New Additions to Extension Council Staff

Marion native, Tristen Cope, is the new Family and Consumer Science Agent for K-State Research and Extension in Marion County. Tristen received her Bachelor's Degree in Family Studies and Human Services from Kansas State University in December 2014 with an emphasis in Early Childhood Education. She has most recently worked as the Director and Teacher of Stepping Stones Preschool in Marion.

Since beginning in Marion County in early June, she has really enjoyed the challenges presented by the diversity of human services questions that reach out to the office for recommendations. Tristen especially enjoyed touring 4-H Camp at Rock Springs, and working with the Rookie Group. She is using her first few months of employment to learn what the Marion County Family and Consumer Science program is offering in our community and look for the areas where she can assist or provide leadership.

Jana Miller, is the new Office Professional for Marion County Extension. Jana is a Peabody native who recently moved back to the area along with her husband. She received her Master’s Degree in Aging Studies and a Public Health Certificate from Wichita State University. Jana has worked as an Office Professional and Medical Assistant at Kansas Medical Clinic for Dermatology in Topeka. She is excited to be back in her hometown county and be apart of the agriculture/rural world.
Controlling marestail or pigweeds postemergence 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 postemergence 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 postemergence in soybeans.

Marestail tend to be difficult to control even when the plants are small and in the rosette stage, but become even tougher when plants get more than 6 inches tall. That is why fall and early burndown treatments are critical to the long-term management of marestail. Unfortunately, that doesn’t always happen. In addition, there are populations of marestail that have developed glyphosate resistance in many areas. However, some marestail populations are still susceptible to glyphosate, and even resistant plants are not completely immune to glyphosate.

The most effective herbicide treatment for controlling marestail in Roundup Ready soybeans is probably a tank-mix of glyphosate plus FirstRate. The combination of the two herbicides seems to work better than either herbicide alone, even on resistant plants. It is important to use the full labeled rates of glyphosate and recommended adjuvants, including ammonium sulfate, to optimize control and help minimize the risk of developing more resistance.
Postemergence Marestail and Pigweed Control in Soybean Fields Cont’d...

Other tank-mixes to consider with glyphosate for controlling marestail would include Classic and Synchrony herbicides. Unfortunately, some marestail may also be ALS resistant, in which case FirstRate, Classic, and Synchrony would also be fairly ineffective. This just further emphasizes the importance of early spring weed control.

If Xtend soybeans are planted, Xtendimax, FeXapan, or Engenia should be some of the most effective herbicides for postemergence control of marestail in soybeans. Remember that Xtendimax, FeXapan and Engenia can only be applied to Xtend soybeans.

Another option to control marestail in soybean is to plant Liberty Link soybeans and use Liberty herbicide. It is important to remember that Liberty can only be applied postemergence on Liberty Link soybeans.

If preemergence herbicides weren’t applied or didn’t get activated in a timely manner, early-emerging waterhemp or Palmer amaranth may not have been controlled and can grow rapidly. Flexstar, Cobra, Marvel, and Ultra Blazer can be fairly effective for controlling small pigweed, but are less effective as the pigweed gets larger, especially Palmer amaranth. These herbicides also provide some residual weed control, so tank-mixes of these herbicides with glyphosate should be applied within 3 weeks after planting to optimize performance. Producers may try to cut the rates of these herbicides to reduce soybean injury. However, lower rates of these burner herbicides still cause similar soybean burn symptoms and weed control is often reduced.

Pursuit and Harmony were once fairly effective for pigweed control and can still provide good control of susceptible populations, but many fields now have ALS-resistant waterhemp and Palmer amaranth.

If Xtend soybeans were planted, the new dicamba products Xtendimax, Engenia, and FeXapan again are an option to help control broadleaf weeds, including the pigweeds. However, just as with other postemergence pigweed treatments, the pigweeds need to be less than 3 to 4 inches tall to achieve optimal control.

Residual herbicides such as Zidua, Outlook, Dual Magnum, and Warrant can also be added to any of the previously mentioned postemergence herbicides to provide some extended residual control of pigweeds. This may be especially helpful if a good rate of residual herbicide was not used earlier or with heavy pigweed pressure.

Information derived from: Dallas Peterson, Weed Management Specialist; Doug Shoup, Southeast Crops and Soils Specialist
Food Safety During Power Outages

Living in Kansas we all know just how powerful Mother Nature can be all times of the year. Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of foodborne illness.

One way we can help minimize this risk is through preparation. Begin by placing an appliance thermometer inside each the refrigerator and freezer. The freezer should be at 0 degrees or below, and the refrigerator should be at 40 degrees or below. Another step to take to help preserve food would be to keep a cooler and ice packs on hand to transfer the food into if the power will be out for more than 4 hours.

If disaster strikes and you lose power, one should keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.

The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours if the door remains closed. If the power has been out for several days, check the temperature with an appliance thermometer. If the food still contains ice crystals or is at 40 degrees or below, the food is safe. One should discard refrigerated perishable foods such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers, and deli items after 4 hours without power. A great reminder when it comes to perishable food is, when in doubt, throw it out!

For more tips and information on food safety during power outages visit the United States Department of Agriculture.

Swing by the office and say hello! I look forward to meeting each of you and helping further your “Knowledge for Life”!
Protecting Yourself from the Sun

For many Kansans summer is a time for going to the lake, harvesting crops, and spending time outdoors. However, with this increased time spent outdoors comes the risk of prolonged sun exposure.

According to the Center for Disease Control and Prevention, skin cancer is the most commonly diagnosed cancer in the United States, and is one of the most preventable forms of cancer.

Have you heard the phrase, “But I’m getting in my Vitamin D for the day!”? While this may be partially true, experts in Vitamin D research believe the body only needs five to 30 minutes, twice a week, of direct sun on exposed skin without sunscreen.

Protect yourself from the sun’s ultra violet rays by wearing long-breathable clothing, sunglasses, a hat, and broad spectrum screen with at least a SPF of 15. One should limit time in the sun between the hours of 10:00 a.m. and 2:00 p.m. when the sun rays are most intense.

“So I know I need sunscreen, but which kind is best?”

Not all sunscreens are broad spectrum, so it is important to look for it on the label. Broad spectrum sunscreen provides protection from the sun’s ultraviolet (UV) radiation. There are two types of UV radiation that you need to protect yourself from – UVA and UVB. Broad spectrum provides protection against both by providing a chemical barrier that absorbs or reflects UV radiation before it can damage the skin.

Celebrate Safely!

Fireworks are a tradition with many families around Independence Day. According to the Kansas Fire Marshal, the popular Sparkler can heat upwards of 1,200 degrees! With this in mind, it is especially important to supervise children around fireworks by keeping them at a safe distance and ensuring any fireworks they may be handling are appropriate for their age. This does not mean young children cannot partake in the fun, but instead try incorporating items such as glow sticks, flashlights, or party poppers this Independence Day!
Changes have been made to the fair this year.

Here are the highlights:

July 22—AM: Dog Show & Fair Set-up
July 23—PM: Horse Show
July 25—PM: Clothing & Foods Judging, Public Style Revue
July 27—AM: Livestock check-in
   —PM: 4-H Project check-in
   —PM: Beef Show
July 28—AM: Swine Show
   —All day: 4-H Building exhibit judging
   —PM: Meat Goat/Sheep Show
July 29—AM: Dairy Goat Show, Round Robin
   —PM: 4-H Family/Auction Lunch
   —PM: 4-H Project Sale

A detailed schedule can be found at the following link:
http://www.marion.k-state.edu/

Commissioners Cookie Jar

The Commissioner Cookie Jar contest will not be open to individuals. Three 4-H clubs will be assigned each year to participate in the competition. This year, the Peabody Achievers, Happy Hustlers, and Goessel Goal Getter 4-H Clubs will each provide a cookie jar for presentation to the county commissioners. Entries need to be turned in at the foods judging by 3:00 PM on July 25.

Fair Pre-Entries

ALL projects will be pre-entered. These pre-entries will be done online. When the site goes live (July 1), we will send you a link to complete your entries. All projects have to be pre-entered by July 11. NO LATE ENTRIES WILL BE ACCEPTED!

Upcoming Events

Tri-County Fair: July 6-8
Stop by the office for a fair guide, but visit www.tricountyfairks.com for a detailed schedule.

Canton Fair: July 12-16
Project Auction Rules

1. Any 4-H member NOT participating in the livestock auction may sell a project item exhibit at the fair.
2. Only those items receiving a purple, blue, or red, may be sold.
3. 4-H members may sell only 1 item.
4. 4-H members must be present to sell their items.
5. NO live animals may be sold in the project auction.
6. Perishable items, such as food and garden items, must be replaced with fresh items for the sale.
7. The project item sold must have been judged at the current year’s fair.
8. Members must notify the fair office of what item they are selling NO LATER THAN NOON ON FRIDAY.
9. After selling a project item, this item cannot be exhibited at any other fair (including the state fair).
10. All sales will be final and binding.

4-H Livestock Sale Procedures

1. 4-Hers enrolled in a market animal project may sell one of the following market species shown at the fair: 1 steer, 1 lamb, 1 hog, 1 market goat. (through the premium auction). Other animals may be sold at floor prices.
2. 4-Hers must notify the 4-H Fair Office by noon on Friday, July 28, of animals to be sold at auction or base bid. If no notification is received, we are to believe the animals will be taken home.
3. Livestock premium sale animals or base bid animals must have a minimum weight of: Beef—1,050 lbs., Lambs—100 lbs., Swine—225 lbs.
4. A sale fee will be held out of your check to cover sale expenses.
5. We will try to receive a base bid for the sheep, goats, and hogs. Please remember that this is becoming increasingly difficult each year. There may be a trucking fee depending on who receives the bid.
7. Any animal that goes through a premium auction, whether or not ownership has changed, cannot be shown by the seller at any subsequent show.

It takes many buyers to make the Livestock Premium Sale and Project Action a success. It is up to you as 4-H Members to ensure a good crowd! Please extend an invitation to them to attend.
Upcoming Events:

July 4—Office closed
July 6-8—Tri-County Fair in Herington
July 12-16—Canton Fair
July 22-29—Marion County Fair