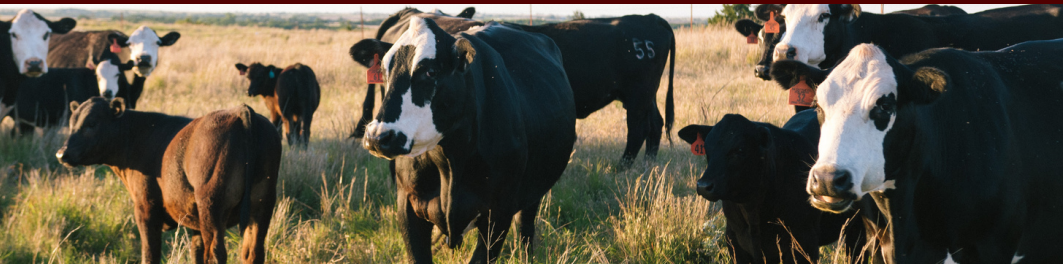


May 2023

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

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[/PCAgriLife](https://www.facebook.com/PCAgriLife)

UPCOMING EVENTS:

- 5/5: Pineywoods Cattle Congress, Nacogdoches
- 5/6: Eldercare Conference, 9am, Gregg County
- 5/10: Diabetes Support Group meeting, 10am, Sammy Brown Library
- 5/11: Master of Memory, 10:30am, Sammy Brown Library
- 5/11: 4-H Cookin' Night, 5:30pm, Central Baptist Church
- 5/16: Horticulture in the Evening, 5:30pm, Sammy Brown Library
- 5/18: Master of Memory, 10:30am, Sammy Brown Library
- 5/18: DeBerry 4-H Club meeting, 6:00pm, 332 CR 310
- 5/21: Texas 4-H Summer Fishing Skill-a-thon registration closes
- 5/25: Master of Memory, 10:30am, Sammy Brown Library
- 5/29: Memorial Day - Office Closed
- 5/29: Pass N' Thru 3D Archery meet registration closes
- 5/31: District 4-H Horse Show, Athens, TX
- 6/1: Farm Pond Field Day, 5:30pm, Deadwood Land and Cattle Company
- 6/6-7: Sewing Workshop, Davis Park, Carthage
- 6/8: 4-H Cookin' Night, 5:30, Central Baptist Church
- 6/22: Panola County Agriculture & Forestry Banquet, 12pm, Hall of Fame

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- Sweet & Spicy Mustard Dip with Veggies
- How To Be Regenerative on Other Peoples' Land
- Grazing Management to Propel Producers Profit.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife Extension Service

TEXAS A&M
AGRI LIFE
EXTENSION



Over-the-counter Livestock Antibiotics will **REQUIRE PRESCRIPTION** after June 11



By Kay Ledbetter, Communications Coordinator for Texas A&M AgriLife

Don't wait. Get to know your local veterinarian now and establish a veterinarian-client-patient relationship if you expect to treat livestock in the future, as over-the-counter livestock antibiotics will soon require a prescription.

That is the advice of a team of Texas A&M AgriLife Extension Service experts trying to help livestock owners who are used to going to the local feed store to buy some of their antibiotics and administer treatment themselves.

All of that will change on June 11, when these medically important antimicrobial drugs will require veterinary oversight.

The following experts answer some frequently asked questions to let livestock owners know what to expect:

— Tom Hairgrove, DVM, Ph.D., AgriLife Extension cattle veterinary specialist in the Texas A&M College of Agriculture and Life Sciences Department of Animal Science, Bryan-College Station.

— Joe Paschal, Ph.D., former AgriLife Extension livestock specialist, now representing industry as the executive vice president of the American Brahman Breeders Association, Corpus Christi.

— Billy Zanolini, Ph.D., assistant professor and 4-H and youth development specialist, Bryan-College Station.

What is the new rule?

The Food and Drug Administration recommends manufacturers of medically important antimicrobial drugs that continue to be available over the counter and are approved for use in animals, both companion and food-producing, regardless of delivery mechanism, to voluntarily bring these products under veterinary oversight or prescription marketing status.

By June 11, labels of the remaining over-the-counter antibiotics for livestock use will be required to read: "Caution: Federal law restricts this drug to use by or on the order of a licensed veterinarian," and the purchaser must have a prescription or drug order to buy it.

How does this differ from the Veterinary Feed Directive and why are the two confused?

Over-the-counter antibiotics used in animal feed were moved to Veterinary Feed Directive, VFD, in 2017, allowing closer veterinarian oversight of antimicrobial use in animal feeds. All over-the-counter antibiotics placed in the drinking water were moved to prescription status at the same time. This new rule concerns the few antibiotics that remained available over the counter in the form of injectables, intramammary tubes and boluses.

What does medically important mean?

Medically important drugs are essential to human medicine and also used to treat animals.

What antibiotics does this affect?

Prescription-only items will include injectable tylosin, injectable and intramammary penicillin, injectable and oral oxytetracycline, sulfadimethoxine and sulfamethazine, gentamicin, cephalixin and cephalixin benzathine intramammary tubes.

How and where can these items be purchased after the rule goes into effect?

Individuals with veterinary-client-patient relationships, VCPR, may purchase antibiotics directly from their veterinarian or from a distributor with the vet's prescription.

What constitutes a VCPR?

Three requirements must be met:

(1) The veterinarian has assumed the responsibility for making clinical judgments regarding the health of the animal and the need for medical treatment, and the client has agreed to follow the veterinarian's instructions.

(2) The veterinarian has sufficient knowledge of the animal to initiate at least a general or preliminary diagnosis of the animal's medical condition. This means that the veterinarian has recently seen and is personally acquainted with the keeping and care of the animal by examining the animal or by medically appropriate and timely visits to the premises where the animal is kept.

(3) The veterinarian is readily available or has arranged emergency coverage and follow-up evaluation in the event of adverse reactions or the failure of the treatment regimen.

What's your advice to livestock owners without a VCPR?

Producers who already have a VCPR in place and purchase their animal health products through their veterinary office or through other distributors under an existing prescription system will likely notice little change.

However, this may have significant impacts on how the livestock owners can access antibiotic therapy for their animals, so contact your local veterinarian as soon as possible.

Why shouldn't I go ahead and stock up on antibiotics now?

Do not stock up on these products to avoid needing a prescription once this change takes effect. Animal health products are expensive, have expiration dates and are sensitive to storage time and conditions.

Are there any specific instructions that should be given to livestock show exhibitors?

Livestock exhibitors, like all producers in animal agriculture, are responsible for understanding animal treatment regulations. For junior shows, students complete the "Quality Counts" quality-assurance curriculum that stresses the importance of VCPR.

What health/medical items can livestock owners continue to purchase over the counter?

Most vaccines, dewormers, injectable and oral nutritional supplements, ionophores, pro/prebiotics and topical nonantibiotic treatments will not require a veterinary prescription. However, there are some exceptions. Always read the label.

Panola Soil Water Conservation District

FARM POND FIELD DAY

Thursday, June 1 • 5:30pm • Deadwood Land and Cattle Company
1056 CR 445 • Carthage, TX 75633

Speaker: Garrett Stampert

Topic: Pond Management and Health Strategies to Recover from Drought

Pond Weed Identification and Water Sample Test
will be conducted on site!



Species Profile:

Redear Sunfish

(*Lepomis microlophus*)

By Garrett Stampert
*Fisheries Program Specialist,
Texas A&M AgriLife Extension Service*



Species Overview

The redear sunfish, commonly referred to as shellcracker, is a member of the Centrarchidae family just like bluegill, bass, and crappie. Redear are native to Texas and much of the southeast, with the northern portion of their range extending up to Indiana. Redear sunfish, like many other species of Centrarchid now occupy a much larger range through human introduction.

Description/Identification

Redear sunfish have a deep compressed body and small mouth, similar to that of a bluegill. Their body coloration ranges from yellow to a dark green with lighter colored sides that often have dark, camouflage-like spots. The belly is typically much lighter than the rest of the body, ranging from light yellow to almost white, with a yellow to orange breast. A redear's most distinguishing feature and the origin of their common name, is the orange-red margin present on their ear flap. In some scenarios this ear flap may be much darker and almost rusty brown in color (photo on the left). Redear sunfish are one of the largest species in the *Lepomis* genus with the ability to exceed 16 inches and 6lbs (Current Arizona unofficial record is 6lbs 3oz at 17inches). Fish of this size are uncommon but redear will frequently reach 12 inches and exceed 2 pounds.

Biology and Life History

Redear sunfish are found near the bottom of ponds and lakes in areas of low current and abundant vegetation. Their diet consists primarily of snails and small mollusks, earning them the nickname "shellcracker." Like other sunfish redear will also feed opportunistically on insect larvae, large zooplankton, and the occasional small fish. Due to their benthic nature, these fish are less likely to consume floating fish food than other sunfish species. Redear spawn at cooler water temperatures than other sunfish species such as bluegill. Males will locate suitable spawning habitat (usually shallow sand or gravel) in water

3 feet or deeper and construct a circular nest. Like bluegill, redear are colonial spawners and nests are often located near one another in large groups. Redear will spawn once per year when water temperatures stabilize between 65-68 degrees.

Importance in Ponds/Management:

Redear sunfish have a unique role in pond ecosystems. While their low reproductive rates prevent them from being the sole forage base for largemouth bass, they are an excellent addition to largemouth bass-bluegill systems. Since their diet consists primarily of snails and mollusks redear do not actively compete with bluegill for food. This means that both fish can be abundant in the pond without limiting one another, leading to more forage production per acre. An increase in forage per acre means more food is available for bass to grow. The diet of redear also plays an important role in parasite control. Many parasites present in fish, especially the grubs found in fish fins and flesh, utilize snails as an intermediate host in their lifecycle. Controlling snail populations through the introduction of redear limits the ability for parasites to complete their lifecycle, lowering their numbers. Redear also have the ability to reach large sizes and can provide an additional angling opportunity for many pond owners. Adding structure such as brush piles and gravel spawning beds may help promote the survivability and reproduction of redear in ponds with high numbers of largemouth bass.

Redear are a common fish species in Texas that play an important role in bass production and parasite control in ponds. Management for these fish is often not necessary due to their low reproductive rates but in some situations supplemental stocking of adult redear may be beneficial to ponds with high levels of bass predation.

Be a Savvy Farmers Market Shopper



Source: Academy of Nutrition and Dietetics, eatright.org

<https://www.eatright.org/food/planning/smart-shopping/be-a-savvy-farmers-market-shopper>

Thanks to our friends at the Chamber of Commerce, Panola County is relaunching a Farmers Market! The Market will take place at the Chamber on 300 W. Panola every Saturday from 8:00 am-12:00 pm beginning April 29. If you are interested in being a vendor, please call the chamber at 903-693-6634. If you are interested in being a shopper, read on for some tips about what to expect at a farmers market! -Clarissa

Farmers markets have become more commonplace in neighborhoods around the country, and with this increase in popularity there is an increase in vendors and consumer choice.

When it comes to buying produce, start small – buy salad ingredients to have at dinner each night and fruit for meals or snacks. Purchase vegetables you know how to prepare. Once you gain confidence, add new items. Search for staples you normally buy at the supermarket, such as bread, coffee, nuts, seeds and even soap.

Since items at a farmers market change often, bring a general shopping list rather than a specific one for the whole week – ingredients for salads and produce for side dishes that go well with planned dinners and entrées. To prevent rotting fruit in the fridge, estimate how many pieces of fruit you'll need for your lunches or snacks for the week.

Here are a few ideas on maximizing your trip and becoming a savvy farmers market shopper.

- Don't be shy. The people selling products want to answer your questions. So, go ahead, ask them what sunchoke are.
- Do your homework. Find a market that's in a convenient location and has hours that fit your schedule so you can easily add a shopping trip into your weekly routine. Visit www.localharvest.org for markets in your area.
- Time your outing. For weekend markets, get there early. The less traffic in the market, the more opportunities you'll have to get the best products and chat with vendors. If you're shopping on a budget, going at the end of the market day will usually enable you to get some great deals and negotiate prices with the vendors.
- Bring cash and reusable bags. Small bills will make transactions easy, and you'll need a sturdy, eco-friendly bag to carry your purchases home.
- Become a gourmet. Ask the vendors for cooking suggestions; sometimes they provide recipes. Discover new recipe ideas, plus tips on selecting and storing fruits and vegetables.
- Be flexible. Accept that produce will not look perfect. But, it has been grown locally and picked recently, which means it's packed with flavor and nutrients.

Panola County

Farmers Market

EVERY SATURDAY | 8AM-12PM

Chamber of Commerce | 300 W. Panola



INTERESTED IN BEING A VENDOR?

CALL 903-693-6634

Azalea Care

By Greg Grant, Smith County horticulturist for the Texas A&M AgriLife Extension Service

East Texas is known for its azaleas and azaleas are known for being high maintenance and needing extra attention.

After the recent double whammy freezes and severe drought, those that survived certainly need some TLC.

Be sure to water your azaleas during the summer to prevent wilting during hot, dry weather. Thoroughly soak the soil in the root zone about every two weeks during June, July, and August. Although shallow rooted azaleas most assuredly need irrigation during the summer months, most homeowners with sprinkler systems tend to water their lawns and shrubs too frequently. Deep soaking and less frequent sprinkling creates more extensive root systems, avoids root rot from water-logged soils, and helps prevent diseases which all require a wet plant surface to “germinate.”

If you haven't fertilized your azaleas yet, now is the time. The most important factor in fertilizing azaleas is to use small amounts per application. Use any of the commercial acid-forming, granular azalea-camellia-gardenia fertilizers made for acid-loving plants and follow directions on the label. Larger plantings will find ammonium sulfate (21-0-0) more cost effective. The general rule for growing azaleas is to fertilize lightly once growth begins in spring and no later than July. Above all, evenly distribute the fertilizer throughout the bed, never in concentrated piles, and water in after applying (or apply just before a rain) to make sure the fertilizer isn't still on the foliage which will cause burning.



Pruning is generally done the same time as fertilizing and mulching, most often just as the blooms fade but certainly before mid-summer. Generally a light shearing is adequate. Shearing as the new growth emerges creates denser shrubs with even more blooms the following spring. You may also want to cut back lanky shoots to make your azaleas more uniform and less “scraggly.”

Flower buds are formed in late summer, so no pruning should be done after that time. If you prune azaleas during the fall or winter you will be removing the spring blooms.

Most deep well irrigation water is alkaline and high in salts, neither which azaleas like. Rainfall and sources from surface water or shallow wells are better. Iron chlorosis can be temporarily corrected by applying copperas (iron sulfate) or a chelated iron product. Some leaves always turn yellow in late winter or early spring and is no cause for concern since this is a natural process of the plant shedding old leaves.

Finally, there are a few insects which may bother azaleas. Most common is the azalea lace bug. These feed on the underside of the leaves, giving leaves a bleached, bronzed, or stippled appearance. The underside of the leaves becomes discolored by shiny black excrement, tiny insects, and cast skins. Azaleas in direct sun and under stress are more prone to lace bugs. A granular application of a systemic insecticide containing Imidacloprid applied now when the new growth is coming out is what most professional azalea gardens use. Systemic insecticides should be used as far away from bloom time as possible so as not to affect pollinators

Azaleas are considered finicky, but if you have the right conditions and follow a few simple rules, they can be a great addition to our beautiful East Texas landscapes.



MOOD FOOD

Eating to Stay Healthy & Happy

World Cancer Research Fund
www.wcrf-uk.org

It's crazy how food can be a social, emotional, physical and spiritual experience all at the same time. What we eat, when we eat, whom we eat with and how we eat can all play a role in the experience. This article is all about one connection that's often overlooked: food and mood. It's a really interesting read and I encourage you to "chew" on it for a while. -Clarissa

You may have read that healthy eating lowers your risk of developing specific cancers and other diseases in the long-run. But there are also short-term, practical benefits from healthy eating – such as delicious food prepared at home, and even saving money.

People who plan and prepare healthy meals and snacks at home have been shown to spend up to 17% less money on food overall, and spend half as much on food eaten away-from-home, compared with people who cooked infrequently.

Vegetables make us happy

The biggest immediate advantage from eating more healthily is likely to be a boost in your sense of wellbeing. A review of observational studies found people who ate more fruit and vegetables reported higher levels of positivity regarding their health, lower levels of psychological distress and better overall mental wellbeing.

In an 8-week dietary intervention, adults who had low vegetable intake in their diet were given enough vegetables to meet the daily recommendations – the researchers saw an increase in the participants' level of happiness.

Another study showed people who increased the amount of fruit and vegetables in their diet, are the most likely to report feeling much happier, with substantially increased feelings of wellbeing and life satisfaction, similar to the boost felt when securing a job after being unemployed.

Your brain is hungry for good things

Trying to increase the variety of healthy foods you usually eat within each food group – including fruit, vegetables and wholegrains – can boost your nutrient intake and give you a brain and mood boost.

A healthy brain needs a number of nutrients found across a range of foods to function well and keep your brain and body healthy. So here are the 6 major nutrients needed for brain function, why they're important and common foods you can find them in:

- 1) **Omega-3 fatty acids** are found in oily fish, walnuts, flaxseed, chia seeds and some plant oils. The brain uses them to make neurotransmitters, which are chemical messengers that transmit messages around the body.
- 2) **Carbohydrates (carbs)** are the brain's main source of energy, just like petrol in a car. Once eaten, carbs get converted to glucose in the blood and this travels to the brain. Healthy carbs include wholegrain bread and cereals, fruit, starchy vegetables, milk and yoghurt.
- 3) **Protein** in foods like chicken, fish, legumes, dairy, eggs and nuts is made up of amino acids. These are like small building blocks joined to make bigger protein molecules, needed to make brain neurotransmitters.

4) B vitamins, including thiamin (B1), pyridoxine (B6), folate (B9), cobalamin (B12) are needed to make the myelin sheath that covers and protects nerves and brain neurotransmitters. Good sources include wholegrains, leafy green vegetables, yeast spreads, seeds and eggs.

5) A range of minerals, such as iron, zinc and iodine are needed to manufacture enzymes essential for metabolic processes in the brain. Food rich in minerals include chicken, seafood, legumes and nuts.

6) Water is very important for your brain and it's much harder to concentrate if you become dehydrated. While the amount of water you need varies depending on how hot it is and how much exercise you do, a practical guide is to drink enough water so that your urine during the day is the colour of straw.



Sweet & Spicy Mustard Dip with Veggies



Ingredients:

- 1/3 cup fat-free cream cheese, softened
- 1/2 cup fat-free sour cream
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 2 teaspoons ground mustard
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1 pint grape tomatoes or cherry tomatoes
- 2 cups baby carrots

Instructions:

1. In a medium bowl, stir together the cream cheese and sour cream.
2. Stir in the honey, vinegar, mustard, and red pepper flakes until smooth.
3. Serve with the tomatoes and carrots.

Cooking Tip: To quickly soften cream cheese, place the cream cheese on a microwavable dish. Microwave, covered, on 100% power (high) for 15 to 20 seconds, or until softened.

Keep it Healthy: Did you know you can make your own mustard? In a small bowl, stir together ¼ cup ground mustard with ¼ cup cold water. Let stand for 10 minutes. This homemade version contains much less sodium than the store-bought varieties.

Tip: Try cucumber slices and bite-size broccoli or cauliflower florets for dipping, too.

Master of Memory



Register by May 8 (903) 693-0300 ext 160 or on our website

- *Understand how memory works*
- *Identify ways to improve memory*
- *Pinpoint things in everyday life that may affect memory.*

Thursdays • May 11, 18 & 25
Sammy Brown Library
10:30-12:00

Eldercare Conference

May 6, 2023 9am-2pm \$25
Gregg County Extension Auditorium
405 E. Marshall Ave., Longview, TX

Keynote Speaker:

Suzanna Asaff Blankenship

*Additional Topics: Caregiver Stress
Management, Understanding Dementia, Legal
Considerations, Visit local service exhibitors,
Lunch provided*

For More Information:

Mandy.Patrick@ag.tamu.tamu.edu
903-236-8429

TEXAS A&M
AGRI LIFE
EXTENSION

Diabetes

Support Group
Together Again

Starting: May 10, 2023
2nd Wednesdays • 10:00am
Sammy Brown Library

SEWING WORKSHOP

June 6-7

Davis Park • Carthage
More info to come!



SUMMER FISHING SKILL-A-THON

Registration Closes
MAY 21

Fish June 12-August 23

Angelina County

PASS N' THRU 3D ARCHERY MEET

JUNE 17, 2023

Pines Shooting Clays, Gun Club
Lufkin, Texas

REGISTRATION CLOSES MAY 29

\$35/person includes lunch & drink

CLASSES:

Compound Aided
NASP Genesis/Barebow
Traditional/Recurve





4-H

COOKIN' NIGHTS

2nd Thursday of each month
Beginning May 11
5:30pm
Central Baptist Church



 **NEW 4-H CLUB** 

DeBerry 4-H Club

First Meeting

May 18 • 6:00pm
332 CR 310 • DeBerry



How To Be Regenerative *on Other Peoples' Land*

By: Noble Research Institute

Nearly 40% of all agricultural land in the United States is rented, according to the U.S. Department of Agriculture. For many ranchers, leased land will play a role in achieving their business goals. Noble Research Institute livestock consultant Robert Wells offers tips to help regenerative ranchers navigate the relationships with people and land that come with renter responsibilities.

When taking on a new lease, take time to build understanding and trust at the start. In many ways, these opening conversations will set the tone for the rest of the relationship.

“This is so important,” Wells emphasizes. “Ninety-nine percent of the problems we face are rooted in miscommunication or a lack of communication.”

Most communication problems, he says, tie back to expectation problems.

If your management goals include minimizing the use of chemical herbicides and increasing plant species diversity, but the landlord is accustomed to his or her property looking like a manicured park, you're setting yourself up for failure.

“If you're really clear about what you expect the land to look like, and they're even the slightest bit uncomfortable, you want to know that upfront,” Wells says. “Then you have time to address those concerns before you start investing time, money, infrastructure.”

A thorough evaluation of the land gives you shared language to use in setting shared goals and marking progress. Wells suggests a Haney soil test and a forage evaluation as a starting point. Learn more about the history of the land, how it's been managed in the past and what worked or didn't work for previous tenants.

In agriculture, business is often built on reputation and sealed with a handshake. That can make putting a lease or business agreement in writing feel like you're raising concerns about trust. Again, Wells says, putting your goals and the lease agreement in writing is an opportunity to establish healthy expectations and practice clear communication.

“If you're feeling like getting 'too formal' will turn this new relationship off, just make sure you communicate around that upfront,” Wells says. “It's OK to tell a new landlord, 'I'm going to take some notes here and put this in writing, so I make sure we both understand each other. I am doing this to make sure I understand what you want and to make sure we're on the same page.’”

Most land-grant universities offer example leases and average lease prices that can serve as a template to start the conversation. Then, think through the subtleties of that land and landowner. Are there hunting or recreational aspects to the land? What happens in the case of a drought or other extreme weather?

“Have contingency plans, and have them in writing,” Wells suggests. “It's part of your own best management practices for a successful business, but it also shows a landowner that you're thinking ahead, you're serious about success.”

Wells says a drought- or disaster-management plan can also serve as a reminder to the landowner, as in “If we have a drought, a flood, a massive blizzard, whatever, this guy's still got to make a living as my tenant, and we're going to have to work together to make sure we both succeed here.”

While regenerative ranching looks different in every business and on every piece of land, it will often include more frequent livestock movement, necessitating different infrastructure than a traditional grazing system. This will be a key consideration in working out a successful lease agreement.

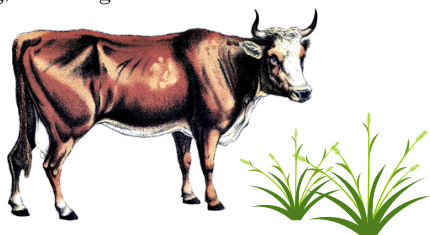
Some important questions: What are the expectations and definitions of permanent, semi-permanent and temporary infrastructure? Who owns the infrastructure? Who pays for that infrastructure? What's expected to stay behind if or when the lease terminates?

Fencing is one thing, but water infrastructure can be challenging, Wells says.

"It's a lot harder to pull out pipes and faucets and wells when you're done, so there need to be clear expectations around who pays for what and who owns what," he explains.

If you see a need for additional infrastructure, "communicate early and keep the conversation ongoing," Wells says. "Most people are OK with change if they see it coming."

Perhaps one of your shared goals is to increase soil health measures by using tightly controlled animal density. That may require additional watering points, and you could negotiate that they will pay for any permanent infrastructure (pipeline), while you'll furnish the labor to install. Start the conversation early, and tie it back to the big, shared goal.



"You might start with, 'Next year, we're going to need to be thinking about adding another waterline to expand this grazing plan. I think it's going to be around \$15,000. We don't have to do it now, but let's start figuring out if that's feasible, and if it is, let's look at what our options are,'" Wells says.

The majority — 80% — of rented ag land is owned by non-operator landlords. Wells suggests finding ways to keep your landlord connected to the land and build buy-in to your management choices. Besides regularly scheduled meetings to check in, Wells suggests inviting the landlord to branding days, other work days or a spring walking tour.

"If they can't be there, take photos of the land and of the animals," Wells says. "Don't just send the picture, tell them why it matters: 'Starting to green up, the wildflowers are really blooming. This species is new and shows we're making progress toward our diversity goals.'"

Other ideas to build buy-in might include tagging a calf in the landowner's grandkid's name, or offering to run an extra animal or two that the landowner owns. Name a grazing pasture after different members of the ownership family and invite them to help with monitoring on their namesake pasture.

"It's these little things that demonstrate real goodwill and get that owner invested in you and what you're doing there," Wells says.

HORTICULTURE IN THE EVENING!

May 16, 2023 • 5:30-7:00pm • Sammy Brown Library

Introduction to
**Home Food
Preservation**



Panola County Agriculture & Forestry

39th Annual

APPRECIATION BANQUET



June 22 • Noon • Texas Country Music Hall of Fame

It's that time of year, when the agriculture community of Panola County comes together to recognize our area outstanding producers in the different fields of Agriculture. The Annual Panola County Agriculture and Forestry Appreciation Banquet is scheduled for Thursday, June 22 at the Texas Country Music Hall of Fame. Doors will open at 11:00 am and lunch will be served sharply at Noon with commencement of the awards program shortly after. During the awards portion of the program, representatives from the Panola County Soil and Water Conservation District along with Farm Service Agency, and Texas Forest Service will recognize the years outstanding producers for the following categories: Conservation Rancher, Outstanding Woodland Conservationist, the Joyce Wedgeworth Outstanding Woman in Agriculture,

and USDA Producer of the Year. Additionally, the governing body annually selects one resident to receive with the Memorial Bill Whitaker Community Service to Agriculture Award. This award is always given to an individual that has demonstrated exemplary dedication to his or her community throughout their life.

The annual event is sponsored by the USDA Farm Service Agency, USDA Natural Resources Conservation Service, Panola Soil and Water Conservation District, Texas A&M AgriLife Extension Service and the Texas Forest Service and would not be possible from our numerous contributors who will be recognized during the banquet. This event is open to all the public and all community civic groups of Panola County are invited to attend.

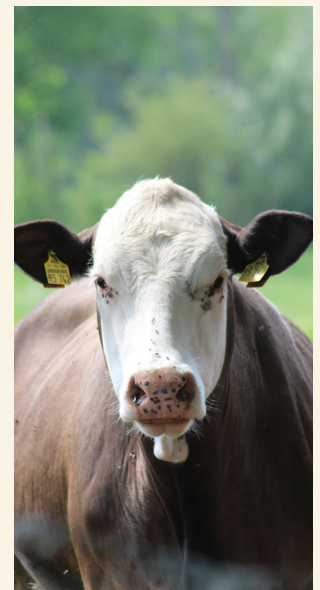
PINEYWOODS CATTLE CONFERENCE

2 CEU Credits

May 5, 2023 | Fee: \$20 | Oak Forest Farms
8600 State Hwy 21E | Nacogdoches, TX
Call (936) 560-7711 to register

Begins at 8:00am

- Fertilizer Options and Hay Consideration During a Drought - Dr. Monty Rouquette
- Controlling Weeds in East Texas and New Products - Patrick Sutton
- Putting Farm Raised Beef in the Freezer - Dr. Dave Griffin
- Maintaining Sprayers and Herbicide Equipment - Darren Rozell





Grazing Management to Propel Producers Profit.

By Lee Dudley

In the beef industry, producers can no longer think about management practices for the sole purpose of producing beef; rather we must look to becoming conservationist as well. With the ever-changing economics of industry, we must strive to become a manager that investigates the health of our soil along with that of our cattle. One way to ensure healthy soil is through an even distribution of manure, which can be achieved with a rotational grazing system accompanied with proper stocking rates. A good grazing management program will maximize our ranches' grass production which is vital to producers' cattle and their profit. With factors like stocking rates, input costs and soil vigor all playing a role, how do cattlemen decide where to place their focus?

With this we are not saying to scrap your existing management plans, rather let us help you to incorporate new innovative practices. For a successful grazing management program, we need to remember two factors, stocking rate and carrying capacity which people regularly get confused. Stocking rate measures forage demand or the number of animals grazing, while carrying capacity is the amount of forage supply being grown. The secret is maintaining a good balance between the two.

Our first rule of grazing management is to actively manage the stocking rate at or below carrying capacity. By doing this, we help ourselves by maintaining a measure of flexibility in our operation, so we are ready for the next drought. As a rule of thumb, when we take into consideration fluctuating rainfalls, it generally takes about two years for a pasture to recover from each year it has been grazed at an overstocked rate.

Our goal is to educate area producers about the benefits of reducing stocking rates by about 25% of historical norms. For a better idea and what this would mean in number of head, historically we have been running one head of grown cattle for every three acres. With an adjustment in the stocking rate, we would be looking at running one mature cow for every four acres. This adjustment allows us to be better prepared for the next drought and able to recover faster afterwards. Additionally, if we are doing a really good job with the breeding program, nutrition program, and you like the livestock you have, you can carry your own calf crop later into the season to find a better economic marketing opportunity.

For more information pertaining to grazing management or for assistance in improving your current management program give your Panola County AgriLife Extension office a call at (903)693-0300 Ext. 161



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