

# Lyon County

K-State Research and Extension News

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*Knowledge  
for Life*

**October &  
November, 2017**

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## Extension Council Elections

**October 11th**

**7:30 a.m. to 5:30 p.m.**

**Lyon County Extension Office**

Every year Lyon County residents have the chance to elect representatives to guide the programming for Lyon County Extension. Residents are asked to vote for three candidates from each of the four programming areas – Ag and Natural Resources, 4-H and Youth Development, Community Development/Horticulture, and Family and Consumer Science. The 12 residents elected will serve a two-year term and join the current Extension Council members to comprise the full 24 member Extension Council. These 24 members will meet at the annual meeting to elect the 2018 Executive Board to guide the overall programming and function for K-State Research and Extension – Lyon County.

Candidates are:

Agriculture and Natural  
Resources:

Kiley DeDonder, Admire, KS  
Lisa Fuller, Emporia, KS  
Joel Hanson, Emporia, KS

Family Consumer  
Sciences:

Judith Putman, Emporia, KS  
Amanda Gutierrez, Emporia, KS  
Shelley Hansley, Emporia, KS

4-H Youth Development:

Shawna Moyer, Emporia, KS  
Joseph Smith, Emporia, KS  
Janet Harrouff, Emporia, KS

Community Development:

Carolyn Turney, Emporia, KS  
Jessica Hopkins, Emporia, KS  
A. E. "Gene" Huston, Americus, KS



# The Clover Connection



**Congratulations to all Kansas State Fair exhibitors! Exhibits are at the Extension Office and are ready to be picked up.**

Lyon County was well represented at the 2017 Kansas State Fair. Please be sure you've picked up your state fair items from the Extension Office. We are proud of the outstanding projects Lyon County youth exhibited at the fair. Check out the results at [www.Kansas4-H.org](http://www.Kansas4-H.org).

## **2017 Lyon County Fair Tentative Dates**

There are a number of important changes to be expected. It may seem like an early notice, but be sure to mark your calendars with the 2018 Lyon County Fair Aug. 2-11, 2018. At this time I can **tentatively** confirm the dates of the 4-H activities and display times at the fair. We will likely kick off fair judging with the Dog Show on July 27; the Fashion Revue, various project judging on July 28; followed by the Horse Show and Hand Pet Show on July 29. The Foods, Horticulture and other various projects not being judged the first weekend will all be judged on Thursday, Aug. 2. The livestock will come to the Fairgrounds on Friday Aug. 3 with shows and various 4-H events through Aug. 7. The Shooting Sports Awards will be presented in the Show Barn Arena at approximately 7:30 p.m. The Anderson Building will be cleared on Aug. 9. This is my **best guess for the 2018 schedule** for those who need to schedule vacations, but this could change.

## **Achievement Celebration**

The 2017 Lyon County Achievement Celebration will be hosted Sunday, November 5 at the Bowyer Building. We will begin with the awards presentation at 3 p.m. followed by food and fun for all in attendance. The committee is working hard to make sure it's a fun change of pace for all who want to attend. Special prizes including various gift cards and an iPad mini will be awarded to those lucky winners in attendance.

## **County-wide Foods and Nutrition Meeting**

Arlene Roberts is hosting the first foods and nutrition county-wide project meeting on Nov. 4 from 9 a.m. to

noon at the Extension Office. Please RSVP by Nov. 1 to reserve your spot at 341-3220.

Mark your calendar for additional county-wide foods and nutrition meetings planned for:

- December 2
- January 20
- February 10

## **Record Book Judging**

Lyon County participates in a three-county exchange for record book judging. This year Lyon County will be judging Reno County record books. We will be judging them at the Extension Office Meeting Room Oct. 10 starting at 5:00 p.m., and we will need to stay until we are finished. There will be a meal provided. Each club is *required* to have *at least* three adults here to judge. We will have a lot of books to judge, so we will need plenty of people to help. We would also encourage any youth over age 14 to come to help judge as well. This would be a great learning opportunity for your own record books! Please contact the Extension Office by Oct. 6 with the names of your club members who will be here to help provide a head count for food.

## **4-H Council**

The October Council Meeting is scheduled for Monday, Oct. 2 at 7:00 p.m. in the Extension Office Meeting Room. Elections will take place, so please have club representatives present. The Nov. 6 4-H Council meeting starts at 6:30 p.m. at the Anderson Building so Officer Training may begin promptly following at 7:00 p.m.

## **4-H Shooting Sports Enrollment Deadline**

Don't miss the Shooting Sports winter enrollment deadline of Nov. 1. Any young person wanting to participate in the winter disciplines including BB gun, air rifle and air pistol must be enrolled in Lyon County 4-H and the respective discipline by Nov. 1. In addition to proper enrollment, 4-Hers must participate in a safety meeting for each discipline. The first BB gun safety meeting is scheduled for 2 p.m. at the Extension Office on Nov. 5 (just prior to the Achievement Celebration) or

another one is scheduled Nov. 7 at 6 p.m. at the Extension Office. You must attend one of the meetings to participate.

### **Rawhide Wranglers**

The Rawhide Wranglers 4-H Horse Club will meet Nov. 28 at 6 p.m. at the Extension Office Meeting Room. Even if you don't have a horse but are interested in the horse project, I encourage you to attend. There are many opportunities to help the county-wide club and participate in learning activities even if you do not own a horse. Rawhide Wranglers will also meet Jan. 23, March 27 and May 22 at the Extension Office meeting room and will host clinics during spring and summer. Call the Extension Office if you want more information or ideas about getting your youth involved.

### **Find Us on Facebook**

Do you want timely updates and reminders about 4-H deadlines and other opportunities provided by K-State Research and Extension, Lyon County? If you haven't already, be sure to like K-State Research and Extension — Lyon County on Facebook.

### **National 4-H Week**

National 4-H Week is October 1-7, 2017. Clubs are encouraged to inform their communities about 4-H during this week. 4-H members should be prepared to discuss contests, presentations, displays and other ways to promote 4-H during National 4-H week. If your club wants ideas for activities during National 4-H Week, contact the Extension Office. Hopefully, we can use the week to promote the 4-H program to the best of our ability.

### **Online 4-H Enrollment Process and \$15 Program Fee**

Enrollment for the 2017-2018 4-H year will again be online, but will not begin until October 2. The sooner you get your 4-Hers enrolled the sooner you will be receiving accurate information regarding project meetings and various project related information. Returning 4-H members may be re-enrolled with the original account created for last year's enrollment. It's important that each family enroll their own 4-H members with a valid email address so that we can continue to improve the communications with our 4-H families. In addition to enrollment/re-enrollment online, a 4-H Participation Form is required. This form is part of the online

enrollment process. It's important the Participation Form information is accurately completed.

New this year, a \$15 Kansas 4-H program fee is an annual requirement for each 4-H member, and must be paid online during enrollment. It will not be collected by the local Lyon County Extension Office so please be prepared with a credit or debit card number or prepared to mail a check to the Kansas 4-H Office in Manhattan. Some clubs have decided to pay the fee for members who meet requirements. Be sure to follow the proper process and indicate a sponsor is paying your fee if you are one of these 4-Hers. 4-H Cloverbuds ages 5 and 6 do not pay the \$15 Kansas 4-H program fee. There will be documents available on [www.lyon.ksu.edu](http://www.lyon.ksu.edu) to help walk you through the online enrollment and program fee process.

### **4-H Sunday**

We have celebrated 4-H Sunday as a county for the last four years. This year, 4-H clubs are encouraged to select a regular church service to attend as a club as we will not be hosting a county-wide event. 4-H Sunday is "one Sunday during the year set aside to highlight the heart 'H' and the spiritual side of 4-H work. 4-H strives for fourfold development – spiritual, mental, physical and social. Spiritual growth is enhanced as young people take their place in the church and put its teachings into place in everyday living."

### **48 Hours of 4-H**

Join thousands of 4-Hers and volunteers across Kansas for 48 Hours of 4-H October 7 and 8, 2017. Kansas 4-Hers are encouraged to set up service projects in their local communities to showcase the positive impact 4-Hers can make in just one weekend. Be sure to visit the state 4-H website to find forms to document your service and contribute to the statewide event. Check out <http://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/index.html> for more information.



### **4-H Officer Training**

Officer Training will be held on Monday, November 6, 2017 at the Anderson Building beginning at 7:00 p.m. The training will follow the 4-H Council Meeting. All club officers are strongly encouraged to attend.



## **4-H Age and Cloverbuds**

With the new 4-H year coming up, Lyon County would like to see some new 4-Hers. As you are recruiting friends and neighbors, be sure to mention the age requirements.

- Individuals may officially enroll on his/her 7<sup>th</sup> birthday and after, **but not before**.
- **To participate in the 2018 Lyon County Fair, the 4-Her must be 7 before January 1, 2018.**
- Youth who turn 19 before January 1, 2018 cannot re-enroll in 4-H for the 2017-2018 4-H year.

If you know a youth who is itching to join 4-H but is not quite old enough, the Lyon County 4-H Cloverbuds program is a great option. Cloverbuds is for youth ages 5 and 6 and is currently a county-wide club. Youth can join when they turn 5, but they should be 5 before Jan. 1, 2018, to enroll in the 2017-2018 Cloverbud year. Cloverbuds meet the third Tuesday of each month, and the next meeting is Oct. 17.

## **2018 Calendar**

Work has begun on the 2018 4-H Calendar. If countywide project leaders have any regularly scheduled meetings or special meetings scheduled that you would like to have on the calendar, please inform the Extension Office by Friday, Nov. 3. This excludes regularly scheduled 4-H club meetings.

## **Lyon County 4-H Alumni**

The Lyon County 4-H Alumni and Friends would love for former 4-Hers to join the organization by paying annual dues of \$10. This organization helps to ensure Lyon County 4-Hers have financial support to attend national events such as state project award winners who earn the right to attend the National 4-H Congress in Atlanta, Georgia, each November. Lyon County has had several winners the last few years as well as a national judging team to help fund. If you want to give your money to an organization that is here for Lyon County 4-H youth, please contact Barbara Burum at (620) 443-5790 in the evenings or weekends.

## **Club Project Leader List**

Community Club Leaders should have received a form to list the project leaders for your club. Please be sure to list your teen leaders and officers on this list as well.

## **Kansas Youth Leadership Forum**

The Kansas Youth Leadership Forum is November 17-19, 2017 at Rock Springs 4-H Center. The Forum is for youth

ages 14-18. Registration will be available on the State website.

## **Club Financial Reviews due Nov. 15!**

All 4-H clubs, including county-wide project clubs like shooting sports and Rawhide Wranglers, will be required to submit Financial Reviews for the 2016-2017 4-H year which is from October 2016 through September 2017. They are due by Nov. 15 to the Extension Office.

## **Volunteer Training Opportunities**

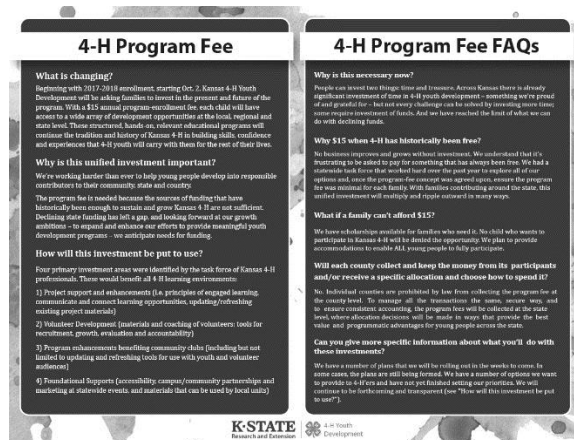
If you are a 4-H volunteer or would like to become more active in volunteering with 4-H youth, a few training opportunities are coming up. These trainings will be at the Lyon County Extension Office meeting room and hosted by National 4-H. Please RSVP to the Extension Office if you would like to attend. You do not have to attend all the sessions.

October 5, 2017 – 6:00-7:30 p.m. Cultivating an Environment for Growing True Leaders. Creating an environment where 4-H members feel safe as they grow and develop leadership skills means having volunteers who understand the basics of positive youth development. This session will feature ideas and activities that help foster life skill development by focusing on strategies for more effective club interactions. Participants will learn about the Essential Elements of 4-H and the 5 C's of positive youth development and good club management.

November 2, 2017 – 6:00-7:30 p.m. “STEM”ming into Animal Science, Growing True Leaders. Build on the roots of 4-H as we STEM our way into agriculture and animal science for experienced and new 4-H'ers. Gain resources to incorporate Science, Technology, Engineering, and Math (STEM) leaders through traditional animal sciences project areas in communities. Volunteers will gain ideas for planning and organizing fun, educational sessions for youth.

December 7, 2017 – 6:00-7:30 p.m. Helping 4-H'ers Grow in Life & Work. In 4-H, all youth can explore their future. Club meetings, events, camps, and after-school programs are places to develop life skills and expand their interests through 4-H. During this session volunteers will share ideas, receive resources, and see a variety of successful programs that help youth focus on life-long learning, workforce readiness, and career exploration. Caring adults can help all young people make decisions and create their own positive future.

**The State 4-H Office has provided information about the state program fee and created a brochure to share with 4-H families. Following is the copy from this brochure. If you have any questions, please don't hesitate to give me a call.**



## What is changing?

Beginning with 2017-2018 enrollment, starting Oct. 2, Kansas 4-H Youth Development will be asking families to invest in the present and future of the program. With a \$15 annual program-enrollment fee, each child will have access to a wide array of development opportunities at the local, regional and state level. These structured, hands-on, relevant educational programs will continue the tradition and history of Kansas 4-H in building skills, confidence and experiences that 4-H youth will carry with them for the rest of their lives.

## Why is this unified investment important?

We're working harder than ever to help young people develop into responsible contributors to their community, state and country. The program fee is needed because the sources of funding that have historically been enough to sustain and grow Kansas 4-H are not sufficient. Declining state funding has left a gap, and looking forward at our growth ambitions – to expand and enhance our efforts to provide meaningful youth development programs – we anticipate needs for funding.

## How will this investment be put to use?

Four primary investment areas were identified by the task force of Kansas 4-H professionals. These would benefit all 4-H learning environments:

- 1) Project support and enhancements (i.e. principles of engaged learning, communicate and connect learning opportunities, updating/refreshing existing project materials)
- 2) Volunteer Development (materials and coaching of volunteers; tools for recruitment, growth, evaluation and accountability)

- 3) Program enhancements benefiting community clubs (including but not limited to updating and refreshing tools for use with youth and volunteer audiences)
- 4) Foundational Supports (accessibility, campus/community partnerships and marketing at statewide events, and materials that can be used by local units)

## Why is this necessary now?

People can invest two things: time and treasure. Across Kansas there is already significant investment of time in 4-H youth development – something we're proud of and grateful for – but not every challenge can be solved by investing more time; some require investment of funds. And we have reached the limit of what we can do with declining funds.

## Why \$15 when 4-H has historically been free?

No business improves and grows without investment. We understand that it's frustrating to be asked to pay for something that has always been free. We had a statewide task force that worked hard over the past year to explore all of our options and, once the program-fee concept was agreed upon, ensure the program fee was minimal for each family. With families contributing around the state, this unified investment will multiply and ripple outward in many ways.

## What if a family can't afford \$15?

We have scholarships available for families who need it. No child who wants to participate in Kansas 4-H will be denied the opportunity. We plan to provide accommodations to enable ALL young people to fully participate.

## Will each county collect and keep the money from its participants and/or receive a specific allocation and choose how to spend it?

No. Individual counties are prohibited by law from collecting the program fee at the county level. To manage all the transactions the same, secure way, and to ensure consistent accounting, the program fees will be collected at the state level, where allocation decisions will be made in ways that provide the best value and programmatic advantages for young people across the state.

## Can you give more specific information about what you'll do with these investments?

We have a number of plans that we will be rolling out in the weeks to come. In some cases, the plans are still being formed. We have a number of options we want to provide to 4-H'ers and have not yet finished setting our priorities. We will continue to be forthcoming and transparent (see "How will this investment be put to use?").



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## *Agriculture and Natural Resources*

October-November 2017

### **Feedlot Field Day**

Jaret and Shawna Moyer focus on growing light cattle using a combination of Flint Hills pastures and a backgrounding facility. The facility features grass buffers downslope of the pens to slow and absorb drainage from the confinement area. Their program incorporates small traps of cover crops for non-confined feeding, and features a state of the art processing facility.

At 2:00 on October 3, the Feedlot Field Day will focus on pen placement, cleaning schedule, and management of grass buffers downslope of pens. Additional topics include non-confined feeding and cover crop use, as well as USDA programs that assist cattle feeders, and safe effective cattle handling techniques using Bud Box facilities. A beef meal will conclude the afternoon.

Jaret and Shawna have been gracious enough to open up their facility to visitors, as well as share some of the things that have worked well for them or maybe they would prefer to change. Make your reservations for the evening meal by September 28 by contacting the Lyon County Extension Office, 620-341-3220 or email [brees@ksu.edu](mailto:brees@ksu.edu).

### **Harvest Time is Here!!**

With fall comes harvest – quite a bit of corn has already been harvested locally and the beans have been changing rapidly and will also be ready soon. PLEASE be aware of large, slow-moving farm equipment on the roads. This equipment does not stop or turn as quickly as our cars or pickups, and occasionally operators do not have the ability to see you near them. Most of the large equipment is traveling a short distance and the few seconds or minutes you might save are not normally worth the risk of passing in an unsafe manner. It is important to be courteous and observe the traffic laws!

The days get longer (and daylight shorter) as harvest progresses, leading to tired producers and employees operating equipment for very long hours. Getting out for a couple of minutes is a good idea for both the operator and the equipment. Take a walk around the equipment, get some circulation back to your body, and check for debris buildup or hot spots on the equipment. A little visual inspection can save a lot of money not only in potential damage but also in lost time spent on equipment repairs. Let's have a safe harvest this year!

### **Test, Test, Test...**

I try to bring this up multiple times a year, but fall is a very good time to test – both soils and forages – to help monitor your costs and at the same time improve your productivity. You really need to know what you have to determine what or how much you need to change!

With harvest progressing and the welcome and needed rainfall in mid-September, we should have excellent conditions for collecting soil samples. I always preferred to sample following soybeans – it was easier on me and the equipment – but regardless of what crop you have harvested I would encourage you to be consistent in your sampling so you can track how the values may change over time, with varying production and fertilization.

A good consistent soil sampling program is one of the few ways to know if you are getting all you can from your fertilizer dollars, or if you need to spend more in some areas and less in others. And you may be able to take advantage of any good fertilizer pricing or application opportunities that arise this fall. And you can also allow for any additional plant nutrition needs for other crops that you may not have accounted for – say for like a cover crop you may be grazing???

AND – grazing leads to a discussion of nutritional needs for livestock. Now – if you haven't already done so – is also a good time to get your forage supply tested so you know how much you will need to supplement your livestock this winter. Of course, supplementation will be dependent on the type of livestock as well as the stage in their life and body condition, but knowing what you have will help determine how much to supplement.

Even though feed ingredients seem to be less expensive this year than last, it is that much more imperative to get all you can from your feeding program. Test your forage NOW to plan for your winter supplementation.

### **USDA FSA Youth Loans**

The U.S. Department of Agriculture's Farm Service Agency (FSA) makes operating loans of up to \$5,000 to eligible individual youths ages 10 to 20 to finance income-producing, agriculture-related projects. Get more information on this youth opportunity by contacting the Lyon-Chase FSA Office at 620-343-2812 or in Emporia at 3020 W 18<sup>th</sup> Avenue.

## **Stressful Times in Agriculture**

IF the economists are right – and they’ve been talking this way for almost two years now – the ag economy is headed for a pretty steep downturn, even worse than where it currently is sitting. We are starting to see some indications of that locally, but other areas of the state have already been hit much harder and anticipate even tighter times ahead.

In this area, we may be a little more conservative overall than in other areas of the state. Even though real estate prices went up substantially in recent years when commodity prices were MUCH higher and interest rates were still VERY low, much of the land here that sold was purchased with cash or a minimal amount of borrowed money. For a few years, whether it was in crops or livestock, it seemed that everything worked well and made money.

Well, those times have left and now we are being faced with a strong reality check. Many younger producers are facing stressful times for the first time in their career. Just because you want to do this, or your school buddies can do some “fun” things, doesn’t mean that it’s necessarily a good thing for you to do with the income from your operation. And just because you raised a crop – grain or livestock – and have a crop to sell doesn’t mean it will cover the expenses for the year.

This is part of the reason I mentioned testing on the previous page. I believe the old saying is “You can’t manage what you can’t (or don’t) measure”, and especially as times get tighter it becomes even more important to get all you can from your input dollars and spend them where they have the highest potential return.

To help plan for this, whether you are currently in a stressful situation, want to get a better handle on your situation, or want to try to do a better job planning to avoid getting into a stressful business situation, K-State Research and Extension and the Department of Agricultural Economics at K-State will be hosting four sessions across the state this winter, one of which will be here in Emporia on January 11, 2018.

“Farming for the Future” is a program focusing on outlooks for the farm economy and farm financial planning in uncertain times. We are currently in the middle of one of the biggest downturns in agriculture in history, with many parallels to the 1980’s. Now is the time to plan not only for short-term viability, but also for the long-term growth and sustainability of the operation.

The program will offer many sessions to help plan for the coming years. Understanding input costs and price forecasts will assist in making equipment purchase decisions, land rental arrangements, cattle and grain marketing plans, and much more. How to manage farm financial information during the tight economic times will also be discussed.

One of the most important aspects of the program will be the opportunity at the end to sign up to work one-on-one (see info below!!) with a K-State Farm Analyst to help prepare your data, and hopefully offer some insight into ways to sustain and possibly even grow your operation.

The program will start with sign-in at 8:30 on January 11, 2018 at the Anderson Building on the Lyon County Fairgrounds, with the first presentation starting at 9:00. Lunch will be included although there might be a slight charge to cover the cost. We should be wrapped up by 3:30 in the afternoon.

This may seem WAY early, but pre-registration is requested by January 5, 2018. We are expecting a good crowd from across eastern Kansas, and look forward to sharing some very good information.

As a follow-up to this program, five Farm Financial Workshops are being scheduled across the state. These workshops will provide the opportunity for an individual appointment with a K-State Farm Analyst to evaluate your farm’s financial performance and provide insight and planning for the future.

The dates selected for the Emporia Workshop sessions are February 12<sup>th</sup> and 13<sup>th</sup>. There will be a charge for this service, as the plan is to allow for up to 4 hours for the analysis and discussion. There will be a requirement for pre-registration for this as well, since a determination will need to be made regarding how many Analysts will be needed, and data will need to be collected and put into the software prior to starting the appointment.

Watch for final details coming in the December-January newsletter. Again, these sessions should be very informative and especially beneficial as you plan for your future in agriculture!

## **Cover Crop Seed Cost Share**

A limited amount of funding is available to support cover crop use in targeted areas in the Eagle Creek and Neosho Headwaters WRAPS targeted areas. Contact Dan Haines at (785) 221-9345 for details and to apply.

## High Tunnel Workshop

Are you a gardener or farmer considering installing a high tunnel on your property? If you've ever been curious about the how-to's of purchasing, installing and growing in a high tunnel, the Emporia Farmers Market and K-State Research and Extension – Lyon County invite you to the High Tunnel Workshop on Tuesday, October 3 from 6-7:30pm at the Lyon County Extension Office.

Market vendor John Conway will discuss construction, best practices and growing advice. Information regarding available grant funding through the Natural Resources Conservation Service will also be provided. The class will conclude on Thursday, October 5 with an optional tour of Our Seven Acres high tunnel near Madison. Our Seven Acres has two high tunnels on their property, and utilized NRCS funding for the most recent construction.

Cost is \$5 and pre-registration is required. Call 620-343-6555 or email [emporiafm@gmail.com](mailto:emporiafm@gmail.com) to RSVP.

## Winterizing Garden Hand Tools

As fall continues and we get closer to the end of gardening season, it is a good idea to prepare your tools for the winter. Many garden tools such as garden hoes and shovels may have wooden handles that can deteriorate over time. Storing these tools in a protected location can help slow that process, but normal use will still expose the tools to the elements. At the end of the season it is a good time to clean up and protect the tools so they will last many years. Weathering can raise the grain of wood on handles, which can result in splinters. A light sanding can smooth any raised areas on wooden handles. Following the sanding with a light application of wood preservative like linseed oil or polyurethane will help protect the wood. Wipe off any excess after a few minutes as oil-based products can attract dirt.

Remove soil from metal surfaces. Use sandpaper or steel wool to remove any rust that may have formed. Now would also be a good time to sharpen any dull edges. A light coating of oil will help protect metal through the winter.

## Soil Testing

Before amending your soils or adding fertilizer prior to planting it is a good idea to have a soil test. A soil test helps us understand what the pH, phosphorus, and potassium levels are. If these levels are within recommended ranges for your crops, then we only recommend fertilizers with nitrogen. We will also inform you to be cautious on the amount of organic matter, peat moss and some other amendment you want to add to the soil as they can affect the pH level. The only element we normally do not test for is nitrogen. Nitrogen is easily leached out of the soil during watering or rain events. When giving soil recommendations we generally do recommend a nitrogen fertilizer.

Here are a few tips on collecting soil samples. If you follow these tips, then the results will be more representative of the overall area. When taking the samples, make sure that you are collecting soil to a depth of 8 to 12 inches. This is to give a more representative sample in the root zone. Take at least 10 samples from the area. Combine these samples in a clean bucket and mix them together. After mixing the samples together, select about a pint of soil and place it in a zip top container and bring it into the Extension Office to be sent off for testing. If you are doing more than one area, make sure to label your samples.

When you bring the samples into the office, you fill out a form that gives some background information about the garden plot, landscape bed or lawn to help with recommendations. Once results are received by the office, you will then receive the results with recommendations for your area.

## Keep Compost Pile Moist

This is the time of year when there are lots of materials available to compost. Remember that the compost needs to be kept moist so that the bacteria and fungi can break down the raw materials. Use a sprinkler to soak through the pile to the center. Allow the pile to drain. The goal is for the pile to remain moist; not waterlogged. Edges will dry out the quickest and may need a light sprinkling from time to time. If you are interested in composting but don't know how it is done, see our publication at the Lyon County Extension Office.



## Harvesting Sweet Potatoes

Sweet potatoes should be harvested no later than the first fall freeze because cold temperatures can damage the sensitive roots. However, you may want to harvest earlier if you prefer a smaller sweet potato. Test dig a hill to see if they are the size you want.

Sweet potatoes should be cured after being dug. The digging process often damages the tender skin, and curing helps these small wounds heal. Place the roots in a warm, humid location for 5 to 10 days immediately after digging. A location with a temperature around 85 to 90 degrees is ideal. A space heater can be used to heat a small room or other area. Raise the humidity by placing moist towels in the room. The curing process not only heals wounds but also helps convert starches to sugars. This process improves the texture and flavor of the roots.

Sweet potatoes should be stored above 55 degrees. Storage at temperatures below that injures the roots, shortens storage life and gives them an off flavor.

## Control Broadleaf Weeds in Lawns in Late October - Early November

Late October to early November is the most effective time to control broadleaf weeds in lawns. Dandelions usually produce a flush of new plants in late September, and the winter annual weeds henbit and chickweed should have germinated in October. These young plants are small and easily controlled with herbicides such as 2,4-D or combination products (Trimec, Weed-B-Gon, Weed-Out) that contain 2,4-D, MCPP and Dicamba. Even established dandelions are more easily controlled now than in the spring because they are actively moving materials from the top portion of the plant to the roots in the fall.

Herbicides will translocate to the roots as well and will kill the plant from the roots up. Choose a day that is 50 degrees or higher. The better the weed is growing; the more weed killer will be moved from the leaves to the roots. Cold temperatures will slow or stop this process.

Weed Free Zone (also sold under the name of Speed Zone) contains the three active ingredients mentioned above, plus carfentrazone. It will give a quicker response than the other products mentioned especially as temperatures approach 50 degrees.

## Fall Care of Peonies

Cut peony foliage back to the ground if this hasn't been done already. Compost or discard foliage. Fertilize peonies twice a year — in the spring shortly before new growth appears and then again in the fall after the plants have been cut back. A total of 1.5 to 2 ounces (3 to 4 tablespoons) of a 1-1-1 fertilizer such as a 10-10-10 or 13-13-13 per plant per application should be used. This amounts to 3 to 4 ounces of fertilizer per year. If a soil test reveals adequate levels of phosphorus and potassium, use a lawn fertilizer such as a 29-5-4, 27-3-3 or something similar, but cut the rate to 1/3 of the above rate. In other words, apply 1/2 to 3/4 ounce (1 to 1.5 tablespoons) per plant. The lawn fertilizer should not be a "weed and feed."

Never apply fertilizer directly on the center of the peony as the buds (eyes) may be damaged. Rather, place the fertilizer in a band from 8 to 18 inches from the center of the plant. Water the fertilizer in so the plant can take it up.

Winter protection of herbaceous peonies is only necessary the first winter after planting to prevent alternate freezing and thawing from lifting plants out of the soil. A couple of inches of mulch should be sufficient. Any organic material that does not mat down will work and should be applied after the ground freezes. Avoid using leaves that will mat together. Remove the covering before growth begins in the spring.

The less common tree peonies have woody stems like deciduous shrubs and should not be cut back to the ground or pruned in the fall. Collect the shed leaves and place in the compost pile this fall. Though tree peonies are hardy to Zone 4, they do benefit from a light mulching over winter. Also, it is recommended that tree peonies be fertilized during November to get the plants off to a good start next spring. It is best to take a soil test to see what nutrients are needed. If the soil needs phosphorus and potassium, use a complete fertilizer (such as 10-10-10, 9-9-6, etc.) at the rate of 2.5 pounds per 100 square feet. This would equal 1 rounded teaspoon per square foot.

If phosphorus and potassium are not needed, blood meal makes an excellent fertilizer. Apply at the rate of 2 pounds per 100 square feet or 1 teaspoon per square foot. Turf fertilizers such as a 27-3-3 or 30-3-3 also can be used but at the rate of 1 pound per 100 square feet or 1 teaspoon per 2 square feet.



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# Family & Consumer Sciences

## President's Council Dates

**(11:30 a.m.)**  
**October 6th**  
**November 3rd**  
**December 1st**

## SHICK

### (Senior Health Insurance Counselors of Kansas)

That is what SHICK stands for. Open Annual Enrollment Period for 2018 are from October 15 - December 7<sup>th</sup> 2017. There are several changes being made to drug plans this fall that will take effect next year. You should always review your Part D plan every year, just so you aren't surprised. I will be taking appointments starting October 17<sup>th</sup>. Please call ahead to schedule an appointment. Bring your Medicare Card and a list of your prescriptions with you to your appointment.

## Extension Election

The Extension Council Election will be Wednesday, October 11<sup>th</sup>, the office is open 7:30 to 5:30 the day of the elections. Absentee ballots will be available the week prior to the election if you are unavailable on October 11<sup>th</sup>. The Council is made of 24 members, six serving on one of four Program Development Committees (PDC): Agriculture, Family and Consumer Sciences, 4-H Youth Development and Community Development. The Program Development Committees provide guidance for Extension programming for the county.

## Senior Health Fair Wednesday October 18

*Anderson Building, Lyon County Fairgrounds*

### Doors open at 8:00 – 2:00

8:00 Registration and Vendor Booth Open

9:00-11:30 Blood Pressure Checks by the nursing students from Flint Hills Technical College

9:15 Education Session- Preparing for Final Transition

10:30 Education Session- coping with Reduced Hearing and Hearing Loss

11:45 Lunch with Entertainment- Catered by Olpe Chicken House

12:45 Keynote Address- Transition In Life- Jim Comer  
Comer Communications- Humorous, hilarious real life account of interacting with aging parents

1:45 Door Prizes Drawing/ Closing

## Fall Classes

Must have 10 participants pre-registered to hold classes.  
Register by calling the Extension Office at 341-3220.

### Barn Quilts (Make Your Own)

**Sunday Oct. 22<sup>nd</sup> Sign up by Monday Oct 16th**  
**Sunday Nov. 19<sup>th</sup> Sign up by Monday Nov. 13th**  
**Noon-6**

**Extension Office Garage**

**Cost \$35.00**

**Limit of 20 people**

**All supplies and snacks will be provided.**

**Please call the office to Reserve your spot.**

Barn quilts have become the rage across North America. The grassroots art phenomenon is soaring in popularity among rural residents anxious to display their family heritage and community pride. In turn, combing the countryside to view the quilts has become an addiction among tourists lured off the highway by trail maps guiding them to unique displays of Log Cabin, Ohio Star or other quilt designs.

“Painting a board to match a quilt square and then hanging it on a barn or other building is a simple idea that has turned into the largest public arts movement in history,” says Suzi Parron, author of the books *Barn Quilts and the American Quilt Trail Movement* and *Following the Barn Quilt Trail*.

***Watch for details for a unit tour in December (trying for Wednesday, December 13) to tour Fanestils, Radius, Sweet Granada, and Twin Rivers. I am still working on the cost and details. Call the office to reserve your spot if you are interested by Monday December 4<sup>th</sup>.***

## Turkey Time

It's that time of year when many of us start to think about cooking a turkey. The holidays are all rolling up on us and our turkey skills maybe a little rusty.



### Steps to follow before cooking a turkey:

Read labels carefully. Temperature labels show if the bird is fresh or frozen. If you plan to serve a fresh turkey, purchase it no more than two days before Thanksgiving.

Purchase two thermometers: a refrigerator thermometer to ensure the turkey is stored at 40 °F or slightly below and a food thermometer to make sure the cooked turkey reaches a safe 165 °F.

Thaw the turkey by using the microwave, the cold water method, or the refrigerator. The refrigerator method is USDA recommended.

### Steps to follow when cooking a turkey:

Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.

*Do not wash the turkey.* This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.

Keep raw turkey separated from all other foods at all times. To prevent cross-contamination.

Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm water and soap, or place them in a dishwasher.

Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.

### Steps to follow when consuming leftover Thanksgiving food:

Refrigerate leftovers within two hours to prevent bacteria from growing on the food.

Store leftovers in shallow pans or containers to decrease cooling time. This prevents the food from spending too much time at unsafe temperatures (between 40°F to 140°F).

Do not store stuffing inside a leftover turkey. Remove the stuffing from the turkey, and refrigerate the stuffing and the meat separately.

Avoid consuming leftovers that have been left in the refrigerator for longer than 3 or 4 days (next Tuesday to be exact). Use the freezer to store leftovers for longer periods of time.

Keep leftovers in a cooler with ice or frozen gel packs if the food is traveling home with a guest who lives more than two hours away.

## Baking Perfect Sweet Potatoes

Have you ever baked a sweet potato and it remains hard? Time and temperature are important. So try this method.

Wash and scrub the potato. Poke it with a fork or knife several times. Jump-start the baking in the microwave until the internal temperature reaches 200°F, about 6 to 9 minutes, flipping every 3 minutes. Then, place on a wire rack set in a rimmed baking sheet to allow air circulation. Bake at 425°F for one hour to finish cooking.

The finished potato should be creamy and flavorful. Enjoy! Source: Cook's Illustrated, September 2017



## Using Raw Sugar for Baking

Raw sugar is a trendy sweetener found in many specialty food stores. Examples include Demerara and turbinado sugar. They have a light molasses flavor and a larger crystal size. Can they be used in place of traditional granulated sugar in baked goods?

For wetter batters, such as cake batter, the moisture in the recipe can help dissolve the raw sugar to produce a good cake texture. For a dryer batter or dough, such as muffins, cookies and shortbread, the finished texture is poor. The low amount of moisture will not completely dissolve the large sugar crystals.

To use raw sugar in baked goods, grind the sugar until fine and powdery before adding to batters. This will help the sugar dissolve and improve results. Source: Cook's Illustrated, September 2017

## Return Service Requested

Check out our website at  
[www.lyon.ksu.edu](http://www.lyon.ksu.edu)

### October

01-07 Kansas & National 4-H Week  
02 Record Books & Award Applications due to Ext. Office  
02 4-H Ambassador Applications due  
02 Master Gardener Meeting, noon, EMR  
02 4-H Ambassador Meeting, 6 p.m., EMR  
02 4-H Council Meeting, 7 p.m., EMR  
03 Feedlot Field Day, 2 p.m., Moyer Farm  
03 High Tunnel Workshop, 6 p.m., EMR  
05 4-H Volunteer Training, 6 p.m., EMR  
06 FCS President's Council Meeting, 11:30 a.m., EMR  
7-8 48 Hours of 4-H  
09 Columbus Day – Extension Office Closed  
10 Judge Reno County KAP's, 5 p.m., EMR  
11 Extension Election, 7:30 a.m. – 5:30 p.m.  
15-12/7 Medicare Part D Enrollment  
15 Poultry Club Meeting, 1 p.m., EMR  
15 Hop To It Rabbit Club Meeting, 2 p.m., EMR  
17 Cloverbuds, 6 p.m., EMR  
18 Senior Health Fair, 8:30 a.m., AB  
21-22 4-H Dog Conference, Rock Springs 4-H Center  
22 Barn Quilt Class, noon, EG

### November

02 4-H Volunteer Training, 6 p.m., EMR  
03 FCS President's Council, 11:30 a.m., EMR  
04 Countywide Foods Meeting, 9 a.m., EMR  
05 Shooting Sports Safety Meeting, 2 p.m., EMR  
05 4-H Achievement Celebration, 3 p.m., BCB  
06 Master Gardeners Meeting, noon, EMR  
06 4-H Council, 6:30 p.m., AB  
06 4-H Officer Training, 7 p.m., AB  
07 Shooting Sports Safety Meeting, 6 p.m., EMR  
10 Veterans Day – Extension Office Closed  
15 4-H Club Financial Reviews due to Ext. Office  
17-19 Kansas Youth Leadership Forum, Rock Springs  
19 Barn Quilt Class, noon, EG  
19 Poultry Club, 1 p.m., EMR  
19 Hop To It Rabbit Club, 2 p.m., EMR  
21 Cloverbuds, 6 p.m., EMR  
23-24 Thanksgiving Holiday – Extension Office Closed  
28 Rawhide Wranglers, 6 p.m., EMR

AB = Anderson Building  
BCB = Bowyer Community Building  
EG = Extension Garage  
EMR = Extension Meeting Room