

# Lyon County

K-STATE RESEARCH AND EXTENSION NEWS

*lyon.k-state.edu*

**September 2018**

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## Enjoy Your Extension Programs!!

As you look through the newsletter this month, make note of the educational opportunities that are offered within the community and area. Sometimes, we all need to be more diligent in taking advantage of the opportunities presented to us, learn what we can, and even volunteer to share our knowledge with others and experiences! If you are interested in serving or becoming more involved with Extension work, or helping guide the educational opportunities made available to the community, please consider serving on the Lyon County Extension Council.

The Extension Council is made of 24 members with six each serving on one of the four Program Development Committees (PDC's): Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community Development. The Program Development Committees provide guidance for Extension programming for the county.

In Lyon County, the Extension Council is elected in an at-large election. Extension Council members are elected to a 2-year term and may be re-elected once (total of four consecutive years) before they must sit out for one year. Twelve Extension Council members are elected or re-elected annually and represent one of the four Extension programming areas. All citizens of voting age are eligible to be candidates and vote in the at-large elections.

**The 2018 Lyon County Extension Council Elections will be:**

**October 10, 2018**

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

**At the Lyon County Extension Office**

**2632 W Hwy 50, Emporia**



# The Clover Connection



## Congratulations on a successful 2018 Lyon County Fair.

**A special *Thank You* to all 4-H'ers, parents, and volunteers who put in hours of dedication to make the Lyon County Fair a fun and enjoyable time for everyone!**



### Show Your Appreciation

Were you amazed at the number of people who attended the Friends of 4-H Picnic? All of those individuals have helped to make the 4-H program here in Lyon County a success. **It is important to let them know how much we appreciate them! Remember to write thank you notes for any awards you received at the county fair.** Leaders, please remind everyone in your club to send the proper thank you notes. It is also important to remember to thank these people throughout the year for any other awards or services that you may receive. We have lost sponsors and buyers in the past for lack of expressed appreciation; we don't want to see that continue to happen.

A good idea to show appreciation would be to bake something to drop by and present your thank you in person with a great homemade treat. Sponsors appreciate seeing our fine youth and give these awards because they believe in 4-H and know that it teaches youth generosity. So please be thankful for the great support they give our programs.

Coordinators and superintendents play vital roles in making the fair possible. They dedicate countless hours to help set up the fair, work with judges and organize our events. Please take note of those volunteers listed in your fair book who work in areas you were involved in and take time to send them a note of appreciation for their help. We

also want to remember to thank the Lyon County Fair Board members. They work hard year-round to make our fair possible, and I want to encourage you to send a personal thank you to these members.

### 4-H Council Representation

As we look to a new 4-H year, we would like to remind you of the importance of club attendance at 4-H Council meetings. Since the newsletter is an every other month publication, 4-H Council serves as a vital communication tool for the office to get information out to clubs. If your 4-H club does not have an adult and a 4-H member in attendance at the council meeting, you will miss important information and deadlines. 4-H Council has always been an important link between clubs and the Extension Office. It is the club leaders' responsibility to have representation at the council meetings from both adults and 4-H membership. As new officers are elected in your club, please make sure council representation is not overlooked. I look forward to having another great year.



### Online 4-H Enrollment Process and State Program Fee

Enrollment for the 2018-2019 4-H year will again be online, but will not begin until October 1. The sooner you get your 4-Hers enrolled the sooner you will be receiving accurate information regarding project meetings and various project related information. Returning 4-H members should be re-enrolled with the original account created for last year's enrollment. It's important that each family enroll their own 4-H members with a valid email address so that we can continue to improve the communications with our 4-H families.

In addition to enrollment/re-enrollment online, a 4-H Participation Form is required. This form is part of the online enrollment process. It's important the Participation Form information is accurately completed.

The \$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. 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](http://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 this year. 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." Watch Facebook for more details. If you haven't "Liked" K-State Research and Extension – Lyon County on Facebook, find us now to keep up to date on information and reminders.

### Achievement Celebration

The 2017-2018 Lyon County Achievement Celebration will be held on Sunday, Nov. 4, at the Bowyer Building on the fairgrounds. We will begin with the awards program at 3 p.m. The 4-H Council Committee in charge of the celebration is still working on details, so be watching for news from your club leader.

### 2018 Kansas State Fair

The 2018 Kansas State Fair will be Friday, September 7 through Sunday, September 16. Kansas State Fair entries (Clothing, Arts & Crafts, Photography, Rocketry, etc.) MUST be at the Extension Office before Thursday, September 6 at 5:00 p.m. If you would like to bring exhibits before that day, please do so. The Extension Office will be open at 7:30 a.m. on Friday, September 7 to accept ONLY Foods & Nutrition and Horticulture items. We will be leaving for Hutchinson at exactly 8:30 a.m. Any exhibits not at the office by 8:15 a.m. will not be taken to the State Fair.

### 4-H Council

**4-H Council will meet on Tuesday, September 4, at 7 p.m.** in the Extension Office Meeting Room. Please note that the meeting is on Tuesday, NOT Monday, due to the Labor Day holiday. The October Council Meeting will be held on Monday, October 1 at 7:00 p.m. in the Extension Office Meeting Room.

### Ambassador Applications

Lyon County is looking for 4-H members who are interested in becoming county 4-H Ambassadors. The Ambassadors represent and promote the 4-H program throughout our community. Some of the programs and events Ambassadors have assisted with in the past include the Petting Zoo, Day Camp, Friends of 4-H Picnic, after School programming, and the county fair.



The Ambassador Program is a large time commitment for 4-H'ers and their families. Please take time to carefully consider the time commitment to the program and other requirements before applying. Through the Ambassador program, we hope to offer teenage youth important leadership opportunities by developing their communication and marketing skills. To apply, applicants must be currently in 9<sup>th</sup> grade but no older than 11<sup>th</sup> grade. If selected, an Ambassador serves a two-year term beginning at the Achievement Celebration of the year applying. We plan to continue the Junior Ambassador role, which allows 4-Hers who are currently in 8<sup>th</sup> grade apply. This is a one-year term.

Applications and reference forms are available at the Extension Office. They are due no later than 5 p.m. on October 1, 2018. No late applications will be accepted. Applications are also available on the county website at [www.lyon.ksu.edu](http://www.lyon.ksu.edu).

Once applications are reviewed, qualified applicants will be invited for a professional interview on Wed., Oct. 10, with time slots beginning at 6:30 p.m. Interviews will be scheduled every 15 minutes during the evening until all invited applicants are interviewed.

Lyon County 4-H Ambassadors meet monthly at 6:00 p.m. on the first Monday of the month. A training and orientation program is also mandatory and is scheduled in January. If you are interested in being an Ambassador, please be sure to commit to participating in these meetings.

For more information, contact the Extension Office, Shawna Moyer or Tracy Simmons, or a current Ambassador.

### Records Books & Awards

Record Books and Special Awards applications are due in the Extension Office **by 5:00 p.m. on Monday, October 1 or your club leader may bring them to 4-H Council that evening.** Just as a reminder, *senior* record books **must** have a separate record book for each project. If you have questions about record books, please contact the Extension Office. Forms can be found at [www.lyon.ksu.edu](http://www.lyon.ksu.edu) under the 4-H Youth Development tab or by visiting the Extension Office. Remember to fill out a Record Book Project Check List (see graphic) for each project that you complete a KAP.

In addition to the record books, other award forms that are due at this time are:

- Friend of 4-H
- 4-H Family of the Year
- 4-H Alumni
- I Dare You

Clubs need to turn in their compiled record book award

CHECKLIST FOR EXCELLENCE IN A 4-H PROJECT ACHIEVEMENT AWARD	
<small>Leaders are to turn this checklist into the Extension Office along with the other award applications by September 1. Every 4-H member that turns in 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 5.
<input type="checkbox"/> Intermediate: 9 - 13 years	Must answer "YES" to questions 1 through 5 and "YES" to two of the remaining questions.
<input type="checkbox"/> Senior: 14 - 19 years	Must answer "YES" to questions 1 through 5 and "YES" to three of the remaining questions.
NAME: _____ AGE BY JANUARY 1 <sup>st</sup> : _____	
PROJECT AREA: _____ DATE: _____	
PARENT'S SIGNATURE: _____	
No. of countywide project meetings held this year: _____ No. attended: _____	
No. of local/club project meetings held this year: _____ No. attended: _____	
YES NO 1.	Attended at least three project meetings/educational activities? List: _____
YES NO 2.	Present at least one talk about the project? (i.e., County Club Day, Club/Project Meeting, Club Tour, etc.) Where: _____ Topic: _____
YES NO 3.	Turn in a completed record book?
YES NO 4.	Attended at least one-half of your club's regularly scheduled meetings? How many meetings held: _____ How many attended: _____
YES NO 5.	Exhibit or participate at the Lyon County Fair? If no club, exhibit by notebook or poster? List exhibit: _____
YES NO 6.	Participate in a county, multi-county, or area 4-H event related to this project (Judging, Club Days, Spring Show, etc.) List event: _____
YES NO 7.	Take part in a project tour or field trip? List event: _____
YES NO 8.	Serve as a Fair Junior Superintendant? List fair division/project area: _____
YES NO 9.	Serve as an Assistant Project Leader in your club for respective project? List name of project leader you assisted: _____
YES NO 10.	Community Service/Citizenship related to this project? _____
Leader's Initials: _____	

list of their members (County Project Achievement Awards – Junior, Intermediate and Senior divisions). Please include the award checklists. Club seals will also need to be turned in at this time. Historian, Reporter, Secretary and Treasurer books are also due.

Club leaders and project club leaders are

also good resources to help with record books. For younger or first-time 4-Hers, simplified records sheets can be utilized instead of the KAP application. Seniors who use the simplified form will not be considered for the county awards. If you have any questions don't hesitate to call the Extension Office.

### 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 will be available on the State website. The event will include speakers, workshops, consulting groups and election of the state 4-H Youth Council.

Any 4-H member between the ages of 14 and 18 by January 1, 2019 may apply to be a council member. The

duties of the Council include planning the next Youth Leadership Forum and other events, and may include assisting with State 4-H functions, working with 4-H public relations, and speaking at local achievement programs, forums, and other workshops or conferences. Applications for the State 4-H Youth Council are available on the State 4-H website.

### 48 Hours of 4-H



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 [www.kansas4-h.org](http://www.kansas4-h.org) for more information.

### National 4-H Week

National 4-H Week will be 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, presentation, displays and other ways to promote 4-H during National 4-H week. Hopefully, we can use the week to promote the 4-H program to the best of our ability.

### Selecting Projects

Another exciting 4-H year is about to begin. Members, parents, and volunteers should all be involved in the selection of projects. The goal is that they have quality, in-depth project experiences.

4-H projects and activities are perfect opportunities to help teach young people about making a decision and following through with commitments. Decide on a project limit and give them the power to decide what project(s) to enroll. It is the adult's role to make sure the projects selected are age appropriate and within the members individual abilities. When choosing a 4-H project or the number of 4-H projects, it is important to consider time commitments for school, extra curricular activities, work and social schedules.

4-H offers more than 30 project areas to develop mastery. Remember that you must be enrolled in the project to be able to exhibit an item in a project area. For instance, if you'd like to exhibit a Breeding Doe as well as a Market

Meat Goat, be sure to enroll in both Market and Breeding projects. You will have until May 1 to add or drop projects, but it's wise to consider your interests early so work can begin at the start of the 4-H year. If you find you have an interest that isn't represented, I encourage you to consider a self-determined project. The self-determined project is also a good way to remain involved in 4-H programming as you get older, even with busy schedules and other interests. Many interests and activities can be translated into 4-H project work that will allow youth to continue to develop leadership and life skills. While the self-determined project isn't just for older youth, I would encourage you to first familiarize yourself with some of the traditional project areas to gain knowledge and a feel for how 4-H projects are developed.

### **4-H Age**

With the new 4-H year coming up, it's important to understand how 4-H age is determined.

- An individual may officially enroll on his/her 7<sup>th</sup> 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.**
- Young people who turn 19 before January 1, 2019 cannot re-enroll in 4-H for the 2018 -2019 4-H year.

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

This group strives to gather former 4-H'ers, leaders and volunteers to support Lyon County 4-H. Alumni are an excellent resource for the 4-H program because they provide the expertise, ideas, and creativity needed to strengthen our program. The group also offers financial support to local 4-H'ers through scholarships and Extension support. Any former 4-H member, community or project leaders, and supporters of the 4-H program are encouraged to join. If you are interested in becoming a part of this organization, or if you have more questions, please contact Barb Burum at (620) 443-5790.

### **Building Strong Clubs**

The **first impression...**clubs have only one chance to make a first impression! Let's hope it's a positive impression. If new members don't feel comfortable with the club, they won't come back. Therefore, as we are getting ready to start the new 4-H year, we encourage your club to make a plan to be a welcoming environment where young people and adults feel accepted. Create a plan for welcoming new members. Some ideas include:

- Assign an adult volunteer or family to serve as the club's *New Family Coordinator* to greet guests and help them understand 4-H.
- During the club meeting, introduce guests and help them understand what is happening.

- After the meeting, follow up with a phone call or email thanking the guests for visiting. Offer to answer any questions they may have.
- If the guests become members, be available to explain and answer questions about 4-H.

### **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.

### **Kansas Volunteer Forum**

Kansas Volunteer Forum (KVF) will be hosted November 17-18, 2018 at Rock Springs 4-H Center. KVF is for all Kansas 4-H Volunteers and features workshops and information to help volunteers be more effective. This year participants in both forums will register through the same system. Registration deadline is October 16 at an early bird rate of \$200 or before Nov. 1 at the regular rate.

### **State Youth Council**

The Kansas 4-H Youth Leadership Council (K4-HYLC) and Kansas 4-H'ers are looking for committed, enthusiastic members to serve on the 2019 Council. Twelve Council members (3 from each Extension area) are elected at the Kansas Youth Leadership Forum, November 17-18, 2018, at Rock Springs 4-H Center to serve Kansas 4-H for the 2019 year. Any Kansas 4-H member between the ages of 14 and 18 before January 1, 2019 may apply. The application process requires action by October 1 with references and online requirements. If interested, please touch base with the Extension Office.

### **4-H Dog Conference**

The Kansas 4-H Dog Conference and Quiz Bowl will be October 20-21, 2018 at Rock Springs 4-H Center. It is open to all Kansas 4-H members, accompanying parents, volunteer 4-H leaders and KSRE staff. All youth must be chaperoned by a parent, volunteer 4-H leader or KSRE Staff member. Registration will be through the CVent 4-H system with registration closing October 9. There is a \$25 cancellation fee once participants have registered on CVent. Cost is \$120 for full-time participants, \$70 for Saturday only and \$50 for Sunday only. The fee for full-time registration covers all educational sessions, speakers, dog presentations, quiz bowl, skill-a-thon, lunch, dinner and breakfast, breaks, and one night's lodging at Rock Springs 4-H Center. For more information, check out [www.kansas4-H.org](http://www.kansas4-H.org).





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## *Agriculture and Natural Resources*

September 2018

### **Culls: Disappointment or Opportunity?**

As fall approaches, most cow-calf operations go through the process of culling cows for a variety of reasons. Culls are often seen as a disappointment as one of the major reasons to cull is being open. However, Kansas Farm Management data shows that nearly 25% of the gross revenue from Farm Management Association members with cow-calf operations comes from the sale of cull cows. Although marketing cull breeding stock/cows is often viewed as a loss, it is a significant source of income that should not be overlooked.

Most cull cows are sold through local auction markets. Therefore, understanding the market and making timely marketing decisions is one of the most important components of realizing the most dollars out of a cull cow. Using the 15-year average and 2016 slaughter cow prices in Western Kansas, slaughter cow prices tend to be highest and relatively steady from February to August, and then decline rapidly, being lowest in the months of October, November and December. Essentially, the worst time to market a cull cow based on the seasonal nature of the market aligns with pregnancy determination and weaning on most spring-calving operations.

Therefore, if open cows are identified in late summer and are in good condition, marketing those animals as soon as possible would likely result in a higher price than waiting until later in the fall. If open cows are identified later in the fall and feed resources are available, deferring marketing until late winter/early spring and placing cull cows on a low-input feeding program that would add additional weight and condition might be more advantageous than marketing those animals immediately.

For more information, contact me at the Lyon County Extension Office, 341-3220, by email at [brees@ksu.edu](mailto:brees@ksu.edu), or contact Justin Waggoner at [jwaggon@ksu.edu](mailto:jwaggon@ksu.edu).

### **Grazing Management for Improved Soil Health**

Plan to join us September 17 at the Anderson Building on the Lyon County Fairgrounds as we welcome Jim Gerrish for a workshop on grazing management. Organized by the Kansas Alliance for Wetlands and Streams (KAWS), these workshops will focus on the

delivery of grazing strategies to maintain gains and boost farm and ranch profitability while improving both soil health and water quality.

Now living in Idaho, Jim and his wife Dawn own and operate American Grazing Lands Services, LLC. Jim was formerly the long-time director of the University of Missouri Forage Systems Research Center at Linneus, Missouri, which rose to national prominence under his tenure. Jim's research encompassed many aspects of the plant-soil-animal interactions and provides the foundation for many of the basic principles of a Management-Intensive Grazing system.

Registration is online at [www.kaws.org/events](http://www.kaws.org/events). The \$25 registration fee includes all workshop materials, refreshments and lunch for the day long workshop. The topics covered will include grazing management, watering, fencing, and cost-benefit analysis. If you have further questions or want to register by mail, contact Mary Howell with KAWS at 785-562-8726.

This looks to be a very interesting day that could be very beneficial for many area grazers. I look forward to seeing you at the Anderson Building on September 17<sup>th</sup>!

### **19<sup>th</sup> Annual KSU Beef Stocker Field Day**

Plan to attend the **2018 Beef Stocker Field Day** to be held **Thursday, September 20, 2018**, at the KSU Beef Stocker Unit in Manhattan. A copy of the program and registration information is at [www.KSUbeef.org](http://www.KSUbeef.org).

A great program begins at 10:15 (registration and coffee starting at 9:30) offering practical information and management tips to help achieve greater flexibility and optimize stocker operations in the evolving beef industry. Topics for this year's agenda include The Role of Stocker Producer Expectations in Cattle Buying Decisions; a Producer Panel: Why Silage Fits in my Growing Diets; An Update on Pain Management in Cattle; Quality Stocker Production Considerations; The Tech Revolution, Wall Street, Baseball and the Cattle Industry; Rethinking BRD Diagnosis; Livestock Theft in Kansas; and Treatment Failures that are not BRD Related. A barbeque brisket lunch will be served, and the day will end with an old-fashioned prairie oyster fry and Call Hall ice cream. Pre-registration is requested with payment of \$25 per participant by September 13. Call or stop by the office or visit [www.KSUbeef.org](http://www.KSUbeef.org) for more information.

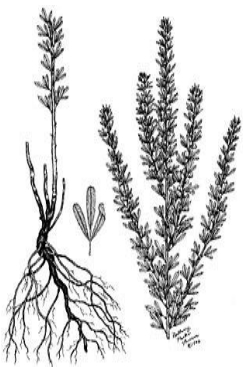
## Defoliators and Podworms in Soybeans

Soybeans seem to be attracting the attention of many different types of pests, including many defoliators. Currently, they are mainly green cloverworms, yellowstriped armyworms, and thistle caterpillars. Fortunately, populations of these species, or any others for that matter, have not reached densities that have warranted insecticide applications, for the most part.

Sadly, soybean podworm (a.k.a. corn earworm/sorghum headworm/cotton bollworm) populations are on the increase in south central and north central Kansas. These worms eat right through the pod to get at, and consume, the seeds within. So, as the seeds are filling, they are susceptible to being fed upon by these podworm larvae. They will feed on smaller, more succulent beans for 10-14 days, then cease feeding to pupate. Since they are feeding directly on the marketable product, it doesn't take much of this feeding to reduce yield.

One important point to remember relative to treating for soybean podworms: these are contact insecticides and thus they must physically contact the targeted pest. Therefore, you need to utilize enough carrier (water) to penetrate throughout the soybean canopy to get to where these larvae are feeding. But, you need to do this while the larvae are still small and before they have negatively impacted the yield. There will probably be at least one more generation this year, so monitoring needs to continue as long as plants are adding pods and there is succulent green reproductive tissue to feed on. For treatment thresholds and insecticide information, go to the 2018 Soybean Insect Management Guide available at: <https://www.bookstore.ksre.ksu.edu/pubs/mf743.pdf>.

## Efforts to Control Sericea Lespedeza (is there ever a time NOT to??)



Recent rainfall has started to refresh the pastures and meadows across much of the area. It has also allowed the sericea lespedeza to begin flowering this year. It is time to make the switch to a herbicide containing metsulfuron (Escort or generic).

For some reason, the sericea seems to be more visible this year. It may be due to the slower growth of the native grasses earlier this spring that allowed the sericea to get a jump. As a reminder, sericea lespedeza is a shrubby, deciduous perennial about 2 to 5 feet tall and in

early September sericea is one of the greenest plants in the pasture. Coarse stems are single or clustered with numerous branches. New growth each year comes from buds located on the stem bases or crown about 1 to 3 inches below ground. Stems and branches are densely leaved. Leaves are trifoliate and attached by short petioles. Leaves are club- or wedge-shaped (wider at the tip than the base), 1/4 to 1 inch long and 1/16 to 1/4 inch wide. The leaf is round to flat at the top, with a conspicuous point at the tip. The lower leaf surface has silky hairs. Flowers are yellowish-white with purple to pink markings and appear from mid-July to early October. The flowers occur in clusters of 1 to 3 in the upper leaf axils and are 1/4 inch long, fused at the base. The tan to greenish seeds are 1/16 to 1/8 inch long.

In K-State Research studies, Metsulfuron products (Ally, Cimarron Plus, Escort XP, and generics) have given excellent control when applied in September. Sericea **has not been controlled** with 2,4-D, and only minimal kill has been achieved with a mix of either 2,4-D + picloram (Tordon), or 2,4-D + dicamba. Always read and follow label instructions and cautions.

One other potential avenue to combat sericea that is getting a lot more attention is a late summer burn of rangeland. And yes, green grass will burn as many of my neighbors noted on August 25, 2017 and also in 2018. Initial research indicates a significant reduction in seed production. Burning over four consecutive years also reduces the vigor, stem length, and total biomass of sericea and reduces the coverage area of heavy infestations in subsequent years.

Another study looked at the diets of stocker cattle double-stocked in a sericea infested pasture, to determine their dietary preference or if they would even eat any sericea by choice following a traditional spring burn. The research showed that grasses comprised not less than 88% of the diet, and forbs less than 12%, with sericea comprising a very minor portion of the forbs. View the complete research reports on both studies at [www.asi.ksu.edu/cattlemensday](http://www.asi.ksu.edu/cattlemensday).

Older research shows a major reduction in productivity the year following a late summer fire. We don't know yet the impact on stocker gains the year following a fall burn, what the impact is on range plant composition of the area, and what happens if management goes back to a spring burn. For more details on sericea lespedeza ID and control, see "Sericea Lespedeza: History, Characteristics, and Identification," K-State publication MF-2408 from the Extension Office or give me a call at 620-341-3220.

## Fertilize Spring-flowering Bulbs

October is the month that existing beds of spring-flowering bulbs such as daffodils and tulips are fertilized. If bulbs have been fertilized in the past, there is often plenty of phosphorus and potassium in the soil though it is best to take a soil test to be certain. 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 lbs. 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. It should be applied 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 can be used but cut the rate by a third. If there is difficulty in determining exactly where the bulbs are planted due to the lack of foliage, fertilizing in the spring rather than the fall is acceptable. However, it is important that the plants are fertilized when the foliage first shows. Waiting until the bulbs are flowering is too late as the roots have already begun to shut down.

## Pesticide Effectiveness

We sometimes receive complaints from homeowners regarding the lack of effectiveness of various pesticides. There can be a number of reasons for this lack of efficacy. Here are some of the common ones:

1. Lack of good foliage penetration. The spray must penetrate the foliage and reach the inside of the plant. High-pressure commercial sprayers are able to get the spray to the insects, but homeowner models are much more problematic. With pump-up sprayers, you may have to push the wand through the outer layer of foliage to reach insects toward the inside of the plant.

2. Not spraying where the insect is. Many of our insects and mites feed on the underside of leaves. If the plants are sprayed over the top, little to no pesticide reaches the pests. This problem is often seen with spider mites on broadleaf plants and cabbage worms on cabbage, broccoli and cauliflower.

3. Maturity of pest. Insects become much more difficult to control when they become adults. For example, Sevin does a good job of controlling young, early instar grasshoppers but is much less effective on adults.

4. Level of disease pressure. Most fungicides are better used as preventatives than as curatives. If a disease gets firmly established, it may be difficult to bring it back under control. For example, chlorothalonil is effective in controlling early blight and Septoria leaf spot on tomato if used as a preventative. However, chlorothalonil will not control these diseases on badly infested plants.

5. Choosing the wrong product. Homeowners often use a product because they have it on hand. However, products differ markedly in how well they control specific pests. Make sure the pest you wish to control is on the label. Unfortunately, even labeled products may vary in effectiveness. Check K-State Research and Extension recommendations for products.

6. High pH spray water. Certain pesticides are not stable in high or low pH water. Following are some examples.

- Captan has a half-life of 3 hours at a pH of 7.0, but only 10 minutes at a pH of 8.0.
- Carbaryl (Sevin) has a half-life of 24 days at pH 7.0, but only 1 day at pH 9.
- Diazinon is most stable in pH 7 water, with a half-life of 10 weeks; at pH 5, it is 2 weeks.

So how do you bring down the pH of your spray water if it is high? Commercial people use buffering agents but that may be difficult for homeowners to find. Food grade citric acid can help. If you have a pH of 8.0, add 2 ounces of this citric acid per 100 gallons of water (1 and 1/4 teaspoons per 10 gallons) to bring the pH down to about 5.5.

## Adding Organic Materials Directly to the Garden

If your garden has come to an early end, consider adding organic materials directly to the soil rather than composting. Materials such as residue from a lawn renovation, rotted hay, or rotted silage can be added and then tilled in the soil. Coarser materials such as tree leaves or garden residue should be shredded. Using a lawn mower with a bag attachment to shred and collect these materials in one operation is acceptable.

Spread organic material to a depth of 3 inches and then till it in. Be sure the soil is not too wet before tilling. The material will decompose quickly during warmer weather.



The process of added organic materials can be repeated every two weeks from now until late November to early December. Just know that the process may take longer later in the fall.

Organic matter helps improve most of our soils. Clay soils are improved by improving tilth, aeration and how quickly the soil takes up water. In sandy soils organic matter acts as a sponge by holding water and nutrients.

This is just one way to add organic material to your gardens. If your garden is still producing and you are unable to add organic materials directly you can always use compost as it will improve our soils in the same way.

### **Fall Lawn Seeding Tips**

The keys to successful lawn seeding are proper rates, even dispersal, good seed to soil contact, and proper watering. Evenness is best achieved by carefully calibrating the seeder or by adjusting the seeder to a low setting and making several passes to ensure even distribution. Seeding a little on the heavy side with close overlapping is better than missing areas altogether, especially for the bunch-type tall fescue, which does not spread. Multiple seeder passes in opposite directions should help avoid this problem.

A more serious error in seeding is using the improper rate. For tall fescue, aim for 6 to 8 pounds of seed per 1,000 square feet for new areas and about half as much for overseeding or seeding areas in the shade. Using too much seed results in a lawn that is more prone to disease and stress damage. The best way to avoid such a mistake is to determine the square footage of the yard first, and then calculate the amount of seed. Using too little seed can also be detrimental and result in clumpy turf that is not as visually pleasing.

Establishing good seed to soil contact is essential for good germination rates. Slit seeders achieve good contact at the time of seeding by dropping seed directly behind the blade that slices a furrow into the soil. Packing wheels then follow to close the furrow. The same result can be accomplished by using a verticut before broadcasting the seed, and then verticutting a second time.

Core aerators can also be used to seed grass. Go over an area at least three times in different directions, and then broadcast the seed. Germination will occur in the aeration holes. Because those holes stay moister than a traditional seedbed, this method requires less watering. If seeding worked soil, use light hand raking to mix the seed into the soil. A leaf rake often works better than a garden rake because it mixes seed more shallowly.

Water newly planted areas lightly, but often. Keep soil constantly moist but not waterlogged. During hot days, a new lawn may need to be watered three times a day. If watered less, germination will be slowed. Cool, calm days may require watering only every couple of days. As the grass plants come up, gradually decrease watering to once a week if there is no rain. Let the plants tell you when to water. If you can push the blades down and they don't spring back up quickly, the lawn needs water. Once seed sprouts, try to minimize how much traffic (foot, mower, dog, etc.) seeded areas receive until the seedlings are a little more robust and ready to be mowed. Begin mowing once seedlings reach 3 to 4 inches tall.

### **Planting Trees in the Fall**

The fall season can be an excellent time to plant trees. During the spring, soils are cold and may be so wet that low oxygen levels inhibit root growth. The warm and moist soils associated with fall encourage root growth. Fall root growth means the tree becomes established well before a spring-planted tree and is better able to withstand summer stresses. However, certain trees do not produce significant root growth during the fall and are better planted in the spring. These include beech, birch, redbud, magnolia, tulip poplar, willow oak, scarlet oak, black oak, willows, and dogwood.

Fall-planted trees require some special care. Remember, that roots are actively growing even though the top is dormant. Make sure the soil stays moist but not soggy. This may require watering not only in the fall but also during the winter months if we experience warm spells that dry the soil. Mulch also is helpful because it minimizes moisture loss and slows the cooling of the soil so root growth continues as long as possible. Evergreens should be moved earlier in the fall than deciduous plants. They need at least six weeks before the ground freezes for the roots to become established.

### **Call "Kansas One Call" Before Digging**

Most people don't know what is buried under their property. Always call Kansas One Call before planting or setting fence. You may reach them at 811. People should never dig deep enough by hand to hit a gas line while planting a tree unless a large tree spade is used. When hand digging, make the hole just deep enough so that the tree sits slightly above nursery level. To determine the depth of the hole, measure the distance from the root flare (point where trunk and roots meet) to the bottom of the root ball. If the flare isn't visible (very common), remove enough soil or media so that it is. The width of the planting hole is also very important. It should be two to three times the width of the root ball.



Lyon County Extension Agent  
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## Family and Consumer Sciences

### President's Council Dates Extension Office Meeting Room

**11:30 a.m.**  
**September 7, 2018**  
**October 5, 2018**  
**November 2, 2018**

#### Fair Volunteers

Thank you for all that you did during the Lyon County Fair. We couldn't do it without your help and continued support. There are way too many names to list you all individually but know that we appreciate all of you. Many hands make light work. The fair is a great example of this statement.



### Unit Fall Gathering Wednesday September 19<sup>th</sup> 5 p.m.

We will have a fall Unit Gathering at Gufler Mansion on Wednesday September 19<sup>th</sup> starting at 5 p.m. We will have a dinner and presentation by Susan Lane of Gufler Mansion. **Cost is \$20.00 per person and reservations are due by Wednesday September 12<sup>th</sup>.**

*This is a time to get a new year started and renew old friendships, fellowship and nice evening out. See you all soon.*

#### Medicare Basics: Workshop



**September 25th**  
**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. Please call the Extension Office to reserve your spot by Friday September 21<sup>st</sup> 620-341-3220.

#### SHICK

##### (Senior Health Insurance Counselors of Kansas)

That is what SHICK stands for. Open Annual Enrollment Period for 2019 is from October 15 - December 7, 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 19<sup>th</sup>. Please call ahead to schedule an appointment. Bring your Medicare Card and a list of your prescriptions with you to your appointment. There will be a three-day event at Anderson Building November 13, 14 and 15<sup>th</sup> with counselors from the Department of Aging and North Central Area Agency of Aging and myself.

#### Extension Election

The Extension Council Election will be Wednesday, October 10<sup>th</sup>, the office is open 7:30 to 5:30 the day of the elections. Absentee ballots are usually available the week prior to the election if you are unavailable on October 11<sup>th</sup>. The Council is made of 24 members, six serving on one of four Program Development Committees (PDC): Agriculture, Family and Consumer Sciences, 4-H Youth Development and Community Development. The Program Development Committees provide guidance for Extension programming for the county.

#### Back to School

The first important lesson of the school year is packing a safe lunch. All it takes is a quick refresher course:

- Remember to always keep it clean. Wash your hands with warm water and soap for at least 20 seconds before and after handling food. Use hot water and soap to make sure food preparation surfaces and utensils are clean.
- Perishable items (sandwiches, fresh fruit) and shelf-stable items (crackers, packaged pudding) need to be kept chilled to reduce risk of foodborne illness.
- Rinse all fresh fruits and vegetables under running tap water. Blot dry with a paper towel.
- Prepare sandwiches or other perishable items the night before. Store lunch items in the refrigerator until your child is ready to go to school.
- Insulated, soft-sided lunch totes are best for keeping perishable foods chilled. A cold source, such as a small frozen gel pack or frozen juice box, should be packed with perishable foods. Frozen gel packs will keep foods cold until lunchtime but are not recommended for all-

day storage. For more tips, see [www.fightbac.org/kidsfoodsafety/school-lunches/](http://www.fightbac.org/kidsfoodsafety/school-lunches/).

### Fish Oil Supplements Deemed Non-Beneficial

Fish oil supplements have been touted as beneficial for the heart and eyes. But, a meta-analysis of 10 clinical trials with almost 78,000 participants showed that the fish oil caplets are of little benefit to patients with heart disease.

Another study, regarding dry eye disease, also concluded that fish oil supplements are not beneficial. This study compared fish oil supplements with olive oil supplements.

Evidence still supports the benefits of eating eight ounces of fish per week to reduce cardiovascular disease risks. Sources: Tufts Health & Nutrition Letter, August 2018 and <https://bit.ly/2AR9FVk>

### What is Clean Meat?

It sounds like science fiction, but it's not fiction at all. Clean meat may be on your future dining table. Clean meat is also referred to as lab-grown, *in vitro*, or cultured meat. Instead of getting meat from an animal, it comes from cell culture.

With the growing concern of a population increase and less access to agricultural land, clean meat may become a reality. The term "clean" refers to the sanitary closed system used to produce the product and to ease the minds of consumers who oppose animal slaughter.

The current product looks like ground meat but has no fat. The goal is to develop a product that mimics whole meat cuts. It begins with a needle biopsy of starter cells from an animal and are grown *in vitro*. This could be satellite stem cells that only develop into skeletal muscle cells. The cells are placed on culture medium and then placed into a bioreactor to grow.

Many questions are being asked, and answers are yet to be given, including if consumers will eat clean meat, safety, and cost. Sources: Is the Future of Meat Animal-Free?, Food Technology, Jan. 2018 [www.bestfoodfacts.org/is-synthetic-meat-in-our-future/](http://www.bestfoodfacts.org/is-synthetic-meat-in-our-future/)



### September is Food Safety Education Month

Since 1994, food safety has been the focus during the month of September to increase awareness of food safety education.

Once again, Food Safety Education Month (FSEM) is highlighting many topics related to food safety for

consumers and food service workers. Do you create a culture of food safety?



### Electronics and Food Safety

Think about where you use your smartphone, tablet or laptop. Do you use it in the kitchen? If so, the bacteria on those electronic devices could contribute to foodborne illness. While no incidences have been linked to electronic devices, it is good to be aware of the possibility.

In the 2016 Food Safety Survey, conducted by the FDA in collaboration with the USDA, consumers reported taking electronic devices everywhere—work, the bathroom, the gym, shopping, just everywhere. Then they use them in the kitchen, usually to view a recipe to cook. These devices are so integrated into our lifestyles, that the thought of food safety does not relate to the consumer.

What can you do? Wash your hands before and after handling the electronic device to keep hands clean. Source: [www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm614915.htm](http://www.fda.gov/Food/FoodborneIllnessContaminants/BuyStoreServeSafeFood/ucm614915.htm)

### Freezing Yeast Dough

To save time during the holidays, or any time of year, prepare yeast dough ahead of time and freeze into dough balls for rolls to bake later. The trick is using a dough with extra yeast because slow freezing can damage yeast.

According to Fleischmann's Yeast, it is best to use dough recipes developed for freezing. These recipes are high in yeast and sugar and low in salt. It is recommended to use bread flour to help maintain bread structure. After preparing and kneading the dough, shape into rolls or flatten into a disk and wrap airtight. The dough can be frozen up to four weeks. When ready to use, thaw at room temperature or slowly in the refrigerator. Once thawed, shape, let rise, and bake as directed.

Some examples of freezer dough recipes include: <http://www.breadworld.com/recipes/Freezer-Pizza-Dough>

Other tips for prepping dough ahead for later use can be found at <http://redstaryeast.com/yeast-baking-lessons/postpone-baking/>

**Lyon County**

2632 West Highway 50  
Emporia, KS 66801

**Return Service Requested**

**September**

- 03 Labor Day – Extension Office Closed
- 04 Ambassador Meeting, 6 p.m., EMR
- 04 4-H Council, 7 p.m., EMR
- 06 State Fair entries (except foods & hort.) due to Extension Office by 5:00 p.m.
- 07 State Fair foods & hort. Entries accepted 7:30-8:15 a.m.
- 07 FCS President's Council, 11:30 a.m., EMR
- 07-16 Kansas State Fair
- 10 Master Gardener Meeting, 5:15 p.m., AB
- 16 Poultry Club Meeting, 1 p.m., EMR
- 16 Hop To It Rabbit Club, 2 p.m., EMR
- 17 Grazing Management Workshop, AB
- 18 Cloverbuds, 6 p.m., AB
- 19 Unit Fall Gathering, 5 p.m.
- 20 KSU Beef Stocker Field Day, Manhattan
- 25 Medicare Basics, 10 a.m. & 7 p.m., AB

**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 Ambassador Interviews
- 13-14 48 Hours of 4-H
- 15-12/7 Medicare Part D Enrollment
- 16 Cloverbuds, 6 p.m., EMR
- 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

AB = Anderson Building

BCB = Bowyer Community Building

EG = Extension Garage

EMR = Extension Meeting Room