



## MAILBAG

September 3, 2013

Clover Creek 832-3458

Keystone Mill 832-3113

[www.millhillag.com](http://www.millhillag.com)

### Notes from Jim

As the fall harvest begins, remember to plan for your cover crop and forage needs. For fall forage, consider oats or triticale. To build your soil, choose annual ryegrass or crimson clover. Also remember options for spring forage include triticale, clover and rye. For summer grain, plant barley, wheat, triticale and rye later this fall.

#### **Remember:**

- Cover cropping with multiple species feeds additional soil microbes which benefits future crops.

**ALL FALL SEEDED CROPS ARE COVER CROPS WHETHER USED FOR FORAGE OR KILLED NEXT YEAR PRIOR TO PLANTING.**

It is also time to order next year's corn seed! Early order and pay discounts are available. One important thing to remember-if you are considering Nutri-Dense corn from TA Seeds, we will need to get those orders in soon. There will be limited availability and it is expected to sell out quickly! Nutri-Dense corn is highly digestible in the rumen and has been performing quite well in the trials.

We will have many varieties of Master's Choice corn available from King's AgriSeeds. Master's Choice takes pride in providing highly digestible corn options for your animals. If you would like more information on corn options for next year, please call Denny or Jim.

### Mill Hill will be closed

Here is a reminder that Mill Hill will be closed on Saturday, September 21<sup>st</sup>. Please plan ahead for your feed needs accordingly.



## Farm Safety Reminder

Farm Safety and Health week is September 15-21<sup>st</sup>. While safety is important all year, this is a reminder to us (at a very busy time) to use caution. Be aware of what other drivers are doing when on public roads, and ensure that people, children and animals are clear when moving equipment on the farm. Here's to a safe and productive harvest season!



## Farm Discovery Tour

Have you ever wondered what the inside of our feed mill looks like? We have the perfect opportunity for you to tour the mill at 618 Canal St, Williamsburg. Join us on Friday and Saturday September 13 and 14<sup>th</sup> as we are one of 6 stops on the 5<sup>th</sup> annual Farm Discovery Tour of Morrisons Cove. Each tour stop has their own hours and activities. Our hours on Friday are 8am-5pm and Saturday from 8am-noon. Guided tours will occur every half hour. While you are waiting, browse our retail store, support the Blair County Dairy Promotion by purchasing a snack, learn about rain barrels and healthy lawns from the Blair County Conservation District, and let the kids enjoy activities like coloring pages and digging for treasure. If you have any questions, please call Sarrah at 832-3458. The other tour stops include Friends Farm, Clover Creek Cheese Cellar, I-Diehl Hunt, Piney Creek Greenhouse and Spring Farm Greenhouse.

## Planting Food Plots

Mill Hill has a wide selection of food plot mixes that will attract wild game. Whether your favorite is Biologic or Evolved Habitats, we have the mix you want. Some of the mixes contain perennials, which will grow back for several years. Lots of the mixes are annuals that include deer favorites like sugar beets, turnips and brassicas. We are also a Buck Forage Oats dealer. We stock the Buck Forage Oats, Clover and Chicory. These plants have been bred to contain maximum forage and winter hardiness, so even when snow covers the ground, deer will be able to dig down and find green plants to sustain them through the winter.



## **Dairy Recipe**

It's time to go back to school! As the school year gets under way, it can be hard to remember to get your 3 servings of dairy every day. It can be as easy as sending a yogurt or a sandwich with cheese in the lunch box, whether it's your own or someone else's. This month I decided to give you some healthy snack ideas and a recipe.

### **No Bake Cookies**

2 c. sugar  
½ c. MILK  
3 tsp. cocoa  
1 stick BUTTER  
½ c. peanut butter  
3 c. quick oats  
1 tsp. vanilla



Combine sugar, milk, cocoa and butter in a saucepan, mix and bring to a boil for 1 minute. Remove from heat and add peanut butter, quick oats and vanilla. Stir and drop on wax paper and let cool. Enjoy with a glass of cold MILK.

*DID YOU KNOW: We all know that sugary treats are bad for our teeth but drinking a glass of milk with your sugary snack can help neutralize the effect. Milk is better than water at preventing the bacteria in plaque from producing acids when they are feasting on sugar.*

*This recipe was provided by Elizabeth Frederick, Dairy Miss, daughter of Kim and Aaron Frederick of Williamsburg.*

### **Snack Ideas**

- Dip a few graham crackers into a cold glass of low-fat milk.
- Alternate small slices of apples with reduced fat Cheddar Cheese on skewers or toothpicks.
- Mix fat free yogurt with a dollop of honey for a sweet fruit dip.