. After they're trained by county extension agents, the volunteers agree to contribute at least 50 hours to help others with family budgeting and related concerns.

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Even at the minimum wage rate, extension specialist Jean W. Bauer estimates that the volunteers in this new program have contributed time worth about \$25,000.

County extension agents have also provided financial planning training to employees of more than 50 social service agencies throughout the state and those 300 persons are delivering similar services to thousands of their low-income clients.

In the area of food safety, well-trained, volunteer food preservation consultants now answer questions about canning, freezing and drying food that once kept home economics agents tied to their telephones during the food preservation season. The volunteer consultants also test gauges for pressure canners and conduct workshops and demonstrations at shopping malls, fairs and other special events in their communities.

Extension food specialist William Schafer, says the food preservation volunteers, who serve in nearly every county, each contribute at least 20 hours of assistance and teaching time after receiving their training from county agents.

The Expanded Food and Nutrition Education Program (EFNEP) in Crow Wing County is tapping the enthusiasm and expertise of well-trained volunteers who work with small groups of low-income homemakers. These volunteers provide in-depth teaching on nutrition, food preparation and safety, family food budgeting and

special dietary needs to homemakers who eventually graduate from EFNEP upon completion of the educational program.

Ellen Schuster, state EFNEP leader, says the Crow Wing program is the first use of volunteers rather than paid paraprofessionals to do EFNEP teaching. She adds that the results have been encouraging and have enabled more families to benefit from EFNEP instruction.

Extension home economics' largest use of volunteers is still in its home study group membership and leadership. Members of more than 2,000 such groups throughout Minnesota contribute more than 100,000 hours each year to training fellow home study group members in topics as diverse as family relationships, budgeting, food and nutrition, and home energy use.

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CEO,G,H,V4

NHEC2028

April 17, 1986

Source: Mary Darling
612/376-4663
Writer: Deedee Nagy
612/373-1781

AMERICANS EATING LESS FAT, MORE CARBOHYDRATES

Whether it's because of nutritionists' advice or weight consciousness, many Americans in 1985 consumed less fat and more carbohydrates than they did in 1977.

A recent study completed by the U.S. Department of Agriculture showed that carbohydrates supplied 52 percent of the children's food energy in 1985 compared to 48 percent in 1977. According to Mary Darling, nutritionist with the University of Minnesota's Extension Service, women's food intakes were 46 percent carbohydrates in 1985 compared to 41 percent in 1977.

Fats as a percentage of the diet dropped for children from 38 percent to 34 percent and from 41 percent to 37 percent for women. The percentage of calories provided by protein was about the same now as it had been in 1977 for both women and children.

Darling adds that children in the 1985 study did better in meeting the Recommended Daily Allowance (RDA) than did their counterparts in 1977. They did fail to meet the standards for several trace minerals, however. Women's fulfillments of the

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

RDAs were similar to their performances in 1977. Both years, they came up short of the RDA for vitamin B6, calcium, magnesium and iron but met or exceeded the RDA for eight of the 15 nutrients examined.

One interesting finding was that sodium intake for women was within the range recommended by the Food and Nutrition Board of the National Academy of Sciences, but the children's intake was well above the range recommended.

Darling says that some of the differences between 1977 and 1985 can be attributed to changes in food selections. "There has been a shift from whole milk to lowfat milk and increased use of foods containing carbohydrates such as grain products and sweetened beverages. There does seem to be a problem, however, with sodium consumption among children and this may be due, in part, to our use of prepackaged convenience foods as snacks to fill in between meals. These may add a lot of sodium to our children's diets," Darling concludes.

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CEO,4,6,H,M,Q,S

NHEC1297

April 17, 1986

Source: Jeffrey Hahn
612/376-3377
Editor: Sam Brungardt
612/376-8182

REGULATE THATCH IF NIGHTCRAWLERS ARE PROBLEM IN LAWN

Have you noticed small, conical mounds in your lawn? These are caused by nightcrawlers that live in the soil. Nightcrawlers are beneficial because they help aerate the soil, improve water drainage and regulate thatch, says Jeffrey Hahn, entomology educator with the University of Minnesota's Extension Service.

However, large populations of nightcrawlers can cause lumpiness in a lawn. Hahn says this usually indicates a problem with the thatch in the lawn. Thatch is dead and living plant material that lies above the soil surface. A thatch layer of 1/2 inch or more is not healthy for a lawn. Proper regulation of thatch will help keep nightcrawler numbers down. This can be done with a power rake.

Hahn says, "Chemical control is not effective and usually not recommended, especially because of the beneficial nature of nightcrawlers. However if the situation is severe and they cannot be tolerated, carbaryl (Sevin) can be applied at sod webworm rates. However, this will only have a temporary effect and does not correct the real problems of thatch."

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NAGR1212

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April 17, 1986

Sources: Fred Benson
612/625-5229
Writer: Jack Sperbeck
612/625-4730

TIMES ARE LOOKING UP FOR BEGINNING FARMERS

Things are looking up if you want to start or re-enter farming. Reasons include reduced costs for land, used machinery and capital, says Fred Benson, farm management economist with the University of Minnesota's Extension Service.

A crop share rental arrangement looked most promising in a new study by Benson and Michael Boehlje, head of the University's Department of Agricultural and Applied Economics. The downside risk of not being able to service machinery and operating debt is much lower than with either cash rent or purchasing land, their analysis showed.

Cash rent options gave positive cash flows at higher production levels, but turned negative at average and low production levels. Purchasing land--the third option studied--resulted in more downside risk. Cash income after debt service was negative at all productivity levels used in the study.

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Improved prospects are the result of lower-priced capital assets, slightly lower input costs, government programs that provide protection from low prices and yields, lower cost land rental and purchase options, and reduced interest rates and capital costs.

Risk management is a key part of entry or re-entry into farming. This includes government program participation, crop insurance, and renting land instead of buying.

A copy of the study (Staff Paper P86-14, entitled "Starting or Re-entering Farming: Is the Timing Right?") is available from the Department of Agricultural and Applied Economics, University of Minnesota, St. Paul, MN 55108.

The study was set up to help analyze the potential to begin or re-enter farming under economic conditions likely to exist during the rest of the 1980s. "Our purpose is not to promote entry into agriculture, but to provide information to those thinking of entry or recycling back into farming," Benson and Boehlje said in the report.

Assumptions in the study included a line of used machinery to farm 400 acres of South Central Minnesota cropland, acquired for \$60,000; a beginning farmer with \$20,000 of capital to invest in the operation who could borrow the remaining \$40,000 for machinery purchase at 12.5 percent for five years; and that the

400 acres of land was all tillable and had a 200-acre government corn base.

The farm also would have a set of buildings that could be used in a farrow-to-finish hog operation. Price assumptions included \$1.75 per bushel corn, \$4.67 per bushel soybeans and \$45 per hundred hogs.

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AEA,BSS,CEO,1,4

NAGR1304

news

Communication Resources
Minnesota Extension Service
433 Coffey Hall
University of Minnesota
St. Paul, Minnesota 55108

April 17, 1986

Source: Jeffrey Hahn
612/376-3377

Editor: Sam Brungardt
612/376-8182

PREPLANT INSECTICIDES CONTROL ROOT MAGGOTS

If you planted radishes, onions or cole crops (such as cabbage, cauliflower, broccoli, brussels sprouts, kale or collards) last year and found that some of these vegetables wilted and died, an insect known as the root maggot may have been to blame.

Jeffrey Hahn, entomology educator for the University of Minnesota's Extension Service, says root maggots need to be controlled at the time these vegetables are planted. By the time the roots of vegetable plants are found to be infested with these little white maggots, it is too late for effective control.

To control root maggots, Hahn advises applying an insecticide in the furrow in early May, when these vegetables are being planted. He says, "Diazinon is an effective chemical for control of root maggots. Although root maggots are much more common during wet springs, they are still common enough normally to justify treating those vegetables every year they are grown."

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April 17, 1986

Source: Mike Zins
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Rx FOR NONFRUITFUL TREES

Do your fruit trees bloom profusely each year but fail to yield many fruits? If so, you should check the pollination requirements for the fruits you are growing.

Many of the bush fruits are self-fruitful, according to Mike Zins, area horticulturist with the University of Minnesota's Extension Service. They will produce full crops without the aid of other pollinizers. This is an advantage for homeowners who wish to plant single, isolated plants in their yards.

Self-fruitful fruits include blackberries, blueberries, tart or pie cherries, red currants, gooseberries, elderberries, grapes, Nanking cherries, European plums, raspberries and strawberries.

Other tree fruits such as apple, apricot, pear and hybrid plums are usually self-unfruitful and require a pollinizer for effective fruit production. Zins says, "This is best accomplished by growing at least two varieties of each fruit in close proximity. Their bloom times should also be about the same. Hybrid plums and cherry-plums require special pollinizers.

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The varieties Toka and South Dakota will pollinate hybrid plums and Compass is a good pollinizer for cherry-plums."

Zins advises mapping your planting when planting several varieties of fruits that require pollination in case one of the pollinizer trees should die. Knowing the variety name will make it easier to replace the proper plant and insure future fruit crops again.

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April 17, 1986

Source: Ken Egertson
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BEEF PRICES TO RECOVER, BUT DAIRY BUY-OUT SALES DELAY URGED

Cattle producers apparently don't have to worry as much about price drop due to effects of the dairy buy-out program as seemed likely during the first week, according to Ken Egertson, economist with the University of Minnesota's Extension Service. However, extension economist Paul Hasbargen still urges that dairy owners in the buy-out program delay sales.

"Fed cattle and cow prices should be affected only slightly by the dairy herd buy-out program once cow marketing becomes more orderly and the government beef purchasing program gets better organized," Egertson says.

During the first six days of April, fed cattle prices dropped \$3 per cwt and cow prices plunged \$7 per cwt at South St. Paul. By April 11, fed cattle prices rebounded to normal and cow prices recovered about one-half of their drop.

Egertson says the cattle price drop was "a classic example of disorderly-panic selling, psychological uncertainty of buyers and

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slowness of government action. Had these circumstances not all happened at once, the cattle price decline would have been only slight."

"Whether there is any decline in average cattle prices over the next six months depends on how orderly the marketing of cows is and the effectiveness of the government beef purchase program in isolating the purchased beef from the market," says Egertson. He estimates that the increased beef supply as the result of the dairy program over the next 18 months should be about equal to the government's 400 million pound purchase commitment. "But it's important that the government purchase be done in the first six months, since about two-thirds of the buy-out cows are scheduled for slaughter within that period."

An analysis by Egertson indicates that without the government beef purchase program, the buy-out effect would lower average cow prices over the next six months by \$2.25 to \$3 per cwt, while fed cattle prices would decline about \$1.50 to \$2 per cwt.

Egertson suggests that cow sellers delay sales to give the market a chance to readjust. "Conditions should return to normal by May, which is when peak cow prices normally occur," he advises. "Fed cattle sellers should be able to carry on normal marketing by mid- to late-April without feeling adverse effects of the program."

Dairy operators who were successful bidders in the buy-out program should also delay sales, according to Hasbargen, especially if they still have some silage or hay to feed.

"With fewer cattle on farms and haying allowed on corn and wheat set-aside acres this year, there will be little market for leftover forages in most areas, even though prices may be unusually high in hay-short areas in the next few weeks. Cow prices almost always strengthen after the pasture season starts."

Delaying dairy animal sales for several weeks can provide a market for farm-stored feeds while waiting for the usual spring price increase in cow prices, Hasbargen concludes.

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April 24, 1986

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

DALLAS FERN: LESS FUSSY THAN ITS BOSTON COUSIN

Houseplant enthusiasts, take note: There's a new fern on the market that looks great but is less demanding than the rest.

Says Deborah Brown, horticultural specialist with the University of Minnesota's Extension Service, "The new fern, called 'Dallas Jewel' or 'Dallas' for short looks similar to Boston ferns except that its growth habit is more compact and its foliage is slightly more ruffled. Because Dallas ferns don't have the long, droopy fronds of the Boston fern, they look equally at home in hanging baskets or on tabletops."

Dallas fern will grow well in an east-facing window or even in a bright, north-facing window without direct sunlight. Its demands for humidity are modest, making it a good choice for dry, heated interiors.

Brown recommends watering Dallas fern thoroughly each time it is watered, as one would other ferns, allowing moisture to drip through the drainholes. She warns that keeping soil constantly wet will probably result in root rot and yellowing leaves. Instead, one should allow the soil to dry a little below the surface before watering.

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