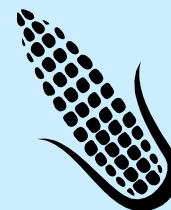
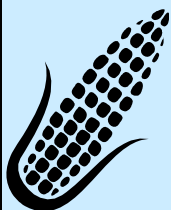


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Piscataquis Farming Newsletter



University of Maine Cooperative Extension is the major educational outreach program of the University of Maine, with offices statewide. UMaine Extension provides Maine people with research-based educational programs to help them live fuller, more productive lives.

Goal:

The goal of the Piscataquis Farming Newsletter is to provide timely information on the production and marketing of crops and livestock grown in Piscataquis County. Upcoming events and programs of interest will also be included.

You can receive this newsletter electronically. To sign up for the electronic version go to www.umext.maine.edu/piscataquis/farming/newsletter/htm.

If you have a question, feel free to contact me and I can include it in our farming question section.

Sincerely,



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Emergency Forage for Livestock Farms

Many producers will be faced with lower than normal forage supplies this fall. What options still exist for some quality forage this fall? If you have some ground that was not planted to corn and is fallow... Some research from New York, done by Tom Kilcer suggests that planting oats **now** can yield some high quality forage in late September. Oats planted at 4 bu/acre (160-170 pounds per acre) on **well manured** fields may yield up to 4 tons of dry matter per acre by the end of September or early October. They had samples test as high as .74 Nel. Some tips and warnings...

- Use whole feed oats instead of seed oats to save some money.
- Go heavy on the seeding rate.
- Use a grain drill for planting if possible.
- The forage may be lush and will require some drying before chopping or wrapping for silage.
- Realize that if by some chance we head into a drought, the oats will probably not do as well described above!

Source: August 5, 2009 email from Rick Kersbergen, Extension Professor, University of Maine Cooperative Extension, 207-342-5971 1-800-287-1426 (in Maine) richardk@umext.maine.edu

National Sign-Up for New Conservation Stewardship Program

Sign-up for the new Conservation Stewardship Program (CSP) started on August 10 and will continue until September 30. CSP is a voluntary program that encourages agricultural and forestry producers to maintain existing conservation activities and adopt additional ones on their operations.

Congress renamed and revamped the former Conservation Security Program completely to improve its availability and appeal to agricultural and forestry producers. USDA's Natural Resources Conservation Service (NRCS) administers CSP. Eligible lands include cropland, grassland, prairie, improved pastureland, rangeland, non-industrial private forestland—a new land use for the program—and agricultural land under the jurisdiction of an Indian tribe.

To apply for the newly revamped CSP, potential participants will be encouraged to use a self-screening checklist first to determine whether the new program is suitable for them or their operation. It will be available on NRCS Web sites and at NRCS field offices. NRCS field staff also will conduct on-site field verifications of applicants' information obtained from the CMT. Once the potential participant has been field verified and approved for funding, he or she must develop a conservation stewardship plan.

For information about CSP, including eligibility requirements, producers can

IN THIS ISSUE:

- Emergency Forage for Livestock Farms
- National Sign-Up for New Conservation Stewardship Program
- Maine Farms of the Future
- Helping Farmers Cope with Stress
- Extension Publications
- Calendar

visit www.nrcs.usda.gov/new_csp or visit their local NRCS field office at 42 Engdahl Dr., Dover-Foxcroft, phone 564-2321.

Maine Farms for the Future

They have a new interim website located at <http://www.maine farms for the future.com/> that covers the 2009 program information. The official request of proposals (RFP) will be opened some time in October. You need to request an application from the Maine Department of Agriculture during the RFP time period.

Helping Farmers Cope with Stress

Farming can be stressful in the best of times. Financial worries, unpredictable weather, plant pests, livestock diseases, and isolation all contribute to farmers' anxiety. University of Maine Cooperative Extension has established a web site with links to resources to help farmers and their families who are under stress. <http://www.extension.umaine.edu/FarmersUnderStress/>

Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals

Checklist Williams/Fetsch (Rev. 1.2508)

Roger T. Williams, Professional Development & Applied Studies
University of Wisconsin-Madison

Robert J. Fetsch, Human Development & Family Studies
Colorado State University

SIGNS OF FARM AND RANCH STRESS

The last few years have been difficult for farm and ranch families. Many are experiencing financial and emotional stress as a result. There are several signs or symptoms when a farm family may be in need of help. These are signs that can be observed by friends, extended family members, neighbors, milk haulers, veterinarians, clergy persons, school personnel or health and human service workers. These signs include:

- **Change in routines.** The rancher or ranch family stops attending church, drops out of 4-H, Home makers or other groups, or no longer stops in at the local coffee shop or feed mill.
- **Increase in illness.** Farmers or farm family members may experience more upper respiratory illnesses (colds, flu) or other chronic conditions (aches, pains, persistent cough).
- **Appearance of farmstead declines.** The farm family no longer takes pride in the way farm buildings and grounds appear, or no longer has the time to do maintenance work.
- **Care of livestock declines.** Cattle may not be cared for in the usual way; they may lose condition, appear gaunt or show signs of neglect or physical abuse.
- **Increase in farm or ranch accidents.** The risk of farm accidents increases due to fatigue or loss of ability

to concentrate; children may be at risk if there isn't adequate childcare.

- **Children show signs of stress.** Farm and ranch children may act out, decline in academic performance or be increasingly absent from school; they may also show signs of physical abuse or neglect.

SIGNS OF CHRONIC, PROLONGED STRESS

When farm and ranch families are stressed out for long periods of time – chronic, prolonged stress – they may experience a number of signs and symptoms. Watch for the following effects in farm families you see on a day-to-day basis:

Physical	Behavioral
<input type="checkbox"/> Headaches	<input type="checkbox"/> Irritability
<input type="checkbox"/> Ulcers	<input type="checkbox"/> Backbiting
<input type="checkbox"/> Backaches	<input type="checkbox"/> Acting Out
<input type="checkbox"/> Eating Irregularities	<input type="checkbox"/> Withdrawal
<input type="checkbox"/> Sleep Disturbances	<input type="checkbox"/> Passive-Aggressiveness
<input type="checkbox"/> Frequent Sickness	<input type="checkbox"/> Alcoholism
<input type="checkbox"/> Exhaustion	<input type="checkbox"/> Violence
Emotional	Cognitive
<input type="checkbox"/> Sadness	<input type="checkbox"/> Memory Loss
<input type="checkbox"/> Depression	<input type="checkbox"/> Lack of Concentration
<input type="checkbox"/> Bitterness	<input type="checkbox"/> Inability to Make Decisions
<input type="checkbox"/> Anger	Self-Esteem
<input type="checkbox"/> Anxiety	<input type="checkbox"/> "I'm a failure."
<input type="checkbox"/> Loss of Spirit	<input type="checkbox"/> "I blew it."
<input type="checkbox"/> Loss of Humor	<input type="checkbox"/> "Why can't I...?"

SIGNS OF DEPRESSION OR SUICIDAL INTENT

The greater the number of signs or symptoms a ranch or farm family is experiencing, the greater your concern should be. In addition, if family members are exhibiting the following signs of depression or suicidal intent, it is important that you connect them with professional help as soon as possible. All cries for help should be taken seriously.

Signs of Depression
<input type="checkbox"/> Appearance: Sad face, slow movements, unkempt look.
<input type="checkbox"/> Unhappy feelings: Feeling sad, hopeless, discouraged, and listless.
<input type="checkbox"/> Negative thoughts: "I'm a failure;" "I'm no good;" "No one cares."
<input type="checkbox"/> Reduced activity and pleasure in usual activities: "Doing anything is just too much of an effort."
<input type="checkbox"/> People problems: "I don't want anyone to see me;" "I feel so lonely."
<input type="checkbox"/> Physical problems: Sleeping problems, decreased sexual interest, headaches.
<input type="checkbox"/> Guilt and low self esteem: "It's all my fault;" "I should be punished."

Signs of Suicidal Intent

- Anxiety or depression:** Severe, intense feelings of anxiety or depression.
- Withdrawal or isolation:** Withdrawn, alone, lack of friends and supports.
- Helpless and hopeless:** Sense of complete powerlessness, a hopeless feeling.
- Alcohol abuse:** There is often a link between alcoholism and suicide.
- Previous suicidal attempts:** May have been previous attempts of low to high lethality.
- Suicidal plan:** Frequent or constant thoughts with a specific plan in mind.
- Cries for help:** Making a will, giving possessions away, making statements such as “I’m calling it quits,” or “Maybe my family would be better off without me.”

HOW TO REFER A PERSON FOR HELP

1. Be aware of the agencies and resources available in your community— what services they offer and what their limitations are.
2. Listen for signs and symptoms that the person or family needs help which you can’t provide, i.e., financial, legal, or personal counseling.
3. Assess what agency or community resource would be most appropriate to address the person’s (or family’s) problems.
4. Discuss the referral with the person or family (“It sounds/ looks like you are feeling _____. I think _____ could help you deal with your situation.”)
5. Explore the individual’s or family’s willingness to initiate contact with the community resource (“How do you feel about seeking help from this person/ agency?”).
6. Where the person or family is unwilling to take the initiative or where there is some danger if action is not taken, you should take the initiative:
 - a. Call the agency and ask to speak to the intake worker (if there is one).
 - b. Identify yourself and your relationship with the person or family.
 - c. State what you think the person’s or family’s needs are (needs immediate protection for suicidal acts, needs an appointment for counseling, needs financial or legal advice).
 - d. Provide the agency with background information (name, address and phone; age and gender; nature of current problem or crisis; any past history you’re aware of; further information as called for).
 - e. Ask the agency what follow-up action they will take:
 - *When will they act on the referral?
 - *Who will be the person for you to contact later if necessary?
 - *What will be the cost of the service (flat fee/ sliding scale)?
 - *Do you need to do anything else to complete the referral?
7. Make sure the person or family and the referral

agency connect and get together. Make one or more follow-up contacts with the agency if called for by the situation.

Extension Publications:

The following Agricultural Extension Publications are available or can be ordered at the Extension office nearest you. You will notice some publications are free and some have a cost recovery charge. Many publications are available for free online at <http://extensionpubs.umext.maine.edu/>.

- **Beef Production Farmer Skill & Knowledge Checklists, Item #1201.** Publisher: UMaine Extension. This checklist can help you determine what you know and what you need to know about beef production. Covers breeding and reproduction, calving, cattle health and nutrition, management practices, facilities, fencing and pasturing, and financial concerns. 5 pages, 2009. Free download available or purchase color copy for \$0.75.
- **Poultry---Meat Production Farmer Skill & Knowledge Checklists, Item #1202.** Publisher: UMaine Extension. This checklist can help you determine what you know and what you need to know about poultry meat production. Covers breed selection, brooding and chick care, poultry health and nutrition, management practices, facilities, pastured poultry, manure, culling, food safety, and financial concerns. 4 pages, 2009. Free download available or purchase color copy for \$0.75.
- **Poultry---Egg Production Farmer Skill & Knowledge Checklist, Item #1203,** Publisher: UMaine Extension. This checklist can help you determine what you know and what you need to know about poultry meat production. Covers breed selection, brooding and chick care, chicken health and nutrition, pullets, management practices, facilities, manure, culling, food safety, and financial concerns. 4 pages, 2009. Free download available or purchase color copy for \$0.75.

Calendar

August 18, 2009 **Beef Parasite Meeting**- hosted by Maine Beef Producers Association at 7 pm at Room 319 of the Maine Department of Agriculture Building, located off Route 9 in Augusta. Dr. Don Bliss, Ph. D., will address the effects of internal parasites on beef production, strategic de-worming and parasite resistance in US cattle. Attendees are asked to bring 20 fecal samples from their beef herd. The results from these free screenings will be available to the farmers within a week so that ideas or suggestions presented during the meeting may be used to help improve overall herd health. Please RSVP by Friday, August 14th, to ensure that enough food is available. E-mail info@mainebeefproducersassociation.org or call 645-2568 to reserve a spot.

Piscataquis County Office
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Dover-Foxcroft, ME 04426
564-3301 or 1-800-287-1491 (In Maine)

Piscataquis Farming August 2009



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August 19th, 2009 **Highmoor Farm 100th Anniversary And Summer Tour** Approximately 8:30 AM to 3:30 PM Rain or Shine. There will be a formal celebration in the morning followed by a Maine food products lunch around noon. A short tour of the research plots will be in the afternoon. Warren Stiles and Jim Schupp have been invited as special guests. Specific details regarding the celebration activities will be forthcoming.

August 21st – 22nd, 2009 **Maine Farm Days** at Barker Farm, Leeds, ME. Theme for 2009 is Renewable and Alternative Energy Sources. Pesticide recertification credits will be available. For more information go to www.MaineFarmDays.com or call Jane Heikkinen at 753-9400 Ext. 3. The Barker Farm is at 9 Barker Rd. It is located in North Leeds just east of Rt. 106 and just north of where the railroad tracks cross Rt. 106 [also called the Leeds/Livermore Falls Rd].

To get to the farm, the Leeds Road [Rt. 106] leaves Rt. 133 and goes south to Barker Rd. and the Barker Farm. Or, Rt. 106 leaves Rt. 219 on Livermore Falls Road [Rt. 106] and goes north to the Barker Farm. Special sessions of note at Maine Farm Days: **Friday, Aug. 21, 11:00 – 12:30 Results of Feasibility Study of Methane Digestion on a Medium-Sized Maine Dairy Farm** - Focus will be on high-solids procedure that appears more appropriate for smaller farms. **Friday, Aug. 21, 12:45 –**

2:15 Getting Started with Small Grain and Oilseed Production - Production practices, pest management, potential markets. Oil can be burned or converted to biodiesel. More info on these session sessions contact Caragh Fitzgerald at cfitzgerald@umext.maine.edu, 622-7546.

August 24th, 2009 **Organic Wheat Seminar: Learning from the European Experience to Increase Wheat Production and Quality in Maine** 1:00 to 5:00 p.m. MOFGA's Common Ground Education Center, Unity with Dr. Anders Borgen. Anders is a Danish organic farmer and organic wheat breeder. Dr. Borgen will discuss how to improve small-scale cereal production under organic, low input conditions, in terms of economy, seed quality, markets and farmers' skills. He will present an overview of organic seed production in Europe and issues of seed certification. Participants will briefly present their work so everyone can discuss our interests on that basis. The seminar will focus on developing wheat varieties best suited to organic systems by drawing on the rich genetic resources of heritage wheat populations, and developing genetically diverse 'composite-cross' genepools for on-farm selection to improve the yield and quality of wheat. Funded by NESARE. More information at: <http://www.growseed.org/>