



K-STATE

Research and Extension

Walnut Creek District

District Newsletter

June, 2019

Message of the Month

When we look to these summer months, many are thinking vacation, camp, swimming, and harvest. Many of us are looking forward to the County Fair. We may be looking to fair because we want to enter something or it may be because it is a great time to gather with family and friends. Don't forget to stop by the Extension offices towards the end of the month to pick up our fair book if you are wanting to enter something. Also stop by or give us a call if you are willing to give of your time to help volunteer with the many judging events or activities that are taking place.

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Ag & Livestock

Lane County Fair July 17-20
Ness County Fair July 24-26
Rush County Fair July 31-August 3



Technology and Your Child's Brain

The year is 2019 and our lives are inundated with technology; smart phones, gaming stations, 55 inch televisions, social media and an app for everything. But what is all of this doing to our brains, more-so, what is it doing to our children's brains?

Our youth have a serious addiction to technology and it is effecting them just like alcohol and drugs.

Children under the age of two, should have ZERO technology and

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Inspire Kids to Do!



Come Join the Fun Walnut Creek Extension District Youth Day Camps

For Youth who have completed Kindergarten thru 6th grade

Each Day Camp will be from 10:00am to 3:00pm
Same Activities and Schedule each day

Monday, June 24th Lane County Fairgrounds – Dighton

Tuesday, June 25th Otis Public Library – Otis

Friday, June 28th Rush County Fairgrounds – Lacrosse

Cost: \$10 per youth

Please Call 877-798-3921 or email rdeines@ksu.edu to RSVP a spot for your child/children **at least 5 days prior** to the Day Camp your child/children want to attend.



- ★ **Do Crafts**
- ★ **Do Educational Classes**
- ★ **Do Snacks and Lunch**
- ★ **Do Recreational Games**
- ★ **Do Social Time**
- ★ **Do Community Service**

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screen time. This is such an important time in the development of their brain. Did you know by sitting an infant in front of the television to calm them, will affect their ability of attachment and affection.

Research says, that youth should be limited to no more than two hours of technology a day. As parents and care givers, we need to set boundaries and limits early to give youth the best developmental opportunities we can.

Too much technology is affecting their brains. Because their brains are still developing and malleable, frequent exposure by digital literacy is not necessarily good for youth. The exposure is effecting their ability to reason, their imagination and creativity, and their decision making skills are greatly diminished or don't occur at all.

The ability for your children to learn to focus effectively and consistently lays the foundation or almost all aspects of their growth and is fundamental to their development into successful and happy people.

The instant gratification that technology provides lessens the development of patience and teaching our youth to be able to self-gratify.

So as we move into the summer months, please do your part to learn more about how technology is effecting your child's brain, and set limitations. Encourage youth to go outside, read and be creative in their play. For more information on Technology and the Youth Brain contact your local Extension.

Teen Leadership Daycamp

Mark Your Calendars for a Teen
Leadership Daycamp to be held
Monday, June 17th 5:30pm to 8:30pm
Rush Center Senior Center

This leadership day camp will be focused on providing middle and high school 4-H youth with leadership skills, while also incorporating a Service-learning component.

Also, there will be a NW Kansas 4-H
Leadership event on August 7th as a
Follow up and Fun time in Hays.

RSVP by Friday, June 14th!
Pizza and Drinks provided for Supper

Fly Control

It's that time of year...again. While most of us are preoccupied by what seems to be relentless rain, before we know it the flies will be thick. Many evenings we've noticed an abundance of mosquitos, but much like most things this year they might be slower to surface, but rest assured they are coming!

Beef Cattle Fly species that have a major economic impact on pastured cattle are horn flies, face flies and stable flies. Horn flies are blood feeders. Horn flies have been found to decrease milk production, cause reduction in weight gain, change cattle grazing patterns and have been implicated in the spread of mastitis. Nebraska research has shown a 10 to 20 pound increase in calf weaning weights when horn fly control was achieved. Economic injury from horn flies will begin when fly counts are at 200 flies per animal. The best time to evaluate horn flies is in the morning hours before they move to the bellies of cattle. To achieve horn fly control, be prepared to use several different insecticide strategies. These include dust bags, rubs, sprays, pour-on and insecticide impregnated ear tags. Dust bags and/or back rubbers can provide effective fly control if used in a force use system. Animal sprays are also an effective means to control horn flies. Pour-on insecticides are ready to use formulations applied to the top line of the cattle. They provide short term control, but also cause cattle stress and increase labor costs. Insecticide impregnated ear tags contain one or more insecticides embedded in a plastic matrix. To get maximum performance from an insecticide ear tag, use two tags per animal and delay ear tagging until early June. Horn fly populations have a tremendous ability to develop resistance to most insecticides. If you are planning to use tags for fly control every year, switch to a tag that contains a different insecticide. Research from Oklahoma State has looked at varying ways to use tags and their active ingredient. Two newer types of tags available contain endosulfan or abamectin. Use tags containing one of these products every other year or every third year between a tag containing a pyrethroid or an organophosphate. With any insecticide, whether it is tags, dust, liquid, etc. be sure to read and follow all label instructions.

Face flies are a non-biting fly that feeds on animal secretions. Face flies will cluster around animal's eyes, nose and mouth causing extreme annoyance. Face flies are also the principal causal agent of pinkeye. Face fly control methods are similar to horn fly control techniques. Insecticide ear tags will provide a higher degree of control if used according to label.

Stable flies mainly feed on the legs of cattle. Cattle will stomp their feet, stand in water; bunch up in pasture corners to avoid these pests. Five stable flies or more per leg



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will cause cattle distress. The only stable fly control option is the use of animal sprays. Apply these with a low pressure sprayer or a mist blower sprayer. Weekly application will be required to achieve reduction in fly numbers. Stable fly eggs are deposited in spoiled organic matter mixed with manure around feed areas. Winter hay feeding sites where hay rings are used can be a source for stable fly development. Clean up and good sanitation of these sites will reduce stable fly numbers. Fly control is important for excellent cattle performance. For best long term results, use a variety of fly control techniques. Delay fly control until late May or the first of June if possible. Rotate insecticide types to help avoid flies developing resistance to insecticides. Good sanitation around feeding areas and cleaning up around hay feeding areas will be beneficial.

Prevented Planting Dates and Deadlines

courtesy of Monte Vandever (montev@ksu.edu) – K-State Department of Agricultural Economics

To review, many Kansas producers who insured their intended 2019 corn acres are nearing or already past the “Final Planting Date” (FPD) deadline, which marks the latest date for which they can plant their corn crop and still obtain the full level of crop insurance coverage. The FPD was May 15 for southeast Kansas, May 25 for central and northeast Kansas, and May 31 for western Kansas. Refer again to the map in last week’s article to see which zone includes your county.

Once the FPD passes, producers enter what is called the “Late Planting Period” (LPP), during which corn may still be planted, but the level of insurance coverage will decline day by day. In particular, the production guarantee (= APH yield x % guarantee level) will decline 1 percent for each day after the FPD that a particular acre gets planted.

An example: consider a non-irrigated corn producer who has an APH yield of 120 bushels per acre and has chosen the 75% coverage level. His/her production guarantee for acres planted up through the FPD is 90 bushels per acre (= 120 bu/a APH x 75% coverage). For acres planted, say, 10 days into the LPP, the production guarantee is reduced by 10 percent (= 90 bu/a x 90% = 81 bu/a). Producers who do plant corn during the LPP must keep a running tally of which acres are planted day by day, since each day’s planted acreage will have a different production guarantee.

For corn in Kansas, the LPP extends another 20 days after the FPD. This means the final day of the LPP is June 4 for southeast Kansas, June 14 for central and northeast

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Kansas, and June 20 for western Kansas. If insurable causes of loss continue to delay planting past the LPP, corn may still be planted and insured after the LPP ends. Acres planted at this point would receive a production guarantee of 55 percent of the original APH yield. Our example producer above would thus have a production guarantee of $120 \text{ bu/a} \times 55\% = 66 \text{ bu/a}$.

Medicare Basics Programs

If you will be turning 65 in the next year or if you care for somebody on Medicare, this is a program for you. This free program will walk you through the basics of what Medicare is, how to sign up, and important deadlines you don't want to miss. Each program will start at 7:00pm and last about 2 hours. There must be a minimum of 6 to hold the program.

September 10 **Rush Co. Extension Office**
September 12 **Lane Co. Community Room**
September 17 **Ness Co. 4-H Building**



Mold



With all of this water, we are likely to have mold problems. If wet or damp materials or areas are dried 24-48 hours after a leak or spill, you will significantly reduce chances of having mold. There are no EPA or other federal limits for mold or mold spores, so sampling cannot be used to check a building's compliance with federal mold standards. To help deter mold, keep indoor humidity below 60% (ideally between 30% and 50%) and increase ventilation with the use of fans. For more information, check out EPA's online bulletin, "A Brief Guide to Controlling Mold, Moisture, and Your Home." Another great resource

for flooding is: <https://www.ksre.k-state.edu/news/>

Frying With Hot Air

Posted on May 9, 2019 by Karen Blakeslee

Instead of frying in oil, maybe an air fryer is for you! Reducing oil in foods in one way to make foods healthier. So how does a hot air fryer work?

Extremely hot air circulates around food with a fan. It creates a crispy surface layer and the inside stays moist. This is similar to convection oven cooking. Only a small amount of oil is brushed on the food surface to aid the crisping process cook in small batches for even and complete cooking.

When shopping for an air fryer, first consider your kitchen counters and storage space. Do you have room? If the appliance is not visible, it is less likely to be used. There is no oil to dispose of or lingering oily odors. But does the food taste the same with similar crunch? Maybe, maybe not. Just remember to consider making healthier meals for you and your family to reap the rewards.



Source: <https://blogs.extension.iastate.edu/answerline/2017/09/07/air-fryers/>

Little Barley Issues in the Lawn

Many homeowners throughout the Walnut Creek District might be starting to notice a common grassy weed take over their lawn. The culprit that is being referenced this time is little barley. Often, people mistake little barley for little foxtail because the foxtail and little barley seed heads are similar. However, little barley is a winter annual that comes up in late September -October and spends the winter as a small plant. It thrives in the cooler spring temperatures, similar to what we have now, forms seed heads and dies out usually by July. Foxtail, on the other hand, is a summer annual that does well in hot weather. Also, foxtail will not produce seed heads until mid-to late-summer.

So, why are we talking about little barley now? Because now is NOT the time to control it unless it is in an area where a non-selective herbicide that kills everything such as glyphosate (Roundup) can be used. The best control for little barley in turf is a thick lawn that is mowed high enough that sunlight does not hit the soil. Little barley seed will not germinate in such conditions. Over seeding in early September can thicken up a tall fescue lawn and prevent a little barley infestation. However, if you do not plan to over seed, even though the lawn is a bit thin, pre-emergence herbicides can be used to provide at least partial control of this weed. The only pre-emergence herbicide that is

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Grain Sorghum Planting Considerations

As this is being published, ag producers in the area are frantically trying to plant their grain sorghum before the next round of rain showers. With all of the moisture in May throughout the Walnut Creek District, it placed many behind in preparing for planting season. As we know many corn acres were either planted late or were not planted at all. The showers seemed to slow just in time to put grain sorghum in the ground, however. So as folks prepare to get the seed in the fields, there are some things to consider. Some of the main planting practices affecting yields in sorghum are: row spacing, seeding depth, seeding rate/plant population, planting date, and hybrid maturity.

Sorghum plants can compensate and adjust to different environmental conditions through adjustments in the number of tillers, head size, and the final seed weight. For sorghum, the final number of seeds per head is the plant component that varies the most; and thus has more room for adjustment than the other plant components, such as seed weight and number of tillers.

Let's start with the Sorghum population or the seeding rate. Recommendations can vary significantly depending on your annual rainfall. So for our area, the recommended seeding rate is approximately 30,000 to 45,000 seeds per acre with final stands of 23,000 to 35,000 plants per acre. Because of sorghum's ability to respond to the environment, final stands can vary at least 25%, depending on the expected growing conditions, without significantly affecting the yields.

Lower seeding rates help minimize the risk of crop failure in dry environments. Sorghum can compensate for good growing conditions by adding tillers and adjusting the head size, but yields can be reduced in a dry year if populations are too high. Sorghum will tiller more readily in cooler temperatures and less readily under warm conditions.

Higher seeding rates also should be used when planting late and should be increased by about 15-20% if planting in late-June or even later. About 65-70 percent field germination is a good general rule to use.

Row spacing goes hand in hand with the seeding rate. Using narrow row spacing, such as 15-inch compared to the traditional 30-inch row spacing, is significantly dependent on the environmental conditions especially moisture.

A summary of research data performed at KSRE in the last several years has confirmed that the optimum planting date for maximizing yields will be around early June. Still, the decision related to the optimum planting



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Watering Houseplants While on Vacation

We are approaching the time of year when many people take vacation. In the rush to get everything done before leaving, don't forget your houseplants will probably need watering while you are gone. The best alternative is to have someone water them for you. However, if this is not possible, there are alternatives.

1. Well-watered plants can be placed inside a plastic bag. Prop up the bag by using wooden dowels or something similar to keep the plastic off the leaves. Make sure the enclosed plants will not receive full sun as heat buildup may cook them. Bright, indirect light is best. Plants should keep for about a week with this method.
2. This method requires an old dish drying rack, a bathtub in a bathroom with some natural light and some shoelaces. Place the drying rack upside down in the tub and add several inches of water. Push one end of a shoelace through a drainage hole on the bottom of a pot and into the potting soil of your houseplant. The other end of the shoelace dangles into the water. What you have made is a wick system that will replace water in the pot as the plant uses it. Plants can last a couple of weeks if you have enough natural light.
3. There are numerous commercial products that can be used to automatically water houseplants in your absence. The advantage of these products is that the houseplant does not normally need to be moved. All require a reservoir from which water is either siphoned or pumped to individual houseplants. Houseplants should last as long as the water holds out.



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date should be timed so plants have the best possible chance of avoiding the hot, dry weather at the flowering stage, but can still have sufficient time to mature before the first frost.

Seed placement or planting depth is also a critical factor in sorghum production. Optimum seed placement for sorghum is about 1-2 inches deep. Shallower or deeper planting depths can certainly affect the time between planting and emergence thus affecting early-season plant uniformity.

Lastly, but certainly not the least is hybrid selection. The selection of sorghum hybrids should be based not only on maturity, but also on other traits such as resistance to pests, stalk strength, head exertion, seeding vigor, and overall performance

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labeled specifically for little barley is Surflan. It is also sold under the name of Weed Impede by Monterey Lawn and Garden. Surflan can only be used on warm-season grasses, such as bermudagrass, buffalograss, zoysiagrass, and tall fescue, most of which are grown in our area. However, Dimension, is labeled for various barley species, which would include little barley and therefore can be used to keep this weed under control. Because little barley is a winter annual, apply the pre-emergence herbicide about mid-September and water in to activate. If over seeding tall fescue, do not apply any pre-emergence herbicide as it will interfere with the germination.

Are Bacteria Lurking in Your Spice Cabinet?

Posted on April 11, 2019 by Karen Blakeslee



Consumer behavior studies reveal telling insights into what food preparation methods they use. In a recent study, consumers were observed preparing turkey burgers and a chef's salad to see what steps they did during meal preparation.

When preparing the turkey burgers, almost 50% of the participants handled spice containers without washing their hands after handling raw turkey. This observation was unexpected.

Previous observation studies did not sample spice containers for contamination. Also, if spice containers are not stored inside cabinets, those containers could be contaminated more easily.

What to do? Plan ahead. Measure out spices before handling raw meat so they are ready to use. If containers are handled with dirty hands, clean the containers before putting them back in storage.

Kansas Fresh

[Kansas Fresh](#) is a mobile app available for smart phones and tablets in the Apple app store and Google Play store. Kansas Fresh helps you locate registered farmers' markets near you, anywhere in Kansas. You can also find recipes and videos for your fruits and vegetables, as well as a identify which products are currently in season.

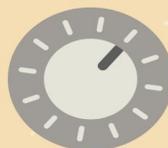




When are Baked Goods Done?



Gently touch the top and it should bounce back



Use a timer to follow recommended recipe baking time



Use an oven thermometer to check oven accuracy



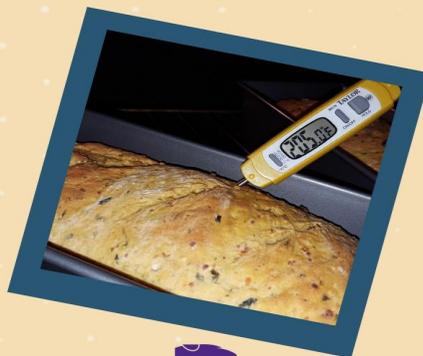
Insert a toothpick or skewer into the middle to check for stickiness



Take the Temperature!

Suggested Final Temperatures

- Layer cakes - 205-210°F
- Pound cake - 210°F
- Jelly roll cakes - 190-195°F
- Muffins - 210°F
- Quick bread - 210°F
- Yeast bread - 195-210°F
- Bundt cake - 212°F
- Yeast rolls - 190-195°F




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