Knowledge for Life

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Club Day February 21st:

Pictured left: Three Senior level Family and Consumer Science judges

Pictured Right: Table Setting Contest
Brooke N. placed first in junior division.
Not pictured: Tristan W., second place junior division and Elizabeth M., first place senior division. These 4-Her’s will represent our county at a regional competition in June. Congratulations!

Walk Kansas
celebrate healthy living
WE ARE STILL ACCEPTING REGISTRATIONS THROUGH MARCH 12TH.
JOIN US IF YOU’D LIKE!

Show yourself some love—get moving!
There has been a very high demand for Farm Bill help. If I can be of help as you make your final decisions, please let me know.

This is the latest data that I have received that may be of help as you finalize your decision:

The county average yields for 2014 are: Corn 100 bu.; Grain Sorghum 72 bu.; Soybeans 26 bu.; and Wheat 27 bu.

The Marketing Year Average (MYA) price estimates have been updated for 2014/15 wheat, corn, sorghum, and soybeans. The updated wheat price is $5.98, corn is at $381, sorghum is at $3.87, and $10.09 for soybeans. All of the prices except for sorghum are higher than last month. These price estimates include the most recently published National Agricultural Statistical Service (NASS) monthly grain prices, released on February 27, 2015. The MYA price is a national price and there is only one national price per crop and it will be used in the Farm Service Agency (FSA) calculations to determine if there are commodity payments in the fall of 2015.

### Soil Temperatures and Vegetables

One of the most neglected tools for vegetable gardeners is a soil thermometer. Soil temperature is a much better measure of when to plant than air temperature or the calendar. Planting when soil is too cool can cause seeds to rot and transplants to sit there.

A number of vegetables can germinate and grow at cool temperatures.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Minimum Soil Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peas</td>
<td>40 degrees F</td>
</tr>
<tr>
<td>Lettuce, parsnips, spinach</td>
<td>35-45 degrees F</td>
</tr>
<tr>
<td>Radishes</td>
<td>45 degrees F</td>
</tr>
<tr>
<td>Tomatoes, corn, beans</td>
<td>55 degrees F</td>
</tr>
<tr>
<td>Peppers, cucumbers, melons</td>
<td>60 degrees F</td>
</tr>
</tbody>
</table>

Use a metal soil thermometer, which is sold in many garden and hardware stores. Take temperature 2.5 inches deep at about 10 to 11 a.m. Be sure to get a consistent reading for four or five days in a row before planting, and make sure a cold snap is not predicted.
Many producers should consider calving in this month. Stress is minimized and forage/grass management may be optimized.

- Supplement and feed cows to maintain or improve body condition prior to the breeding season (cows should be in moderate body condition by the start of the breeding season to maximize fertility).

- Mineral supplementation should include greater levels of magnesium (intake should be between 15 to 30 grams (g) per head per day, or at least 11% of the mineral mix) for grass tetany prevention.

- Plan your breeding season, both AI and natural service. Make sure all supplies and semen are on hand prior to the breeding season. For natural-service programs assign yearling bulls to 10-15 cows, 2– and 3-year-old bulls to 20-25 cows, and older bulls to 24-40 cows. Breeding for 65 days should be long enough; less than 90 days is a key sign of good management. Some suggest the service capacity of a yearling bull (less than 24 months) is equal to his age in months at turn out.

- Bulls should be in good body condition prior to the breeding season. Thin bulls can run out of stamina. Now is the time to make sure bulls are physically capable of performing for the upcoming summer breeding season.

- Breeding soundness examinations are recommended for all bulls!

- Consider breeding heifers three weeks prior to the mature cow herd to give them a greater chance to rebred.

- Maintain top management concerning calf scour (sanitary conditions, early detection, electrolyte/dehydration therapy).

- Vaccinate calves as per veterinarian consultation. Castrate males that are not candidates for breeding stock prior to pasture turnout. Implant calves that will be sold at weaning.

* Deworm cows and bulls if needed. Expect performance response to be variable dependent on location, weather, grazing system, history, infestation level and management.
Meeting yourself coming and going? Are you living the life you envisioned? According to the KSU fact sheet *Living Life Richer*, four factors summarize life satisfaction and meaning:

- Strong, trusting relationships with one or more people
- Healthy body and mind
- Enough money to live comfortably without constant financial concerns
- Knowing oneself and how to nurture and care for self

When life gets out of balance, some find reflection on change to be helpful.

Setting a goal is one way to help make a change. It helps give a sense of direction and purpose as well as showing success and set backs (which may seem negative yet useful in the process of change). Identifying values will be helpful as you think about setting a goal. A person’s values are evident by their choices/actions...how they spend their time, talent and treasure.

So to set a goal, think about SMART:

- **S** = Specific
- **M** = Measurable
- **A** = Attainable
- **R** = Realistic
- **T** = Target Date

Keep it positive & flexible! Most people have heard of a 'bucket list"...that may help you write goals too. Write that goal down TODAY! Some information adapted from: D. Martinson, Dr. C. Shoup-Olson, Dr. M. Higgins, C. Young, Sharolyn Jackson; *Living Life Richer*, KSU MF2932

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**Garden Time!** Want to get some exercise and have your own fresh veggies? Consider planting a small garden or container garden. KSU has lots of resources...call our office or visit KSU’s website! We can help with soil tests too!
IS IT SPRING CLEANING TIME AT YOUR HOUSE?


Think Green When You Clean

To help prevent illness, keep your kitchen counters and sink clean and sanitized. But many commercial cleansers are toxic to the environment and decrease the quality of the air inside your home. Use “greener” cleaning products to reduce your exposure to toxic products, pad your bank account and improve your overall quality of life. It is recommended to only mix what you can use in a short period of time. Shoot for within the day for your family’s safety and the effectiveness of cleaner. Remember ven la on too!

Three Easy-to-Make General Purpose Cleansers:

- Mix 1/2 cup white vinegar with 1 cup water.
- Mix 1 tablespoon washing soda or Borax with 2 cups warm water.
- Mix 1 tablespoon ammonia, 1 tablespoon liquid detergent and 2 cups water.

A Disinfectant to Kill Germs:

- Mix one capful (or almost 1 teaspoon) each of chlorine bleach and vinegar with 4 cups water.

Green Ways to Help Prevent Major Cleaning Problems and Odors:

- Wipe up spills immediately.
- Keep a jar of baking soda in odor-producing areas, such as the refrigerator or freezer, and sprinkle some in the trash compactor and garbage cans.
- Pour pickle juice or vinegar down drains.
- Grind lemon or orange rinds in a food disposal. Then flush with hot water.

Congratulate on the club day participants February 21st! Remember to use the judges’ feedback to ‘make your best, better’.

For results, please visit:

http://www.marion.ksu.edu/doc58657.ashx

**CLOVER BLOCK 2015**

We have a great clover block event scheduled for you April 23th at 6:45 pm in McPherson.

For more information, please go to:
http://www.marion.ksu.edu/doc59077.ashx

Registration deadline is April 10th!

**MIN County 4-H Development Fund Scholarship** is due April 1st. Application can be found on our website under 4-H Youth Development, then click on forms.

**Discovery Days**

Discovery Days will be held May 26-29, 2015. Registration is open on-line at http://www.Kansas4-H.org and deadline is April 15, 2015. Classes are filled on-line on a first come-first serve basis so don’t wait until the deadline to register. There are scholarship applications on the website, under General State events, Discovery Day and the application is on the right side.

**K-State Junior Meat Goat Producer Day—March 28, 2015, Manhattan**

There will be multiple speakers from the industry. Early registration by March 18 is $15; after March 18—$20. For more information, go to http://www.youthlivestock.ksu.edu.
Oz-Some 4-H Camp Information

Camp Counselors Wanted
If you are currently an 8th grader or older, we need YOU! Camp counselors are 8th through 12th graders (preference given to older youth). Camp will be June 3-6. Counselor applications are available at the Extension Office and on our website. Applications will be due April 20. All counselor applicants must attend the Counselor Training on June 2-3 at Rock Springs and they must complete the Volunteer Screening process.

4-H Camp
Four action-packed days await 4-H’ers ready for exploring Rock Springs 4-H Center, June 3-6. Meet new and old friends to enjoy swimming, canoeing and horseback riding when you sign up for 4-H camp. All 4-H members and their friends who have completed 3rd-7th may attend. The cost is $193 without the scholarship.

4-H Rookie Camp
Come one come all 1st and 2nd graders for an overnight camp—June 3-4. Enjoy swimming, horseback riding and more. The cost of camp will be $100 without the scholarship.

REGISTRATIONS NEWS— All registrations for camp will be done ONLINE this year! This will include registration information, scholarship paragraph for 4-H members, health profile and payment by credit card or electronic check. Registration is set to open in March, so watch your email, the county 4-H website or call the Extension Office for direct registration website information.

Scholarships are available for Oz-Some camp to 4-Her’s courtesy of the Marion County Development Fund!

Beef Exhibitors
To all beef exhibitors — The Marion County Spring Beef Show is April 18. I would encourage each of you to participate in this year's show. The registration form is on our website—www.marion.ksu.edu.

Swine, Sheep & Goat Tagging
Two dates to choose from:
Wednesday, April 22 at the fairgrounds and Friday, May 8, 6:00 p.m. at the fairgrounds.
PQA — PQA is now an online process. It is for youth, ages 8-19 years old. This is still required for all youth who show hogs, but rather than sitting through another of my classes, simply point your web browser to:
www.pork.org - click on certification then under youth PQA plus, click on program details—then click on certify online now.
If you have any questions or problems, let me know.
Upcoming Events:

March 14  Regional 4-H Day - Butler County Community College, El Dorado
March 15  Discovery Days State Scholarship due
March 15  Walk Kansas 2015 starts
March 15  Walk Kansas Kick-off Event—USD 408 Aquac Center, Marion 2 to 3 p.m.
March 23  4-H Council 7pm, Marion City Council Board Room
March 28  K-State Junior Meat Goat Producer Day—Manhattan
April 1   MN CO 4-H Development Scholarship Due
April 10  Clover Block online registration due