



MARCH 19-25, 2001

NEW MOON, MARCH 24

SPRING FEVER?

"Fever-lurk, Neither play nor work," warns one old fable. In Old French, fever-lurden or fever-lurgan meant a fit of idleness. With the Vernal Equinox commencing on March 20, perhaps it is time for a spring tonic of cleansing greens to purge your winter-dulled system of its steady diet of winter squashes, potatoes, and cabbage. If the dandelions are not up yet, consider the early cresses, or some new spinach, sheep sorrel, or lamb's quarters. Some herbalists make teas of the roots of the burdock plant. Most of these spring tonic greens are highly diuretic but are also high in vitamins and minerals. Add a splash of vinegar for a bit more potassium, or boil them with butter and bacon bits for "comfort food."



A human being: an ingenious assembly of portable plumbing.

—Christopher Morley (American editor and author, 1890-1957)

TIP OF THE WEEK

For insomnia, drink chamomile tea and eat mandarin oranges.

SPINACH QUICHE

- One 9" pastry shell, baked
- 1/2 cup diced cooked ham
- 10 ounces frozen chopped spinach or 2 cups packed fresh spinach, chopped
- 2 tablespoons chopped onion
- 2 tablespoons butter
- 3 eggs
- 1-1/2 cups half-and-half
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon nutmeg
- 1/4 cup Gruyere cheese

Sauté ham, spinach, and onion in 2 tablespoons butter until all liquid has evaporated. In a separate bowl, beat eggs with cream and seasonings. Add to other ingredients, blend, and pour into pie shell. Bake at 375°F for 40 minutes or until set. Cool and serve



Makes 6 servings.

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Okla. National Stockyards

Oklahoma City, OK
March 14, 2001

Report Supplied By USDA

Compared to last week: Feeder steers and heifers over 700 lbs 1.00-2.00 lower with moderate demand. Stocker cattle and calves steady. Demand continues outstanding for stockers. Cattle under 700 lbs continue to constitute a large portion of the supply and many of these in thin to very thin condition. The thin condition and numbers of stocker cattle is unusual for March which typically sees mostly feeder cattle off wheat. The scarce wheat and rye pastures this season has caused this situation. Farmers that choose to harvest their wheat crop had to exit those fields this week regardless of size or condition of cattle. Quality of supply well below last week and plain to average, some attractive. Flesh condition of feeder cattle mostly medium, some fleshy. Weigh-ups average.

The OLD FARMER'S WEATHER PROVERBS



A bushel of March dust is worth a king's ransom.

When cattle lie down during light rain, it will soon pass.

A dry March never brings its bread.

Special stock cow sale to be held Thursday, March 15, 2001 Slaughter cows and bulls 1.00 lower. Packer demand fairly good, however feeder cow buyers very aggressive and often pushing packers beyond their limits. Total of 330 cows and bulls sold with 45 percent to packers.

Receipts this week 11,250; last week 8395; last year 10,400

Supply consisted of 58 percent yearlings over 600 lbs; 39 percent calves and light yearlings under 600 lbs; 3 percent cows and bulls.

Heifers comprised 38 percent of feeder and calf supply.

Prices follow with weighted average weight and price in parenthesis.

Feeder Steers: Medium and Large 1 400-500 lbs (450 lb) 113.50-126.00 (120.51); 500-550 lbs (525 lbs) 105.00-115.75, thin 113.00-120.50 (113.61); 550-

600 lbs (582 lbs) 99.50-104.00, thin 106.25-111.25 (104.33); 600-650 lbs (628 lbs) 94.00-103.25 (99.22); 650-700 lbs (683 lbs) 90.00-99.50 (93.03); 700-750 lbs (724 lb) 87.50-92.75 (90.02); 750-800 lbs (770 lbs) 85.00-88.00 (86.75); 800-850 lbs (819 lbs) 82.00- 86.00 (83.78); 850-900 lbs (864 lbs) 81.00-83.25 (82.28); 900-950 lbs (920 lbs) 78.00-81.75 (80.25).

Holsteins: Large 3 340 lbs 85.00; 450-550 lbs 77.00-79.00; 590 lbs 74.50; 625-700 lbs 70.50-73.00; 700-800 lbs 65.00-70.75; 925-950 lbs 58.00-60.00.

Feeder Heifers: Medium and Large 1 few 375-400 lbs (394 lbs) 110.00- 111.25 (110.87); 400-500 lbs (450 lbs) 100.00-111.00 (107.10); 500-550 lbs (526 lbs) 95.25-105.00 (101.78); 550-600 lbs (575 lbs) 93.00-95.00, thin 94.75-98.00 (95.19); 600-650 lbs (620 lbs) 86.00-95.25 (92.30); 650-700 lbs (672 lbs) 86.25-88.00 (86.84), fleshy 83.25-86.75, 700-750 lbs (724 lbs) 83.00-84.50 (83.94); 750-800 lbs (779 lbs) 81.00- 81.50 (81.31); 800-815 lbs (810 lbs) 79.25-80.50 (80.10).

Slaughter Cows: Head %Lean Weight Average Dress High Dress Low Dress Breaker 9 75-80% 1100-1500 45.00 47.50-50.50 43.50 Boner 23 80-85% 900-1600 43.50-44.50 45.00-50.50 42.50-43.00 Lean 59 85-90% 850-1600 41.50-45.00 46.00-47.50 36.75-40.50

Slaughter Bulls: Head Weight Average Dress High Dress Low Dress Yield Grade 1-2 25 1350-2100 55.00-58.00 57.00-61.00 49.00-54.50

Estimated dressed cost at Oklahoma National Stockyards: Lean 91 35, Boners 89.95; Breakers 87.05. Bulls 99.60.

Replacement Cows: Pretested for bangs, pregnancy, and age Medium and Large 1 Age Weight Months Bred Quality Price 5-7 yr old 975-1200 5-8 months Avg quality 660.00-700.00.

Pairs: Medium and large 1 Age Cow Weight Calf Weight Quality Price 4-5 yr old 950-1200 100-200 Avg quality 910.00-925.00; 6-7 yr old 900-1000 150-

250 Avg quality 825.00-875.00; 8 yr old 925-1050 125-150 Avg quality 700.00-785.00; 8-9 yr old 800-900 200-300 Low quality 720.00-785.00.

Friend's Stockyard, Inc.

Accident, Md.

Report Supplied by Auction

Monday, March 12, 2001

STOCK STEERS AND BULLS 200-500 LBS. 50.00-103.00.

STOCK HEIFERS 200-500 LBS. 66.00-96.00.

SLAUGHTER STEERS GOOD TO CHOICE 75.00-82.60, MEDIUM TO GOOD 64.00-74.50, HEAVY CHOICE OVER 1450 LBS. 68.00-77.00.

HOLSTEIN STEERS HEAVY CHOICE 59.00-70.00, LIGHT 65.00-81.00.

SLAUGHTER HEIFERS GOOD TO CHOICE 75.00-82.00, MEDIUM TO GOOD 57.00-74.50.

BULLS HEAVY 56.00-63.75, LIGHT 40.00-61.00.

COWS UTILITY (HOLSTEINS) 46.00-50.00, COMMERCIAL TO GOOD 40.00-45.75, CULL COWS 35.00 AND DOWN.

VEALS GOOD TO CHOICE 50.00-105.00, MED. TO GOOD 50.00-67.00.

BOB CALVES 50.00 AND DOWN.

HOLSTEIN BULL CALVES RETURN TO FARM 90-120 LBS. UP TO 180.00; HOLSTEIN HEIFER CALVES RETURN TO FARM 90-120 LBS. UP TO 355.00; BEEF CROSS CALVES RETURN TO FARM UP TO 200.00.

HOGS, TOP QUALITY, UP TO 48.00

SOWS UP TO 38.00

LAMBS, CHOICE, UP TO 82.00.

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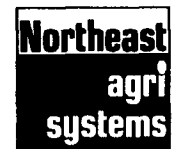
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