Kansas Ag Stress Resources

Farming and ranching brings many stresses along with the rewards. To help cope with those mental and emotional issues, the Kansas Department of Agriculture has a new website of resources to help with mental health, support, and services.

This resource is a collaboration to support emotional and financial challenges. There is information for teens to aging adults. Suicide is at alarming levels and this can help reduce this trend.

Learn more at [www.kansasagstress.org](http://www.kansasagstress.org)

Kansas Suicide Prevention Line 1-785-841-2345

Crisis Text Line 24/7 Support Text “HOME” to 741741
Kochia, also known as tumbleweed, is native to Europe and Asia and was introduced from Europe as an ornamental in the mid- to late-1800s. It is well adapted to the Great Plains. Kochia is related to common lambsquarters and Russian thistle and is similar to them in some ways.

In Kansas, kochia generally emerges in March, but can emerge as early as late January. Kochia can produce more than 50,000 seeds per plant, which are spread when the matured plant breaks off at the soil surface and tumbles in the wind. Kochia seeds are viable in the soil seedbank for only 1 to 2 years.

Kochia can be grazed when it is young and is credited with helping ranchers survive droughts of the early 20th century. However, it can accumulate harmful levels of nitrates and has been linked to photosensitivity in livestock.

Learn more about managing Kochia [here](#).
Cattlemen’s Day 2020
Friday, March 6

The trade show and educational exhibits will open at 8 a.m. in Weber Arena.
Registration: $20 per person in advance or $30 per person at the door.
Morning refreshments and lunch are included with registration.
A complete schedule will be coming soon to www.asi.ksu.edu/cattlemensday

Growing Your Own Firewood

In order to avoid energy costs, some homeowners are turning to wood for heat. Plant species is an important consideration as not all trees have the same density and therefore, heat value.
The greater the dry weight, the better. The highest value for trees commonly found in Kansas is osage orange (hedgeball tree) at 4,800 pounds per cord. Osage orange has a gnarly growth habit and a nasty set of thorns. This species also sparks which isn’t a problem in a wood-fired boiler but certainly would be in an open fireplace.

Find the complete article through this link.

Preventing Potatoes from Sprouting in Storage

Home gardeners have had to rely on proper storage conditions (cool and moist) to prevent potatoes from sprouting. But sprouting will eventually occur even if the gardener does everything right. Research by Mary Jo Frazier, Nora Olsen and Gale Kleinkopf from the University of Idaho have found products that should help home gardeners.

Find the complete article through this link.
No Place Like Home
In many cases, aging in one’s own home makes sense, but sometimes a few modifications are helpful. Home features that once were navigated as part of everyday life – stairs, bathtubs and kitchens – can sometimes be altered to make them safer and easier to use while supporting independence.

Learn more from K-State Research and Extension’s factsheet:

**Simple Home Modification for Aging in Place.**

America Saves
The best way to teach great money habits to our children is to model great money habits. While most Americans know the importance of making sound financial decisions, many feel that money management wasn’t taught to them at a young age.

Learn more about saving as a family!

America Saves Week
March 15th-May 9th, 2020
Are you ready for Walk KS 2020?! Be on the lookout for more information on registration and events!

Family and Consumers Podcast, Saving for the Unexpected

Walk Kansas 2020
March 15th-May 9th, 2020
Are you ready for Walk KS 2020?! Be on the lookout for more information on registration and events!

EZ Does It Video Recipe of the Month:

**Apple Oatmeal Muffins**
Preserve It Fresh, Preserve It Safe

This newsletter is a bi-monthly publication of K-State Research and Extension and University of Missouri Extension to provide information on safe food preservation.

January/February Newsletter

You Asked It!

Tips From the Rapid Response Center

You Asked It!

This is a monthly newsletter published by K-State Research and Extension's Rapid Response Center with news articles based on questions received, current food safety issues, or information based on the time of the year.
4-H Focus

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

4-H Council Meeting
March 10, 2020, 7:00 PM
Hillsboro United Methodist Church

Junior Producer Days 2020
Junior Beef Producer Day: Feb. 29th
Junior Sheep Producer Day: March 14th
Find out more information here!
Register online here!

MULTI COUNTY 4-H
HARVEY | MCPHERSON | MARION

CLUB DAY

MARCH 7TH, 2020 | EVENT STARTS AT 8:45 AM
CHISHOLM MIDDLE SCHOOL
900 E 1ST | NEWTON, KS 67114

Registration Opens: January 2nd
Registration Closes: February 21st @ 11:59 PM

Individual Link: https://tinyurl.com/MCClubDayInd
Group Link: https://tinyurl.com/MCClubDayGroup

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Anne Pitts, (316) 284-6930.
Y O U ' R E I N V I T E D
ROARING 20'S AT ROCK SPRINGS

OZ-SOME 4-H Camp
June 16th-19th, 2020
Register: https://tinyurl.com/ozsome
Launches: March 1st
Deadline: May 10th 11:59 PM

Full Time Camp
9-13 Year Olds
Rate: $223
June 16th-19th
*Note: Age before Jan. 1st, 2020

Rookie Camp
7-8 Year Olds
Rate: $108
#1: June 16th & 17th
#2: June 18th & 19th

Scholarships available through your local Extension Office!
Contact your local Extension Office if you would like to volunteer!
(Must be 14 or older)

Kansas State University Agricultural Experiment Station and Cooperative Extension Service:
K-State Research and Extension is an equal opportunity provider and employer.

High School Scholarship Watch
Marion County 4-H Development Fund
Konley Harding Scholarship
2020 State 4-H Scholarship
Vanier Family Scholarship
Check our website for more info!

Kansas 4-H Day
with Wildcat Women’s Basketball
Sunday, March 8 @ 2:00 PM
KSU vs KU
Register here!

Be sure to check out the Marion County 4-H Update and the Kansas 4-H website for upcoming events!
Upcoming Events

February 17 — Office Closed (Presidents Day)
February 18 — Stay Strong, Stay Healthy Registration Due
February 21 — Multi-County Club Day Registration Closes
February 29 — Junior Beef Producer Day
March 2 — Stay Strong, Stay Healthy Begins
March 7 — Multi County Club Day
March 10 — 4-H Council Meeting