2019 Marion Community Garden

This year, the Marion Community Garden has donated over 6,000 pounds of fresh produce to the Marion County Resource Center and Food Bank—and there is still more to be harvested!

This accomplishment could not have been achieved without the help of Pam, Mark, Marion FFA, the dedicated Garden Volunteers, the Food Bank Volunteers, and SNAP-Ed Nutrition Educator, Myrta!

Because of their contributions, Marion County Residents had access to a variety of fresh produce each time they visited the Marion County Food Bank and Resource Center!

Click on the picture to check out a video highlighting the Garden’s success!
What to Do with Tree Leaves (Ward Upham)

It's that time of year again. Leaves are rapidly falling from deciduous trees so it's a good time to stop and think about options for handling the litter. Although a scattering of leaves won’t harm the lawn, excessive cover prevents sunlight from reaching turfgrass plants. Turf left in this state for an extended period will be unable to make the carbohydrates needed to carry it through the winter.

There are options for dealing with the fallen leaves other than bagging them up and putting them out for the trash collector. Composting is a great way to handle the refuse. Compost can then be used in the vegetable garden and flowerbeds.

An even easier method of making good use of the leaves is direct incorporation in either vegetable gardens or annual flower beds. Use a lawn mower with a bagging attachment to chop and collect the leaves. Transport them to the garden or bed and apply a 2 to 3 inch layer of leaves on the surface of the soil and then till them in. Repeat the process every couple of weeks until you run out of leaves or the weather becomes too cold or the soil becomes too wet. With luck, you should be able to make 3 to 4 applications this fall.

Another option is to mow the leaves with a mulching mower and let shredded leaves filter into the turf canopy. (A side-discharge mower also will work, but it won't shred the leaves as thoroughly.) This method will be most effective if you do it often enough that leaf litter doesn’t become too thick. Mow while you can still see grass peeking through the leaves.

You may wonder whether this practice will be detrimental to the lawn in the long run. Research at Michigan State University in which they used a mulching mower to shred up to about one pound of leaves per square yard of lawn (one pound is equal to approximately 6 inches of leaves piled on the grass) for five consecutive years, found no long-term effects of the shredded leaves on turf quality, thatch thickness, organic content of the thatch, or soil test results (pH, nutrients, etc.). If you mow leaves and have a cool-season lawn, it makes sense to be on a fall nitrogen fertilization program and core-aerate in the fall (things you should be doing anyway). If you have a warm-season lawn, you can still use this technique but wait to fertilize and core-aerate until next late May or early June.

Apply Late-Season Nitrogen Application in November (Ward Upham)

November is the time to give Kentucky bluegrass and tall fescue lawns the last nitrogen application of the season. Why November? Because while top growth slows in response to cool temperatures, grass plants are still making food (carbohydrates) by photosynthesis. A November nitrogen application helps boost the photosynthesis rate. Carbohydrates that are not used in growth are stored in the crown and other storage tissues in the plant. These carbohydrate reserves help the turfgrass green up earlier in the spring and sustain growth into May without the need for early-spring (March or April) nitrogen. Those early-spring nitrogen applications are less desirable because they can lead to excessive shoot growth and reduced root growth. Other benefits of November-applied nitrogen for cool-season grasses include improved winter hardiness, root growth and shoot density. (article continued on next page)
Apply Late-Season Nitrogen Application in November continued...

How much should you apply? One to 1 to 1½ pounds actual nitrogen per 1,000 sq. ft. of lawn area is sufficient. In order for this application to be effective the nitrogen must be readily available to the plant because the growing season is nearly over. Therefore, for a November application, use a soluble (quickly-available) nitrogen carrier such as urea or ammonium sulfate. Many turfgrass fertilizers sold in garden centers and other retail outlets also contain soluble nitrogen. Avoid products that contain water-insoluble nitrogen (slow-release) for this application. As always, sweep up any fertilizer that gets on driveways, sidewalks, or streets and reapply it to the lawn.

WHAT BEEF PRODUCERS SHOULD BE THINKING ABOUT IN DECEMBER......

Tips by Dale Blasi, Extension Beef Specialist

Cow herd management for spring-calving cows

- In late fall and early winter, start feeding supplement to mature cows using these guidelines:
  - Dry grass — 1-2 pounds (lb.) per day of a 40% crude protein (CP) supplement
  - Dry grass — 3-4 lb. per day of a 20% CP supplement
  - Dry grass — 10 lb. good nonlegume hay, no supplement needed
- Compare supplements based on cost per pound of nutrient.
- Utilize crop residues.
- Strip-graze or rotate cattle to improve grazing efficiency.
- Cows in average body condition can be grazed at 1-2 acres per cow for 30 days, assuming normal weather. Available forage is directly related to grain production levels.
- Limiting nutrients are usually rumen degradable protein, trace minerals and vitamin A.
- Control lice.

General management

- Document your cost of production by participating in Standardized Performance Analysis (SPA) programs.
- Review management decisions; lower your costs per unit of production.
- Check your financial management plan and make appropriate adjustments before the end of the year.

CONTROL ANNUAL WEEDS WITH FALL-APPLIED HERBICIDES AHEAD OF CORN AND SORGHUM

Now that row crop harvest is underway and fall moisture has been received, it is time to start planning fall herbicide applications to control winter annual broadleaf weeds and grasses ahead of grain sorghum or corn. Click here to view full article.
According to the USDA, over one-third of all available food goes uneaten through loss or waste in the United States. When food is tossed aside, so too are opportunities for improved food security, economic growth, and environmental prosperity.

Learn more about ways consumers can take steps to reduce food waste by visiting the USDA Webpage.

How Are You Doing?
A Financial Check-Up

A financial checkup is as important as a physical checkup. A regular check of financial health can identify problems, chart progress, and outline action steps to achieve goals. It can also provide motivation to change.

There is no “one size fits all” answer in financial planning. What might be workable for one individual or family may not be for another. Check out the fact sheet below to help determine how you are progressing toward your financial goals and whether or not you have acted to improve your finances.

Think of this as you would an annual physical with a health professional — a checkup to improve your financial health and screen for potential problems.

Financial Fitness Quiz and Fact Sheet
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.

November/December 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.

November Newsletter
Enrollment for the 2019-2020 4-H Year is now OPEN!

Online enrollment system opens up for the new 4-H year on October 1st. 4-H’ers can re-enroll and new members can enroll at this time. Go to: https://ks.4honline.com

If you are re-enrolling, login with your user name and password from last year. (Please do NOT set up a new profile.) If you forgot your password, complete the “I forgot my password” process, or contact the Extension Office.

Community leaders and project leaders will also have to reenroll.

If you would like to receive financial assistance, please complete this process by December 1!

Visit our website for 4-H Online Instructions!

Shout-Out!

Marion County 4-Her, Cassie Meyer, was recently selected for an interview to represent Kansas as a Delegate at the 2020 National 4-H Conference!

Let’s wish her well as she prepares for the interview process later this month!

Marion Community Building

6:00 PM Help us celebrate the many achievements of our 4-H Youth and Leaders!

Don’t forget: Bring a Side Dish!

4-H Focus

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

Returning project and club leaders need to complete the Volunteer Service Renewal form and turn it in to our office by November 15.

New project leaders need to complete the Volunteer Service application. [These forms can be found here.]

4-H Council Officers 2019-2020

President: Addie Berens
Vice President: Morgan Gaines
Secretary: Katelyn Olson
Treasurer: Ava Case

Be sure to check out the Marion County 4-H Update and the Kansas 4-H website for upcoming events!
Healthful Donations This Holiday

Let’s give the gift of health this holiday season by providing nutrient-rich, non-perishable, food items to the Marion County Food Bank!

From now until December 20th, our Office will be collecting your healthful donations for the Marion County Resource Center Food Bank. Need ideas on healthful donations? Check out this publication!

Our Office is open from 8:00 a.m. to 5:00 p.m. and is located next to the Courthouse at 202 S. 3rd Street in Marion.

Upcoming Events

- Nov 2 — Marion County Health Fair
- Nov 3 — 4-H Endowment Fund Meeting
  - 4-H Achievement Banquet and PDC Voting
- Nov 11 — Veterans Day: Office Closed
- Nov 19 — Town Hall Meeting (County Wide)
- Nov 25 — Annual Extension Meeting and Extension Board Voting
- Nov 28 & 29 — Thanksgiving: Office Closed