



MAILBAG

September 1, 2015
Clover Creek 832-3458
Keystone Mill 832-3113
www.millhillag.com

Labor Day Schedule

Mill Hill will be closed on Monday, September 7th in observance of Labor Day. Please plan your animal feed, cover crop seed, bunker cover and canning needs accordingly!

Cover Crops

Now is the time to plant cover crops. Call or stop by Mill Hill to order your seeds. We have stock of many varieties, including triticale and rye and if we don't have what you want, we can order it. You can speak with Denny, Alan or Jim concerning your cover crop needs.

Glove Sale!

September is glove sale month! Stock up on unlined gloves for this fall and next spring and summer, and get a jump on your lined gloves for use this winter. We will be reducing inventory at both stores, so be sure to stop by and check out the selection!

Deworming Season

We've all seen the statistics of reduced performance caused by parasite infestations in our animals. This fall is the time to do something about it! Deworming is an easy chore to take care of, especially with the options available at Mill Hill. For cattle, blocks, feed topdress, pour-on or water additives are available. For hogs, we have a feed topdress and water additive. We also have dewormers for sheep, goats, horses, wildlife, dogs and cats. If you prefer an injectable dewormer, please let us know and we will order it for you.

Now is the time to start following a regular deworming schedule to ensure that your animals are as healthy and productive as possible. If you would like help determining

a proper deworming schedule for your animals, please talk with Sarrah.

Congrats Exhibitors!

Congratulations to all who exhibited at the local fairs and roundups this past month! From livestock to canned goods and hay to vegetables we are proud of the way you have represented yourselves and our county!

Grass Seed

With the bulk of the summer heat and drought out of the way, it is a good time to start new grass seed in those bare or thin spots. Grass planted in the fall typically performs better next spring and summer because it had time to develop a better root system before winter. Keep in mind though, that moisture is essential to germination, so if we don't have any rain, watering will be necessary to success. We have a variety of mixes available, including our own Keystone Lawn Mix, which was designed for this area. Stop by either location today for seeds, fertilizer, straw, hoses and sprinklers to get your new lawn started.

Feeding Green Forages

We have reached the time of year where inventories of last year's forages may be getting low, but new crop hasn't had time to ferment yet. Here are some tips for feeding green forages to your herd:

- 1) Remember to introduce green chop slowly by mixing it in with fermented feed for a few days.
- 2) While feeding green chop, make sure plenty of free choice sodium bicarbonate is available to your animals. Offer several feeding stations to reduce competition from more aggressive animals.
- 3) Offer dry hay and/or increase long stem fiber sources in the TMR. These longer pieces force the cow to chew more, which helps buffer the rumen. The long stems also form a more effective rumen mat to help slow down the rate of passage.
- 4) Consider planting some FeedFirst corn varieties from Master's Choice, which are proven to be ready to feed sooner after harvest, which will be helpful next fall!

Dairy Recipe

With the excitement of entering a new school year, remember to consume 3 servings of dairy every day. It is as simple as enjoying a snack of milk, cheese and yogurt when you come home from school. With it being the beginning of the school year, this also means that it is time for sports to start! Remember to consume milk to keep your bones strong and to build muscle! Milk will help prevent fractures in bone from an injury that could occur. September is always a very busy time of the year for everybody of all ages. Below is a simple, yet delicious recipe that you can make quickly when you are tight on time! *Submitted by Haley England, 2015-2016 Blair County Dairy Princess.*

GARDEN CASSEROLE

16 oz frozen broccoli cuts, thawed and drained

2 c. CHEDDAR CHEESE, shredded

1 medium onion, chopped

1 c. cooked chicken, chopped

1 red or green bell pepper, chopped

½ cup Bisquick

1 c. MILK

½ tsp. garlic salt

1 tsp. pepper

2 eggs

½ c. SOUR CREAM

Preheat oven to 400 degrees. Coat a 9x13 casserole dish with Pam. Lay broccoli, 1 cup cheese, onion, chicken and bell pepper in the casserole dish. Set aside the extra 1 cup of cheese. Beat together remaining ingredients and pour over casserole. Bake uncovered for 38 minutes, then remove from oven, sprinkle the remaining 1 cup of cheese on the top and bake for another 3 to 5 minutes until cheese is melted. Let stand at least 5 minutes before serving.