MONROE COUNTY FAIR

July 28 - August 3, 2013
"LIVIN' THE DREAM IN 2013"

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Empowering Women through Mother-to-Mother Breastfeeding Support

“If it wasn’t for the Breastfeeding Peer Counselor, I can honestly say I would have never breastfed my little girl,” states Brittany from Monroe County. “She was my cheerleader and kept me focused when I felt discouraged.”

August is Breastfeeding Awareness Month in Michigan. This year’s theme, “Breastfeeding Support: Close to Mothers,” highlights the importance of peer support. With the help of other mothers who are trained to provide assistance, expectant and breastfeeding families find encouragement, answers to their questions, and an opportunity to share experiences. Researchers have found that with mother-to-mother support, women breastfeed longer. This is important considering the well documented evidence that human milk feeding is important for the health and well-being of both mother and infant.

According to Stephanie Garrett, Monroe WIC Coordinator, “Even when mothers are able to get off to a good start, all too often in the weeks or months after delivery there is a sharp decline in breastfeeding rates and practices, particularly exclusive breastfeeding. This is the time when a mother-to-mother support system is essential.” In Monroe peer support is offered to expectant and breastfeeding families at the WIC office and the Mother to Mother program at MSU Extension.

With the help of mother-to-mother support, Brittany gained the confidence to breastfeed her child for over a year. “The important nutrition and the bond I shared with my daughter is something I will cherish forever.”

To celebrate Breastfeeding Awareness Month, Monroe WIC will be joining the breastfeeding campaign again this year by providing educational activities for WIC participants and through informational displays throughout the building. Breastfeeding families, friends, and community members are encouraged to join the festivities.

For further information on breastfeeding support, contact Winnie Webb Mother to Mother program MSUE (734) 240 3178, Monroe WIC (734) 240 7905, and Julie Lee R.N. IBCLC at Mercy Memorial hospital (734) 240 8578.
Blueberries: Power Fruit

July is National Blueberry Month. Did you know that Michigan ranks top in the nation in the production of blueberries? Every year Michigan blueberry producers grow almost 100 million pounds of blueberries.

Posted on July 19, 2013 by Diana Fair, Michigan State University Extension

One of the few fruits native to North America, blueberries tastes great and are packed full of nutrients. If you ranked all fruits from the healthiest fruit to the fruit with the lowest nutritional value, blueberries would be at the top of the list.

The beautiful blue color of the blueberry is actually a plant chemical called anthocyanin. Michigan State University Extension says that this anti-oxidant helps lower your risk for food-related diseases such as heart disease and diabetes. Blueberries are a great source of vitamins C, K and fiber. One cup of blueberries has only about 84 calories and a healthy 3.5 grams of fiber.

According to MyPlate, one-quarter of your meal plate should be covered with fruit, so here are some suggestions for adding blueberries to your meals:

Breakfast:
- Blueberry smoothies
- Blueberries in pancake or waffle batter
- Top hot or cold cereal or yogurt with berries
- Mix blueberries with other summer fruits such as melon or peaches

Lunch/dinner:
- Blueberries added to salads
- Blueberries can be cooked into a sauce and served over meats such as poultry or pork
- Add to mixed fruit cups
- Serve blueberry crisp or a fresh blueberry pie as dessert or as a topping for ice cream

For information on storing and preserving blueberries check out the [Michigan Fresh blueberry fact sheet](http://www.msue.msu.edu).

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Six tips when freezing meat – including storage chart

You found a great sale on meat and now need to freeze it. Freezing meat carefully will help you have a high quality product when thawed and cooked.

Posted on July 11, 2013 by Jeannie Nichols, Michigan State University Extension

This is the time of year people are freezing fresh fruits and vegetables for the cold winter months to come. But what about freezing meat that you find on sale? Michigan State University Extension has some helpful tips for you to consider when freezing meat.

1. Freezing fresh meats in their original supermarket wrappings is not recommended, unless you’ll use the frozen meat or poultry in a month or two – at the most. The United States Department of Agriculture (USDA) recommends that you add a second wrapping for long-term storage to maintain quality and prevent freezer burn. Overwrap the package of meat with airtight heavy-duty freezer foil, freezer paper or place the package inside a freezer bag. While it’s safe to freeze fresh meat or poultry in its supermarket wrapping, this type of wrap allows air to pass through. Foods with freezer burn are safe to eat though they may be dry in spots.

2. Keep your freezer at zero degree or lower. Put no more food in your freezer than what will be able to freeze in 24 hours.

3. Spread out the bags of meat you are freezing in your freezer. You can neatly stack and organize them in your freezer once they are completely frozen.

4. Do not stuff any kind of meat or poultry before freezing it. Harmful bacteria can grow in the stuffing before it gets completely frozen and it can then grow once it is being thawed.

5. Thaw all meats in the refrigerator for the best quality. Cook or use the meat once it is thawed.

6. Freeze meat in meal size portions, label the kind of meat it is, the amount in the package and the date it was frozen.

An easy and economical way to preserve food is by freezing. Freezing keeps food safe almost indefinitely, so recommended storage times are for quality only.

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The United States Department of Health and Human Services provides the following chart for storing meat.

<table>
<thead>
<tr>
<th>Category</th>
<th>Food</th>
<th>Refrigerator (40 °F or below)</th>
<th>Freezer (0 °F or below)</th>
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</thead>
<tbody>
<tr>
<td>Hot dogs</td>
<td>Opened package</td>
<td>1 week</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td></td>
<td>Unopened package</td>
<td>2 weeks</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Luncheon meat</td>
<td>Opened package or deli sliced</td>
<td>3 to 5 days</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td></td>
<td>Unopened package</td>
<td>2 weeks</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Bacon &amp; Sausage</td>
<td>Bacon</td>
<td>7 days</td>
<td>1 month</td>
</tr>
<tr>
<td></td>
<td>Sausage, raw — from chicken, turkey, pork, beef</td>
<td>1 to 2 days</td>
<td>1 to 2 months</td>
</tr>
<tr>
<td>Hamburger &amp; Other Ground Meats</td>
<td>Hamburger, ground beef, turkey, veal, pork, lamb, &amp; mixtures of them</td>
<td>1 to 2 days</td>
<td>3 to 4 months</td>
</tr>
<tr>
<td>Fresh Beef, Veal, Lamb &amp; Pork</td>
<td>Steaks</td>
<td>3 to 5 days</td>
<td>6 to 12 months</td>
</tr>
<tr>
<td></td>
<td>Chops</td>
<td>3 to 5 days</td>
<td>4 to 6 months</td>
</tr>
<tr>
<td></td>
<td>Roasts</td>
<td>3 to 5 days</td>
<td>4 to 12 months</td>
</tr>
<tr>
<td>Fresh Poultry</td>
<td>Chicken or turkey, whole</td>
<td>1 to 2 days</td>
<td>1 year</td>
</tr>
<tr>
<td></td>
<td>Chicken or turkey, pieces</td>
<td>1 to 2 days</td>
<td>9 months</td>
</tr>
</tbody>
</table>
529 Plans-A Good Way to Save for Higher Education

Learn more about 529 plans for college saving and tax-advantages.

Posted by Terry Clark-Jones, Michigan State University Extension

In 1996, Congress created 529 plans to encourage saving for future education. It is a tax-advantage savings plan legally known as "qualified tuition plan" are typically sponsored by states, state agencies and/or educational institutions. The main advantage of a 529 plan is that the earnings are not subjected to federal taxes and generally not subject to state taxes when they are used for educational purposes.

Anyone can set up a 529 plan as well as name whoever they want as a beneficiary of the funds. There are no income restrictions and no limits on how many can be set up. Contributions to the plan cannot exceed the necessary cost for the educational expenses of the beneficiary. There may be gift tax consequences to the beneficiary if you contribute more than $13,000 per year.

There two types of 529 plans: pre-paid tuition plans and college savings plans. Pre-paid tuitions plans generally allow savers to purchases credits for future tuition. This may also include room and board. They are sponsored by state governments and have a residency requirement. Many state governments guarantee investments in their pre-paid plans. Michigan Educational Trust (MET) is Michigan’s pre-paid tuition program.

College saving plans allows a saver to establish an account for a student for the purpose of paying eligible college expenses. Typically an account holder can choose among several investment options for their contributions, which the plan invest on behalf of the account holder. These investment options include stock mutual funds, bond mutual funds, and money market funds. It also includes options of an age-based portfolio that automatically shift toward more conservative investments as the beneficiary approaches college age. This plan is not guaranteed by state government and is not federally insured.

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Managing Heated Family Quarrels

Parents are bound to have heated arguments. Learn how to minimize the negative impact on the children.

Posted by Terry Clark-Jones, Michigan State University Extension

All parents are likely to have a disagreement or argument with each other. So what are some ways to minimize the negative impact of these heated moments on the kids? Often, it is just a matter of using some basic anger management techniques.

One of the most important things for parents is to remember when their on the verge of a big argument not to involve the kids. This places children in a very difficult situation. Kids identify with both of the parents and because of this, they interpret negative characteristics as also aimed at them. This may create shame and low self-esteem in children who are caught in these arguments and battles.

Next, parents need to remember who they are arguing with. Anger causes irrational thinking and often we lose site of the bigger picture. Even in the heat of the moment, it is important for the parents to remember why they are there in the first place. Create a practice of calming yourself at those times, so that you can think clearer and more rationally.

For parents who just can’t keep from arguing in a fair and calm manner, Michigan State University Extension offers “RELAX: Alternative to Anger”. The four–week program helps participants recognize what their anger triggers are, learn how to de-stress and calming tips, explore problem solving skills, and ways of letting go. For a class near you here just clink here.

If you fail to manage a heated dispute, do damage control. Parents can let the children know that sometimes moms and dads have disagreements and that you are still trying to do this without yelling. Even apologizing to the children for the fight can help the kids regain a sense of security.

Ultimately, in strong families where things are positive, even bad arguments can be tolerated. Good, constructive arguments, that include compromises and problem solving, can teach kids how to handle their own disagreements. Parents are the role models. When kids learn how to manage strong feelings and coping skills positively, it builds resiliency and a sense of mastery that they can handle their own feelings in a constructive way.

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Cucurbit downy mildew has been reported and confirmed in Monroe and Lenawee Counties. Scout regularly and tighten the interval of your fungicide applications to minimize yield reductions.

Weather

Temperatures in the southeast ranged from 54 to 90 degrees Fahrenheit with an average of 72 F. In the following week, temperatures are forecast to range from 56 to 91 F. The last rain event in our area was July 10. The next precipitation events are forecast for Friday and Saturday. Current degree-days (GDD) recorded at the Petersburg Enviro-weather station are 2067, 1789 and 1360 (BDD base 42, 45 and 50 F respectively), and are behind the 5 year average by 133.4, 103.4 and 63.2 (BDD base 42, 45 and 50 F respectively).

Vegetable crops report

Water standing in low areas of fields has drained and evaporated. However, patches of chlorotic or dead plants are the common denominator across vegetable fields with areas that were flooded earlier, especially cabbage, tomato and peppers.

This southeast Michigan pepper field is showing damage from frequent rain events. Photo credit: Lina Rodriguez-Salamanca, MSU Extension

Cabbage harvest continues and is almost complete. Cabbage fields have had an increased incidence of soft rot and plant death.

Continued on pg. 9
Vegetable Crop Report—Continued from pg. 8

Harvest has started and will continue for cucumbers, squash and zucchini. Melons and cantaloupe plants are bearing fruits 6 to 9 inches in diameter. Processing and Jack o’ Lantern pumpkin plants are bearing green fruit 2 to 5 inch in diameter.

Cucurbit downy mildew was reported and confirmed in cucumber fields in Lenawee and Monroe counties (see photo). For information on how to recognize symptoms visit the Hausbeck lab’s page on downy mildew on cucumber or see how to submit samples for instructions to send in samples. Scout your cucurbit fields (cucumber, zucchini, squash, pumpkin, melons and gourds) for symptoms and protect new growth following fungicides recommendations.

Powdery mildew has been observed in squash and zucchini (see photo). Consider spraying fungicide on the groups quinolones and benzamidoxime (for example Quintec and Torino respectively) in rotation with other labeled fungicide that belong to different FRAC codes. Always read the fungicide labels to take into account the fungicide group (FRAC code) and appropriate rates and restrictions. Symptoms of Phytophthora root rots were observed on watermelon (to be confirmed).

Late blight has been confirmed in potatoes in Michigan. The risk of late blight at the Petersburg station has accumulated 24 disease severity values (DSV) in our area. Fungicide recommendation from last week still stand (highest labeled rate of protectant fungicide is recommended in a minimum of 7-day interval).

Tomatoes are bearing green fruit 1.5 to 3 inches in diameter. Symptoms of bacterial speck have been observed in tomato foliage. Symptoms of early blight (Alternaria solani) and Septoria leaf spot are also common in tomato plants. Fungicide programs that include labeled protectant fungicide (Chlorotalonil products for example Bravo) mixed or alternated with translaminar QoI-Strobilirin fungicide (for example Azoxytrobin-Quadris) is recommended. For more fungicides labeled and their rates consult the Michigan State University Extension publication E312 “2013 Insect, Disease and Nematode Control for Commercial Vegetables”. With late blight confirmed in the state, protect your tomatoes following Dr. Mary Hausbeck’s recommendations.

Tomato hornworms are present in tomato fields. Banana, jalapenos and bell peppers are bearing fruit 3 to 5 inches long. No thrips have been observed in peppers, however with the hot weather and lack of precipitation of the past week, thrips and other insect population can peak quickly. Growers estimate that 10 to 20 percent losses in both tomato and peppers due to the flooded areas and hail damage experience early in the month.

Sweet corn harvest will begin this week. Western bean cutworm moths are active, 10 moths were caught in the Monroe trap this week, no egg masses have been observed. The risk for this insect pest is forecast as moderate in our area.

Corn earworms moths were caught in both Monroe and Lenawee county traps. Currently both counts are above threshold and insecticide sprays to protect fresh silks are recommended. No European corn borer has been caught in the Monroe trap. This is also good news for peppers and tomatoes since this insect pest can feed on pepper and tomato fruit.

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Increasing potential for meat goat industry

Posted on July 23, 2013 by Riley Collins, and Brenda Reau, Michigan State University Extension, MSU Product Center

Self-sufficient farming, an increase in ethnic population and a health conscious public has increased demand for goat meat.

Goat is the most highly consumed meat in the world and interest is increasing in goat meat consumption in the United States. Goats slaughtered in USDA-inspected plants and goat meat imported to the U.S. has steadily increased since 1999. The increase in ethnic populations and health conscious Americans has contributed to this development. With strengthening producer education and the marketing structure, goat meat is a great opportunity for small farm producers to diversify their farm products.

Many Americans are trying to be self-sufficient. For situations when resources are limited, a small herd of goats may be a good option for a small, part-time farmer to raise to achieve self-sufficiency. Goats are also becoming a more popular option because they are very versatile. They adapt well to hot environments and their foraging preference encompasses a wider spectrum of plants compared to other ruminants. Because they are “nonselective browsers” and eat brush and less desirable plants, goats can help maximize use of marginal pastureland that other livestock graze on, such as cattle and sheep. Goats can utilize what other animals do not and still produce a quality product. Another benefit of goats is their meat. The U.S. is becoming more conscious of what they eat now more than ever. Goat is lean, high in iron and high in vitamin B12. These health benefits are increasing the public interest in goat meat beyond traditional ethnic populations.

Marketing options can include: direct marketing off the farm, supplying specialty markets like holiday sales and ethnic populations or commercial marketing firms. The current market is direct marketing to ethnic groups but there are two other potential niche markets for goat meat. These consist of targeting the health conscious consumers wanting low fat diets and targeting the restaurant trade serving ethnic or gourmet foods. These markets are largely untapped and can provide real opportunities for goat producers, especially local producers.

The challenges that this industry has encountered are consumer education, producer education, lack of slaughter facilities and processing plants and the lack of organized markets and marketing channels. The most important factor in the growth of this industry is marketing.

Michigan Specialty Meats Cooperative is an organization that is participating in the meat goat industry. This cooperative is dedicated to supplying specialty meats from across the state of Michigan and their products are beginning to be sold in specialty meat stores and restaurants. The Michigan State University Product Center is working with the cooperative to help them in developing the cooperative to market goat meat in Michigan.

The Michigan State University Product Center has innovation counselors located in Michigan State University Extension offices across the state that can assist goat producers in developing and marketing value-added products.

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In preparation for wheat harvest, growers are reminded to be prepared to take steps to help ensure they achieve the best quality grain possible from their crop. The single biggest risk to quality so far this season is Fusarium head scab.

Despite aggressive fungicide use, the weather was simply too favorable in some locations for infections during the flowering stage. An extended flowering period, and thus infection period, due to irregular tiller development this spring may have also contributed to infection levels. Further, the recent stretch of warm, humid weather has been favorable for the disease to develop within the infected heads and, thereby, potentially generating more toxins.

Fusarium head scab tends to reduce test weight and can reduce grain yields to some extent. However, by far the overriding concern is that the disease can lead to the production of a mycotoxin, referred to as DON or vomitoxin. Generally, the grain value is discounted when DON levels exceed 2 ppm in soft red wheat and 1 ppm in soft white wheat. Where these levels are greatly exceeded, the elevator may or may not accept the grain.

The following are some steps recommended by Michigan State University Extension that growers might consider when facing fields having potentially high levels of Fusarium head scab.

**Separate high scab areas:** Field areas that have been found to have higher levels of scab or DON through pre-harvest scouting, fungicide use records or DON tests at harvest. Also, be wary of lodged wheat or wheat located along tree lines.

**Consult the manual:** Combine adjustments should follow the manufacturer’s manual when first going to the field. Once in the field, operators should invest the time to sample the grain and make adjustments. The most important adjustments include concave clearance, screen openings and cylinder and fan speeds. This is particularly important when dealing with compromised grain quality. If it is determined that grain quality is not an issue, more conventional settings should be used to minimize grain loss.

**Harvest moisture:** Delaying harvest until the grain reaches 18 percent moisture helps insure scabby kernels will be threshed from the chaff and removed from the grain stream. However, delaying harvest should only be done where the grower is confident favorable weather will persist, as high moisture grain can continue to accumulate DON and there may be additional risk of pre-harvest sprouting if damp conditions return.

**Harvest speed:** Slower combine speed allows for increased separation of the scabby grain by avoiding occasional overloads and increasing exposure to the fan. This may be particularly important in lodged wheat.

**Fan speed:** Many, but not all, Fusarium-infected kernels are shrunken and have lower densities. Increasing the combine’s fan speed can greatly increase the number of lighter kernels blown out the back of the combine.

**Keep records:** Growers confronted with grain quality issues would do well to note any differences related to varieties and varietal susceptibilities; the use of fungicide products, timings and rates; and field histories and conditions. In addition, they should keep track of the DON tests performed on each load and relate them to the originating field and storage bin destination.

**Grain drying:** Grain should be dried to 13 or 14 percent as soon as possible, as DON can continue to develop in wet grain.

**Storage:** If possible, high DON wheat should be segregated. Also, special attention should be given to infected grain in storage. While the disease and toxin are stable in dry grain, the disease and toxin can further develop if moisture migrates and re-wets an area within the bin.

**More information**

Grain harvesting strategies to minimize grain quality losses due to Fusarium head blight in wheat, J.D. Salgado et.al. 
Harvesting and Storage Strategies to minimize fusarium 2010 (page 6), H. Speiser
STAFF AND MSUE RESOURCES

The Monroe County MSU Extension office is open to the public on Monday, Tuesday and Thursday from 8:30 am—noon and 1:00—5:00 pm. The office staff may be accessed via the main phone line at 734-240-3170. Service is also available at the lobby counter during these hours. On Wednesday and Friday, staff may only be reached via their direct lines which are noted below.

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<thead>
<tr>
<th>Name</th>
<th>Number</th>
<th>Title</th>
<th>Email</th>
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Though Extension has recently reorganized our structure, Extension professionals are still located in communities across the state and are still working to address Michigan’s most pressing needs through four broad-themed areas; greening Michigan, agriculture and agribusiness, children and youth, health and nutrition. If you would like to learn more about these program areas, you can read about them in a document called “Carrying Out the Land-Grant Mission” that can be found at www.msue.msu.edu To locate MSU Extension Staff across the state by name or area of expertise go to: http://people.msue.msu.edu