Marion County had over 100 exhibits in September's Kansas State Fair. From Geology to Clothing, Nutrition to Rabbit Judging, Illustrated Talks to Livestock, our county 4-H'ers represented themselves well. A Photograph taken by Ellie Just and a Visual Arts exhibit created by Chance Penner have been selected to be displayed at Rock Springs 4-H Center for the entire 2017-2018 4-H year. Congratulations to all who participated! For all Kansas State Fair results, go to: https://fairentry.com/Fair/Results/1281.
Managing Beef Cow Margins: Round Bale Pitfalls

Darrell S. Peel, Oklahoma State University

Cow-calf production is best viewed as the business of producing and marketing grass. The most successful and profitable cow-calf operations are generally those that most efficiently use grazed forage. However, seasonally limited quantity and/or quality of grazed forage means that producers often need additional nutrition in the form of harvested forages or purchased supplemental feed. Most beef cow-calf operations rely on grass hay to help meet cow nutritional needs.

A variety of grasses are harvested as hay to provide supplemental protein and energy for cattle. The quality of grass hay varies widely depending on the type of forage; the seasonality/condition of the forage; baling conditions; and quality degradation during storage. For example, well-fertilized Brome grass, harvested early will have 10-12% crude protein and total digestible nutrients (TDN) over 55%. Crude protein in under-fertilized, mature Brome will drop below 7% with TDN less than 30%. Prairie hay typically has crude protein values between 6% and 8% and TDN of 50-52%. If harvested late and very mature these values may drop to 4 or 5% for crude protein with TDN below 50%. Whether purchased or produced, it is critical for producers to know the quality of hay. Round bales of unknown quality and bale weight, subject to significant storage and feeding losses is wasteful, expensive and make it very difficult to manage cow herd nutrition.

Round bale technology is convenient and saves labor. Unfortunately the convenience of round bales has also frequently encouraged production of low quality hay and poor storage and feeding management. Often hay production is a residual to poor pasture management where mature, rank grass that was not grazed effectively is baled. The labor saving and convenience of round bales has, in many cases, fostered poor pasture management that results in increased hay needs and production of poor quality hay.

Perhaps round bales are too convenient. In day of old, producers feeding small square bales were typically more aware of the quality of the hay, how much they were feeding, how much was being wasted and, as a result, often did a better job of managing cow herd nutrition and feed cost. It takes some additional management to capture the advantages of round bales without wasting hay and incurring additional cost.

Hay production per beef cow has more than doubled in the past 40. It appears that now significantly more hay is wasted and that poor pasture management has increased the number of days that cows are fed hay. Round bales very probably have contributed to this trend.

Considerations for round bale use:
* Manage the quantity and quality of pastures to extend grazing and minimize hay needs. Consider stockpiling pasture for fall and winter grazing. Feeding hay costs 2.5 to 5 times as much as grazing. Every day that cows graze instead of receiving hay will save $0.50 to $1.50 per head in feed costs.
* Know the quantity and quality of purchased or produced hay. Buy tons of hay—not bales. Weigh it and test it.
* Know how hay cows are actually eating. Measure storage and feeding losses in order to know actual consumption and the true cost of hay.
* Calculate the cost of hay nutrients compared to other supplemental feed sources. Supplements using grain and/or byproduct feeds may actually be less expensive than poor quality hay.

Prefer to receive newsletters by email? Let us know!
Optimum Sowing Dates & Seeding Rates for Wheat in Kansas

**Sowing Date—K-State recommendations:**
Optimum sowing date for winter wheat is quickly approaching for a large portion of Kansas. Depending on geographical location, optimum sowing window can start as early as September 10th and last until the end of September (northwest Kansas), or it can start as late as October 5th and last until October 20th (southeast Kansas). This gradient in sowing dates, with earlier dates in the northwest, is a function of temperature. Northern regions will have cooler air and soil temperatures earlier in the year as compared to southern regions.

As you can see, Marion County falls into Zone 3. We will most likely have wheat planted outside of these dates. Below are some tips when planting outside of this window.

**Sowing Wheat Early:** Sowing wheat at an earlier-than-optimal date can result in lush vegetative growth which will require more water to maintain the canopy later in the growing season. For that reason, producers who graze their wheat are encouraged to plant wheat 2-3 weeks earlier than the optimal sowing date for grain. Early sowing can also lead to an increased incidence of fall pest infestation, such as Hessian fly, and diseases transmitted by certain vectors more active in warmer temperatures, such as wheat streak mosaic (transmitted by wheat curl mites) and barley yellow dwarf (transmitted by aphids).

**Sowing Wheat at the Optimal Time:** The optimal sowing time differs year-to-year due to environmental conditions, such as temperature and precipitation, but the optimal winter wheat sowing range for different regions in Kansas is shown in the figure above. Sowing wheat at the optimal time stimulates the right amount of fall tiller formation as well as root development to optimize yields while avoiding a lush vegetative growth. Fall-formed tillers contribute more to yield potential than spring-formed tillers, therefore, it is crucial that about 3-5 tillers are well established before winter sets in. Additionally, this tiller formation combined with good crown root system development prior to winter dormancy increases winter hardiness of the crop, and consequently the chances of winter survival.

**Sowing Wheat Late:** Many reasons may lead producers to plant wheat late. Double-cropping wheat following a late-harvested summer crop, such as soybean or sorghum, is common in many regions of Kansas. Delayed planting date due to environmental conditions, such as low or high soil moisture levels, may also occur. When wheat is sown past the optimal window, it is generally sown into colder soils and the crop is exposed to cooler air temperatures during the fall. Sowing into colder soils will delay wheat emergence, so the importance of a seed fungicide treatment increases as planting date is delayed. Additionally, the crop will experience decreased fall tiller formation because wheat development is dependent on temperatures. An increase in seeding rates in these circumstances is warranted.

Romulo Lollato, Extension Wheat and Forage Specialist
Did you know one-quarter of home fire deaths were caused by fires that started in the bedroom, and half of home fire deaths result from fires reported between 11:00 PM and 7:00 AM? These facts from the National Fire Prevention Association are quite frightening to think about. The Association also states that three out of five home fire deaths happen from fires in homes with no smoke alarms/non-working smoke alarms.

Partaking in fire safety and prevention can help to reduce these risks and in some cases even cut the risk of dying in a home fire in half. Smoke Alarms are a key part of fire safety and prevention.

Smoke Alarm Tips:

- Install smoke alarms in every bedroom, outside each sleeping area, and on every level of the home near the ceiling.
- Test all smoke alarms at least once a month. Press the test button to insure the alarm is working.
- Replace all smoke alarms when they are 10 years old.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.

The National Fire Prevent Week runs from October 8th through the 14th.

Equifax Hack- Are You Safe?

Don’t wait until it’s too late. Take steps today to protect your identity!

1. **Get a free credit report:** Federal law guarantees you one free credit report per year from three major bureaus.
2. **Freeze your credit:** Credit freezes make it harder for criminals to open up credit cards in your name.
3. **Set a fraud alert:** Anyone can sign up for a free 90 day fraud alert from just one of the credit bureaus.
Health Insurance—Need Help?
Marion County’s Department on Aging has trained staff and volunteers to help you with Medicare questions as well as buying health insurance if you are ineligible for Medicare or Medicaid through the government’s marketplace. Open enrollment will begin in October for these programs.
Contact Gayla, Department on Aging Coordinator at 620-382-3580 to schedule your appointment.

Did You Know?
Pumpkin and pumpkin seeds are high in vitamin A, protein, fiber, zinc, iron and monounsaturated and polyunsaturated fat. Health benefits of eating pumpkin include: healthy cardiovascular system (mono and polyunsaturated fats), healthy skin (vitamin A), healthy vision (vitamin A), decreased osteoporosis (zinc), decreased arthritis, decreased prostate enlargement and decreased colon cancer (fiber).

Derived From: Utah State University

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Whole Grain Pumpkin-Banana Bread

**Ingredients:**
- 1/2 cup (8 tablespoons) soft butter
- 2/3 cup brown sugar
- 3 tablespoons honey
- 2 large eggs
- 1 cup puréed pumpkin
- 1 cup mashed banana, the riper the better
- 2 tablespoons orange juice or water
- 1 teaspoon vanilla extract
- 1 1/2 cups White Whole Wheat Flour
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 3/4 teaspoon salt
- 1 teaspoon cinnamon
- 2 tablespoons Praline Pumpkin Seed Crunch or 1 tablespoon sugar (sprinkle on top)
- 1/2 cup diced pecans, toasted

**Yield:** 1 Loaf; 16 Servings

**Directions:**
1. Preheat the oven to 350°F. Lightly grease an 8 1/2” x 4 1/2” loaf pan.
2. In a large bowl, beat together the butter, sugar, honey, eggs, pumpkin, banana, orange juice or water and vanilla.
3. Add the flour, baking powder, baking soda, salt, and cinnamon, stirring to combine.
4. Mix in the nuts, if you’re using them.
5. Spoon the batter into the prepared pan. Sprinkle the top of the loaf with Praline Pumpkin Seed Crunch or coarse white sparkling sugar, if desired. Allow the batter to rest for 15 minutes, uncovered.
6. Bake the bread for 55 to 70 minutes, or until a cake tester or toothpick inserted in the center of the loaf comes out clean; and that same tester inserted about 1/2” into the top of the loaf doesn’t encounter any totally unbaked batter.
7. Remove the bread from the oven, and cool it on a rack. When it’s completely cool, wrap it well in plastic wrap, and store it overnight before serving.
JOIN THE CLUB

Enrollment OPEN Oct 2

Online enrollment system opens up for the new 4-H year on October 2nd. 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. Community leaders and project leaders will have to reenroll. We would like to have this process completed by December 1.

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 at: www.marion.ksu.edu

Check It Out!

The Kansas 4-H Foundation is pleased to present leadership training classes in partnership with the Kansas Leadership Center. If you are a 4-H parent, volunteer, alumni or agent, this training is for you!

Class Dates: October 13, 20, or 27th

If you are interested in attending this free training, contact the extension office today!

DUE:

RECORD BOOKS

Books & Pin
Applications will be due to the Extension Office by
Oct 4 at 5:00 p.m.
• Be sure to check with your local community leader to find out YOUR club deadline! Your club leader will look at your KAP’s as well as your pin applications before submitting them. • Pin Applications and KAP forms can be found on our web page: www.marion.k-state.edu/4-h/forms/index.html

48 Hours of 4-H

Date: Sun, Oct. 8
Time: 2:00 p.m.
Place: Fairgrounds
RSVP By: Oct 2

Let’s paint the fence at the Fairgrounds! Plan to wear old clothes as we will be using oil based paint.

At 5:00 PM, we will roast hot dogs and enjoy a potluck meal. 4-H Council will provide hot dogs, drinks & paper ware. Families are asked to bring side dishes.

Let's paint the fence at the Fairgrounds! Plan to wear old clothes as we will be using oil based paint.

At 5:00 PM, we will roast hot dogs and enjoy a potluck meal. 4-H Council will provide hot dogs, drinks & paper ware. Families are asked to bring side dishes.
Leadership Weekend Registry: www.kansas4-h.org

Kansas Youth Leadership Forum

What: Come and build your leadership skills and potential through workshops, consulting groups, inspirational speakers and more. In addition, the 2018 State 4-H Youth Leadership Council will be elected.

When: November 17-19, 2017
Where: Rock Springs 4-H Center
Who: Youth 14-18 years of age before January 1, 2018

Early Registration Deadline: October 16, 2017

Achievement Night

Date: Sunday, November 5th
Time: 6:00 p.m.
Location: Marion Community Building
Cost: $3.00/Guest
4-H’ers get in for FREE

Gather with other 4-H families as we celebrate the many achievements of our 4-H youth and leaders. Meat, drinks, and table service will be provided. 4-H families are asked to bring potluck foods.

Tickets available from your local community leaders.

Kansas 4-H Leadership Weekend

Kansas Volunteer Leader Forum

What: Volunteer Forum will help you SHINE brighter and lead youth to SHINE their brightest.

When: November 17-19, 2017
Where: Rock Springs 4-H Center
Who: 4-H Volunteers

Early Registration Deadline: October 16, 2017

4-H Officers participated in team building and communication strengthening at our yearly Officer Training.

State Archery Participants: Allie Stuchlik, Mia Duerksen, Charlie Peters, Hayleigh Mendoza, Aden Nickel, Landry Duerksen

Congratulations to our new 4-H Council Officers:

President: Addie Berens
Secretary: Cassie Meyer
Vice President: Morgan Gaines
Treasurer: Dustyn Gagnon

#4Hgrows through volunteers

Leadership Weekend Registry: www.kansas4-h.org
Upcoming Events

October 2: 4-H Open Enrollment
October 4: 4-H Record Books Due
October 8: 48 Hours of 4-H
October 16: Leadership Weekend Early Registration Deadline
November 5: 4-H Achievement Banquet

Have a cool photo you’ve taken and want to share? Send it to us! We would love to feature it online or in our next newsletter.