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Lyon County

K-State Research and Extension News

*Knowledge
for Life*

**December 2016
&
January, 2017**

**Lyon County
Extension Office**
2632 W Highway 50
Emporia, KS 66801
Phone: 620-341-3220
Fax 620-341-3228
www.lyon.ksu.edu

Brian Rees
Agriculture &
Natural Resources
brees@ksu.edu

Rhonda Gordon
Family and Consumer
Science
rgordon@ksu.edu

Corinne Patterson
4-H Youth Development
clpatt@ksu.edu

Travis Carmichael
Community Development
& Horticulture
trcarmic@ksu.edu

Debbie Van Sickle
Office Manager
dvansick@ksu.edu

Phyllis Krueger
Part-time Office
Professional
kruegerp@ksu.edu



**Wishing you all the best in
2017! We hope your holidays
are filled with cheer and family
time. We look forward to
serving you in the New Year.**

The 24 member Lyon County Extension Council is made up of the individuals listed below. The Council will elect nine members to serve on the Executive Board for 2017 at the Annual Meeting on December 7th.

Agriculture and Natural Resources:

Kiley DeDonder, Admire
Mark DeWeese, Americus
Derrick Duncan, Emporia

Mark Robinson, Admire
Beth Skalsky, Hartford
Michael Windle, Olpe

Family Consumer Sciences:

Emily Darbyshire, Hartford
Amanda Gutierrez, Emporia
Vicki Jones, Americus

Jackie Lake, Emporia
Judith Putman, Emporia
Doug Stueve, Emporia

4-H Youth Development:

Hollie Fritts, Emporia
Patty Jenkins, Reading
Shawna Moyer, Emporia

Amy Pedersen, Emporia
Joe Smith, Emporia
Bryan Williams, Emporia

Community Development:

Scott Hayes, Emporia
Martha Jones, Olpe
Robert Karr, Emporia

Mark Lee, Emporia
Mark Shook, Emporia
Ruth Wise, Emporia

***The Lyon County Extension Office will be closed
December 26, 2016 – January 2, 2017.***



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Research and Extension

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www.ksre.ksu.edu

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE



The Clover Connection



4-H Council

4-H Council will not meet in December. The next Council meeting will be Jan. 3, 2017 at 7 p.m.

4-H Livestock Record Keeping Workshop

Lyon County will host a record keeping workshop Saturday, Jan. 14 from 9 a.m. to 2 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. Project materials, snacks and lunch will be provided. Visit www.lyon.ksu.edu under the 4-H Youth Development tab for more details and to register. Spots are only guaranteed until Dec. 15.

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. 11, 2017, when the Wildcats take on Iowa State with tip-off beginning at 1:00 p.m. The \$20 group ticket rate will get each individual a ticket into the game, a game day T-shirt, and \$7 meal voucher. For more details, please see the registration form located at www.kansas4-h.org.



Market Beef Weigh-In & Tagging

Market beef weigh-in and tagging is scheduled for Sat., Feb. 4, 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 2016 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. 4, please call the Extension Office before 5 p.m. Feb. 3 to let us know you

are planning to exhibit it at the 2017 fair. We will need to know the official 4-H tag number of the calf when you call.

All Livestock Tagged in 2017

If you wish to exhibit an animal of any species at the 2017 Lyon County Fair, it must be tagged, including dairy animals. All livestock to be exhibited at the 2017 Lyon County Fair will need to be tagged at the regular county tagging either in February or April/May. Breeding animals or dairy cattle can be tagged at the April/May tagging.

The only exception for an official 4-H tag will be for registered purebred livestock 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 schedule 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. 4 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 4 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. 27**. 4-Hers will again register online via a Google form that will be available on the Extension website at www.lyon.ksu.edu. 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.

Photography and Rocketry meetings are scheduled for Jan. 21. Kent and Jenny Grieder will host a photography meeting at 9:00 a.m. followed by a rocketry meeting at 10:00 a.m. at the Extension Office. Please RSVP by 5 p.m. on Jan. 18 if you wish to attend.

Rawhide Wranglers 4-H Horse Club will be led by Amy Jenkins, Amanda Cunningham and Dana Peak. Meetings will be Jan. 24, March 28 and May 23. The winter rodeo series will continue Sundays. 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. 25 and April 1.

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

Hop to It Rabbit Club, led by Karlee Wigton, meets the 3rd Thursday of each month.

Dog project meetings, led by Lisa Presiner, will host meetings on the first Monday of the month at 6 p.m. prior to 4-H Council Meetings. Practices will take place in the shop area of the Extension Office or Anderson Building. Check with the office prior to each meeting.

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. 20 at 5:00 p.m. A "2017 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. 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. 19-20 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, 2017, 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.

2016-2017 4-H 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 2016-2017 includes third term members John Fritts, Kaman Simmons and Karlee Wigton. The new Ambassador is Lindsay Torrens.

KAP News

I would like to thank the volunteers who helped judge Marion 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 Tuesday, **Jan. 17** for the SE Area KAP Screening.



Lyon County Extension Agent
Brian Rees
620-341-3220
brees@ksu.edu



Agriculture and Natural Resources

December 2016 – January 2017

USDA survey information

As a Kansas agricultural producer, you may have recently received a survey from the National Agriculture Statistics Service (NASS). This survey is used to determine county level row crop and hay acreage, yield and production estimates for 2016.

As a producer it is in your best interest to truthfully complete this survey, as the data has a direct bearing in the administration of USDA programs such as ARC (Agricultural Risk Coverage), and disaster assistance. County level grain data is scheduled to be published in February 2017, with hay and cotton in April and May.

It is very important that producers complete and return the surveys, as NASS cannot publish a county yield unless it receives enough surveys to make a statistically defensible estimate. In 2015 there were a number of large producing counties that were unable to publish due to lack of responses.

Individual responses are exempt from the Freedom of Information Act, and are required by Federal law to be completely confidential. If you have questions, please call the Kansas NASS Field Office at 1-800-582-6443.

Herbicide Traits – Xtend/Enlist

If you are a soybean grower and reading this article, by now you are probably aware of some of the changes that will be affecting the seed marketplace in the coming year. It has been in the works awhile and some seed was actually available this year, but one herbicide had not been approved for crop application until mid-November.

These can be important advances for crop production, and will allow for the use of some “old” chemistry to address some of the control issues as weeds have developed tolerance or resistance to some of the more commonly used soybean herbicides. The new releases are “Xtend” soybeans that have tolerance to dicamba, and “Enlist” soybeans with 2,4-D resistance.

If you are interested in learning more about these traited varieties, I would encourage you to talk with your seed supplier. It looks like it should be a solid option especially if you have problem weed issues like the amaranth species (pigweed, palmer amaranth or waterhemp).

The one herbicide that has been approved for in-crop application to dicamba tolerant soybeans is XtendiMax with Vapor-Grip Technology. There are currently other products containing dicamba and safeners, but to my knowledge none have received approval for in-crop application to date.

WORDS of caution: If you are looking at going this route be sure to remember this can be a tool in your entire weed control program, and special attention must be given to herbicide timing (especially weed size) and the application process. Keys for the Xtend technology include but are not limited to: weed size less than 4”; no Ammonium Sulfate; only one approved spray tip; no less than 10 gallons per acre spray volume, along with boom height, pressure, wind and ground speed restrictions; no tank mixes are approved at this time for herbicides or adjuvants; and some major limitations on applications when sensitive crops are downwind that hold the applicator as the responsible party. It is recommended to include residual herbicides with different sites of action as part of your weed control program.

At this time I am scheduling a program in early February with additional information on both of these traits as well as the application technology to use them properly.

The Enlist program has a *similar* list of restrictions. Consult the label, call me here at the office, or talk with your supplier for additional information as it is still changing and new products may be registered for use in both of these programs.

To repeat, these are some interesting developments in the weed control world that have the potential – with proper use – to reduce weed competition in crop fields and allow for increased productivity from crop acres.

Soil Test – Fertility Management

To continue on the crop production theme, when was the last time you pulled a soil sample (or multiple samples) for your field(s)? Now might be a really good time, and allow you to get results back in time to make some purchase decisions prior to year-end. At the minimum, a soil test will help you identify your priorities for fertilization if you need to limit input dollars for 2017. Soil tests are relatively inexpensive for the information you receive and can help you allocate your nutrient dollars where they have the highest potential for return.

Continuing “Covers” Questions

As with last year, I 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 protect 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. The Midwest Cover Crop Council has a crop selection tool at <http://www.mccc.msu.edu/selectorINTRO.html> that has been re-worked for the Kansas diversity.

We hope to make progress on the Neosho Rapids site. A crop was planted and harvested this year, and a cover has been seeded. Hopefully we will be able to shape the land a little for improved drainage and to reduce the ponding that affected yields this year. We'll see how that works!

VFD and Winter Herd Health

Pencil in January 9, 2017 as a date for a meeting concerning the Veterinary Feed Directive (VFD) and how it will impact your operation. Additionally, I plan to have information on winter nutrition and mineral health for livestock.

We have had a very mild winter so far, but we all know that during the last three months of pregnancy the nutritional plane of the cow should be level or increasing (depending on the body condition of the cow) for the benefit of the calf, as well as the cow for next year. Winter nutrition and mineral can have a tremendous impact on the overall health of the cow and the calf.

By January 9, the VFD will be in effect and I hope to have an idea of how this will be implemented by local practitioners. It will be different, maybe challenging at times, but it is the law and we need to work within the system and use products to keep our animals healthy. Watch for additional information in mid-December.

Top 10 Considerations...

Farmers and ranchers are experiencing one of the biggest downturns in history with many parallels to the 1980's farm crisis. Kansas Farm Management Association farms recorded a drop in accrual net farm income in 2015 of more than 95%. With Commodity outlooks remaining pessimistic, the current financial stresses do not look to recover in the near future.

Kansas State University Department of Agricultural Economics is providing a program covering a host of topics designed to highlight critical thinking on specific items to weather the storm. ***Top 10 Considerations When Navigating a Struggling Farm Economy*** will provide decision frameworks to assist in evaluating options and take advantage of opportunities during the current downturn.

The two closest sessions will be on January 19 in Topeka (call Shawnee County Extension, 785-232-0062 to register) and on February 15 in El Dorado (Call Butler County Extension at 316-321-9660 to register). To attend, please register **eight days prior** to the scheduled event at the assigned extension office to ensure your seat and lunch meal at the venue.

Financial Stresses Ahead

Thinking about some potential stresses in the coming months and years for many ag producers might give you a headache, among other things. One way to avoid that might be to work on a better method of tracking your records, and might make your accountant's job easier!

With that in mind, if I get enough interest, I would be willing to schedule a “QuickBooks for Agriculture” training session. I will be the first to say that I am no expert, but I have used QuickBooks for a while, and we do have available a good training program with computers and test situations to work through. There is also a standard set of accounts with which to track your income and expenses. Once your information is entered, there are a number of financial reports that can be created to help track your status and also plan for the future of your operation.

Additionally a number of extension agents, me included, have completed training on FINPACK, a farm financial planning and analysis software. This tool is to be used to help you determine, in black and white, what you did or did not make in your various enterprises and also help analyze various alternative scenarios.

2017 Extension Master Calendar

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

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

JANUARY

02 New Year's Day Holiday – Extension Office Closed
03 4-H Council Meeting, 7 p.m., EMR
07 Barn Quilt Class, 9 a.m. – 2 p.m., EG
09 Master Gardeners Meeting, Noon, EMR
09 VFD and Winter Herd Health, 10:30-2, AB
14 4-H Livestock Record Keeping Workshop, 9-2, AB
15 Poultry Club Meeting, 1 p.m., EMR
16 Martin Luther King Day - Extension Office Closed
17 Cloverbuds, 6 p.m., EMR
19 Hop To It Rabbit Club, 7 p.m., AB
20 SE Area KAP Screening, Eureka
20 4-H Scholarships due to Extension Office by 5:00 p.m.
21 Countywide Photography Meeting, 9 a.m., EMR
21 Countywide Rocketry Meeting, 10 a.m., EMR
24 Rawhide Wranglers, 6 p.m., EMR

FEBRUARY

03 FCS President's Council, noon, EMR
04 Beef weigh-in and tagging, 8-10 a.m., Fairgrounds
04 Barn Quilt Class, 9 a.m. – 2 p.m., EG
06 Master Gardener Meeting, noon, EMR
06 Dog Project Meeting, 6 p.m.
06 Ambassadors Meeting, 6 p.m., EMR
06 4-H Council Meeting, 7 p.m., EMR
11 4-H Day with Wildcat Women's Basketball
18 Hop to it Rabbit Club Show, 9 a.m., AB
19 Poultry Club Meeting, 1 p.m., EMR
19-20 Kansas 4-H Citizenship in Action, Topeka
20 Presidents Day – Extension Office Closed
21 Cloverbuds, 6 p.m., EMR
24-25 State 4-H Ambassador Training, Rock Springs
25 Countywide Foods Meeting, 9 a.m., EMR
25-26 Flint Hills Greener Living Show, AB

MARCH

03 FCS President's Council, noon, EMR
04 4-H Co. Club Days, Timmerman Elem. School
06 Master Gardener Meeting, 5:15 p.m., AB
06 Dog Project Meeting, 6 p.m.
06 Ambassadors Meeting, 6 p.m., EMR
06 4-H Council Meeting, 7 p.m., EMR
16 Hop To It Rabbit Club, 7 p.m., AB
18 Regional 4-H Club Day, Madison High School
19 Poultry Club Meeting, 1 p.m., EMR
19 Walk Kansas Begins
21 Cloverbuds, 6 p.m., EMR
28 Rawhide Wranglers, 6 p.m., EMR
28 Is It Safe? (Walk Kansas Class) 10 a.m. & 7 p.m., AB

APRIL

01 4-H Poultry Spring Show, AB
01 Countywide Foods Meeting, 9 a.m., EMR
03 Master Gardener Meeting, noon, EMR
03 Dog Project Meeting, 6 p.m.
03 Ambassadors Meeting, 6 p.m., EMR
03 4-H Council Meeting, 7 p.m., EMR
07 FCS President's Council, noon, EMR
11 Fixing Funky Foods (Walk Kansas Class), 10 a.m. & 7 p.m., AB
15 Countywide Photography Meeting, 9 a.m., EMR
15 Countywide Rocketry Meeting, 10 a.m., EMR
16 Poultry Club Meeting, 1 p.m., EMR
18 Cloverbuds, 6 p.m., EMR
20 Hop To It Rabbit Club, 7 p.m., AB
25 Fit For Life (Walk Kansas Class), 10 a.m. & 7 p.m., Emporia Rec Center
26 Swine, Sheep, Meat Goat & Bucket Calf Tagging, 6-8 p.m., Fairgrounds
29 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
01 Master Gardener Meeting, 5:15 p.m., AB
01 Dog Project Meeting, 6 p.m.
01 Ambassadors Meeting, 6 p.m., EMR
01 4-H Council Meeting, 7 p.m., EMR
03 Petting Zoo, Fairgrounds
6-7 Gary Fuller Spring Classic, Fairgrounds
09 Fat Bucks Buffet, AB
13 Walk Kansas Ends
16 Cloverbuds, 6 p.m., EMR
18 Hop To It Rabbit Club, 7 p.m., AB
21 Poultry Club Meeting, 1 p.m., EMR
23 Rawhide Wranglers, 6 p.m., EMR
24 KISS, Fairgrounds
29 Memorial Day - Extension Office Closed
30-6/2 Discovery Days, K-State Campus

JUNE

05 Master Gardener Meeting, noon, EMR
05 Dog Project Meeting, 6 p.m.
05 Ambassadors Meeting, 6 p.m., EMR
05 4-H Council Meeting, 7 p.m., EMR
15 KSF & KJLS all other Livestock Nominations Due
15 Hop To It Rabbit Club, 7 p.m., AB
17 Master Gardener Garden Tour
18 Poultry Club Meeting, 1 p.m., EMR
20 Cloverbuds, 6 p.m., EMR
23 Camp Counselors to 4-H Camp
24-27 Sunny Hills 4-H Camp, Rock Springs
27-30 Campference, Rock Springs Ranch

- 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

JULY

- TBA Ambassadors Meeting, 6 p.m.
- TBA 4-H Council Meeting, 7 p.m.
- TBA Fairboard pass out Fair Tickets to Clubs
- 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
- 10 Master Gardener Meeting, 5:15 p.m., AB
- 15 Countywide Photography Meeting, 9 a.m., EMR
- 15 Countywide Rocketry Meeting, 10 a.m., EMR
- 16 Poultry Club Meeting, 1 p.m., EMR
- 18 Cloverbuds, 6 p.m., EMR
- 20 Hop To It Rabbit Club, 7 p.m.
- 27 Friends of 4-H Picnic, 6:30 p.m., AB

AUGUST

**8/3 – 8/12 Lyon County Fair
Fair schedule to be announced**

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

SEPTEMBER

- 01 FCS President's Council, noon, EMR
- 04 Labor Day - Extension Office Closed
- 05 Ambassadors Meeting, 6 p.m., EMR
- 05 4-H Council Meeting, 7 p.m., EMR
- 07 KSF entries except Foods & Hort. due to Extension Off.
- 08 KSF Foods & Hort. entries accepted 7:30-8:00 a.m.
- 08-17 Kansas State Fair
- 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., AB
- 29-10/1 Kansas Junior Livestock Show

OCTOBER

- 01-07 Kansas & National 4-H Week
- 02 Record Books & Award Applications due to Extension Office
- 02 Ambassador Applications Due
- 02 Master Gardener Meeting, noon, EMR
- 02 Dog Project Meeting, 6 p.m.
- 02 Ambassadors Meeting, 6 p.m., EMR
- 02 4-H Council Meeting, 7 p.m., EMR
- 06 FCS President's Council, Noon, EMR
- 09 Columbus Day – Extension Office Closed
- 15-12/7 Medicare Part D Enrollment
- 15 Poultry Club Meeting, 1 p.m., EMR
- 16 Cloverbuds, 6 p.m., EMR
- 19 Hop To It Rabbit Club, 7 p.m., AB
- 21-22 4-H Dog Conference, Rock Springs

NOVEMBER

- 01 4-H Online Enrollment due
- 03 FCS President's Council, Noon, EMR
- 05 Lyon Co. 4-H Achievement Celebration
- 06 Master Gardener Meeting, noon, EMR
- 06 Dog Project Meeting, 6 p.m.
- 06 4-H Council Meeting, 6:30 p.m., AB
- 06 Officer Training, 7 p.m., AB
- 10 Veterans Day Holiday - Extension Office Closed
- 16 Hop To It Rabbit Club, 7 p.m. – AB
- 17-19 Kansas Youth Leadership Forum, Rock Springs
- 19 Poultry Club Meeting, 1 p.m., EMR
- 21 Cloverbuds, 6 p.m., EMR
- 23-24 Thanksgiving Holiday - Extension Office Closed
- 24-28 National 4-H Congress, Atlanta, Georgia

DECEMBER

- 04 Master Gardener Recognition, 6 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., AB
- 25 Christmas Holiday - Extension Office Closed



2017

Flint Hills Greener Living Show

Save the Dates

February 25th and 26th
Anderson Building
Located on the Lyon County Fairgrounds
Emporia, KS

If you have any questions, contact Travis Carmichael
at (620) 341-3220.



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.



Rhonda Gordon
County Extension Agent
rgordon@ksu.edu

Family & Consumer Sciences

President's Council Dates Extension Office Meeting Room

Noon
December 9th
February 3rd, 2017

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_becomeadon_or.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.

Barn Quilts (Make Your Own)

January 7th, 2017

February 4th, 2017

9 a.m. to 2 p.m.

Extension Office Garage

Cost \$35.00

Limit of 20 people

All supplies and a light lunch will be provided.

Please call the office to Reserve your spot.

Barn quilts have become the rage across North America. The grassroots art phenomenon is soaring in popularity among rural residents anxious to display their family heritage and community pride. In turn, combing the countryside to view the quilts has become an addiction among tourists lured off the highway by trail maps guiding them to unique displays of Log Cabin, Ohio Star or other quilt designs.

“Painting a board to match a quilt square and then hanging it on a barn or other building is a simple idea that has turned into the largest public arts movement in history,” says Suzi Parron, author of the books *Barn Quilts and the American Quilt Trail Movement* and *Following the Barn Quilt Trail*.

“From a humble beginning in Adams County, Ohio, the idea has spread to 49 states with more than 9,000 barn quilts organized into more than 120 Barn Quilt Trails—and surely thousands more that are not mapped,” adds Parron.

New Year, healthier you

New Year’s resolutions are a bit like babies: They’re fun to make but extremely difficult to maintain.

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found.

It’s hard to keep up the enthusiasm months after you’ve swept up the confetti, but it’s not impossible. This year, pick one of the following worthy resolutions, and stick with it. Here’s to your health!

Lose weight

The fact that this is perennially among the most popular resolutions suggests just how difficult it is to commit to.

Stay in touch

Feel like old friends (or family) have fallen by the wayside? It’s good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don’t.

Save money

Save money by making healthy lifestyle changes. Walk or ride your bike to work, or explore carpooling. (That means more money in your pocket *and* less air pollution.)

Save the date

The next National Festival of Breads baking contest will be held on June 17, 2017, in Manhattan, Kansas.

Entries will be accepted from October 1, 2016 through

January 16, 2017.



The 2017 National Festival of Breads is sponsored by King Arthur Flour, Red Star Yeast and Kansas Wheat.

Who can enter? Amateur bakers Youth (ages 8-17) and Adults (18 years and older) - **Free to enter.**

How to enter? First, read and follow the rules at NationalFestivalofBreads.com then enter your original bread recipe online from October 1, 2016 to January 16, 2017. It is acceptable to enter more than one recipe in each of the four recipe categories.

Who will be selected? Each recipe is evaluated and many are test baked in the Kansas Wheat test kitchen. After several rounds of judging, eight adult finalists will be selected to bake their winning recipe in Manhattan, Kansas on June 17, 2017. Youth winners will win a cash prize, but are not required to be present at the National Festival of Breads baking competition.

What are the prizes? One adult bread baking champion will receive \$2,000 in cash plus an all-expense paid trip to attend a baking class at King Arthur Flour Education Center in Norwich, Vermont. Also included is a year's supply of Red Star Yeast. The top eight adult finalists will receive \$500 cash and a trip to Manhattan, Kansas on June 15-17, 2017. The trip includes a wheat harvest tour plus an exciting day of baking. Additional prizes are included in the complete rules found at the website mentioned above.



Walk Kansas
March 19th –
May 13th, 2017

Registration due by March 16th

Forms will be available Feb. 6th & 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 16th 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 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, wrap up event, Poker Walks at C of E Park, Fit for Life, Fixing Funky Foods, Is it Safe? Information on GMO's.

Is it Safe?

Information on Genetically Engineered Foods for Consumers

Consumers are increasingly interested in where their food comes from and may be concerned about the health and safety implications of various food production methods. With many different terms such as “organic,” “natural,” and “GMO-free” being used in food marketing, it is confusing for consumers to know how to spend their food dollars wisely.

The fact sheet for this lesson provides consumers with an introductory overview to genetically engineered (GE) foods (commonly referred to as GMOs — genetically modified organisms), as well as safety information on these products. Information on labeling of GE foods is also included. The term “genetically engineered (GE) foods” is used throughout this fact sheet because the U.S. Food and Drug Administration (FDA) considers it scientifically accurate for these types of foods.

Fixing Funky Foods

The variety of foods in grocery stores increases each year. Knowing how to prepare these foods and including them in a meal plan can be a challenge. The goal of this lesson is to familiarize participants with fruits, vegetables, and whole grains that might be newly available even in rural grocery stores.

Objectives

Exposure to foods that might be new to participants.

Learn ways to incorporate new fruits, vegetables, and whole grains into meal planning and preparation methods.

Fit For Life

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.

Return Service Requested

Check out our website at
www.lyon.ksu.edu

December

- 05 Master Gardener Recognition, 6 p.m., AB
- 09 FCS President's Council Meeting, noon, EMR
- 15 Hop To It Rabbit Club, 7 p.m., AB
- 18 Poultry Club Meeting, 1 p.m., EMR
- 20 Cloverbuds, 6 p.m., EMR
- 26-1/2 Extension Office Closed for Christmas/New Year's Holidays

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

January

- 02 New Year's Day Holiday – Extension Office Closed
- 03 4-H Ambassador Meeting, 6:30 p.m., EMR
- 03 4-H Council Meeting, 7 p.m., EMR
- 07 Barn Quilt Class, 9 a.m.-2 p.m., EG
- 09 Master Gardener Meeting, noon, EMR
- 09 VFD and Winter Herd Health, 10:30-2, AB
- 14 4-H Livestock Record Book Workshop, 9-2, AB
- 15 Poultry Club Meeting, 1 p.m., EMR
- 16 Martin Luther King Jr. Day – Extension Office Closed
- 17 Cloverbuds, 6 p.m., EMR
- 19 Hop To It Rabbit Club, 7 p.m., AB
- 20 4-H Scholarships due to Extension Office by 5 p.m.
- 21 Countywide 4-H Photography Meeting, 9 a.m., EMR
- 21 Countywide 4-H Rocketry Meeting, 10 a.m., EMR
- 24 Rawhide Wranglers, 6 p.m., EMR