

Lyon County

K-STATE RESEARCH AND EXTENSION NEWS

lyon.k-state.edu

**October & November
2018**

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Enjoy Your Extension Programs!!

Extension Council Elections

October 10th

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 Sciences. 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 will meet at the annual meeting to elect the 2019 Executive Board to guide the overall programming and function for K-State Research and Extension – Lyon County.

Candidates are:

Agriculture and Natural
Resources:

Shaun Pedersen, Emporia, KS
Mark Robinson, Admire, KS
Brian Schaefer, Emporia, KS

Family and Consumer
Sciences:

Vicki Jones, Americus, KS
Arlene Roberts, Hartford, KS
Doug Stueve, Emporia, KS

4-H Youth Development:

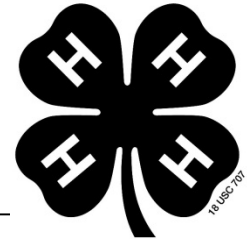
Jen McKay, Emporia, KS
Amy Pedersen, Emporia, KS
LaDeana Wigton, Hartford, KS

Community Development/
Horticulture:

Rhonda Schmidt, Emporia, KS
Maryann Peak, Emporia, KS
Scott Hayes, Emporia, KS



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 2018 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.

Achievement Celebration

The 2018 Lyon County Achievement Celebration will be hosted Sunday, November 4 at the Anderson Building. We will begin with the awards presentation at 3 p.m. Special prizes including various gift cards and an iPad mini will be awarded to those lucky winners in attendance.

County-wide Foods and Nutrition Meeting

Arlene Roberts is hosting the first foods and nutrition county-wide project meeting on Nov. 3 at the Extension Office. Please RSVP by Oct. 31 to reserve your spot at 341-3220.

Mark your calendar for additional county-wide foods and nutrition meetings planned for:

- January 19
- February 9
- March 23

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 Garage Oct. 10 starting at 5:00 p.m. 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. 8 with the

names of your club members who will be here to help provide a head count for food.

4-H Council

The October Council Meeting is scheduled for Monday, Oct. 1 at 7:00 p.m. in the Extension Office Meeting Room. Elections will take place, so please have club representatives present. The Nov. 5 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.

4-H Shooting Sports Enrollment Deadline

Don't miss the Shooting Sports winter enrollment deadline of Nov. 1. Any young person wanting to participate in the winter disciplines including BB gun, air rifle and air pistol must be enrolled in Lyon County 4-H and the respective discipline by Nov. 1. An informational meeting is scheduled for Oct. 21 at 4 p.m. for families wanting to learn more about 4-H shooting sports prior to the winter season beginning.

In addition to proper enrollment, 4-Hers must participate in a safety meeting for each discipline. The first BB gun safety meeting is scheduled for 6 p.m. at the Extension Office on Nov. 4 (after the Achievement Celebration) or another one is scheduled Nov. 6 at 6 p.m. at the Extension Office. You must attend one of the meetings to participate.

Practices for BB gun and air rifle practices are scheduled for the following dates for those 4-Hers who properly enrolled and completed safety meetings:

- November 18
- December 2 and 16 (1st and 3rd Sundays)
- January 6 and 20 (1st and 3rd Sundays)
- February 3 and 17 (1st and 3rd Sundays)
- March 3
- Ribbon Shoot March 24

Team 4-H challenges

Work is underway to add new team challenges for the 2019 4-H year. Team 4-H Livestock was debuted in 2018

with great success. Eleven teams with 33 4-Hers participated in the competition that focused on education, leadership and citizenship in the beef, swine, goat and sheep projects. In addition to a Team 4-H Livestock program, watch for details about Team 4-H Food Systems (foods and nutrition, horticulture and crops); Team 4-H Creative Arts (photography, visual arts, constructed clothing/buymanship and fiber arts); and Team 4-H Small Animal (rabbit, poultry, dog, cat and hand pets). The team challenges will begin Jan. 1 and continue through July 15. This is a great way for new members to learn from experienced members and truly develop 4-H project learning to its full potential. Watch the Lyon County Extension Facebook page and website for details to come!

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.

National 4-H Week

National 4-H Week is October 7-13, 2018. 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.

Online 4-H Enrollment Process and \$15 Program Fee

Enrollment for the 2018-2019 4-H year begins online 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. A \$15 Kansas 4-H program fee is an annual requirement for each 4-H member, and must be paid online during enrollment. It will not be collected by the local Lyon County Extension Office so please be prepared with a credit or debit card number or prepared to mail a check to the Kansas 4-H Office in Manhattan. Some clubs have decided to pay the fee for members who meet

requirements. Be sure to follow the proper process and indicate a sponsor is paying your fee if you are one of these 4-Hers. 4-H Cloverbuds ages 5 and 6 do not pay the \$15 Kansas 4-H program fee. There will be documents available on www.lyon.ksu.edu to help walk you through the online enrollment and program fee process.

4-H Sunday

4-H clubs are encouraged to select a regular church service to attend as a club as we will not be hosting a county-wide event. 4-H Sunday 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."

48 Hours of 4-H



48 Hours of 4-H

A weekend of service. A lifetime of impact.

Join thousands of 4-Hers and volunteers across Kansas for 48 Hours of 4-H October 13 and 14, 2018. Kansas 4-Hers are encouraged to set up service projects in their local communities to showcase the positive impact 4-Hers can make in just one weekend. Be sure to visit the state 4-H website to find forms to document your service and contribute to the statewide event. Check out <http://www.kansas4-h.org/events-activities/conferences-events/48-hours-of-4-h/index.html> for more information.

4-H Officer Training

Officer Training will be held on Monday, November 5, 2018 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.



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 7th birthday and after, **but not before**.
- **To participate in the 2019 Lyon County Fair, the 4-H'er must be 7 before January 1, 2019.**
- Youth who turn 19 before January 1, 2019 cannot re-enroll in 4-H for the 2018-2019 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, 2019, to enroll in the 2018-2019 Cloverbud year. Cloverbuds meet the third Tuesday of each month, and the next meeting is Oct. 16.

2019 Calendar

Work has begun on the 2019 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. 2. 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 is scheduled for October. 14 at 6 p.m. at the Extension Office meeting room.

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.

Kansas Youth Leadership Forum

The Kansas Youth Leadership Forum is November 17-18, 2018 at Rock Springs 4-H Center. The Forum is for youth ages 14-18. Registration is available on the State website.

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 2017-2018 4-H year which is from October 2017 through September 2018. They are due by Nov. 15 to the Extension Office.

Horse Panorama

Horse Panorama is planned for Jan. 25-27, 2019, at Rock Springs 4-H Center. 4-H Members ages 7-18 and adult volunteers. Horse Panorama is a compilation of various contests related to the Horse Project. Contests include: quiz bowl, hippology, public speaking presentations, photography and educational posters. There will also be educational activities for 4-Hers of all ages.

K-State Swine Day

The 2018 K-State Swine Day will be held on Thursday, November 15, at the K-State Alumni Center located on the K-State campus. The event will begin at 8:00 a.m. with the trade show. The brochure and registration information is available on the website at www.KSUswine.org. Registration deadline is November 7. Cost is \$25 per participant and includes lunch.

Robotics SpaceTech Experience

The Kansas 4-H SpaceTech Program has partnered with the Kansas Cosmosphere and will feature Robotics Nov. 16 and 17 in Hutchinson.

The Kansas 4-H SpaceTech Program and the Kansas Cosmosphere located in Hutchinson are again teaming up to provide fun, hands-on and science-based programming for Kansas 4-H Youth Development. This fourth program will feature "Robotics." The experience will begin Friday, November 16, at 4 p.m., and will end on Saturday, November 17, 4 p.m. Cost is \$115 for youth between 9-

18-years old and \$115 for all adult participants. All youth must have a designated chaperone to attend. Parents, grandparents, other relatives, and guardians may chaperone their own children/relatives. They may not chaperone other non-family members. Adult chaperones will be responsible for their children overnight.

Registration includes three meals, two breaks, and an overnight stay. Participants will learn how to program robots and use sensors. There will be a final team robot competition. Other engineering activities include making a catapult and launching pencil erasers, plus much more. There will be a tour of the Cosmosphere, a planetarium show, and a digital dome program.

This Cosmosphere collaboration is designed to be an adult-child experience, where 4-H members and adults can interact and learn from these fun and educational experiences. The program will include overnight indoor camping at the Cosmosphere located in Hutchinson, KS, (bring your own sleeping bag, air mattress, pillow, towel and toiletry items). The experience is open to 4-H members, parents, grandparents, volunteer 4-H leaders, and KSRE staff.

The CVent registration system will be used, visit: <http://www.kansas4-h.org/events/index.html>. Registration will close November 4, 2018, 11:59 p.m. There will be a minimum number required, or the Robotics SpaceTech Experience will be cancelled. The program is limited to the first 60 who register on a first-come, first-serve basis. For more information, contact Deryl Waldren, dwaldren@ksu.edu, or call 785-462-6281.

Who Helps in 4-H?

Lyon County 4-H gained many new families in 2018. 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.



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Agriculture and Natural Resources

October-November 2018

Growing Season Rangeland Fire

There are a variety of reasons to consider a change in the traditional spring-time rangeland management practice of burning pasture in the Flint Hills of Kansas. I'll attempt to hit on a few here and would be willing to talk with anyone that has questions or is considering change.

Fire played an important role in the development of the Great Plains grasslands and history tells us that fire occurred not only in the spring but throughout the year. Prescribed burning is a valuable tool for managing weed and grass populations in the tallgrass prairie and maintaining the prairie ecosystem. Most annual weeds and grasses and many undesirable perennial forbs can be managed with fire and grazing.

The response of forbs to fire depends upon the timing of the burn. Prescribed burning in late spring when the forbs are actively growing is the best time to control most forbs. Burning in early spring increases perennial forbs but generally reduces warm season grass production. Biennial weeds that are in the rosette stage are not controlled by fire.

One of the largest pushes for growing season fire comes from the angle of controlling sericea lespedeza in a timely and cost-effective manner. Research over the past few years has shown a substantial reduction in seed production and plant vigor with a tremendous reduction in plant density and coverage in the years following fire.

Aside from controlling sericea lespedeza in pastures, Kansas State University's research shows that late-season burning is not harmful to the state's tallgrass varieties, nor to bare soil or the field's overall plant cover. Two other plants that many struggle with – Baldwin's ironweed and western ragweed – also seem to be weakened due to late summer burning. It also appears that woody brush species are also affected by a growing season fire, as it takes much less added heat to reach their critical temperature for control in summer.

Smoke management is another issue that causes concern in many parts of the country. In recent years, the Flint Hills Smoke Management Plan has worked to encourage grassland managers to lessen the impact of their range management practices with moderate success. Spreading the smoke out of the spring window that frequently is squeezed into a few days due to wet or windy conditions can allow fire to continue to be utilized for management.

A growing season burn also has the potential to spread the workload from a very hectic, busy time of year with spring planting and getting cattle to grass, to a time that may be less hectic especially for stocker operators that may utilize intensive early season grazing.

Is it the answer to everything, or are all the bugs worked out? Probably not. There are management considerations, especially if you are in a full-season stocker or a cow-calf operation. It will take more planning and livestock management. But, with proper management you may be able to have better grass in the late fall if you winter on the pasture. And quite probably the largest question concerns stocker performance the spring following a growing season burn – is there a sacrifice, and is it off-set by the reduction in weed control expense? We hope to have research and answers to these questions soon.

A growing season fire burns much differently than a spring burn. It generally burns slower, the fuel has more moisture as it is still growing and not dormant/dead, and it is usually beneficial to have at least a 15-mph wind and low humidity to help move the fire. The fire will burn at the soil surface in the dead material, so it is beneficial to NOT burn in the spring if you are considering a growing season fire. Expect heavy smoke, although much of the smoke is really water vapor from the plants.

KC Olson and Carol Baldwin recently released a publication on "*Maximizing effectiveness of growing season burns for sericea lespedeza control*" that provides additional information to help make a growing season burn more effective. Give me a call if you would like that information – it's not even on the web yet!

Time for Testing – AGAIN (or Still!)

I know I've mentioned it before, but fall is a great time to pull soil samples to help make nutrient management decisions for the 2019 field crops. I encourage producers to get in a routine of sampling at the same time of year, following the same position in the crop rotation (and if you aren't rotating, please consider a crop rotation!).

Likewise, with the weather conditions we have had over the past year, it is a wise consideration to sample forages for the winter. It will help identify any issues (nitrates?) and what level of supplementation will be necessary to achieve your goals for your livestock this winter.

Old World Bluestem

I want to share information on an Old World Bluestem (OWB) meeting in Osage County on October 8. Hosted by K-State Research and Extension (Frontier District and Coffey County) and the Osage and Coffey County Conservation Districts, the meeting will take place at 10:30 at a site north of I-35 near Melvern Lake. Directions from Beto Junction (I-35 and US 75): north on 75 to 341st Street, west to Lewelling, north to 333rd Street, and west ¼ mile. There will be signs!

Producers will have the opportunity to identify OWB, see areas of OWB control using recommended herbicides, and ask questions regarding native grass recovery versus re-seeding. Speakers will include local producers as well as representatives from Kansas State, the Kansas Department of Ag, and Quail Unlimited.

The OWB are survivors of centuries of overgrazing. They are drought tolerant, aggressive, prolific seed producers and are unpalatable compared to our native species. When pastures are overgrazed or stressed by drought the OWB invade our native range and reduce the productivity of our pastures. Once OWB invade a pasture the recommended control is by using herbicide. These grasses are going to be hard to control, so early identification and control will be necessary to prevent further spread. For more information contact Rod Schaub, Frontier District Extension, 785-828-4438.

Beef Cattle Institute Podcasts Now Available to Download

Because veterinarians and beef producers are often on the road, the Beef Cattle Institute (BCI) at Kansas State University launched BCI Cattle Chat, a weekly podcast to share industry information to its mobile audience. Dr. Bob Larson, DVM and professor of production medicine; Dr. Brad White, DVM and director of the BCI; Dr. Dustin Pendell, professor of agricultural economics; and Dr. Bob Weaber, professor and beef extension specialist, make up the podcast team.

K-State and other land-grant universities conduct a lot of valuable research, and a podcast provides a convenient way to get information about the latest developments in beef production and marketing. Short, conversational updates are recorded each Tuesday and distributed to iTunes, Google Play and Castbox the following Friday for download. Topics range from production and management tips, to updates on industry news and practice management.

Podcast episodes can be downloaded directly to your mobile device or accessed from a desktop for easy listening. More information on downloading the podcast can be found at ksubci.org/media/podcast.

Potential Winter Meetings

Dates have not yet been set, but we are looking at some potential winter meetings in Lyon and surrounding counties. Coffey County has put in a proposal to be a host for a winter calving school, that would normally take place in early January.

I am also considering hosting a winter Ag Econ meeting here in Lyon County, with a focus on ag leases but also covering a variety of other topics.

If you have concerns or topics you feel would be of interest to yourself and other producers, let me know and I'll see if we can get something set up!

Grazing Management Workshop



About 45 people were on hand to learn about grazing management strategies from Jim Gerrish on September 17. Jim's experiences were shared to help boost farm and ranch profitability while simultaneously improving soil health and water quality.

The take-home messages: 1) manage for what you want, not what you don't want; and 2) don't be afraid to "waste" some grass – leave some out there! Overgrazing without adequate rest is far more damaging long-term.

Kansas Bankers Association Awards

Nominate a deserving Lyon County producer or landowner for the 2018 Kansas Bankers Association Conservation Awards Program. There are a variety of categories for recognition. The purpose of this program is to stimulate a greater interest in the conservation of the agricultural and natural resources of Kansas by giving recognition to those farmers and landowners who have made outstanding progress in practicing conservation on their farms. If you know an operator that deserves to be recognized, please contact me or the Lyon County Conservation District with their information.

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.

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.

Keep Compost Pile Moist

This is the time of year when there are lots of materials available to compost. Remember that the compost needs to be kept moist so that the bacteria and fungi can break down the raw materials. Use a sprinkler to soak through the pile to the center. Allow the pile to drain. The goal is for the pile to remain moist; not waterlogged. Edges will dry out the quickest and may need a light sprinkling from time to time.

When working with a compost pile that has been mixed properly and is breaking down, it will give off some heat. Make sure that other flammable materials are positioned away from the compost pile as it could combust if it gets too hot. If you are interested in composting but don't know how it is done, see our publication at the Lyon County Extension Office.

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.

Control Broadleaf Weeds in Lawns in Late October - Early November

Late October to early November is the most effective time to control broadleaf weeds in lawns. Dandelions usually produce a flush of new plants in late September, and the winter annual weeds henbit and chickweed should have germinated in October. These young plants are small and easily controlled with herbicides such as 2,4-D or combination products (Trimec, Weed-B-Gon, Weed-Out) that contain 2,4-D, MCPP and Dicamba. Even established dandelions are more easily controlled now than in the spring because they are actively moving materials from the top portion of the plant to the roots in the fall.

Herbicides will translocate to the roots as well and will kill the plant from the roots up. Choose a day that is 50 degrees or higher. The better the weed is growing; the more weed killer will be moved from the leaves to the roots. Cold temperatures will slow or stop this process.

Weed Free Zone (also sold under the name of Speed Zone) contains the three active ingredients mentioned above, plus carfentrazone. It will give a quicker response than the other products mentioned especially as temperatures approach 50 degrees.

Fall Care of Peonies

Now is the time to cut peony foliage back to the ground, if this has not been done already. Compost or discard the foliage. Fertilize peonies twice a year — in the spring shortly before new growth appears and then again in the fall after the plants have been cut back. A total of 1.5 to 2 ounces (3 to 4 tablespoons) of a 1-1-1 fertilizer such as a 10-10-10 or 13-13-13 per plant per application should be used. This amounts to 3 to 4 ounces of fertilizer per year. If a soil test reveals adequate levels of phosphorus and potassium, use a lawn fertilizer such as a 29-5-4, 27-3-3 or something similar, but cut the rate to 1/3 of the above rate. In other words, apply 1/2 to 3/4 ounce (1 to 1.5 tablespoons) per plant. The lawn fertilizer should not be a “weed and feed.”

Never apply fertilizer directly on the center of the peony as the buds (eyes) may be damaged. Rather, place the fertilizer in a band from 8 to 18 inches from the center of the plant. Water the fertilizer in so the plant can take it up.

Winter protection of herbaceous peonies is only necessary the first winter after planting to prevent alternate freezing and thawing from lifting plants out of the soil. A couple of inches of mulch should be sufficient. Any organic material that does not mat down will work and should be applied after the ground freezes. Avoid using leaves that will mat together. Remove the covering before growth begins in the spring.

The less common tree peonies have woody stems like deciduous shrubs and should not be cut back to the ground or pruned in the fall. Collect the shed leaves and place in the compost pile this fall. Though tree peonies are hardy to Zone 4, they do benefit from a light mulching over winter. Also, it is recommended that tree peonies be fertilized during November to get the plants off to a good start next spring. It is best to take a soil test to see what nutrients are needed. If the soil needs phosphorus and potassium, use a complete fertilizer (such as 10-10-10, 9-9-6, etc.) at the rate of 2.5 pounds per 100 square feet. This would equal 1 rounded teaspoon per square foot.

If phosphorus and potassium are not needed, blood meal makes an excellent fertilizer. Apply at the rate of 2 pounds per 100 square feet or 1 teaspoon per square foot. Turf fertilizers such as a 27-3-3 or 30-3-3 also can be used but at the rate of 1 pound per 100 square feet or 1 teaspoon per 2 square feet.

Poinsettia Care

Modern poinsettia varieties stay attractive for a long time if given proper care. Place your poinsettia in a sunny window or the brightest area of the room, but don't let it touch cold window panes. The day temperature should be 65 to 75 degrees F. with 60 to 65 degrees at night. Temperatures above 75 degrees will shorten bloom life, and below 60 degrees may cause root rot. Move plants away from drafty windows at night or draw drapes between them to avoid damage from the cold.

Poinsettias are somewhat finicky in regard to soil moisture. Avoid overwatering because poinsettias do not like "wet feet." On the other hand, if the plant is allowed to wilt, it will drop some leaves. So how do you maintain proper moisture? Examine the potting soil daily by sticking your finger about one-half inch deep into the soil. If it is dry to this depth, the plant needs water. When it becomes dry to the touch, water the plant with lukewarm water until some water runs out of the drainage hole, then discard the drainage water.



Rhonda Gordon
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Family & Consumer Sciences

President's Council Dates

(11:30 a.m.)
October 5th
November 2nd
December 7th

SHICK

(Senior Health Insurance Counselors of Kansas)

That is what SHICK stands for. Open Annual Enrollment Period for 2019 are from October 15 - December 7th, 2018. There are several changes being made to drug plans this fall that will take effect next year. You should always review your Part D plan every year, just so you aren't surprised. I will be taking appointments starting October 19th. Please call ahead to schedule an appointment. Bring your Medicare Card and a list of your prescriptions with you to your appointment.

Senior Health Fair Wednesday October 17

Anderson Building, Lyon County Fairgrounds

Registration is due by October 12th. Attendance at the fair is free, if you would like to have lunch advance registration is needed and the cost for lunch is \$7.00. Registration forms are available at the Extension Office.

Doors open at 8:00 – 2:00

8:00 Registration and Vendor Booth Open

9:00-11:30 Blood Pressure Checks by the nursing students from Flint Hills Technical College

9:15 Education Session- Healthy Food Options for Seniors- Tina Kahn Center for Engagement KSU

10:30 Education Session- What you Need to Know About your Medications- Amber Haag

11:45 Lunch with Entertainment- Catered by Olpe Chicken House

12:45 Keynote Address- Jim Hoy- Kansas Myths, Legends and Folk Tales

1:45 Door Prizes Drawing/ Closing

Using Tomatoes from Frost-Killed Vines

Choose fresh, vine-ripened tomatoes that are at their peak ripeness. Over-ripe tomatoes are less acidic. The acidity level in tomatoes varies throughout the growing season. Tomatoes reach their highest acidity when they are still green and decrease in acidity until they reach their lowest acidity as they mature.

Canning is **NOT** a way to use damaged tomatoes or those from dead or frost-killed plant vines. These tomatoes may have a pH level greater than 4.6 and may have extra pathogens. The canning process time may not be enough to kill extra organisms. This could lead to a product that spoils and is unsafe to eat.

Source: <https://bit.ly/2x6KwBw>



Pumpkin Spice and Everything Nice

The season is about to change to fall, but sales of American's favorite fall flavor are already hot! Products made with pumpkin flavor are already up 10% in dollar growth and up 7% in unit volume.

What's interesting is the sales of pumpkin pie filling have dropped a bit, by 1%, but remains the number one pumpkin-related flavor. The rest of the top five categories by sales where pumpkin is used include dog food, liquid coffee creamer, packaged coffee, and ready-to-eat cereal.

And while pumpkin spice seems to be in everything, the sales of pumpkin spice seasoning has not seen any benefit.

Source: <https://bit.ly/2CTSyDq>

Turkey Time

It's that time of year when many of us start to think about cooking a turkey. The holidays are all rolling up on us and our turkey skills maybe a little rusty.



Steps to follow before cooking a turkey:

Read labels carefully. Temperature labels show if the bird is fresh or frozen. If you plan to serve a fresh turkey, purchase it no more than two days before Thanksgiving.

Purchase two thermometers: a refrigerator thermometer to ensure the turkey is stored at 40 °F or slightly below and a food thermometer to make sure the cooked turkey reaches a safe 165 °F.

Thaw the turkey by using the microwave, the cold water method, or the refrigerator. The refrigerator method is USDA recommended.

Steps to follow when cooking a turkey:

Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.

Do not wash the turkey. This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.

Keep raw turkey separated from all other foods at all times. To prevent cross-contamination.

Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm water and soap, or place them in a dishwasher.

Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing.

Steps to follow when consuming leftover Thanksgiving food:

Refrigerate leftovers within two hours to prevent bacteria from growing on the food.

Store leftovers in shallow pans or containers to decrease cooling time. This prevents the food from spending too much time at unsafe temperatures (between 40°F to 140°F).

Do not store stuffing inside a leftover turkey. Remove the stuffing from the turkey and refrigerate the stuffing and the meat separately.

Avoid consuming leftovers that have been left in the refrigerator for longer than 3 or 4 days (next Tuesday to be exact). Use the freezer to store leftovers for longer periods of time.

Keep leftovers in a cooler with ice or frozen gel packs if the food is traveling home with a guest who lives more than two hours away.

Probiotics and Prebiotics

Gut health is important for a healthy quality of life. Maintaining good gut health can help prevent disease, enhance health, help you live longer and improve physical and mental performance. Therefore, many people consume probiotics and prebiotics to improve gut health.

Probiotics are live microorganisms that, when administered in adequate amounts, can give a health benefit. When consumed regularly, they help enhance the immune system. They are found in many yogurt products, beverages and even certain candy products.

Prebiotics are non-digestible oligosaccharides that survive digestion and move into the colon. These are found naturally in fiber-rich foods or added into foods. The best foods include bananas, berries, legumes, onions, leeks, whole grains, nuts and seeds.

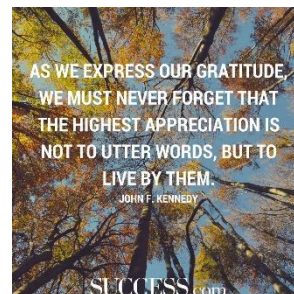
Learn more from this presentation at www.youtube.com/watch?v=HIREYWHA4NQ, <https://bit.ly/2xiiC54> and <https://bit.ly/2p5JxgG>.



The Story of Your Dinner

With the help of the Partnership for Food Safety Education, food safety can be included in every meal. To help in this effort, PFSE has many resources for adults and kids. This is especially important with the holiday season just around the corner. They encourage everyone to take time to gather around the table for a family meal.

For consumers, there are recipes that include food safety instructions, kid-friendly placements to color, food safe baking tips, and more. Learn more at <http://www.fightbac.org/food-safety-education/the-story-of-your-dinner/>



Lyon County

2632 West Highway 50
Emporia, KS 66801

Return Service Requested

October

- 01 Record Books & Award Applications due to Extension Office
- 01 Ambassador Applications Due
- 01 Master Gardener Meeting, noon, EMR
- 01 Ambassador Meeting, 6 p.m., EMR
- 01 4-H Council, 7 p.m., EMR
- 05 FCS President's Council, 11:30, EMR
- 05-07 Kansas Junior Livestock Show
- 07-13 National 4-H Week
- 08 Columbus Day – Extension Office Closed
- 10 Extension Election, 7:30 a.m. – 5:30 p.m., Extension Office
- 10 Judge Reno County Record Books, 5 p.m., EG
- 10 Ambassador Interviews
- 13-14 48 Hours of 4-H
- 14 4-H Alumni Meeting, 6 p.m., EMR
- 15-12/7 Medicare Part D Enrollment
- 16 Cloverbuds, 6 p.m., EMR
- 17 Senior Health Fair, 8 a.m., AB
- 20-21 4-H Dog Conference, Rock Springs
- 21 Poultry Club, 1 p.m., EMR
- 21 Hop to It Rabbit Club, 2 p.m., EMR
- 21 Shooting Sports Informational Meeting, 4 p.m., EMR

November

- 02 FCS President's Council, 11:30 a.m., EMR
- 03 Countywide Foods Meeting
- 04 4-H Achievement Celebration, 3 p.m., AB
- 04 BB Gun Safety Meeting, 6 p.m., EMR
- 05 Master Gardener Meeting, noon, EMR
- 05 4-H Council, 6:30 p.m., AB
- 05 4-H Officer Training, 7:00 p.m., AB
- 06 BB Gun Safety Meeting, 6 p.m., EMR
- 12 Veterans Day Holiday – Extension Office Closed
- 15 4-H Club Financial Reviews due to office
- 16-17 Robotics SpaceTech Experience, Hutchinson
- 17-18 Kansas Youth Leadership Forum, Rock Springs
- 18 BB Gun Practice, EG
- 18 Poultry Club Meeting, 1 p.m., EMR
- 18 Hop to It Rabbit Club Meeting, 2 p.m., EMR
- 20 Cloverbuds, 6 p.m., EMR
- 22-23 Thanksgiving Holiday – Extension Office Closed

AB = Anderson Building

BCB = Bowyer Community Building

EG = Extension Garage

EMR = Extension Meeting Room

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact the Lyon County office at 620-341-3220.