

Jody G. Holthaus  
District Extension Agent  
Livestock and Natural Resources

## The Foe That Won't Quit

**CHANGE OF DATE:** Sheep and Goat Workshop had to be rescheduled to December 11, 2019 at 7:00 PM out at the NE Kansas Heritage Complex. Sorry for any inconvenience this may have caused.

Summertime is usually the peak season for Blue/Green Algae blooms because you need hot weather, stagnant water and bacteria. It's hard enough to battle within the season but this fall. It was still around two weeks ago. If you check out the KDHE website there are still 7 public water sites with active algae blooms being active with a watch or warning.

I've been in conversation with so many people about this foe. Right now I've got more questions than answers but we're going to get all the agencies to sit down together and discuss this and see if we can find out the answers. Stay tuned!

If you are tuned into the weather, you might be hearing about colder weather around the turn. It's Kansas after all! What does the cold snaps do to livestock? Most cattle producers know and appreciate that cold weather increases nutrient requirements. However, the obvious questions that come to mind are "What is cold to cow?" and "What increases (energy, protein etc.) and by how much?" Cattle are most comfortable within the thermoneutral zone when temperatures are neither too warm nor too cold. During the winter months cattle experience cold stress anytime the effective ambient temperature, which takes into account wind chill, humidity, etc., drops below the lower critical temperature. The lower critical temperature is influenced by both environmental and animal factors including hair coat and tissue insulation (body condition). The table lists the estimated lower critical temperatures of cattle in good body condition with different hair coats. In wet conditions, cattle can begin experiencing cold stress at 59°F, which would be a relatively mild winter day. However, if cattle have time to develop a sufficient winter coat the estimated lower critical temperature under dry conditions is 18°F. Cold stress increases maintenance energy requirements but does not impact protein, mineral, or vitamin requirements. The general rule of thumb (for a cow in good body condition, BCS = 5 or greater) is to increase the energy density of the ration by 1% for each degree (Fahrenheit) below the lower critical temperature. The classic response to cold stress in confinement situations is an increase in voluntary intake. However, it has been documented that grazing beef cows may spend less time grazing as temperatures decline below freezing, which reduces forage intake (Adams et al., 1986) and makes the challenge of meeting the cow's nutrient requirements even greater. In many cases, feeding a greater amount of low-quality hay may not provide sufficient energy. Therefore, providing additional energy by feeding a relatively higher-quality hay or grain may be required. More information on cold stress and nutrition may be found in "Beef Cow Nutrition Guide" available at the extension office.

### Estimated Lower Critical Temperature for Beef Cattle

Coat Condition	Critical Temperature (F)
Wet or summer coat	59 degrees
Dry fall coat	45 degrees
Dry winter coat	32 degrees
Dry heavy winter	18 degrees

November 8, 2019

David G. Hallauer  
District Extension Agent  
Crops & Soils/Horticulture

To my knowledge no article this week, unless he sends it directly to you later.

Cindy Williams  
Meadowlark Extension District  
Food, Nutrition, Health and Safety

### **Keep Your Spice Rack On Track for Fall Flavors**

Have the cooler temperatures and turning leaves got you thinking of flavors like pumpkin spice or apple cinnamon?

For many, fall means comfort foods and incorporating spicy autumn flavors into homemade chili and stews, warming ciders, and holiday baking. If you are like me, you totally enjoy using spices to create fragrant and flavorful foods to enjoy on crisp fall evenings or for your holiday table.

Spices and herbs not only add wonderful flavors, but they also add the healthy benefit of allowing cooks to use less added fats, sugar and salt when creating meals. The fresher the spice, the greater the flavor.

So, when was the last time you looked at your spices? Do they still have a bright color, or a strong fragrance? Are they expired?

The USDA defines spices and other foods that can be stored at room temperature as a “Shelf Stable” product that will truly never expire, however, over time the flavor and potency of the spices will diminish. Flavoring extracts can evaporate overtime.

Here are some guidelines to help you determine when it’s time to toss your spices and herbs.

- \*As a general rule, keep: herbs or ground spices for 1 year and whole spices for 2 years.
- \*Buy a smaller container until you determine how fast you’ll use a particular spice or herb.
- \*If a spice or herb smells strong and flavorful, it’s probably still potent.
- \*Check an herb or a ground spice by rubbing a small amount in your hand. If the aroma is fresh, rich and immediate, it can still flavor foods.
- \*Check a whole spice---such as a clove or cinnamon stick---by breaking, crushing or scraping it before smelling it.
- \*Avoid smelling pepper or chili powder as they can irritate your nose.
- \*Initial quality will influence shelf life.
- \*Label your date of purchase on the container with a permanent marker.

Use the following guidelines for storing your spices and herbs to maintain maximum quality.

- \*To prevent flavor and color loss, avoid moisture, light, heat and air.
- \*Store in tightly covered containers.
- \*Store in a dark place away from sunlight, such as inside a cupboard or drawer.
- \*Avoid storage above the dishwasher, microwave, stove or refrigerator, or near a sink or heating vent.
- \*If storing in an open spice rack, store in a site away from heat, light and moisture.
- \*Avoid sprinkling dried spices and herbs directly from container into a steaming pot to prevent moisture from entering the container.
- \*Use a dry spoon to measure spices and herbs from a container.
- \*Refrigerate paprika, chili powder and red pepper for best color retention, especially in summer or hotter climates.

Is it time to give your spice rack a once-over so you will be prepared for creating the amazing flavors of fall?

Nancy C. Nelson  
Meadowlark Extension District  
Family Life

No article this week