

Extension Views

UW
Extension
Cooperative Extension



*Your county
extension office*

SEPTEMBER 2010

Calendar of Events:

October

- 5 **Annie's Project, USDA Service Center, Medford, 10 AM**
- 6 **Nutrient Management Open House, Spencer NTC Campus, 7-9 PM**
- 7 **Nutrient Management Open House, Medford NTC Campus, 1-3 PM**
- 10 **"Meet the Candidate" Night, Loyal City Hall, 8 PM**
- 12 **Annie's Project, USDA Service Center, Medford, 10 AM**
- 20 **QuickBooks for Farmers, Thorp, 12:30 PM**
- 22 **Family Health Expo, Memorial Medical Center, Neillsville, 8 AM**
- 26 **Annie's Project, USDA Service Center, Medford, 10 AM**

November

- 2 **Annie's Project, USDA Service Center, Medford, 10 AM**
- 2 **Renting Farm Assets, Abbyland Truck Stop, Curtiss, 11 AM – 2 PM**

Maria Bendixen,

Dairy & Livestock Agent

maria.bendixen@ces.uwex.edu

Richard Halopka,

Crops & Soils Agent

richard.halopka@ces.uwex.edu

CARING FOR THE **FACES & SPACES** OF CLARK COUNTY

EXCELLENCE IN AGRICULTURE LUNCHEON

SATURDAY, OCTOBER 16
NEILLSVILLE COUNTRY CLUB
1:00—3:00 PM

*Honoring Clark County
Outstanding Young Farmer
and
Century Farms*



Alice in Dairyland, Christine (Lepple) Lindner, will be our special guest honoring the Century Farms & Outstanding Young Farmer on Saturday, October 16, Neillsville Country Club, 1-3 PM.

This event is open anyone interested in attending. If you would like to attend, the cost is \$10.00 per person and it covers the meal.

Please call the Clark County UW-Extension Office at 715-743-5121 by October 11th to make your reservation.

This event is sponsored by funds from "Taste of Clark County" participants that was held in March:

- Nolechek's Meats
- Clark Pizza
- Holland's Family Cheese
- Pinter's Packing
- Munson Bridge Winery
- Clark County Dairy Promotion
- The Farm House Bakery & Cheese

Taylor County's Third Annual Annie's' Project

Tuesdays: October 5, 12, 26 & November 2
USDA Service Center, Medford

Plan to attend all four, or as many as you can!
Each day begins at 10 am, ending at 2:30, lunch included.

Participation in this four week project is **FREE**,
but **Pre-Registration is Required by Sept. 28**



Annie's Project is an opportunity for farm women (for that matter, any woman involved in an agriculturally based business) to learn business management skills and strategies during small sessions consisting of farm women from your county/area. You will receive resources and information to improve your business.

Topics this year include:

- *Understanding Financial Statements
- *Working with Your Banker & FSA
- *Business Goal Setting
- *Calculating COP
- *Picking a Financial Software Package That Will Fit Your Needs
- *What's It Worth? Determine Land & Building Rents
- * What is the Seed Salesman Telling You?
- **Lunch-time speakers discussing Women's Health & Family Nutrition



For more information, receive a brochure or register, call

Taylor Co UW-Extension @ 715-748-3327
or
Clark County UW-Extension @ 715-743-5121

QUICKBOOKS FOR FARMERS

This class is designed as a beginning class for farmers and other agribusinesses in the use of QuickBooks for recordkeeping related to agriculture and farming. This class will be offered in Thorp on October 20–22 & 25–28 (daily) from 12:30–2:30 p.m. Call 715-579-5834 by Wednesday, October 13, to confirm your spot in the class.

For more information contact Brad Sirianni, CVTC Farm Instructor, 715-579-5834 or bsirianni@cvtc.edu

SAVE THE DATE!

“MEET THE CANDIDATE” NIGHT

Sunday, October 10

Loyal City Hall

8:00 PM–10:00 PM

NUTRIENT MANAGEMENT PLANNING OPEN HOUSE

The principles and practices of soil and crop fertility management are not new. What is new is “nutrient management”, the name given to fertilizer programs, and the development and implementation of Nutrient Management Plans. A Nutrient Management Plan is a farm best management practice that serves as a tool to help make sound management decisions, which can lead to optimized production and maximized profit. Farmers can become trained and qualified to develop their own Nutrient Management Plan for their farm operation by attending a DATCP–approved training course. Approved training courses will be held this winter.



For the most current information, please plan on attending a Nutrient Management Planning Open House. The Open House is an introduction to Nutrient Management, and will provide information necessary for farmers to prepare to take the training course this winter. Upon completion of the training course, participants will have a Nutrient Management Plan that meets the NRCS 590 Nutrient Management Standard.

The Open House and training courses are designed and recommended for farmers becoming qualified for the first time and for farmers needing to become re-qualified (once every four years) to develop their own Nutrient Management Plan.

Spencer Open House
Wednesday, October 6
7:00-9:00 PM
Spencer NTC Campus,
Room S115

Medford Open House
Thursday, October 7
1:00-3:00 PM
Medford NTC Campus
Room M112

The open house is complimentary. No registration necessary.

This course is presented in partnership with Northcentral Technical College, UW-Extension and County Conservation Departments from Marathon, Clark, Taylor and Lincoln Counties.

For more information contact Melissa Klein at 715-803-1671 or 888-NTC-7144, Ext 1671.

NUTRIENT MANAGEMENT PLANNING & LAND USE MANAGEMENT CLASS

Chippewa Valley Technical College along with NRCS, Land Conservation, and Discovery Farms personnel will be offering nutrient management planning starting in mid to late September. Cost of the class is \$451.32 (maximum tuition cost without grants). Qualifying applicant's tuition can be reduced by \$212.00 with total tuition equal to \$239.32.

The Wisconsin Technical College System has received a Nutrient Management Planning Grant from the Wisconsin Department of Agriculture, Trade & Consumer

Protection. This grant is designed to help offset the costs of developing the 590 Nutrient Management Plan. This will be given on a first come first serve basis to those who complete a qualified plan through our program. The breakdown of the grant is as follows:

- 30 soil samples per farm (maximum at \$7.50/sample) = \$225
- An additional \$100 is provided to offset tuition

This will allow you to decrease the tuition for class to either \$351.32 or

\$139.32 if you also qualify for the tuition grant. It also pays for your soil testing completed. This is a great opportunity to take advantage of!

Contact: Brad Sirianni, CVTC Farm Business Instructor for enrollment information 715-579-5834 or bsirianni@cvtc.edu

*Students will complete their own farmer written nutrient management plan using SNAP-Plus.

WISCONSIN SCHOOL FOR BEGINNING FARMERS

Possible Wisconsin School for Beginning Dairy & Livestock Farmers to be held Mid November 2010 through March 2011



This course is focused toward grass-based livestock producers in the area and will utilize curriculum presentations from UW-Madison &

Pri-Ru-Ta RC&D Grazing Specialists and assistance from well-known grass-based livestock producers throughout the state. The course will include farm tours, seminars, and other group activities. In addition, participants will receive 8 hours of on-farm individualized instruction tailored to your needs.

Note: this course will only be held if enough interest is shown in each potential location. This notice is intended to seek out interest in this potential opportunity.

Last year's course, held in Medford, Phillips, Neillsville and throughout the state in other locations, was very successful, with each date offering

different topics geared specifically for grass-based livestock operations.

Contact your county UWEX Ag Agent for more details:

- Taylor County—Sandy Stutgen (715-748-3327);
- Price County – Mark Kopecky (715)339-2555
- Clark County – Maria Bendixen (715) 743-5121;
- Rusk/Sawyer Counties – Rich Toebe (715) 532-2151;
- or go to www.cias.wisc.edu/dairysch.html

WEED OF THE MONTH PURPLE LOOSESTRIFE

Purple loosestrife is a perennial forb that originated in Eurasia and Africa. Purple loosestrife is a DNR restricted-nuisance weed and may not be sold, purchased, or cultivated in Wisconsin. Purple loosestrife is an escaped ornamental plant that is aggressively spreading into road ditches and lowlands. Purple loosestrife has a taproot with short rhizomes, leaves are opposite, with a flower that has six rose purple petals arranged on a spike, and reproduces from seed and rhizomes. Purple loosestrife may be controlled by mowing or pulling. It is important

to collect pulled plants in a plastic garbage bag and then place bags in an approved landfill. Composting or leaving plants after pulling is not recommended because of the possible spread of seed. Purple loosestrife has the ability to rapidly replace native vegetation and is extremely difficult to control.

If you have any questions on Invasive Species, please call the Clark County UW-Extension, Richard Halopka, Crops & Soils Agent at 715-743-5121 or Wisconsin DNR.



RENTING FARM ASSETS

Abbyland Truck Stop, Curtiss, WI

Tuesday November 2nd

11:00 am to 2:00 pm

Because of the high cost of land and farm buildings renting these assets can be a good way to improve cash flow or build a new farm business. The problem is how to decide what to pay for, or charge for farm facilities and land. On November 2nd Ken Bolton from the center for dairy profitability will be at the Abbyland truck stop to discuss “What’s it worth? Land and building rental”. It is important that the operator of the rented asset can make enough money to be able to pay for the asset. However, it is also important that the owner can get a reasonable return as well. The trick to that is to make sure that the operator uses the assets in the most efficient way possible.

To help with that on the land side Jerry Clark, Chippewa County UWEX, will be discussing “What

the seed salesman is telling you”. With all the new seed traits that are available it can be difficult to keep up and know what they can do for your farm. This will be a no nonsense look at what seed traits are available, some of the risks, and rewards of using them in this area.

Rental of farm buildings is a difficult subject because many times people have an emotional attachment to the building. The owner often does not approve of the way a renter takes care of the building, or on the other side a renter often feels that if improvements were made to the facility they could make more money there. Owners are hesitant to make improvements on farm buildings because they don’t know if the renter will stay long enough to make the improvement pay. Very often barns are rented without a contract. This

causes questions to come up about who is responsible for building repairs, and what the maintenance expectations are. Maria Bendixen will be discussing “farm building rental agreements”. Example rental agreements will be available to participants in the workshop.

Rental agreements can affect other aspects of the operation. One of those is eligibility for farm programs. Jane Reigel from NRCS will discuss “rental agreements and NRCS”.

If you are interested in attending this meeting, please call the Clark County UW-Extension office at 715-743-5121. The cost of the program will be \$5.00 and it includes lunch. Please pre-register by Tuesday, October 26th.

STORED GRAIN INSECT MANAGEMENT

By Phil Pellitteri, UW-Madison Entomology Insect Diagnostic Lab

There are over 40 different insects and mites found infesting stored grain in Wisconsin, and none of these come in with the crop from the field. Grain that is not properly stored will become moldy and attract fungus beetles. The quickest way to infest clean, dry grain is to mix old grain with the new crop. Even if a bin is empty small numbers of insects can hide in residue and dust within the bin. Residual bin sprays are used on walls, ceilings, roof and floors of clean bins prior to harvest. All grain debris should be swept up or

vacuumed and all cracks and crevices sprayed with a residual insecticide. The area under perforated floors will need to be cleaned out or fumigated.

You must read the label carefully as some products can only be used in empty bins and others are labeled as grain protectants which can be sprayed directly on grain. Products labeled for empty bins include cyflytrhin (Tempo), diatomaceous earth (Insecto dust), and Storicide (chlorpyrifos-methyl plus cyfluthrin). For grain that is already infested the

grain can be fumigated or insecticides can be used as a surface treatment or applied uniformly as grain is being loaded or transferred depending on the situation. Insects will not be active if grain temperatures are held below 50°F. For a more details on treating stored grain insects see Chapter 7 Stored Grain Insect Management in University of Wisconsin-Extension Publication A3636—Pest Management in Wisconsin Field Crops.

NORTH CENTRAL GRAZIERS PASTURE WALK

Wednesday, October 27th
10:00 AM - 2:00 PM

Martin Hoover Organic Dairy Farm,
W2476 CTY Road N Colby Wi.

*Topic: Extending the Grazing Season
through proper Management and the Use
of Annuals*

Co-hosted with: North Central Graziers,
Chippewa Valley Graziers, Pri-Ru-Ta &
River Country RC&Ds and Organic
Valley Dairy Cooperative, **Organic
Valley is sponsoring a lunch at 12:00
Noon, please join us!**

Since the fall of 2005, Martin and his family have been operating a 70 acre organic dairy farm south of Curtiss in Clark County. The Hoover's dairy herd consists of 27 Holstein cows (with some Normande genetics mixed in) along with replacement heifers and a couple of bulls bringing the total herd size to over 50 head. Most of the calving occurs from January-March

with a few of the animals freshening at different times throughout the year. Martin works diligently to get the most out of his pastures. This summer, he was moving his cows to new breaks of grass 5 times a day while sticking closely to a 45 day rotation. The pastures are quite diverse with up to 8 different areas seeded down with different plant species including red and white clover along with alfalfa as legumes and many different grass species. Annuals are planted at different times throughout the growing season and they include Japanese Millet (summer grazing), barley & peas and oats & turnips amongst others. The use of these annuals helped keep the cattle grazing until early December last year and Martin's goal is to graze about that long this year also. Grazing started early this past spring, (April 19th), and by May 1st, very little stored forage was fed to supplement the cattle. This time of year, the milking cows are fed a small amount of baleage with about five

pounds of grain per cow per day to supplement the grazing. On this walk we will also be joined by Dr. Guy Jodarski, (Organic Valley Staff Veterinarian), sharing his expertise on animal health issues. In summary, this walk will feature talking extensively on grazing management and will address soil fertility and herd health as well.

We hope to see you there!

Directions: From the intersection of Hwy's 29 & County E, just south of Curtiss, go south on Hwy E, 2¾ miles to the farm which is on the right or west side of the road.

PS: Watch for signs!

For more information or questions contact: Bob Brandt @ Pri-Ru-Ta RC&D at (715)748-2008, or Kevin Mahalko @ River Country RC&D at (715)225-9879.

ANTHRACNOSE TOP DIEBACK & STALK ROT

By Richard Halopka, Clark County Crops & Soils Agent

Anthracnose fungus (*Colletotrichum graminicola*) will cause two diseases in a corn crop, anthracnose stalk rot and less common top dieback. This season some corn fields have symptoms of anthracnose top dieback. The anthracnose fungus infects the plant through the whorl early in the season and remains dormant until later when stress triggers the development of the disease.

Symptoms of anthracnose top dieback are yellowing, then wilting, and drying of the top leaves of the corn plant. When leaves are removed from the stalk a black lesion can be seen on the

stalk. Upon splitting the stalk the pith will appear discolored on the upper plant internodes. Stalk rot symptoms would be similar, but on the lower internodes of the plant. If both diseases are present the plant will literally die from the top down. Scouting is required to determine if the corn is infected or death is caused by natural senescence.

Yield loss from this disease depends on the maturity of the crop when plant death occurs. If anthracnose stalk rot and top dieback are present in the field lodging could occur; be prepared to harvest the crop early to prevent loss.

How can I prevent anthracnose from causing damage in the future? Select resistant hybrids, crop rotation, and avoid stress to the crop from fertility and moisture if possible.

If you have any questions on crop diseases, please call Clark County UW-Extension office 715-743-5121, Richard Halopka Crops & Soils Agent.

Reference: Iowa State University
<http://www.ipm.iastate.edu/ipm/icm/2002/9-23-2002/anthracnose.html>

PREPARING FOR GRAIN STORAGE

By Brian J. Holmes, Biological Systems Engineering Department, University of Wisconsin-Madison

Producers anticipating the grain harvest season should not only be prepared to harvest the crop, they should be prepared to dry and store it properly as well. Grain that will be stored for 6 months should be dried to 15% moisture while that to be stored for 12 months should be dried to 14% and for longer storage, plan to dry to 13% moisture. The drier the grain, the easier it is to manage in storage but the higher the drying energy cost and the longer to dry a bushel. With an early harvest season, corn can remain in the field to do more field drying, thus reducing initial moisture content which will decrease drying cost and increase dryer capacity. Match your harvest rate to dryer capacity to make sure there are not bottlenecks at the dryer.

Fines in grain interfere with air movement through the grain during drying and storage. They also contribute to mold and insect infestations during storage. Removal of wet fines will improve drying rate and reduce the energy needed to dry these fines. If possible, screen wet fines before entering the dryer. If corn is dried using high temperature followed by rapid cooling, stress cracks result. Fines will be generated as broken kernels when stress cracked corn is handled. Splits occur if soybean drying temperature is too high. Before grain is placed into storage, screen out the remaining fines. If fines accumulate in the bin, they are usually concentrated at the fill point. Running the discharge auger can help to remove the accumulated fines from the center core of a bin. Remember,

precautions taken during drying and storage filling can save headaches that could develop during the storage period.

If grain temperature is more than 10° F different from daily average temperature, convection currents within the grain cause air to move within the grain and moisture to condense on cold grain surfaces. This moisture supports mold growth and insect infestations. Aeration is used to manage grain temperature during storage. Plan to cool grain in fall and warm it in spring.

To be able to aerate the grain properly, a fan and air distribution system must be installed at the bottom of the bin. A fully perforated floor allows a uniform distribution of the airflow into the grain. A duct system in or on the floor of the bin can also be used if designed properly. Plan to deliver at least 0.1 Cubic Feet per Minute per Bushel stored (CFM/Bu) of airflow to have enough capacity to change the grain temperature over a period of 1-2 weeks. Inspecting the grain once per week in warmer weather and biweekly in cold weather helps you manage the conditions in the bin and take action before the grain condition gets out of control.

Safety precautions must be taken to protect the operator against injury and/or death when entering a bin. Lock out and tag out the unloading auger before entering a bin. If molds are present, carbon dioxide levels may be elevated creating an oxygen deficient atmosphere. Turn on the

aeration system before entering the bin to remove any accumulated gas from the headspace above the grain. Use an approved respirator to filter out molds and spores that may enter your respiratory tract. Safe entry requires using a harness with two ropes and two assistants outside the bin. This may seem like an excessive precaution but the forces of grain are significant if you become engulfed. Probe the surface of the grain before entering if grain has been removed from the bin to assure a crust has not formed on the surface leaving a cavity below the surface.

Weather conditions during the growing season this year may contribute to a bumper crop. This could result in storage capacity limitations. Options for storing excess dry grain include; renting space from a neighbor or an elevator, piles on the ground, in building “flat storage”, silo bags and tower silos. Conventional bins with aeration systems offer the best choice for management. All other options have limitations. For more details on some of these options see the publications available through the UW-Extension Responds website: <http://www.uwex.edu/ces/ag/feedandcommoditystorage.html>

Another option is to harvest grain as high moisture and market it locally to a dairy or beef producer who has storage facilities for high moisture corn. In this case, oxygen limiting tower silos, top unloading tower silos, bunker silos and bag silos are viable options.

DITCH TILLAGE

By Matt Zoschke, Clark County Land Conservation

Soon, lots of cropland will be plowed up in anticipation for next spring's planting season. Some of the cropland being plowed is nice, fertile, dark, rich soil capable of the highest yields. And some of the cropland is light-colored, sand or clay that even the strongest of seeds needs to be pampered to yield well. And some of the cropland.....well.....some of the cropland isn't even cropland. Some of the cropland is the ditch next to the road.

Ditch tillage occurs when the plow swings a little too close to the road embankment and turns over the sod that protects the ditch edge from erosion. Some areas of the county have a little ditch tillage and some areas have a lot. Recently, a few town supervisors called to ask Land Conservation if this was a practice that could be discussed. First of all, there is no county or town ordinance, state statute, nor federal law addressing ditch tillage. However, despite the fact that a regulation doesn't exist regarding ditch tillage, it still is not a neighborly practice. (Remember, there are laws that regulate the delivery of sediment and manure to waters of the state and ditch tillage makes those substances much more easily conveyed to surface waters.)

Ditch tillage increases soil erosion and sediment/manure delivery to our public

waters, a neighbor's pond, a driveway culvert, and/or a town road ditch. When sod cover is removed in an area that is meant to carry fast flowing water, the soil is left exposed to the effects of snowmelt and rainwater runoff. Soil erosion rates in plowed ditches can easily exceed 500 tons/ac. That rate far exceeds the maximum level (5 tons/acre) that is required for participation in some federal crop programs. When the edges of a field next to a road ditch are plowed up, more soil from that field enters the ditch. More soil in the ditch means more frequent ditch (and culvert) cleaning. More frequent ditch cleaning means more work for the Town. More work for the Town can mean higher taxes, as we all share in the responsibility of keeping our roadways safe from excessive runoff water and sedimentation. This spring in one town, there was a landowner's driveway culvert plugged with cropland soil. The plugged culvert slowed the spring/summer rains down causing the water to back up into the ditch. Eventually the runoff water overtopped one driveway and the town road washing parts of both of them away. The Town repaired the damage at all of the taxpayers' expense.

Plowed ditches also do not perform any filtering functions on runoff water. Any fertilizer or manure that enters the ditch

stays suspended in the fast flowing water. Without any grassy vegetation in the ditch bottom, the runoff water does not slow down enough to deposit the suspended nutrient and sediment load. These sediments and nutrients can then be carried with the runoff water into a surrounding stream or pond. It makes good sense to try to keep that fertility where it had originally landed, instead of promoting nutrient movement offsite through ditch tillage. Manure and soil that flows onto a neighbor's land or into their pond becomes an unsightly challenge. In this case, even a good fence doesn't make a good neighbor.

Lastly, over the length of one side of a forty acre parcel, implementing a two foot setback from the edge of the ditch equals a loss of less than a sixteenth an acre and a five foot setback equals a loss of less than a tenth of an acre. Some steeply sloping ditch edges can lose a foot of soil in one cropping season due to ditch tillage. After a few decades, the loss of soil loss can add up to more than an acre of former fertile cropland.

Ditch tillage: nothing states it can't be done. The choice is made by the individual. But remember this- the neighbors (or Town Board) might be watching.

DISASTER PROGRAMS UPDATE

The Farm Service Agency (FSA) provides many programs to help farmers in times of low crop and milk prices and also when crops suffer damage due to natural disasters. In order to be eligible for the disaster programs, producers MUST have all crops insured. If a crop is not insurable through conventional insurance, it can be covered by FSA under the Non-Insured Assistance Program (NAP). It is MANDATORY that all crops have some type of

insurance coverage in order to be eligible for the different disaster programs that are available.

Hay and forage crops have a Sales Closing Date of September 30, 2010 for coverage of the next year's crop. Remember, if you want to be eligible for FSA disaster programs, you MUST have coverage on ALL your crops including hay. Conventional insurance agents do have Group Risk Policy (GRP) that can cover

your older hay fields, but you must purchase from a local agent. If you do not get a GRP policy for your hay or other uninsurable crops, you can purchase such coverage from FSA for \$250 per crop up to 3 crops per county (that is not more than \$750/county regardless of how many crops are covered by NAP)

If you have any questions, contact FSA Office at 715-743-3164.

VEGETABLE & HERB OF THE MONTH — SQUASH & CHIVES**Squash**

Choose squash that are firm, have a hard, tough skin, free of cracks or soft spots. The skin of winter squash should be dull. Squash that have a shiny skin are immature and not sweet. The size you pick depends on your needs. There is no such thing as an oversized winter squash. One pound serves 2.

Storage — Winter squash can be stored uncut in a cool dry place. Do not store in a refrigerator. They can keep up to three months.

Preparation — Scrub and wash dirt off skin with cold water. Some types of winter squash can be difficult to cut. When cutting squash use a heavy knife, cut in half (lengthwise), and scoop out seeds. For squash that are impossible to cut before cooking, cook them whole.

Key nutrients — Vitamin A for vision, healthy skin, and resistance to infection. Carbohydrates for energy.

Chives

Chives are probably the easiest herbs to grow in the garden. They can be added to just about any meal you would normally add onions to, and they're very good for you!

You can eat every part of the chive

plant. The edible flowers add color to the salad bowl or other garnish, the grass-like leaves can be cut up and added to cooked potatoes, salads, sauces and even sandwiches, and the bulb can be used as a mild onion.

Chives like sun but do like a little shade during long hot summers. They are fairly good at tolerating drought conditions, but are happiest in moist well-drained soil.

Chives do very well from seed. Plant a few seeds in a pot very early in the year and keep warm and watered until the seedlings are large enough to plant outside.

Plant out in well dug soil, preferably with some organic compost mixed in. You won't need to feed chives once they're in the ground, unless your ground is particularly poor, in which case you should give the chive plants a monthly feed. Keep weed-free and watered until well established.

Growing chives in containers is also possible! Keep a pot in the kitchen. Remember to water and the plant will see you right through the season. When the flowers start to die back, cut the plant down to about 2-3 inches high and the chives will grow again.

Chives are best eaten fresh off the plant, but it's possible to store them.

Butternut Squash Aux Fines Herbs

1 lb. butternut squash
1 tsp olive oil
1 cup thinly sliced onion
3 large mushrooms, thinly sliced
1/4 cup low-sodium chicken stock
1/2 tsp fresh tarragon
1 Tbsp fresh parsley
1 1/2 tsp fresh chives, snipped

Directions:

Peel the squash, remove the seeds and cut into 3/4 inch cubes. (To make peeling easier, prick the squash with a fork and microwave on high for 5 to 10 minutes). Heat the oil in a large nonstick frying pan over medium-low heat, and add the onions and mushrooms. Saute for about 5 minutes or until the onion softens. Add the squash and low-sodium chicken stock. Cover tightly and cook until the squash is tender, approximately 20 minutes. (If you are using dried chervil and/or tarragon, add these after 15 minutes of cooking.) Remove the cover, and cook a minute or two longer to evaporate most of the remaining liquid. Sprinkle on the parsley and chives, and also the fresh chervil and/or tarragon, if used.

FAMILY HEALTH EXPO

Saturday, October 23, 2010
Memorial Medical Center, Neillsville
8:00 AM—12:00 PM

Everyone is welcome to attend!

Great for people with: High deductibles on your health insurance, No insurance, and Limited budget for medical expenses.

Car Seat Safety Clinic—8:00-10:00 AM; Technicians inspect your child's car seat, give you installation tips and check for manufacturer's recalls. For information contact Julie Simek-Heggebo, Clark Co UWEX, 715-743-5121.



*Your county
extension office*



**UW
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Cooperative Extension
Clark County

Extension Views

CLARK COUNTY

517 Court Street, Room 104
Neillsville WI 54456

Phone: 715-743-5121
Fax: 715-743-5129

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clark.uwex.edu/

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Dairy and Beef Cattle Husbandry Conference

March 4th 2011

"The care and wellbeing of cattle in the state of Wisconsin is important to consumers and farmers alike. This conference will help producers to improve the care of their cattle and better understand the consumers point of view."



Neillsville American Legion
Hall Neillsville, WI

Call the Clark County UW-Extension Office at
715-743-5121 for more information or to register.

<http://fyi.uwex.edu/animalhusbandryconference/>

Speakers include:

Naomi Botheras
Animal Welfare Extension Specialist
The Ohio State University

Trevor DeVries
Department of Animal and Poultry
Science, University of Guelph



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OF WISCONSIN