

Lane

Ness

Rush

Walnut Creek Extension

*Knowledge
for Life*

District Newsletter

March, 2016

Dighton Office

144 S. Lane
PO Box 487

Dighton KS 67839

620-397-2806

866-755-1654

Ness City Office

503 S. Pennsylvania Ave.

Ness City, KS 67560

785-798-3921

877-798-3921

LaCrosse Office

702 Main

PO Box 70

LaCrosse, KS 67548

785-222-2710

800-460-9079

Jared Petersilie

Ag and Livestock

Robyn Deines

4-H & Youth

Chris Long

Ag & Plant Sciences

Erin Petersilie

Family & Consumer

Science



K-STATE
Research and Extension

K-State Research and Extension
is an equal opportunity provider
and employer

www.ksre.ksu.edu

Message of the Month

As summer kicks off, many of us are involved with a lot of activities. No matter the activity, remember safety is key to a great summer, it might mean looking twice while driving because more kids are out on their bicycles, keeping yourself and loved ones hydrated during this hot time, and of course cooking and transporting food at the proper temperatures to keep from getting sick. No matter your activity or the safety precautions that go with it, have a great summer! We hope to see you at our County Fairs. Not only is this a great time to meet up with friends, but also to support our local 4-Hers and all of their projects. Don't forget to enter something yourself in our Open Class Division!

Lane County Fair: July 20-23

Ness County Fair: July 27-30

Rush County Fair: Aug 3-6



Market Wheat Shows

With wheat harvest right around the corner, combines are preparing to roll through the fields throughout the area. It's that time of year that the Walnut Creek Extension District, area grain elevators and Sharp Brothers Seed are again sponsoring the Market Wheat Shows this year at the Lane, Ness and Rush County Fairs. Entries will be exhibited at one of the county fairs and each fair has multiple classes for entries grown in their county. Total available premium prize money ranges from \$142 to \$180 at each county fair. All grain elevators, as well as the three extension offices in the WCED area will have entry information available, so everyone is invited to enter. Just remember, the wheat is evaluated on quality rather than quantity!

All exhibitors in the Market Wheat Show shall consist of five pounds of wheat grown by the exhibitor in 2016. The five pound sample must be submitted to the Walnut Creek Extension Offices or left at elevators by 5:00pm Friday, July 15. A producer may enter a maximum of three different varieties per class or if a sample was grown as a blend, it can also be entered. All entries must be combine run and include the variety name and information for the Official Crop Data Card. Entries will be judged for Mill & Bake Scores, Test Weight, Protein,



(Continued on page 3)

<http://www.walnutcreek.k-state.edu/>

Mosquitoes: How to Avoid Getting “Bitten” by this “Sucking” Insect

The current wet weather and issues associated with the Zika virus have people “on edge” regarding mosquitoes. However, the common strategies that must be implemented to avoid mosquito bites is the same regardless of the mosquito disease or virus relationship. The three primary strategies that will help to avoid mosquito problems include: 1) source reduction, 2) personnel protection, and 3) insecticides.

1) Source Reduction

First of all, it is important to routinely eliminate or reduce all mosquito breeding sites, which will effectively decrease mosquito populations, by removing stagnant or standing water from any items or areas that may collect water. These include the following:

- Wheelbarrows
- Pet food or water dishes
- Saucers underneath flower pots
- Buckets
- Tires
- Toys
- Wading pools
- Birdbaths
- Ditches and equipment

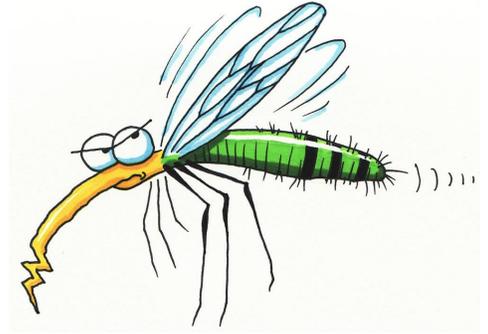
In addition, be sure that gutters drain properly and do not collect water.

2) Personnel Protection

Protect yourself from mosquito bites by delaying or avoiding being outdoors during dawn or dusk when mosquitoes are most active. Use repellents that contain the following active ingredients: DEET or picaridin. DEET may provide up to 10 hours of protection where as picaridin provides up to 8 hours of protection. In general, a higher percentage of active ingredient in the product results in longer residual activity or repellency. For children, do not use any more than 30% active ingredient. Furthermore, do not use any repellents on infants less than 2 months old. Clothing can be sprayed with either DEET or permethrin. Afterward, always wash clothing separately. Before applying any repellent be sure to read the label carefully.

3) Insecticides

For stationary ponds there are several products that may be used, such as, “Mosquito Dunks” and/or “Mosquito Bits”, which contain the active ingredient, *Bacillus thuringiensis* subsp. *Israeleanisi*. The active ingredient is a bacterium that is ingested by mosquito larvae, and subsequently kills them. The bacterium only directly kills mosquito larvae and has no effect of fish or other vertebrates. Try to avoid making area-wide applications of contact insecticides because these types of applications are generally not effective, and the applications may potentially kill many beneficial insects and pollinators.



Fireblight on Apple and Pear

With all of the rain that we have been getting lately, which we aren't complaining about, some homeowners might start to see some issues popping up on their pear or apple trees. Fireblight is most common on ornamental pears, fruiting pears and apples. Symptoms of fireblight include blackened, blighted shoots scattered throughout the tree crown. The shoots may have the classic Shepherd's crook where the blighted tips bend downward. There may be small amber droplets of bacteria on the stem. This late in the season, antibiotic applications are not effective in controlling the disease. It is important, however, to control insects that may become contaminated with the bacterium and/or create wounds for infection.

During the summer, prune out the blighted tips during dry weather. Make your pruning cut 10 to 12 inches below the discolored area of the branch. Disinfect pruning equipment between cuts with rubbing alcohol or some other disinfecting agent. Some people prefer the ugly stub method and snap the branch off below the blighted area. This helps someone see at a glance where fireblight occurred in the tree and will facilitate follow-up pruning during the winter.

(Continued from page 1)

Dockage, and Shrunken and Broken Kernels.

Quality samples from the county fairs will be entered in the Kansas State Fair Market Wheat Show. WCED entries at the State Fair have fared well in recent years, including the 2005 and 2015 Champions, 2006 Reserve Champion, and 2007 Reserve Champion, as well as multiple class champions throughout.

There are very few other county or extension districts that have ever dominated the show like WCED did in 2007. The 2007 Kansas Market Wheat Show had six classes and five placings in each class for a total of 30 prize winners. From about 200 entries at the State Fair that year, WCED entries exhibited 14 of the 30 prize winners, according to past information. To add to this incredible record, the WCED had 10 prize winners out of 36 total in 2010, and had a couple top five placings last year, to go along with the overall state champion, despite the continued struggling conditions.

If you have questions please contact WCED Extension Agent Chris Long at 1-877-798-392.

Termites vs. Ants

Termites and ants have both been swarming intermittently for the past couple of weeks. Both species usually start swarming in April in Kansas, but the cooler April temperatures seemed to have delayed this behavior for about a month.

Please make positive identification of any insects you suspect may be a pest, but especially ants and termites because there is an enormous difference in the amount of damage potential of termites vs. ants. Note that although carpenter ants may nest in wooden structures, they will not cause the same degree of damage as a termite infestation. Because of this, the cost of management for a termite infestation is much greater than carpenter ants. For more information on termites and ants, please visit:

Ants: <http://www.bookstore.ksre.ksu.edu/pubs/MF2887.pdf>

Termites: <http://www.bookstore.ksre.ksu.edu/pubs/MF722.pdf>

Mineral Management

The volatility in the market for both grains and livestock has everyone looking for ways to cut costs but still maximize production. This summer one of the biggest expenses, out of pocket, will be for mineral. These points have been summarized from Dr. Jaymelynn Farney the SE KS livestock specialist. For the full article go the Beef Tips newsletter on the K-State Research and Extension website.

Mineral supplementation is something that can be somewhat confusing, yet it is important to make sure that cattle are receiving the required amount. Minerals are required by animals the same as protein, energy, water, and vitamins. There are two main categories of minerals classified based on the amount required: macrominerals and microminerals (also known as trace minerals). Macrominerals are included in large amounts within the diet and are often reported as a percentage of the diet. Microminerals are included in minute amounts being reported as parts per million (ppm). The primary macrominerals important for growth, bone development, energy utilization, hormone secretion, and fertility are calcium phosphorous, and magnesium. Calcium and phosphorous are typically considered the most important because they not only need to meet cattle requirements, but also need to be balanced in relation to each other. In an ideal diet the ratio of calcium to phosphorous should be 1.5:1 to 3:1. Most forages are higher in calcium than phosphorous whereas grains and by-products are typically higher in phosphorous. With this in mind, most grazing minerals are formulated differently than those in a high energy (high grain) ration. Potassium, sodium, and chlorine are other macrominerals important in muscle contraction, nerve transmission, and enzymatic function while impacting intake, gain, and milk production. Sodium and chlorine are included in diets as salt.

There are different sources of magnesium with varying absorptive capability and palatability. Magnesium oxide is the most common form of magnesium offered to cattle, even though it is fairly unpalatable. The pre-

vention of grass tetany is making sure that the magnesium requirements of grazing cattle are met. New grass growth as well as turning out on wheat pasture are times that Magnesium is very essential.

Sulfur is required for synthesis of amino acids, and B-vitamins (thiamin and biotin). Deficiency of sulfur reduces feed intake, gain, and digestibility. In contrast to this, high levels of sulfur can lead to issues, especially negative interactions with important trace minerals that can lead to reductions in gains and fertility. Using dried distillers grains in minerals could cause some subacute trace mineral issues since DDGs can be high in sulfur. Trace minerals are most commonly associated with reproduction and immune function. Important trace minerals include copper, manganese, selenium, zinc, cobalt, iodine, and iron. Copper, manganese, selenium, and zinc are very important in reproduction and can be fed as an inorganic or organic source, or offered as an injectable. Plants in native range typically have their highest phosphorous levels in the spring with a decline in levels through the summer and are definitely deficient mineral supplementation program could be to provide a lower phosphorous mineral in the spring flush and feed the higher phosphorous mineral while the forage is dormant.

Understanding the characteristics of the forage and any supplement offered can allow you to make appropriate adjustments in your mineral program. There are times where you can offer a low phosphorous mineral, which will reduce cost, and there are times that a trace mineral might be all that needs to be offered. Gone are the days where a 12-12-12 mineral is your most economical option for cattle production. It is also important to quantify mineral intake to determine if feeding intervention is needed. Appropriate feeding of mineral is one method to manage feed costs.

When evaluating your mineral needs this summer it is also appropriate to look into additional controls that will work simultaneously. Namely Insect Growth Regulators (IGR) that can also be feed free choice in mineral. As early as everything is this year, flies are following suite and can be seen in large numbers. Failing to control flies in growing calves roughly reduces gain 1.5 lbs. per week. At today's calf prices, fly control is a good investment. Animals in poor body condition will suffer injury at a lower fly population than those in good body condition. With the exception of feeding insect growth regulators (IFRs), other forms of fly control should be delayed until fly numbers reach levels where it makes economic sense to control them, by most estimates 200 flies per animal. The delay is recommended to help reduce the development of resistance by reducing the generations of flies that are exposed to the treatment (30-35 generations per season for horn flies).

IGR products control flies at the site the eggs are deposited—manure. Face flies and horn flies lay their eggs in cow manure and the larvae only develop in cow manure. Therefore, some of the compounds that are fed or given in bolus form kill the larvae in the manure pat. Examples of this include the slow release bolus with diflubenzuron (Vilgilantea). This compound is an insect growth regular (IGR), which is safe, and cross-resistance does not develop. Another IGR that is used in feed through products is methoprene. Other products are available that can kill the fly larvae when used as a feed through.

Keep in mind that the end of 2016 will bring upon changes in the Veterinary Feed Directive. If you haven't consulted with your local veterinary, now is a good time to start. The availability of feed ingredients used as mineral additives will be changing, such as the use of Chlortetracycline (CTC). If you have questions, call a local extension office or email me at jaredp11@ksu.edu

Xylitol and Your Dog

Dogs tend to chew on or eat anything in sight. So be careful about foods containing xylitol that could be within Fido's reach. Why is xylitol dangerous to dogs, but not people?

In both people and dogs, the level of blood sugar is controlled by the release of insulin from the pancreas. In people, xylitol does not stimulate the release of insulin from the pancreas. When dogs eat something containing xylitol, the xylitol is more quickly absorbed into the bloodstream, and may result in a potent release of insulin from the pancreas.

This rapid release of insulin may result in a rapid and profound decrease in the level of blood sugar (hypoglycemia), an effect that can occur within 10 to 60 minutes of eating the xylitol. Untreated, this hypoglycemia can quickly be life threatening.



Preserving the Harvest

Canning is a great way to preserve when you have an abundance of a product. However, it needs to be done safely. If you are canning low acid foods, they need to be done in a pressure canner. If you have a dial gauge, it needs to be tested yearly. Just bring your lid by the office and I will test it! Don't forget to adjust recipes for your altitude as well as using an approved recipe. A recipe from Pinterest, or one that has been passed down in the family could be very risky. (These will not be accepted at fair). Tested and approved recipes can be found at USDA Guide to Canning, Ball Canning Book (make sure to use the latest editions), of So Easy to Preserve 6th edition. If you need any help with this, just ask!

Banana Bread

1/2 cup Crisco
1 cup Sugar
3 bananas mashed
2 eggs
1 teaspoon baking soda
1/2 cup sour milk
2 1/4 cup flour

Mix sugar, Crisco, and eggs. Add milk, flour and soda. Add bananas, mix well. Pour into a well greased loaf pan or in muffin tins. Bake at 350 for 40-50 minutes for loaf pan or 15-17 minutes for muffins. This recipe is great for the freezer!

Bringing Food to the Fair

There are a lot of recipes out there, so if you are in doubt if it is safe to bring to fair, either call us, or find another recipe!

Here is a list of Perishable foods and they won't be allowed!

- Icings and frosting made with RAW eggs
- Cream cheese frosting
- Chocolate Ganache
- Heavy cream frosting
- Lemon curd
- Fresh fruit OR vegetable as a garnish
- **Any** Dairy based filling
 - Cream Cheese
 - Sour cream
 - Ricotta
- Custard Pie
 - Pumpkin
 - Cheesecake
- Cream/Meringue Pie
 - Coconut
 - Chocolate
 - Lemon
 - Any flavor!
- Strawberry pie
- Chiffon pie
- Meat (even if it is baked in a product, such as bierocks)

HARNESSING THE POWER OF EXCEL

WHEN

July 12, 2016
1pm-4pm

WHERE

KSU Extension Office
Meeting Room in
LaCrosse, KS

This hands-on workshop will help participants to better utilize the power of Excel spreadsheets. Participants will work on five different exercises in Excel designed to develop skills in mathematical calculations and formulas, including equations for breakeven prices and yields and using what-if analysis. They will also learn to use "Sum", "Sumproduct", "PMT" and "IF" functions, link information from other spreadsheets and create and use look-up tables. Attendees will create four spreadsheets: estimation of machinery costs, budgeting and enterprise analysis, calculating principal and interest payments and analysis of livestock economics. Laptop computers will be provided for use, but participants are encouraged to bring their own.

K-State Research & Ext., Conservation District, and USDA are equal opportunity providers and employees. If you need accommodations please notify Stephanie Royer, 785-222-2615 ext. 101 by July 8, 2016.



RSVP

By July 8, 2016 by
calling Stephanie
Royer at 785-222-2615
ext. 101

Session is limited
to 20 participants!

THE PRESENTER

Rich Llewelyn,
Extension Assistant,
Dept. of Agricultural
Economics, KSU



Barton & Pawnee County
Walnut Creek District

Snacks provided!!!

It's Summer Time—Break the Boredom

It's not too late to sign up for summer Daycamp. This year we are focusing on Visual Arts, Fiber Arts and Portion Sizes for Foods and Nutrition. Daycamp will be from 10:00 am to 3:00 pm each day. Daycamp is open to all youth who will be entering 2nd grade thru 8th grade. We will create a painted canvas, a desk organizer, fun craft make and takes and learn about portion sizes as we prepare our lunch and snacks. Cost is \$10 per youth. Registration forms can be picked up and completed at your local extension office. Due back to the office no later than Wednesday, June 15th.

Monday, June 20	Lane County Fairgrounds
Tuesday, June 21	Ness County Fairgrounds
Thursday, June 23	Rush County Fairgrounds
Friday, June 24	Otis Cougar Den

Come Support Your Local Youth at the County Fair

You have supported the local youth all year in their school activities now is the time to support them through their 4-H work. The 4-H members have worked hard all year long on their 4-H projects. The County Fair is their time to shine. Come out and show your support.



Lane County Fair July 20-23

The Annual 4H Bake sale will be Wednesday, July 20th at 3:00pm in the Court-house Community Room.

The 4H Livestock Auction will be Saturday, July 23rd at 4:30 pm in the Morton Building.

Ness County Fair July 27-30

The Public Style Review and Bake Sale will be Wednesday, July 27th at 7:30pm.

The 4-H Livestock Auction will be Saturday, July 30th at 10:00am.

Rush County Fair August 3-6

The Annual Food Auction will be Thursday, August 4th at 5:30pm

The 4-H Livestock Sale will be Saturday, August 6th at 5:00pm

Watch the local newspaper and community signs for more information about County Fair Schedules.



The Walnut Creek District 4-H members are trying to locate our 4-H Alumni across Walnut Creek District. If you are a 4-H Alumni from Kansas or any other State, please let us know. We would like to learn about 4-H in the past. We would love to have your name, the name of your 4-H club (if you remember), the approximate years you were a member, how many years you participated, your favorite memories and your contact information. Please email rdeines@ksu.edu or stop by the local extension office and share your information.

Understanding the 4-H Ribbon

4-H uses the Danish system during the County Fair to reward kids on their projects. At each of the County Fairs Purple, Blue, Red and White ribbons are handed out. Each project is judged against a standard set of criteria. Only when choosing the Grand and Reserve Grand Champion Ribbons will they compete against other 4-H members.

A **Purple** Ribbon is the award given for Excellence on all criteria levels, this can be associated to an A+ in school.

A **Blue** Ribbon is received when the 4-H member has done above average work this can be associated with an A/B grade in school.

A **Red** Ribbon is received on projects that are average, some improvements are needed. This would be associated with C work in school.

A **White** Ribbon is received on projects that are below average and several areas need improvement, the school grade associated with this would be C- and below.

Hope this helps as you come out and look at the 4-H exhibits. However know that open class exhibits are judged differently in each county.

48 Hours of 4H

Community Service is a big part of the Kansas 4-H program. We will celebrate the 3rd Annual 48 Hours of 4-H the weekend of October 7 & 8. This is a weekend that Kansas 4-Hers across the State will all focus on making things better in their communities. Do you know of something that the 4-H members could help out with in our community? Please let us know.



We are trying to expand our marketing/ distribution areas. If you or anyone you know would like to receive our newsletters or receive emails from us, please fill out the form and return to one of the Walnut Creek Extension offices in Dighton, Ness City or LaCrosse. Thank you!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL _____

PHONE _____ Home Cell

Newsletters

- 4H
- Ag
- Family & Consumer Science
- District

Updates by Email

- 4H
- Ag
- Family & Consumer Science
- District

FCS Future Dates

Pressure Cooking vs. Pressure & Waterbath Canning

June 9 United Methodist Church, Dighton

June 10 United Methodist Church, LaCrosse

June 11 Ness County 4-H Building, Ness City

RSVP by June 7. Classes are limited to 8 participants

Upcoming 4-H Events

Day Camps

June 20 Lane County

June 21 Ness County

June 23 Rush County

Cedar Bluff Overnight Camp

June 29-30

