

The FFA Update

Volume 7,
Issue 5

January/February

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-8 ounces frozen chopped spinach, thawed
-8 eggs
-2 tablespoons all-purpose flour
-1 cup 10% cream
-Salt and pepper
-2 tomatoes, chopped
-1 small clove garlic, minced
-2 tablespoons chopped fresh basil
-1/4 cup freshly grated Parmesan cheese

65th National FFA Week

The 65th Annual FFA Week celebration was here and in full swing! This week is used to spread FFA awareness in schools, and encourage students to join FFA. Every day of the week offered a dress-up day and lunch-time activity. As in recent years, points have been given to the class who "won" the lunch-time activity. The class with the most points by Friday won a pizza party sponsored by the Tomales FFA Chapter.

To start off the four-day week, participants (including members, students, and even some teachers) dressed up as farm animals. During lunch

break, all who wanted to had the opportunity to "chicken bowl". Chicken bowling is when frozen chickens are used as bowling balls, and metal milk jugs as the pins.

On Wednesday February 20th, students dressed up for American Pride day and participated in the Back-To-Back Water Balloon Toss. The next day was the FFA Week Rally. Many people pulled out their flannel shirts and daisy dukes to dress up for Redneck Day. One student even used Jumper-Cable Suspenders to complete his very original costume. The rally consisted of a milk-chugging contest,

a sack race, a hay-bucking contest, and many other entertaining events.

To end the FFA week with a bang, on Friday, students dressed up for Ag Pride Day. For this day people could wear anything agriculture related, such as a Ag school T-shirt or sweatshirt. The lunch-time activity for the day was a Wheel-barrow race put together by the chapter Treasurer, Mario Passantino.

By the end of the week, Sophomores had come through and won their class a pizza party. Overall, everyone had a blast and enjoyed every minute of FFA week.

Mini Florentine Frittatas

1. Preheat oven to 375 degrees F (190 degrees C). Generously butter a 12-cup non-stick muffin pan or line with parchment paper or silicone liners.
2. In a sieve, drain thawed spinach, pressing to squeeze out excess liquid. In a bowl, whisk eggs until blended. Whisk flour into cream; whisk into egg mixture. Stir in spinach and 1/4 teaspoon (1 mL) each salt and pepper.
3. Divide egg mixture among prepared muffin cups. Bake for 15 to 20 minutes or until puffed and just set. Let stand for 3 minutes.
4. Meanwhile, in a bowl, combine tomatoes, garlic, basil, Parmesan cheese and a pinch each, salt and pepper.

Run a knife around frittatas to remove from pan; serve topped with tomato bruschetta.

Pig Health Impacts Carcass Contamination By: Courtney Nygard

Iowa State University conducted an investigation on the role of pig health and antibiotics in the health of carcasses at slaughter. They did two studies. One was done on the pigs raised antibiotic-free and another on pigs that were conventionally raised.

The results showed that carcasses of swine raised without antibi-

otics were almost four times more contaminated with salmonella (17%) than carcasses of conventionally raised pigs (4.5%). However, conventionally raised swine had a higher probability of enterococcus contaminations. Enterococci are part of the normal intestinal flora of humans and animals but are also important pathogens responsible for serious infections.

They came to a decision that conventionally raised carcasses of swine are more healthy than antibiotic-free carcasses. Therefore, the study explained that healthy pigs really do make safer food products.



Is Your Veterinarian Relationship Valid? By: Giovanna Nave



Establishing a veterinarian-client-patient relationship, is the first step to prevent drug residue mentioned in the protocols, for example, the National Dairy FARM program. Many states require a law in order for vets to treat animals or prescribe/dispense medications. Establishing the validity of your veterinarian-client-patient relationship or VCPR is not always very clearly defined. Your Vet must know your herd well enough to be able to treat any medical conditions your animal develops. A VCPR

is also required by law if any animal drug used in an extra label manner on the dairy. Having a VCPR in place provides the producer with consistent access to a vet who has an in-depth knowledge of the procedures that are utilized on

their farm.

Historical Knowledge Needed

Your VCPR is broadly applied to your herd or groups of animals, more so than individual animals. However, the vet should have a close working knowledge of the farm management and the status of overall herd health before prescribing or dispensing any medications. Reducing or preventing the need for drug treatment on the farm is the first step in preventing the need for

drug residues in milk or meat.

Determining What's "Valid"

For larger herds, a VCPR may require weekly or monthly herd health checks, while on smaller herds a visit from the vet once or twice a year can be sufficient. The amount of visits is not as critical as the information the vet is able to document. In addition to having a thorough understanding of the farm, a vet should also be involved in the training of proper drug use and withdrawal times. Vets can help train herd owners and employees and should leave written documentation when drugs are prescribed, especially if a drug is being used extra-label. A valid VCPR is the mutual responsibility of both the herdsman, owner and the veterinarian. Either party can void the relationship at any time. If the VCPR is severed, the herd manager must establish a VCPR with a new vet to meet FDA guidelines.