WCED NEWS
April 2023

Walnut Creek District Monthly Newsletter

www.walnutcreek.ksu.edu

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K-State Research and Extension
Walnut Creek District

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Kansas State University Agricultural Experiment Station and Cooperative Extension Services
K-State Research and Extension is an equal opportunity provider and employer
1. Shopping for fresh eggs
When shopping for eggs, open the carton and check that they’re clean and intact. Dangerous bacteria can enter if they are cracked.

2. Washing your hands
It’s important to wash your hands before and after handling eggs. If kids are helping, they need to wash them too.

3. Dyeing your eggs
Make sure to use only food safe dyes. Supervise children if they’re helping with this task. It’s not uncommon for kids to confuse dye tablets for candy. Don’t panic if a child eats a tablet but call the Poison Center right away.

4. Eating eggs
If you plan to eat the eggs you used for your egg hunt, you want to do so within two hours. If there are cracks or the eggs have been in contact with animals, it’s best not to eat them. A safer alternative is to use fake eggs for the hunt and leave the real ones for eating.

5. Storing eggs
When storing eggs make sure they go inside the fridge, not the fridge door. They should be refrigerated at 40°F or colder within two hours of cooking. Once hard-cooked, refrigerated eggs can be stored for up to one week.

6. Preventing cross contamination
Wash your hands after handling eggs, especially if you handled raw eggs. Make sure to clean all surfaces that were in contact with raw eggs – utensils, countertops, etc. This includes any spills in the refrigerator too. Many pathogens can live in extremely cold temperatures. The cold merely slows bacterial growth.

Have fun and stay safe this spring!
K-State Research and Extension Walnut Creek District will be hosting a Master Gardner Planning meeting on Tuesday, April 4, 2023 at 6:00pm. We will be meeting at the Lane Co. Community Room which is located in the Lane County Courthouse in Dighton.

All past and present Master Gardeners are welcome to attend! Please feel free to attend as well if you are interested in becoming a Master Gardener.

The meeting will be focused around planning for our future projects, programs, and activities we would like to host throughout the upcoming spring and summer months.

For more information, please contact Lacey Noterman, Walnut Creek Extension Agent at 785-798-3921 or lnote@ksu.edu

Transplanting Tomatoes Early

If you would like to have your tomatoes plants produce earlier in the year, there are certain things to keep in mind. Most people who try to get a jump on the season set their tomatoes out early and cross their fingers. However, that is often not a good plan as tomatoes have to have certain requirements before they will grow well. Those requirements are an acceptable soil temperature for root growth and an acceptable air temperature for both plant growth and fruit set.

Tomatoes need a soil temperature of at least 55 degrees to do well. Plastic mulch is most commonly used to warm the soil. Several days may be needed to raise the soil temperature. Check the soil temperature 2.5 inches deep in the soil.

Plants must be protected from frost. Hot caps or water teepees are placed over the young plants to provide protection as well as provide a higher average temperature to encourage growth. If the temperature goes below 55 degrees at night, tomato flowers may not set. The plant is not hurt, but the blossom will not set fruit, or if it does set fruit, the fruit is often distorted.
Waiting (and Praying) on Grass

Everyone’s pretty much in the same boat….just enough feed or hopefully enough feed to get cows to grass and that’s not intending on a June 1st turnout. On March 15th we hosted a program in LaCrosse with the help of the crew at LaCrosse Livestock Market, Rush Co. Farm Bureau, and Rush Co. KLA. Dr. Justin Wagonner was one of our presenters tasked with the topic of stretching feed resources to get thru this spring.

First-and the focus of this article is the use of ionophores. Rumensin (monesin) is labeled for use on cows, so that is what we base feeding limits on, but other common products would be Bovatec or Cattalyst. Ionophores increase feed efficiency by altering the fermentation process. This is a relatively cheap feed additive that can help cows better utilize the low quality feed resources we currently have thus reducing their total intake. As per the label on Rumensin, this must be fed with or mixed into dry feed to reach 50-200 mg/hd/day. So, if you are on grass or stalks, cows must receive a minimum of 1 lb of medicated feed/hd/day in grain, cubes, etc.

Ionophores can help with a number of production issues such as: improved gain on replacement heifers, earlier first estrous, and they can decrease the potential for bloat and acidosis. In feedlot cattle, ionophores are primarily used to improve weight gain and decrease the prevalence of coccidiosis.

The science behind how ionophores in the rumen react with microbes and propionate is very intricate, but in short, the ionophores work with bacteria and are able to get more energy out of the feed and that is the gain in efficiency. Ionophores are a feed supplement, but because they target certain bacteria in the gut and are not medically relevant to human applications, they do not require a Veterinary Feed Directive. PennState Extension has a very good publication that explains this process in detail. They estimate that 90% of the cattle fed in the U.S. are receiving ionophores, so to say nearly all commercial feedyards utilize the advantages ionophores provide. The return on investment is very consistent with these products.

Drawbacks are few, but for those that have multiple species, monensin is deadly to horses. Label restrictions and requirements need to be followed and that means being precise on mixing and feeding, but these products can be fed in a number of ways to get the desired intake. There is no magic wand or potion for increasing feed (or rain) but by utilizing subtle changes like ionophores, limit feeding, timing the feeding, and etc, we can alter the outcome. Please feel free to reach out to us at the Walnut Creek Ext. Dist. for additional ideas and tweaks to stretch not only the feed but the dollars tied to the feed this spring.
Would you like to Volunteer?  
We need help in the following positions:

Sharing Project Knowledge (Project Leaders) - You can give 1 hour or 1 hour a month, you can help with one event or take the leadership of several events.

For the upcoming Summer Fairs we need Superintendent helpers these people help with check-in, assisting the judge and displaying. If you would like to help, let your local Extension Office know.

Call Robyn to see how you can help 785-798-5020

Thank you to our Community Leaders for helping each month with the education and volunteering to help our youth Grow!

Janelle Maier, Stephanie Maier, Erin Babcock, Paula Shaw, Patricia Duffey, Heather Ross, Sandy Showalter, Jared & Erin Petersilie, Melissa Schlegel, Brittany Nichepor, Amanda & Darin Wittman, Laurie & Travis Petersilie, Rene Roberts, Nick Noterman and Megan Shapland

Thank you to the Walnut Creek Extension Board Cortnie Price, Austin Bretz, Erik Steffens, Katie Riffle, Bryan Foos, Alvera Davison, Judy Delaney, Dane Whitley, Linda Woods, Nada Wells and Don Reinhardt
Summer Camp
Check out the Summer Camp opportunities

**Cedar Bluff Overnight**: June 1-2, for any youth 7-12 years of age. This is a one night overnight tent camping at the Cedar Bluff State Park, in conjunction with Golden Prairie District (Logan, Gove, Trego Counties). Counselors are 13 and older.

**4Clover 4-H Camp**: For 4-H Youth 7-10 years of age. Hosted at the Dodge City Community College, along with Gray, Ford, Clark and Hodgeman Counties. Three days and two nights of lots of fun, June 14-16. Counselors are 14 and older.

**Discovery Days**: June 7-9 held at K-State Campus, giving teens 13-18 years of age an opportunity to learn about college life and career options.

**Rock Springs 4-H Camp**: open June and July with several date options. Robyn will be attending June 18-21. This is for all youth 7-18. Ask the local office for more information or check it out at https://rockspringsranch.org

**Local Daycamps and other learning opportunities**: Watch the 4-H Update emails for other one day fun opportunities for learning and participating in project based activities and fun

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**NEVER STOP LEARNING**

We are super excited to share that we will be offering the Never Stop Learning Summer Program again this year in all three of our counties. This year our interns will be Kaleigh and Lauren Maier, 4-H Alumni from Rush County.

We are still in the planning process, however we will have some exciting programs based on STEM Farm to Fork Creativity Foods & Nutrition
The Benefits of Volunteering

Benefits of volunteering #1: Volunteering connects you to others
Volunteering helps you make new friends and contacts
Volunteering increases your social and relationship skills
Volunteer as a family

Benefits of volunteering #2: Volunteering is good for your mind and body
Volunteering increases self-confidence
Volunteering combats depression
Volunteering helps you stay physically healthy

Benefits of volunteering #3: Volunteering can advance your career
Volunteering can provide career experience
Volunteering can teach you valuable job skills

Benefits of volunteering #4: Volunteering brings fun and fulfillment to your life

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Upcoming Events

April:
2: Rush Beef Weigh-in 3pm
3: Lane County 4-H Council
10: RH Co Junior Leaders & 4-H Council
16-22: National Volunteer Week
17: Ness County 4-H Council
21: Dighton Grade School Earth Day
29: Food Fair Frenzy & Cupcake Wars

May 1st
Add/Drop Deadline
This is the last day to Add projects
Drop Projects
May 15th
Camp Counselor Apps are due
June 1st
Horse ID Papers need completed
June 15th
Nominations for Beef
DRYING & COOKING HERBS

Come learn how to dry your homegrown or store bought herbs and then cook with them!

WEDNESDAY, APRIL 12 FROM 12:00 - 1:00

COMMUNITY ROOM
144 S. LANE
DIGHTON

Presented by: Aimee Baker, Wichita County
Family & Community Wellness Agent

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Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

What are the benefits?
Strength training:
- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

Here's what we do
Stay Strong, Stay Healthy classes include:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

WHEN: Classes are Mondays/Wednesdays at 9:30 am beginning Monday April 17th
WHERE: 4-H Building at the Fairgrounds, Dighton
CONTACT TO REGISTER: Carissa Kline, Family and Community Wellness Agent
620-397-2806 or carissakline@ksu.edu
COST: $20.00

REGISTER TODAY! **LIMITED TO 10 PARTICIPANTS**

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