



MAILBAG

March 1, 2014

Clover Creek 832-3458

Keystone Mill 832-3113

www.millhillag.com

National Agriculture Day

Join us in celebrating on March 25, 2014! Mill Hill will offer **free milk and cookies** to our customers that come into our stores that day. National Ag Day is about recognizing - and celebrating - the contribution of agriculture in our everyday lives. The National Ag Day program encourages every American to:

- Understand how food and fiber products are produced.
- Value the essential role of agriculture in maintaining a strong economy.
- Appreciate the role agriculture plays in providing safe, abundant and affordable products.

For more information visit www.agday.org

Keystone Feed Mill

Our feed mill offers you almost endless options to design the type of feed that you and your animals want! We have many types of grain and mineral ingredients to help you meet the nutritional needs of your animals. The best part is, if you don't know what you want, we can help you. Tom has been grinding and mixing feed for years, both on farm and at the mill. This experience allows him to plan the order of ingredients, the processed size of the grains, and the amount of liquid supplements that will make a feed that is appealing to animals. Sarrah can help you with the technical side of feed formulation, which includes testing any forage that you will be feeding, and then creating a supplement that will maximize your animals' potential, whether that is milk, meat, eggs or fiber. We offer batch sizes as small as 500#, and you can choose pick-up or delivery, bagged or

bulk packaging. Many of the grains we use are from the Williamsburg area, which is good for our economy and usually has a price advantage for you.

Coming soon, we will be manufacturing our own 22% calf starter! We are excited about being able to offer you a high quality, locally sourced, appetizing feed for the future of your herd. We will let you know when this feed is available so you can give it a try!

If you haven't visited our Canal Street location for a while, stop by and see what's happening. We'd love to talk with you!

Gearing up for Spring!

Seeds have started to arrive-both vegetable and crop! We will be contacting you about pick-up or delivery of your pre-ordered seed soon. This is a good time to review your order and make sure that your cropping plans haven't changed. We can still order most seeds for you, just call Alan or Denny. When the weather breaks, it will be time to get cold tolerant vegetables, such as peas, broccoli, cauliflower, spinach, cabbage, lettuce and radishes. We also have seed starting supplies so that you can start your less tolerant veggies, such as tomatoes and peppers inside, which means you should be able to harvest them sooner!

At Mill Hill, we are excited for spring to arrive, just like you! If there are any products that we can have in stock to make your spring work easier, please let us know!

Chemical Safety

As we approach spring, this is a reminder to practice safety on the farm, every day. In terms of chemical safety, if there are items such as gloves, suits, masks, signs, measuring devices or record keeping charts that you need, please let us know. This personal protective equipment is required for use with most sprays that you use. We can place the order for you and deliver it before the season starts. Please keep other safety items in mind, such as moving equipment, working around animals, administering medications and being aware of people, especially children, on the farm. We wish you a safe and productive spring season!

Dairy Recipe

Spring is around the corner (at least we hope it is) and that means spring cleaning, babies, and beautiful flowers. Why not clean your body and make it beautiful with dairy. By consuming 3 servings of dairy every day, you gain 9 essential nutrients needed to rejuvenate your body. Consuming hard cheeses, like cheddar, can also help prevent tooth decay and lower blood pressure. Smile and eat with healthy teeth as you enjoy this recipe. From Katherine Orczeck, 2013/2014 Blair County Dairy Princess.

Beefy Nacho Crescent Bake

- 1 pound lean ground beef
- ½ cup chopped onion
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano leaves
- 1 can condensed macho cheese soup, undiluted
- 1 cup milk
- 8 ounce can refrigerated crescent dough
- ¼ cup shredded Cheddar Cheese
- Chopped fresh cilantro (optional)
- Salsa (optional)

Preheat oven to 375 degrees. Spray 13x9 baking dish with nonstick cooking spray. Place beef and onion in large skillet; sprinkle with salt and pepper. Brown beef over medium-high heat until no longer pink, stirring to separate beef. Drain fat. Stir in chili powder, cumin and oregano. Cook and stir 2 minutes; remove from heat. Combine soup and milk in medium bowl, stirring until smooth. Pour soup mixture into prepared dish, spreading evenly. Separate crescent dough into 4 rectangles; press perforations together firmly. Roll out each rectangle to 8x4 inches. Cut each rectangle in half crosswise to form 8 (4-inch) squares. Spoon about ¼ cup beef mixture in center of each square. Lift 4 corners of dough up over filling to meet in center; pinch and twist firmly to seal. Place squares in dish. Bake, uncovered, 20 to 25 minutes or until crusts are golden brown. Sprinkle cheese over squares. Bake 5 minutes or until cheese melts. To serve, spoon soup mixture over

each serving; sprinkle with cilantro, if desired. Serve with salsa, if desired. Makes 4 servings.

From Alltech

Optimizing Trace Mineral Nutrition to Improve Longevity

By Roger Scaletti

There has been a significant focus on dairy efficiency to insure optimum profitability, but many experts suggest there is a major economic opportunity for the dairy industry to increase profitability through improved longevity of the herd. Mastitis, reproductive performance, lameness and disease challenges are all key reasons why cows are involuntary culled; many times before the cow reaches its peak production lactation. By examining a mineral nutrition program to address issues that lead to early culling, producers can begin to see economic advantages of longevity.

While there are many factors leading to involuntary culls, there is a great deal of published research to demonstrate the benefits of enhanced mineral nutrition. Minerals such as selenium (Se), copper (Cu) and zinc (Zn) all have important roles in immunity against diseases, such as mastitis, and in addressing infertility and lameness. The cow's requirements for minerals are influenced by several factors including age, stage of pregnancy, and stage of lactation. It is often overlooked that the requirement for optimum immune response is greater than for growth and reproduction. Cows can have sufficient mineral intake for adequate growth and reproductive performance but not have optimal immune performance. The unfortunate reality is that by the time clinical signs of mineral inadequacy become apparent; immunity, growth, and fertility already have been compromised. The goal in feeding minerals should be to not only feed to avoid a deficiency, but to also optimize the mineral status in animals and thus enhance immune response. Feeding trace elements such as zinc, selenium, and copper in organic form such as Bioplex® minerals, has shown to increase the uptake of the animal and achieve a higher level of response.