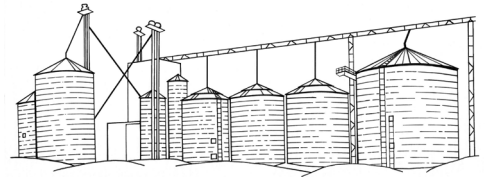




Established in 1932 as Culpeper Farmers' Cooperative

June 2010



June is Dairy Month!! Drink Milk for better health!

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 M. Byrd Inskip, Vice President
 W. Stanley Hawkins, Secretary/Treasurer
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Staff

David Durr, General Manager (540) 727-8323
 John E. Moss, Chief Financial Officer
 (540) 727-8339
 Sam Strahan, Manager Feed Tech. Services
 (540) 727-8320
 Earnie Dodson, Dir. Agricultural Marketing
 (540) 727-8322
 Jimmy Hunsberger, Dir. Agricultural Operations
 (540) 727-8328
 Ed Dunphy, Director Retail Marketing
 (540) 727-8326
 Lydia Utz, Manager Human Resources
 (540) 727-8329
 Cindy Dell, Horse & Pet Spec. (540) 727-8325

Culpeper 540-825-2200

Paige Brown, Manager (540) 727-8333
 Derek Campbell, Field Sales (540) 727-8336
 Jeff Douthit, Field Sales (540) 727-8337
 Bill Ruark, Field Sales (540) 727-8338

Rappahannock 540-987-8555

Michael Cannon, Manager
 Steve Jones, Field Sales Rep cell (540) 229-5482

Morrisville 540-439-3254

Bucky Hill, Manager
 Dustin Madison, Field Sales Rep
 cell (540) 222-6680

Warrenton 540-347-7100

Roy Lambert, Manager
 Cyndy Hair, Field Sales Rep cell (540) 229-7190

Marshall 540-364-1533

Glenn Covington, Manager
 Mario Oderda, Assistant Manager
 Michael Swisher, Field Sales Rep
 cell (540) 229-5476
 Tom Washburn, Field Sales Rep
 cell (540) 229-5479

Caroline 804-448-0266

Judy Brooks, Manager
 Jeff Douthit, Field Sales Rep.

Direct Dial Lines

Andy Butler, Feed Mill Mgr (540) 727-8327
 Brenda Fant, Accounting (540) 727-9801
 Feed Mill Office (540) 727-8335
 Fertilizer Plant (540) 825-9020
 Cindy Stanley, Feed Mill (540) 727-8330
 Athena Timberlake, Agricultural Support
 (540) 727-8332
 Helen Ward, Accounting (540) 727-9800
 Karen Whitlock, Administrative (540) 727-9802

www.cfcfarmhome.com

Dairymen: If you would like to be on an email list for pertinent information related to dairy nutrition and management, please send your email address to me at sstrahan@cfcfarmhome.com. Reference that you would like to be included in the "Dairy email list". With everyone's time constraints, I would like to help filter through the abundance of information and disseminate items of interest that could be helpful in your dairy operation.

Sam Strahan, Manager Feed Tech. Services

Livestock Tips

- To supplement gains of feeder calves on pasture, feed 4-5 lbs. of a low starch feed such as MSG Pellet to get an extra 1/2 lb. of gain per day.
- Continue to feed first calf heifers until after they are confirmed pregnant.
- Hot weather can stress all animals, including those show projects being prepared for local fairs. Tips to maintain weight gains during hot summer days include keeping water **fresh and cool**, replace left over feed daily with fresh, and keep animals in a comfortable location. If it is not comfortable for you, it will not be for your show animal either!! Remember to weigh animals at least 45 days before the show so feeding adjustments can be made if necessary.
- Hot weather nutritional considerations for dairy cows-increase potassium and sodium levels (need to have buffer), include yeast and/or Amaferm. Dry cows need a balanced grain mix such as CFC Dry Cow Prep to minimize health related issues at freshening.

Agronomy Tips

- Look at early planted corn; side dress as needed with nitrogen.
- Check corn fields early - (weed control, cutworms and stands).
- Clip pastures for weed control and to promote vegetative growth.
- Make sure grain bins are cleaned and sprayed before grain harvest.
- Make sure you inoculate soybeans before planting.
- Remember to increase plant population on soybeans planted after barley and wheat.
- Continue to scout wheat/oat fields into early June for cereal leaf beetle.
- If weather turns hot and dry, monitor alfalfa fields for potato leafhopper - early symptoms are leaf yellowing!

Equine Tips

New Liquid Nano-E is a superior source of natural Vitamin E from KERx Special Needs Nutrition. Nano-E has been proven to be highly effective through controlled studies at Kentucky Equine Research. This powerful antioxidant is appropriate for:

- Horses that do not have access to growing pasture (a major source of vitamin E for horses).
- Performance horses susceptible to muscle damage due largely to oxidative stress.
- Broodmares to increase the transfer of passive immunity to their foals.
- Stallions to increase fertility.
- Horses with neurological problems to aid recovery.
- Horses facing stressful events to boost immune defenses.
- Horses with recent cuts or wounds to enhance recovery.

Lawn & Garden Tips

- Always read and follow label directions when using lawn and garden pesticides.
- Weekly application of 1 inch of water will keep your lawn actively growing. This is especially important for newly seeded or sodded areas.
- As the dry season approaches, poor mowing practices can doom your lawn. Never remove more than 1/3 of the leaf surface per cutting & never mow cool season grasses such as fescue lower than 2 1/2" to 3".

Dates and Times to Remember

May 1 thru
November 20

*Farmers' Market at Culp. on Thursdays and Saturdays
 Farmers' Market at Rapp. on Fridays and Saturdays
 Compost 101 Seminar at Warrenton (see back page for details)
 Rappahannock CFC's Open House
 Celebrate Dairy Month with us. Free ice cream while supplies last.*

June 19
June 26
June 26

All CFC locations closed. Have a safe 4th of July weekend.

July 5

Compost 101 - Learn The Basics of Composting and Vermicomposting

CFC Farm and Home Center in Warrenton will be conducting a seminar outlining the basics of composting (the process of converting organic matter into compost, which is a mixture of decayed plants and other organic matter for enriching the soil) and vermicomposting (or vermiculture, which is the use of specially bred worms to convert organic matter into compost).

The seminar will be held on Saturday, June 19th beginning at 9:00 a.m. with *Composting*, and then *Vermicomposting* at 10:00 a.m.

Composting basics will cover:

- a) how to get started
- b) the types of bins to use
- c) the types of materials to put into compost
- d) how to use your compost

Vermicomposting will cover:

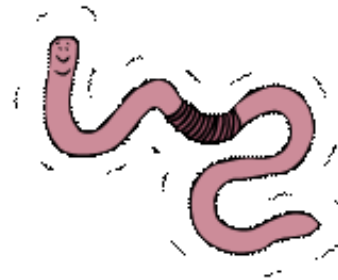
- a) the types of bins to use
- b) the types of worms to use
- c) the types of compost material to use
- d) how to use your compost



If you have further questions on times or location, please contact Debbie, Darlene or Roy at the Warrenton CFC at (540) 347-7100.



Did you know we carry 30 lb. bags of Earthworm Castings at many CFC locations? This soil builder for your outdoor garden beds or indoor plants is completely organic. Don't take our word for it; ask the worms who produced it right in Culpeper County!



Sunglo Show Feed Options:

With show season entering the last few weeks for many animals, it may be time to make some feeding adjustments on your projects. Step 1 is to weigh your animal(s) and see if they are on track for expected target weight. We can help with nutritional advice and provide a number of products that will help speed up or slow down weight gain, add muscle, take off fat, etc. Go to sunglofeeds.com website and look at Specialty Products such as Final Control, Explode, Sumo, Full Tank, etc. and if interested, call your CFC store for more information on getting the product (some may need special ordering).



\$1.00 off on a 15 lb. bag of Combo Cat Food



1 6 5 1 6

Coupon expires June 30, 2010

\$5 off Eprinex 5 liter



1 6 5 1 7

Coupon expires June 30, 2010