

Lyon County

K-STATE RESEARCH AND EXTENSION NEWS

lyon.k-state.edu

April & May 2019

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*It's Springtime in the
Flint Hills of Kansas!*

Springtime in Kansas generally brings with it moisture, green grass, and thankfully warmer temperatures. And in this part of Kansas, on the eastern edge of the region known as the Flint Hills, it is also a time of prescribed fire on the native rangelands.

Intentionally set fires have been used to achieve specific objectives for thousands of years in the Great Plains. Range managers today continue to use fire to create native landscapes that are healthy, productive and beautiful. Prescribed burning requires knowledge, skill, resources, coordination, and a respect for others. There are aspects of prescribed burning that cannot be learned except through experience, but understanding how a burn is planned and executed is a necessary background.

Fire is a powerful tool for managing rangelands, and its careful and judicious use are critical to safety and health. Regulations for Lyon County are discussed briefly in this newsletter. Following regulations helps to create and maintain good relationships with neighbors, local fire departments, emergency managers, and other local officials.

Area land managers have a number of resources available to them to assist in planning their controlled burns. One of the primary ones should be the smoke modeling tool found at the Kansas Flint Hills Smoke Management website, ksfire.org. There are many perspectives on the "right" timing and use of fire, but we must agree that fire is necessary for a healthy tallgrass prairie ecosystem.



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Agriculture and Natural Resources

April-May 2019

2019 Bluestem Pasture Survey

You still have time to complete the Bluestem Pasture Survey, and your input is critical. The format of the survey has changed significantly from prior surveys. Please don't hesitate to call us if you have any questions about the new format. This survey provides aggregate information on Bluestem pasture use and practices, including leasing and fencing rates. Completion of the survey should take less than 15 minutes.

This is one of three pieces of information that I receive multiple requests for throughout the year. The other two are Custom Rates and Ag Leasing information.

WWW.TINYURL.COM/BLUESTEM2019 is the link for the 2019 survey, with April 30, 2019 the deadline for survey completion. Response is voluntary, anonymous, and confidential. If you know of anyone who may be able to provide information on the survey, please share the survey information. If you have any questions, please contact Leah Tsoodle at tsoodle@ksu.edu or the Land Use Survey Center at 785-532-3509.

Burning and Burn Permits for 2019

Nothing reminds me of the coming spring in Kansas more than the annual burning of the native rangelands. There has already been some burning taking place – hopefully MOSTLY on cool season grasses like brome or fescue for brush control – but depending on the weather there may be some native grass fires by the time this newsletter is out.

First and foremost, I encourage everyone to abide by the burning regulations in your specific county, in addition to following the guidelines in the Flint Hills Smoke Management Plan. In Lyon County, that would include making sure you have a current burn permit (if you got one in 2018 it is still valid in 2019); ensure you have adequate equipment and personnel for the scope of the planned, controlled burn; make use of the planning tools at ksfire.org (active March 1- May 1); and be sure to contact dispatch at 620-343-4225 both before you begin and after you complete the burn IF there is not a ban in place. Again, PLEASE BE CAREFUL!!

After the extremely dry conditions for much of the county for most of the summer, followed by generous fall moisture, we have a very large fuel load. The grass is

dry and the ground is currently NOT dry, so this makes for a very dangerous situation to control fires. Make certain you know the area and know the ground conditions prior to the start of the burn.

Make certain that when fire is used as a management tool, it is used with extreme caution. Remember that burn permits are required in Lyon County for open burning of grass, woody species, crop residue and other dry plant growth for the purpose of land, crop, range, pasture and wildlife or watershed management. Be sure to call 620-343-4225 to provide your permit number both before starting your controlled burn as well as after it is completed. Remember to check with your local officials to confirm any city regulations on open burns. **PLEASE BE CAREFUL!!**

Planting... and ruts from harvest 2018

Speaking of wet soil conditions, this past winter has certainly not provided much of a chance to address any issues caused by the wet fall harvest conditions – mainly some extremely deep ruts. Damage from soil compaction can have significant impact on water infiltration, root development, and ultimately grain yield the following season. It is generally estimated that yield loss due to soil compaction caused by wheel traffic ranges between 10-20% depending on the extent of soil compaction experienced. An axle load from a 12-row combine with full grain tank is estimated at 26 tons/axle and a single-axle fully loaded grain cart is estimated at 22 tons/axle.

In many cases, people assume that deep tillage is the best 'fix' for ruts and compaction, but in this case deep tillage may be more of the culprit than the cure. When soils experience compaction like we see in wheel tracks, a lasting impact is made, often resulting in compaction of a few inches or less to a foot or more. The degree of compaction depends on many factors, with one being how saturated the soils were when harvest occurred, as the amount of water versus air filled pore space in the soil can change the level of compaction. Deep ruts are usually noticed first, but keep in mind that even shallow ruts of a few inches can cause issues with optimal seed depth during planting if they exceed planting depth.

When repairing ruts this spring, the objectives are to fill and level the ruts just enough to facilitate planting operations without causing further soil compaction. Loosening the soil at the bottom of or below the ruts

should not be attempted because the tillage tools will need to be operated at greater depths and into soil that is probably too wet. This increases the risk of further soil smearing or compaction to occur. Root growth and crop yields will be reduced in the repaired areas.

Perform tillage operations when the soil at or just above the operating depth is dry enough to prevent soil smearing and compaction. Secondary tillage implements such as disks, field cultivators, soil finishers and vertical tillage should be considered for repairing ruts 2-4 inches deep. For ruts deeper than 4 inches, a chisel plow may be necessary. Always operate the implements as shallow as possible to fill and level the ruts. Multiple passes may be required to achieve the desired degree of leveling.

Hopefully these suggestions will be helpful if and when it's time to get in the field and plant!

2018 Farm Bill Update

With the passing of the 2018 Farm Bill and subsequent discussions, it appears the initial sign-up will start sometime this fall. Our *best guess* on timing is that it will be on or around September 1, but that is merely a best guess!!!

With that said, Lyon County is in the running as a potential host site for a general information session regarding the Farm Bill and how it may impact your operation for the coming years.

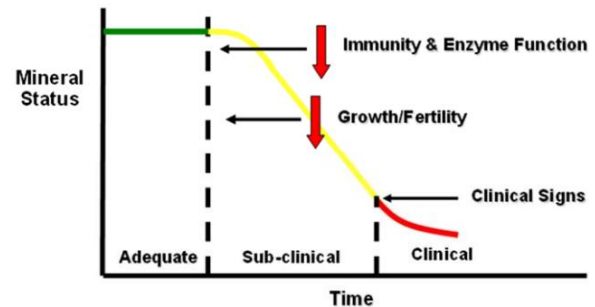
I know I shared a little information in the last newsletter about what was thought to be in the works regarding implementation. Most of that has been kicked down the road 2-4 months (maybe 6?), but again it now appears that the process will begin this fall – for the crop that was planted this spring.

It does appear that there will be more flexibility in the 2018 Farm Program than the past one. However, there are still a LOT of details to be solidified and tools developed before decisions can be made for your farm. Watch for additional information about upcoming Farm Bill meetings later this summer.

The Basics of Mineral Nutrition

Beef cattle producers recognize that mineral nutrition is important. However, a mineral program is only one component of an operation's nutrition and management plan. An exceptional mineral program will not compensate for deficiencies in energy, protein or management. Additionally, the classic signs associated

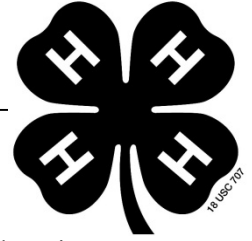
with clinical deficiency (wasting, hair loss, discoloration of hair coat, diarrhea, bone abnormalities, etc.) are not often or are rarely observed in production settings. The production and economic losses attributed to mineral nutrition in many situations are the result of sub-clinical deficiencies, toxicities and antagonisms between minerals which are often less obvious (reduced immune function, vaccine response, and sub-optimal fertility). The figure adapted from Wikse (1992) illustrates the effect of trace mineral deficiency on health and performance and the margin between adequate mineral status and clinical deficiency.



Seventeen minerals are required in the diets of beef cattle. However, requirements have not been established for several minerals that are considered essential (Chlorine, Chromium, Molybdenum, and Nickel). Minerals are broken down into two categories: 1) the macro-minerals whose requirements are expressed as a percent of the total diet (calcium, phosphorous, magnesium, potassium, sodium, chlorine and sulfur), and 2) the microminerals or trace minerals (required in trace amounts) with requirements expressed as parts per million (ppm) or milligrams per kilogram of dry matter consumed (chromium, cobalt, copper, iodine, iron, manganese, molybdenum, nickel, selenium and zinc).

Mineral status of an animal is a function of the total diet (both water and feed) and stored mineral reserves within the body. Water may be a substantial source of minerals; however, the variation in water consumption makes estimating the contribution from water sources difficult. Mineral content of forages is influenced by several factors including plant species, soil, maturity, and growing conditions. These factors, and others not mentioned, makes estimating the dietary mineral content of grazing cattle challenging. Most commercial mineral supplements are formulated to meet or exceed the requirements for a given stage of production. This ensures that deficiencies are unlikely but providing levels of minerals over optimum may be unnecessary unless specific production problems exist. A mineral program does not have to be complex or expensive to be successful. For more information, give me a call at the Lyon County Extension Office, 620-341-3220 or contact Justin Waggoner at jwaggon@ksu.edu.

The Clover Connection



It's Show Time

Information on upcoming livestock shows is steadily

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

Gary Fuller Spring Classic

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

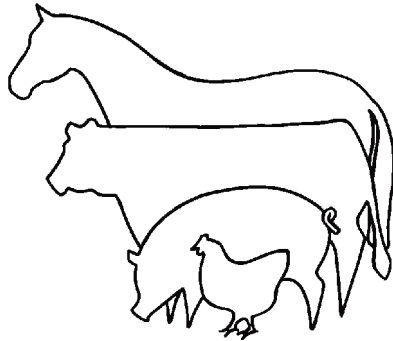


The Bluestem Farm and Ranch Supply Prize Trailer will again be on hand for prizes. We also have

a special show T-shirt that will be awarded for participation in showmanship. The pig show will feature a special Gary Fuller Spring Classic belt buckle awarded to the champion market pig. Flyers and registration forms are available online at www.lyon.ksu.edu or at the Extension Office. Pre-entries are due April 26.

Volunteer Training and Registration (VIP)

A Volunteer Training will be hosted April 3 at 6 p.m. at the Extension Office Meeting Room. This class is one step in the Volunteer Registration process for volunteers with reoccurring roles in Lyon County Extension programs working with youth. Any individual who works with youth at least three times per year must be VIP registered. Please RSVP by April 1 to the Extension Office at 341-



3220. Any 4-Her hoping to serve as a camp counselor should plan to

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

Fair Sponsors

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

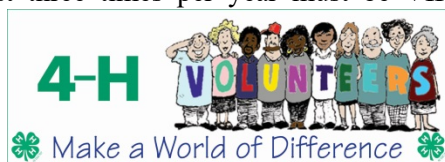
2019 4-H Fair Notes

The 2019 Lyon County Fair is set for Aug. 2-11. The Friends of 4-H Picnic will kick off 4-H related activities on July 25 with other various pre-fair judging activities July 26-July 28 and Aug. 3. Livestock will be required to be in place on the fairgrounds Thursday, Aug. 8 and released Monday, Aug. 12. The Anderson Building will be released on Aug. 11.

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

In an effort to ease the pig weigh-in pressure as well as the late evening for 4-Hers, the swine coordinators will again host the official pig weigh-in Thursday, Aug. 8 from 3:00 p.m.-5:30 p.m. Pigs can be weighed as you unload them. It will be the 4-Her's responsibility to make sure their animal gets weighed in.

The schedule to help make fair plans was first shared in the January newsletter. Following is the same schedule published again to help with planning an adjusted schedule for 2019.



Please mark your calendars with these dates for various activities:

July 25 – Friends of 4-H
July 26 – Dog Show and Hand Pet and Cat Show
July 27 – Clothing and first round of Anderson Building 4-H judging
July 28 – Horse Show
July 29 – Fairgrounds clean-up
Aug. 3 – 4-H Foods, Horticulture, Crops, Metals, Woods and Visual Arts judging (this is a Saturday)
Aug. 4 – Open Class Anderson Building entries
Aug. 5 – Aug. 10 – Anderson Building Open to the public
Aug. 7 – 4-H Rodeo
Aug. 8 – Livestock come to fairgrounds (this is a Thursday)
Aug. 9 – Beef Show, Rabbit Show, bucket calf and dairy show (this is a Friday)
Aug. 10 – Goat and Sheep shows
Aug. 11 – Swine and Poultry shows
Aug. 11 – Anderson Building released
Aug. 11 – Pee Wee Showmanship
Aug. 12 – Round Robin, livestock released and 4-H Sale (this is a Monday)
The Carnival begins Aug. 7 and continues through Aug. 17.
The 4-H Diner will not be open during this entire stretch. The Diner will open the night of the 4-H rodeo and continue through the end of the fair and dependent upon the grandstand night schedule as well. This will be a shorter diner schedule than year's past.

Livestock Breeding Classes at Fair

Remember, to participate in a livestock breeding class at the county fair, breeding animals must be tagged or have official registration papers turned into the Extension Office by May 1. A 4-Her also should be enrolled in that specific specie's breeding project. If you do not know if you are enrolled in the breeding project for your desired species, 4-Hers should login to 4-H Online by May 1 to add/drop or enroll in the project to be eligible to enter a breeding animal at the fair.

Horse IDs, Dog IDs & Add/Drop Date

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

Horse members - Anyone who wishes to show their horse at the County Fair, District Horse Show, Kansas State Fair, or participate in the 4-H Rodeo must update their horse ID papers. Bring your original ID in for an Agent to sign by May 1, 2019. If you have never completed an ID paper for your horse, or you have a new horse, you must complete a horse ID by May 1, 2019. Copies are available from the Extension Office. A colored picture showing all four (4) feet and a profile of the horse with the head turned a quarter toward the camera is also required. **No horse IDs will be signed past May 1, 2019, to participate in any of the above events. This is an absolute deadline – there will be no exceptions!**

Dog members - Anyone who wishes to show at the County Fair or Kansas State Fair, must update their dog ID papers. Bring your original ID in for an Agent to sign by May 1, 2019. If you have never completed an ID paper for your dog, or if you have a new dog, you must complete an ID by May 1, 2019. Copies are available from the Extension Office. A colored picture showing a full body side view, all four feet and legs, and a profile of the dog with its head turned is also required. **No dog IDs will be signed past May 1, 2019, to participate in any of the above events. This is an absolute deadline – there will be no exceptions!**

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

4-H Council

4-H Council will meet on April 1, and May 6, 2019 at 7:00 p.m. The Council meetings will be held in the meeting room at the Extension Office.

Camp Registration

The Sunny Hills 4-H Camp will be June 5-8, 2019. Camp will be open to 4-H'ers who have **completed** 3rd through 7th grades. Camp flyers are available at the Extension Office. Camp costs \$200 this year. There is also an estimated \$15 fee for the bus to be paid at time of registration. Fill out the registration form on the back of the flyer and bring the form and a \$50 deposit to the Extension Office by May 1.

4-H Camp Counselor Applications

4-H Camp Counselor applications are ready! All camp counselors must have completed 9th grade and must be VIP approved. Sunny Hills 4-H Camp will be June 5-8, 2019. Counselors will attend training on June 4. Applications will be due by 5:00 p.m. on May 1. Absolutely no late applications will be accepted, so don't wait until the last minute. If you have any questions, contact the Extension Office.

2019 4-H Campference!

Campference is scheduled for June 23-26, 2019, at Rock Springs 4-H Center, near Junction City, Kan. Campference is open to any youth ages 12 to 14, before January 1, 2019.

Participants will experience the feel of a conference, while enjoying many of the "camp" activities Rock Springs 4-H Center has to offer. Workshops feature opportunities in the 4-H program. Activities will energize students while they learn leadership skills and how to better interact with others. Please contact the Extension Office or visit www.Kansas4-H.org to learn more and to get registered. Registration is due May 15. Space is limited.

Discovery Days 2019

Discovery Days 2019 is scheduled for May 29-31, 2019 at Kansas State University in Manhattan. This university experience is open to youth 13-18 and features workshops and tours about 4-H projects, careers, hobbies, community service activities and more on the beautiful K-State campus.

DISCOVER YOUR SPOTLIGHT
4-H DISCOVERY DAYS

See the registration worksheet available at www.Kansas4-H.org to help select sessions that interest you most. Some sessions do require an additional fee to cover the cost of supplies. You'll meet hundreds of other youth, gain new life skills, and have an amazing experience at Discovery Days! More information is available at www.Kansas4-H.org. The registration costs \$195. The registration fee is due to the Extension Office by April 15. Don't delay, classes are filled on a first come, first serve basis.

Hop to It Rabbit Club News

4-Hers who plan to show meat pens for the 2018 Lyon County Fair should be certain litters are the correct age. Breeding should take place on May 2 or after to make them the correct age for fair time.

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

Petting Zoo

The 4-H Petting Zoo will be Wednesday, May 1 from 9:00 a.m. to 2:30 p.m. If you would like to bring an animal for the petting zoo or help in any way, please call the office and let us know what you would like to do.

Countywide Tagging Dates

Countywide tagging for sheep, meat goats, swine and bucket calves will be Wednesday, April 24 from 6:00 p.m. – 8:00 p.m. and Saturday, April 27 from 8:00 a.m. – 10:00 a.m. at the Lyon County Fairgrounds. Tags will be \$3 each for all species.



Required Youth Quality Assurance Training for State Livestock Shows

Youth for the Quality Care of Animals (YQCA) is a new national, multi-species youth livestock quality assurance program. It is open to youth 8-21 years of age and focuses on food safety, animal well-being, and character development. For further details, please contact the Extension Office or visit the program website, www.yqca.org. Kansas 4-H members may use their family 4HOnline credentials to log in and register for the appropriate training.

As of June 1, 2018, the Youth PQA Plus program has been discontinued. The National Pork Board will honor certifications until they expire, but new certifications will no longer be issued. Youth are encouraged to use YQCA if they need quality assurance training.

Project Record Keeping and Achievement

As 4-Hers are attending project meetings and working on projects for fair, it's time to also consider record keeping. 4-Hers are encouraged to complete Kansas Award Portfolios on each project. The KAPs are age appropriate

CHECKLIST FOR EXCELLENCE IN A 4-H PROJECT ACHIEVEMENT AWARD

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.

Junior: 7 - 8 years Must answer "YES" to questions 1 through 5
 Intermediate: 9 - 13 years Must answer "YES" to questions 1 through 5 and "YES" to two of the remaining questions.
 Senior: 14 - 19 years Must answer "YES" to questions 1 through 5 and "YES" to three of the remaining questions.

NAME: _____ AGE BY JANUARY 1st: _____

PROJECT AREA: _____

PARENT'S SIGNATURE: _____ DATE: _____

No. of countywide project meetings held this year: _____ No. attended: _____
 No. of local club project meetings held this year: _____ No. attended: _____

YES NO 1. 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 not done, 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 (going to 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 Booth Supervisor? List fair district/project area: _____

YES NO 9. Serve as an Assistant Project Leader in your club the respective project? List name of project leader you assisted: _____

YES NO 10. Community Service/Citizenship related to this project? _____

Leader's Initials: _____

forms that help youth and their caring adults record information and track participation in a project. Lyon County 4-H Council awards

every 4-Her who completes a KAP and a Project Checklist with a project pin at the November Achievement Celebration. If you

want to make sure you are meeting project

requirements, the checklist is available at the Extension office.

Southeast Area 4-H Contests

This year's Southeast Area judging contests will be back in Emporia on June 11 at the Anderson Building. The contest will consist of horticulture, crops and photography, family and consumer science (FCS) and favorite foods divisions. Be sure to mark this date on your calendar for a fun learning opportunity and chance to hang out with 4-H friends at the pool.

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

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

National 4-H is announcing True Leaders in Service, a month-long community service activation. It officially kicks-off the first day of April, and culminates with the National 4-H Day of Service on the last Saturday of April each year. Thousands of 4-H'ers venture out into their communities throughout the month of April to do what 4-H'ers do best: lead in service to tackle community challenges and help meet the needs of others. The National 4-H Day of Service can take place in every county across the country. 4-H members, adult volunteers and friends help improve their communities by adopting a service project. These projects can be done as individuals, as an entire county or

district 4-H program, or anything in between. No matter the project, this is a day that will make a difference!

The goal of True Leaders in Service is to encourage 4-H members in every county to make a big impact on our country. Each 4-H club or program will choose how best to ignite their spirit of service as they offer help in hundreds of ways across the



nation throughout the month of April and/or on the National 4-H Day of Service. If April 27 does not work for a project, any project in April can be a part of this effort. If you want to participate, please contact Corinne via email at clpatt@ksu.edu for more information and a registration link.



A great group of Lyon County 4-Hers attended Citizenship in Action at the State Capitol in February. Pictured (L to R) Ted Skalsky, Mark McAllister, Kate Rees, Leanna Rust, Jack Creager and Garland Hanlin.



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



Rhonda Gordon
County Extension Agent
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Family & Consumer Sciences

President's Council Dates

(11:30 a.m.)
April 5th, 2019
May 3rd, 2019



March 17th –
May 11th, 2019

Walk Kansas is an opportunity to involve your entire family and community – those that live close to you and even those at a distance. Family and friends from other communities, states, and countries can participate. This is a chance to promote healthy lifestyle habits to people of all ages through the community.

Community Classes included in Walk Kansas:

Food: Too Good To Waste

April 2nd 10 a.m. and 7 p.m.

Food is the number one contributor to landfills today. This does not include food and beverages disposed of in other ways, such as down kitchen drains. Only about 5 percent of all food in the waste stream is currently “recycled” by composting or anaerobic digestion. **Location Bowyer Building on the Lyon County Fairgrounds**

Pickle Ball

April 17th 11 a.m. to 1 p.m.

Come learn how to play Pickle Ball at the Emporia Recreation Center.

Everyday Mindfulness

April 30th 10 a.m. and 7 p.m.

The term, “mindfulness” seems to be everywhere — it’s touted as the new yoga, the answer to stress, or the alternative to prescription drugs. But beyond the buzz, do you understand the concepts of “mindfulness”? With this fact sheet, the authors aim to provide a definition of mindfulness, share some of the benefits of practicing mindfulness, provide samples of simple exercises, and provide resources to explore. **Location Bowyer Building on the Lyon County Fairgrounds**



2019 National Festival of Breads

Save the date! The 2019 National Festival of Breads will be held on **June 8, 2019** at the Hilton Garden Inn in Manhattan, KS.

This year, the contest will feature two categories. One is designated for food bloggers who actively blog about wheat foods and yeast bread. The second category is for home bakers. A new feature this year will be LIVE judging! Come watch the judging process, hear the comments from judges, and find out who wins! More information about the events that day will be announced soon. Details can be found at <http://nationalfestivalofbreads.com> or on Facebook @NationalFesti-valOfBreads.

Eating Healthy Can Equal Cost Savings



Sometimes putting dollars behind the message can really motivate people to change behaviors. That’s what a study published in the

Journal of the Academy of Nutrition and Dietetics found regarding the reduction of health costs when eating a quality diet. This study is the first of its kind to associate cost savings to healthy eating.

The study looked at two eating patterns recommended by the 2015-2020 Dietary Guidelines for Americans. They included the Healthy US-Style and the Healthy Mediterranean-Style diets. Health issues evaluated included reductions in cardiovascular disease, cancer, type 2 diabetes, Alzheimer’s disease and hip fractures.

The overall results showed cost savings ranged from \$16.7 billion to \$31.5 billion. This is based on a 20 percent increase in following the Mediterranean diet and Healthy US-Style respectively. That increase reduced cardiovascular disease, cancer, and type 2 diabetes when following a Healthy US-Style diet and these same diseases plus Alzheimer’s disease and hip fracture reductions when following the Mediterranean diet. I think we all can use a little extra money in our pockets!

Source: [https://jandonline.org/article/S2212-2672\(18\)30461-1/fulltext](https://jandonline.org/article/S2212-2672(18)30461-1/fulltext)



Egg Safety from Hen to Consumer

Eggs are very nutritious and versatile. They also bring a food safety risk due to *Salmonella* contamination.

This risk can occur inside the egg and on the egg shell. If a chicken is infected with *Salmonella*, it can contaminate the egg when it is formed inside the chicken. Farmers, big and small, must be vigilant to identify infected chickens and separate them from the rest of the flock. Chickens are messy, and they can pick up pathogens anywhere in their environment. Keeping coops clean is important.

Eggs are refrigerated for safety. If temperature abuse happens, that causes the egg to sweat and the porous shell will pull any contamination from outside the shell into the egg interior through osmosis.

In some locations, consumers are demanding cage-free egg production. This type of production only removes the cages. The chickens are still under one roof. The debate is ongoing whether this will be an advantage to make eggs safer. Source: Food Safety Magazine, Dec. 2018/Jan. 2019, <https://bit.ly/2CjvFqy>



Recipe Blogs and Food Safety

Food blogs have grown rapidly with social media. These fun and creative food resources

have influenced many home cooks to try new recipes. A key ingredient is missing, food safety recommendations.

A recent study, from Ryerson University in Toronto, Canada, reviewed 784 recipes, only 79 included endpoint temperatures for cooking meat, but only 48 of those were correct temperatures.

Some of these were paired with improper subjective indicators for doneness. Of recipes with fresh produce, only 3.3% gave produce washing instructions. Only 4% of the recipes gave instructions to store leftovers safely.

Food bloggers have a great opportunity to help consumers prepare food safely. Source: Food Protection Trends, Vol 39, No. 1, p. 28-29



2019 Lyon County Fair Spotlight Event

Bread Sculpture Contest

Here is another chance to enter at the State Fair! The Kansas State Fair and the Kansas Wheat Commission are partnering to offer the Bread Sculpture Contest. There are some great prizes available at the State Fair.

Here are the rules for the State Fair so these are also the rules we will use for the Lyon County Contest.

RULES:

-All entries **MUST** be pre-entered with the Kansas State Fair by **August 15th** to participate. This contest is offered by the Kansas State Fair Foods Department located in the Domestic Arts Bldg. This is where entries need to be received, will be judged, displayed and released from.

-A \$1.00 handling fee, per exhibitor, is due at the time of entry.

-**One entry per exhibitor, per class.** If you paid your \$1 handling fee but entered in additional classes under the same exhibitor name, you do not need to pay an additional \$1 fee. If you are entering as a team, you must enter under one individual's name and provide that tax information. This is the person who will receive the premium if won. You may want to list other team members in the description area for recognition.

-County Contest Bread Sculpture entries **may be** re-entered at the State Fair if the sculpture is undamaged.

-Seeds, herbs, grains, edible decorative toppings, and icings may be used. The use of a food-grade stencil or food-grade stamps may be used.

-Sculpture may be sprayed with **clear acrylic or lacquer to preserve sculpture.**

-Dough may be colored with food-grade colorings, spices, and flavorings. Sculpture may be painted with food-grade paint, natural colors and extracts or egg yolk paint. The use of craft paint on bread is not recommended.

-**MUST submit a typed, detailed recipe including shaping instructions with step-by-step photos or sketches on an 8 1/2" x 11" paper. Recipes that do not include ALL steps will be disqualified.** Recipe may be more than one page.

-No size restrictions. For small individual sculptures, 6 should be entered. (ex: bunnies, turtles). They may all be the same shape or six different shapes.

-All sculptures must be received on a sturdy, disposable plate, board, or tray and will remain on display throughout the fair.

-May use something other than bread to hold up sculpture, such as an easel, toothpicks or dowel rods. Props can be added along - side of sculpture, under it or in back like fabric, ribbon, tissue paper, pictures, etc.; However, only the bread sculpture will be judged.

-The sculpture may be a scene / display with more than one bread sculptured item.

-Sculpture does not have to be baked in one piece. Sculpture can be pieced together by adhesive, hot glue, or other means like wire, dowel rods, or toothpicks to connect pieces.

April – May 2019

Moving Houseplants Outside for Summer

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

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

Mole Control

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

Numerous home remedies have been concocted to control moles including chewing gum, noisemakers, broken glass, bleaches, windmills, and human hair. None have been found to provide consistent and reliable control. Poison baits also fail to work because moles feed on earthworms and grubs, not vegetable matter. Even grub control products are ineffective as they do not control

earthworms, and earthworms are the primary food source for moles. The best control method is the use of traps. There are three types of traps (harpoon, choker, and scissor-jawed) and each can be effective but may take some time to master. Try the following suggestions.

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

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

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

Soil Testing

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

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

and bring it into the Extension Office to be sent off for testing. If you are doing more than one area, make sure to label your samples. When you bring the samples into the office, you fill out a form that gives some background information about the garden plot, landscape bed or lawn to help with recommendations when the results come back. Once the office obtains the results, you will then receive the results with recommendations for your area.

Grow Your Garden Series

Lyon County Extension Master Gardeners are excited to announce a new hands-on workshop series called Grow Your Garden. These hands-on workshops will be held either at the Extension Master Gardeners Demonstration Garden located on the Lyon County Fairgrounds or at the Lyon County Extension Office. All the workshops will be held on the third Wednesday of each month, unless otherwise noted, April through June and September through November.

The spring workshops are:

April 10 and 17 – Hypertufa Containers

A two-part series

Location: Lyon County Extension Office

Part 1: Are you a DYI'er? Come learn how to make your own container. Participants will learn about the different components that go into making hypertufa containers.

Part 2: Participants will get to unmold their hypertufa containers and take them home and start planting.

Participants must be able to attend both sessions.

May 15 – Container Gardening

Location: Extension Master Gardener Demonstration Gardens, Lyon County Fairgrounds.

Spiller, Filler, and Thriller are the three components of container gardens used for decoration. Come and learn about growing your own container garden. Participants will assemble their own container garden to take home. Containers, soil and plants are included with the registration fee. If you have a special container you would like to use, please bring it with you.

June 19 – Succulents

Location: Extension Master Gardener Demonstration Garden, Lyon County Fairgrounds.

If you want to neglect your plants, then succulents may be for you! Come learn how to take care of succulents and how easy they are to grow. Participants will get to make a succulent garden to take home.

All workshops will start at 6:00 p.m. and the cost for each workshop will be \$25.00, which includes the cost of all supplies. If you have any questions about the Grow Your Garden Series; or to register, please contact the Lyon County Extension Office at (620) 341-3220.

Extension Master Gardeners to Host Gardening Hotline

The Extension Master Gardeners are pleased to announce that they will be hosting a Gardening Hotline in 2019. The Gardening Hotline will be every Tuesday from 8:30 a.m. to 12:30 p.m., April through September. Extension Master Gardeners will be available during this time to answer any homeowner lawn and gardening questions. Homeowners can ask their questions by phone, email or in person at the Lyon County Extension Office.

The Extension Master Gardener Hotline is a service provided to the public to help expand the outreach of our local K-State Research and Extension Office. All Extension Master Gardeners who assist with the hotline have additional training that equips them with the tools needed to help identify plants, diagnose disease issues, and to recommend ways to control insect problems that may occur.

To contact the Master Gardener Gardening Hotline you may call (620) 341-3220, email kstatelycoemg@gmail.com or stop by the Lyon County Extension Office at 2632 W. Highway 50 (across from Good's Cash Saver) in Emporia. If you have any questions about the hotline or the Extension Master Gardener program, please contact Travis Carmichael at (620) 341-3220.

Lyon County

2632 West Highway 50
Emporia, KS 66801

Return Service Requested

April

- 01 Master Gardener Meeting, Noon, EMR
- 01 Dog Project Meeting, 6 p.m., EMG
- 01 Ambassadors Meeting, 6 p.m., EMR
- 01 4-H Council Meeting, 7 p.m., EMR
- 02 Food Too Good to Waster, 10 a.m. & 7 p.m., BCB
- 03 VIP Training, 6 p.m., EMR
- 05 FCS President's Council Meeting, 11:30 a.m., EMR
- 06 4-H Poultry Spring Show, AB
- 10 & 17 Hypertufa Containers (must attend both classes) 6 p.m., EMR
- 13 Countywide Foods Meeting, 9 a.m., EMR
- 16 Cloverbuds, 6 p.m., EMR
- 17 Pickle Ball, 11 a.m. – 1 p.m., Recreation Center
- 21 Poultry Club Meeting, 1 p.m., EMR
- 21 Hop to it Rabbit Club Meeting, 2 p.m., EMR
- 24 Swine, Sheep, Meat Goat, Breeding Projects, Bucket Calf Tagging, 6-8 p.m., Fairgrounds
- 27 Swine, Sheep, Meat Goat, Breeding Projects, Bucket Calf Tagging, 8-10 a.m., Fairgrounds
- 30 Everyday Mindfulness, 10 a.m. & 7 p.m., BCB

May

- 01 Petting Zoo, Fairgrounds
- 01 KJLS & KSF Steer Nominations Due
- 01 4-H Add/Drop Deadline for projects
- 01 Horse & Dog ID's & Breeding Animal Registration Due
- 01 4-H Camp Registration and Counselor Applications due
- 03 FCS President's Council Meeting, 11:30 a.m., EMR
- 04-05 Gary Fuller Spring Classic, Fairgrounds
- 06 Master Gardener Meeting, 5:15 p.m., AB
- 06 Dog Project Meeting, 6 p.m., AB
- 06 Ambassadors Meeting, 6 p.m., EMR
- 06 4-H Council, 7 p.m., EMR
- 11 Walk Kansas ends
- 15 Container Gardening, 6 p.m., Demonstration Garden, Fairgrounds
- 19 Poultry Club Meeting, 1 p.m., EMR
- 19 Hop to it Rabbit Club Meeting, 2 p.m., EMR
- 21 Cloverbuds, 6 p.m., EMR
- 23 Keep it a Safe Summer (KISS), Fairgrounds
- 27 Memorial Day – Extension Office Closed
- 29-31 Discovery Days – K-State Campus

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