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Lyon County

K-State Research and Extension News

*Knowledge
for Life*

September 2017

Lyon County Extension Office

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Enjoy Your Extension Programs!!

As you look through the newsletter this month, make note of the educational opportunities that are offered within the community and area. Sometimes, we all need to be more diligent in taking advantage of the opportunities presented to us, learn what we can, and even volunteer to share our knowledge with others and experiences! If you are interested in serving or becoming more involved with Extension work, or helping guide the educational opportunities made available to the community, please consider serving on the Lyon County Extension Council.

The Extension Council is made of 24 members with six each serving on one of the four Program Development Committees (PDC's): Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community Development. The Program Development Committees provide guidance for Extension programming for the county.

In Lyon County, the Extension Council is elected in an at-large election. Extension Council members are elected to a 2-year term and may be re-elected once (total of four consecutive years) before they must sit out for one year. Twelve Extension Council members are elected or re-elected annually and represent one of the four Extension programming areas. All citizens of voting age are eligible to be candidates and vote in the at-large elections.

Please contact us by Friday, September 8, 2017 to let us know if you are interested in having your name on the ballot!

The 2017 Lyon County Extension Council Elections will be:

October 11, 2017

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

At the Lyon County Extension Office

2632 W Hwy 50, Emporia



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The Clover Connection



Congratulations on a successful 2017 Lyon County Fair.

A special *Thank You* to all 4-H'ers, parents, and volunteers who put in hours of dedication to make the Lyon County Fair a fun and enjoyable time for everyone!



Show Your Appreciation

Were you amazed at the number of people who attended the Friends of 4-H Picnic? All of those individuals have helped to make the 4-H program here in Lyon County a success. **It is important to let them know how much we appreciate them! Remember to write thank you notes for any awards you received at the county fair.** Leaders, please remind everyone in your club to send the proper thank you notes. It is also important to remember to thank these people throughout the year for any other awards or services that you may receive. We have lost sponsors and buyers in the past for lack of expressed appreciation; we don't want to see that continue to happen.

A good idea to show appreciation would be to bake something to drop by and present your thank you in person with a great homemade treat. Sponsors appreciate seeing our fine youth and give these awards because they believe in 4-H and know that it teaches youth generosity. So please be thankful for the great support they give our programs.

Coordinators and superintendents play vital roles in making the fair possible. They dedicate countless hours to help set up the fair, work with judges and organize our events. Please take note of those volunteers listed in your fair book who work in areas you were involved in and take time to send them a note of appreciation for their help. We

also want to remember to thank the Lyon County Fair Board members. They work hard year-round to make our fair possible, and I want to encourage you to send a personal thank you to these members.

4-H Council Representation

As we look to a new 4-H year, we would like to remind you of the importance of club attendance at 4-H Council meetings. Since the newsletter is an every other month publication, 4-H Council serves as a vital communication tool for the office to get information out to clubs. If your 4-H club does not have an adult and a 4-H member in attendance at the council meeting, you will miss important information and deadlines. 4-H Council has always been an important link between clubs and the Extension Office. It is the club leaders' responsibility to have representation at the council meetings from both adults and 4-H membership. As new officers are elected in your club, please make sure council representation is not overlooked. I look forward to having another great year.



Online 4-H Enrollment Process and State 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 should 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. 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 to help walk you through the online enrollment and program fee process.

4-H Sunday

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 this year. 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." Watch Facebook for more details. If you haven't "Liked" K-State Research and Extension – Lyon County on Facebook, find us now to keep up to date on information and reminders.

Achievement Celebration

The 2016-2017 Lyon County Achievement Celebration will be held on Sunday, Nov. 5, at the Bowyer Building on the fairgrounds. We will begin with the awards program at 3 p.m. followed by s'mores and fun festivities. The 4-H Council Committee in charge of the celebration is still working on details, so be watching for news from your club leader.

2017 Kansas State Fair

The 2017 Kansas State Fair will be Friday, September 8 through Sunday, September 17. Kansas State Fair entries (Clothing, Arts & Crafts, Photography, Rocketry, etc.) MUST be at the Extension Office by Thursday, September 7 at 5:00 p.m. If you would like to bring exhibits before that day, please do so. The Extension Office will be open at 7:30 a.m. on Friday, September 8 to accept ONLY Foods & Nutrition and Horticulture items. We will be leaving for Hutchinson at exactly 8:30 a.m. Any exhibits not at the office by 8:15 a.m. will not be taken to the State Fair.

4-H Council

4-H Council will meet on Tuesday, September 5, at 7 p.m. in the Extension Office Meeting Room. Please note that the meeting is on Tuesday, NOT Monday, due to the Labor Day holiday. The October Council Meeting will be held on Monday, October 2 at 7:00 p.m. in the Extension Office Meeting Room.

Ambassador Applications

Lyon County is looking for 4-H members who are interested in becoming county 4-H Ambassadors. The Ambassadors represent and promote the 4-H program throughout our community. Some of the programs and events Ambassadors have assisted with in the past include the Petting Zoo, Day Camp, Friends of 4-H Picnic, after School programming, and the county fair.



The Ambassador Program is a large time commitment for 4-H'ers and their families. Please take time to carefully consider the time commitment to the program and other requirements before applying. Through the Ambassador program, we hope to offer teenage youth important leadership opportunities by developing their communication and marketing skills. To apply, applicants must be currently in 9th grade but no older than 11th grade. If selected, an Ambassador serves a two-year term beginning at the Achievement Celebration of the year applying. We plan to continue the Junior Ambassador role, which allows 4-Hers who are currently in 8th grade apply. This is a one-year term.

Applications and reference forms are available at the Extension Office. They are due no later than 5 p.m. on October 2, 2017. No late applications will be accepted. Applications are also available on the county website at www.lyon.ksu.edu.

Once applications are reviewed, qualified applicants will be invited for a professional interview on Wed., Oct. 11, with time slots beginning at 6:30 p.m. Interviews will be scheduled every 15 minutes during the evening until all invited applicants are interviewed.

Lyon County 4-H Ambassadors meet monthly at 6:00 p.m. on the first Monday of the month. A training and orientation program is also mandatory and is scheduled in January. If you are interested in being an Ambassador, please be sure to commit to participating in these meetings.

For more information, contact the Extension Office, Shawna Moyer or Tracy Simmons, or a current Ambassador.

Records Books & Awards

Record Books and Special Awards applications are due in the Extension Office **by 5:00 p.m. on Monday, October 2 or your club leader may bring them to 4-H Council that evening.** Just as a reminder, *senior* record books **must** have a separate record book for each project. If you have questions about record books, please contact the Extension Office. Forms can be found at www.lyon.ksu.edu under the 4-H Youth Development tab or by visiting the Extension Office. Remember to fill out a Record Book Project Check List (see graphic) for each project that you complete a KAP.

In addition to the record books, other award forms that are due at this time are:

- | | |
|------------------------|------------|
| Friend of 4-H | 4-H Alumni |
| 4-H Family of the Year | I Dare You |

Clubs need to turn in their compiled record book award

CHECKLIST FOR EXCELLENCE IN A 4-H PROJECT ACHIEVEMENT AWARD	
<small>Leaders are to turn this checklist into the Extension Office along with the other award applications by September 1. Every 4-H member that turns in a record book should include this checklist. This checklist should include ONLY 4-H activities, NOT school activities.</small>	
<input type="checkbox"/> Junior: 7 - 8 years	Must answer "YES" to questions 1 through 5.
<input type="checkbox"/> Intermediate: 9 - 13 years	Must answer "YES" to questions 1 through 5 and "YES" to two of the remaining questions.
<input type="checkbox"/> Senior: 14 - 19 years	Must answer "YES" to questions 1 through 5 and "YES" to three of the remaining questions.
NAME: _____	AGE BY JANUARY 1 st : _____
PROJECT AREA: _____	
PARENT'S SIGNATURE: _____	DATE: _____
No. of countywide project meetings held this year: _____	No. attended: _____
No. of local/club project meetings held this year: _____	No. attended: _____
YES NO 1. Attended at least three project meetings/educational activities?	
	List: 1. _____
	2. _____
	3. _____
YES NO 2. Present at least one talk about the project? (i.e., County Club Day, Club/Project Meeting, Club Tour, etc.)	
	Where: _____
	Topic: _____
YES NO 3. Turn in a completed record book?	
YES NO 4. Attend at least one-half of your club's regularly scheduled meetings?	How many attended: _____
YES NO 5. Exhibit or participate at the Lyon County Fair? If no club, exhibit by notebook or poster? List exhibit: _____	
YES NO 6. Participate in a county, multi-county, or area 4-H event related to this project (judging, Club Days, Spring Show, etc.) List event: _____	
YES NO 7. Take part in a project tour or field trip? List event: _____	
YES NO 8. Serve as a Fair Junior Supporter? List fair division/project area: _____	
YES NO 9. Serve as an Assistant Project Leader in your club for respective project? List name of project leader you assisted: _____	
YES NO 10. Community Service/Citizenship related to this project? _____	
Leader's Initials: _____	

list of their members (County Project Achievement Awards – Junior, Intermediate and Senior divisions). Please include the award checklists. Club seals will also need to be turned in at this time. Historian, Reporter, Secretary and Treasurer books are also due.

Club leaders and project club leaders are

also good resources to help with record books. For younger or first-time 4-Hers, simplified records sheets can be utilized instead of the KAP application. Seniors who use the simplified form will not be considered for the county awards. If you have any questions don't hesitate to call the Extension Office.

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. The event will include speakers, workshops, consulting groups and election of the state 4-H Youth Council.

Any 4-H member between the ages of 14 and 18 by January 1, 2018 may apply to be a council member. The

duties of the Council include planning the next Youth Leadership Forum and other events, and may include assisting with State 4-H functions, working with 4-H public relations, and speaking at local achievement programs, forums, and other workshops or conferences. Applications for the State 4-H Youth Council are available on the State 4-H website.

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 www.kansas4-h.org for more information.

National 4-H Week

National 4-H Week will be 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, presentation, displays and other ways to promote 4-H during National 4-H week. Hopefully, we can use the week to promote the 4-H program to the best of our ability.

Selecting Projects

Another exciting 4-H year is about to begin. Members, parents, and volunteers should all be involved in the selection of projects. The goal is that they have quality, in-depth project experiences.

4-H projects and activities are perfect opportunities to help teach young people about making a decision and following through with commitments. Decide on a project limit and give them the power to decide what project(s) to enroll. It is the adult's role to make sure the projects selected are age appropriate and within the members individual abilities. When choosing a 4-H project or the number of 4-H projects, it is important to consider time commitments for school, extra curricular activities, work and social schedules.

4-H offers more than 30 project areas to develop mastery. Remember that you must be enrolled in the project to be able to exhibit an item in a project area. For instance, if you'd like to exhibit a Breeding Doe as well as a Market Meat Goat, be sure to enroll in both Market and Breeding projects. You will have until May 1 to add or drop projects, but it's wise to consider your interests early so work can begin at the start of the 4-H year. If you find you have an interest that isn't represented, I encourage you to consider a self-determined project. The self-determined project is also a good way to remain involved in 4-H

programming as you get older, even with busy schedules and other interests. Many interests and activities can be translated into 4-H project work that will allow youth to continue to develop leadership and life skills. While the self-determined project isn't just for older youth, I would encourage you to first familiarize yourself with some of the traditional project areas to gain knowledge and a feel for how 4-H projects are developed.

4-H Age

With the new 4-H year coming up, it's important to understand how 4-H age is determined.

- An individual may officially enroll on his/her 7th birthday and after, **but not before**.
- **To participate in the 2018 Lyon County Fair, the 4-H'er must be 7 before January 1, 2018.**
- Young people who turn 19 before January 1, 2018 cannot re-enroll in 4-H for the 2017 -2018 4-H year.

Lyon County 4-H Alumni Association

This group strives to gather former 4-H'ers, leaders and volunteers to support Lyon County 4-H. Alumni are an excellent resource for the 4-H program because they provide the expertise, ideas, and creativity needed to strengthen our program. The group also offers financial support to local 4-H'ers through scholarships and Extension support. Some activities include: Sponsoring the Kansas 4-H Journal for the 4-H families, providing an informational booth at the Lyon County Fair, and holding an annual meeting each year for fellowship and sharing memories. Any former 4-H member, community or project leaders, and supporters of the 4-H program are encouraged to join. If you are interested in becoming a part of this organization, or if you have more questions, please contact Barb Burum at (620) 443-5790.

Building Strong Clubs

The **first impression...**clubs have only one chance to make a first impression! Let's hope it's a positive impression. If new members don't feel comfortable with the club, they won't come back. Therefore, as we are getting ready to start the new 4-H year, we encourage your club to make a plan to be a welcoming environment where young people and adults feel accepted. Create a plan for welcoming new members. Some ideas include:

- Assign an adult volunteer or family to serve as the club's *New Family Coordinator* to greet guests and help them understand 4-H.
- During the club meeting, introduce guests and help them understand what is happening.
- After the meeting, follow up with a phone call or email thanking the guests for visiting. Offer to answer any questions they may have.

- If the guests become members, be available to explain and answer questions about 4-H.

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.

Leadership Weekend

The Kansas Youth Leadership Forum (KYLF) and the Kansas Volunteer Forum (KVF) will be hosted November 17-19, 2017 at Rock Springs 4-H Center. KYLF is for youth ages 14-18 before January 1, 2018 and KVF is for all Kansas 4-H Volunteers. KYLF will feature leadership workshops, Youth Council Elections, and opportunities to learn and have fun. The Kansas 4-H Volunteer forum will feature workshops and information to help volunteers be more effective. This year participants in both forums will register through the same system. Registration deadline is October 15 for both events at an early bird rate or before November 1 at the regular rate.

State Youth Council

The Kansas 4-H Youth Leadership Council (K4-HYLC) and Kansas 4-H'ers are looking for committed, enthusiastic members to serve on the 2018 Council. Twelve Council members (3 from each Extension area) are elected at the Kansas Youth Leadership Forum, November 17-19, 2017, at Rock Springs 4-H Center to serve Kansas 4-H for the 2018 year. Any Kansas 4-H member between the ages of 14 and 18 before January 1, 2018 may apply. The application process requires action by October 1 with references and online requirements. If interested, please touch base with the Extension Office.

4-H Dog Conference

The Kansas 4-H Dog Conference and Quiz Bowl will be October 21-22, 2017 at Rock Springs 4-H Center. It is open to all Kansas 4-H members, accompanying parents, volunteer 4-H leaders and KSRE staff. All youth must be chaperoned by a parent, volunteer 4-H leader or KSRE Staff member. The theme is "Dogs 'Я' Game." Registration will be through the CVent 4-H system with registration closing October 8. There is a \$25 cancellation fee once participants have registered on CVent. Cost is \$110 for full-time participants, \$65 for Saturday only and \$45 for Sunday only. The fee for full-time registration covers all educational sessions, speakers, dog presentations, quiz bowl, skill-a-thon, lunch, dinner and breakfast, breaks, and one night's lodging at Rock Springs 4-H Center. For more information, check out www.kansas4-H.org.



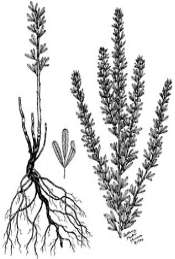
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Agriculture and Natural Resources

September 2017

Now is **STILL** the time to Control Sericea (is there ever a time NOT to??)



The summer rainfall has kept the pastures and rangeland green across much of the region. It has also enabled the sericea lespedeza to continue to grow and remain in a vegetative state, but by mid-August much of the sericea is flowering this year.

It is time to make the switch from a Triclopyr-based product (Remedy/PastureGard) to a product containing metsulfuron (Escort or generic).

The sericea really seems to have enjoyed this growing season, and it seems to be more visible this year as well. I have also noticed a lot of small sericea below the height of the grass – in addition to that visible above the grass – and hope we don't lose our tallgrass prairies to this invader. It just seems the slower growth of the native grasses earlier this spring worked to the advantage of the sericea.

As a reminder, sericea lespedeza is a shrubby, deciduous perennial about 2 to 5 feet tall and even though we are greener than normal for late August/early September sericea is once again one of the greenest plants in the pasture. Coarse stems are single or clustered with numerous branches. New growth each year comes from buds located on the stem bases or crown about 1 to 3 inches below ground. Stems and branches are densely leaved. Leaves are trifoliolate and attached by short petioles. Leaves are club- or wedge-shaped (wider at the tip than the base), 1/4 to 1 inch long and 1/16 to 1/4 inch wide. The leaf is round to flat at the top, with a conspicuous point at the tip. The lower leaf surface has silky hairs. Scale-like stipules are present on the stem.

Flowers are yellowish-white with purple to pink markings and appear from mid-July to early October. The flowers occur in clusters of 1 to 3 in the upper leaf axils and are 1/4 inch long, fused at the base. The tan to greenish seeds are 1/16 to 1/8 inch long.

In K-State Research studies, Triclopyr (Remedy) and triclopyr + fluroxypyr (PastureGard) have given excellent control of sericea lespedeza when applied in June and early July, sometimes into August and even early September. Metsulfuron products (Ally, Cimarron Plus, Escort XP, and generics) have given excellent control when applied in September. Sericea **has not**

been controlled with 2,4-D, and only minimal kill has been achieved with a mix of either 2,4-D + picloram (Tordon), or 2,4-D + dicamba. Always read and follow label instructions and cautions.

One other potential avenue to combat sericea that is getting some coverage is a late summer burn of rangeland. And yes, green grass will burn as many of my neighbors noted on August 25, 2017. Initial research results seem to indicate, as expected, a significant reduction in seed production. Burning also seems to reduce the vigor of sericea, and has appeared to reduce the area of heavy infestations in subsequent years. Older research shows we may expect up to a 30% reduction in production the year following. What we don't yet know is the impact on stocker gains the year following a fall burn, what the impact is on range plant composition of the area, and what happens if management goes back to a spring burn.

For more details on sericea lespedeza ID and control, see "Sericea Lespedeza: History, Characteristics, and Identification," K-State publication MF-2408 from the Extension Office or give me a call at 620-341-3220.

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, if they were to do it all over. Make plans to attend and get your reservations for the evening meal by contacting the Lyon County Extension Office, 620-341-3220 or email brees@ksu.edu.

Crop Scouting (mostly repeat from 16!)

If you haven't already been doing so, I would encourage you to be on the lookout for pests in your soybeans, alfalfa and grain sorghum. Many area producers sprayed soybeans in mid-late August and I am not convinced it was all necessary, as I think a lot of the spraying was for bean leaf beetle, but may have been for green cloverworms and yellow-striped armyworms, all of which are foliage feeders and rarely require control. Normally there are predators or diseases that do a very good job of controlling cloverworms before they do enough damage to justify insecticide application. Please note the image with percentage defoliation, courtesy of Iowa State University. The leaf at lower right, which most of us would think is terrible, has 70% of the leaf area remaining – **only 30% defoliation!** The KSU publication – MF743 Soybean Insect Management 2017 – also does a nice job with damage descriptions, thresholds and insecticides, and illustrates up to 50% feeding damage and defoliation.



There have been a few instances of soybean podworms (corn earworms, sorghum headworms) working on the soybean pods that justify an insecticide application. For the situations where there were no podworms present, I would **STRONGLY** encourage you to scout aggressively in the coming days to watch for the next generation of podworms that will develop without any predators to try to keep them in check. This is especially true with any late-planted or double crop soybeans.

For the grain sorghum producers in the county I have not seen any sugarcane aphids on sorghum in Lyon County yet, but there have been verified reports in Sedgwick County (Aug 16) and Kingman County (Aug 24). Be on the lookout and again check the thresholds prior to an insecticide application. Also, you may want to be watching for headworms in the sorghum (again, corn earworms or soybean podworms), although much of the sorghum may be getting past the point of being damaged by headworms. I haven't noticed any coloring yet, but some sorghum may not be far from it.

KSU Beef Stocker Field Day

Plan to attend the **2017 Beef Stocker Field Day** to be held **Thursday, September 21, 2017**, at the KSU Beef Stocker Unit in Manhattan. A copy of the program and registration information is at www.KSUbeef.org.

A great program begins at 10:15 (registration and coffee starts at 9:30) offering practical information and management tips to help achieve greater flexibility and optimize stocker operations in the evolving beef industry. The producer panel at 11:15 has a local flavor with producers from *this* area sharing their experiences. A barbecue brisket lunch will be served, and the day will end with an old-fashioned prairie oyster fry.

Pre-registration is requested with payment of \$25 per participant by September 15. Call or stop by the office, or visit www.KSUbeef.org for more information.

Eastern Kansas Grazing School

Beginning and experienced farmers and ranchers are invited to participate in the annual Eastern Kansas Grazing School at the Jackson County Fairgrounds in Holton on Sept. 13-14. The two-day management intensive grazing school is a hands-on learning experience to prepare participants to start their own rotational grazing system with forages adapted to eastern Kansas. A few years ago, Lyon County was host for this event.

Topics to be covered include the science behind grazing, graziers arithmetic, matching livestock and forage needs, pasture layout and design, grazing economics, and fencing and watering designs. Hands-on field exercises will be included. Speakers include experts from Kansas and Missouri NRCS, University of Missouri Extension, and K-State Research and Extension. The school is appropriate for beginning and experienced graziers with information applicable to anyone interested in intensifying their grazing management system or increasing their forage management knowledge.

The school will begin at 8 a.m. and end at 5 p.m. both days at the Jackson County Fairgrounds located at the NE Kansas Heritage Complex at 12200 214th Road in Holton. A \$60 registration fee covers meals and materials, and is limited to the first 35 farms to register. If a second family member registers, there is a \$30 charge. Registration for the school is due by Sept. 6. For more information and to receive a schedule and registration form, call 785-364-4125 or visit the website: www.meadowlark.ksu.edu.

Fertilize Spring-flowering Bulbs

October is the month that existing beds of spring-flowering bulbs such as daffodils and tulips are fertilized. If bulbs have been fertilized in the past, there is often plenty of phosphorus and potassium in the soil though it is best to take a soil test to be certain. 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 lbs. 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. It should be applied 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 can be used, but cut the rate by a third. If there is difficulty in determining exactly where the bulbs are planted due to the lack of foliage, fertilizing in the spring rather than the fall is acceptable. However, it is important that the plants are fertilized when the foliage first shows. Waiting until the bulbs are flowering is too late as the roots have already begun to shut down.

Farmers Market Education Series

The Emporia Farmers Market and K-State Research and Extension – Lyon County has recently partnered to bring horticulture learning opportunities to Lyon County and the surrounding area. These learning opportunities can range from classes/workshops to tours about gardening. Our goal is to continue offering the kind of classes that were previously offered through the Flint Hills Technical College's Community Connection under the Farmers Market Series.

Below is a list of some upcoming workshops and tours:

Farmers Market Vendor Bus Tour

September 21st 4:00 pm to 8:00 pm – Bus Farm Tour to Harold and Naomi Brenzikofer's/Wanda Myers and The Orchard owned by Bob and Elaine Karr. After the tour is completed at the Orchard, the bus will then head to Reading for dinner at the Miracle Café. The cost of the bus tour is \$5.00 which does not include the cost of dinner. All bus tours meet at the north end of the parking lot located on Merchant St. between 7th and 8th avenue.

High Tunnel Workshop

October 3rd 6:00 pm to 7:30 pm at the Lyon County Extension Office.

John Conway and Tracy Karcher will present information about constructing and growing in a high tunnel. This workshop also includes an optional high tunnel tour on October 5th. The cost is \$5.00 for this workshop.

These classes are made possible by the Emil Babinger Chartable Trust. For more information about these upcoming events or to register for the Bus Tour or the High Tunnel Workshop, please contact Jessica Hopkins, Emporia Farmers Market Manager at (620) 343-6555.

Adding Organic Materials Directly to the Garden

If your garden has come to an early end, consider adding organic materials directly to the soil rather than composting. Materials such as residue from a lawn renovation, rotted hay, or rotted silage can be added and then tilled in the soil. Coarser materials such as tree leaves or garden residue should be shredded. Using a lawn mower with a bag attachment to shred and collect these materials in one operation is acceptable.

Spread organic material to a depth of 3 inches and then till it in. Be sure the soil is not too wet before tilling. The material will decompose quickly during warmer weather. The process of added organic materials can be repeated every two weeks from now until late November to early December. Just know that the process may take longer later in the fall.

Organic matter helps improve most of our soils. Clay soils are improved by improving tilth, aeration and how quickly the soil takes up water. In sandy soils organic matter acts as a sponge by holding water and nutrients.

This is just one way to add organic material to your gardens. If your garden is still producing and you are unable to add organic materials directly you can always use compost as it will improve our soils in the same way.

Fall Lawn Seeding Tips

The keys to successful lawn seeding are proper rates, even dispersal, good seed to soil contact, and proper watering. Evenness is best achieved by carefully calibrating the seeder or by adjusting the seeder to a low setting and making several passes to ensure even distribution. Seeding a little on the heavy side with close overlapping is better than missing areas altogether, especially for the bunch-type tall fescue, which does not spread. Multiple seeder passes in opposite directions should help avoid this problem.

A more serious error in seeding is using the improper rate. For tall fescue, aim for 6 to 8 pounds of seed per 1,000 square feet for new areas and about half as much for overseeding or seeding areas in the shade. Using too much seed results in a lawn that is more prone to disease and stress damage. The best way to avoid such a mistake is to determine the square footage of the yard first, and then calculate the amount of seed. Using too little seed can also be detrimental and result in clumpy turf that is not as visually pleasing.

Establishing good seed to soil contact is essential for good germination rates. Slit seeders achieve good contact at the time of seeding by dropping seed directly behind the blade that slices a furrow into the soil. Packing wheels then follow to close the furrow. The same result can be accomplished by using a verticut before broadcasting the seed, and then verticutting a second time.

Core aerators can also be used to seed grass. Go over an area at least three times in different directions, and then broadcast the seed. Germination will occur in the aeration holes. Because those holes stay moister than a traditional seedbed, this method requires less watering. If seeding worked soil, use light hand raking to mix the seed into the soil. A leaf rake often works better than a garden rake because it mixes seed more shallowly.

Water newly planted areas lightly, but often. Keep soil constantly moist but not waterlogged. During hot days, a new lawn may need to be watered three times a day. If watered less, germination will be slowed. Cool, calm days may require watering only every couple of days. As the grass plants come up, gradually decrease watering to once a week if there is no rain. Let the plants tell you when to water. If you can push the blades down and they don't spring back up quickly, the lawn needs water. Once seed sprouts, try to minimize how much traffic (foot, mower, dog, etc.) seeded areas receive until the seedlings are a little more robust and ready to be mowed. Begin mowing once seedlings reach 3 to 4 inches tall.

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. 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.

Preventing Sunscald on Thin-Barked Trees

Many young, smooth, thin-barked trees such as honey locusts, fruit trees, ashes, oaks, maples, lindens, and willows are susceptible to sunscald and bark cracks. Sunscald normally develops on the south or southwest side of the tree during late winter. Sunny, warm winter days may heat the bark to relatively high temperatures. Research done in Georgia has shown that the southwest side of the trunk of a peach tree can be 40 degrees warmer than shaded bark. This warming action can cause a loss of cold hardiness of the bark tissue resulting in cells becoming active. These cells then become susceptible to lethal freezing when the temperature drops at night. The damaged bark tissue becomes sunken and discolored in late spring. Damaged bark will eventually crack and slough off.

Trees often recover but need TLC — especially watering during dry weather. Applying a light-colored tree wrap from the ground to the start of the first branches can protect recently planted trees. This should be done in October to November and removed the following March. Failure to remove the tree wrap in the spring can prove detrimental to the tree.



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Family & Consumer Sciences

Thank You

I want to thank all of the volunteers that helped at the 2017 Lyon County Fair. I feel that the 2017 fair was a huge success! The fair would not happen without the Lyon County Fair Board and the many, many other volunteers it takes to make the fair run smoothly. **Thank You to all that volunteered; we appreciate all your hard work and dedication.**

President's Council Dates
September 8th (change of date)
October 6th
November 3rd
December 1st

We will set spring dates at the September meeting.

SHICK

(Senior Health Insurance Counselors of Kansas)

That is what SHICK stands for. Open Annual Enrollment Period for 2018 are from October 15 - December 7th 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 17th. 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 11th, the office is open 7:30 to 5:30 the day of the elections. Absentee ballots are usually available the week prior to the election if you are unavailable on October 11th. 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.

Fall Classes

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

Medicare Basics: Workshop



September 27th
Anderson Building
10 a.m. and 7 p.m.

Come learn the basics of Medicare, including eligibility, how and when to apply, what is covered by the various parts, and how to fill the gaps. Programs available to assist low income individuals will also be discussed. Anyone interested in learning more about the Medicare maze would benefit from the program, particularly those who are nearing age 65 or who help aging parents with insurance and financial matters.

Senior Health Fair

Wednesday October 18

Anderson Building, Lyon County Fairgrounds

Doors open at 8:30 – 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

Barn Quilt Class will make a return later in the fall, watch for information. I will probably only have one or two more classes.

Mayonnaise Mix-ins!

Mayonnaise is a basic ingredient in most homes. Quick mix-ins of common ingredients add extra zing and variety to foods typically made with mayo. Try these mix-ins:

For each 1/4 cup of mayonnaise (enough for 4 servings, 1 tablespoon each), use a spoon or small wire whip to add these amounts of mix-ins. Taste and add more if desired.

- 1/2 teaspoon of one of these spices:
Cumin powder, Curry powder, Chili powder, Smoked paprika, Cinnamon (use just 1/4 teaspoon)
- 1 finely chopped tablespoon of one of these fresh herbs:
Chives, Rosemary, Tarragon, Thyme, Basil, Parsley, Dill, Oregano

For extra punch, add a dash of cayenne pepper or garlic powder. Add color and spicy flavor with 2 teaspoons of your favorite mustard.

Commercial mayonnaise isn't the culprit for food poisoning at a picnic. In fact, its high acidity helps keep food safe. More likely, unsanitary handling and preparation of food used with the mayonnaise—such as chicken, ham or potatoes—is the problem.

Source: <http://food.unl.edu/mayonnaise-mix-ins>

It's Back to School Time!

Pack the book bags and pack the lunch! It's time to head back to school! Help get your child to eat the lunch you packed with these tips:

Have them help choose foods at the store they like. They can also help pack their lunch.

If lunch time is short, pack bite sized foods. Cut sandwiches in fourths to grab easier. Pack grapes, string cheese, and whole wheat crackers.

Use easy open lunch bags and insulated bags with ice packs to keep cold foods cold.

Pack smaller portions so they don't waste food. Keep nutrition in mind to give them good fuel on the go!

Source: www.eatright.org/resource/food/nutrition/eat-right-at-school/my-child-doesnt-eat-the-lunch-i-pack-what-do-i-do

What is Pearled Barley?

Barley is used in salads, soups or in place of rice. Pearled barley is commonly found in grocery stores. But what is pearled barley?

When barley is polished, or "pearled", it removes some or all of the bran layer as well as the barley hull. If it is

heavily pearled, it has a white color. If it is lightly pearled, it has a tan color.

It is classified as a refined grain, but is still healthier than other refined grains because it still has some bran and fiber is throughout the entire kernel.

Pearled barley cooks quickly. There is also a quick pearl barley that is a barley flake that cooks in about 10 minutes.

Source: <https://wholegrainscouncil.org>

Give Acorn Squash a Try!

September 7 is designated Acorn squash day. So give it a try! It can be served as a main dish, a side, or even dessert.

Roast or steam for easy preparation. Then add it to pasta, puree into a soup, or stuff with your favorite meatloaf mix or apple mixture.

Save the seeds and toast them like pumpkin seeds for a snack.

The shells are useful as a serving bowl or soup bowl.

Acorn squash come in a variety of colors such as yellow, dark green, tan, and orange.

Learn more at www.fruitsandveggiesmatters.org/acorn-squash.

Tips to Help You Boost Your Retirement Savings - Whatever Your Age

Focus on starting today. Doesn't matter if you're young or old. You must start to save no matter the age.

Contribute to your 401(K)- If you have an employer option make sure you maximize your savings. Meet your employer match.

Open an IRA. Consider opening an IRA to help build your retirement savings.

Take advantage of catch-up contributions if you are age 50 or older. This applies to 401(K), IRA, or other retirement plans.

Automate your savings. Pay yourself first, make your retirement contribution automatic each month.

Stash extra cash. Don't spend it. Every time you receive a raise, increase your contribution percentage.

Consider delaying Social Security as you get closer to retirement. Pushing your retirement back even one year could significantly boost your Social Security income during retirement.

Return Service Requested

Check out our website at
www.lyon.ksu.edu

September

- 04 Labor Day – Extension Office Closed
- 05 Ambassador Meeting, 6 p.m., EMR
- 05 4-H Council Meeting, 7 p.m., EMR
- 07 KSF entries except Foods & Horticulture due
- 08 KSF Foods & Horticulture accepted 7:30-8:00 a.m.
- 08 FCS President's Council Meeting, noon, EMR
- 08-17 Kansas State Fair
- 11 Master Gardener Meeting, 5:15 p.m., AB
- 13-14 Eastern Kansas Grazing School, Holton
- 19 Cloverbuds, 6 p.m., EMR
- 21 KSU Beef Stocker Field Day, KSU
- 21 Farmers Market Vendor Bus Tour, 4 p.m.
- 27 Medicare Basics Workshop, 10 a.m. & 7 p.m., AB
- 29-10/1 Kansas Junior Livestock Show

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
- 06 FCS President's Council Meeting, noon, EMR
- 7-8 48 Hours of 4-H
- 09 Columbus Day – Extension Office Closed
- 11 Extensions 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

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