

Lyon County

K-State Research and Extension News

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Knowledge
for Life

**April &
May, 2018**

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4-Hers in our community

Lyon County 4-Hers have been busy the last couple of months. From 4-H Club Day to the Hop to It Rabbit 4-H Club Show to Citizenship in Action and other special events, it's great to see young people participating in fun and engaging opportunities!

L to R: Jack Creager, Ted Skalsky, Kate Rees,
Garland Hanlin, Leanna Rust and Riley Botkin
represented Lyon County 4-H at the
Citizenship in Action conference at the
State Capitol in February.



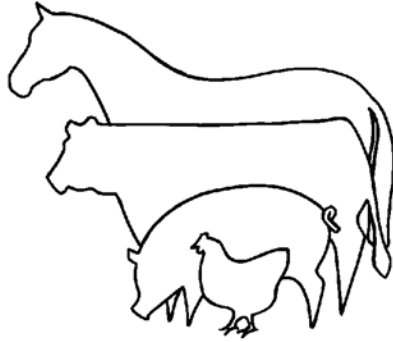
Lyon County 4-Hers were recognized at halftime during the Harlem Globetrotters event.

The Clover Connection



It's Show Time

Information on upcoming livestock shows is steadily flowing into the Extension office. Don't forget to come in and check out the green notebook on Debbie's desk for show flyers. We collect copies of all the show information we receive as well as some information on other projects that there isn't room to highlight in the newsletter.



3220. Any 4-Her hoping to serve as a camp counselor should plan to attend this training. There is no guarantee the 4-Her will be selected to serve as a counselor, but the volunteer training must be completed to be considered.

Gary Fuller Spring Classic

The Lyon County Spring livestock show is now the Gary Fuller Spring Classic. It's scheduled for May 5-6 at the Fairgrounds. Species will include sheep, meat goats, bucket calves, beef and swine. As an added incentive for Lyon County 4-Hers, a special commemorative feed scoop will be awarded to each Lyon County 4-Her for each species that he or she exhibits in the Lyon County Only class or a Lyon County 4-Her exhibiting a bucket calf at the spring show courtesy of the Gary Fuller Memorial Fund.



The Bluestem Farm and Ranch Supply Prize Trailer will again be on hand for prizes. We also have a special show T-shirt that will be awarded for participation in showmanship. The pig show will feature a special Gary Fuller Spring Classic belt buckle awarded to the champion market pig. Flyers and registration forms are available online at www.lyon.ksu.edu or at the Extension Office. Pre-entries are due April 27.

Volunteer Training and Registration (VIP)

A Volunteer Training will be hosted April 4 at 6 p.m. at the Extension Office Meeting Room. This class is one step in the Volunteer Registration process for volunteers with reoccurring roles in Lyon County Extension programs working with youth. Any individual who works with youth at least three times per year must be VIP registered. Please RSVP by April 2 to the Extension Office at 341-



Fair Sponsors

Each year Debbie Van Sickle works to contact sponsors for trophies and awards for 4-H events at the Lyon County Fair. We truly appreciate the longtime support of many divisions and areas of 4-H. As new projects or various classes change, we often need additional sponsors. If you or someone you know is interested in sponsoring an award, please contact Debbie Van Sickle at (620) 341-3220.

2018 4-H Fair Notes

The 2018 Lyon County Fair is set for Aug. 2-11. The Friends of 4-H Picnic will kick off 4-H related activities on July 26 with other various pre-fair judging activities July 28-July 29 and Aug. 2. Livestock will be required to be in place on the fairgrounds Aug. 3 and released Aug. 7. The Anderson Building will be released on Aug. 9. The 4-H Diner will be open through Aug. 11.

There will be a sheep and goat veterinarian check just prior to bringing animals to the scales. All livestock exhibitors are expected to bring healthy, disease free animals no matter what species is exhibited. The Extension program, fair officials and livestock coordinators reserve the right to have any diseased animal and its cohorts removed from the fairgrounds at the owner's expense.

In an effort to ease the pig weigh-in pressure as well as the late evening for 4-Hers, the swine coordinators will again host the official pig weigh-in Friday, Aug. 3 from 3:00 p.m.-5:30 p.m. Pigs can be weighed as you unload them. It will be the 4-Her's responsibility to make sure their animal gets weighed in.

Livestock Breeding Classes at Fair

Remember, to participate in a livestock breeding class at the county fair, breeding animals must be tagged or have official registration papers turned into the Extension

Office by May 1. A 4-Her also should be enrolled in that specific specie's breeding project. If you do not know if you are enrolled in the breeding project for your desired species, 4-Hers should login to 4-H Online by May 1 to add/drop or enroll in the project to be eligible to enter a breeding animal at the fair.

Horse IDs, Dog IDs & Add/Drop Date

May 1 is a big day. All Horse ID forms and Dog ID forms are due *and* this is the deadline to add or drop a project for the fair. May 1 is a Tuesday. **No IDs brought by the office after the deadline will be accepted.**

Horse members - Anyone who wishes to show their horse at the County Fair, District Horse Show, Kansas State Fair, or participate in the 4-H Rodeo must update their horse ID papers. Bring your original ID in for an Agent to sign by May 1, 2018. If you have never completed an ID paper for your horse, or you have a new horse, you must complete a horse ID by May 1, 2018. Copies are available from the Extension Office. A colored picture showing all four (4) feet and a profile of the horse with the head turned a quarter toward the camera is also required. **No horse IDs will be signed past May 1, 2018, to participate in any of the above events. This is an absolute deadline – there will be no exceptions!**

Dog members - Anyone who wishes to show at the County Fair or Kansas State Fair, must update their dog ID papers. Bring your original ID in for an Agent to sign by May 1, 2018. If you have never completed an ID paper for your dog, or if you have a new dog, you must complete an ID by May 1, 2018. Copies are available from the Extension Office. A colored picture showing a full body side view, all four feet and legs, and a profile of the dog with its head turned is also required. **No dog IDs will be signed past May 1, 2018, to participate in any of the above events. This is an absolute deadline – there will be no exceptions!**

Adding and dropping a project will be done through your individual 4-H Online accounts at <https://ks.4honline.com>. You will need your login (the email you used to sign up) and your password to check your account. Please do not wait until last minute to update/verify your projects. Don't just think your projects are correct, please go online and verify.

4-H Council

4-H Council will meet on April 2, and May 7, 2018 at 7:00 p.m. The Council meetings will be held in the meeting room at the Extension Office.

Camp Registration

The Sunny Hills 4-H Camp will be June 3-6, 2018. Camp will be open to 4-H'ers who have **completed** 3rd through 7th grades. Camp flyers are available at the Extension Office. Camp costs \$200 this year. There is also an estimated \$15 fee for the bus to be paid at time of registration. Fill out the registration form on the back of the flyer and bring the form and a \$50 deposit to the Extension Office by May 1. Scholarships may be available so contact the Extension Office for details and deadlines. If you have any questions about camp, call the office.

4-H Camp Counselor Applications

4-H Camp Counselor applications are ready! All camp counselors must have completed 9th grade and must be VIP approved. Sunny Hills 4-H Camp will be June 3-6, 2018. Counselors will attend training on June 2. Applications will be due by 5:00 p.m. on May 1. Absolutely no late applications will be accepted, so don't wait until the last minute. If you have any questions, contact the Extension Office.

Shooting Sports Safety Meetings

4-Hers properly enrolled for the 2018 summer shooting sports disciplines must attend one of the safety meetings scheduled for each discipline. The archery safety meeting is April 15 at 5:00 p.m. or April 17 at 6:30 p.m. at the Extension Office Meeting Room. The smallbore rifle safety meeting will be at the first practice May 8. If you were not enrolled for the summer shooting sports disciplines you will not be able to participate in this year's program. Please be sure to reenroll in 4-H early so you do not miss opportunities like 4-H shooting sports.

2018 4-H Campference!

Campference is scheduled for June 26-29, 2018 at Rock Springs 4-H Center, near Junction City, Kan. Campference is open to any youth ages 12 to 14, before January 1, 2018.

Participants will experience the feel of a conference, while enjoying many of the "camp" activities Rock Springs 4-H Center has to offer. Workshops feature opportunities in the 4-H program. Activities will energize students while they learn leadership skills and how to

better interact with others. Please contact the Extension Office or visit www.Kansas4-H.org to learn more and to get registered. Registration is due May 15. Space is limited.

Discovery Days 2018

Discovery Days 2018 is scheduled for May 29-June 1, 2018 at Kansas State University in Manhattan. This university experience is open to youth 13-18 and features workshops and tours about 4-H projects, careers, hobbies, community service activities and more on the beautiful K-State campus.



See the registration worksheet available at www.Kansas4-H.org to help select sessions that interest you most. Some sessions do require an additional fee to cover the cost of supplies. You'll meet

hundreds of other youth, gain new life skills, and have an amazing experience at Discovery Days! More information is available at www.Kansas4-H.org. The registration costs \$235. The registration fee is due to the Extension Office by April 16. Don't delay, classes are filled on a first come, first serve basis.

Hop to It Rabbit Club News

4-Hers who plan to show meat pens for the 2018 Lyon County Fair should be certain litters are the correct age. Breeding should take place by April 26 to make them the correct age for fair time.

The club's regular monthly meeting is held the 3rd Sunday of each month at 2 p.m. in the Extension Office Meeting Room following the poultry club meeting.

Rawhide Wranglers

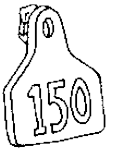
Don't miss the next Rawhide Wranglers 4-H horse club info by checking out the Facebook page. The Rawhide Wranglers Spring Open Rodeo and Horse Show are scheduled for June 30 and July 1 on the Lyon County Fairgrounds.

Petting Zoo

The 4-H Petting Zoo will be Wednesday, May 2 from 9:00 a.m. to 2:30 p.m. If you would like to bring an animal for the petting zoo or help in any way, please call the office and let us know what you would like to do.

Countywide Tagging Dates

Countywide tagging for sheep, meat goats, swine and bucket calves will be Wednesday, April 25 from 6:00 p.m. – 8:00 p.m. and Saturday, April 28 from 8:00 a.m. – 10:00 a.m. at the Lyon County Fairgrounds. Tags will be \$3 each for all species.



Youth PQA+ Training online

Youth needing recertification or certification for Youth Pork Quality Assurance (PQA+) training will have the option to complete the training online this year. A PQA+ training class is not planned for Lyon County this year. Any youth ages 8-19 who wish to exhibit out of Lyon County at a state or national show is required to be certified. The online training will require that you know your current PQA+ certification number (if you are already in the system/have taken the class before). Please be sure to locate your certificate or contact the Extension Office for your certification number if you cannot locate it. Then, visit: <https://lms.pork.org/Account/RegisterYouth.aspx> to register and begin the process.

Project Record Keeping and Achievement

As 4-Hers are attending project meetings and working on projects for fair, it's time to also consider record keeping. 4-Hers are encouraged to complete Kansas Award Portfolios on each project. The KAPs are age appropriate forms that help youth and their caring adults record information and track participation in a project.

Lyon County 4-H Council awards every 4-Her who completes a KAP and a Project Checklist with a project pin at the November Achievement Celebration. If you want to make sure you are meeting project requirements, the checklist is available at the Extension office.

CHECKLIST FOR EXCELLENCE IN A 4-H PROJECT ACHIEVEMENT AWARD	
<small>Leaders use to rate this checklist into the Extension Office along with the other award application by September 1. Every 4-H member that takes a record book should include this checklist. This checklist should include ONLY 4-H activities, NOT school activities.</small>	
<input type="checkbox"/> Junior	7 - 8 years Must answer "YES" to questions 1 through 3.
<input type="checkbox"/> Intermediate	9 - 13 years Must answer "YES" to questions 1 through 3 and "YES" to two of the remaining questions.
<input type="checkbox"/> Senior	14 - 19 years Must answer "YES" to questions 1 through 3 and "YES" to three of the remaining questions.
NAME: _____ AGE BY JANUARY 1 st : _____	
PROJECT AREA: _____	
PARENT'S SIGNATURE: _____ DATE: _____	
No. of countywide project meetings held this year: _____ No. attended: _____	
No. of local club project meetings held this year: _____ No. attended: _____	
YES	NO
1.	1. Attended at least three project meetings/related activities? Yes _____ No _____
YES	NO
2.	2. Showed at least one talk about the project? (i.e., County Club Day, Club/Project Meeting, Club Day, etc.) Where: _____ Date: _____
YES	NO
3.	3. Took on a completed record book?
YES	NO
4.	4. Attended at least one-half of your club's regularly scheduled meetings? How many meetings held: _____ How many attended: _____
YES	NO
5.	5. Exhibited or participated at the Lyon County Fair? If no class, exhibit to handbook or poster? List exhibitor: _____
YES	NO
6.	6. Participated in a county, county, county, or area 4-H event related to this project (Judging Club Day, Spring Show, etc.) List event: _____
YES	NO
7.	7. Took part in a project tour or field trip? List event: _____
YES	NO
8.	8. Served as a Fair Junior Supermarket? List fair date/project area: _____
YES	NO
9.	9. Served as an Assistant Project Leader in your club for respective project? List name of project/leader you served: _____
YES	NO
10.	10. Community Service/Contribution related to the project? _____
Leader's Initials: _____	

Southeast Area 4-H Contests

This year's Southeast Area judging contests will be back in Emporia on June 12 at the Anderson Building. The contest will consist of horticulture, crops and photography, family and consumer science (FCS) and favorite foods divisions. Be sure to mark this date on your calendar for a fun learning opportunity and chance to hang out with 4-H friends at the pool.

The Southeast Area Livestock Contests including livestock judging, skill-a-thon and meats contests will be hosted in Yates Center on June 20.

True Leaders in Service and National 4-H Day of Service

National 4-H is announcing True Leaders in Service, a month-long community service activation. It officially kicks-off the first day of April, and culminates with the National 4-H Day of Service on the last Saturday of April each year. Thousands of 4-H'ers venture out into their communities throughout the month of April to do what 4-H'ers do best: lead in service to tackle community



challenges and help meet the needs of others. The National 4-H Day of Service can take place in every county across the country. 4-H members, adult volunteers and friends help improve their communities by adopting a service

project. These projects can be done as individuals, as an entire county or district 4-H program, or anything in between. No matter the project, this is a day that will make a difference!

The goal of True Leaders in Service is to encourage 4-H members in every county to make a big impact on our country. Each 4-H club or program will choose how best to ignite their spirit of service as they offer help in hundreds of ways across the nation throughout the month of April and/or on the National 4-H Day of Service. If April 28 does not work for a project, any project in April can be a part of this effort. If you want to participate, please contact Corinne via email at clpatt@ksu.edu for more information and a registration link.

State Fair Opportunities for 4-H Shooting Sports

Kansas 4-H Shooting Sports is expanding exhibit opportunities for 4-H members at the Kansas State Fair. Check the Kansas 4-H State Fair 4-H Shooting Sports

division to learn more about the specific details. Along with promotional posters and educational displays, the 2018 Fair will offer a 4-H Shooting Sports notebooks class that was recommended by the 4-H Shooting Sports Task Force. Lyon County 4-Hers will qualify for the state fair through purple ribbons earned in the categories offered at our fair. The notebooks for this class are to highlight a phase, result, story or information about 4-H Shooting Sports. Additionally, all entries, promotional posters, educational displays and notebooks are to incorporate the 4-H Clover and KSRE branding with the Kansas 4-H Shooting Sports emblem. The Kansas 4-H Shooting Sports logo can be found on the 4-H Shooting Sports web page.



Another opportunity available for sharing individual mastery of 4-H Shooting Sports - the 4-H Public Presentation Division offers 4-H Shooting Sports members a chance to share their knowledge from the stage. There are specific safety rules that must be followed and shooting sports-related entries must inform the State 4-H Office of entry to meet requirements. Participants must follow Kansas State Law regarding firearms listed in the General Rules section of this Fair Book and use 4-H Shooting Sports minimum standards and best management practices will be followed. If you are interested in participating in this category, please let the Extension Office know and we will investigate how this will take place at the State Fair.

SAVE the date!

A graphic with a light yellow background. At the top, there are five icons: a green butterfly, a green airplane, an orange butterfly, a green airplane, and a blue butterfly. Below the icons, the text 'Come Fly With Us' is written in a large, orange, sans-serif font. Underneath that, 'KANSAS 4-H INSECT SPECTACULAR' is written in a smaller, dark blue, sans-serif font. Below the title, the location and dates are listed: 'Sedgwick County Zoo | Wichita, KS' and 'Friday, June 22 & Saturday, June 23, 2018'. At the bottom, the 'K-STATE' logo is shown, consisting of the text 'K-STATE' in purple and 'Research and Extension' in green, followed by a green clover icon.

**Watch the state 4-H website at
www.kansas4H.org for more information about
upcoming opportunities!**



Lyon County Extension Agent
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Agriculture and Natural Resources

April-May 2017

Burning and NEW Burn Permits in 2018

Following the general rainfall event in mid-March, there is more renewed interest in burning native rangeland for the 2018 grazing season. Smoke issues resulted in the development of the Flint Hills Smoke Management Plan. If you plan to utilize prescribed fire, I encourage you to please make use of the planning tools at www.ksfire.org (active March 1- May 1), abide by the Kansas Smoke Management plan which limits non-rangeland burning during April, and be certain to have enough fire-fighting equipment and expertise to control the burn.

2018 is year one of the 2-year (2018-19) cycle for burn permits in Lyon County. I want to re-emphasize that permits are good for no more than 2 years in Lyon County, and this series of permits will expire December 31, 2019. Permits from previous years are no longer valid!! Growing conditions were favorable in late 2017, so there is a good fuel load in many pastures this year. We must make certain that when fire is used as a management tool, it is used with extreme caution. **PLEASE BE CAREFUL!!**

In Lyon County, burn permits are required for open burning of grass, woody species, crop residue and other dry plant growth for the purpose of land, crop, range, pasture and wildlife or watershed management. Be sure to call Lyon County Sheriff's Dispatch (342-5545) to provide your permit number both before starting your controlled burn as well as after it is completed. Remember to check with your local officials to confirm any city or county regulations on open burns.

Sericea Lespedeza Control from Late-Season Prescribed Burning Causes No Collateral Damage to Non-Target Species

Over the past few years, research has been underway to look at a means to accomplish multiple goals. So far, the results look very promising, but there are still some questions to be answered. Major goals of the non-spring burning studies include brushy species control, noxious weed (especially sericea lespedeza) control, reducing the concentration of smoke from springtime burns, keeping the openness of the prairies without a species shift, and maintaining grazing animal performance.

A study has been conducted to evaluate the effects of four consecutive years of prescribed fire applied to

native tallgrass range in either April, August, or September on forage biomass production, soil cover, and basal plant cover. Nine fire management units (14 ± 6 acres) were burned at one of three prescribed times: early spring (April 1), mid-summer (August 1), or late summer (September 1). Plant species composition and soil cover were assessed annually each July using a modified step-point technique.

The study results indicate the outlook is promising. Burning during the summer for four consecutive years resulted in excellent control of sericea lespedeza, Baldwin's ironweed, western ragweed, and invasive woody-stemmed plants, compared to traditional spring, dormant-season prescribed burning. In addition, major wildflower species prevalence increased in areas treated with prescribed fires during the summer compared with adjacent areas treated with prescribed fire during the spring. View the complete research report at www.asi.ksu.edu/cattlemensday. For more information contact, KC Olson (785-532-1254; kcolson@ksu.edu) or Bob Weaber (785-532-1460; bweaber@ksu.edu).

I know there are a few in Lyon and neighboring counties that are looking at the practice of late summer, growing season burns, myself included. Things have to work right and there needs to be advance planning to be successful, just as with a springtime burn, but most would agree that as the Flint Hills region developed fire was not limited to a 60-day (mid-March to mid-May) window. Personally I was surprised at the amount of regrowth following an August 25 burn, and am excited to see what comes during the 2018 growing season and the planned burn for late summer 2018!

It's not too late to be counted!

Kansas farmers and ranchers still have time to be counted in the 2017 Census of Agriculture, according to the U.S. Department of Agriculture's (USDA) National Agricultural Statistics Service (NASS). Although the first deadline has passed, NASS will continue to accept Census information through the spring to get a complete and accurate picture of American agriculture that represents all farmers and ranchers.

Kansas currently has a return rate of just over 52 percent of the Census questionnaires mailed to producers last December. Census data have and will continue to influence important decisions for American agriculture. The data will affect every operation and every farming

community at some point, whether it be through farm policy, disaster relief, insurance or loan programs, infrastructure improvements, or agribusiness setup.

Federal law mandates that everyone who received the 2017 Census of Agriculture questionnaire complete it and return it even if not currently farming. NASS will continue to follow-up with producers through the spring with mailings, phone calls, and personal visits. To avoid these additional contacts, farmers and ranchers are encouraged to complete their Census either online at www.agcounts.usda.gov or by mail as soon as possible. Responding online saves time by skipping sections that do not apply and automatically calculating totals. The online questionnaire is accessible on desktops, laptops, and mobile devices. For more information about the 2017 Census of Agriculture, visit www.agcensus.usda.gov. For questions or assistance filling out the Census, call toll-free (888) 424-7828.

Body Condition Scoring: It's About More than the Score

Body condition scoring is one of the most valuable management tools at the disposal of the cattle manager. This one number gives a direct indication of an individual cow's previous plane of nutrition and future reproductive capability. Although the individual body condition scores are important, we don't necessarily manage individual cows, we manage groups of cows. Thus it is important to look beyond the individual scores and look at the distribution of body condition scores within the herd.

If a herd (Herd 1) has an average body condition score of 5 that is essentially characterized by the classic bell curve, with a few thin cows (3.5's), the bulk of cows in the middle (4's and 5's) and few over-conditioned cows (7's) everything is good. Alternatively a herd (Herd 2) could have with an average body condition score of 5 that is essentially the result of a few thin cows (3's) and some over conditioned cows (6's and 7's). Body conditioning scoring also has more value when it is done on the same group of cows at multiple times during the production year. If Herd 2 was scored at calving and had been previously scored at weaning and had an essentially normal distribution (similar to Herd 1), we need to ask ourselves what happened. Was anything changed? These examples are somewhat extreme but they illustrate the need to look beyond the individual body condition scores of cows at one point during the production year to get the most of body condition scoring. A quick reference guide to body condition scoring is at <https://www.bookstore.ksre.ksu.edu/pubs/MF3230.pdf>.

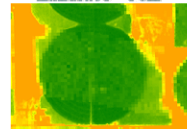
or for more information contact Justin Waggoner at jwaggon@ksu.edu.

Satellite Data and Agronomic Decisions

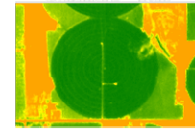
Big amount of data available

Satellite	pixel size (m)	area (acre)	revist time
MODIS	250	15.4	daily
Proba-V	100	2.4	daily
Landsat-8	30	0.22	16-days
Sentinel-1	10	0.03	5 to 10-days
Rapiscye	5	0.001	>5 days

Landsat 8 - 30m



Sentinel 2 - 10m



A new publication, titled "Satellite Data and Agronomic Decisions," is now available

through K-State Research and Extension. This publication is supported by

the Kansas Corn Commission. The lead author is Ignacio Ciampitti, Crop Production and Cropping Systems specialist at K-State. The publication can be found at <https://www.bookstore.ksre.ksu.edu/pubs/MF3398.pdf>

The goal of the publication is to help producers, crop consultants, and agronomists understand how to use satellite imagery to assist with the decision-making process in farming operations. The basic principles of how images of the earth's surface are collected by satellites is discussed, along with the main characteristics of the satellites used for agricultural application. Readers can learn about the importance of resolution and why resolution is an important consideration when choosing the correct satellite.

What are some applications of satellite data in agriculture? Examples are Site-Specific Management (SSM) using prescription maps to vary seeding rate and fertilization depending on the potential of the environments within the field; in-season (within a season) and temporal (across time) monitoring of crop vegetation (to diagnose potential stress factors such as drought, diseases, and insects); forecasting crop yields at different scales (county to country level); crop scouting and sampling according to the field dimensions; and environmental impact assessment (think fires and floods) to track land use and land cover change.

So what can we expect for the future? Possibilities include new public satellites allowing a finer time resolution and avoiding problems with cloud interference; higher spectral resolution satellites that will benefit a more intensive monitoring of functional crop growth parameters; more studies to focus on how to integrate information from different satellites while taking advantage of the different features from each one; and development of remote sensing end-to-end solutions by agricultural providers for farmers to allow integration with ground sensors, mobile apps, and other tools.

Keep Mower Blades Sharp

With mowing season starting, we need to remember to keep the blades sharp on our lawn mowers. Dull blades will cause a whitish cast on our lawns. A dull blade does not cleanly cut the blade of grass; instead it shreds the end of the leaf blade. The whitish cast starts to appear as the shredded ends of the grass blade starts to dry out. A sharp mower blade is more important as the turf starts putting up the seed heads. Seed head stems are much tougher than the grass blades and more likely to shred. Under normal use, lawn mower blades should be sharpened every 10 hours of use.

Mole Control

Though moles spend most of their time underground, the damage they cause above ground is all too visible. Meandering paths of upheaved soil are evidence of the small mammals foraging for food. Some tunnels may be abandoned soon after being built while others are travel lanes and used for a longer period of time. Even though moles do not feed on plant matter, they can still cause damage by disturbing roots and uprooting small plants.

Numerous home remedies have been concocted to control moles including chewing gum, noisemakers, broken glass, bleaches, windmills, and human hair. None have been found to provide consistent and reliable control. Poison baits also fail to work because moles feed on earthworms and grubs, not vegetable matter. Even grub control products are ineffective as they do not control earthworms, and earthworms are the primary food source for moles. The best control method is the use of traps. There are three types of traps (harpoon, choker, and scissor-jawed) and each can be effective but may take some time to master. Try the following suggestions.

Moles use some tunnels more than others. Use a broomstick or something similar to poke holes in a number of runs. Check a day later to see which runs have been “repaired.” These are the active runs and should be used for trap placement.

Place a trap in an active run by excavating soil, placing the trap and then replacing loose soil. Secure the trap so that the recoil will not lift the trap out of the ground.

Make sure the triggering mechanism is in the center of the run.

Finally, push down two more holes, one on each side of the trap. Moles should be caught when they try to repair the tunnel. Move traps if no moles are caught within three days.

Moving Houseplants Outside for Summer

It is often helpful to set many houseplants outside for the summer, so they can recover from the low light levels endured during the winter months. As soon as night temperatures stay consistently above 55 degrees F, houseplants can be moved to their summer home. Choose a spot that has dappled shade, is protected from the wind and is close to water. A porch or a spot that receives shade from trees or buildings will work well. Putting houseplants in full sun will cause the leaves to photo-oxidize or sunburn because the leaves have become adapted to low light levels inside the house. Where possible, sink the pots into the ground to help moderate root temperatures and reduce watering frequency.

If you have a number of plants, dig a trench 6 to 8 inches deep (or deeper if you have larger pots) and long enough to accommodate all of your plants without crowding. Place peat moss under and around the pots. Peat moss holds water, helps keep the pots cool and reduces evaporation from clay pots. About every two weeks, rotate the pots a quarter turn to break off any roots that have penetrated the peat moss surrounding the pot and to equalize the light received on all sides of the pot. Water as needed. If the potting soil is dry a half-inch deep in the pot, it is time to water.

Soil Testing

Before amending your soils or adding fertilizer before planting it is a good idea to have a soil test done. A soil test helps us understand what the pH, phosphorus, and potassium levels already 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 roots 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 when the results come back. Once the office obtains the results, you will then receive the results with recommendations for your area.

Planting Easter Lilies Outside

With Easter here comes the traditional sign that we are all familiar with, Easter lilies. Anyone who gardens may hate to throw out Easter lilies after they have finished blooming and the age-old question, “Do they grow outside?” comes to mind. The answer is yes, they do! Although, Easter lilies are not reliably hardy in Kansas, many gardeners have had success growing them. Here are a few simple rules to follow to have success growing your Easter lilies outside.

1. After the flowers have faded, remove the flower stalk so that energy does not go into making seed.
2. Keep the plant inside until the danger of frost is past. Keep soil moist but never waterlogged. Don't allow water to sit in the tray. Continue to fertilize.
3. The pot can be moved outside when frost is no longer a concern. Sinking the pot into the soil up to the brim and placing in dappled shade will help reduce watering. Continue to water and fertilize until the top growth dies down.
4. Choose a sunny, well-drained spot for planting. Good drainage is vital for lilies and so the addition of organic matter is usually necessary for most soils. Till or dig the soil 6 inches deep and add 3 inches of peat moss. Mix the soil and peat moss together. This will form a berm that should drain very well.

5. Plant the bulbs 6 inches deep and 12 to 18 inches apart and water them well. Mulch to conserve moisture. New growth may appear later in the summer or the plant may stay dormant until the following spring.
6. Cover the plants in the fall after the foliage has died down with straw, pine needles, wood chips or other types of mulch to help protect the plant over winter. Use 4 inches of straw or 3 inches of any of the other materials.
7. Uncover the plants in the spring to allow new growth to appear and fertilize according to soil test.

Butterfly Gardening

Butterfly gardening is becoming more popular with Kansans. Providing for the basic needs of butterflies, such as food, shelter and liquids, will encourage butterflies to visit this summer. There are a number of plants that attract butterflies.

However, different species of butterflies prefer different plants. Using a variety of plant material that vary in blooming times of day and year helps attract a diverse group of visitors. Plant groups of the same plant together; a single plant is difficult for a butterfly to detect. If trying to attract a certain species of butterfly, learn which plant(s) that butterfly prefers, and then emphasize that plant in your planting. Annuals that attract butterflies include ageratum, cosmos, French marigold, petunia, verbena and zinnia.

Perennials and shrubs can be split into those that bloom early, mid-season and late. Good choices for those that bloom early are allium, chives, forget-me-not and lilac. Bee balm, butterfly bush, black-eyed Susan, buttonbush, butterfly weed, daisy, daylily, gaillardia, lavender, lily, mint, phlox, privet, sunflower and veronica are fitting picks for mid-season bloom. Late bloomers include aster, glossy abelia and sedum.

There are other things you can do to encourage butterflies. Butterflies are cold-blooded and like open areas where they can sun themselves on cool days and shade to cool off when the sun is too intense.

Butterflies also need water. A simple way to make a butterfly pool is to take a bucket, fill it with gravel, and bury it to the rim. Now add water, sugar water or sweet drinks so that the butterflies can land on the gravel but still reach the liquid.



Rhonda Gordon
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Family & Consumer Sciences

President's Council Dates

(11:30 a.m.)
April 6th, 2018
May 4, 2018
September 7, 2018



March 17th –
May 12th, 2018

*Forms will be available
Feb. 15th & can be picked up M- F During Office Hours*

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, and Poker Walks at C of E Park.

If you are a State Employee or need Health Quest points for your insurance, Walk Kansas is worth 4 HealthQuest points.

Medicare Basics: Workshop



April 10th
Anderson Building
10 a.m. and 7 p.m.

Come learn the basics of Medicare, including eligibility, how and when to apply, what is covered by the various parts, and how to fill the gaps. Programs available to assist low income individuals will also be discussed. Anyone interested in learning more about the Medicare maze would benefit from the program, particularly those who are nearing age 65 or who help aging parents with insurance and financial matters.

*Lyon County Fair Dates August 2 -11, 2018
Open Class Entries Due Saturday August 4th*

Test Your Canner



I am sending off our Presto Test Kit to be checked. It is time for you to check your gauges. I hope to have our testing kit back by May 1. The brands of canners that can **ONLY** be tested with the Presto Testing Unit include National (those made by the National Pressure Cooker Company, au Claire, Wisconsin), Magic Seal (sold at Montgomery Ward), Maid of Honor (sold at Sears, Roebuck and Company), and Presto® Pressure Canners. I **CANNOT** test All American gauges or any other brands.

What is the Keto Diet?

With the new year underway, so are many types of diets to kick the year off in a healthy way. One of those diets is the ketogenic, or “keto”, diet. But is it a safe diet to use?

The keto diet is a high fat, moderate protein, and low carbohydrate diet. It has been a treatment for those with epilepsy since the 1920s as it can help reduce seizures. Today, anti-seizure medications are more commonly used. The diet does not allow fruits, some vegetables, grains, potatoes, sweets, or other high carbohydrate foods. The main purpose of the diet is to create ketones to get fuel into your cells instead of glucose. Excess ketone production results in ketosis.

While the keto diet may help you lose weight, it is a difficult diet to stick with in the long run. You miss out on beneficial nutrients from fruits, vegetables and grains. Once ketosis sets in, a rapid loss of “water weight” occurs which is not successful weight loss. And, in the long run, this type of diet can lead to eating disorders.

To learn more about the keto diet, see “[Keto Diet 101: What to Know Before You Commit](http://www.foodinsight.org)” from www.foodinsight.org.

Using Pyrex® in Pressure Cookers

The popularity of electric pressure cookers has brought up other safety issues besides food safety.

One is about using Pyrex® inside the electric pressure cooker. According to Corelle Brands, makers of Pyrex®,

it is not recommended to put this glassware in these appliances. The glass is not made to be put under pressure and it could crack or explode. If you have further questions, contact the Corolle Brands Consumer Care Center at 1-800-999-3436.

Canning Timer & Checklist App

There's now an app for that! Oregon State University has created a free app for your mobile device for instructions on canning vegetables, fruits, meats and fish.

This app is intended for people with previous canning experience. It has reminders for essential steps in the canning process. It also includes altitude adjustments and a built-in timer for the product you are canning.

This free app is available for Apple and Android devices. Learn more at: <https://catalog.extension.oregonstate.edu/pnw689>.

Add Lamb to Spring Meals

Sheep is the oldest domesticated meat species. Sheep have been raised by humans beginning about 9,000 years ago in the Middle East. In many countries, lamb (a young sheep) is the major source of protein. Many Americans think of lamb as a springtime food, but it can be enjoyed year round.

When shopping for lamb, look for meat that is fine textured and firm that has red coloring and white marbling (white flecks of fat within the meat muscle). The fat trim should be firm, white, and not too thick. The USDA quality grades are reliable guides.

There are five basic major (primal) cuts into which the lamb carcass is separated: shoulder, rack, shank/ breast, loin, and leg. It is recommended that packages of fresh lamb purchased in the supermarket be labeled with the primal cut as well as the product, such as "shoulder roast" or "loin chop." For more information, see [http:// bit.ly/2m0wNZN](http://bit.ly/2m0wNZN) and www.americanlamb.com/

Rain, Snow or Shine – Spring Foods Are Here!

Although in some parts of the country record snow fall and colder temperatures have masked it—spring is officially here. With the change of seasons come traditions and observances that date back to ancient times, many focused on growth, new life and change. Among these traditions are some holiday and seasonal mainstays that evolved because of more practical reasons, like the

process involved in making them or their chemical properties.

For instance, before refrigeration, food animals were slaughtered primarily in the fall, and any pork that wasn't consumed during the winter was cured for later consumption. This meant that the first hams weren't ready until after winter, and that cycle made them perfect for spring celebrations.

With asparagus—often considered the unofficial vegetable of Easter—it has more to do with the growing season. Asparagus typically reaches its peak flavor by April, just in time for those same post-winter feasts and gatherings.

Pineapple's popularity with spring holidays has more to do with its chemical properties. Not only does it add a tangy sweetness to cooked holiday dishes—its enzymes are also a natural meat tenderizer. You can typically expect to pay less for those pineapple enzymes in the spring, with seasonal average prices nearly 13% less than the rest of the year. Source: USDA Market News portal.

Eat Out without Pigging Out!

Celebrating special occasions often involve dining at a favorite restaurant. The temptation to overeat is a strong urge to fight. But it can be conquered!

More restaurants are offering "small plate" options. These can help with portion control.

Slow down and put your fork down! Enjoy conversations more by taking an eating break. Put your fork down and hands in your lap to slow down. Share a meal to reduce portion sizes and money. Source: www.foodinsight.org/

Keep the Egg Hunt Safe!

Eggs are one food that has been consumed for millions of years. Roman meals often began with an egg dish and the shells were crushed to hide evil spirits. Today, the evil spirit that causes problems is Salmonella if eggs are mishandled. As Easter egg hunts are being planned, remember these egg safety tips:

- Keep raw eggs refrigerated. After boiling and decorating, refrigerate eggs until the hunt. Only allow eggs to be out of refrigeration up to two hours.
- If eggs get cracked and damaged during the hunt, do not eat them.
- Another option, keep eggs for the hunt separate from other eggs. Or, use plastic eggs with fun treats for kids of all ages to enjoy.

Return Service Requested

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

April

- 02 Master Gardener Meeting, 5:15 p.m., BCB
- 02 Ambassador Meeting, 6 p.m., EMR
- 02 Dog Project Meeting, 7 p.m., AB
- 02 4-H Council, 7 p.m., EMR
- 04 VIP Training, 6 p.m., EMR
- 06 FCS President's Council, 11:30 a.m., EMR
- 07 4-H Poultry Spring Show, AB
- 10 Medicare Basics, 10 a.m. & 7 p.m., AB
- 15 Poultry Club Meeting, 1 p.m., EMR
- 15 Hop To It Rabbit Club, 2 p.m., EMR
- 15 Archery Safety Meeting, 5:00 p.m., EMR
- 17 Cloverbuds, 6 p.m., EMR
- 17 Archery Safety Meeting, 6:30 p.m., EG
- 25 Swine, Sheep, Meat Goat & Bucket Calf Tagging
6 – 8 p.m., Fairgrounds
- 28 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 Camp Counselor Applications and Camp Registration Due
- 02 Petting Zoo, 9 a.m. – 2:30 p.m., Fairgrounds
- 04 FCS President's Council, 11:30 a.m., EMR
- 5-6 Gary Fuller Spring Classic, Fairgrounds
- 07 Master Gardeners Meeting, 5:15 p.m., AB
- 07 Ambassador Meeting, 6 p.m., EMR
- 07 Dog Project Meeting, 7 p.m., AB
- 07 4-H Council, 7 p.m., EMR
- 08 Smallbore Rifle Safety Meeting & First Practice
- 15 Cloverbuds, 6 p.m., EMR
- 20 Poultry Club, 1 p.m., EMR
- 20 Hop To It Rabbit Club, 2 p.m., EMR
- 22 Rawhide Wranglers, 6 p.m., EMR
- 23 Keep It a Safe Summer (KISS), Fairgrounds
- 28 Memorial Day – Extension Office Closed
- 29-6/1 Discovery Days, K-State Campus

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