



# Lyon County

K-STATE RESEARCH AND EXTENSION NEWS

*lyon.k-state.edu*

## February & March

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Research and Extension

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## Board Leadership Series this February and March

K-State Research and Extension – Lyon County will be hosting the K-State Research and Extension's Board Leadership workshop the last week of February and the first week of March.

Sessions will be:

- February 26<sup>th</sup>— Roles and Responsibilities of Board Members and Effective Meetings.
- February 28<sup>th</sup>— Understanding Fellow Board Members and Conflict Resolution.
- March 5<sup>th</sup>— Fiscal Responsibilities, Legal and Ethical Issues
- March 7<sup>th</sup>— Fundraising and Strategic Planning

All sessions will be conducted from 6:00 p.m. to 8:00 p.m. at Bowyer Community Building located on the Lyon County Fairgrounds. The registration deadline for this event is February 15<sup>th</sup>. The cost is \$40 for all four sessions. Each registration buys a seat which can be rotated by participants. Registration includes refreshments and materials. If you have any questions or would like to register for this event, please contact Travis Carmichael at (620) 341-3220 or register at:

[http://www.lyon.k-state.edu/community/board\\_leadership/index.html](http://www.lyon.k-state.edu/community/board_leadership/index.html)



## Tractor Safety Training

Wednesday, March 13, 2019

9:00 a.m. to 4:00 p.m.

Prairieland Partners John Deere

1744 County Rd F, Emporia

(West of Emporia on US Hwy 50)

- Designed to assist 14 and 15 year-old's in gaining certification for farm employment
- Youth ages 12 and 13 are welcome to take the training. However, they cannot become certified until they reach the age of 14.
- Participants must be able to attend the entire day
- Pre-Registration is required by March 6, 2019. Once you register, you will receive a manual to study prior to attending the training.
- For more information, contact the Extension Office at (620) 341-3220



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# The Clover Connection



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## 4-H Council

4-H Council will meet February 4 at 7 p.m. in the Extension Meeting Room. The March meeting is at 7 p.m. on March 4.

## Going to State

Congratulations to two Lyon County 4-Hers who had a total of two Kansas Award Portfolios (KAPs) qualify for the state screening. Karlee Wigton of Busy Beavers 4-H Club and Emma Miller of Chamness 4-H Club had record books selected during the Southeast Area KAP screening. Poultry qualified her for state, and Emma's Plant Science KAP qualified.

## What's in the Outdoors 4-H Scholarship

Lyon County 4-Hers interested in majoring in wildlife or nature-based curriculum and/or communications at Emporia State University can apply for the \$1,000 What's in the Outdoors Lyon County 4-H Scholarship through the Emporia Community Foundation. The deadline to apply is May 1. An application and complete details may be found online at: <https://www.emporiacf.org/scholarships>

## 2019 Breeding Livestock at Fair

If you wish to exhibit a breeding animal of any species at the 2019 Lyon County Fair, you must be enrolled in the breeding project for that respective species by May 1. **Again this year**, all breeding livestock to be exhibited at the 2019 Lyon County Fair will need to be tagged at the regular county tagging either in February or April. The only exception will be for registered purebred livestock that will not have to have a county tag, *if* they have proper tattoos/ear notches/scrapies tag and registration papers that match. Ownership of these animals must be verified by registration papers showing immediate family ownership by May 1. Please visit the Extension Office **before May 1** with proper registration paperwork in hand (or bring to regular schedule county tagging dates and papers will be gathered to be photo copied and you will be responsible for picking your papers up from the office after a copy can be made).

## Spring Rabbit Show

The Lyon County Rabbit Club will be hosting the annual spring show Feb. 16 at the Anderson Building. Set up will be the night before. Look for more information on the Hop To It 4-H Rabbit Club on Facebook.

## Market Beef Weigh-In & Tagging

Market beef weigh-in and tagging is scheduled for Saturday, Feb. 2, from 8 a.m. to 10 a.m. at the fairgrounds. Ear tags will cost \$3 and must be paid for at the time of weigh-in. You must know the birth date and breed of your animal. Your animal must be present. **Your animal must have a halter and be able to lead.** If you are unable to bring your animal that day, please make arrangements with another family to bring your animal.

## Tractor Safety

Lyon, Chase, Coffey, and Morris County Extension Offices will be working together to host the 2018 Hazardous Occupation Training (H.O.T.) classes for all youth who will be working for area ag producers. Training is scheduled for March 13 from 9 a.m. to 4 p.m. at PrairieLand Partners. Youth ages 14-16 will be eligible for a certificate showing completion of the H.O.T. training. Younger students may come and take the test, but they will not be able to receive their certificate until their 14<sup>th</sup> birthday.

Students need to pre-register by March 6 so they can receive and work on their class materials prior to the first session. Please call the Extension office for more information or stop by to pick up a registration form.

## 4-H Club Day

Lyon County 4-H Club Day is scheduled for March 2 at Timmerman Elementary School. I encourage families to come out and support fellow 4-Hers and learn more about the event if you did not sign up to participate this year.

Extemporaneous presenters will randomly draw two topics from a pool of five questions at the contest and will present on one. To be prepared, this year's topics by age division will include:

Juniors, age 7-13:

- What does 4-H mean to you?

- Who has influenced you the most in your 4-H career and why?
- What have you learned in 4-H?
- What is your favorite 4-H project and why?
- How do you make 4-H an important part of your life?

Seniors, age 14 and over:

- How have you learned parliamentary procedure in 4-H and how have you used this knowledge in other areas of your life? And how do you intend to use parliamentary procedure as an adult?
- What audience or audiences do you feel the Lyon County 4-H program is not reaching? How do you recommend we improve these relations and engage more individuals from this audience or audiences?
- What community partnerships have you developed through 4-H, and how have these partnerships improved your community?
- In what ways do you feel your 4-H experience will help you as an adult?
- Describe how you are a leader in 4-H, and what does it mean to you to be a leader?

### Regional Club Day

Regional Club Day has been scheduled for March 23 at the Madison High School. Lyon County is joined by Chase, Chautauqua, Coffey, Elk, Greenwood and Morris counties for this event.

### County Project Leaders

Listed in this newsletter are the names and contact information for countywide project leaders. These leaders host meetings throughout the year to help you with your projects. Check your newsletters for meeting dates and times, or contact these leaders to find out more about meetings.

Project	Leader(s)	Phone #
Clothing	Bev Hilbish Shawna Moyer	343-3863 342-1231
Dog Care & Training	Lisa Preisner	443-5246
Fiber Arts	Barb Say Melinda Chiroy	343-6283 343-6572
Foods	Arlene Roberts	392-5621
FCS Judging	Loraine Zweimiller Shawna Moyer	342-2258 342-1231

Geology	Jennifer Rethman	342-8140
Photography	Kent Grieder	794-0100
Rawhide Wranglers Horse Club	Amy Jenkins Amanda Cunningham	Check out club Facebook page
Poultry	Sara Miller	
Hop To It Rabbit Club	Karlee Wigton	392-5912
Shooting Sports	Bev Hilbish Kim Botkin	343-3863 342-7356
Woodworking & Electric	Mark Say	343-6283

### Fair Book Cover

The Fair Board will again sponsor a \$50 cash award for the winner of the 2019 Fair Book Cover Contest. Any 4-Her is eligible and may submit one entry. Entries are due in the Extension Office by Friday, March 22. It is strongly suggested that the design focus on what the fair means to you!

### Encourage friends to complete 4-H enrollment

We have several families that still need to re-enroll for the 2018-2019 4-H year. Remember the deadline for enrollment and project selection is May 1 to be eligible to participate in the 2019 Lyon County Fair in the respective project. However, many important notices and opportunities are missed if you do not enroll early. Be sure to visit Enroll in 4-H at [www.lyon.ksu.edu](http://www.lyon.ksu.edu) to enroll and update your family's information.

### Spring Poultry Show

The Lyon County Cacklers 4-H Poultry Club will be hosting a spring show this year at the Anderson Building on April 6.

### Sunny Hills 4-H Camp

The Sunny Hills 4-H Camp will be June 5-8, 2019. Camp will be open to 4-Hers who have **completed** 3<sup>rd</sup> through 7<sup>th</sup> grades. If you are interested in serving as a camp counselor, applications will be due May 1. Counselors should be sophomore complete, but if you are freshman complete you may still apply and be considered if there is a need for more candidates. Remember counselors must

leave for Rock Springs on June 4 for training. More details will follow in upcoming newsletters.

### **Discovery Days**

If you are ages 13 – 18, mark the dates of May 29-31 for Discovery Days on the KSU campus. This year's schedule is one day less, with activities beginning Wednesday afternoon and concluding late Friday morning. More information will be available soon, but make sure your calendar is clear, because you don't want to miss out! They will open registration on March 1, so be sure to make plans to register early to get the classes you want!

### **K-State Animal Sciences Leadership Academy**

The annual K-State Animal Sciences Leadership Academy is scheduled for June 5-8, 2019 in Manhattan. The academy is hosted by K-State's Animal Science Department and the Industry's Youth Livestock Program sponsored by the Livestock and Meat Industry Council. This four-day event will focus on increasing young leaders' knowledge of Kansas' diverse livestock industry, as well as building participant's leadership skills. Twenty high school students will be selected to participate based upon educational, community, and agricultural involvement; as well as through an extensive essay application. Applications are due April 1 and can be found at [www.youthlivestock.ksu.edu](http://www.youthlivestock.ksu.edu).

### **Kansas Junior Swine Producer Day**

Kansas State University's Department of Animal Sciences and Industry's Junior Swine Producer Day will be Saturday, March 9 at Weber Hall on K-State's campus. All youth, parents and leaders are invited to participate in these educational experiences.

The early registration deadline is February 15 and the fee is \$15 per person. Registrations received after February 15 cannot be guaranteed a T-shirt, and the fee is \$20 per person. A flyer containing more information and registration details may be found online at [www.youthlivestock.ksu.edu](http://www.youthlivestock.ksu.edu).

### **Kansas Junior Goat Producer Day**

The 2019 Kansas Junior Goat Producer Day will be March 30, 2019 in Weber Hall on the Kansas State University campus. This interactive event is designed for

all ages and skill levels. Registration will begin at 8:30 a.m. in the lobby area of Weber Hall with the program kicking off at 9:00 a.m. and concluding at 2:30 p.m.

All participants will receive a complimentary lunch and T-shirt (early registrations). The early registration deadline is March 11 and the fee is \$15 per person. Registrations received after March 11 cannot be guaranteed a T-shirt and the fee is \$20 per person. A flyer containing more information and registration details may be found at [www.youthlivestock.ksu.edu](http://www.youthlivestock.ksu.edu).

Watch the youth livestock program website and Facebook page for updated information!

### **Kansas 4-H Communication Fact Sheets Helpful for 4-H Day Presentations**

Speaking skillfully before an audience is one of the hallmarks that Kansas 4-H members have been successfully doing for over 100 years. Kansas youth through 4-H have learned the skills necessary to get up before an audience and eloquently speak. 4-H helps youth learn the skills necessary to clearly organize and present thoughts and ideas through project talks, demonstrations, illustrated talks and public speaking presentations. The complete Kansas 4-H communication fact sheet series is listed below.

These resources may be helpful to Lyon County 4-H families as you prepare for county 4-H day presentations. They can be downloaded free from the Kansas 4-H web site. Visit: <http://www.kansas4h.org/p.aspx?tabid=551>. Kansas 4-H Communication Fact Sheet Series includes:

- Kansas 4-H Presentation Overview
- 4-H Project Talks
- 4-H Demonstrations
- 4-H Illustrated Talks
- 4-H Demonstration & Illustrated Talk Planning Form
- 4-H Public Speaking
- 4-H Public Speaking Record
- 4-H Presentation Brainstorming Activity
- 4-H Effective Presentation Tips
- 4-H Preparing and Using Visual Aids:
- 4-H Demonstration & Illustrated Talk Scoresheet
- 4-H Public Speaking Scoresheet
- 4-H Project Talk Scoresheet

## 4-H Campference

4-H Campference is for youth ages 12- 14 (before January 1, 2018), and will be held June 23-26 at Rock Springs 4-H Center. Participants will experience the feel of a conference, while enjoying the 'camp' activities Rock Springs 4-H Center has to offer. This is a great transitional opportunity, as these tweens go from being a camper to attending educational conferences. 4-H Campference will feature workshops about opportunities in the 4-H program and how to better interact with others. Participants will meet other youth from around the state of Kansas.

Registration and detailed information will be the State 4-H Website in March. Register early as the space will fill on a first come basis, and Campference was full the last four years! Register online by May 15 (or earlier it will close when it is full) and payment must be in the local Extension Offices by May 15. Campference has been full before the deadline, so don't wait to register if you want to attend.



Lyon County 4-Hers attended a hands-on communication workshop the first weekend in January. Experienced and new members gained knowledge and confidence in public speaking.



The Lyon County Ambassador team is ready for the 2019 year. Pictured at their annual Holiday Party includes: Emily Miser, Kate Rees, Garland Hanlin, Viola Fritts and Emma Barnett. Ambassadors not pictured include Olivia Hamlin, Josie Orear, Riley Botkin and Kaylie McKay. Shawna Moyer is the 2019 Ambassador leader.



Lyon County 4-H Cloverbuds learned about electrical circuits by designing squishy circuits with dough and LED lights at their January meeting. Cloverbuds is open to all 5 and 6 year olds and is hosted the 3<sup>rd</sup> Tuesday of each month at 6 p.m. at the Extension Office.



Lyon County Extension Agent  
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## Agriculture and Natural Resources

February – March '19

### 2019 Dicamba Applicator Training

If you grow soybeans in the area and are thinking about using one of the herbicide products below that contain dicamba, please pay attention to the information below from State Extension Specialist Dallas Peterson.

Dicamba or auxin-specific training was required for the first time last year for anyone planning to apply Engenia, Xtendimax, or FeXapan herbicides. In-person training in Kansas was provided by the three registrants (BASF, Monsanto, and DuPont) and Kansas State University. On-line training from the registrants was made available later in the spring. At that point in time, it was unclear whether the training was going to be an annual requirement. When the products were re-registered this past fall, it was clearly stated that **annual** training would be required by **anyone** who applies those products.

The Kansas Department of Agriculture has indicated that it is the registrants' responsibility to provide the training. K-State will **NOT** be providing dicamba applicator training this year. The understanding is that BASF, Bayer, and DuPont will be hosting dicamba applicator training meetings this winter/spring and making on-line training available sometime in the near future. Consult with your local Ag product supplier for possible training meeting dates and locations.

Additional information on dicamba applicator training is available at the following websites:

- <https://www.engeniastewardship.com/#/training>
- <http://www.roundupreadyxtend.com/stewardship/education/Pages/default.aspx>
- <http://www.dupont.com/products-and-services/crop-protection/soybean-protection/articles/fexapan-training.html>
- <https://www.agriculture.ks.gov/divisions-programs/pesticide-fertilizer/dicamba>

To recap the major label required changes for 2019:

- Annual training is required
- EVERYONE that applies must be trained (not just the person supervising application)
- By the label, it is the registrant's (manufacturer) responsibility to provide training
- KEEP IN CONTACT WITH YOUR SUPPLIER about upcoming training events in the area!!

Be sure to use any herbicide products wisely!



### 106th Cattleman's Day March 1, 2019 Weber Hall Manhattan, Kansas

The 106th annual Cattleman's Day will be hosted Friday, March 1, 2019 in Weber Arena on the Kansas State University campus. The trade show and educational exhibits will open at 8 a.m.

Registration for KSU Cattleman's Day will be \$20 per person in advance or \$30 per person at the door. Morning refreshments and lunch are included with registration. A complete schedule will be coming soon to [www.asi.ksu.edu/cattlemensday](http://www.asi.ksu.edu/cattlemensday) or call 785-532-1267. If have any questions, please contact Dale Blasi ([dblasi@ksu.edu](mailto:dblasi@ksu.edu); 785-532-5427) or Jim Drouillard ([jdrouill@ksu.edu](mailto:jdrouill@ksu.edu); 785-532-1204).

At the conclusion of Cattleman's Day the 42nd Annual Legacy Bull and Heifer Sale will be held at 4:00 p.m. at the Stanley Stout Center. Visit [www.asiksu.edu/bullsale](http://www.asiksu.edu/bullsale) for more information as it becomes available, including the sale catalog.

### 2019 Bluestem Pasture Survey

It is time for the Bluestem Pasture Survey, and your input is crucial. The format of the survey has changed significantly from prior surveys. Please do not hesitate to contact us if you have any questions about the new format. This survey enables us to distribute aggregate information on Bluestem pasture use and practices, including leasing rates and fencing rates. Completion of the survey should take less than 15 minutes.

There are two or three pieces of information that I receive multiple requests for throughout the year, and the Bluestem Pasture Report is one of those. The others are generally Custom Rates and ag leasing information.

[WWW.TINYURL.COM/BLUESTEM2019](http://WWW.TINYURL.COM/BLUESTEM2019) is the link for the 2019 survey, with April 30, 2019 the deadline for survey completion. Response is voluntary, anonymous, and confidential. If you know of anyone who may be able to provide information on the survey, please share the survey information. If you have any questions, please contact Leah Tsoodle at [tsoodle@ksu.edu](mailto:tsoodle@ksu.edu) or the Land Use Survey Center at 785-532-3509.



## Succession Planning & Farm Accounting

Greenwood County has invited some great speakers for the evening and has invited us to participate! If you haven't made a succession or transition plan or even if you have, please make plans to attend this session.

Is your operation preparing for the next generation to come? Are things in order for a smooth transition? How do you even start to prepare? Join us at the Hamilton Community Building on March 25th at 6pm for the [Succession Planning and Farm Accounting Program](#).

Learn more about all the steps you can be taking now to ensure a smooth transition for your farming or ranching operation to the next generation. The meal for the evening will be provided by Frontier Farm Credit. Please RSVP by March 18, 2019 to the Greenwood County Extension office at 620-583-7455 or online at <https://goo.gl/forms/SktujaMaziPEo2oM2>

## Burning and Burn Permits for 2019

As we approach springtime in the Flint Hills of Kansas, thoughts turn to the annual burning of the native rangelands. It's been discussed on the radio – in January!

2019 is the second year of the two-year permit cycle (2018-19) for burn permits in Lyon County. Permits are available at the sheriff's office as well as most of the city offices of the outlying communities. Permits picked up in the spring of 2018 are still in effect for 2019.

After the extremely dry conditions for much of the summer, growing conditions were more favorable in late 2018, so there is a good fuel load in many pastures this year. We must make certain that when fire is used as a management tool, it is used with extreme caution. **PLEASE BE CAREFUL!!**

Please make use of the planning tools at [ksfire.org](http://ksfire.org) (active March 1- May 1), abide by the Kansas Smoke Management plan which limits non-rangeland burning during April, and be certain to have enough fire-fighting equipment and expertise to control the burn.

In Lyon County, burn permits are required for open burning of grass, woody species, crop residue and other dry plant growth for the purpose of land, crop, range, pasture and wildlife or watershed management. Be sure to call 620-343-4225 to provide your permit number both before starting your controlled burn as well as after it is completed. Remember to check with your local officials to confirm any city regulations on open burns.

## 2018 Farm Bill Update

By now, most recognize that a "Farm Bill" was passed in Washington, DC. What is in it, and how will it be implemented for the next 5 years that it covers?

The truth at this point is that we really don't know for sure how it will be implemented, as details are still being finalized on the implementation side of things, and that becomes more of a challenge with the government shut down. I understand that the legislation did have a clause that there would be a plan within 60 days of approval, so that means there will need to be a plan in March.

What do we know for certain? First, the ARC and PLC terms we learned in the 2014 Farm Bill will remain, with some relatively minor revisions or tweaks. One of the biggest changes is that the selection that will *probably* be made in April or May of 2019 will only be binding for the first two marketing years of the Farm Bill (crops harvested in 2019 and 2020) and allow for an annual election or change for each of the final three marketing years (2021, 22 and 23). This has the potential to allow for recognition of market trends and adjustments instead of being locked into one plan for five years. There are also some changes in how prices are calculated, and the RMA data will be the preferred yield figures.

Stay tuned as there will be more information on the changes and hopefully some decision tools will be developed to help make a more informed decision.

## Youth Tractor Safety Training

Agriculture producers can allow their 14 and 15-year-old children to operate farm machinery for their family. However, the Fair Labor Standards Act prohibits Kansas farmers who are not the parents from hiring youth in these age groups unless the teenagers have taken special safety training courses offered through 4-H and vo-ag programs. That law also applies for corporations where the family members are employees of the corporation. We will host a local opportunity for youth on March 13 from 9 – 4 at PrairieLand Partners John Deere just west of Emporia. As this is pretty much a day-long event, lunch and snacks will be provided for the registered youth participants.

Please come by the Lyon County Extension Office at 2632 W Hwy 50 in Emporia by March 6 to register and pick up the manual and pre-tests. Thank you to the Flint Hills Antique Power Association and the Lyon, Chase, Morris and Coffey County Farm Bureau Associations for their continued sponsorship and support!

## Board Leadership Series Planned for February

K-State Research and Extension – Lyon County will be hosting the K-State Research and Extension's Board Leadership workshop in February and March.

Designed to provide basic training for members of community-based boards. Whether you are a member of a church board, a township board, a United Way agency board, or a rural water board, this training is appropriate for you.

Topics covered during the series will be:

- **Conducting Effective Meetings.** During this session, participants will learn about their roles and responsibilities as a board member, basics of parliamentary procedure, and strategies to make meetings more productive and effective.
- **Understanding Fellow Board Members and Conflict Management.** Participants will explore how personalities and generational differences affect the decision-making process and learn how to manage conflict in a way that is productive, not destructive, to the board.
- **Fund Management, Legalities and Ethics.** This session will explore a board's options for managing money, understanding such things as articles of incorporation, bylaws, and policies.
- **Fundraising Strategic Planning.** Participants will learn about options for raising funds and understanding such things as establishing a common mission and vision for the board, and how to plan priorities for the future.

The Board Leadership Series will be held on February 26 and 28 and March 5 and 7. All sessions will be conducted from 6:00 p.m. to 8:00 p.m. at the Bowyer Community Building, located on the Lyon County Fairgrounds, in Emporia.

Pre-registration for the event is required by February 15, 2019

The cost is \$40 for all four sessions per person. Each registration buys a seat which can be rotated by board members. For a group rate contact Travis Carmichael at (620) 341-3220. Registration includes refreshments and a Board Basics workbook. To register either call the Lyon County Extension Office at (620) 341-3220 or visit [lyon.ksu.edu](http://lyon.ksu.edu) and click on the board leadership series tab.

## Becoming a Farmers Market Vendor

The Emporia Farmers Market (EFM) invites hobby farmers, backyard gardeners, bakers, and artisans to share your talents. EFM is the primary direct-to-consumer food sales outlet in the area, with an opportunity to sell homegrown, homemade, and handmade items year-round.

Indoor market season runs November-April, first and third Saturdays, 10:00 a.m. – 12:00 p.m. at Waters True Value. Outdoor market season begins in May; weekly Saturday markets, 8:30 a.m. – 10:30 a.m., with Wednesday evening markets, 5:00 p.m. – 6:30 p.m., beginning in June.

Vendor applications are accepted throughout the year. No business i.d. or reporting required--the market will collect and pay monthly sales tax on your behalf. Email [emporiafm@gmail.com](mailto:emporiafm@gmail.com), call 620-343-6555, or visit the market to learn more about joining the farmers market!



## Plant Cool-season Crops in March

As we move through February and March draws closer, it is time to start thinking about planting our gardens. Some of our garden crops can withstand the colder day- and night-time temperatures that we see during the later winter and early spring months.

Mid-March is a good time to start to plant garden crops such as broccoli, lettuce, peas, and potatoes, whereas beets, cabbage, endive, cauliflower, radish, onions/onion sets, spinach and turnips should be planted towards the end of the month. Remember, all of these planting times are just an estimate. The time to begin planting our garden crops can vary depending on the year because of any unseasonal weather patterns that may occur. For a more detailed vegetable garden calendar, please stop by the Extension Office to get a copy.

## Soil Temperature and Vegetables

One of the most neglected tools for vegetable gardeners is a soil thermometer. Soil temperature is a much better measure of when to plant than air temperature or the calendar. Planting when soil is too cool can cause seeds to rot and transplants to sit there.

A number of vegetables can germinate and grow at cool temperatures. For example, peas will germinate and grow well at a soil temperature of 40 F. Though lettuce, parsnips, and spinach can sprout at a soil temperature of 35 F, they prefer at least 45 F for best germination and growth. Radishes also do well at a soil temperature of 45 F. Warm-season crops such as tomatoes, sweet corn and beans prefer at least 55 F for germination (or transplanting), but others such as peppers, cucumbers, melons and sweet potatoes need it even warmer, about 60 F.

Taking soil temperature accurately is a bit of a science. First, use a metal soil thermometer, which is sold in many garden, auto parts and hardware stores. Take temperature 2.5 inches deep at about 10 to 11 a.m. Temperature variations throughout the day and night affect soil temperature, with lowest readings after dawn and warmest around mid-afternoon. The late-morning reading gives a good average temperature. If taking the soil temperature at this time is not practical, take a reading before you leave

for work and a second when you return home and use the average. Also, be sure to get a consistent reading for four to five days in a row before planting, and make sure a cold snap is not predicted.

## Cut Back Ornamental Grasses

March is a good time to remove dead foliage from ornamental grasses. Grasses green up earlier if foliage is removed and are more attractive without a mixture of dead and live leaves. A number of tools can be used including hand clippers, weed whips (if the foliage is of a small enough diameter), weed whips with a circular blade, or even a chain saw. Use the top of the chainsaw bar to cut so the saw doesn't pull in debris and clog.

Also, it is often helpful to tie foliage together before cutting so it doesn't interfere and is easier to dispose of. Burning is another option — but only if it is safe and legal to do so. Note that these grasses may not burn long, but they burn extremely hot. Even so, the crown of the plant is not damaged and new growth appears relatively quickly.

If the center of the clump shows little growth, the plant would benefit from division. Dig up the entire clump and separate. Then replant the vigorous growth found on the outer edge of the clump.

## In the Garden Radio Show

The radio show “In the Garden” will be back on KVOE at 11:05 a.m. starting in March 2019. Tune in and listen while I answer your questions and give horticulture updates. If you cannot call in, you can always call the Lyon County Extension Office.





Rhonda Gordon  
County Extension Agent  
rgordon@ksu.edu

# Family & Consumer Sciences

## President's Council Dates

(11:30 a.m.)  
February 1<sup>st</sup>, 2019  
March 1<sup>st</sup>, 2019  
April 5<sup>th</sup>, 2019  
May 3<sup>rd</sup>, 2019

## Medicare Basics: Workshop



March 26<sup>th</sup>  
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.



March 17<sup>th</sup> –  
May 11<sup>th</sup>, 2019

Registration due by March 1<sup>st</sup> for shirts early  
Registration due by March 14<sup>th</sup>

*Forms will be available Feb. 15<sup>th</sup> & can be picked up M-F During Office Hours*

**Walk Kansas** is a team-based program that will help you and others lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress. This is the 18<sup>th</sup> year of Walk Kansas. I challenge our community to meet or beat last year's numbers, let's try for 100 teams. For more information go to: [www.lyon.ksu.edu](http://www.lyon.ksu.edu) registration packets will also be posted on the website.

**Walk Kansas** is an opportunity to involve your entire family and community – those that live close to you and even those at a distance. Family and friends from other communities, states, and countries can participate. This is a chance to promote healthy lifestyle habits to people of all ages through the community.

## Community Classes included in Walk Kansas:

### Food: Too Good To Waste

April 2<sup>nd</sup> 10 a.m. and 7 p.m.

Food is the number one contributor to landfills today. This does not include food and beverages disposed of in other ways, such as down kitchen drains. Only about 5 percent of all food in the waste stream is currently “recycled” by composting or anaerobic digestion. **Location Bowyer Building on the Lyon County Fairgrounds**

### Pickle Ball

April 17<sup>th</sup> 11 a.m. to 1 p.m.

Come learn how to play Pickle Ball at the Emporia Recreation Center.

### Everyday Mindfulness

April 30<sup>th</sup> 10 a.m. and 7 p.m.

The term, “mindfulness” seems to be everywhere — it's touted as the new yoga, the answer to stress, or the alternative to prescription drugs. But beyond the buzz, do you understand the concepts of “mindfulness”? With this fact sheet, the authors aim to provide a definition of mindfulness, share some of the benefits of practicing mindfulness, provide samples of simple exercises, and provide resources to explore. **Location Bowyer Building on the Lyon County Fairgrounds**

*Walk Kansas Registration fees will include a t-shirt, Kick-Off party, community classes and Poker Walks at C of E Park, Poker with a Twist will be the last event on May 7<sup>th</sup>.*



## Produce Safety Challenges

Since 2011, more than 20 foodborne illness outbreaks have occurred from North American produce. The foods involved were cantaloupe, romaine lettuce, cucumbers, frozen vegetables and others. In 2018 alone, romaine lettuce has been linked to two large recalls. This is costly not only in illnesses and unfortunate deaths, but complete disruption in the supply chain.

Produce safety is an ongoing challenge. Safe potable water is critical for growing produce, but also in harvest and processing. If water is high in mineral deposits, it

can cause pathogen survival. Soil residue also impacts cleanliness and sanitation.

Water temperature will change the sanitizer stability and efficacy. If water is too cold, the sanitizer will not work properly. If water is too hot, sanitizers can vaporize and release toxic gases. Produce quality can also be affected which can reduce shelf life. The acidity or pH of water must also be monitored.

Contact time of sanitizers and disinfectants will dictate the effectiveness. If left on too long, off flavors will linger and can become a chemical hazard.

The produce surface texture can trap bacteria or make them difficult to remove soil and debris. Bruises and other damage also lead to ineffective cleaning. [Learn more at https://bit.ly/2rAy36g](https://bit.ly/2rAy36g).



## Handling Recalled Food

Food recalls happen almost daily, and many do not get a lot of publicity. In a majority of recalls, it is the manufacturer that issues a voluntary recall.

Manufacturers will work with the FDA or USDA to help determine the reason for the recall and to fix the issue. If foodborne illnesses have occurred, the CDC and state health departments will also be involved.

As consumers, it is important to pay attention to recalls eliminating the chance of getting sick. Recall announcements give specific information about the food recall including the type of food, brand, package size, date codes, manufacturer codes, shelf life dates, distribution locations, and other pertinent information.

If you have a recalled food, take it back to where it was purchased for a refund, or throw it away. Do not take the chance of eating it or feeding it to animals. [Learn more at www.foodsafety.gov/recalls/index.html](http://www.foodsafety.gov/recalls/index.html).



## Be the MVP of Your Super Bowl Party

The big game is almost here and it's time for a party! And where there's a party, there's food! Be the MVP of your party with these food safety tips:

### Clean: Prepare for the win!

- Start by washing your hands with warm soapy water for 20 seconds.
- Wash and sanitize all dishware and utensils.

### Separate: Your best defense!

- Keep raw meat and poultry away from ready-to-eat foods.
- Use a clean utensil for each dish.
- Use a clean plate when going for second helpings of food.

### Cook: A game winner!

- Use a food thermometer to check for doneness
- All poultry—165°F
- Burgers and sliders—160°F
- Soup and reheated foods—165°F

### Chill: Don't let the clock expire!

- Keep hot foods hot and cold foods cold.
- Put out food in batches.
- Follow the 2-hour rule.



## Could Quinoa be the Fountain of Youth?

Quinoa is known as a superfood because it is a complete protein and has positive effects on metabolism and energy balance. Now research from Rutgers University and North Carolina State University, has found that quinoa could slow down the aging process.

The research study used a nematode worm, *C. elegans*, which has a short lifespan but age comparably to humans. They found improvements in lifespan, locomotor function, and mitochondrial bioenergetics. They found reductions in body fat and advanced glycation end products which worsen degenerative disease such as diabetes, kidney disease and Alzheimer's disease. They also found lower reactive oxygen species, or oxygen radicals, which can damage DNA, RNA, and proteins leading to cell death. More research and clinical studies are needed to confirm these findings.

Source: [www.sciencedirect.com/science/article/pii/S1756464617304048](http://www.sciencedirect.com/science/article/pii/S1756464617304048)



## 2019 National Festival of Breads

Save the date! The 2019 National Festival of Breads will be held on **June 8, 2019** at the Hilton Garden Inn in Manhattan, KS.

This year, the contest will feature two categories. One is designated for food bloggers who actively blog about wheat foods and yeast bread. The second category is for home bakers. A new feature this year will be LIVE judging! Come watch the judging process, hear the comments from judges, and find out who wins! More information about the events that day will be announced soon. Details can be found at <http://nationalfestivalofbreads.com> or on Facebook @NationalFesti-valOfBreads.

**Lyon County**

2632 West Highway 50  
Emporia, KS 66801

**Return Service Requested**

**February**

- 01 FCS President's Council, 11:30 a.m., EMR
- 02 Beef weigh-in & tagging, 8 – 10 a.m., Fairgrounds
- 04 Master Gardener Meeting, noon, EMR
- 04 Dog Project Meeting, 6 p.m., EMG
- 04 Ambassadors Meeting, 6 p.m., EMR
- 04 4-H Council Meeting, 7 p.m., EMR
- 09 Countywide Foods Meeting, 9 a.m., EMR
- 16 Hop to it Rabbit Club Show, 9 a.m., AB
- 17 Poultry Club Meeting, 1 p.m., EMR
- 17-18 Kansas 4-H Citizenship in Action, Topeka
- 18 Presidents' Day – Extension Office Closed
- 19 Cloverbuds, 6 p.m., EMR
- 22-23 State 4-H Ambassador Training, Rock Springs
- 26 Board Leadership Series, 6 p.m., BCB
- 28 Board Leadership Series, 6 p.m., BCB

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

**March**

- 01 Cattlemen's Day, Weber Hall, KSU
- 01 FCS President's Council, 11:30 a.m., EMR
- 02 4-H Club Days, Timmerman Elementary School
- 04 Master Gardener Meeting, 5:15 p.m., AB
- 04 Dog Project Meeting, 6 p.m., AB
- 04 Ambassadors Meeting, 6 p.m., EMR
- 04 4-H Council, 7 p.m., EMR
- 05 Board Leadership Series, 6 p.m., BCB
- 07 Board Leadership Series, 6 p.m., BCB
- 09 Jr. Swine Producer Day, KSU
- 13 Tractor Safety, 9 a.m. – 4 p.m., PrairieLand Partners
- 17 Poultry Club Meeting, 1 p.m., EMR
- 17 Hop to it Rabbit Club Meeting, 2 p.m., EMR
- 17 Walk Kansas begins
- 19 Cloverbuds, 6 p.m., EMR
- 22 Fair Book Cover entries due
- 23 Countywide Foods Meeting, 9 a.m., EMR
- 23 Regional 4-H Club Day, Madison High School
- 25 Succession Planning & Farm Accounting, Greenwood County
- 26 Medicare Basics, 10 a.m. & 7 p.m., AB
- 30 Jr. Meat Goat Producer Day, KSU