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# Lyon County

K-State Research and Extension News

*“Knowledge  
for Life”*

**December, 2015  
&  
January, 2016**

**Lyon County  
Extension Office**

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*Happy Holidays*

Wishing you all the best in 2016! We hope your holidays are filled with cheer and family time. We look forward to serving you in the New Year.

## THANK YOU!

We would like to say thank you to everyone who came out to our Holiday Open House on November 18<sup>th</sup>. It was a fun afternoon making holiday wreaths and enjoying wonderful seasoned popcorn and other treats!



*Attendees enjoying snacks during the Holiday Open House*



*Attendees making wreaths during workshop*



**Master Gardeners working on making their wreaths during the workshop**



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# The Clover Connection



## 4-H Council

4-H Council will not meet in December. The next Council meeting will be Jan. 4, 2016 at 7 p.m.

## 4-H Record Keeping Simulation

Lyon County will host a record keeping simulation Saturday, Jan. 9 from 9 a.m. to 1 p.m. This hands-on event will focus on real project experiences relating to balanced project work and record keeping in the areas of project learning, citizenship and leadership. I hope families set aside this time to learn together and gain practical experience in completing a 4-H Kansas Award Portfolio (KAP) at this event. Thanks to the generous grant from Frontier Farm Credit Work Here Fund, this day will not cost 4-Hers. Project materials and items the 4-Hers get to take home in addition to snacks and lunch will be provided. This may be a one-time opportunity, so don't let it pass you by. Visit [www.lyon.ksu.edu](http://www.lyon.ksu.edu) under the 4-H Youth Development tab for more details and to register. Spots are only guaranteed until Dec. 1.

## 4-H Day With The Lady Cats

The Annual 4-H Day with the Wildcat Women's



Basketball team has been scheduled for Saturday, Feb. 27, 2016, when the Wildcats take on the Baylor Bears with tip-off beginning at 3:30 p.m. The \$20 group ticket rate will get each individual a

ticket into the game, a game day T-shirt, hot dog and a drink. For more details, please see the registration form located at [www.kansas4-h.org](http://www.kansas4-h.org).

## Market Beef Weigh-In & Tagging

Market beef weigh-in and tagging is scheduled for Sat., Feb. 6, from 8 to 10 a.m. at the fairgrounds. The cost of the ear tags are \$3 each 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.

### Bring-back bucket calves:

If you plan to exhibit a bring-back bucket calf, you do not have to bring it to the tagging *so long as* the tag from 2015 is still in its ear and you do not wish to participate

in the rate of gain contest. If you will not be bringing your bring-back calf to town Feb. 6, please call the Extension Office before 5 p.m. Feb. 5 to let us know you are planning to exhibit it at the 2016 fair. We will need to know the official 4-H tag number of the calf when you call.

## Livestock Breeding Projects Tagged in 2016

If you wish to exhibit a breeding animal of any species at the 2016 Lyon County Fair, you must be enrolled in the breeding project for that respective species by May 1. All breeding livestock to be exhibited at the 2016 Lyon County Fair will need to be tagged at the regular county tagging either in February or April/May. The only exception will be for registered purebred livestock that will not have to have a county tag, if they have proper tattoos and registration papers. 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 scheduled county tagging dates). All breeding ownership, including beef, need only to be verified before May 1, but if you already own your beef breeding project prior to the Feb. 6 tagging, weigh-in, we will be happy to verify that information at that time.

## 4-H Club Day & Model Meetings

Lyon County 4-H Club Day & Model Meetings have been scheduled for March 5 at Timmerman Elementary School. 4-H Day activities will begin in the morning. If less than 5 clubs sign up for model meetings, the model meetings contest will be hosted on the same day as the other events.

The deadline for all entries is **Friday, Jan. 29**. 4-Hers will again register online via a Google form that will be available on the Extension website at [www.lyon.ksu.edu](http://www.lyon.ksu.edu). A couple of changes have been made by the Regional Club Day committee, so our local categories have adjusted. Highlights include: only one dance division and there is no longer a band division. The 4-H Club Days Guidelines will be posted online. Please keep these guidelines in mind as you are planning your entries.

## County-Wide Project Meetings

Lyon County has several great volunteers who give their time and talents to help provide county-wide project meetings. If you are enrolled in projects that offer these meetings, I encourage you to make the effort to attend and learn from these great leaders.

**Rawhide Wranglers 4-H Horse Club** will be led by Amy Jenkins, Amanda Cunningham and Dana Peak. These volunteers will be working to bring forth educational opportunities for youth interested in horses. The club will meet monthly on the 4<sup>th</sup> Tuesday at 6 p.m. at the Extension Office. Meeting will be Jan. 26, Feb. 23, March 22 and April 26. The winter rodeo series will continue on Saturdays. Be sure to check out the Rawhide Wranglers Facebook page for dates and information.

**Foods and Nutrition**, hosted by Arlene Roberts at the Extension Office Meeting Room, please RSVP to the Extension Office by 5 p.m. the Wednesday prior to the meeting). Mark your calendars for Feb. 20 and March 22.

**Poultry Club**, led by Sara Miller, meets the 3<sup>rd</sup> Sunday of the month at 1 p.m. at the Extension Office Meeting Room.

**Hop to It Rabbit Club**, led by John McElfresh, meets the 3<sup>rd</sup> Thursday of each month.

**Dog project meetings**, led by Lisa Presiner, will meet Jan. 27, Feb. 24 and March 23 at the Anderson Building.

## County-wide New Member Meetings

Are you new to 4-H or just a year or so in and still feel like you have lots of questions and want to get more involved? Lyon County has a county-wide new member coordinator who hosts meetings to help 4-H families with important questions about 4-H. Janet Harrouff, a former club leader, will meet with families after the first of the year to help them become more familiar with Lyon County 4-H so please like and watch for news on Facebook at K-State Research and Extension – Lyon County.



## College Scholarships

College bound 4-H'ers may pick up an application for State 4-H Scholarships at the Extension Office. They are due back to the Extension Office by Friday, Jan. 22 at 5:00 p.m. A "2016 Kansas 4-H Scholarship Application" must be used when applying for a state scholarship. This form can be picked up at the Extension Office or found online at [www.kansas4h.org](http://www.kansas4h.org). Your 4-H leadership and achievement, financial need, and scholastic records are considered. Lyon County also offers scholarships for Lyon County 4-Hers only:

- **Bluestem Farm & Ranch Supply** \$300 nonrenewable
- **Bill and Marla Bugbee Scholarship** \$300 renewable
- **Larrie Miley Scholarship** \$500 renewable
- **Marjory Fowler Memorial Scholarship** \$200 renewable
- **Homer A. Dailey Memorial Scholarship** TBA
- **Marcia Arndt Memorial Scholarship** \$100 nonrenewable
- **P.Kay Duncan Memorial Scholarship** \$200 nonrenewable
- **4-H Alumni Scholarship** \$250 nonrenewable
- **Lyon County Fair Board Scholarship** \$250 nonrenewable
- **Lester J. & Shirley A. Kusmaul Scholarship** \$250 renewable
- **Anne Fredrickson Scholarship** \$500

## Kansas 4-H Citizenship in Action

Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! It is scheduled for Feb. 14-15 at the State Capitol in Topeka and registration is due by Jan. 15. All youth who are at least 13 years old by Jan. 1, 2016, are eligible to attend. The purpose of the event will be for Kansas 4-H members to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their communities. There will be workshops, tours of the State House, and opportunities to meet with our legislators. Registration is available on-line at [www.kansas4h.org](http://www.kansas4h.org).

## 2015-2016 4-H Ambassadors and Junior Ambassadors

Ambassador Coordinators Shawna Moyer and Tracy Simmons have an exciting group of youth leaders to work with to help promote 4-H throughout our community. The Ambassador Team for 2015-2016 includes Alison Alingh, John Fritts, Kaman Simmons, Allison Smith, Shelby Smith and Karlee Wigton. The new Junior Ambassador is Lindsay Torrens.

## KAP News

I would like to thank the volunteers who helped judge Reno County Kansas Award Portfolios (KAPs) this year. Remember, Senior County Record Book winners need to have their KAPs turned in to the Extension Office no later than Monday, **Jan. 4 at 4-H Council** for the SE Area KAP Screening.



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## *Agriculture and Natural Resources*

December 2015 – January 2016

### **Ag Lease Workshop**

Whether you are young or old, a landlord or a tenant, long-time landowner with a long-term tenant or in a “new relationship” as either a landowner or operator, ag leases are an important aspect of today’s agriculture.

It’s expensive to operate in today’s agricultural economy and land costs are one of the highest costs for most operations. Even with low interest costs, land doesn’t come up for sale often and when it does the price is high. It doesn’t seem to matter if it is river bottom cropland, upland, or pasture, prices are much higher than they were a few years back. And although it appears land prices may have stabilized or possibly softened, it’s still extremely costly to own land.

So what do many operators do, especially to get started? Leasing is the common answer, and on December 15 there will be a workshop to help both operators and landlords consider factors that affect lease rates, contract terms, and exposure to risk. In today’s commercial agriculture it is imperative to understand how to effectively and equitably negotiate land leases.

Sign-in will begin at 9:00 at the Bowyer Community Building on the Lyon County Fairgrounds. Dr. Mykel Taylor will be the featured presenter throughout the day, with the first topic, Cropland Leasing Arrangements, starting at 9:30. At 11:15, we’ll learn about calculating an equitable lease. At 1:00, following lunch, the topic will turn to tenant-landlord relationships. Discussion on pasture leasing arrangements will start at 1:45, and at 2:30 the topic will shift to using KSU Crop and Pasture Leasing spreadsheets. You are encouraged to bring your laptop if you would like to work on the spreadsheets, although computers will be available.

Keep in mind if you are making changes to a current lease agreement, unless otherwise spelled out in a written lease the Kansas lease law states that notification of lease termination must be given 30 days prior to March 1. I encourage you to have all lease agreements in writing to protect all parties, whether landlord or tenant.

This will be a good session for both landlords and tenants. There is a \$10 registration fee, which includes materials and lunch, for those that pre-register by December 8. At the door, the cost goes to \$15 and there will not be a lunch guarantee. Call the Lyon County Extension Office at 341-3220 or stop in to pre-register.

### **Winter Ranch Management**

The KSU Animal Science Department has selected Lyon County as one of 5 sites across the state to host their Winter Ranch Management sessions. Each site will be unique, in that some of the presentations will be more crowd-specific. As of this writing, we are pretty certain on the speakers and topics for the January 7, 2016 session in Emporia.

As it lays out right now, doors will open at the Anderson Building on the Lyon County Fairgrounds at 5 pm for registration. At 5:30, Travis O’Quinn will kick off the evening speaking on The Impact of Branding on Beef Eating Satisfaction. Travis will be followed with a session on the Veterinary Feed Directive and how it will impact your operation presented by Greg Hanzlicek. Following the evening meal, Jaymelynn Farney will speak on the Sunflower Supreme Heifer Development program. Bob Weaber will conclude the presentations with an update on sire selection tools. We may also slip another presentation in, but nothing is concrete at this time. The evening will wrap up with a Q & A session for all speakers.

Details are being finalized, and with the holidays we’ll need a reservation by December 30 so we have a good count for the evening meal. More information will be coming – call the office at 341-3220 for updates.

### **Old World Bluestem Workshop**

Later in January we have an opportunity to learn about an invasive species that has the potential to cause a tremendous amount of damage to the native Flint Hills prairies. Old World Bluestems are quite visible this time of year, and we should be on alert for these species.

To help educate about this, K-State Research and Extension – Lyon County will host a workshop focused on Old World Bluestems on January 15, 2016 at the Anderson Building on the Lyon County Fairgrounds. As we try to get a handle on this plant – learn what it is and strategies to try to curb its advance – I have secured the knowledge and services of Walt Fick from K-State, along with David Kraft and Doug Spencer from NRCS.

Registration for the afternoon will begin at 12:45, with David Kraft giving the opening presentation at 1:15 on identification, where it came from, and why it’s an issue.

## Eastern Kansas Sorghum School

On February 5, 2016, Lyon County will be host for the Eastern Kansas Sorghum School. I've recently had a few more questions regarding sorghum production in the area. Although we aren't going to kick corn to the curb, grain sorghum does provide an alternative that has a place in feed-grain production.

I have not received full details on topics and timing for the sorghum school at this time. Set up by the KSU Agronomy Department, these crop schools are generally mid-morning to mid-afternoon schools. Our session will be the fourth and final sorghum school, so we should get the "polished" version here in Emporia.

Please put February 5 on your calendar and watch or listen for additional details by mid-January.

## Continuing "Covers" Questions

I continue to receive questions regarding the use of cover crops – or covers, or biological primers – in our current cropping systems. Anytime you are considering making a change in your production practices, please consider your reasons for a change. If you are able to incorporate livestock and grazing into the equation, keeping something green and growing for the majority of the year makes a lot of sense, and a lot less feed to be purchased or hauled, along with less manure to spread. Plant materials above ground protects the soil from rainfall impact and wind erosion, while the roots help increase organic material (and eventually become organic matter), improve water and nutrient supplying capability, and also increase infiltration.

There are many possible options for covers that can be used with or without grazing. Know your specific goals for any particular site. Many of the crops have both pros and cons, and knowing your specific goal is critical. Working with the Midwest Cover Crop Council, K-State is in the final stages of developing a crop selection assistance tool.

There is one other item of interest, especially in regard to covers and actual field research. We are in discussion regarding an opportunity to have a plot on some fairly productive crop ground. With any kind of luck, we can make this situation work to the point that we can grow a cash crop, learn strengths or weaknesses of some different plant material that might be used as a cover, and potentially learn something about a product that has received some local promotion: gypsum. Stay tuned!

At 1:50, Walt Fick will share information on current research, possible controls and effectiveness. Around 2:25 Doug Spencer will share information on general rangeland management – and that maybe if we did a better job of managing for better rangelands, the prairies would be in a better position to fend off invaders. At 3, we'll open the floor for questions and hope to have everyone headed home by 3:30.

As you can tell, this afternoon is set to move along rapidly. I hope to have some plant samples available so everyone attending gets an opportunity to see first-hand what these species look like and how they compare with our outstanding native warm-season grasses. If you manage native grass, you need to plan on attending.

## Ag Succession

In January 2015, we hosted a Saturday session on Agricultural Succession Planning. This was well attended, well received, and something of great importance to modern agriculture as the average age of today's producers nearing 60 years.

A follow-up session is in the works for January 20, 2016, partially to re-energize those that attended the session last year and hopefully to help some new faces head their operation down a successful succession path.

Many farmers and ranchers have an estate plan – what will happen to the assets – for their successors. Many do not. And there are very few that actually have a plan for their *business* – yes, their farm or ranch is a business – to carry on once they are gone. *THIS* is the thinking that this workshop will hopefully initiate, and lead the attendees to not only an estate plan but a plan for the operation they have built over their lifetime to carry on.

We will not write a plan for you in this daytime session, scheduled to run from 9:30 a.m. – 3:00 p.m. on Wednesday, January 20, 2016. That would be a very unrealistic expectation, as I have been told successful business succession planning is a multi-meeting, private process. But we hope to provide the tools to start the thinking necessary to get a successful operation to a successor.

This workshop will require reservations, as there will be materials to prepare and a noon meal will be included, and there will be a cost to attend. Reservation deadline will be January 13, 2016. Call the Lyon County Extension Office at 620-341-3220 to make your reservations.

# 2016 Extension Master Calendar

**Please keep for reference during the upcoming year. Dates are subject to Change!**

**EMR = Extension Meeting Room; AB = Anderson Building; BCB = Bowyer Community Building**

## **JANUARY**

01 New Year's Day Holiday – Extension Office Closed  
04 Master Gardeners Meeting, Noon, EMR  
04 4-H Council Meeting, 7 p.m., EMR  
07 Winter Ranch Management, 5 p.m., AB  
09 4-H Record Keeping Workshop, 9 a.m.-1 p.m., AB  
12 SE Area KAP Screening, Eureka  
15 Old World Bluestem Workshop, 1 p.m., AB  
17 Poultry Club Meeting, 1 p.m., EMR  
18 Martin Luther King Day - Extension Office Closed  
19 Cloverbuds, 6 p.m., EMR  
20 Ag Succession Planning Workshop, 9:30 a.m., AB  
21 Hop To It Rabbit Club, 7 p.m., AB  
22 4-H Scholarships due to Extension Office by 5:00 p.m.  
26 Rawhide Wranglers, 6 p.m., EMR  
27 Dog Project Meeting, 7 p.m., AB

## **FEBRUARY**

01 Master Gardener Meeting, noon, EMR  
01 Ambassadors Meeting, 6 p.m., EMR  
01 4-H Council Meeting, 7 p.m., EMR  
05 FCS President's Council, noon, EMR  
05 Eastern Kansas Sorghum School, BCB  
06 Beef weigh-in and tagging, 8-10 a.m., Fairgrounds  
14-15 Kansas 4-H Citizenship in Action, Topeka  
15 Presidents Day – Extension Office Closed  
16 Cloverbuds, 6 p.m., EMR  
19-20 State 4-H Ambassador Training, Rock Springs  
20 Hop to it Rabbit Club Show, 9 a.m., AB  
20 Countywide Foods Meeting, EMR  
21 Poultry Club Meeting, 1 p.m., EMR  
23 Rawhide Wranglers, 6 p.m., EMR  
23 Board Leadership Series, 6-8 p.m.  
24 Dog Project Meeting, 7 p.m., AB  
25 Board Leadership Series, 6-8 p.m.  
27-28 Flint Hills Greener Living Show, AB  
27 4-H Day with Wildcat Women's Basketball

## **MARCH**

01 Board Leadership Series, 6-8 p.m.  
03 Board Leadership Series, 6-8 p.m.  
04 FCS President's Council, noon, EMR  
05 4-H Co. Club Days, Timmerman Elem. School  
07 Master Gardener Meeting, 5:15 p.m., AB  
07 Ambassadors Meeting, 6 p.m., EMR  
07 4-H Council Meeting, 7 p.m., EMR  
08 Board Leadership Series, 6-8 p.m.  
15 Cloverbuds, 6 p.m., EMR  
17 Hop To It Rabbit Club, 7 p.m., AB  
19 Regional 4-H Club Day, Madison High School  
20 Poultry Club Meeting, 1 p.m., EMR  
20 Walk Kansas Begins  
22 Rawhide Wranglers, 6 p.m., EMR  
23 Dog Project Meeting, 7 p.m.

## **APRIL**

01 FCS President's Council, noon, EMR  
02 4-H Poultry Spring Show, AB  
04 Master Gardener Meeting, noon, EMR  
04 Ambassadors Meeting, 6 p.m., EMR  
04 4-H Council Meeting, 7 p.m., EMR  
05 Gluten and Your Gut class, 10 a.m. & 7 p.m., AB  
17 Poultry Club Meeting, 1 p.m., EMR  
19 Cloverbuds, 6 p.m., EMR  
19 Bodies in Motion, 10 a.m. & 7 p.m., AB  
21 Hop To It Rabbit Club, 7 p.m., AB  
26 Rawhide Wranglers, 6 p.m., EMR  
27 Swine, Sheep, Meat Goat & Bucket Calf Tagging, 6-8 p.m., Fairgrounds  
30 Swine, Sheep, Meat Goat, Bucket Calf Tagging, 8-10 a.m., Fairgrounds

## **MAY**

01 KJLS & KSF Steer Nominations Due  
01 4-H Add/Drop Deadline for projects  
01 Horse & Dog ID's & Breeding Animal Registration Due  
02 Master Gardener Meeting, 5:15 p.m., AB  
02 Ambassadors Meeting, 6 p.m., EMR  
02 4-H Council Meeting, 7 p.m., EMR  
03 Simple Seasonal Meals, 10 a.m. & 7 p.m., AB  
04 Petting Zoo, Fairgrounds  
7-8 Gary Fuller Spring Classic, Fairgrounds  
10 Fat Bucks Buffet, AB  
14 Walk Kansas Ends  
15 Poultry Club Meeting, 1 p.m., EMR  
17 Cloverbuds, 6 p.m., EMR  
19 Hop To It Rabbit Club, 7 p.m., AB  
25 KISS, Fairgrounds  
30 Memorial Day - Extension Office Closed  
31-6/3 Discovery Days, K-State Campus

## **JUNE**

06 Master Gardener Meeting, noon, EMR  
06 Ambassadors Meeting, 6 p.m., EMR  
06 4-H Council Meeting, 7 p.m., EMR  
15 KSF & KJLS all other Livestock Nominations Due  
16 Hop To It Rabbit Club, 7 p.m., AB  
18 Master Gardener Garden Tour  
19 Poultry Club Meeting, 1 p.m., EMR  
21 Cloverbuds, 6 p.m., EMR  
23 Camp Counselors to 4-H Camp  
24-27 Sunny Hills 4-H Camp, Rock Springs  
TBA SE Area Horticulture, Crops & Photography Judging Contest  
TBA SE Area FCS Judging  
TBA Favorite Foods Contest  
TBA SE Area Livestock Judging, Yates Center  
TBA Lyon Co. Open Youth Rodeo, Fairgrounds Arena  
TBA Lyon Co. Open Horse Show, Fairgrounds Arena  
TBA Campference, Rock Springs Ranch

**JULY**

- TBA 4-H Clubs – Turn in Fair Tickets - times to be assigned
- 01 Lyon Co. Fair Pre-Entries due to Extension Office
- 04 Independence Day - Extension Office Closed
- 05 Ambassadors Meeting, 6 p.m.
- 05 Fairboard pass out Fair Tickets to Clubs, 6:30 p.m.
- 05 4-H Council Meeting, 7 p.m.
- 11 Master Gardener Meeting, 5:15 p.m., AB
- 17 Poultry Club Meeting, 1 p.m., EMR
- 19 Cloverbuds, 6 p.m., EMR
- 21 Hop To It Rabbit Club, 7 p.m.
- 28 Friends of 4-H Picnic, 6:30 p.m., AB

**AUGUST**

**8/4 – 8/13 Lyon County Fair**  
**Fair schedule to be announced**

- 15 KJLS Entries due
- 19-21 Beef Fest, Fairgrounds
- 20 State Horticulture Judging Contest
- 21 Poultry Club Meeting, 1 p.m., EMR

**SEPTEMBER**

- 02 FCS President's Council, noon, EMR
- 05 Labor Day - Extension Office Closed
- 06 Record Books & Award Applications due to Extension Office
- 06 Ambassadors Meeting, 6 p.m., EMR
- 06 4-H Council Meeting, 7 p.m., EMR
- 08 KSF entries except Foods & Hort. due to Extension Off.
- 09 KSF Foods & Hort. entries accepted 7:30-8:00 a.m.
- 09-18 Kansas State Fair
- 12 Master Gardener Meeting, 5:15 p.m., AB
- 15 Hop To It Rabbit Club, 7 p.m., AB
- 18 Poultry Club Meeting, 1 p.m., EMR
- 20 Cloverbuds, 6 p.m., EMR
- 27 Rawhide Wranglers, 6 p.m., EMR
- 30-10/2 Kansas Junior Livestock Show

**OCTOBER**

- 01 Ambassador Applications Due
- 02-08 Kansas & National 4-H Week
- 03 Master Gardener Meeting, noon, EMR
- 03 Ambassadors Meeting, 6 p.m., EMR
- 03 4-H Council Meeting, 7 p.m., EMR
- 07 FCS President's Council, Noon, EMR
- 09 County-wide 4-H Sunday, AB
- 10 Columbus Day – Extension Office Closed
- 15-12/7 Medicare Part D Enrollment
- 16 Poultry Club Meeting, 1 p.m., EMR
- 18 Cloverbuds, 6 p.m., EMR
- 20 Hop To It Rabbit Club, 7 p.m., AB
- 23 Lyon Co. 4-H Achievement Celebration
- 25 Rawhide Wranglers, 6 p.m., EMR

**NOVEMBER**

- 01 4-H Online Enrollment due
- 04 FCS President's Council, Noon, EMR
- 07 Master Gardener Meeting, noon, EMR
- 07 4-H Council Meeting, 6:30 p.m., AB
- 07 Officer Training, 7 p.m., AB
- 11 Veterans Day Holiday - Extension Office Closed
- 15 Cloverbuds, 6 p.m., EMR
- 17 Hop To It Rabbit Club, 7 p.m. – AB
- 18-20 Kansas Youth Leadership Forum, Rock Springs
- 20 Poultry Club Meeting, 1 p.m., EMR
- 22 Rawhide Wranglers, 6 p.m., EMR
- 24-25 Thanksgiving Holiday - Extension Office Closed
- 25-29 National 4-H Congress, Atlanta, Georgia

**DECEMBER**

- 05 Master Gardener Meeting, 6 p.m., AB
- 15 Hop To It Rabbit Club, 7 p.m., AB
- 18 Poultry Club Meeting, 1 p.m., EMR
- 20 Cloverbuds, 6 p.m., EMR
- 27 Rawhide Wranglers, 6 p.m., EMR
- 26 Christmas Holiday - Extension Office Closed

## 2016 Flint Hills Greener Living Show

It's back! The former Emporia Lawn, Flower, and Garden show is back with a new name. The Flint Hills Greener Living Show will be much more than just a lawn and garden show.

Three different events have been combined to bring this new show to the Flint Hills region. By combining the former Emporia Lawn, Flower, and Garden Show, the Flint Hills Sustainability Fair and the Small Farms Big Ideas Conference covers topics not only specific to lawn and garden, but to growing sustainably and conservation of your natural resources. There will be presentations pertaining to the topics listed above. A final presentation schedule will be available closer to show dates.

So mark your calendars for February 27, 2016 from 9:00 a.m. to 5:00 p.m. and February 28, 2016 from 11:00 a.m. to 4:00 p.m. at the Anderson Building on the Lyon County Fairgrounds.

## Christmas Tree Tips

It is that time of year, Christmas carols being sung, a chill in the air, and every house and store has been transformed into a winter wonderland. By now, several families have either put up their artificial Christmas tree or have purchased a real tree. Either way, it is personal preference on type of tree you will have in your house. Remember when bringing home your real tree, cut off the bottom inch of the trunk before placing in the tree stand. When trees are cut, the trees response is to rush sap to the site of the cut to help reserve water for the needles. Re-cutting the bottom of the trunk allows water to be taken up by the tree so it does not dry out, which increases the chances of the tree becoming a fire hazard. Finally, once placed into the tree stand, keep the tree watered. Real trees can transpire up to one gallon of water a day, so frequent watering may be needed.

## What to Do With the Christmas Tree After Christmas

After the holidays, many municipalities allow old Christmas trees to be placed curbside. Trees are then collected and ground up for mulch or burned. If you miss the designated date, or your trash collector doesn't accept trees, there are several options to prolong the useful life of the tree. An old Christmas tree can be used to benefit birds, fish, and the landscape by placing it in a corner of your deck, and spreading some birdseed nearby, or tying it to a deciduous tree or post near a bird feeder. The birds benefit from having escape cover nearby when hawks or cats threaten, and the dense boughs reduce the wind-chill on a cold night.

Sinking your Christmas tree in a pond is an easy way to improve fish habitat and fishing. The tree serves as a little coral reef, in that the branches provide a substrate for water plants to grow, and cover for minnows and other forms of small aquatic life. Larger fish are drawn by the shade and the presence of prey.

How do you sink a tree? Tie the base to a cinder block with a short, stout rope, and toss it in. Just be sure to get permission from the pond owner first. Using the tree around the landscape requires clipping off all of the branches. Use the boughs to add extra insulation around semi-hardy perennials or to trees and shrubs that were recently planted. The leftover trunk may be used as a garden stake next spring. Or cut and let it dry for a few weeks, and you will have some easy lighting firewood. Just beware that most conifer species tend to spark and pop more than hardwoods, as resin pockets in the wood make tiny explosions. This can delight the youngsters, but please be safe and keep an eye on the fire when burning Christmas tree logs.



## Plants Deer Do Not Like

As we think about our landscapes and flower beds for this coming year, you might want to consider which plants deer will not damage. With an increasing population of deer, more damage is done to our landscapes due to them browsing. The good thing is that deer do have preferences and will avoid some plant species if there is desirable food available. Below is a short list of plants deer normally do not bother. Just remember that feeding habits can shift due to changes in the food supply.

### Rarely Damaged:

**Trees:** Blue Spruce, Russian Olive, Smoketree, and Tree of Heaven

**Shrubs:** Barberry, Boxwood, Redosier Dogwood, Mahonia, Yew, Russian Olive, Rose of Sharon, European Privet, Vanhoutte Spirea

**Annuals, Perennials, and Bulbs:** Yarrow, Ageratum, Columbine, Snapdragon, Lily of the Valley, Purple Coneflower, Lavender, Sweet Alyssum, Daffodil, Russian Sage, Marigold, Lamb's Ears, Thyme, and Yucca

## Ice Melters

As the cold weather starts to show itself and since our lovely Kansas weather can be unpredictable, here are some things to think about when purchasing ice melt. There are five main materials that are used as chemical de-icers: calcium chloride, sodium chloride (table salt), potassium chloride, urea, and calcium magnesium acetate. Calcium chloride is the traditional ice-melting product. Though it will melt ice to about -25 degrees F, it will form slippery, slimy surfaces on concrete and other hard surfaces.

Plants are not likely to be harmed unless excessive amounts are used. Rock salt is sodium chloride and is the least expensive material available. It is effective to approximately 12 degrees F but can damage soils, plants and metals. Potassium chloride can also cause serious plant injury when washed or splashed on foliage. Both calcium chloride and potassium chloride can damage roots of plants. Urea

(carbonyl diamide) is a fertilizer that is sometimes used to melt ice. Though it is only about 10% as corrosive as sodium chloride, it can contaminate ground and surface water with nitrates. Urea is effective to about 21 degrees F.

Calcium magnesium acetate (CMA), a newer product, is made from dolomitic limestone and acetic acid (the principal compound of vinegar). CMA works differently than the other materials in that it does not form a brine like salt but rather helps prevent snow particles from sticking to each other or the road surface. It has little effect on plant growth or concrete surfaces. Performance decreases below 20 degrees F.

Limited use of any of these products should cause little injury. Problems accumulate when they are used excessively and there is not adequate rainfall to wash or leach the material from the area. Since limited use is recommended it is best to remove the ice and snow by hand when possible. When they are applied, practice moderation. Resist the temptation to over apply just to make sure the ice and snow melts. Keep in mind this can damage concrete surfaces as well as the plants and grass growing along the walks and driveways. These problems are normally latent and do not show up until spring or summer.

## Care of Gift Fruit Baskets

A holiday tradition is to give gifts of fruits and nuts (along with other products). Usually these are placed in an attractive basket, wrapped with cellophane covering, and brought (or shipped) to your house. It is important that the fruit contained inside is kept in cool conditions to maintain its quality for as long as possible. Thus, it is wise to disassemble the fruit basket as soon as you receive it and place the fruit in refrigerated storage. If all the products in the basket are tree fruits (such as apples, pears, oranges or grapefruit), you can place the entire basket in a cool place- around 40 degrees F for best results. If the basket contains any bananas or other tropical fruits (with the exception of citrus) remove those fruits and store them separately. About 3-4 weeks is about as long as you can expect to store these fruits without some shriveling and loss of crispness.



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# Family & Consumer Sciences

## What do you look forward to most about holiday celebrations?

Are holiday foods on your list? The holiday season brings many special celebrations with fun, family, and food galore. Many families have traditions centered on fabulous foods and drinks that they get to enjoy only a few times per year. While celebrations are to be encouraged, it is wise to think carefully and make a plan of action before heading into a season traditionally filled with fat-laden and sugar-filled foods.

**Americans typically gain 1 to 3 pounds (or even more) between Thanksgiving and the New Year.** On face value, this is no big deal. The problem is that most people don't lose that excess weight and it adds up over several years, creating the possibility of chronic health problems. Research from the Centers for Disease Control and Prevention indicates chronic disease is responsible for more than 70 percent of health-care expenditures in the state of Kansas. Furthermore, many chronic conditions can be prevented and controlled by healthy lifestyle behaviors, including maintaining a healthy weight.

Holiday celebrations and traditions are an important part of life to be enjoyed. And it is possible to reduce the large amounts of fats and sugar usually found in holiday recipes and focus more on the "star" ingredients — fruits and vegetables. With a little planning and a few simple changes, you can enjoy great-tasting holiday foods and still maintain a healthy lifestyle.

### Green Bean Sauté (Try this instead of green bean casserole)

Makes 6 servings.

- 1 cup sliced onion
- 1 cup sliced mushrooms
- 1 teaspoon minced garlic
- 1 can (16 ounces) cut green beans

Spray a skillet with non-stick cooking spray. Over medium heat, cook onions, mushrooms, and garlic until onions are soft. Add drained green beans and heat thoroughly. *Source: USDA Snap-Ed Connection.*

**Nutrition per 1/2-cup serving:** 35 calories, 0 g fat, 0 mg cholesterol, 200 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g sugar, 2 g protein

### Emporia Community Foundation.

The *Lyon County Extension Council Fund* was created nearly two years ago with a mission to support the programs of Extension within Lyon County.

This fund was created with the intention to provide extra support for all extension programs within Lyon County: Agriculture and Natural Resources, Family and Consumer Sciences, Horticulture and 4-H Youth Development. Thank you to our donors over the past year. As you make decisions about year end tax deductible giving please keep the Lyon County Extension Council Fund in mind.

You may make a donation to this fund by downloading a donor form at [http://www.emporiacf.org/types\\_funds\\_define\\_becomeadonor.htm](http://www.emporiacf.org/types_funds_define_becomeadonor.htm)

You may make a donation to Extension as a whole or to a particular program area. **Thank You for your Continuing Support.** If you have questions please call Rhonda Gordon 341-3220. Donations made to this fund are tax deductible.

*Christmas Around the World Celebration  
December 4<sup>th</sup>  
Extension Office Meeting Room  
11 a.m. to 1 p.m.*

*Come and Enjoy and learn how Christmas is celebrated around the world, picking up from where we left off last year.*

*Soup and snacks will be served. Please RSVP to the Extension Office at 341-3220 by Dec. 1<sup>st</sup>.*

**President's Council**  
**Friday February 5<sup>th</sup> (Noon)**  
**Friday March 4<sup>th</sup> (Noon)**  
**Friday April 1<sup>st</sup> (Noon) (No Fooling)**  
Extension Office Meeting Room



## Walk Kansas March 20<sup>th</sup> – May 14<sup>th</sup>, 2016

Registration due by March 16<sup>th</sup>

*Forms will be available Feb. 1<sup>st</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 15<sup>th</sup> year of Walk Kansas. I challenge our community to meet 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.

**Walk Kansas Registration fees will include a t-shirt, Kick-Off party, fat bucks buffet, Poker Walks at C of E Park, Bodies in Motion2 (new items), Gluten and your Gut and Simple Seasonal Meals.**

Fat Bucks Buffet is a fun way to introduce the concepts involved in controlling the fat content of the diet by making educated food choices. Come and learn to measure the amount of fat in the food that we eat. We will be having a build your own sandwich bar for demonstration purposes.

### **Bodies in Motion**

**April 19<sup>th</sup> 10 a.m. and 7 p.m.**

Let's work on creating time for activity. Choosing an activity that you enjoy is one of the keys to lifetime health. Come and explore the many options that exist, as we introduce you to some new and exciting possibilities. Let's get you moving and keep you moving.

### **Gluten and Your Gut**

**April 5<sup>th</sup> 10 a.m. and 7 p.m.**

Gluten, the protein found in wheat, barley, rye, and some related grains, such as spelt, kamut, and triticale (a cross between wheat and rye), has long been valued by consumers and bakers for the elastic, chewy properties it provides breads and other baked products. Recently, gluten has rocketed to the top of nutrition and diet discussions, and "gluten-free" claims can be found on labels of hundreds of foods in grocery stores and

highlighted on menus of fast food restaurants as well as fine dining establishments. What is gluten, and what is at the base of the gluten-free trend that has swept the United States?

### **Simple Seasonal Meals**

**May 3<sup>rd</sup> 10 a.m. and 7 p.m.**

Every fruit or vegetable grown in the home garden reaches its peak at a certain time. Harvesting and eating produce at its peak provides many benefits. The color, flavor, texture, and nutritional value increase as produce ripens. And eating seasonally costs less during the normal growing seasons. By choosing fruits and vegetables in season you get all of the benefits — food that tastes good, is good for you, and is reasonably priced.

The Choose MyPlate method for healthy eating stresses that half of your plate should be filled with fruits and vegetables. Fruits and vegetables are chock full of nutrients. The colors of fruits and vegetables are indicators of phytochemicals — chemicals such as lycopene, lutein, and quercetin — that plants produce. These chemicals are studied for their health benefits and the message is clear — eating a variety of colors of fruits and vegetables is an easy way to enjoy the goodness of the wide array of nutrients while contributing to a longer, healthier life.

### **Here is a Simple Seasonal Suggestion for winter.**

For many people, winter means comfort food. You can still take advantage of seasonal vegetables and incorporate nutritious ingredients into winter favorites.

#### **Short Grain Brown Rice with Squash**

2 cups short-grain brown rice, rinsed

1 cup cubed winter squash

3 cups water

2 pinches of sea salt

1 tablespoon barley miso

Minced parsley for garnish

Combine rice, squash, and water in a pan and cook uncovered over medium heat until mixture comes to a boil. Add salt. Cover and reduce to low heat, cooking for 50 minutes.

Meanwhile, puree miso in a small amount of water. When the rice is cooked, remove it from heat. Stir pureed miso into hot rice and transfer to a serving bowl. Serve garnished with parsley. Makes 5 to 6 servings.

**Nutrition information per serving:** 190 calories; 4 g protein; 1.5 g total fat; 45 g carbohydrates; 20 mg sodium.

*(Source: Cooking the Whole Foods Way)*

## Return Service Requested

Check out our website at  
[www.lyon.ksu.edu](http://www.lyon.ksu.edu)

### December

- 04 Christmas Around the World, 11 am – 1 pm, EMR
- 07 Master Gardener Meeting, 6 pm, AB
- 15 Ag Leasing Workshop, 9 am, BCB
- 15 Cloverbuds, 6 pm, EMR
- 17 Hop To It Rabbit Club Meeting, 7 pm, AB
- 20 Poultry Club Meeting, 1 pm, EMR
- 22 Rawhide Wranglers, 6 p.m., EMR
- 24-25 Christmas Holidays, Extension Office Closed
- 31 Inventory – Extension Office Closed to the public



### January

- 01 New Year's Day, Extension Office Closed
- 04 Master Gardeners Meeting, noon, EMR
- 04 4-H Council Meeting, 7 pm., AB
- 07 Winter Ranch Management, 5 pm, AB
- 09 4-H Record Keeping Workshop, 9 am – 1 pm, AB
- 12 SE Area KAP Screening, Eureka
- 15 Old World Bluestem, 1 pm, AB
- 17 Poultry Club Meeting, 1 pm, EMR
- 18 Martin Luther King Day, Extension Office Closed
- 19 Cloverbuds, 6 pm, EMR
- 20 Ag Succession Planning Workshop, 9:30 am, AB
- 21 Hop To It Rabbit Club meeting, 7 pm
- 22 4-H Scholarships Due to Extension Office
- 26 Rawhide Wranglers, 6 pm, EMR
- 27 Dog Project Meeting, 7 pm, AB
- 29 Deadline to enter 4-H Club Day & Model Meeting

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