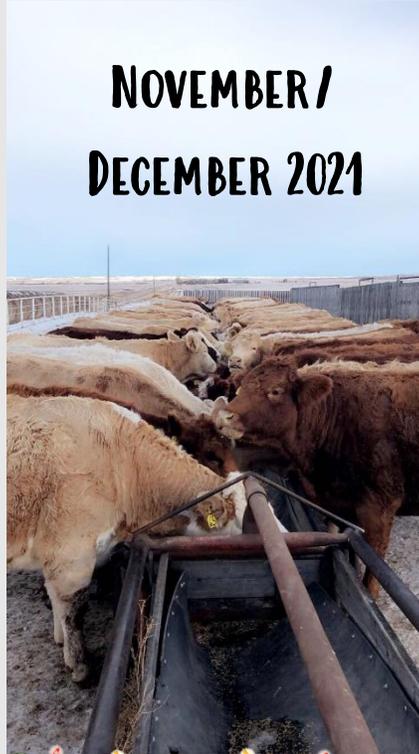


MD of Provost



Agricultural Roundup



NOVEMBER /
DECEMBER 2021

Christmas Markets
VBP+ Program Info
Purchase a Poppy
Did You Know?
Reminders
Christmas Tree Care
Get Started with EFP
The Masked Bandit
Beef, The Superfood!
Recipe
Well & Groundwater
Information

Provost Christmas Markets

November 19th & December 10th, 2021 from 11:00 am-7:00pm @ the Rec Centre
(5113-43 St.)

Box 300 Provost, AB
ToB 3S0
1-780-753-2434
mdprovost.com

Cadogan Christmas Market

Sunday, November 28th, 2021 from 10:00am-3:00pm @ the Cadogan Hall

ASB Contact:

Ag Fieldman: Caitlin Wolf
Cell: 780-753-4359
Office: 780-753-2168
cwolf@mdprovost.ca



Did you know? The VBP+ program is now an accredited certification body for the Canadian Roundtable for Sustainable Beef. By achieving VBP+ certification, you will also be recognized as a Certified Sustainable beef operation and are eligible to participate in Certified Sustainable value chains!



Ready to be recognized for your efforts?

Contact Alberta VBP+ Coordinator Melissa Downing for more info: 780-753-1934 or ab@verifiedbeef.ca
www.verifiedbeef.ca

Simple. Practical. Trusted.

Do not forget to purchase a poppy, as Remembrance Day is coming up! Funds collected from poppies in Provost are donated to Edgerton Royal Canadian Legion Branch 168, since it is the closest operating branch. This money goes towards Veterans and their families.

If you are interested in receiving an electronic version of the newsletter, please email cwolf@mdprovost.ca

DID YOU KNOW??

Research Findings

SK Forage Quality
2013 Survey Results



38% of feed samples satisfy energy requirements of last trimester of gestation

5% of feed samples satisfy energy requirements of last month of gestation

At -25 degrees Celsius, only 38% of forage samples from across the province would meet the energy needs of a cow in the last trimester, and only 5% of samples would meet energy requirements in the last month of pregnancy. Even fewer forage samples would meet requirements as forage quality declines in a swath.



Reminders

Grain bag and twine collection days are the **FIRST WEDNESDAY** of every month at the **PROVOST REGIONAL LANDFILL**.

The MD of Provost has a very limited supply of 2% Liquid Strychnine still available. We are only able to sell the product until March of 2022. If you would like to purchase some strychnine, please call Caitlin to coordinate pickup.

If you would like your laneway plowed by the MD of Provost this winter, please fill out and sign a Laneway Agreement. *Note: municipal roads are first priority, followed by laneways.

Rat Patrol is underway in the rat zone (ranges 1-3). If you see a rat or any potential signs of rats, they can be reported to Myron Scherger, PCO @ 780-209-1710; or the rat hotline @ 310-RATS (7287). *Help us keep Alberta rat free!!*

Christmas Tree Care!!

1. Choose a healthy Christmas tree.
2. Trim the trunk; then trim it again!
3. Make sure it always has water.
4. Keep it away from heat sources.
5. Take it down before it dries out!



1.

The first step of registration begins through the Alberta EFP website www.albertaefp.com or by calling 1-587-200-2552 to receive over the phone assistance.

2.

Once registered, click on the confirmation email you received to fully activate your account. A technician will be assigned to you over the following two weeks. If you feel comfortable you can begin your online workbook right away

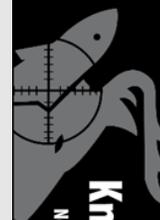


3.

if you have any questions, you can contact your technician or attend a local/online workshop to receive additional support.

This project has been made possible in part by the Government of Canada and the Government of Alberta through the Canadian Agricultural Partnership

**GET STARTED AT
ALBERTAEFP.COM**



Know the regulations.
Not knowing is not an excuse. Hunt Responsibly.

**REPORT A
POACHER**
1-800-942-3800

Raccoons (the masked bandit) are mainly known to reside in the southeast corner of Alberta, but have recently started moving north into Central Alberta. When building their dens, they look for a hideout that will provide protection during the day as they are nocturnal; culverts, out buildings, barns, tree hollows and rock crevices. They have also been known to sneak into house attics where they will potentially chew wiring & block exhaust fans with debris.

Raccoons have a highly developed sense of touch and will use water to soften the tough bristles on the bottom of their paws. This allows them to pick up objects easier and feel what they are holding. They are not washing their food! Raccoons are omnivores. In the wild, they feast on fruit, nuts, berries, insects, fish, birds, eggs and frogs. If they are near human habitation, they will eat things like garbage, compost, chickens, corn, bird seed and pet food.

They are not true hibernators like a bear, but do spend the warmer months fattening up for winter dormancy. They are inactive enough in the cold months to lose 50% of their body weight.

Some raccoons may carry diseases/parasites such as raccoon roundworm, canine distemper and leptospirosis. Though not common in Alberta, some raccoons can also carry rabies.

In Alberta, raccoons can be hunted/trapped any time of year without a license on land in which the person has the right of access for hunting. To deter the masked bandit, block off the den entrance at night when all raccoons are out and about & remove all food sources.

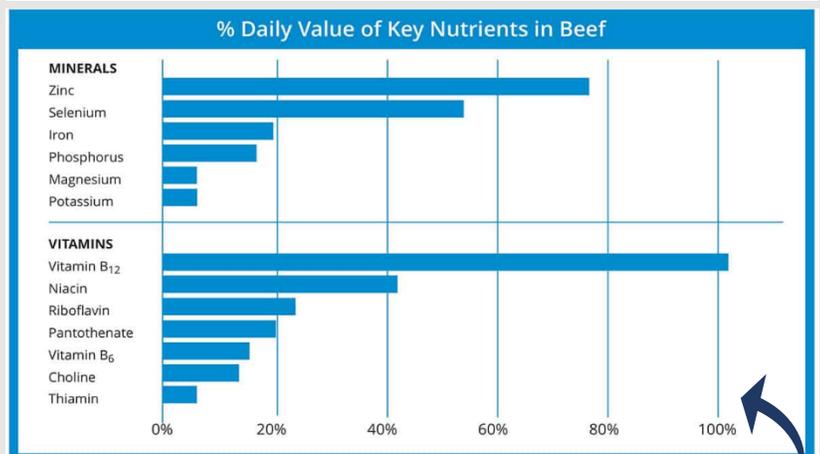
For more info, visit

<https://www.alberta.ca/raccoons.aspx>.



EAT BEEF! Nutritional Qualities of Beef

- Beef contains several essential nutrients including protein, iron, zinc, selenium, riboflavin, niacin, vitamin B6, vitamin B12, phosphorus, antothenate, magnesium and potassium.
- Eating beef has a synergistic benefit known as the Meat Factor. This means eating beef along with other vegetables and legumes increases the absorption of iron from these other foods. Iron from beef is easily absorbed by the body.
- Protein found in beef and other meats are referred to as “complete” proteins because they contain appropriate levels of all the essential amino acids required for human nutrition.
- More than half of the fat in beef is unsaturated and is the same “healthy” fat found in olive oil.
- Most Canadians do not eat enough red meat. Recent dietary evidence showed that 48% of Canadian women ages 31-50, 69% of women aged 70+ and 56% of adolescent males do not eat the recommended amount of meat and protein alternatives.
- Very few foods can match the nutrient density of beef. It delivers a concentrated nutritional punch for a moderate number of calories!



Beef is more nutrient dense and economical gram-for-gram, compared to other protein foods.

Based on 100g of cooked beef.

NOT ALL **SUPER FOODS** WEAR CAPES

100 GRAMS OF COOKED BEEF PROVIDES 77% OF YOUR DAILY ZINC

AND 102% OF YOUR DAILY VITAMIN B12

BCRC
BEEF CATTLE RESEARCH COUNCIL

RAISE YOUR BEEF IQ
@beefresearch.ca

For more information, visit:

<https://thinkbeef.ca/nutrition/>

<https://www.beefresearch.ca/research-topic.cfm/nutritional-qualities-of-beef-47>

JALAPENO CHEDDAR CHICKEN

(Instant Pot Recipe)

Ingredients:

- 2 lbs of chicken tenders
- 4-6 jalapenos, seeded and sliced
- 1/2 cup onion, diced
- 4 garlic cloves, minced
- 1 ½ cups chicken broth
- 1 ½ cups heavy cream
- 1 can corn
- 6 scallions, chopped
- 2 tsp chili powder
- 1 ½ tsp oregano
- 1 tsp salt
- 1/2 tsp pepper
- 1/2 cup fresh cilantro, torn
- 4 cups cheddar cheese, freshly shredded
- 6 Tbsp butter, divided
- 3 Tbsp flour



Directions:

1. Turn Instant Pot to saute on high for 6 minutes. Melt 3 Tbsp of butter in the pot. Add chicken tenders and brown on each side for 2 minutes. Add jalapenos, onions and garlic, toss with the chicken and saute for the remaining 2 minutes.
2. Add the broth to the pot and deglaze, scraping any stuck pieces of food from the bottom. Add corn, scallions, heavy cream, chili powder, oregano, salt and pepper. **Do not stir.**
3. Seal the lid and set to pressure cook on high for 6 minutes. Let naturally release for 10 minutes, then quickly release the remaining pressure. Remove the chicken and set aside while completing the next 3 steps.
4. Remove the inner pot to heat-proof surface and let cool for 2 minutes. When cooled, add the cheese 1 cup at a time, stirring between additions to melt the cheese. ***The sauce will be watery at this stage.**
5. Melt the remaining 3 Tbsp of butter in the microwave. Whisk the flour into the butter to form a thick paste.
6. Put the inner pot back into the pressure cooker and set to saute on high for 6 minutes. Add the butter/flour paste to the pot and whisk until incorporated, about 1 minute. Stir the sauce occasionally while it simmers for the remaining 5 minutes, gently scraping the bottom to remove any cheese that may have stuck. **Sauce will begin to thicken as it simmers.**
7. Turn off the instant pot and add the chicken back to the pot along with the cilantro. Let rest for 5-10 minutes if desired to thicken sauce further. There will be extra sauce for serving over rice, noodles, or to use as a dip for tortilla chips.

Ten Ways to Protect Your Well & Groundwater Supply

1. Design and build a good well.
2. Get rid of your well pit.
3. Plug old wells and holes.
4. Understand your water well drilling report.
5. Manage activities on your land.
6. Test your well water.
7. Shock chlorinate your well.
8. Inspect your well and property.
9. Never over-pump your well.
10. Keep records – build history.

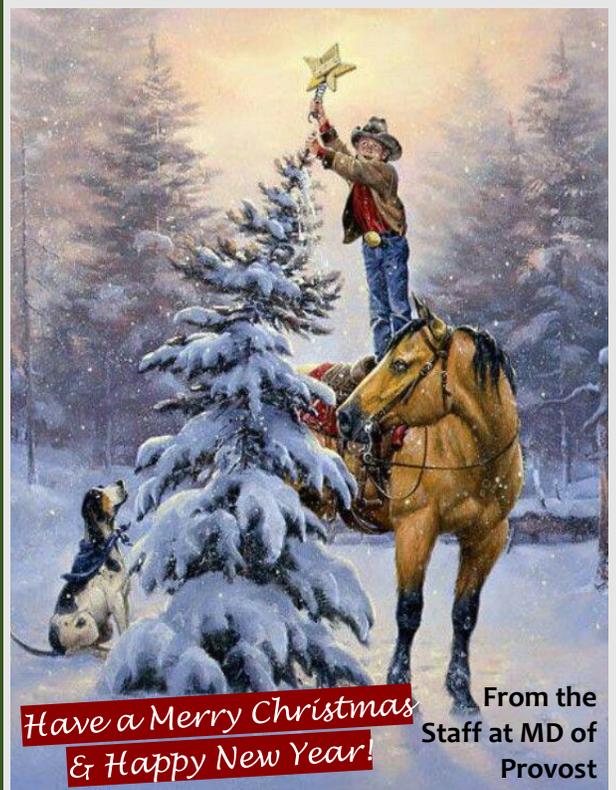
For more information, visit Working Well website www.workingwell.alberta.ca

Alberta Water Well Map

is available at

<http://groundwater.alberta.ca/WaterWells/d/>

Search by LLD, owner name, Well or Test ID, or GOA Well Tag #. Handy to see if there are any old wells on your land and their location. It will also provide you with Drilling Report of your wells!



Have a Merry Christmas
& Happy New Year!

From the
Staff at MD of
Provost

“Continually striving to provide a rural environment where residents may enjoy an excellent quality of life.”