



MAILBAG

February 3, 2012

Clover Creek 832-3458

Keystone Mill 832-3113

www.millhillag.com



4H Endowment Benefit

Please make plans to shop with us on Friday, February 17th. 10% of the proceeds from the days' sales will go to the Blair County 4H Endowment Fund. Stock up on pet food, ice melting salt, bird supplies, animal health items, feed, gates, anything! Help us help the 4H Endowment grow!

Dairy Recipe

From Katelyn Hamming, Blair County Dairy Princess

BLACK CHERRY CAKE

1 package (18 ¼ oz) white cake mix

1 ¼ c. water

1/3 c. canola oil

4 egg whites

2 cartons (6 oz each) fat-free reduced-sugar black cherry yogurt, divided

8 oz whipped cream or Reddi-Whip

In a large mixing bowl, combine the cake mix, water oil and egg whites just until moistened; beat on low speed for 2 minutes. Fold in one carton of yogurt.

Pour into a 13x9x2-baking dish coated with nonstick cooking spray. Bake at 350 degrees for 30 to 35 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

Place remaining yogurt in a bowl and fold in whipped cream. Spread over cake. Store in the refrigerator.

Frost Seeding Explained

Contact Denny, Sarrah or Jim with questions about seed selection, soil tests, and fertilization needs! One of the best ways to accomplish pasture renovation is by frost seeding, sometimes referred to as overseeding, and is an easy and relatively inexpensive way to establish legumes in

existing grass pastures, hay fields and in cereal grains to establish cover crops. Frost seeding is simply broadcasting legume or grass seed on existing grass pastures in late winter or very early spring when the ground is still frozen. Freezing and thawing, plus early spring rains, provide the only seed coverage.

Steps for successful frost seeding:

1) Site Selection-thinning grass stands have been a preferred site to use frost seeding. The pasture or hay field should be closely grazed or clipped in the fall or winter to open the stand and expose soil. A chain drag or light disking can also be used.

2) Soil Fertility-proper pH and fertility are essential for efficient forage production. Soil tests should be taken.

3) Species Selection-most frost seedings have been made to introduce or increase a forage legume species into an established grass stand. Select the legume best suited to your soil conditions and intended use. Forage quality is improved when legumes are added to grass stands. Quality improvement is seen in increased palatability, intake, digestibility and nutrient content. Research has proven that legumes will improve animal growth rates, milk production and reproductive efficiency. Grasses do not establish with the same level of success as do legumes. Broadcasting grass seed can present some problems when mixed with legume seed, as the grass seed will not spread as far. Minimal success rates overall have been reported with attempts to add grasses to established grass stands through frost seeding and is generally not recommended.

5) Timing-the basic principal behind frost seeding is the "honey-combing" action that is created by alternating freezing and thawing cycles in late winter. This activity helps to incorporate broadcast seed into the soil surface. To take advantage of these environmental changes, frost seeding should occur in late February or March. Seeding should be done when the ground is still frozen. Avoid seeding on heavy snow since a fast melt may wash off seeds and/or fertilizer.

Adapted from Scott's Seedings, Seedway