

Home-Canned Pumpkin Butter

BROOKINGS, S.D. - The USDA does not recommend home canning of pumpkin butter and mashed or pureed pumpkin or winter squash.

Joan Hegerfeld-Baker, Assistant Professor & SDSU Extension Food Safety Specialist explains the reason.

"Pumpkin butter recipes often have acid, such as vinegar or lemon juice, added to reduce the pH level below 4.6 which is a level at which the pathogen *Clostridium botulinum* will grow," Hegerfeld-Baker said.

Supporting research Food safety concerns related to pumpkin butter were studied by the University of Missouri in 1995. "Their research determined that pumpkin butters produced by home canners and small commercial processors in Missouri had extreme variations in pH values. Some

pumpkin butters pH values were as high as 5.4, a level that supports the growth of pathogens of concern," she said.

When the pH of home canned pumpkin butters, with added acid, was tested in South Dakota by SDSU Extension Food Safety Specialists, Hegerfeld-Baker said similar results were observed. "The pH levels of three samples of pumpkin butter sent in by a home food processor ranged from 4.5 to 4.8," she said.

Pumpkin and squash butters have two inherent risks - pH greater than 4.6 and thick viscosity. "The pH is difficult to control, and the thick viscosity does not allow for good heat penetration when processing in a boiling water bath or pressure canner," Hegerfeld-Baker said.

The USDA will not recommend home processing of

squash and pumpkin butters because they are pureed, and the pH is difficult to maintain below 4.6. And, SDSU Extension will not verify the processes of these same products for sale at farmers markets and similar venues as an acidified or acid food.

Use a pressure canner
In 1989, the USDA Extension Service Published the Complete Guide to Home Canning. This has served as the standard for Home Food Preservation, with recommended and tested home processing techniques. However, in 1994 a revision was made: the only directions for canning pumpkin and winter squash is to cube the squash or pumpkin and process in a pressure canner.

Many canning resources can be found by visiting the iGrow Healthy Families community. ■iGrow

Grazing Residue

BROOKINGS, S.D. - Integrating crop and livestock enterprises provides a competitive advantage to farmers and ranchers, said Warren Rusche, SDSU Extension Cow-Calf Field Specialist.

"Residue grazing is an example of how integrating crops and livestock results in a 'win-win,'" Rusche said. "Corn stalk grazing represents an opportunity to cut feed costs for ranchers, or serve as a source of supplemental income for crop farmers, without hurting yields next year."

He added that the increased acres of corn results in greater quantities of residue available for feed. "Because the land cost is charged to the crop enterprise, crop residues are much less costly than either summer pasture or harvested feeds," he said.

Rusche explained that crop residue grazing works extremely well for cows in mid-gestation. "Because cows will select the higher quality husks, leaves and any whole ears left in the field they should not require additional energy or protein supplementation as long as they are not forced to consume poor-quality portions of the plant, such as the stalk," he said.

Even cattle with greater nutrient requirements, such

as growing calves or replacement heifers, Rusche said will perform well grazing stalks when provided supplemental protein.

What about the effects of grazing corn stalks on next year's crop?

One of the barriers to greater use of corn stalk grazing is the belief in some circles that grazing stalks will reduce yield the next year resulting in less net income.

The University of Nebraska recently published the results of a 10-year study on the effects of grazing corn stalks in the fall on soybean yields the following year in a no-till system.

In those studies, soybeans planted after corn stalks which were grazed in the fall yielded about 3 bushels more compared to ungrazed corn stalks. "The same pattern was shown in a one-year comparison at the SDSU Southeast Research Farm, although those differences were not statistically significant," Rusche said, referencing Table 1.

Table 1. Comparison: Soybean yields following corn Soybean Yields Following Corn

| | |
|--|--|
| University of Nebraska | |
| Ungrazed | |
| Fall Grazed | |
| 62a | |
| 65b | |
| Soybean Yields Following Corn | |
| SDSU Southeast Research Farm | |
| Ungrazed | |
| Fall Grazed | |
| 56 | |
| 59 | |
| abMeans with different superscripts are different (P<0.05) | |

Another common concern is that grazing stalks will remove too much residue and greatly affect soil or organic matter. "The long-term yield results from Nebraska would suggest that this has not been a significant problem in that system, but it is possible to estimate the

quantity removed compared to the amount of residue produced," he said.

For every bushel of corn, there is approximately 45 pounds of residue. The husks and leaves represent about 16 pounds of that total. If a 1,400-pound cow consumes 2.5 percent of bodyweight per day, in 30 days she would eat about 1,050 pounds of husks and leaves.

However, not all of that organic matter leaves the field.

Forty to 50 percent of the husks and leaves are indigestible, meaning that of the 1,050 pounds consumed, about 400 pounds return to the field as manure for a net removal of 650 pounds.

A field that yields 150 bushels per acre will produce 6,750 pounds of total residue. In that case, the 650 pounds removed represents only about 10 percent of the total.

"Keep in mind that if the field is not grazed or tilled, the husks and leaves are more likely to be blown into the ditch or fenceline," he said.

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Medicare Part D Open Enrollment

BROOKINGS, S.D. - South Dakotans have until Dec. 7, 2015 to review or make changes to their current plan during Medicare Part D annual enrollment period, which opened Oct. 15.

The new plan will take effect on January 1, 2016. Prior to September 30, 2015 Medicare recipients should have received an annual notice of change and evidence of coverage documents from their current plan provider.

"Make sure to review these documents very carefully as they outline the plan changes made for the 2016 year," said Carrie Johnson, Assistant Professor & SDSU Extension Family Resource Management Specialist.

She outlines items to double check:

- * Look to see if the monthly premium and/or deductible have changed.
- * Check your new co-payments for the drugs have been modified.
- * Make sure the medications you are on have not been removed from the insurer's formulary.

* If you have had a change in your health since reviewing last year, make sure that your new medications are covered.

* Confirm that your medications are on the same drug tier for the year ahead. If not, you may have a lower or higher co-payment during the year.

* Make sure your pharmacy still intends to accept your plan.

To check all of these items, visit the Medicare website. Once your personal information is entered, the site it will give you the best options for your situation.

"It doesn't hurt to just run the numbers to see if making a change can save you money in the long run. If you decide not to make any changes, you can just keep your current plan and do nothing," Johnson said.

Changes for 2016 include:

- * The initial deductible will increase by \$40 to \$360
- * The initial coverage limit will increase from \$2,960 to \$3,310
- * The out-of-pocket threshold will increase from \$4,700 to \$4,850
- * During the coverage gap, beneficiaries will receive a 55% discount on the total cost of their brand-name drugs purchased while in the donut hole. The 50% discount paid by the brand-name drug manufacturer will still apply to getting out of the donut hole; however the additional 5% paid by your Medicare Part D plan will not count toward your TrOOP. Enrollees will pay a maximum of 58% co-pay on generic drugs purchased while in the coverage gap.
- * Minimum cost-sharing in the Catastrophic Coverage Portion of the benefit will increase to greater of 5% or \$2.95 for generic or preferred drug that is a multi-source drug and the greater of 5% or \$7.40 for all other drugs.
- * Maximum co-payments below the out-of-pocket threshold for certain low income full subsidy eligible enrollees will increase to \$2.95 for generic or preferred drug that is a multi-source drug and \$7.40 for all other drugs.

For assistance with finding the right plan in South Dakota, contact Senior Health Information & Insurance Education (SHIINE).

* Eastern SD: 1.605.333.3314 or 1.800.536.8179

* Central SD:

1.605.224.3212 or

1.877.331.4834

* Western SD:

1.605.342.8635 or

1.877.286.9072

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| '12 Westfield MK130-111 Auger..... | \$19,500 |
| '11 Harvest International H1082 Auger w/power mover..... | \$8,950 |
| '11 Speed King Drive-Over-Deck..... | \$8,950 |
| '10 Westfield MK 130x111 plus w/power mover, rebuilt..... | \$17,500 |
| '10 Rem 2700 Grain Vac 485hrs..... | \$14,900 |
| '09 J&M 1000 Grainstorm Grain Cart..... | \$22,500 |
| '09 Demco 850 Grain Cart w/Tarp..... | \$27,500 |
| (2) '09 Demco 1050 Grain Carts, 1 red, 1 green..... | each \$34,500 |
| '05 J&M 525 Grain Cart w/Tarp..... | \$12,500 |
| '04 Farm King Y1385 w/remote swing hopper, rebuilt..... | \$13,900 |
| '04 Kinze 1050 Grain Cart w/Tarp & Scale, Sharp!..... | \$49,500 |
| Demco 365 Gravity Wagon..... | \$3,950 |
| '00 Sunflower 6781 650BU Grain Cart, New Lower Auger..... | \$12,500 |
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| '04 Versatile 2180 MFWD - Ultra Steer, 1,912 hrs..... | \$89,500 |
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| '04 NH BB940A Lg. Sq. Baler, 32,506 Bales..... | \$45,000 |
| '03 NH BR780 Lg. Rd. Baler, 8,460 Bales..... | \$9,500 |
| '03 Hesston 1365 Disc Mower Conditioner, 2pt., 15'..... | \$12,500 |
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| '10 Kinze 3600 16R30 w/ Suncos, 4,090 acres..... | \$75,000 |
| '06 Kinze 3600 16R30, KPMI..... | \$59,500 |
| '04 Kinze 3600 16R31R..... | \$65,000 |
| '03 Kinze 3200 Planter 12R30, Liq. Fert..... | \$39,500 |
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| '01 White 8524 24R30, 3 BU. Boxes, Hyd. Drive, field ready..... | \$69,500 |
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| | |
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| '04 JD 726 33' x 9" Soil Finisher..... | \$34,000 |
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| '00 CIH 3900 26' x 10" Disc w/Harrow..... | \$22,500 |
| '98 Krause 4231 HR 31' FieldCult..... | \$12,500 |
| '98 Sunflower 6432, 33' Field Finisher..... | \$22,500 |
| '95 JD 220 20' Stalk Shredder, New Knives, Sharp!..... | \$12,900 |
| DMI 527B Disc Ripper 5 Shank Shear Bolt..... | \$14,500 |
| '88 Sunflower 5131, 24' FC, w/3 Bar Harrow..... | \$10,900 |
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