Marion County

Knowledge for Life

2019 Marion County Fair Project Auction
Friday, July 26
6:30 PM
at the Pavilion

Join us before FOR OUR 4TH ANNUAL
Friends of 4-H BBQ
5:00 PM in the Foods Bldg

Click here to view Auction Rules & Procedures.

Check out all we did at Camp by clicking above!
After-Effects of Too Much Rain

Many areas of Kansas have had saturated or near-saturated soils for several weeks now. Gardeners are likely to assume that watering won’t be needed for quite some time after dry weather arrives due to such high soil moisture levels. Actually, watering may be needed much sooner than you expect. Excessive rain can drive oxygen out of the soil and literally drown roots. Therefore, as we enter hotter, drier weather, the plants with damaged root systems may be very susceptible to a lack of water. Don’t forget to check your plants for signs of wilting or leaf scorching and water as needed. If irrigation is called for, water deeply and infrequently. Usually once per week is sufficient depending on the weather. Soil should be moist but not waterlogged. (Ward Upham)

Contributors: Jeff Whitworth, Entomologist; Holly Davis, Entomologist; Ward Upham, Extension Associate
Dealing with Fusarium head blight (head scab) in wheat

Symptoms of a troublesome disease known as Fusarium head blight are appearing in some wheat fields in central and eastern Kansas this year. The wheat crop in many parts of the central and eastern regions has already been hit hard by excessive rain and leaf diseases that hastened the maturity and cut valuable time from the grain-filling period of the crop. As the crop matures, many growers are reporting symptoms of Fusarium head blight.  

Read more.

Post-emergence marestail and pigweed control in soybean fields

Controlling marestail or pigweeds post-emergence in soybeans is always easier when the weeds are small – less than 2 inches tall is preferable for good control. Once weeds get taller, they are often considerably more difficult to control. However, conditions are not always conducive to getting optimal post-emergence weed control. The wet weather in many areas this spring may cause weeds in some fields to get larger than you intended. The following are some suggestions for controlling these weeds post-emergence in soybeans.

Read more.
Screen Time VS Summer

Videos, Games, TV, Phones: Young children today are surrounded by screens. What is the impact?

Studies have shown that excessive media consumption, including Internet media, can lead to attention difficulties, school problems, sleeping and eating disorders, depression, and weight problems in both adults and children.

So what can my family do this summer as an alternative to screen time?

- Manipulate Snow Dough
- Craft with Sidewalk Chalk Paint
- Experiment with a Sand Volcano
- Create Bubble Recipes
- Enjoy Ice Cream In-a-Bag
- Go on a Bike Ride or Walk
- Have a Picnic
- Check out the local Library

Learn More: The New Screen Time

Grilling Safety Tips

Did you know July is the peak month for grill fires followed by May, June, and then August? Or that half of the injuries caused by grills are thermal burns?

Check out these tips from the National Fire Protection Association to keep you safe this grilling season!

Information videos can be found here.

Family and Consumers Podcast, Be Ready for an Emergency

EZ Does It Video Recipe of the Month:

Summer Salsa
Stay Strong, Stay Healthy

Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

What are the benefits?

Here’s what we do

Strength training:
- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

Stay Strong, Stay Healthy classes include:
- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

Join us September 9th through October 31st on Mondays and Thursdays, 10:00-11:00 AM
Registration Due: September 3rd, Cost of 8 Week Class: $10
Class Location: Hillsboro Senior Center, 212 N. Main St. Hillsboro, KS
To register, call Marion County Extension Office 620-362-2325

United States Department of Agriculture Cooperative Extension Service
Kansas State University Research and Extension

Community Garden

Have you checked out our Community Garden? Produce raised is donated to the Marion County Food Bank! Last year SNAP-Ed helped to donated over 6,000 pounds of fresh produce for neighbors to enjoy! How much do you think we can raise this year?!

Like the Garden on Facebook for more news and updates!

Stay Strong, Stay Healthy

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.

May/June Newsletter

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.

July Newsletter
Marion County Fair Entries

All County Fair Projects must be pre-entered on our Fair Entry site by July 8 @ 11:59 PM. NO late entries will be accepted!

Click here for more information about the 2019 Fair!

2019 Commissioner Cookie Jar

Participants:

*To view Commissioner Cookie Rules, visit our 4-H Update page!

Happy Hustlers
Goessel Goal Getters
Peabody Achievers

Tri-County Free Fair

July 11-13, 2019
https://www.tricountyfairks.com/

Reminder for Livestock Exhibitors! A nomination does not constitute an entry. All animals (market and breeding) planning to attend the Kansas State Fair and/or Kansas Jr Livestock Show must be entered online:

http://www.asi.k-state.edu/research-and-extension/youth-programs/stateshows.html

State Fair entry is due July 15!
KJLS entry is due August 15!
Check out our website for more information!
Marion County Farmer’s Markets

Doyle Valley Farmer’s Market Downtown Peabody
Mondays from 4:30 p.m. – 6:30 p.m.

Florence Farmer’s Market at Moses Shane Park in Florence
Tuesdays from 5:00 – 7:00 p.m.

Hillsboro Farmer’s Market at Memorial Park in Hillsboro
Thursdays from 5:00 – 7:00 p.m.

Marion Farm & Art Market at Brooker Central Park in Marion
Wednesdays from 5 - 6:30 p.m.

Upcoming Events

July 4—Office Closed
July 8—Fair Entries Due at Midnight
July 9—ServSafe Class for 4-H
July 11-13—Tri-County Fair (Herington)
July 15—Fair Superintendent Meeting
July 20—Marion County Fair Set-Up
July 20-26—Marion Co 4-H Fair (Hillsboro)
July 27—Marion County Fair Clean-Up

August 8—KS 4-H Wheat Expo
August 17 — Lazy Days Swine Classic
August 24—KS 4-H Livestock Sweepstakes
September 6-15—Kansas State Fair