10 reasons cows need forage

- Provide protein: Legume forages can provide up to 75% of the protein needed by lactating dairy cows; corn silage can provide up to 25%.
- Provide fiber: Forages are often the only source of fiber in a cow's diet. Fiber is essential to slow the passage of feed, thereby increasing the amount of nutrients that the cow can absorb from the feed.
- Maximize intake: Forages stimulate cud chewing and rumination, which improve the cow's appetite.
- 4 Provide energy: Forages are also an important source of energy -- especially corn silage which can provide up to 50% of energy needed in a cow's diet. Alfalfa silage can provide up to 40%.
- Minimize acidosis: Acidosis occurs when excessive VFA production in the rumen causes cows to go off feed. Adequate forage and fiber greatly stimulate rumination (cud chewing) which buffers acids in the rumen.
- Designed for rumen: Cows were designed to eat forages. With their rumens working as fermentation vats, cows turn plants and byproducts that we can't eat into foods we can.
- 7 Minimize laminitis: Many times when cows develop acidosis, they also develop laminitis. Adequate fiber in the diet greatly reduces both.
- Reduce feed costs: Forages are an economical source of protein, energy and fiber compared to most concentrates.
- **Good for soil:** With their deep roots and permanent ground cover, perennial forages help hold soil in place. They also increase the organic matter in soil, and legumes add nitrogen to the soil.
- Sustainable: Perennial forages help protect the environment because they reduce surface water runoff and leaching of nutrients; they require less fertilizer; and they cover the soil year-round.

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