



MAILBAG

March 1, 2013

Clover Creek 832-3458

Keystone Mill 832-3113

www.millhillag.com

Notes from Jim

Punxsutawney Phil predicted an early spring, and since it feels like it is right around the corner, maybe he is right!

The King's AgriSeeds meeting on February 14th got the 85 attendees thinking about their cropping plans for the year. Dr. Bill Curran from Penn State talked about weed control in traditional and organic cropping systems and he offered practical advice for crop rotations.

The theme for the day was growing high energy, high quality forages to increase the amount of forage in the diet. Sorghum sudan, forage sorghums and sudangrass were the topics of many questions from the audience and were answered by the presenters. If we can answer questions about this varieties or others, please call us! King's AgriSeeds offers traditional crops, but it is also worth your time to check out their complete listing to see which forage options suit your operation the best!

The pesticide update meeting held February 19th was another good reminder of the many things that applicators need to keep in mind. There are several pests, such as the Brown Marmorated Stink Bug and the Armyworm that we will need to watch for this year.

Our next crop meeting will focus on cover cropping. Mark June 27th and 28th as 2 days of learning that you won't want to miss! Field sessions will take place on the 27th in the evening and the afternoon of the 28th. A classroom session will be held the morning of the 28th. This meeting will take place in Williamsburg. We encourage you all to attend, and we will keep you updated as the time gets closer!!

The seeds have started arriving in our warehouse from TA Seeds and King's AgriSeeds! Please make sure you talk with Denny, Jim, or Sarrah to determine the right varieties for you and to get them ordered so they are ready when you are ready to plant! Here's to a successful crop season for all of you!

Clarifly approved for milk replacer use



Good news! Clarifly, the feed-through product that we use to control fly populations in and around calf areas, has been approved for use in milk replacers starting in April. As we receive more information concerning use rates and costs, we will let you know. This product does work best if you start feeding it before the fly populations are at their highest, so be prepared to begin feeding it in March/April. We will be carrying our 22% calf starter with Clarifly again this year. If you have questions about this product, or would like us to keep you informed, please call Sarrah at 832-3458.

Happy Saint Patrick's Day!



Vegetable seeds are arriving daily! Remember the saying that tells us to plant peas by Saint Patrick's Day? Whether you believe the saying or not, the time to plant your garden is coming soon. We can order specialty seeds just for you, or you can pick from our selection at the store. This year, we have added the Olds garden seed lines of heirloom tomatoes, hummingbird flowers, and climbing flowers. Check them out to beautify your landscape this spring.

Dairy Recipe

From Tiffany Pheasant, 2012-13 Blair County Dairy Princess

As we are preparing for the arrival of spring, many of us need fresh ideas of what to cook for family picnics. My family enjoys meals that use dairy products. Dairy products such as cheese, butter, and milk provide us with nine essential nutrients that help to nourish our bodies. Egg Casserole Brunch is a delicious meal idea that contains cheese and butter, and is best served with a cold glass of milk. **(Continued on back of page)**

Egg Casserole Brunch

4 cups soft bread crumbs, crusts trimmed
(reserved in bite size pieces)

2 ½ c. MILK

12 eggs, slightly beaten

Salt and pepper to taste

2 tbsp. BUTTER

2 c. shredded CHEESE

1 lb. bacon, crumbled (or any
lunchmeat)

2 tbsp. BUTTER, melted

Soak bread crumbs in milk for 5 minutes; drain, reserving liquid. Combine eggs, reserved liquid, salt and pepper; mix well. Melt butter in large skillet; add egg mixture. Cook just until set, stirring constantly. Stir into bread mixture and then pour into 9x13 pan. Arrange cheese over egg mixture. Sprinkle bacon over top. Combine crusts with melted butter. Sprinkle over bacon. Cover with foil. Bake at 350 degrees for 35 to 45 minutes until knife inserted in center comes out clean.



Happy Easter!

By the time you receive our next newsletter, Easter will have passed. We hope you all have a Blessed Easter season with your family!



Sel-Plex from Alltech

Did your cows take their Selenium today? Selenium is a critical trace mineral that plays an important role in the regulation of various physiological functions including nutritional status, reproduction and early postnatal viability. If selenium is deficient in the dairy cow diet, some issues can occur during periods of stress such as retained placentas, abortions, stillbirths, neonatal weakness, compromised natural defense system, infertility, mastitis, metritis and sub-optimal productivity.

Deficiency symptoms in dairy cows persist despite routine addition of selenium to the ration and this can mostly be attributed to the form of selenium used. Sodium selenite, the inorganic form of selenium that has traditionally been used to supplement livestock, is poorly absorbed mostly because the highly oxidized selenite is quickly reduced to unavailable forms by the rumen microbes. When selenium is poorly absorbed it leaves the animal with little or no tissue reserves for use in stressful times such as calving, disease incidence and other challenges.

Sel-Plex® is an excellent source of organic selenium, which is in the same form that is found naturally in plants. It has a higher bioavailability than inorganic sources which allows the cow to build nutrient reserves for use during periods of increased demand. This in turn helps maintain the cow's natural defense system. Sel-Plex is better able to meet the higher nutrient needs of the modern dairy cow that is raised for maximum reproductive performance and animal health. Organic selenium supports:

- More efficient use of Vitamin E
- Reinforces antioxidant status
- Contributes to reproductive performance
- Supports the body's natural defense system in the cow and calf
- Optimizes postpartum health
- Reinforces udder and uterine health
- Aids in optimum milk production