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# Lyon County

K-State Research and Extension News

*“Knowledge  
for Life”*

**October  
&  
November 2015**

**Lyon County  
Extension Office**

2632 W Highway 50  
Emporia, KS 66801  
Phone: 620-341-3220  
Fax 620-341-3228  
[www.lyon.ksu.edu](http://www.lyon.ksu.edu)  
[lycoext@ksu.edu](mailto:lycoext@ksu.edu)

Brian Rees  
Agriculture &  
Natural Resources  
[brees@ksu.edu](mailto:brees@ksu.edu)

Rhonda Gordon  
Family and Consumer  
Science  
[rgordon@ksu.edu](mailto:rgordon@ksu.edu)

Corinne Patterson  
4-H Youth Development  
[clpatt@ksu.edu](mailto:clpatt@ksu.edu)

Travis Carmichael  
Community Development  
& Horticulture  
[trcarmic@ksu.edu](mailto:trcarmic@ksu.edu)

Debbie Van Sickle  
Office Professional  
[dvansick@ksu.edu](mailto:dvansick@ksu.edu)

Phyllis Krueger  
Part-time Office  
Professional  
[kruegerp@ksu.edu](mailto:kruegerp@ksu.edu)

## You're Invited!

The Lyon County Extension Office will be hosting a Holiday Open House on November 18, 2015, from 3:00 p.m. to 6:00 p.m. Come out to the Extension Office and help us celebrate the holiday season with activities and refreshments!

At 3:00 p.m. and 5:00 p.m. we will be having a holiday wreath making workshop where participants will make their own holiday wreath. The wreaths will be 18 inches and made from greenery found locally. The cost of the workshop will be \$5.00. If wreath making is not for you, there will be other activities available during the open house.

Stop by the Lyon County Extension Office on November 18<sup>th</sup> for a scheduled class time or come and go for our holiday Open House!

## Extension Council Elections

**October 7th**

**7:30 a.m. to 5:30 p.m.**

**Lyon County Extension Office**

Every year Lyon County residents have the chance to elect representatives to guide the programming for Lyon County Extension. Residents are asked to vote for three candidates from each of the four programming areas – Ag and Natural Resources, 4-H and Youth Development, Community Development/Horticulture, and Family and Consumer Science. The 12 residents elected will serve a two-year term and join the current Extension Council members to comprise the full 24 member Extension Council. These 24 members meet at the annual meeting to elect the 2016 Executive Board to guide the overall programming and function for K-State Research and Extension, Lyon County.

Candidates for the 2016 Extension Council positions are: for Agriculture and Natural Resources: Kiley DeDonder, Mark DeWeese, and Michael Windle; for Family Consumer Sciences: Amanda Gutierrez, Jackie Lake, Judith Putman, and Shera Lyn Schwindt; for 4-H Youth Development: Hollie Fritts, Shawna Moyer, and Joseph Smith; and for Community Development: Robert Karr, Scott Hayes, and Mark Shook. We encourage all interested residents to come to the Extension Office on the 7<sup>th</sup> to cast your votes for these or other candidates you write in.



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

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# The Clover Connection



**Congratulations to all Kansas State Fair exhibitors! Exhibits are at the Extension Office and are ready to be picked up.**

Lyon County was well represented at the 2015 Kansas State Fair. Please be sure you've picked up your state fair items from the Extension Office. We are proud of the outstanding projects Lyon County youth exhibited at the fair. Check out the results at [www.Kansas4-H.org](http://www.Kansas4-H.org).

## Find Us on Facebook

Do you want timely updates and reminders about 4-H deadlines and other opportunities provided by K-State Research and Extension, Lyon County? If you haven't already, be sure to like K-State Research and Extension — Lyon County on Facebook.

## 2016 Lyon County Fair

It may seem like an early notice, but be sure to mark your calendars with the 2016 Lyon County Fair Aug. 4-13, 2016. At this time I can **tentatively** confirm the dates of the 4-H activities and display times at the fair. We will likely kick off fair judging with the Dog Show on July 29; the Fashion Revue, various project judging and Shooting Sports Awards on July 30; followed by the Horse Show and Hand Pet Show on July 31. The Foods, Horticulture and other various projects not being judged the first weekend will all be judged on Thursday, Aug. 4. The livestock will come to the Fairgrounds on Friday August 5 with shows and various 4-H events through Aug. 10. The Anderson Building will be cleared on Aug. 11. This is my **best guess for the 2016 schedule** for those who need to schedule calendars, but this could change.

## Achievement Celebration

The 2015 Lyon County Achievement Celebration will be hosted Sunday, October 25 at the Emporia Granada Theatre. We will begin with the awards presentation at 3 p.m. followed by fun for all in attendance. 4-H Council allocated funds in the budget to treat those 4-Hers who completed Kansas Award Portfolios with a special treat, and concessions will be available for others in

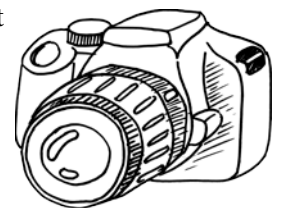
attendance. The committee is working hard to make sure it's a fun change of pace for all who want to attend. The awards ceremony will focus on the youth. Since we are at the Granada, this means clubs do not have to set up or clean-up. Of course we will be respectful and put trash where it belongs, but that's simple. I hope families plan to attend and help celebrate the successes of all of our 4-Hers.

## Record Book Judging

Lyon County participates in a three-county exchange for record book judging. This year Lyon County will be judging Reno County record books. We will be judging them at the Extension Office Meeting Room Oct. 14 from 5:00 p.m. until they are finished. There will be a meal provided. Each club is *required* to have *at least* three adults here to judge. We will have a lot of books to judge, so we will need plenty of people to help. We would also encourage any youth over age 14 to come to help judge as well. This would be a great learning opportunity for your own record books! Please contact the Extension Office by Oct. 12 with the names of your club members who will be here to help provide a head count for food.

## County-wide Photography Meetings

County-wide photography project leaders Kent and Jenny Grieder have some exciting project meetings planned for the 2015-2016 year. The first meeting is scheduled for Oct. 17 at 3 p.m. at Studio G Photography located at 1904 Rd 60, Hartford. It includes a photo-walk, picnic and review. Bring your camera and possibly a new recruit to the 4-H photography project. Kent and Jenny are graciously providing smoked pulled pork and ask participants to bring a side dish, bottled drink and plate and utensils for the picnic. Please RSVP for this meeting by calling the Extension Office at 341-3220 by Oct. 9.



Mark your calendars for additional photography meetings on Sat. Jan. 9 at 10 a.m., Sat. April 9 at 10 a.m. and Sat. June 4<sup>th</sup> at 9 a.m. Watch the newsletter for

additional information. Kent and Jenny may be reached at 620-794-0100 or 620-794-0162, by Facebook message or e-mail [studiophoto@yahoo.com](mailto:studiophoto@yahoo.com).



### **National 4-H Week**

National 4-H Week is October 4-10, 2015. Clubs are encouraged to inform their communities about 4-H during this week. 4-H members should be prepared to discuss contests, presentations, displays and other ways to promote 4-H during National 4-H week. If your club wants ideas for activities during National 4-H Week, contact the Extension Office. Hopefully, we can use the week to promote the 4-H program to the best of our ability.

### **4-H Council**

The October Council Meeting is scheduled for Monday, Oct. 5 at 7:00 p.m. in the Extension Office Meeting Room. Elections will take place, so please have club representatives present. The Nov. 2 4-H Council meeting starts at 6:30 p.m. at the Anderson Building so Officer Training may begin promptly following at 7:00 p.m.

### **Online 4-H Enrollment Process**

Enrollment for the 2015-2016 4-H year will again be online, but will not begin until October 1. The sooner you get your 4-Hers enrolled the sooner you will be receiving accurate information regarding project meetings and various project related information. Returning 4-H members may be re-enrolled with the original account created for last year's enrollment. It's important that each family enroll their own 4-H members with a valid email address so that we can continue to improve the communications with our 4-H families.

In addition to enrollment/re-enrollment online, a 4-H Participation Form is required. This form is now part of the online enrollment process. It's important the Participation Form information is accurately completed. We appreciate your participation in 4-H and hope that

you will stick with us through the new online enrollment process. Please stay in touch with your club leaders for more information.

### **Rawhide Wranglers**

The Rawhide Wranglers 4-H Horse Club will meet Oct. 27 at 6 p.m. at the Extension Office Meeting Room. Even if you don't have a horse but are interested in the horse project, I encourage you to attend. There are many opportunities to help the county-wide club and participate in learning activities even if you do not own a horse. This is a good place to start with the Horseless Horse project. Call the Extension Office if you want more information or ideas about getting your youth involved.

### **4-H Sunday**

The 4-H Ambassadors are planning a county-wide 4-H Sunday event Oct. 11 at 7 p.m. at the Anderson Building. Clubs, neighbors, former 4-Hers and friends are encouraged to attend this event. This is "one Sunday during the year set aside to highlight the heart 'H' and the spiritual side of 4-H work. 4-H strives for fourfold development – spiritual, mental, physical and social. Spiritual growth is enhanced as young people take their place in the church and put its teachings into place in everyday living." Watch Facebook for more details. If you haven't "Liked" K-State Research and Extension – Lyon County on Facebook find us now to keep up to date on information and reminders.

### **48 Hours of 4-H**

Join 4-Hers and volunteers from across the state in the 48 Hours of 4-H Challenge to see how much we can give back to our communities. In conjunction with National 4-H Week, 48 Hours of 4-H will take place the weekend of Oct. 10-11. I hope Lyon County 4-H clubs will come up with their own projects and invite others to participate with them. Invite your friends, clubs, adult volunteers and past 4-Hers, too. You can do a project with your family or gather your forces. Be sure to check out [www.kansas4-H.org/p.aspx?tabid=595](http://www.kansas4-H.org/p.aspx?tabid=595) for more information and to register your project.



## **4-H Officer Training**

Officer Training will be held on Monday, November 2, 2015 at the Anderson Building beginning at 7:00 p.m. The training will follow the 4-H Council Meeting. All club officers are strongly encouraged to attend.

## **Leader Training**

A Club Leader Training is scheduled for Wednesday, November 4, at 7:00 p.m. at the Extension Office meeting room. We have a handful of new leaders joining our team this year, so I hope both experienced and new leaders will attend. It's an opportunity to learn and share with each other, and also help provide direction for the 4-H year. This training will be primarily for community club leaders, but invites are extended to individuals who host regular project meetings or potential new candidates interested in becoming a community club leader. Please RSVP by Oct. 30 by calling the Extension Office at 341-3220.

## **4-H Age and Cloverbuds**

With the new 4-H year coming up, Lyon County would like to see some new 4-Hers. As you are recruiting friends and neighbors, be sure to mention the age requirements.

- Individuals may officially enroll on his/her 7<sup>th</sup> birthday and after, **but not before.**
- **To participate in the 2016 Lyon County Fair, the 4-H'er must be 7 by January 1, 2016.**
- Youth who turn 19 before January 1, 2016 cannot re-enroll in 4-H for the 2015-2016 4-H year.

If you know a youth who is itching to join 4-H but is not quite old enough, the Lyon County 4-H Cloverbuds program is a great option. Cloverbuds is for youth ages 5 and 6 and is currently a county-wide club. Youth can join when they turn 5, but they should be 5 before Jan. 1, 2016, to enroll in the 2015-2016 Cloverbud year. Cloverbuds meet the third Tuesday of each month, and the next meeting is Oct. 20. Mandy Kern continues to do an amazing job volunteering monthly as our Cloverbud leader. If you would like to join her in providing fun opportunities for these youth, please contact the Extension Office.

## **2016 Calendar**

Work has begun on the 2016 4-H Calendar. If countywide project leaders have any regularly scheduled meetings or special meetings scheduled that you would like to have on the calendar, please inform the Extension

Office by Friday, Nov. 6. This excludes regularly scheduled 4-H club meetings.

## **Lyon County 4-H Alumni**

The Lyon County 4-H Alumni and Friends would love for former 4-Hers to join the organization by paying annual dues of \$10. This organization helps to ensure Lyon County 4-Hers have financial support to attend national events such as state project award winners who earn the right to attend the National 4-H Congress in Atlanta, Georgia, each November. Lyon County has had several winners the last few years as well as a national judging team to help fund. If you want to give your money to an organization that is here for Lyon County 4-H youth, please contact Barbara Burum at (620) 443-5790 in the evenings or weekends. The annual meeting will be hosted Oct. 11 at 6 p.m. at the Extension Office Meeting Room. Light refreshments will be served.

## **Club Project Leader List**

Community Club Leaders should have received a form to list the project leaders for your club. Please be sure to list your teen leaders and officers on this list as well. It is important that the teens are listed for future Membership Achievement Pins.

## **Kansas Youth Leadership Forum**

The Kansas Youth Leadership Forum is November 20-22, 2015 at Rock Springs 4-H Center. The Forum is for youth ages 14-18. Registration is available on the State website. The event will include speakers, workshops, consulting groups and election of the state 4-H Youth Council. Kay MacGregor has represented Lyon County and the Southeast area for the last two years on Kansas Youth Leadership Council. She has chosen to run again for the 2016 term. In addition, Kaman Simmons has chosen to run for Youth Council. Be sure to take advantage of the great leadership and networking opportunities at KYLF, and support Kay and Kaman in their leadership journey as our delegation has a vote in determining who represents the southeast area.

## **Club Financial Reviews due Nov. 15!**

All 4-H clubs, including county-wide project clubs like shooting sports and Rawhide Wranglers, will be required to submit Financial Reviews for the 2014-2015 4-H year which is from October 2014 through September 2015. They are due by Nov. 15 to the Extension Office.

## Who Helps in 4-H?

Lyon County 4-H gained many new families in 2015. We hope these new 4-Hers found their chosen clubs to be welcoming and helpful and are looking forward to another great year in 4-H. Many additional new families have already indicated interest in participating in the upcoming 4-H year. 4-H is really a family program. Once members and their families get to know the program, it really becomes a family affair. Parents and family are important in 4-H. They help youth with project work and other activities.



4-H members are also helped by volunteer leaders. Every 4-H club needs one or more adult leaders. These leaders teach youth, organize the club, help officers, assist at meetings, and orient new parents about 4-H.

There are various kinds of leaders in 4-H:

- Community Club Leaders: responsible for the general organization of the club
- Project Leader: helps members with their project work
- Jr. Leaders: 4-H teens who work with an adult leader to give leadership to activities, events, and/or projects
- Parents: parents are important in 4-H! They show interest and concern for their children by attending meetings, serving as leaders, helping in club activities, and serving on committees.

Parents or caring adults may help young people gain more from their 4-H experience in several ways:

1. Counsel your 4-H'er in the selection of a suitable project. Show interest. Help *guide*, but don't do for him. When something is started, see that it is *completed*.
2. Encourage your child to attend meetings regularly and attend with him/her so you'll be able to help the child know about and remember upcoming activities.
3. Offer your home occasionally for a club or project meeting.
4. Share your knowledge, special skills and hobbies with club members as a club leader or project leader.

5. Keep informed of 4-H information that comes to members of your family.

*As a new 4-H year begins, remember...*

- 4-H youth are more important than the project exhibit itself.
- Learning how to do a project is more important than the project itself.
- To “learn by doing” through a useful work project is fundamental in any sound educational program, and is characteristic of the 4-H program.
- Generally speaking, there is more than one good way of doing most things.
- Our job is to teach 4-H members how to think, not what to think.

Winning isn't always measured by the results of the ribbon or judging event, but by the character of the 4-H'er, parent, and leader.



## Citizen Washington Focus 2016

The Kansas delegation to the Citizenship Washington Focus (CWF) trip for 2016 is quickly filling up! The dates are June 16, June 27, 2016. This trip is an exciting opportunity to road trip across the USA stopping to see Philadelphia, Gettysburg, the Liberty Bell and more. You'll meet, learn, share and tour with youth from other states and respected resource people. If you have youth who are thinking about this opportunity, please have them sign up before it is too late! Jade Jenkins and Krista Porter participated in this trip in 2013 and reported it was an amazing experience. It is open to responsible, mature young people 15-18 years of age by January 1, 2016. Registration is due Jan. 15 (or until 50 slots are filled) and cost is \$1,625. For more information, visit [www.kansas4-h.org](http://www.kansas4-h.org) under the events registration tab.





Lyon County Extension Agent  
Brian Rees  
620-341-3220  
[brees@ksu.edu](mailto:brees@ksu.edu)



## *Agriculture and Natural Resources*

October-November 2015

### **Free BQA Certification**

Once again this fall, Boehringer Ingelheim Vetmedica, Inc. (BIVI) is supporting the checkoff-funded Beef Quality Assurance (BQA) program by sponsoring all online certifications this fall for producers who enroll through November 20, 2015. Boehringer Ingelheim Vetmedica, Inc. will pick up the \$25-\$50 certification fee for beef producers who will become certified or recertified during this period. Visit [www.BIVI-BQA.com](http://www.BIVI-BQA.com) to take advantage of the certification period.

Beef Quality Assurance is a national program that provides guidelines for beef cattle production. The program raises consumer confidence through offering proper management techniques and a commitment to quality within every segment of the beef industry. Producers have embraced BQA because it is the right thing to do, but they have also gained through increased profitability. BQA helps producers identify management processes that can be improved. The BQA program is important to the cattle industry as it gives producers a set of best practices for producing a safe and high quality beef product.

The BQA certification modules are customized to fit the specific needs of each segment of the cattle industry – cow-calf, stocker, feedyard and dairy operations. The program covers best management practices such as proper handling and administration of vaccinations and other products, eliminating injection site blemishes, and better cattle-handling principles.

**To become BQA certified, or learn more about the program, visit [www.BIVI-BQA.com](http://www.BIVI-BQA.com).**

### **Test Your Forage Supply!**

No, I don't get a kickback from the lab to promote forage testing, but it is still a great idea. Even though there is a large amount of hay available this year it probably is NOT the quality to which you are accustomed. Yes, many supplements are less expensive today than last year. But you shouldn't use them "just because", and you may need to change or use a larger quantity due to the quality of your forage.

With the price decline on cattle, it is that much more imperative to get all you can from your feeding program. Test NOW to make your winter supplementation plan.

### **Now is also a GREAT Time to Soil Test!!**

With fall harvest well underway and a number of fields already harvested, now would be a GREAT time to get caught up with your soil testing! A soil testing program is the only way to know if you are getting all you can from your fertilizer dollars, and also put yourself in a position to take advantage of any favorable weather conditions that may occur in 2016.

Do you know if you are applying the appropriate amount of plant nutrient to get the most from your fertilizer dollars? What about any alternative forages or cover crops? They use nutrients as well.

And remember wheat is very responsive to phosphorus. Do you know if your phosphorus levels are adequate?

The only way for you to know for certain what is taking place from a nutrient standpoint is to soil test. Thanks to a grant from the Lyon County Soil Conservation District most soil tests that run through our office are relatively inexpensive in Lyon County.

### **Harvest Safety**

With harvest well underway, I want to remind everyone to be aware of large, slow-moving farm equipment on the roads. As producers are moving from field to field, it is important for everyone – both producers and the public – to be courteous and observe traffic laws for the safety and well-being of all. Most of the equipment isn't going far, and the seconds you save by passing in an unsafe manner probably won't be worth it.

The days get long (and daylight shorter) as harvest progresses, which results in tired producers and employees operating equipment for very long hours. I know there is often a push to get a little more done each day, but it is still a good idea to take regular breaks. Getting out for a couple of minutes is really a good idea for both the operator and the equipment. Use the time to take a walk around the equipment to stretch your legs, get some circulation back to your body, and check for debris buildup or hot spots on the equipment. A little visual inspection can save a lot of money not only in potential damage but also in lost time spent on equipment repairs.

Be safe around equipment and on the roads this harvest.

## October Events

There are a number of events taking place in mid-October that I'd like to get on your calendars. I think there will be worthwhile ideas shared at each of these events that may fit with your operation.

First, on October 13, there will be a workshop at the Tallgrass Prairie Nation Preserve in Strong City. "Effects of Fall Burning" will be discussed, with field presentations, a research presentation, and a panel discussion. This event is sponsored by the Kansas Prescribed Fire Council and the Great Plains Fire Science Exchange. To reserve a spot, contact Shelly Wiggam at 785-477-6592 or [wiggie@ksu.edu](mailto:wiggie@ksu.edu).

On Friday October 16, the Lyon County Conservation District will present "Brush Battles". Registration starts at 11:30, with lunch at 12 and presentations starting at 12:15. Discussion will focus on protocols to manage invasive brushy species. After the indoor presentations we will travel to a demonstration site. Call Kelsey Keith by October 9 at 620-343-2813 to reserve your spot.

On Saturday, October 17, the Fall Forestry Festival hosted by the Kansas Forest Service will take place at the Paul Dean Tree Farm northeast of Madison. A wide variety of topics will be covered with fun activities and learning opportunities for both children and adults. Preregistration is requested by October 12. There is a \$15 registration fee for this event. More information is available here at the Lyon County Extension Office or by calling the Kansas Forest Service at 785-532-3300.

### Additional Fall and Winter Meetings

Moving forward into the fall and winter, it is time to put together some local educational opportunities. Details are not finalized at this point, but I have a number of topics that can have a pronounced impact on local ag producers and their profitability. Some of these are ideas that have been brought to me, some have come up in conversation, and others are simply ideas I've had based on other events I've heard of or attended.

For those with native rangeland, one topic that needs to be addressed is Old World Bluestem. I've hear that this menace may become more damaging than sericea lespedeza. I hope that's not the case, but with that in mind we should be diligent in identification and containment of any Old World species.

Another topic that I receive numerous questions on involves ag leases. Whether crop or pasture, the topic is

always good for discussion and important as we try to identify what is equitable for all parties involved. I've heard it said that often leases aren't *fair*, but they need to be equitable.

For crop producers, it has been suggested to have a field sprayer and fertilizer spreader calibration session. It makes sense, seeing the number of producer-owned rigs in the country and the changes in nozzle technology. It has also been suggested to possibly have a series of soil health and/or cropping practices sessions to encourage discussion surrounding soil health and conservation.

With the increase in goats in the area not only from producers but also 4-H families, there has been interest in a goat and sheep herd or flock health and management workshop, especially with a focus on deworming. It is important to be aware of the pests that are out there and only use products in animal production when they are needed to help ensure they will work when needed!

With the average farmer/rancher age approaching 60 years, I feel it is a wise idea to get people thinking about – and more importantly doing something about – a succession plan for their operation. Many have a financial estate plan, but a succession plan is more of a model for the business going forward, and incorporates not only the financial aspect but also the business management side of things to ensure that your operation continues into the future in the manner you would desire.

I've had a couple of other potential ideas. One would be to possibly host a calving school in December with "Bossy" the simulator cow that was on display at the Kansas State Fair. Dr. Rethorst was in Burlington last winter and does a good job of getting the "calf" into some challenging positions to help identify appropriate methods and times to assist during calving. I have also talked with Jaymelynn Farney, Southeast Area Extension Livestock Specialist, about hosting a meeting on the Sunflower Supreme Heifer Development Program. This will be the 3<sup>rd</sup> year of the program and it appears the numbers and experiences are favorable.

Please contact me at 341-3220 or [brees@ksu.edu](mailto:brees@ksu.edu) if you have other ideas or suggestions that would be timely and appeal to a wide range of area producers.

### Body Condition Scoring

Now would also be a great time to evaluate the body condition of your cows and break them into different feeding groups to address any supplementation needs. We can provide information to score your animals now to have them in condition and ready for spring calving.

## **Pumpkin Centerpiece Workshop**

Fall is here and what better way to celebrate than by making a centerpiece out of pumpkins and different succulents. Lyon County Extension Master Gardeners Jerilynn Henrikson and Sharon Stephens will be leading this hands-on workshop. Attendees will leave the workshop with a finished pumpkin centerpiece that can adorn your table scape or welcome guest into your home for the holidays. The workshop information:

**When: October 19, 2015**

**Where: Lyon County Extension Office  
Meeting Room**

**Time: 6:30 pm**

**Cost: \$15.00**

A limited number of seats are available, so registration is required. Registration includes a pumpkin, sphagnum moss, a variety of succulents, and miscellaneous decorations. To register, please contact the Lyon County Extension Office at (620) 341-3220.

## **Winterizing Garden Hand Tools**

As fall continues and we get closer to the end of gardening season, it is a good idea to prepare your tools for the winter. Many garden tools such as garden hoes and shovels may have wooden handles that can deteriorate over time. Storing these tools in a protected location can help slow that process, but normal use will still expose the tools to the elements. At the end of the season it is a good time to clean up and protect the tools so they will last many years. Weathering can raise the grain of wood on handles, which can result in splinters. A light sanding can smooth any raised areas on wooden handles. Following the sanding with a light application of wood preservative like linseed oil or polyurethane will help protect the wood. Wipe off any excess after a few minutes as oil-based products can attract dirt.

Remove soil from metal surfaces. Use sandpaper or steel wool to remove any rust that may have formed. Now would also be a good time to sharpen any dull edges. A light coating of oil will help protect metal through the winter.

## **Winterizing Roses**

Though most shrub roses are hardy in Kansas, other types of roses can be more tender. For example, the hybrid teas have certain species in their ancestry that originated in the warm climate of southern China. These roses need protection to reliably survive Kansas winters.

Mound soil or compost about 8 to 10 inches high around each plant. If using soil, bring it in from another part of the garden. Do not pull it from between plants because this can damage the rose roots or make them more susceptible to cold. Mounding is normally finished by Thanksgiving. After the ground has frozen, add a 4-inch mulch of straw, leaves or hay for further protection. More soil may be spread on top of the mulch to keep it in place. Do not add the mulch before the ground freezes or mice may invade and feed on the roses over the winter. The purpose of these coverings is not only to moderate the cold, but also to prevent warm days during the winter or early spring from stimulating growth that is tender to returning cold weather.

Excessively tall canes should be pruned to a height of 36 inches and tied together to prevent them from being whipped by strong winter winds. Wind can damage the crown of the plant or loosen the surrounding soil. Next spring, remove coverings before new growth starts and wait until after the ground thaws, or the tops may begin growing before the roots can provide water.



## Harvesting Sweet Potatoes

Sweet potatoes should be harvested no later than the first fall freeze because cold temperatures can damage the sensitive roots. However, you may want to harvest earlier if you prefer a smaller sweet potato. Test dig a hill to see if they are the size you want.

Sweet potatoes should be cured after being dug. The digging process often damages the tender skin, and curing helps these small wounds heal. Place the roots in a warm, humid location for 5 to 10 days immediately after digging. A location with a temperature around 85 to 90 degrees is ideal. A space heater can be used to heat a small room or other area. Raise the humidity by placing moist towels in the room. The curing process not only heals wounds but also helps convert starches to sugars. This process improves the texture and flavor of the roots.

Sweet potatoes should be stored above 55 degrees. Storage at temperatures below that injures the roots, shortens storage life and gives them an off flavor.

## Soil Testing

Before amending your soils or adding fertilizer prior to planting it is a good idea to have a soil test. A soil test helps us understand what the pH, phosphorus, and potassium levels are. If these levels are within recommended ranges for your crops, then we only recommend fertilizers with nitrogen. We will also inform you to be cautious on the amount of organic matter, peat moss and some other amendment you want to add to the soil as they can affect the pH level. The only element we normally do not test for is nitrogen. Nitrogen is easily leached out of the soil during watering or rain events. When giving soil recommendations we generally do recommend a nitrogen fertilizer.

Here are a few tips on collecting soil samples. If you follow these tips, then the results will be more representative of the overall area. When taking the samples, make sure that you are collecting soil to a depth of 8 to 12 inches. This is to give a more representative sample in the root zone. Take at least 10 samples from the area. Combine these samples in a clean bucket and mix them together. After mixing the samples together, select about a pint of

soil and place it in a zip top container and bring it into the Extension Office to be sent off for testing. If you are doing more than one area, make sure to label your samples.

When you bring the samples into the office, you fill out a form that gives some background information about the garden plot, landscape bed or lawn to help with recommendations. Once results are received by the office, you will then receive the results with recommendations for your area.

## Winter Storage of Summer Bulbs

As winter approaches, we need to start thinking about storage of the bulbs that will not survive Kansas winters. The bulbs of gladiolus, caladium, dahlia, tuberous begonia, calla lily, and canna lily need to be dug and stored so they can be planted next year. The storage organ of the above plants are not a true bulb. Canna and calla lilies are rhizomes, caladium, and tuberous begonias are tubers, gladiolus is a corm, and dahlia is a tuberous rooted plant. All of these plants should be dug after frost has browned the foliage. Then, allow them to dry for about a week in a shady, well-ventilated site such as a garage or tool shed. Remove any excess soil and pack them in peat moss, vermiculite, or perlite. Make sure the bulbs don't touch so that if one decays, the rot doesn't spread. Dusting them with fungicide before storage will help prevent them from rotting.

Caladium should be stored between 50 and 60 degrees F. The other bulbs mentioned should be stored near 40 degrees F. Finding a good spot to store the bulbs may be difficult. Some people place them against a basement wall farthest from the furnace and insulate them so the wall keeps them cool.



Rhonda Gordon  
County Extension Agent  
rgordon@ksu.edu

# Family & Consumer Sciences

## President's Council Dates

- October 2<sup>nd</sup>** Bring updated membership list  
**November 6<sup>th</sup>**  
**December 4<sup>th</sup>** Christmas Around the World

## SHICK

### (Senior Health Insurance Counselors of Kansas)

I have completed my training for the 2016 enrollment year. I continue to be a certified SHICK counselor. The open annual enrollment period for 2016 is October 15 - December 7<sup>th</sup> 2015. I will be available by appointment only starting October 26<sup>th</sup>. If you would like to look at what Medicare Drug Coverage you currently have and what else is available. There are several changes being made to drug plans this fall that will take effect next year.

Please call me if you have questions or to make an appointment 341-3220.

## Sr. Life Fair

**Wednesday October 22nd**

**Harvest House, Flint Hills Christian Church**

**1836 E. Highway 50, Emporia**

**Doors open at 8:30 – 2:00**

- 9:00-11:30 Blood Pressure Checks by the nursing students from Flint Hills Technical College
- 9:15 Getting the Most from Your Smart Phone, Rich Sandstrom, Technology Specialist Emporia Public Library
- 10:30 Low Vision Living, Nancy Johnson Kansas Assn. for Blind and Visually Impaired
- 11:45 Buffet Lunch with Entertainment
- 12:45 A Thousand Letters Home - The Journey of the Letters, Teresa Irish Professional Speaker/Author
- 1:45 Door Prize Drawing
- 2:00 Closing

## The Family Nutrition Program at Work Again in Schools

Penny Smith, Karen Korte, Martha Shook and Bev Maricevic are the four program assistants, and Dana Cain Nutrition Assistant that will be working



with the Family Nutrition Program (FNP) in schools again this year. We are in our fourteenth year of providing nutrition education in Lyon County schools. We have also expanded to include more adult education at the Salvation Army, Mental Health, and Horizon Plaza. This program is provided with funds from the Family Nutrition Program, a program funded by the United States Department of Agriculture and the Supplemental Nutrition Assistance Program (SNAP-ED).

Over the years the program has grown. We will be providing nutrition education this school year to 122 classrooms (pre-K to fourth grade.) We visit approximately 50 classrooms each month. That translates into about 1100 children a month we serve. Our adult audience is growing as well we are serving between 50 and 100 adults monthly.

The 2010 Dietary Guidelines for Americans and MyPlate are the foundation of FNP nutrition education. Preschool, Kindergarten, and 1<sup>st</sup> grade are engaged in learning about nutrition through use of our puppets "Chef Combo" and "Mr. BAC". Second grade students are learning about diabetes from the Wise Eagle in the Eagle Series Books published by the Center of Disease Control. Third grade students are baking whole wheat bread, learning about calcium from Bare Bones Bart, and conducting taste tests. Fourth grade students are going to grow lettuce in their classrooms hydroponically. Lessons are interactive and demonstrate choosing nutritious foods from MyPlate.



A nutritious, healthy food sample accompanies each lesson. Each grade level has a hands on cooking lessons. We added Americus, Reading and Olpe three years ago. We hope to add cooking lessons with parents after school once a quarter. If you would like to volunteer to go with us please let me know. We can always use extra hands when cooking in the classroom.

Our Adult programs center on the curriculum MyPlate My Family. Adult programs are more driven to what the group we are working with needs. We have covered diabetes, cutting fat, cutting sugar and cutting salt from their diets. Emphasis is placed on getting more fruits and vegetables in their daily diet.

## Fall Classes

Must have 10 participants pre-registered to hold classes.  
Register by calling the Extension Office at 341-3220.

### **Grandma's Yellow Pie Plate** **Monday October 26<sup>th</sup>** **10 a.m. and 7 p.m.**

Passing on personal possessions is a process that occurs for almost every person in every kind of family. Across the generations, objects have meaning and carry history—for individuals, for groups, for families. Every person and every family is different. The experiences they have when making decisions about who gets what, and why are also very different.

Today, it is not uncommon for families to be more complex than in generations past. Decisions about property may involve four or more generations, and include spouses, siblings, step-siblings, spouses from remarriages, domestic partners, adopted children, in-laws, friends, loved ones, and others.

*Who Gets Grandma's Yellow Pie Plate?* This class will focus on the non-titled property. Non-titled property are those personal possessions that may or may not have monetary worth, or they may be cherished primarily for their sentimental value. Non-titled property can include: furniture, dishes, collections, photographs, family documents, pets, toys and more. How to deal with the non-titled property can be challenging.

### **Skillet Meals and** **Crock Pot Cooking 2** **Monday November 16<sup>th</sup>** **10 a.m. and 7 p.m.**

This class is back by popular demand. So, we are refreshing and bringing new recipes and ideas for quick and easy, homemade meals for you and your family. Learn about making meals at home that are easy, nutritious and budget friendly. Skillet meals that are quick and easy. Slow Cooker meals ready when you get home. Home cooked meals can be ready in minutes. This will be a fun and entertaining lesson to be enjoyed by all that attend. Samples will be available.

### **Food Allergy Fact of Life**

Living with food allergies is challenging, requiring adults to manage their health and avoid trigger foods, and parents to recognize symptoms and find helpful resources and professionals. It also means finding ways to manage you or your child's health and well-being

without hardship, stress, or illness. Learning to recognize a food allergy or food sensitivity is as important as learning how to live with it.

#### **Food Allergy Basics** (*The science behind it all*)

The body has an amazing immune system that allows it to fight off many harmful microorganisms. One way the immune system attacks invaders is to make a protein called an immunoglobulin antibody — that can recognize an invader. Immunoglobulin antibodies are programmed to attach to certain shapes in the bloodstream and organs. There are a variety of types of immunoglobulins (Ig), but the one known as IgE is the most troublesome for allergy sufferers.

IgE cells make up immune system “worker” cells called mast cells, which are found in the respiratory tract, intestines, skin, and other organs. The role of IgE is to protect the body from infection by recognizing proteins. Sometimes IgE gets misdirected and attacks the harmless proteins in pollen, animal dander, or food, which causes the chemical histamine to be released in the body, creating common allergic reactions: hives, itching, rashes, sneezing, gastrointestinal upsets, and lots of discomfort. In short, a food allergy is a strong but misdirected immune response.

#### **Read Ingredient Labels**

Reading labels on food products, cosmetics, bath products, laundry detergents, and other items that you come in contact with is very important, as these products often contain eggs, milk, soy, or other allergens.

Recognizing the various names of the allergen that you are allergic to is crucial (see supplemental information about how to read a food label at

[www.foodallergy.org/document.doc?id=133](http://www.foodallergy.org/document.doc?id=133)).

Always read the ingredient label when you purchase a food, cosmetic, body care item, or household item. Manufacturers change the ingredients of their products frequently, and such changes are not always evident by looking at the front of a package. Remember, allergens are in many non-food items such soaps, shampoos, hair sprays, skin products, medications, and pet foods.

### **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>.**

## Return Service Requested

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

### October

- 01 4-H Online Enrollment begins
- 01 Ambassador Applications due
- 02 FCS President's Council, noon, EMR
- 04-10 National 4-H Week
- 05 Master Gardener Meeting, noon, EMR
- 05 Ambassadors Meeting, 6 pm, EMR
- 05 4-H Council Meeting, 7 pm, EMR
- 07 Extension Election, 7:30 am – 5:30 pm
- 07 Ambassador Interviews
- 10-11 48 Hours of 4-H Service Weekend
- 11 4-H Alumni Meeting, 6 pm, EMR
- 11 County-wide 4-H Sunday, 7 pm, AB
- 12 Columbus Day – Extension Office Closed
- 13 Fall Burn Workshop, 9 am, Strong City
- 14 Judge Reno County Record Books, 5 pm, EMR
- 15 Hop To It Rabbit Club Meeting, 7 pm, EMR
- 15-12/7 SHICK – Open enrollment
- 16 Brush Control Field Day, 11:30, Allen
- 17 4-H Photography Meeting, 3 pm, Studio G Photography
- 17 Fall Forestry Festival, 8:30 am, Madison
- 18 Poultry Club Meeting, 1 pm, EMR
- 19 Pumpkin Centerpiece Workshop, 6:30 pm, EMR
- 20 Cloverbuds, 6 pm, EMR
- 22 Senior Life Fair, 8:30 am-2 pm, Harvest House
- 25 4-H Achievement Celebration, 3 pm, Granada Theatre
- 26 Grandma's Yellow Pie Plate Class, 10 am & 7 pm, EMR
- 27 Rawhide Wranglers, 6 p.m., EMR

### November

- 02 Master Gardener Meeting, noon, EMR
- 02 4-H Council Meeting, 6:30 pm., AB
- 02 Office Training, 7 pm, AB
- 04 Club Leader Training, 7 pm, EMR
- 06 FCS President's Council, noon, EMR
- 11 Veterans Day, Office Closed
- 15 Poultry Club Meeting, 1 pm, EMR
- 16 Skillet Meals and Crock Pot Cooking, 10 am & 7 pm, EMR
- 17 Cloverbuds, 6 pm, EMR
- 18 Holiday Open House, 3 pm – 6 pm, Extension Office
- 19 Hop To It Rabbit Club meeting, 7 pm
- 20-22 Kansas Youth Leadership Forum, Rock Springs
- 24 Rawhide Wranglers, 6 pm, EMR
- 26-27 Thanksgiving Holiday, Extension Office Closed
- 27-12/1 National 4-H Congress, Atlanta, Georgia

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