

# K-STATE RESEARCH AND EXTENSION WALNUT CREEK EXTENSION DISTRICT

## June 2023

### K-State Research and Extension - Walnut Creek

### Introducing...

Walnut Creek Extension District, Kansas 4-H and the Department of Education are offering Never Stop Learning educational opportunities in all three counties led by Kaleigh and Lauren Maier.

#### Kaleigh Maier

Hello! My name is Kaleigh Maier, and I will be working as an intern for the 4-H Summer Engagement program. I am originally from Otis, Kansas and I graduated from Kansas State University just this past spring earning my Bachelor's in Secondary Education as well as my Bachelor's in English.

Growing up, I was a member of the Otis Go-Getters 4-H club which provided me with many beneficial life skills. I worked as an intern for this program last summer as well, and I am excited to come back with new ideas and fun activities to do with the program this year as a part of the Walnut Creek District Extension team!



#### Lauren Maier

Hello! My name is Lauren Maier. I am a former member of the Otis Go-Getters 4-H club and I am currently an intern for Walnut Creek Extension. I am originally from the small town of Otis, Kansas. I'm attending Kansas State University pursuing a Major in Humanities, with Minors in Spanish and Art. I am very excited to join the Walnut Creek District Extension team this summer. 4-H has been a big part in my life and I am looking forward to getting involved again by teaching young 4-Hers new and exciting things!



[www.walnutcreek.ksu.edu](http://www.walnutcreek.ksu.edu)

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## Strawberries



### Remove Blossoms on Newly Planted Strawberries

Newly planted strawberries have limited energy which should be directed towards developing runners rather than fruit production. Be sure to remove blooms from young spring-bearing strawberries to promote strong runners early in the plant's life that will produce berries the following year. Failure to do so will result in weak runners and small/fewer fruit.

Remove fruit from young everbearing strawberry plants for the first four to six weeks after planting so energy will be directed to root development.



Lacey Noterman

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## Ticks in Kansas

Be on the lookout for ticks! Due to the recent wet conditions in some areas, ticks may be found in grasses and weeds and they may attach to clothing or your skin.

Follow these guidelines for tick removal: If the infestation is low, ticks can be removed manually by grasping as close to the skin as possible with fine forceps or tweezers. The tick is then pulled slowly straight away from the skin, using slow, steady pressure. The tick should not be twisted or jerked out of the skin because this might cause the head to become detached and left in the skin.

Use of a lighted match or covering the tick in vaseline or nail polish are not recommended. Ticks removed from people should be saved in a vial with alcohol and labeled with the date. If flu-like symptoms – including, headache, skin rash, and fever – occur 10 to 14 days after tick removal, see a physician immediately and take the tick with you or send it to the local K-State Research and Extension office. Ticks removed within several hours after attachment are very unlikely to transmit pathogens.

If you need help identifying ticks, check out the [extension bulletin, Ticks in Kansas](#). Or you may ask for assistance from your local Extension Office.



Click on the following link to view past issues of the K-State Insect newsletter:

<http://entomology.k-state.edu/extension/newsletter/index.html>

If you might be interested in subscribing to the newsletter follow the link below to find the Newsletter Subscription Web Page at:

<http://entomology.k-state.edu/extension/newsletter/subscriptionpage.html>

# 2023 Annual Wheat Plot Tour

As wheat harvest rapidly approaches, K-State Research and Extension Walnut Creek District hosted their annual wheat plot tours on Thursday, May 25th. This is an excellent opportunity for producers to see and hear about what's available and what farmers in their own area have experienced.



Wheat tours actually tour the wheat crops in the fields. These tours give us a first-hand experience and understanding of the quality of this year's wheat crop even before it is harvested.

The speakers for the day included Romulo Lollato, Extension Wheat Specialist; Kelsey Anderson Onofre, Extension Plant Pathologist.

Most of the discussion was focused on the wheat variety selection, agronomic traits of varieties in the plots, production practices, and wheat disease management.

The tour began in Rush County at the plot owned and operated by Mark Baus. The plot is located at the corner of 140 and Avenue N in Rush County. Three miles north of Highway 96 on Road 140. From Alexander, 2 miles east and 3 miles north on road N. There were 18 different varieties planted in the plot.

The wheat crop this year shows major damage from drought and heat stress. Heat stress can hinder the test weights. On a positive note, there is very little disease pressure. There have not been many reports of stripe rust in the area due to the lack of moisture.

The final stop of our tour was at Vance and Louise Ehmke's land in Lane County. The plot featured 28 wheat varieties and a few triticale varieties. The plot is located seven miles west of Dighton to Eagle Road, 2 miles south to West Road 130 then 200 yards west toward Ehmke farmstead, east of the scale.



These tours provided great information from K-State Extension on current wheat varieties and the status of wheat production across the state of Kansas.

If you were unable to attend the tour – Don't worry! Feel free to go out there and look at it again. There are plot signs and signs.

For more information on the Wheat Plot Variety Tours, please feel free to contact Lacey Noterman, K-State Research and Extension, Walnut Creek District Agriculture and Natural Resources Extension Agent at [lnote@ksu.edu](mailto:lnote@ksu.edu) or 785-798-3921

## Controlling Fleas



### Jared Petersilie

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School is out, days are warming up, and while its not uniform across the district-it is green with the moisture we received and hopefully more to come. Usually that means we are deworming critters around the farm...namely the cows, some with horses, a few with sheep, goats, or pigs, but many have dogs and cats that often get overlooked. Especially those living outside-without fences or neighbors.

As the 'pet' industry continues to grow, I'm amazed at the pet products: toys, litter boxes, supplements, and food—all natural, organic, high protein, and even refrigerated products! My wife is a good cook, but we don't spend that on ourselves let alone our big white K9's-that really are working for a living. Much like herbicides and insecticides for home and garden, the products available for pets is pretty extensive, and they each have their own niche. Reading all the product labels is important, but takes a lot of time and isn't necessarily what you want to do standing in the aisle trying to find navigate your way thru boxes and boxes all with fine print.

So, hopefully to save time and headaches, Mississippi State University Extension has a publication that simplifies the process.

[http://extension.msstate.edu/sites/default/files/publications/publications/P2597\\_web\\_kp.pdf](http://extension.msstate.edu/sites/default/files/publications/publications/P2597_web_kp.pdf)

By far and large it is using product names as compared to active ingredients for the pet, the home, and the yard. Not all products are safe for cats, but this clearly shows what product is labeled for each specie as well as which phase of metamorphosis.

## Livestock Medications

### REMINDER:

I highlighted the changes that would be affecting the over-the-counter medications in January. June is now upon us and don't forget the changes that are being made to some common medications.

Beginning in June of 2023, livestock owners will need a prescription from a licensed veterinarian to purchase all medically important antimicrobial drugs, says Dr. Gerald Stokka, North Dakota State University Extension veterinarian and livestock stewardship specialist. Currently, there are several antibiotics sold over-the-counter (OTC) that do not require a veterinary prescription to purchase.

The most recent guidance document pertains to transitioning the sale and use of the remaining medically important, OTC antimicrobials to prescription status. Once the recommendations have been fully implemented, all dosage forms of medically important antimicrobials approved for use in animals can only be administered under a prescription from a licensed veterinarian with a VCPR and only when necessary for the treatment, control or prevention of specific diseases.

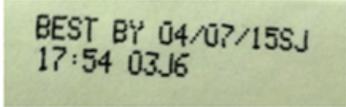
The most common products in this category include penicillin (both procaine and procaine/benzathine formulations), all oxytetracycline products including 100, 200 and 300 mg/ml injectable formulations, and the sulfa class of antimicrobials. A list of all products changing to prescription status can be found at <https://www.fda.gov/animal-veterinary/antimicrobial-resistance/list-approved-new-animal-drug-applications-affected-gfi-263>

## What Do Those Food Dates Mean?

Have you ever looked at “out of date” food in your refrigerator and wondered if it is still safe to eat? This month’s article will cover the differences between the phrases “sell by,” “best if used by,” and “use by.”

You don’t want to eat or serve your family outdated foods, but you also don’t want to waste food if it is still safe to eat. Currently, the only food product with federally regulated expiration dates is infant formula. You should not purchase any baby formula after its “use by” date for safety and nutritional reasons.

Other than baby formula, there is not regulated food dating system in the United States, however the USDA does provide definitions for terms most often used on food product labels.



- “sell by” dates let the store know how long to display the item for sale. You should purchase the item before the sell by date.
- “best if used by” dates are used for the best flavor or quality of the product and is not a purchase by or safety date.
- and “use by” dates are the last date recommended by the manufacturer for using the product at its peak quality.

The most important thing you can do to impact the length of time you can safely keep and use food is to handle it properly; including:

- Immediately refrigerating perishable food home.
- Freezing perishable foods if you can’t use it within recommended safe refrigerated storage times.
- Throw foods out if they have not been stored at the proper temperature for too long. For example, if you know that a carton of milk has been sitting on the counter for more than three hours, throw it out.

Use extra caution when determining how long to keep foods that will be consumed by vulnerable populations (young children, the elderly, pregnant women, immunocompromised, people with limited mobility). If the product does have visible mold, off odors, the can is bulging, or other similar signs, this spoilage could be a sign that dangerous microorganisms may also be present, so with such products, use the “If in doubt, throw it out” rule.

## Sign up for a Home Canning Newsletter

When the topic of canning arises, you may have visions of grandma’s basement full of beautiful canned jars of fruits and vegetables. While some things never change, some things DO! Please read the latest information on food preservation at: <https://www.rrc.k-state.edu/>

Look on the left side for Food Preservation and check out Karen Blakeslee’s videos on canning.

Karen writes a “You Asked It” newsletter each month that has all the latest information on food safety. Karen Blakeslee, Londa Nwadike, and Susan Mills-Gray from Missouri University and Kansas State University are the Home Food Preservation Newsletter team. You can subscribe to receive the newsletter automatically by signing up at: <https://extension2.missouri.edu/programs/food-preservation>



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# Household Chemicals



You may have stocked up on household chemicals for cleaning back when the Coronavirus hit Kansas. While keeping clean and regularly disinfecting is important, it is also important to understand how to handle household chemicals.

When using household chemicals:

- Read and follow instructions on labels.
- Wear gloves and goggles when using chemicals.

- Don't mix products, as this can cause deadly gases.
  - Mixing bleach and vinegar makes chlorine gas.
    - This can lead to coughing, breathing problems, burning and watery eyes.
  - Mixing bleach and ammonia makes chloramine.
    - Which can cause shortness of breath and chest pain.
  - Mixing bleach and rubbing alcohol makes chloroform, which is highly toxic.
  - Mixing hydrogen peroxide and vinegar makes a highly corrosive acid.
- Keep products in their original containers.

When storing chemicals:

- Keep them out of reach of children and pets.
- Use safety locks and guardrails on shelves and cabinets to prevent them from falling.
- Store anything that can catch on fire away from your house and away from the sun, open flames, or other heat sources.

When you need to get rid of household chemicals be sure to follow the instructions on the label.

## Make a Salad a Meal

We often serve salad at the beginning of a meal, but a salad can be a meal if it is satisfying enough. Eating a big healthy salad can be a great way to get more fruits and veggies, while enjoying reasonable portion sizes of other foods. Creating a big salad also saves time on meal prep and it can be a wonderful way to use small pieces or amounts of fresh produce that might otherwise go uneaten.



To build your big healthful salad, start with a bed of leafy greens. While iceberg lettuce is the most popular, it contributes little more than water in the nutrient category. The darker the greens, the more nutrients they offer, so go for spinach, romaine, and mixed greens.

Add raw vegetables, fruits and berries for color, flavor, texture, and a boost of nutrients. Fresh green beans, snap peas, broccoli, radishes, zucchini, cauliflower, tomatoes, avocados, and cucumbers are all healthy salad toppings. Add a bit of fruit, like berries, apple slices, oranges, or dried fruit, for more flavor and freshness.

Include a little protein in your salad. Chopped or sliced hard-boiled egg is an excellent choice. If you have leftover grilled chicken, beef or pork, add it to your salad. Cooked shrimp, tuna, or a small amount of cheese are also good.

Sprinkle a few nuts on top for crunch. All nuts will add protein and heart-healthy polyunsaturated and monounsaturated fats and walnuts are an excellent source of omega-3 fatty acids. Store nuts in your refrigerator or freezer for longer storage.

Drizzle on a little dressing, but not too much. A tablespoon of regular commercial salad dressing will add 50 to 80 calories. Choose a low-fat and reduced-calorie dressing when possible, or top your salad with freshly squeezed lemon or lime juice.

Source: Sharolyn Jackson, Walk Kansas Newsletter 2019 Week 8



# 4-H Youth Development News

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## Why visit a county fair?

What is a county fair? Have you ever used “google” to find out exactly what people think the County Fair is? One of the definitions found was “a gathering of people to display or trade produce or other goods, to parade or display animals and often to enjoy carnival or funfair entertainment”. The archaic spelling of “fair” was “fayre” used in the 15th to the 17th century. Even back then, the definition still included “a gathering of stalls and amusements for public entertainment”.

The county fair is the best place to see new things and maybe even try new things. If all community members participate and enter an item they have made or if they share a “vintage” item from the past, there will always be some fantastic displays at the fair.

One item that was not mentioned in the definition of the county fair is the volunteer force that is necessary to make such an event happen. In addition to parents getting their family members and all their exhibits to the fair, they are also asked to volunteer in one of the many divisions.

The Superintendents volunteer their time to accept the entries during the entry time, then organize the exhibits and prepare them for the judging. After the judging is complete, they work to display all the exhibits for the public to see.

In the livestock division, the list of responsibilities is even a bigger job as superintendents and assistants are constantly checking the animals and visiting with the 4-H members so they will be ready for the show.

4-H families also volunteer at the 4-H Concession Stand and help set up and clean up the buildings before and after the fair. 4-H teens are busy throughout the week teaching younger members, helping promote projects, creating videos or livestreaming shows and events, all while exhibiting their own projects. The leadership skills the junior leaders learn are invaluable to the community later in life.

Don't miss out on the fun! Stop by and visit a county fair near you!

## IT IS NOT TOO LATE TO VOLUNTEER

How many volunteers does it take to run a successful county fair? The answer is: We need everyone's help!

The Fairboard works hard to provide many avenues for entertainment and some are free. However, to make our rural county fairs work, we need all hands on deck.

Even if your family is not enrolled in 4-H, we would welcome your help to sit beside a judge and record the comments the judge shares with the youth. Call one of the Extension Offices listed on the front page and let us know you'd like to help.



# Fair Dates and Info

## Summer Fun at the County Fair

Lane County Fair - Wednesday, July 19 thru Saturday, July 22

Ness County Fair - Tuesday, July 25 thru Saturday, July 29

Rush County Fair - Wednesday, August 2 thru Saturday August 5

Volunteer fairboard members are finalizing the fair schedule and the fairbook.

For more information:

<https://www.facebook.com/lanecountyfairks>

<https://www.facebook.com/nesscountyfairassociation>

[www.rc-fair.com](http://www.rc-fair.com) or <https://www.facebook.com/rushcountyfairassociation>

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## Open Class Exhibits

Not a 4-H member? You can still experience the thrill of exhibiting at the county fair. Open class has many opportunities for you to share your talent. Photography, floriculture, horticulture, arts & crafts and foods are just a few of the open class departments. Check out a fairbook and make a plan today. Call if you have questions.



## Largest Zucchini Contest

Can you grow the largest zucchini in your county? The weight and the length will be considered. Entrants may enter more than one item. Check your county's fairbook for entry times. Entry day is normally the first full day of the fair. Good Luck!



## County Fair Ribbons

When you bring an exhibit to the fair you are asking for it to be evaluated. In 4-H the "danish system" is used for ribbon placing. This means the exhibits are not judged against each other but they are evaluated according to a set standard. 4-H members receive a purple, blue, red or white ribbon rating. Champions are chosen from the purple ribbon group.



In open class departments, the American Ribbon System is used. Only 1 blue, 1 red and 1 white ribbon will be awarded in each class. The judge decides if all three ribbons will be given. Champions are chosen from the blue ribbons.