Waterfowl Will NOT Be Exhibited at Fairs Starting September 1st!

Due to state regulations, NO WATERFOWL (ducks, geese, etc.) will be allowed to show in any county fairs in Arkansas starting September 1, 2015. We are sorry for this inconvenience but these are regulations by state officials not Van Buren County. The purpose of this regulation is to protect home poultry flocks and commercial flocks from an outbreak of the Avian Influenza. This disease could be detrimental to home flocks as well as commercial flocks if an outbreak occurred in our area. Also, if you have brought any out of state poultry in to exhibit, there may be some additional requirements that you need to follow. If you have questions on these regulations, call the Van Buren County Extension office at (501)745-7117.

Find more information about the fair inside on page 4
Livestock and hay producers should be scouting their pastures and hay meadows for fall armyworms. Armyworm infestations can wreak havoc on lawns, hay fields, pastures, and newly planted fall forages so scout these areas close and often. Armyworms were reported in the Clinton area in pastures late last week. Producers should be scouting fields for armyworms. The armyworms could wreak havoc on pastures and hayfields.

Fall armyworms do not overwinter in Arkansas instead the adult moths catch wind currents and gradually move into the state from the south and lay eggs. Fall armyworm damage can appear almost overnight. Infestations can be easily overlooked when the caterpillars are small and eating very little. Once caterpillars grow large and consume more grass, damage becomes apparent. Fall armyworm infestations can be expected from now through September.

Producers should carefully examine grass blades, stems and organic debris at plant base, and soil surface in a 1 sq. ft. area. It is best to take at least 10 random 1 sq. ft. samples across the pasture or hay meadow. Female fall armyworm moths prefer to lay eggs in areas of abundant growth, so be sure to include a few of these areas in your 10 samples. Also, make note of the size of the armyworms. Knowledge of their size will help producers make sound management decisions. A 1 sq. ft. sampling device made of stiff wire or PVC pipe will make the sampling process much easier. Remember, armyworm outbreaks often occur in waves about 30 days apart, indicating the need for routine scouting.

There are a few tips to remember about fall armyworms. First, do not treat when armyworms are tiny, however, get prepared. Several natural enemies such as parasites, predators and pathogens occur and can possibly eliminate or reduce populations in a short period of time. Many of you will remember a few years ago how the parasite, Cotesia marginiventris, showed up in large numbers and helped control fall armyworms in many fields. County agents and producers saw the small white cocoon cases (of the pupal stage) that were mistakenly thought by some to be armyworm eggs. We have seen on several occasions that population numbers will often decrease after a population of small larvae had previously been observed. Secondly, the fall armyworm has about 6 larval instars. The last few and particularly the fifth and sixth instars are when most of the damage to pastures occurs. Of the total foliage consumed, greater than 80–85% will occur at these stages. The best advice is to not get overanxious and treat before necessary. Likewise, do not wait until they become too large. Harvesting an infested hay meadow is an option if the hay is mature. Most of the products recommended will work well on medium-sized larvae. Unlike cotton, corn or other crops the larvae have no place to avoid the insecticide and are easier to kill in pasture situations.

The treatment threshold for fall armyworms is 3 or more worms per square foot. “2015 Insecticide Recommendations for Arkansas MP-144” lists insecticides that can be used against fall armyworms in pastures and home lawns (http://www.uaex.edu/publications/pdf/mp144/mp144.pdf).

Adult Armyworm. Note the inverted “Y” on the armyworm’s head.
Van Buren County to Hold Pesticide Collection Event

Van Buren County producers and commercial applicators will have the opportunity to dispose of their outdated and unused pesticides during a collection event on Monday, October 12. The event will take place at the Van Buren County Road Shop at 438 Old Hwy 9 in Clinton.

The pesticide collection is free and is made available through funding from the Arkansas Abandoned Pesticide Trust Fund. Products that will be accepted are outdated, discontinued or unwanted agricultural pesticides. These pesticides may include older products that are more toxic, such as arsenicals, DDT, silvex, heptachlor, dieldrin, lindane and toxaphene.

Many old pesticides cannot legally be used or disposed of through usual means, such as landfills. If you have pesticides that fall into this category, plan on bringing your pesticides to this event.

The purpose of this collection is to promote a safer and cleaner environment by reducing the amount of pesticides that could potentially contaminate the drinking water, groundwater, streams, rivers and lakes across the state. To date the pesticide collections have brought in over 790,000 pounds of unwanted materials from seventy-five (75) counties.

If you’re interested in bringing your pesticides to the event, contact the Van Buren County Farm Bureau office at (501)745-2117 to pre-register. Any identifying information, such as name and address, will be removed from the registration form so that anonymity may be provided. Contact the Van Buren County Extension office at (501)745-7117 for information on safely transporting your chemicals to the event location.

Stockpiling Pastures an Option for Fall & Winter Forage Needs

With adequate moisture, stockpiling pastures to produce grazing in fall and winter is an option for producers to extend their grazing season. This has been an extremely tough year for producing QUALITY hay due to so much rain and timing of cuttings. Many producers also cut hay in October and begin feeding in November.

Stockpiling is similar to managing for a last cutting of hay, but is managed for livestock grazing to reduce harvest cost. Using the stockpiling program, cattle graze the forage through fall and winter. Bermudagrass is greener and growing well due to recent rains in many areas making stockpiled bermudagrass a viable option for fall grazing. Fertilizer should be applied by mid-August in north Arkansas for the best growth potential. Fertilizer can be applied even during summer heat of August and produce good forage return.

Stockpiled fescue makes excellent winter pasture. Fescue pastures should be grazed or mowed by September 1 and fertilized by the first week of September to allow for maximum use of applied Nitrogen. The pastures should be deferred from grazing until we receive a killing frost that will stop forage growth.

The growth potential of stockpiled forages is usually 2000-3000 lbs of dry matter per acre so the recommended fertilizer rate is 50-60 lbs per acre of nitrogen (150-175 lbs of Ammonium Nitrate) to match that yield potential. Add phosphorus and potash fertilizer according to soil test.

Stockpiling forages has been one of the most consistent of all forage management practices recommended. It has been a key practice for achieving over 300 days of grazing in the past at the Livestock and Forestry Research Station at Batesville.

For more information on stockpiling forages for fall and winter grazing ask for FSA 3133 “Grazing Stockpiled Forages to Reduce Hay Feeding in Fall and Winter” at your county Extension office.
**Recipe: Skillet Lasagna**

*From The Newest Van Buren County Extension Homemaker Council’s Recipes*

*Recipe Submitted by: Barbara Johnson, Davis Special EHC*

**Ingredients:**
- 1 cup ricotta cheese
- ¼ cup parmesan cheese, grated
- 1 ½ cups mozzarella cheese, shredded and divided
- 1 pound ground turkey
- 1 zucchini, diced
- 1 (26-ounce) jar pasta sauce
- 6 no-boil lasagna noodles, preferably whole wheat

**Nutritional Information:**
- Calories 467; Fat 22.5g; Protein 35g; Carb 34g; Fiber 6g

**Directions:**
- Makes 6 servings.
- 1. In a medium bowl mix together ricotta, Parmesan, and ½ cup mozzarella. Set aside
- 2. In a skillet over medium heat, brown the turkey until it is no longer pink, breaking up any clumps. Drain excess fat.
- 3. Add zucchini and half the pasta sauce. Reduce heat.
- 4. Top mixture with 4 lasagna noodles, breaking the noodles to fit the pan.
- 5. Spread cheese mixture over noodles. Place 2 noodles over cheese and pour remaining pasta sauce spreading evenly. Sprinkle with rest of mozzarella.
- 6. Cover skillet and simmer over medium-low heat until noodles are tender, about 20 minutes

---

For more recipes like this one, follow Van Buren County UAEX on Facebook and Pinterest.

Facebook: UAEX Van Buren County Family and Consumer Sciences – Torrie Caston, Agent

Pinterest: Torrie Caston – Van Buren County www.pinterest.com/uaexvbc/

---

**EHC Cookbook $10**

(hardbound with local recipes)

Ask any EHC Member or the Extension office for your copy(s)

---

**Clinton EHC—New Club**

There is a new EH Club starting in Clinton on Tuesday, September 8, 2015 at the Dirty Farmers Market. The meeting will start at 5:30 and will be a pot luck supper. At the start-up meeting there were four ladies present excited to start the new club. They talked about projects they were interested in doing with their fellow Extension Homemakers and activities they could take part in within the community. The founding members of the Clinton EH Club are Jackie Sykes, Cathy Fields, Wendy Russ, Vonna Englehartt. They are very thrilled to invite everyone to the first official meeting on September 8th to learn about EHC and what EHC can do for you! Come join the fun!
Never purchase expensive items on impulse. Think over each expensive purchase for at least 24 hours. Acting on this principle will mean you have far fewer regrets about impulse purchases, and far more money for emergency savings.

Are you looking for an effective way to establish a budget? Beginning on the first day of a new month, get a receipt for everything you purchase. Stack and review receipts at the end of the month, and you will clearly be able to see where your money is going.

One way to establish a savings discipline is to “save” an amount equal to whatever is spent on nonessential indulgences. Put a matching amount in a cookie jar for expenditures for beer, wine, cigarettes, designer coffee, etc. If you can’t afford to save the matching amount, you can’t afford the $4 super almond low-fat latte.

Take the amount the item costs and divide it into your hourly wage. If it’s a $50 pair of shoes and you make $10 an hour, ask yourself, are those shoes really worth five long hours of work? It helps keep things in perspective.

See more at: http://www.americasaves.org/for-savers/make-a-plan-how-to-save-money/54-ways-to-save-money#sthash.evRRLbqM.dpuf

Cutting Back on Your Sweet Treats
May Be Easier Than You Think

Limiting the amount of foods and beverages with added sugars you eat and drink may seem difficult, but there are a few ways to cut back without noticing. If you don’t buy them, you won’t eat them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

10 tips to help you decrease added sugar:

1. Serve smaller portions
2. Sip smarter, sip water or fat-free milk
3. Use the check-out lane that does not display candy
4. Choose not to offer sweets as rewards
5. Use fruit as everyday dessert
6. Make everyday foods fun
7. Encourage kids to invent new snacks
8. Choose cereals with less sugar
9. Make treats “treats,” not everyday foods
10. Don’t replace your child’s meal with sweets
September 14th – 21st
78th Annual Van Buren County Fair and Livestock Show

The barnyard exhibit is a fun educational exhibit for youngsters age 4 to 8. We are happy to give the 4-H clubs an opportunity for “community service” hours during the fair.

The days and hours we could use some help are:
Sept. 16th (Wednesday) - from 5 pm til 7 pm
Sept 17th (Thursday) - from 5 pm til 7 pm,
Sept 18th (Friday) - from 6 pm til 8 pm,
Sept 19th (Saturday) - from 5 pm til 7 pm and 7 pm til 8:30 pm

This is a great opportunity for 4-H youth to provide community service volunteer hours. Gain credit by volunteering for Farmer For A Day Exhibit at the Van Buren County Fair.

Call Cindy Wilson to schedule a volunteer day and time at 745-2953
This Event is Sponsored by Van Buren County Farm Bureau

September 1, 2015 starts ReEnrollment for 4H 2016

Open your internet browser and go to http://arkansas.4honline.com/.

- Enter in your Login information. *Note: If you have forgotten your password, DO NOT create a new profile. Instead, click the “Send My Password” button so that a temporary password can be emailed to you.
- Select the “Family” role from the drop down menu. Then click the Login Button.
- This will take you to your “Family Homepage”. Click the “Continue to Family” Button.
- Under the “Member/Volunteer List”, click the “Edit” button of the person you want to reenroll. Follow the on-screen prompts to register your family and all family members involved in 4-H as members or volunteers (this is for youth and adults). Fields marked in bold are required.
- On the “Club” tab, select at least one club for membership. You may add additional clubs as needed.
- On the “Projects” tab, you must select at least one 4-H project. You may add additional projects as needed.
- On the “Groups” tab, select any groups you participate in or wish to join in the future.
- After entering all family members, please log out of Arkansas 4-H Online

For more information on enrolling, you can call or come by the Van Buren County Extension office. All active 4-H Members & Leaders MUST RE-ENROLL starting in September 2015 for the 2016 4-H program year.
Good Luck!

The Van Buren County Extension Office wants to wish all of the Van Buren County 4-H’ers “Good Luck” at the fair September 12th-19th! You all have worked very hard caring for your animals, practicing your talent, and preparing your crafts. Thank you for your continued hard-work and dedication to your area of expertise and to Van Buren County 4-H! You are all truly making the best better.

Be looking for emails and mail from the Van Buren County Extension office. These may contain dated information about upcoming events. We don’t want you to miss out!

Van Buren County Master Gardeners are Pleased to Announce that the Hippe Recycling Center’s Education Park was Named Divisional Winner of the Prestigious 2015 Master Gardener Project of the Year Award!

The recycling center is located in Fairfield Bay and already was the recipient of Arkansas Recycling Coalition’s 2014 Recycling Education Program of the Year award. Since it’s Inception, a number of school groups, scouting organizations, and even vacationers have taken advantage of enjoying a volunteer guided tour through the Education Park and the Recycle Center. The park features informational signs along the central pathway that describe different types of recycling and how wind, sun, water and waste matter can be recycled or used to support a “greener” environment. There are examples of solar energy, a rain barrel and windmill that help drive the message home. The now mature beds showcase everything from graceful grasses dancing in the breeze and colorful Sweet William that seem to smile back at you as well as yucca, day lilies, and red-hot pokers just to name a few. Local landscaper, Jamie Lewis, was instrumental in designing and planting one of the colorful quadrants that boasts a blue “bottle tree” as yet another example of repurposing everyday items. A Master Gardeners team, still lead by Annalee, assures the continued beauty and health of the gardens by ongoing care of the plants and beds. The Master Gardener Program is part of the University of Arkansas County Extension Service and has a mission to “…provide special areas of beauty for public enjoyment.” The Education Park is an excellent example of your Van Buren County Master Gardeners in action!

Photo taken by Dan Feuer, Managing Editor of Fairfield Bay News
All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.