Knowledge for Life

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Keep up the Good Work Marion County Walk Kansas Participants! 100 Walkers STRONG!
How Much Yield Potential did the Latest Round of Precipitation add to the Wheat Crop?

How much precipitation did Kansas get?
Total precipitation during April 15—April 21 ranged from 0.8 inches in eastern Kansas to as much as 9.23 inches in west central Kansas. Although the wheat crop was already showing signs of drought stress in some regions of the state, such as yellowing of lower leaves and leaf curling which may have slightly reduced its yield potential, this precipitation was very timely for many regions of Kansas. Wheat crop development is anywhere from jointing stage in the northwest region to heading and anthesis in the southeast. For wheat in the more advanced stages of development, this precipitation may be directly translated into grain yield, provided other yield-limiting factors are controlled.

How much yield potential can be expected from the latest round of precipitation?
Based on the average wheat water-use efficiency of approximately 4 bu/acre/inch, wheat yield potentials in Kansas may have been improved anywhere from about 3 bu/acre in the east to as much as 36 bu/acre in west central Kansas, where the precipitation total approached 9 inches. If some of this precipitation was subjected to runoff, the potential yield increase will be reduced.

The timeliness of this precipitation event, though, may actually result in higher-than-average water-use efficiency by the crop in certain regions of the state. In the south central and southwest regions, where wheat is further along in development, as well as in the central and west central portions of the state, this precipitation matched very critical growth periods of the crop. Thus, the average water-use efficiency of 4 bu/acre/inch may be conservative in these regions, as the wheat water-use efficiency has been shown to be as great as 8.3 bu/acre/inch. Whereas the potential 8.3 bu/acre/inch may not be attained due to disease or weed pressure, the wheat crop could very well respond with a yield potential increase of more than 4 bu/acre per inch of precipitation received due to the timelines of the rain.

It is very important to keep in mind that the recent precipitation events also increased the risk of foliar diseases, especially stripe rust. Heavy disease pressure will decrease the attainable yield of the crop, reducing the efficiency with which the crop will use the available water. Producers are encouraged to be proactive in protecting their crops in years such as this, where the disease inoculum is already present and environmental conditions are conductive to the disease.
Kansas added to interactive “Cover Crops Decision Tool” web site

Cover crops are a complex topic in many ways. There are lots of choices, each with different strengths and weaknesses, and each suited best for different goals and field conditions. That’s where an interactive web site can be a big help.

There are dozens of cover crop options, and you’ll need to decide which one—or which combination of species—you’d like to use on each field you have in mind.

To make that decision, you need to take into account what you’d like to accomplish with the cover crops, what cash crops the cover crops will be sandwiched between, the hardiness of the various cover crop options for your area, the soil conditions of the field, and much more.

It’s not an easy decision. Your seed supplier can be a big help, but you might like to examine all the options yourself before placing your seed order.

One of the most useful online tools for evaluating cover crop options for specific situations and locations is the Midwest Cover Crops Council Decision Tool. Kansas has now been added to this online resource.

At least a dozen K-State specialists, as well as representatives from the USDA-NRCS and the seed industry, have been working for more than a year now to provide the information needed to have Kansas become part of this fantastic online tool.

The address of the decision tool is:

http://www.mccc.msu.edu/selectorINTRO.html

When you open that page, click on the link that reads “Go to the Cover Crop Decision Tool-Field Crops.” That will take you to the page where you start to enter your field-specific information.

You’ll find this tool will give you much more than just a list of cover crop species that we know will work in Kansas. It’s an interactive tool. Producers enter some information specific to their own operation, and the web site then selects some of the best cover crop options for that localized situation.

The first step after logging onto the web site is to select your state and county. Then select the cash crop you’ll have on a given field, and pick a planting and harvest date. You then choose a soil drainage type, and whether the field has tile drainage (if it is poorly drained at all) or is subject to flooding. The next step is to choose the top three goals for your cover crop.

Example: Select Marion County, Kansas.

Then choose soybeans as the cash crop, with May 16 as the planting date and October 15 as the harvest date. Let’s say the field is somewhat poorly drained, does not have tile drainage, and is not subject to flooding. If the goals are “soil builder,” “lasting residue,” and “good grazing,” in that order, then you’ll find a list of 14 possible cover crop options.

The web site will shade out the period of time during the year when the cash crop will be growing, and will show you when each of the cover crops it selects for you can or should be planted. In this example winter barley is one of the possible cover crops selected, and it could be planted from October 15 to November 15.

The web site rates it (on a numerical scale of 0-4, with 4 being excellent) as excellent as a soil builder, very good for lasting residue, and excellent as a grazing option. Finally, you can click on each of the cover crops selected to get more information about it, including seeding rates and depths and much, much more.
Financial Health Is Related to Physical Health....

In an article written by Jason Q. Purnell of Washington University in St. Louis, he quoted the following:

“If you want to lower my blood pressure, help me pay my electricity bill”. This statement resonates with people, due to how financial, physical and mental health all connect.

The article goes on to quote the American Psychological Association’s survey results titled “Stress in America”, released in early 2015. The top of the “stress list” was money, above other areas like work, family and health issues. Over seventy percent of adults worry about money “at least some of the time” and another 26% worried “most or all of the time” according to the survey. Over 20% stated they have or had considered skipping medical visits because of the lack of financial resources. Often, stressed individuals try to cope by overeating, smoking, drinking alcohol or excessive television watching (which can be detrimental to their health). There is much more to this article, including how children are affected...read it at http://www.strongfinancialfuture.org/essays/financial-health-is-public-health/

While this article talks heavily on social determinates of health, lower income is primarily identified. This may be true, but we should also consider those who make well above the “low” income standards, and yet have the same issues. Debt and spending habit of the household are affecting their physical wellbeing. At a recent K-State Research and Extension meeting, agents stated they were encountering residents who are ‘one paycheck from disaster’....even those who make a “good” living.

If you or someone you know would like more information or confidential, individual help in setting up a spending plan, please contact Renae at the extension office.

You can access a KSU personal financial checkup document at

http://www.marion.k-state.edu/home-family/docs/Financial_Checkup.pdf

Have you checked your home insurance policy to see if you have coverage or exclusions due to earthquake damage (or any damage for that matter...always good to know before you need it)? Remember, we’ve had a few of those in Kansas this year so if you need help understanding your policy, you can contact the Kansas Insurance Commission Consumer Assistance Hotline at 1-800-432-2484.
Over the past few months, a program was taught by Renae to county preschoolers using these visuals. No matter what your age, these posters help us remember to make healthier choices. Fresh fruits and veggies, lean proteins, whole grains, nuts and fat free milk are part of the GO foods. As noted by one of the preschoolers Renae talked to, WATER should be added to the GO poster.

Wondering why juice is a slow food? Because in drinking the juice, we miss out on healthy benefits such as fiber, in juices such as orange and apple. Eating the fruit also helps us feel fuller.

The Centers for Disease Control has recently added a game for children to play on Ipad or online to practice sorting foods into the three categories above, thus to help ingrain making good food and drink choices.

Please visit [http://www.cdc.gov/bam/nutrition/mobileapp.html](http://www.cdc.gov/bam/nutrition/mobileapp.html) for more information on the free app. Also, consider growing some of your own food this summer or shopping at one of the local farmer’s markets!

**BBQ 101** Hosted by Kansas State University June 25, 2016 at Sedgwick County Extension Office, Wichita, KS. More information and registration is available at [www.asi.k-state.edu/barbecue101workshop.html](http://www.asi.k-state.edu/barbecue101workshop.html). Please contact Travis O'Quinn at travisoquinn@ksu.edu or 785-532-3469 for questions.
Two Tips to Help New Members

In early April, County Agent Renae had the opportunity to attend the Lincolnvile Wide-Awake’s 4-H meeting. Taped on their officer table was the following:

4-H PLEDGE:
I PLEDGE MYSELF TO CLEARER THINKING,
MY LoyalTY, MY TO GREATER SERVICE, AND
MY TO BETTER LIVING,
FOR MY CLUB, MY COMMUNITY,
MY COUNTRY, AND MY WORLD.

How To Make a MOTION
Stand Up
Mr./Madam President
Get Recognized
State Motion
“I Move That”
(What, When, Where)

These seemed to help the 4-Her’s confidence in participating. Consider this, as well as the work your new member/family coordinator is doing, to help new 4-Hers get the maximum benefit out of 4-H. Please share what strategies your club practices at mn@listserv.ksu.edu

Expect to see a Guide to Fair Changes by mid-June in your mailbox.

Looking for project resources or information on learning something new...contact our office!

Here are some bread baking materials
4-H Campference 2016

4-H Campference is for youth ages 12-14, and will be held June 24-27, 2016 at Rock Springs 4-H Center. Participants will experience the feel of a conference, while enjoying the ‘fun’ activities of 4-H camp. This is a great transitional opportunity, as these tweens go from being a camper to attending educational conferences. 4-H Campference will feature workshops about opportunities in the 4-H program and how to better interact with others.

Registration is open until full or May 15, whichever comes first. Register online www.kansas4-h.org under the events registration button. Register early as the space will fill on a first come basis.

Fair Entry Process

One of the significant changes to this year’s fair will be all projects will be pre-entered on-line. The on-line entry process will be done with our new fair management software. This will be the only way to enter your exhibits for the fair.

I will give a demonstration of the entry process on May 25, immediately following 4-H Council meeting at approximately 7:45 p.m. at the Hillsboro City Building. If you can work this into your schedule, please try to attend. I hope to be able to answer many of your fair questions.

State Livestock
Nominations for KJLS and Kansas State Fair
Due June 15th

This is for goats, swine, sheep and commercial heifers. We have DNA envelopes, and all other forms, etc. can be found at: www.youthlivestock.ksu.edu

State Geology Field Trip

The State 4-H Geology Field Trip will be held June 10-12, 2016. This year one trip, based in Minneola, will be offered. Participants will collect Cretaceous through Quaternary rocks, minerals and fossils from the Champion draw area of Kiowa County through the chalk beds of Gove County.

The state trip provides excellent opportunities for youth in the Geology project to learn more about the geology of Kansas, interact with geologists and geology leaders, go on collecting trips, participate in quiz bowl and judging contest events, and attend workshops.

Registration is online at:
kansas4-h.org/events-activities/conferences-events/geology-field/trip/
The registration deadline is May 22.

4-H Council

4-H Council meeting will be held on Wednesday, May 25 at the Hillsboro City Building at 6:30 p.m. We would like to have a representatives from each club at the meeting.
Upcoming Events:

May 10  Wheat Plot Tour
May 25  4-H Council Meeting, 6:30 p.m.
May 25  Fair Entry Process Demonstration
June 4-7  4-H Camp