

ANNUAL

**HOMEMAKERS
CHRISTMAS EVENT**

13 NOVEMBER 2017

Doors Open at 5:00 PM
Dinner at 6:30 PM
Orleans Ag Center

There will be Vendors, Fashion Show, Dinner and More! It promises to be a wonderful evening!



**To reserve your seat today contact:
Extension Office (308.928.2119) or an
Extension Homemaker Club Member**

The 2017 Homemakers Christmas Event Monday, November 13th at 5:00 p.m. will be abundant with the Christmas Spirit. To purchase & pick up your ticket to this remarkable event please contact the Harlan County Extension Office by stopping in or by calling 308-928-2119.

SAVE THE DATES!

**PESTICIDE
TRAINING
CLASSES**

**PRIVATE
PESTICIDE
TRAINING**

**JANUARY 16 @ 9:30 AM
or
FEBRUARY 22 @ 9:30 AM**
Harlan County Courthouse
Meeting Room - Alma, NE

Now Available:

**NEBRASKA FARM AND RANCH
BUSINESS RECORD BOOK**

For Income Tax and Analysis Stop by the Extension Office
to procure one for \$6.



ConstellationSM

An Exelon Company

Did you know that by selecting certain gas companies you can be supporting your community and the 4-H program? This last month a donation was sent to the Harlan County 4-H program on behalf of Constellation. Constellation participates in the Choice Gas program in Nebraska – a program that allows homeowners, businesses, farmers and ranchers to choose their natural gas supplier each year.

Constellation serves 60 counties in Nebraska. Harlan County saw enough new customers during the 2017 Choice Gas selection to earn 4th place and earning an extra \$200.

All together Constellation will be providing a total of more than \$17,000 to help support 4-H and FFA in their service areas this year! Thank you to our Harlan County families who choose to support 4-H through Constellation!

4-H, the nation's largest youth development organization, grows confident young people who are empowered for life today and prepared for career tomorrow. 4-H programs empower nearly six million young people across the U.S. through experiences that develop critical life skills. 4-H is the youth development program of our nation's Cooperative Extension System and USDA, and serves every county and parish in the U.S. through a network of 110 public universities and more than 3000 local Extension offices. Globally, 4-H collaborates with independent programs to empower one million youth in 50 countries. The research-backed 4-H experience grows young people who are four times more likely to contribute to their communities; two times more likely to make healthier choices; two times more likely to be civically active; and two times more likely to participate in STEM programs.

Learn more about 4-H at www.4-H.org, find us on Facebook at www.facebook.com/4-H.

ENROLL TODAY!!

<https://ne.4honline.com>

4HOnlineSM
4-H Enrollment and Event Registration



Please remember you need to Enroll or Re-enroll for the upcoming 2017-2018 4-H year. What better time than now to sign up for the 2018 4-H year?

4-H Online is OPEN!! If you are re-enrolling all you need to do is update your information. DO NOT make a new family profile! If you have problems updating or enrolling for the first time, let the office know by calling 308-928-2119 or email Cammie at cammie.kroll@unl.edu

MAD SCIENCE

TUESDAYS
IN REVIEW



Soda Geysers
- OCTOBER 17 -

Rainbow Jars & Lava Lamps
- OCTOBER 24 -



Foaming Monsters
- OCTOBER 31 -

So You've Inherited a Farm, Now What?

Workshop to provide ranch & farm management ownership guidelines

If you've inherited or received farmland and want to learn more about the best strategies for managing this asset, learn what it means to own agricultural land today at a FREE workshop presented by Allan Vyhnalek and Jim Jansen, Nebraska Extension Educators, who provide farm land management education for eastern Nebraska.

**Ella Missing Community
Center - Arapahoe, NE
Wed., November 8, 2017
10:00 am - 12:30 pm
Cost - FREE!**

"I am contacted monthly from citizens who have had their parents pass away and now they are managing a farm for the first time in their lives," said Allan Vyhnalek, Nebraska Extension educator and event speaker. "They may have even grown up there, but haven't been around for 30 or 40 years and need to understand that farming practices and management concepts have changed."



Ag Land Management Workshop

**Wednesday, November 8
4:00 - 6:30pm**

**Phelps County Ag Center
Holdrege, Nebraska**

The workshop is designed to assist land-owners, tenants, and other Agri-business professionals with issues related to farmland management and leasing arrangements. Participants will receive a set of all handouts from the presentations. FREE workshop presented by Allan Vyhnalek and Jim Jansen, NE Extension Educators

**Trends in Farmland and cash lease values,
Communication, Land Ownership, Good lease
provisions, and more!**

For: Landlords and Tenants

**Pre-register by November 6th
Call: Nebraska Extension -Phelps County
308-995-4222**

Todd Whitney: twhitney3@unl.edu

Topics to be covered in the 2.5-hour workshop include:

- **Keep or sell the property, options and consequences for either**
- **If keeping → how to manage**
- **Legal considerations**
- **If leasing → appropriate lease considerations**
- **Strategies for dealing with family & proper family communications**

Pre-registration

**Call: Nebraska Extension -Furnas County
308-268-3105**

Erin Laborie: erin.laborie@unl.edu

Pre-registration is requested two days prior to the event. This program is free because of funding from the North Central Extension Risk Management Education Center and USDA National Institute of Food and Agriculture



United States Department of Agriculture
National Institute of Food and Agriculture



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

WHAT DID IT COST TO PRODUCE A CALF THIS YEAR?

BY AARON BERGER, NEBRASKA EXTENSION EDUCATOR

Weaning of spring-born calves has occurred for many cow calf producers. Right after weaning is a good time to analyze the business and see what it cost to produce a pound of weaned calf this year and what is projected to cost for 2018. Cow costs and thus the cost to produce a weaned calf have shot up over the last 15 years. From 1987 to 2001, the Livestock Market Information Center reports that annual cow costs increased from \$300 to \$400 per cow. From 2002 to 2015, cow costs more than doubled from \$400 to \$875 per cow. These annual cow cost figures are from the National Ag Statistics Surveys. Cow costs in much of Nebraska would be equal to or higher than the national average due to the cost of pasture. Obviously not every cow weans a calf, so the actual cost per calf produced is much higher than \$875!

The old adage "you can't effectively manage what you don't measure" is true in relation to managing the cow-calf enterprise. The first step in calculating UCOP is to have accurate production and financial records. These records do not have to be complicated, but they need to be accurate and thorough. If current management and information systems don't provide the data to run this type of analysis, consider making changes that will provide the records needed.

Unit cost of production (UCOP) is a value based on a relationship in production between input costs and units of product made or produced. (Unit Cost of Production = Costs / Units Produced)

Knowing UCOP allows a manager to look forward utilizing both present and projected input costs with production numbers to make informed decisions. You can't change last year's cost of production numbers, but with good information, you can make management changes that will impact the upcoming year. Cow-calf producers who know UCOP numbers and understand the interaction between costs and production can implement strategies to effectively manage resources to meet business and personal goals.

As with most things in life, the first few times you do something, you make mistakes and through the process, learn how to get better. Learning how to calculate UCOP is a similar process for cow-calf producers who have never done it before. The first few times through, the mental gears will be grinding and there will be frustration along the way. However once someone does it and gets comfortable, the value of knowing this information and being able to confidently make decisions that improve profitability is extremely satisfying!



**"YOU CAN'T EFFECTIVELY MANAGE
WHAT YOU DON'T MEASURE"**

RANGE BEEF COW SYMPOSIUM - NOVEMBER 28 - 30 CHEYENNE, WYOMING

BY KARLA JENKINS, UNL COW/CALF SPECIALIST

The Range Beef Cow Symposium XXV will be held in Cheyenne, Wyoming at Little America November 28-30, 2017. This year the program format has been altered somewhat to accommodate more interactive learning. There will be meat cutting demonstrations and plant ID opportunities in the vendor area. On the 30th, there will be opportunities at Laramie County Community College to participate in body condition scoring, frame scoring, artificial insemination, or feed tag analysis learning modules. Topics covered in this year's Symposium will also include marketing, generational transfer, updates on government legislation impacting the beef industry, drought mitigation strategies, genetic testing and much more. The program will also include the historic bull pen sessions and the trade show allowing producers to engage in lively discussions and make a one stop shop for ranching needs.

Register today at <http://www.rangebeefcow.com> and get your room reservations through <http://Cheyenne.littleamerica.com>. Any questions regarding the program should be directed to Steve Paisley, University of Wyoming Beef Specialist at 307-837-2000.



Countdown to the Thanksgiving Holiday

As Thanksgiving approaches, cooking the traditional turkey dinner gives rise to anxieties and questions. What kind of turkey should I buy? Should I buy a frozen turkey or a fresh one? How do I store my turkey? A few simple steps will not only ease your holiday fears, but will ensure a delicious and safe meal for you, your family and your friends.

Plan Ahead

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal. Ask these questions to help plan your meal. Do you want a fresh or frozen turkey? Do you have enough space to store a frozen bird if purchased in advance; if not, when should you purchase a turkey? What size bird do you need to buy? If you choose to buy a frozen bird you may do so at any time, but make sure you have adequate storage space in your freezer. If you buy a fresh turkey, be sure you purchase it only 1-2 days before cooking. **Do not buy a pre-stuffed fresh turkey.**

WHAT SIZE TURKEY TO PURCHASE

Type of Turkey	Pounds to Buy
Whole bird	1 pound per person
Boneless breast of turkey	1/2 pound per person
Breast of turkey	3/4 pound per person
Prestuffed frozen turkey	1 1/4 pounds per person -- keep frozen until ready to cook

Preparation

Day Before Thanksgiving - Make sure you have all the ingredients you need to prepare your holiday meal. Check to make sure you have all the equipment you will need, including a roasting pan large enough to hold your turkey and a food thermometer. Wet and dry stuffing ingredients can be prepared ahead of time and refrigerated separately. This may also be done on Thanksgiving Day.

Thanksgiving Day - If you choose to stuff your turkey, stuff loosely. The stuffing

should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment. Place stuffed turkey in oven immediately. You may also cook the stuffing outside the bird in a casserole. Judging cooking time for your turkey will be easier if the following chart is used. The times listed are for a fresh or thawed turkey in an oven at 325 °F. These times are approximate. Use a food thermometer to check the internal temperature of the turkey. A whole turkey is safe cooked to a minimum internal temperature of 165 °F throughout the bird. Check the internal temperature in the innermost part of the thigh, wing and the thickest part of the breast. The stuffing should reach 165 °F, whether cooked inside the bird or in a separate dish. When turkey is removed from the oven, let it stand 20 minutes. Remove stuffing and carve turkey.

Thawing

Place frozen bird in original wrapper in the refrigerator (40 °F or below). Allow approximately 24 hours per 4 to 5 pounds of turkey. A thawed turkey can remain in the refrigerator for 1-2 days. If you forget to thaw the turkey or don't have room in the refrigerator for thawing, don't panic. You can submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey. The following times are suggested for thawing turkey in water. Cook immediately after thawing.

THAWING TIME IN THE REFRIGERATOR

Size of Turkey	Number of Days
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

THAWING TIME IN COLD WATER

Size of Turkey	Hours to Defrost
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

Timetables for Turkey Roasting (325 °F oven temperature)

COOKING TIME - UNSTUFFED TURKEY	
Size of Turkey	Hours to Prepare
8 to 12 pounds	2 3/4 to 3 hours
12 to 14 pounds	3 to 3 3/4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours
20 to 24 pounds	4 1/2 to 5 hours
COOKING TIME - STUFFED TURKEY	
8 to 12 pounds	3 to 3 1/2 hours
12 to 14 pounds	3 1/2 to 4 hours
14 to 18 pounds	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 3/4 to 5 1/4 hours

Storing Leftovers

Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hrs of cooking. Use leftover turkey and stuffing within 3-4 days or freeze these foods. Reheat thoroughly to a temperature of 165 °F or until hot and steaming.

“Food tossed is money lost.”
One way to add new life to still edible foods is to re-purpose leftovers and reuse or “recycle” them in new ways and new recipes.



Leftover Makeovers and Refrigerator Reboots!

Alice Henneman, MS, RDN
Extension Educator

Got some leftovers languishing in your refrigerator? Or perhaps little bits of foods that are almost past prime time to eat. Read on if their next stop is likely to be the trash can.

Give new life to still edible foods with our gallery of delicious ideas. As a general rule, use leftovers within 3–4 days.

90 Billion Pounds of Wasted Food

The U.S. Department of Agriculture (USDA) estimates about 90 billion pounds of edible food goes uneaten each year in homes and away-from-home eating places. This is equal to 123 times the weight of the Empire State Building and costs consumers about **\$370 per person** each year.

Here’s the breakdown from USDA on how much food is wasted from each food grouping per person yearly:

- Grains: \$22
- Fruits: \$45
- Protein Foods (meat, poultry, fish, eggs and nuts): \$140
- Vegetables: \$66
- Dairy: \$60
- Added Fat & Sugar: \$37

Meat, Vegetables, Pasta



Search your fridge for foods that can be combined into a soup. Add extra cooked pasta or rice at the end, so it heats through but doesn’t become mushy from overcooking. Keep some chicken stock or canned, diced tomatoes on-hand for a quick soup base.

Bread



Transform slightly dried-out bread into croutons: Preheat oven to 350°F. Lightly brush top side of bread with olive oil. If desired, sprinkle with Italian seasoning. Cut into 1/2- to 3/4-inch cubes, leaving the crusts on. Spread in a single layer on an ungreased baking sheet. Bake on middle shelf of the oven for 5–10 minutes or until lightly browned and crisp. No need to turn croutons during baking.

Cheese



Use up those odds and ends of harder cheeses by shredding them with a grater or in a food processor. Check your refrigerator for other ingredients to include such as olives, pickles, pimientos, walnuts, red or green peppers, etc.; add low-fat mayonnaise to bind ingredients and use as a sandwich spread.

Fruit, Yogurt



Chop and combine those last pieces of fruit. Flavored or plain yogurt — perhaps sweetened with a little honey and a splash of vanilla — makes a tasty dressing. Other possible add-ins include the remainder of that package of nuts and those final bits of dried fruit.

HARLAN COUNTY EXTENSION NEWSLETTER

Calendar of Events

- November 7 - MAD SCIENCE TUESDAY @ 4:00 p.m. - Alma's Hoesch Memorial Library
- November 8 - "So you Inherited" Workshop - 10:00-12:30p.m. – Ella Missing Community Building - Arapahoe
- November 8 - Ag Land Management @ 4:00-6:30p.m. - Phelps County Ag Center– Holdrege
- November 13 - Homemakers Christmas Event - Ag Center Orleans
- November 28 - 30 - Range Beef Symposium - Cheyenne, Wyoming
- December 7, 2017 – 4-H Volunteer Forum @ 6:00-7:30 p.m. Phelps Extension Office – Holdrege

The Harlan County Courthouse and Extension Office will be closed November 23 & 24 for the Thanksgiving Holiday. The office will reopen on Monday, November 27. Have a wonderfully delicious and safe Thanksgiving!!



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