

# Lyon County

K-STATE RESEARCH AND EXTENSION NEWS

*lyon.k-state.edu*

**February & March  
2020**

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## Nutrition Program Makes Bread During the Month of January

During the month of January, the Extension Nutrition Program celebrated Kansas Day by making bread with all 5th grade students in Lyon County. Students learned about how wheat is grown, harvested, and processed into flour. Nutrition Educator Penny Smith also discussed the importance of grains in our diets and why we use a living organism known as yeast in bread.



Riverside 5th grade students watch as their bread dough is prepared for them to knead.



Students at Riverside Elementary kneading their bread dough.



Nutrition Educator Penny Smith talks with Timmerman 5th grade students about how wheat is processed into flour.



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# The Clover Connection



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## 4-H Council

The March meeting is at 7 p.m. on March 2.

### What's in the Outdoors 4-H Scholarship

Lyon County 4-Hers interested in majoring in wildlife or nature-based curriculum and/or communications at Emporia State University can apply for the \$1,000 What's in the Outdoors Lyon County 4-H Scholarship through the Emporia Community Foundation. The deadline to apply is May 1. An application and complete details may be found online at: <https://www.emporiacf.org/scholarships>.

### 2020 Breeding Livestock at Fair

If you wish to exhibit a breeding animal of any species at the 2020 Lyon County Fair, you must be enrolled in the breeding project for that respective species by May 1. **Again this year**, all breeding livestock to be exhibited at the 2020 Lyon County Fair will need to be tagged at the regular county tagging either in February or April. The only exception will be for registered purebred livestock that will not have to have a county tag, *if* they have proper tattoos/ear notches/scrapies tag and registration papers that match. Ownership of these animals must be verified by registration papers showing immediate family ownership by May 1. Please visit the Extension Office **before May 1** with proper registration paperwork in hand (or bring to regular schedule county tagging dates and papers will be gathered to be photo copied and you will be responsible for picking your papers up from the office after a copy can be made).

### Spring Rabbit Show

The Lyon County Rabbit Club will be hosting the annual spring show Feb. 15 at the Anderson Building. Set up will be the night before. Look for more information on the Hop To It 4-H Rabbit Club on Facebook.

### 4-H Club Day

Lyon County 4-H Club Day is scheduled for March 7 at Timmerman Elementary School. I encourage families to come out and support fellow 4-Hers and learn more about the event if you did not sign up to participate this year.

Extemporaneous presenters will randomly draw two topics from a pool of five questions at the contest and will

present on one. To be prepared, this year's topics by age division will include:

Juniors, age 7-13:

- What does 4-H mean to you?
- Who has influenced you the most in your 4-H career and why?
- What have you learned in 4-H?
- What is your favorite 4-H project and why?
- How do you make 4-H an important part of your life?

Seniors, age 14 and over:

- How have you learned parliamentary procedure in 4-H and how have you used this knowledge in other areas of your life? And how do you intend to use parliamentary procedure as an adult?
- What audience or audiences do you feel the Lyon County 4-H program is not reaching? How do you recommend we improve these relations and engage more individuals from this audience or audiences?
- What community partnerships have you developed through 4-H, and how have these partnerships improved your community?
- In what ways do you feel your 4-H experience will help you as an adult?
- Describe how you are a leader in 4-H, and what does it mean to you to be a leader?

### Regional Club Day

Regional Club Day has been scheduled for March 21 at the Madison High School. Lyon County is joined by Chase, Chautauqua, Coffey, Elk, Greenwood and Morris counties for this event.

### 4-H Day With The Lady Cats

The Annual 4-H Day with the Wildcat Women's Basketball team has been scheduled for Sunday, March 8, 2020, when the Wildcats take on the University of Kansas with tip-off beginning at 2:00 p.m. The group ticket rate of \$22 will get each individual a ticket into the game, a game day T-shirt, and a \$10 meal voucher. Registration is due Feb. 18! Check out the registration form located at [www.kansas4-h.org](http://www.kansas4-h.org).

## Fair Book Cover

The Fair Board will again sponsor a \$50 cash award for the winner of the 2020 Fair Book Cover Contest. The fair book cover is 4 inches by 8 inches, so please consider these dimensions as you create your theme and design. We have been using Navrat's T-shirt design team put ideas to digital media, so please don't feel like you have to be a graphic artist to enter your design and theme idea. Any 4-Her is eligible and may submit one entry. Entries are due in the Extension Office by Friday, March 27. It is strongly suggested that the design focus on what the fair means to you!

## Encourage friends to complete 4-H enrollment

We have several families that still need to re-enroll for the 2019-2020 4-H year. Remember the deadline for enrollment and project selection is May 1 to be eligible to participate in the 2020 Lyon County Fair in the respective project. However, many important notices and opportunities are missed if you do not enroll early. Be sure to visit Enroll in 4-H at [www.lyon.ksu.edu](http://www.lyon.ksu.edu) to enroll and update your family's information.

## Spring Poultry Show

The Lyon County Cacklers 4-H Poultry Club will be hosting a spring show this year at the Anderson Building on April 4.

## Sunny Hills 4-H Camp

The Sunny Hills 4-H Camp will be June 7-10, 2020. Camp will be open to 4-Hers who have **completed** 3<sup>rd</sup> through 7<sup>th</sup> grades. If you are interested in serving as a camp counselor, applications will be due May 1. Counselors should be sophomore complete, but if you are freshman complete you may still apply and be considered if there is a need for more candidates. Remember counselors must leave for Rock Springs on June 6 for training. More details will follow in upcoming newsletters.

## Discovery Days

If you are ages 13 – 18, mark the dates of May 27-29 for Discovery Days on the KSU campus. This year's schedule is one day less, with activities beginning Wednesday afternoon and concluding late Friday morning. More information will be available soon, but make sure your calendar is clear, because you don't want to miss out! They will open registration on March 1, so be

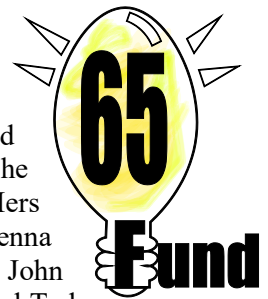
sure to make plans to register early to get the classes you want!

## 4-H Fund65



The first cohort of Fund65 participants gave a capstone presentation on January 2, 2020, to showcase the financial literacy and job-ready skills they gained through the program. Left to Right: Jake Worcester, CEO/President Kansas 4-H Foundation, John Pringle, Ted Skalsky, Tyler Proehl, Garland Hanlin, Brenna Cunningham, Kate Rees, Emma Barnett and

Lyon County 4-H received a Kansas 4-H Foundation Innovation Grant to provide a new, challenging and hands-on financial literacy and job ready program called Fund65. The first cohort of Lyon County 4-Hers included Emma Barnett, Brenna Cunningham, Garland Hanlin, John Pringle, Tyler Proehl, Kate Rees and Ted Skalsky. Youth who were freshman and sophomore complete for the 2019 school year interviewed in early June for a spot of the Fund65 team.



Once on the team, a weeklong boot camp provided them with the skills and knowledge to interview for summer internships with local businesses like Community National Bank, PrairieLand Partners John Deere, Emporia Arts Council, KVOE radio, Tyson Fresh Meats, Emporia Livestock Sales, ValuNet, Farm Bureau Financial Services, Brian Filinger, and Glendo/GRS Tools.

In addition to employability skills, Fund65 is designed to connect with teens in a hands-on way to bring financial literacy to the forefront. The Fund65 program connected our community's top youth with financial advisors and experts in Lyon County to build a true network of resources. Lessons ranged from personal budgeting to understanding financial record keeping and banking in a modern world. Local professionals helped participants see how society is changing first hand and helped these young people prepare to thrive in a new world. The eight



sessions of financial literacy began in late June and finished in December.

A stipend was earned by Fund65 participants for completing the internship and the financial workshop series. This stipend was invested in an individual retirement account by the youth participants in October with their parent's custodial support. Yes, 4-H wants to help young people get started with retirement savings while growth and personal investment is favorable for true life-long practice and learning!

The next cohort of Fund65 will be open to youth freshman and sophomore complete in May 2020. If you have a youth who is interested, please contact Corinne for more information.

**Fund65 internship commitment includes:** week-long boot camp in June • 50-75 hours of internship employment June-September • regular short-course workshops June-January • investment of \$750 from internship earnings in your own individual retirement account • final capstone presentation in January

### **K-State Animal Sciences Leadership Academy**

Students from across the country with an interest in the livestock industry and related careers can apply now for the Kansas State University Animal Sciences Leadership Academy (KASLA) June 24-27, 2020. The academy, which is celebrating its twelfth year, is an intensive four-day educational experience designed to enhance the leadership skills and animal science knowledge of students in ninth through 12th grades.

Hosted by the K-State Department of Animal Sciences and Industry and sponsored by the Livestock and Meat Industry Council (LMIC), the academy's goal is to develop young leaders within the livestock industry and prepare them for a successful future in this field.

Applications are due April 15 with only 20 students will be accepted to ensure individualized attention from counselors, professors and industry leaders. Participants will stay on campus in university housing with program staff for the duration of the event. Transportation to and from the event is the responsibility of the participant,

along with a \$50 fee to reserve his or her space. More information is available at [www.youthlivestock.ksu.edu](http://www.youthlivestock.ksu.edu).

### **Kansas Junior Sheep Producer Day**

Junior Sheep Producer Day is scheduled for Saturday, March 14, 2020, in Weber Arena on the K-State campus in Manhattan. This one-day educational event is devoted to the selection and management of youth sheep projects. All ages and knowledge levels are invited! K-State faculty members, graduate students, wool judging team members, and guest speakers will cover topics including selection, nutrition, the state nomination process, flock management, herd health, facilities and equipment, wool judging, clipping, and showmanship. An optional instructor-led YQCA training will also be held at the conclusion of the program.

The cost for junior sheep producer day is \$15 per person, if registration is submitted by February 21, 2020, or \$20 per person after the early deadline. All attendees, including youth and adults, must register. All participants who sign up February 21 will also receive a t-shirt. Families may register online at <http://bit.ly/ksuasiregister>. A flyer containing more information and registration details may be found online at [www.youthlivestock.ksu.edu](http://www.youthlivestock.ksu.edu).

### **Kansas 4-H Communication Fact Sheets Helpful for 4-H Day Presentations**

Speaking skillfully before an audience is one of the hallmarks that Kansas 4-H members have been successfully doing for over 100 years. Kansas youth through 4-H have learned the skills necessary to get up before an audience and eloquently speak. 4-H helps youth learn the skills necessary to clearly organize and present thoughts and ideas through project talks, demonstrations, illustrated talks and public speaking presentations. The complete Kansas 4-H communication fact sheet series is listed below.

These resources may be helpful to Lyon County 4-H families as you prepare for county 4-H day presentations. They can be downloaded free from the Kansas 4-H web site. Visit: <http://www.kansas4h.org/p.aspx?tabid=551>. Kansas 4-H Communication Fact Sheet Series includes:

- Kansas 4-H Presentation Overview
- 4-H Project Talks
- 4-H Demonstrations



- 4-H Illustrated Talks
- 4-H Demonstration & Illustrated Talk Planning Form
- 4-H Public Speaking
- 4-H Public Speaking Record
- 4-H Presentation Brainstorming Activity
- 4-H Effective Presentation Tips
- 4-H Preparing and Using Visual Aids:
- 4-H Demonstration & Illustrated Talk Scoresheet
- 4-H Public Speaking Scoresheet
- 4-H Project Talk Scoresheet

### 4-H Campference

4-H Campference is for youth ages 12- 14 (before January 1, 2020), and will be held June 22-25 at Rock Springs 4-H Center. Participants will experience the feel of a conference, while enjoying the 'camp' activities Rock Springs 4-H Center has to offer. This is a great transitional opportunity, as these tweens go from being a camper to attending educational conferences. 4-H Campference will feature workshops about opportunities in the 4-H program and how to better interact with others. Participants will meet other youth from around the state of Kansas.

Registration and detailed information will be the State 4-H Website in March. Register early as the space will fill on a first come basis. Register online by May 15 (or earlier it will close when it is full) and payment must be in the local Extension Offices by May 15.

### 4-H Ambassadors Experience Community Conversations

Douglas County 4-H hosted a Community Conversations event on Jan. 12, 2020, at the fairgrounds in Lawrence. Kansas 4-H and the K-State Institute for Civic



Discourse and Democracy gave youth the opportunity to use their leadership and communication skills to learn how to have tough conversations that matter.

4-H Community Conversations offer youth a chance to join together to deliberate in an open forum, to make choices with others about ways to approach difficult issues and have tough conversations to work toward creating reasoned public judgment for the common good. The topic discussed in Lawrence was mental health in America.



Above: Lyon County Ambassadors Emily Miser, Garland Hanlin, Kaylie McKay, Isaac Miller, Kate Rees and coordinator Shawna Moyer enjoyed Mass Street in Lawrence while in town for the community conversations training.

### Fiber Arts Project Meetings

County-wide fiber arts meetings are planned for the 4<sup>th</sup> Friday of each month beginning in October. All 4-Hers interested in – even if you are not enrolled in – fiber arts are welcome to come learn, get help, have fun and work on projects.

- What:** 4-H Fiber Arts Meetings
- When:** 4<sup>th</sup> Friday of each month (Oct.-June)  
from 6:00 to 8:00 p.m.
- Where:** Emporia Fiber House,  
926 West 6<sup>th</sup> Ave. in Emporia
- Who:** Miss Barb and Miss Melinda –  
county fiber arts leaders
- For more info:**  
Miss Barb: 343-6283  
Miss Melinda: 343-6572



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## *Agriculture and Natural Resources*

February – March 2020

### **Dicamba 2020**

I have received some inquiries regarding dicamba training and/or label changes for the 2020 growing year. If you went through the 2019 training, you are aware the label requires **ANNUAL** training and recertification with only certified applicators applying. **EVERYONE** spraying dicamba must be both a certified private or commercial applicator and have dicamba training.

Labels are reviewed annually, and as such there may be changes I am not aware of at this time. The best source for label information and training requirement changes is the Kansas Department of Agriculture website <https://agriculture.ks.gov/divisions-programs/pesticide-fertilizer/dicamba>.

In Kansas the KDA has indicated applicators must complete dicamba or auxin-specific training provided by the registrant of the product approved for in-crop application on dicamba-tolerant crops. I have talked with a couple of local retailers that have indicated their sales reps will not be conducting any in-person certification sessions locally. On-line training will be the way to go for 2020. Links for the on-line sessions for the manufacturers are listed at the bottom of the KDA link listed above. You can pick your manufacturer, as any of them are to meet the requirements for training regardless of the product you apply, and they should all cross-reference across manufacturers. Completing one on-line session should satisfy the requirements for any of the approved dicamba products. For reference, the approved products are Engenia herbicide (BASF), FeXapan (DuPont), Tavium (Syngenta), and Xtendimax (Bayer).

### **Pond Management**

After the successful Coyote workshop in January, we have asked K-State Extension Wildlife Specialist Charlie Lee to come back to Emporia for a pond management workshop. This will be an opportunity for all to learn about not only pond vegetation management and control, but various fish species, stocking rates and management.

Join us at 6:30 p.m. on the evening of February 27 at the Bowyer Community Building for an informative meeting. Proper management of ponds, whether for livestock water or recreational and sporting enjoyment, can provide for many years of enjoyment and benefit.

Proper management can not only enhance the useful life of a pond but can result in a very positive impact on overall water quality for our area.

Plan to join us on February 27 to learn more about pond management to achieve your desired outcomes!

### **Burn School**

Yes, that time of year is just around the corner for the Flint Hills of Kansas, and to help make it a safe burn season I would encourage you to attend the Burn School scheduled for February 26 in Hamilton. This will be a mid-day (10-3) workshop that will provide additional insight and guidelines on burning and range management in the Flint Hills region. Register by calling 620-583-7455, Greenwood County Extension in Eureka.

With burn season approaching I want to remind everyone that in Lyon County, burn permits are required for open burning of grass, woody species, crop residue and other dry plant growth for the purpose of land, crop, range, pasture and wildlife or watershed management. 2020 starts a new two-year permit cycle, so all permits issued in previous years have expired and will need to be replaced. Permits are available at the sheriff's office as well as most of the city offices of the outlying communities. Permits picked up this spring (2020) will still be in effect for 2021 as well.

This past summer provided good growing conditions late in the season, so there is a good fuel load in many pastures. **PLEASE BE CAREFUL!!** We must make certain that when fire is used as a management tool, it is used with extreme caution.

I encourage anyone planning a controlled burn to utilize the planning tools at **ksfire.org**. The smoke modeling tool is active from March 1 through May 1 and is to be used as part of the Flint Hills Smoke Management plan. The plan also limits non-rangeland burning during April. I also encourage you to have enough fire-fighting equipment, personnel and expertise to control the burn.

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 or neighboring county regulations on open burns.

## ARC – or – PLC?

The Lyon County FSA office is scheduling appointments to record your decision for participation in ARC or PLC for the 2019-2020 crop years. As a reminder, with the current Farm Bill the initial decision covers a 2-year period (the first of which is mostly known for 2019!), and allowing for change in years 2021, 22 and 23. Most producers will want to update their yield information – there is really not a down side.

If you would like to see what scenarios might work best for your operations, please give me a call at 341-3220 to schedule an appointment. An FSA-156EZ form and yield histories would be helpful to bring to the appointment. Or, you can visit [www.agmanager.info](http://www.agmanager.info), download the OSU-KSU decision tool and instructions and work on your own. This will provide the best option to make an informed decision for your operation as there is no “one size fits all” for the 2018 Farm Bill.

## Conservation Award Recipients

I want to recognize the local operators that received awards for their conservation efforts and good land management practices. These are families that have been doing good things for their operations for many years and have laid the groundwork for future generations.

The Bankers Award for Conservation was presented to Mike and Beth Skalsky, and Ted, Blake, Lilly and Alisa from Olpe. The Grassland Award went to Houck Rock Creek Ranch north of Bushong, Jim and Jean Houck, and Jeff and Lori Houck. Recognized as Young Conservationists at the Annual Meeting were Justin and Kelsey Keith of Allen, along with the operation that includes Aaron and Ashley Conrade and Joel and Anna Hanson of Emporia. Congratulations to everyone that has been involved with conserving and preserving our natural resources for this and future generations.



**107th Cattlemen's Day**  
**March 6, 2020**  
**Weber Hall**  
**Manhattan, Kansas**

Kansas State University's Animal Sciences and Industry Department will host Cattlemen's Day 2020 on Friday, March 6 at Weber Hall in Manhattan. The program will kick off at 10 a.m. with Lorna Marshall and Dr. Derrell Peel challenging attendees to think outside the box as they address global protein supplies, trade, reproductive

and genetic technologies and their effects on the U.S. beef industry.

The afternoon sessions will feature K-State faculty and industry presentations in Weber Hall, the Purebred Beef Unit and the Beef Stocker Unit discussing: Factors Influencing Sale Price of Calves; Update on Insemination Timing with Sexed Semen, Split-Time AI and Embryonic Loss; Current Changes in the Mexican Meat Industry and the Impact of Mexico's New Beef Quality Grading System; Calving School: Tools, Time Frames, Intervention Tips; Where Ruminant Digestion Begins; and Forage Sampling and Analysis 101.

The cost to attend Cattlemen's Day 2020 is \$25 if paid by February 28 at noon or \$35 at the door (no charge for students if they pre-register. To register visit [KSUBeef.org](http://KSUBeef.org) or contact Lois Schreiner at 785-532-1267 or [lschrein@ksu.edu](mailto:lschrein@ksu.edu).

## Body Condition Score (BCS) post Calving

Many cow-calf producers in the area have or soon will start calving, and now is a great time to get a handle on the condition of the cow herd. A fairly common method established over the past number of years is a BCS, or Body Condition Score.

Research has shown the greatest single factor influencing rebreeding performance of beef cows is body condition at calving, especially for spring-calving females. It is recommended to conduct a BCS evaluation at least 60-90 days prior to calving, at calving and at weaning. Unfortunately, if producers have waited until calving to manage body condition of their cows, they will find it very difficult and expensive to increase the body condition of a lactating cow. However, it is a good practice to get into as you move forward and look at ways to improve your calf crop and re-breeding success.

What is body condition scoring? Body Condition Scoring uses visual observation to estimate the nutritional level of the animal on a 1 to 9 score, with 1 being severely emaciated and 9 being extremely obese. As an over-simplification, there are 5 major areas to observe fat on the cow (spine, ribs, tailhead, hooks/pins, and brisket) and then a sixth overall muscling observation that combines for the final 1 to 9 rating.

More detailed information on BCS scoring can be found in MF3230 (BCS Scorecard for Cattle) and MF3274 (Guide to BCS Scoring) at [www.ksre.ksu.edu](http://www.ksre.ksu.edu), or give me a call here at the Lyon County Extension Office.



## Becoming a Farmers Market Vendor

The Emporia Farmers Market (EFM) invites hobby farmers, backyard gardeners, bakers, and artisans to share your talents. EFM is the primary direct-to-consumer food sales outlet in the area, with an opportunity to sell homegrown, homemade, and handmade items year-round.

Indoor market season runs November – April, first and third Saturdays, 10:00 a.m. – 12:00 p.m. at Waters True Value. Outdoor market season begins in May; weekly Saturday markets, 8:30 a.m. – 10:30 a.m., with Wednesday evening markets, 5:00 p.m. – 6:30 p.m., beginning in June.

Vendor applications are accepted throughout the year. No business i.d. or reporting required--the market will collect and pay monthly sales tax on your behalf. Email [emporiafm@gmail.com](mailto:emporiafm@gmail.com), call 620-343-6555, or visit the market to learn more about joining the farmers market!

## Plant Cool-season Crops in March

As we move through February and March draws closer, it is time to start thinking about planting our gardens. Some of our garden crops can withstand the colder day- and night-time temperatures that we see during the later winter and early spring months.

Mid-March is a good time to start to plant garden crops such as broccoli, lettuce, peas, and potatoes, whereas beets, cabbage, endive, cauliflower, radish, onions/onion sets, spinach and turnips should be planted towards the end of the month. Remember, all of these planting times are just an estimate. The time to begin planting our garden crops can vary depending on the year because of any unseasonal weather patterns that may occur. For a more detailed vegetable garden calendar, please stop by the Extension Office to get a copy.

## Soil Temperature and Vegetables

One of the most neglected tools for vegetable gardeners is a soil thermometer. Soil temperature is a much better measure of when to plant than air temperature or the calendar. Planting when soil is too cool can cause seeds to rot and transplants to sit there.

A number of vegetables can germinate and grow at cool temperatures. For example, peas will germinate and grow well at a soil temperature of 40 F. Though lettuce, parsnips, and spinach can sprout at a soil temperature of 35 F, they prefer at least 45 F for best germination and growth. Radishes also do well at a soil temperature of 45 F. Warm-season crops such as tomatoes, sweet corn and beans prefer at least 55 F for germination (or transplanting), but others such as peppers, cucumbers, melons and sweet potatoes need it even warmer, about 60 F.

Taking soil temperature accurately is a bit of a science. First, use a metal soil thermometer, which is sold in many garden, auto parts and hardware stores. Take temperature 2.5 inches deep at about 10 to 11 a.m. Temperature variations throughout the day and night affect soil temperature, with lowest readings after dawn and warmest around mid-afternoon. The late-morning reading gives a good average temperature. If taking the soil temperature at this time is not practical, take a reading before you leave for work and a second when you return home and use the average. Also, be sure to get a consistent reading for four to five days in a row before planting, and make sure a cold snap is not predicted.

## In the Garden Radio Show

The radio show “In the Garden” will be back on KVOE at 11:05 a.m. starting in March 2020. Tune in and listen while I answer your questions and give horticulture updates. If you cannot call in, you can always call the Lyon County Extension Office.



## **Cut Back Ornamental Grasses**

March is a good time to remove dead foliage from ornamental grasses. Grasses green up earlier if foliage is removed and are more attractive without a mixture of dead and live leaves. A number of tools can be used including hand clippers, weed whips (if the foliage is of a small enough diameter), weed whips with a circular blade, or even a chain saw. Use the top of the chainsaw bar to cut so the saw doesn't pull in debris and clog.

Also, it is often helpful to tie foliage together before cutting so it doesn't interfere and is easier to dispose of. Burning is another option — but only if it is safe and legal to do so. Note that these grasses may not burn long, but they burn extremely hot. Even so, the crown of the plant is not damaged and new growth appears relatively quickly.

If the center of the clump shows little growth, the plant would benefit from division. Dig up the entire clump and separate. Then replant the vigorous growth found on the outer edge of the clump.

## **Asparagus Time**

Asparagus is one of those vegetables where freshness is incredibly important. If you have never eaten asparagus fresh out of the garden, try it. It may convince you to grow some of your own. For those who have an asparagus patch, the new spears should be appearing soon. The first asparagus that comes through the ground always seems to take a long time to reach harvest size. That is because asparagus growth is temperature dependent. The higher the day and nighttime temperatures, the faster it grows. Also, the longer the spear, the quicker the growth. As the season progresses and spears get longer, the growth rate increases.

Harvest asparagus by snapping or cutting. Snapping is quick and easy. Simply bend the stalk near the base until it breaks. Snapped ends dry quickly so refrigerate or use soon after harvest. If you cut asparagus, use a sharp knife to detach the spears slightly below ground level. This base is woodier than snapped asparagus, so it doesn't lose water as quickly. Cut off woody ends before cooking.

So, how long can asparagus be harvested? Do not harvest at all the year of planting. The next season, harvest for 3 to 4 weeks or until the spear size drops off. Every year thereafter, the asparagus can be harvested for 6 to 8 weeks.

## **Strawberry Planting**

New strawberry plantings should be set early in the growing season so that mother plants become established while the weather is still cool. The mother plants develop a strong root system during this cool period when soil temperatures are between 65- and 80-degrees F. The most appropriate planting time is mid- to late March in southern Kansas and late March to mid-April in the northern areas of the state. Space plants 18 to 24 inches apart.

Later in the season, runners and daughter plants develop. The earlier the mother plants are set, the sooner the first daughter plant will be formed and take root. These first daughter plants will be the largest daughter plants at the end of the growing season and will bear more berries per plant the following spring. When planting is done later, the higher temperatures stress the mother plants resulting in reduced growth, weaker mother plants and delays in daughter plant formation. Fewer and smaller daughter plants produce fewer berries, resulting in a smaller crop.

Remove all flowers during the first year. New plants have limited energy reserves that need to go toward establishing the mother plants and making runners rather than making fruit. If fruit is allowed to develop the first year, the amount of fruit produced the second year is drastically reduced due to smaller, weaker daughter plants.

Keep row width at 12 to 18 inches as strawberries bear most on the edges of the row rather than the center. A rototiller or hoe can be used to keep the row at the recommended width.



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# Family & Community Wellness

February – March

## Bread Science



In honor of Kansas day, all Lyon county 5<sup>th</sup> graders had the opportunity to learn about the wheat industry and have a hands-on experience making bread.

For many years, K-State Research and Extension has had the privilege to lead this lesson with Lyon county students. Students learned about the life of a wheat kernel from day of planting to harvesting, milling, and finally, into a loaf of bread. Not only did they learn about the process, they were able to participate in bread making from start to finish. They enjoyed measuring, mixing, and kneading the dough. They each were able to take home a loaf of fresh bread to share with their families.



- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Follow these tips for heart-healthy eating:

1. **Eat less saturated fats.** Cut back on fatty meats and high-fat dairy products. Limit food like pizza, burgers, and creamy sauces or gravy.
2. **Cut down on sodium (salt).** Read the Nutrition Facts label and choose foods that are lower in sodium. Look for the low-sodium or “no salt added” types of canned soups, vegetables, packaged meals, snack foods, and lunch meats.
3. **Get more fiber.** Eat vegetables, fruits, beans, and whole grains to add fiber to your diet.

For more information, visit **American Heart Association:** [www.heart.org](http://www.heart.org).



## Walk Kansas

Celebrate *healthy living*

**K-STATE Research and  
Extension- Lyon County**

**March 15 – May 9**

## February is American Heart Month

February is all about hearts and not just the candy kind. Heart disease is the leading cause of death for both men and women.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.

*Forms will be available & can be picked up M-F  
During Office Hours or enroll online*

Walk Kansas 2020 will introduce you to nine shared lifestyle traits of the Blue Zones, places across the world where people live measurably longer and healthier lives. Walk Kansas is a team-based, 8-week healthy lifestyle challenge facilitated by K-State Research and Extension. Although physical activity is at the heart of this health initiative, the 2020 program will introduce you to healthful eating styles, help you form social connections that support healthy living, offer strategies to help lower your level of stress, help you focus on your sense of purpose, and more.

## Walk Kansas Events

### Kick-Off

**March 24, 5:30 – 7:30 P.M.**

Come and explore the 9 healthy lifestyle habits shared by people who have lived the longest. Plan to participate in different games, activities, sample recipes, and more!

**Location: Anderson Building on the Lyon County Fairgrounds**

### Mediterranean Diet Class

**April 8, 10:30 A.M. & 5:30 P.M.,**

Learn the key characteristics of the Mediterranean lifestyle, how this dietary pattern contributes to health, and strategies for incorporating Mediterranean foods and habits into your life.

**Location: K-State Research and Extension Office**

### LEAP! Class

**April 20, 10:00-11:30 A.M. & 5:30-7:00 P.M.**

This class will be led by exercise physiologist, Erin Blocker, PHD, Instructor & LEAP! @ ESU. This is where LEAP! gets real. Learn and DO evidence-based exercise to boost your brain fitness. Groups will be led through exercise that research has found to promote positive brain changes and cognitive performance.

**Location: TBD**

### Wrap-Up Celebration

**May 12, 5:30-7:30 P.M.**

Celebrate the gains you have made individually and as a team. Enjoy a salad supper with us!

**Location: Anderson Building on the Lyon County Fairgrounds**

### Weekly Walks

**C of E Park 12:00-1:00 P.M.**

Stay motivated with group walks! Enjoy some time outdoors and log those miles!

**Location: C of E Park**

We will offer several evening walks during Walk Kansas. Time/Location TBD.

## Move Your Way



Regular physical activity is good for everyone's health! Physical activity is anything that gets your body moving.

Aim for at least 2 hours

and 30 minutes of moderate-intensity aerobic activity each week. And at least 2 days a week, do activities that strengthen your muscles.

If you haven't been active before, start slowly. Even 5 minutes of physical activity has real health benefits! Once you get the hang of it, add a little more activity each time.

### What kinds of activity should I do?

To get all the health benefits of physical activity, do a combination of aerobic and muscle-strengthening activities.

- **Aerobic** activities make you breathe harder and cause your heart to beat faster. Walking fast is an example of aerobic activity.
- **Muscle-strengthening** activities make your muscles stronger. Examples include lifting weights, using resistance bands, and doing push-ups. For more information: [www.health.gov](http://www.health.gov).



### President's Council 2020 Dates

(11:30 a.m.)

**February 7**

**March 6**

**April 3**

**May 1**

**Sept 4**



**Lyon County**

2632 West Highway 50  
Emporia, KS 66801

**Return Service Requested**

**February**

- 20 Hop to it Rabbit Club Meeting, 2 p.m., EMR
- 26 Burn School, Hamilton
- 27 Pond Management Workshop, 6:30 p.m., BCB
- 28 County-wide Fiber Arts Meeting, 6-8 p.m., Fiber House  
926 West 6<sup>th</sup> Avenue, Emporia
- 29 Junior Beef Producer Day, KSU

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

**March**

- 02 4-H Council Meeting, 7 p.m., EMR
- 02 Ambassadors Meeting, 6 p.m., EMR
- 03 Master Gardener Meeting, 5:15 p.m., EMR
- 06 Cattleman's Day, KSU
- 06 FCS Presidents Council, 11:30 a.m., EMR
- 07 Lyon County 4-H Club Days, Timmerman
- 14 Junior Sheep Producer Day, KSU
- 15 Poultry Club Meeting, 1 p.m., EMR
- 15 Hop to it Rabbit Club Meeting, 2 p.m., EMR
- 15 Walk Kansas begins
- 21 Regional 4-H Club Days, Madison High School
- 24 Walk KS Kick Off, 5:30-7:30 p.m., AB
- 27 County-wide Fiber Arts Meeting, 6-8 p.m., Fiber House,  
926 West 6<sup>th</sup> Avenue, Emporia