

Marion County

April 2015

*Knowledge
for Life*

Staff Contacts:

Rickey Roberts, Ag & 4-H Agent
rroberts@ksu.edu

Renae Riedy, FCS & 4-H Agent
renaer@ksu.edu

Doris Winkler, Office Professional
dwinkler@ksu.edu

Office information:

202 S. 3rd, Suite A, Marion
Phone: 620-382-2325
Fax: 620-382-5660
E-mail: mn@ksre.ksu.edu
www.marion.ksu.edu

From the Desk of Rickey...

Spring has sprung.... Or at least it is springing.

Spring has long been my favorite season of the year. Spring rains, baby calves, brome grass, no more ice to chop, the great outdoors... I'm not sure why, I suppose it is all of these things, but I love Spring.

Grass is greening and growing again, trees are budding, gardens are being planted and on my little farm baby lambs are on the ground so I think of this as a season of new life.

This time of year all sorts of activities are firing up. Most of these activities involve being outside. So as you flip these pages, you will find that reflected, whether it is spring stock shows in the 4H section, information about gardening and barbecue classes in the agriculture section, it is time to get out and be active again.

Finally, you can find more details on a subject that grabbed my attention recently when I read about the new dietary guidelines being developed by the USDA and HHS. If I am reading it right they are wanting to limit the amount of meat, particularly red meat and processed meat products in a person's diet. To an old livestock kid like me, I'm not sure what to think of that.

Lunch 'n Learn... *Gardening* with Jason Graves,
Saline County Horticulture Agent April 8,
12-1pm, tickets are \$5 for lunch, RSVP by
April 3rd to the Marion Library, 382-2442



K-State Research and Extension is an equal
opportunity provider and employer.

www.ksre.ksu.edu

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Agriculture and Natural Resources



Wheat Winterkill

I've heard some reports and have looked at some winterkill so I thought this article might be appropriate.

Producers need to contact their crop insurance representative before making any management decisions on fields that have had partial or complete winterkill injury. It would not be feasible to replant these fields to wheat at this time of year—either winter wheat or spring wheat. The chances of getting any yield from wheat planted this late are negligible.

If there are large areas of the field with winterkill, but other areas are fine, it would be best to avoid applying topdress fertilizer to the bare areas where the wheat has died.

If fields are completely dead, it might be possible to plant these fields to a summer row crop or forage crop later this spring, depending on plant-back restrictions for any residual herbicides that have been applied to the wheat.

Many of the commonly used sulfonylurea herbicides including Ally, Ally Extra, Finesse, Glean, Amber, Peak, Rave, Maverick, Olympus, and PowerFlex are very persistent and have fairly long crop rotation guidelines.

In general, the most tolerant summer crop to residues of these herbicides is STS soybeans, followed by grain sorghum. Product labels tend to specify grain sorghum, but forage sorghum and

sudangrasses would likely have similar levels of tolerance. One major exception to this guideline is sorghum and Maverick herbicide. Sorghum is extremely susceptible to Maverick and should not be planted for at least 22 months after application.

Producers who want to recrop to sorghum on their wheat acres that have received one of these sulfonylurea herbicides should wait as long as possible to plant. Ideally, sorghum should not be planted on these fields until mid-June.

Cotton and non-STS soybeans are generally intermediate in intolerance to these herbicides. Although most of these product labels generally recommend not planting cotton or non-STS soybeans until the following year, the Maverick and Olympus labels allow shorter recrop intervals in the case of catastrophic events if a field bioassay indicates it is safe to plant the crop. Research at K-State on lower pH soils has shown minimal injury of cotton or STS soybeans planted in early June from residues of Maverick or Olympus applied the previous fall. However, the grower assumes all risk of crop injury.

Corn, sunflowers, canola, and alfalfa tend to be the most susceptible crops to the sulfonylurea herbicides and have rotation guidelines of 12 months or longer. Corn is very susceptible to residues of these herbicides. Several herbicide labels make reference to shorter recrop intervals if planting IR corn. However, IR corn has been obsolete for many years and current Clearfield corn hybrids do not have the same level of cross resistance to sulfonylurea herbicides as did the IR corns

Wheat Winterkill (Continued)

Wheat fields that have been treated with Beyond herbicide can be recropped in the spring with any type of soybean or Clearfield sunflowers, but not to sorghum or corn.

Most other commonly used wheat herbicides in Kansas have very short crop rotation restrictions. In fields where herbicide carryover is a concern, it would be best to wait until later in the spring before planting to allow as much time as possible for herbicide dissipation. Tilling the soil to try to “dilute” the herbicide residue likely will not have a great benefit and could offset the benefits of not tilling the soil.

Always refer to the specific herbicide label regarding crop rotation guidelines and restrictions. Label guidelines for crop rotation are often complicated by soil pH and geography. Some product labels have very rigid crop rotation restrictions, while other labels allow shorter intervals in the case of catastrophic crop failure, as long as the producer is willing to accept the risk of crop injury. Another confusing issue may be the existence of supplemental herbicide labels with shorter crop rotation guidelines than the regular label, or special footnotes to crop rotation tables in the label.

Turfgrass

Core Aeration of Cool-Season Lawns

If you are planning to core-aerate your tall fescue or Kentucky bluegrass lawn this spring, reserve a machine now so you get the job done in March or early April. Coring early in the spring gives cool-season lawns a chance to recover before crabgrass and other warm-season annual weeds start to germinate.

Core-aerating is one of the best things you can do for your lawn. It relieves compaction, hastens thatch decomposition, increases water infiltration and helps promote better root growth. Pay attention to the soil moisture level when coring. The soil should easily crumble when worked between the fingers. If it is too wet, the machine’s tines will plug and it will merely punch holes in the wet soil, which increases compaction. If it is too dry, the tines will not be able to penetrate deeply enough to be of benefit.

Kansas State University will be hosting a series of Barbecue 101 workshops this May and June.



Barbecue 101 is a one day workshop focusing on teaching

the basics of grilling and smoking to consumers of all ages and experience levels. The topic areas will provide a unique perspective on the science of barbecuing as well as give insight to selecting meat, wood, rubs, spices and sauces to use at your next barbecue. Dates and locations for the workshops include: May 2—K-State Olathe Campus; May 9, KSU Stanley Stout Center, Manhattan; May 30—Hays; and June 6—Winfield. The schedule includes:

- 8:00 Welcome
- 8:15 Meat Cutting Basics
- 9:15 All About Rubs & Spices
- 9:45 Break
- 10:00 BBQ Food Safety
- 10:30 Science of Smoking
- 11:30 Lunch
- 12:30-3:00 Afternoon Station Rotations
 - Selecting the Right Smoker for You
 - BBQ Regionality: A Difference in Sauce
 - Meat Cuts to Stretch the BBQ Dollar
 - Taste the Difference: It’s All in the Wood
 - Meat Preparation & Selection
- 3:30 Competition BBQ Expert Roundtable
- 4:00 Closing & Evaluations

Registration is \$50 for an individual or \$80 for a couple. Registration closes one week prior to each scheduled event. Registration fee includes lunch, apron and Barbecue 101 Course Book containing cooking guides, recipes and barbecue tips and tricks. Space is limited at each location. For a form and more information, visit the website www.asi.k-state.edu/barbecue101workshop.html.



Family and Consumer Sciences

“Knowledge
for Life”

Can Our Kitchen Towels Make Us Sick?

Yes, according to a recent study published in the *Food Protection Trends* journal. This study was conducted by K-State students and faculty who found towels, both cloth and paper, to be handled frequently beyond drying hands. It was reported that often hands were washed inadequately, or washed properly then dried with a ‘contaminated’ towel. In fact, they found the towels to be the most contaminated object in the kitchen.

The second observation had to do with cell phones. Thinking about all the places people use their phones (like the RESTROOM...I bet you’ve seen this...), then touch the phone while they are cooking. Yuck!

It was noted in the study report that many people have been self taught when it comes to food preparation. A side bar of the article discussed a study conducted at KSU with parents of young children. They were divided into three groups, two of which had varying degrees of food safety education and one group had no education. A test kitchen was set up and the participants were asked to prepare a meat dish using raw beef or chicken and a fresh fruit salad. The meat was ‘contaminated’ with a tracer organism. It was found that 90 percent of the fruit salads prepared were contaminated.

Here are some ways to avoid cross contamination or food borne illnesses at your house as related to food preparation:

1. Wash your hands appropriately. Scrub for 20 seconds with soap and dry completely with a clean towel. Wash before food preparation begins.
2. Don’t use sponges. If you must, be sure to disinfect them daily or maybe even at each meal preparation. Microwave 30 seconds, soak in a weak bleach solution or run it through the dishwasher to help kill the germs.
3. Wash cloth towels and dish cloths daily if not at each meal preparation session.
4. Give your kitchen a final wipe down after preparing meals. Using a sanitizing solution like bleach water, wipe cabinets, handles, counters, faucets, etc.
5. Use a food thermometer to make sure food is properly cooked.

160 degrees F for ground beef

165 degrees F for poultry

For more information about food safety, please visit www.foodsafety.gov, KSU Food Safety website or contact our office.



Food Judges Training

May 27, 2015 5:30 pm

Hillsboro City Building
118 E. Grand St., Hillsboro

**\$10 fee & a homemade food
Registration & fee due
by May 21st.**

Are you interested in helping educate 4-H youth through judging foods and/or food preservation at the fair? This training is for you! Whether you are new or a returning judge, come learn about judging a variety of foods entered by talented 4-Hers.

SUPPER
PROVIDED



Contact Renae @ 620-382-2325 to register.

2015 Nutritional Guidelines Recommendations: Less Meat/More Vegetables

The committee appointed to review the Dietary Guidelines for Americans has released their recommendations for review and input (which can be done at health.gov if you want to give an opinion). The last time the guidelines were reviewed was in 2010, which introduced the familiar 'My Plate' guide.

Some of the changes recommended limiting amounts of red and processed meat products and adding more plant based foods. According to Dr. Sandy Proctor, Human Nutrition Specialist at KSU, the changes in the processed and red meats could be due to portion control issues. When Dr. Travis O'Quinn, KSU Meat Specialist heard of the new recommendations, he challenged the reasoning, stating the nutritional dense lean beef would provide 10 percent of a person's daily value for nine essential nutrients in a 3 oz serving for around 200 calories. He went on to question why sustainability and protecting the environment would be a part of the guidelines, as according to his statement, those words were included in the recommendations

document more than 200 times. He argued that "if sustainability was defined as being able to produce food from resources over a stretch of time, many U.S. Beef producers and other animals agriculturalists have been producing animals on the same plot of land for more than 100 years".

Feel free to read the document for yourself at health.gov. It is only 571 pages with appendices.



Great Work Walk Kansas Teams!

In one week, Marion County teams have walked 969 miles and eaten an average of 19 fruits and veggies per person!

Even if you aren't a participant, get out and exercise with a buddy!!



4-H Focus

4-H is a **community** of **young people** across **America**

who are learning **leadership, citizenship** and **life skills**.

May 1st Deadline

For a lot of 4-H'ers May 1 is sort of a **red letter day** for the following items:

Deadline for Adding/Dropping Projects

Remember that you are able to access your enrollment information at any time via 4-H Online. If you would like to add or drop a project for 2015, this **MUST BE DONE BY MAY 1ST** to still be eligible to exhibit at our fair. The community leaders and the Extension Office **WILL NOT** be able to make these changes.

Even if a 4-H'er has turned in a paper enrollment, they still **MUST** enroll on 4-H Online to be official.

Horse ID's - All horse papers are due in the Extension Office to be signed by May 1. If you have a new horse, a new ID with picture is required. If you are using the same horse you did last year either bring in your papers or mail them and the ID will be signed and returned.

WANTED: 4-H FOOD STAND MANAGER

For the Marion County Fair July 22-25. If you or someone you know would be willing to take on this task, please contact the office as soon as possible so we are able to share more information with you!

Swine, Sheep and Goat Tagging

There will again be two tagging dates — **April 22** at the fairgrounds in Hillsboro at 6:00 p.m. 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.

State Nominations

The nomination deadline for steers is May 1st and sheep, swine, goats and commercial heifers is June 15. DNA samples are required in all species. We have the envelopes at the extension office. In addition to the DNA samples you must also complete a nomination declaration as well as the species nominations form. You can get the form online at: www.youthlivewock.ksu.edu.



The following 4-Hers participated at Regional 4-H Day:

Piano-Kelli Dyck, Blue; Charlie Major, Blue; Alex Young, Top Blue; Ashley Peters, Blue;

Instrumental Solo-Bryant Young, Blue; Mikayla Lare, Red; Charlie Major, Blue; Aubrey Craig, Blue

Project Talks-Charlie Peters, Top Blue; Ashley Peters, Blue; Alexandria Remmers, Blue; Klay Willis, Blue; **Public Speaking**-SaRae Roberts, Top Blue; Elizabeth Meyer, Blue; **Demo/Illustrated**

Talk-Alexandria Stuchlik, Blue; Isabel Rziha, Blue; Morgan Gaines, Top Blue; Sarah Keesling, Blue; Mikayla Lare, Red; **Multi Media Presentations**—

Eli Boden, Top Blue; Alyssa Boden, Blue; **Readings** -Hanne McDermott, Red; Charlie Peters, Blue; Addie Berens, Top Blue; Elizabeth Meyer, Blue; Reece Berens, Top Blue; **Vocal Solo** –Elyse Boden, Blue; Aubrey Craig, Blue; Elizabeth Meyer, Blue;

Show and Share-Anthony Rizha, Cecilia Rziha; Daniel Rziha, Participation.

2014-2015 4-H Council Committees

Spring Beef Show; Michele Gossen, Jennifer Gaines, Devon Gaines, Kim Harms, Payton & Cade Harms, Sa Rae Roberts, Elizabeth Meyer, Emily & Madeline Meier, Dakota & Devon Nolte

Public Style Revue: Elizabeth Meyer, Callyan Lacio, Katelyn Olson, Michele & Addie Berens, Cierra & Renee Nolte, Brooke Nafziger, Elyse Boden

Recruitment: Mikayla Lare, Devin Gaddis

4-H Sunday: Devin Nolte, Sarah Keesling

Swim Party: Rebecca Casey, Kim Harms, Kim & Logan Oborny, Reece Berens, Ethan Dailey

All 4-Her's are encouraged to be a part of these committees . Call the extension office to sign up.

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 at: <http://www.marion.ksu.edu/p.aspx?tabid=19> 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. Registration: <https://tinyurl.com/ozsomeregular-15>

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. Registration: <https://tinyurl.com/ozsomerookie-15>

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.

SAVE THE DATE

Campference May 31– June 3rd

Kansas 4-H Photo Adventure Camp May 31-June3rd

Sewing Camp Jrs—June25-27 & Srs. June 27-30

See Kansas 4-H website under events for details

FOUND: Items left from local club day and achievement banquet. Items not claimed by end of April will be donated. Tie is navy with silver design.





K-STATE

Research and Extension

Marion County
202 S. 3rd, Suite A
Marion, KS 66861

RETURN SERVICE REQUESTED

Upcoming Events:

- April 10** **Clover Block online registration due**
- April 15** **Discovery Days registration due**
- April 16** **Cottonwood River WRAPS meeting**
- April 18** **Marion County Spring Beef Show**
- April 20** **Camp Counselor application due**
- April 22** **Swine, Sheep & Goat Tagging**