More Foods and Nutrition Programming Coming to Marion County....

Marion County is the recipient of a grant to provide nutrition education to a variety of audiences starting October 6. Specific partners were identified when the grant proposal was written, however, we welcome inquiries for new partnerships. It is the hope that this programming opportunity will continue to grow in the county in upcoming years, to include more schools, groups or anyone looking to learn more about nutrition and wellness.

Looking for a science, technology, engineering or mathematics, also known as STEM, enrichment for your child? Consider joining 4-H, a family organization, where kids grow and experience STEM projects...and so much more!
Utilizing Cover Crops for Weed Control: Be Sure to Consider all Aspects

Cover crops may be able to suppress weeds in some cases, but this is just one of many considerations that producers should take into account when selecting cover crops. The following are some questions to guide you when considering cover crops for your field, with weed management as a goal.

How will you plant it, and when?

Consider the crop rotation that you have planned and determine the best time to seed and establish the cover crop. For the greatest weed management benefit, know when the key weed species you are targeting germinate and emerge. Establish the cover crop prior to that key point in the lifecycle of the weed for most impact.

Classification of weeds based on emergence timing:
Sept—Nov (winter annuals) - marestail, mustard species, cheat, downy brome
Very early spring (April) - kochia
Mid-spring (May) - common sunflower, giant ragweed, common lambsquarters
May—June (summer annuals) - Palmer amaranth, waterhemp, velvetleaf, foxtails, large crabgrass, barnyardgrass, shattercane.

How can cover crops help control weeds?

Ways that cover crops can provide weed management benefits:
- Living cover crops or a layer of residues will reduce sunlight reaching the soil surface; smother and outcompete weeds for light, water, and nutrients.
- Alter the moisture and temperature environment in the soil surface layer during weed seed germination and emergence
- Some cover crops release chemicals from roots or decaying residue, inhibiting weed seed germination
- Improve overall soil health and benefit crop growth and vigor to compete effectively against weeds

Which cover crop will you plant?

There are many questions about whether a single species or a mixture is most beneficial for weed suppression. The key aspect is trying to achieve enough biomass by the cover crop to minimize weed growth.

How will you terminate your cover crop?

Consider how to terminate the cover crop along with what will need to be done to control any weed species present. A residual herbicide may need to be included with the burndown application in some cases.
Some cover crops will die out over the winter and leave residue on the soil surface (e.g., mustards, peas, spring cereals.) Other may require some active methods to terminate, with proper timing being important. For example, to terminate overwintering cereal rye or wheat, apply glyphosate and a residual herbicide at 9 to 12” cover crop height, or use a roller/crimper at the soft dough stage. For perennial clover, treat with herbicide tank mixes (2,4-D, glyphosate, and a residual herbicide) 2 to 4 weeks before planting the following cash crop. A roller/crimper is not effective on clovers.

The standard recommendation is to spray / terminate the cover crops at least 2 weeks before planting corn or soybean crops in eastern Kansas. Check with crop insurance providers, USDA-FSA, or NRCS offices for local rules on termination timing.

Anita Dille, Weed Ecology
DeAnn Presley, Soil Management Specialist

Planting Trees in the Fall

The fall season can be an excellent time to plant trees. During the spring, soils are cold and may be so wet that low oxygen levels inhibit root growth. The warm and moist soils associated with fall encourage root growth. Fall root growth means the tree becomes established well before a spring-planted tree and is better able to withstand summer stresses. However, certain trees do not produce significant root growth during the fall and are better planted in the spring. These include beech, birch, redbud, magnolia, tulip poplar, willow oak, scarlet oak, black oak, willows and dogwood.

Fall-planted trees require some special care. Remember that roots are actively growing even though the top is dormant. Make sure the soil stays moist but not soggy. This may require watering not only in the fall but also during the winter months if we experience warm spells that dry the soil. Mulch also is helpful because it minimizes moisture loss and slows the cooling of the soil so root growth continues as long as possible.

(Continued)

Evergreens should be moved earlier in the fall than deciduous plants. They need at least six weeks before the ground freezes for the roots to become established.

Rotation of Vegetable Crops

Rotating vegetable crops is a standard way of helping prevent disease from being carried over from one year to the next. Rotation means that crops are moved to different areas of the garden each year. Planting the same crop, or a rotated crop, in the same area each year can lead to a build-up of disease. Also, different crops vary in the depth and density of the root system as well as extract different levels of nutrients. As a rule, cool-season crops such as cabbage, peas, lettuce and onions have relatively sparse, shallow root systems and warm-season crops such as tomatoes, peppers and melons have deeper, better developed root systems. Therefore, it can be helpful to rotate warm-season and cool-season crops.

As mentioned earlier, it is also a good idea to avoid planting closely related crops in the same area as diseases may be shared among them. For example, tomatoes, potatoes, pepper and eggplant are closely related. Also, broccoli, cauliflower, cabbage and brussels sprouts share many characteristics in common. Therefore, do not plant cabbage where broccoli was the previous year or tomatoes where the peppers were.

Now is the time to make a sketch of your garden so that the layout is ready for next year. (Ward Upham)
**Prediabetes**

We know that early detection is important and/or helpful with any health issue. A simple blood test can give a blood sugar (blood glucose) level to determine if someone has diabetes or prediabetes. Finding the disease while in the “pre” stages provides an opportunity to delay or prevent development of diabetes and diabetes complications.

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**Practice these healthy habits:**

1. At least 150 min/week of moderately intense exercise (ex: brisk walking)

2. Eat fiber-rich foods, fruits and veggies and reduce consumption of saturated fat (read labels!)

3. Maintain a healthy body weight—see the chart below as a guide. If you are 5’7”, set a longer term goal for under 158 lbs for example (set short term goals of 1-2 lbs/week to get you there)

4. Get a well-check with your doctor once per year

This is all easier said than done for many, but remember your health is your greatest wealth.

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**ARE YOU AT RISK FOR TYPE 2 DIABETES?**

**Diabetes Risk Test**

<table>
<thead>
<tr>
<th>How old are you?</th>
<th>Write your score in the box.</th>
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<tbody>
<tr>
<td>Less than 40 years (0 points)</td>
<td></td>
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<tr>
<td>40–49 years (1 point)</td>
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<tr>
<td>50–59 years (2 points)</td>
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<tr>
<td>60 years or older (3 points)</td>
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<tr>
<th>Are you a man or a woman?</th>
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<tbody>
<tr>
<td>Man (1 point)</td>
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<tr>
<td>Woman (0 points)</td>
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<thead>
<tr>
<th>If you are a woman, have you ever been diagnosed with gestational diabetes?</th>
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<tbody>
<tr>
<td>Yes (1 point)</td>
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<tr>
<td>No (0 points)</td>
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<tr>
<th>Do you have a mother, father, sister, or brother with diabetes?</th>
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<td>Yes (1 point)</td>
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<tr>
<td>No (0 points)</td>
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<tr>
<th>Have you ever been diagnosed with high blood pressure?</th>
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<td>Yes (1 point)</td>
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<tr>
<td>No (0 points)</td>
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<th>Are you physically active?</th>
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<td>Yes (0 points)</td>
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<tr>
<td>No (1 point)</td>
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<table>
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<tr>
<th>What is your weight status? (see chart at right)</th>
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If you scored 5 or higher: You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics, Latinos, American Indians, and Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

For more information, visit us at diabetes.org/alert or call 1-800-DIABETES (1-800-342-2383)
Medicare Part D Help

In collaboration with the Marion County Department on Aging, here are a few more dates in the county where FREE help is available:

- Oct. 24—Hillsboro
- Oct. 31—Goessel
- Nov. 3—Hillsboro
- Nov. 15—Goessel
- Nov. 16—Peabody

Please call the Dept. on Aging at 620-382-3580 for more info on these dates.

Appointments are available too at either KSU Extension Marion County or at the Dept. on Aging.

The picture above is of a poster found in a high school hallway last school year. It provides food for thought, on many levels. Besides showing the cost of tuition, it also shows, with some quick math, what potentially a student would need to borrow, assuming no savings/grants/scholarships...therefore acquiring debt, that must be paid back.
Congratulations to the new 4-H Council Officers:

President — Addie Berens
Vice-President — Morgan Gaines
Secretary — Callyan Lacio
Treasurer — Cassie Meyer

Online enrollment system opened up for the new year on October 1st. 4-H’ers can re-enroll and new members can enroll also.

Go to: https://ks.4honline.com

If you are re-enrolling, login to 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 also.

48 Hours of 4-H Service
October 9—2-5 p.m.
Marion City Park
We will be cleaning up the walking trail area in the park. Bring gloves and wear sturdy shoes. At 5 p.m. we will stop and have a potluck meal. We will provide meat and drinks. Please bring a side dish and your own cup/tableware. Please

RVSP to the Extension Office by October 7. Join us in seeing how much we can give back to our community!

Project Changes:
Space Tech GIS/GPS project will no longer be a specific project. If 4-Her’s are interested, they may enroll as self-determined. HOWEVER, unmanned aerial systems (UAS), will be a new project this year.

County-wide project leaders are available for electricity, rocketry, wildlife, constructed clothing, dog, shooting sports—if you want to try a new project and need some help, let us know!
Cloverblock Workshop
Exploring 4-H Projects

A collaboration of Dickinson, Marion, and McPherson Counties and Central Kansas District.

Join us for education, fellowship and fun as we explore more about numerous 4-H projects!

What: A morning with 4-H friends exploring 4-H projects through fun, hands-on activity sessions!

Who: 4-H Members and prospective 4-H members in grades 1 through 5 are encouraged to attend with a parent or guardian.

When: Saturday, October 29, from 8:45 a.m. - 12:00 p.m.

Where: Smoky Valley High School (1 Viking Blvd) in Lindsborg.

Cost: $10 per youth participant.

Registration: Register online at http://tinyurl.com/4HWorkshop then return registration confirmation and $10 to your Extension Office by Monday, October 17, 5 p.m.

Youth will choose 5 breakout sessions during registration!

Project choices include:

- Cats & Hand Pets
- Clothing Construction/Buymanship/Fashion Revue
- Dog
- Electricity
- Entomology
- Foods & Nutrition
- Horticulture
- Leadership
- Photography
- Self-Determined: CO2 Cars
- Space Tech: GPS / GIS
- Space Tech: Robotics
- Space Tech: Rocketry
- Visual Arts

Great Job—All State Fair Participants!!

Thanks for taking the time during a busy time of the year to take your eligible entries to the State Fair. You did a great job of representing Marion County.
Upcoming Events:

October 2-8  National 4-H Week

October 9   48 Hours of 4-H Service Event, Marion—2pm

October 12  Know the 10 Signs of Alzheimer's, Marion—Please RSVP

October 24  Medicare Part D Counseling—Hillsboro

October 31  Medicare Part D Counseling—Goessel