

McPherson County

K-STATE RESEARCH AND EXTENSION NEWS

February 2023



Clover Corner

LINDSEY MUETING
COUNTY EXTENSION AGENT
4-H YOUTH DEVELOPMENT

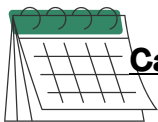


Happy February!

It will be spring and summer before we know it. Have you set all of your goals for each of your projects? Please don't forget to re-enroll at **v2.4honline.com**. Remember, projects can be dropped or added until **May 1**, log into your account or call the office with these changes! You will be on the email list for all projects you have selected in 4-H Online!

As you know, I am transitioning away from my position as 4-H Youth Development Agent. We have awesome staff in the office to help in this transition time and appreciate your patience and extra support and volunteer time! The 4-H Youth Development position is now open for applications through K-State. Please share if you know someone who will make a great agent for our county programs! Keep learning and growing!

~Lindsey



Calendar of Events February

- Feb 1 Fair Theme Submissions Due
- Feb 2 4-H Council (7 pm) & Ambassadors (8 pm)
- Feb 19-20 Citizenship In Action
- Feb 20 Office Closed

Get Published

If you have news, dates or activities to share with other 4-H'ers, get them in the 4-H Clover Corner! Articles, pictures or dates you would like in the March publication need to be to Lauralee by February 17. Email them to **Lhelm@ksu.edu**

Rock Springs 4-H Camp

If you are interested in camping and leadership opportunities at Rock Springs Ranch this summer - make sure to find the dates and prices at:

<https://www.rockspringsranch4hcamp.org/>

Registration is open!

4-H Council

Council Representatives:

Don't forget about the meeting on **February 2 at 7 PM!** Please make sure you have representation from your club! (**2 youth, 2 adults**). Find an alternate if you cannot make it! Remember we will be voting on 4-H Fair Themes! Make sure your club has submitted their top choice by **Feb 1**. If you are a council officer please make sure you are prepared for the meeting with your officer tasks!

Congratulations Ellie !!



Our very own Ellie Seeger was elected to Kansas 4-H Youth Leadership Council! Ellie applied, interviewed and gave a speech during Youth Leadership Forum before being elected by her peers. We are excited for her to represent the North East area as well as serve as secretary of the state 484H Committee! **Congratulations!**

Kansas 4-H Scholarships

The Kansas 4-H Foundation partners with Kansas 4-H to offer over 50 different scholarships to help fund higher education for 4-H youth who are high school seniors or older. The applications must be submitted by **March 1, 2023** at the following link:

https://kstate.qualtrics.com/jfe/form/SV_OH95hYZRRIndcVg

4-H Club Day

Don't forget to be preparing for our 2023 Multi-County 4-H Club Day! This will be held Saturday, April 1, 2023 in Newton at Chisholm Middle School. Check out <https://www.mcpherson.k-state.edu/4-h/events/index.html> for Club Day Guidelines (with new helpful links) and the registration links! Due March 15!

Beef and Sheep Kansas Jr Producer Days

The KSU junior producer days are back as a fantastic learning experience in Manhattan! These events are one-day educational events for families to learn more about the selection and management of a specific species. Youth, adults, project leaders, and volunteers are invited to attend! For more information and registration, visit:

<https://www.asi.k-state.edu/research-and-extension/youth-programs/ks-jr-producer/index.html>

Kansas Junior Swine Producer Day – March 11
Registration Due – February 15, 2023

Junior Meat Goat Producer Day – March 18
Registration Due – February 22, 2023

Consider the 4-H Japanese Exchange Summer Program

Looking for fun and excitement this summer? Host a new friend from Japan in your home this summer, **July 22 – August 17**. Kansas 4-H International Exchange Programs are offering hosting opportunities for 30-35 families this summer. Host families are needed who would be willing to host a Japanese boy or girl. The Japanese youth will be between the ages of 12 - 16. Our responsibility is to make host family assignments matching each delegate with an American same-gender host sibling as soon as possible so that families and exchange delegates can communicate and get to know each other.

Any Kansas family with children aged 10-16, who is interested in the Japanese culture, may host. A separate bed is required, but not necessarily a separate room from the host sibling. Delegates are 100 percent medically covered with 4-H insurance and bring their own spending money. They can go on host family vacations, camping trips, or join their host sibling for summer camps and the county fair. The focus is everyday family life.

Interested families can complete the application at <https://www.states4hexchange.org/apply/host/> to start the process.

If you have further questions, please call Pam Van Horn, Kansas 4-H Japanese Exchange Coordinator, 785-826-8917, or e-mail pvanhorn@ksu.edu.

CONGRATULATIONS

Congratulations to all of our senior level 4-H members who sent their record books onto area level screening! Best wishes to the following members who were selected for state screening!

- Macy Reiff: Poultry
- Ellie Seeger: Clothing and Textiles and Health and Wellness
- Joe Westerman: Wildlife (Sportfishing)





AG NEWS

SHAD MARSTON
COUNTY EXTENSION AGENT
AGRICULTURE AND NATURAL RESOURCES



Ways to Improve Efficiency of Winter Feeding

Undoubtedly, the past couple of years has had its fair share of challenges on livestock producers. High input prices likely led to fewer hay acres being fertilized, which with the added pressure of drought, can lead to lower quality and quantity of stored forages moving into this winter. You might be in for sticker shock if you haven't purchased feed and hay recently. It can be easy to get caught up in things we have little to no control over, so here are 4 steps we can do to improve the ending of this year's winter-feeding program.

1. Body condition score (BCS) the herd

It is not too late to assess the body condition score of the herd. Spring calving cows have their lowest nutrient requirements of the entire year during early winter. That was the time to efficiently add condition to thin cows to set them up for success during the 2023 breeding season. Start now if you have not. Sorting cows by body condition score can allow for more efficient herd management and for those thin cows to receive the extra nutrition they require without overfeeding them in adequate condition. It is much more challenging to add condition to cows as they approach calving or even have a calf at side. The ideal body condition score for mature cows is 5, while targeting younger females to a BCS 6 can ensure they have the extra condition required to meet their additional nutrient requirements for supporting growth.

2. Test your hay

This is something K-State Research and Extension has always recommend, but in years like we have had in the past, this becomes even more important. Hay tests provide valuable information about the energy and protein concentrations in the sample. All lots of hay should be tested. A lot is defined as hay harvested from the same field on the same day and stored under the same conditions. Testing all lots of hay allows producers to match lots of hay to the herd so that the lowest quality hay is being fed when the cows' nutrient requirements are the lowest while saving the best quality hay for when nutrient requirements are their highest. Feeding the right hay to the right cow at the right time can drastically decrease the amount of supplement required to maintain body condition.

3. Evaluate supplement costs

At some point throughout the year, some supplementation is likely required to meet the energy and protein requirements of the herd. Using hay test results can help determine the most efficient supplement to match the energy and protein deficits in the hay. Also, reach out to us here at the local extension office or use your livestock nutritionist to assist in interpreting hay test results. Now is the time to sharpen the pencil and determine which supplement options will be the most economical to pair with available forage. Remember, the feed that was the most economical last year may not be the most economical choice this year. Just because one feed costs more on a \$/Ton basis does not mean it is the most expensive supplement to feed. The amount of a particular supplement required must also be considered.

4. Feed hay efficiently

Regardless of quality, when the quantity of hay is tight, available hay piles must be fed efficiently. Research has shown that feeding hay in a hay ring prevents feeding waste, especially rings that contain a solid skirted bottom. Hay feeding pads and fence line feeders can also reduce hay feeding losses. While these measures will not completely reduce hay feeding losses, these losses can be reduced from 45% to as little as 6% by using hay rings. Moving hay rings or utilizing bale grazing can help to limit trampling damage around these hay feeding sites and help to distribute manure evenly across the feeding area.



Soybean School in Salina

K-State Research and Extension will be offering a one-day Soybean School on February 22 at Great Plains Manufacturing, 1525 E. North Street in Salina, KS. The school will kick-off first thing in the morning and conclude in the mid-afternoon. Lunch will be provided thanks to sponsorship by the Kansas Soybean Commission and there is no cost to attend this soybean school.



This event will provide in-depth training targeted for soybean producers and key-stakeholders. Some topics that will be covered include crop production practices, soybean breeding update, Kansas Mesonet tools, insect and disease management, and market outlook. Call the Extension for all the detail the day and to sign up.

“What’s Your Why?”

The winter months are a great time for reflection and look back on all the projects we have completed. Have you ever given any thought to what your organization, farm, or operation is really about? Do you have a mission statement, a set of core values that you believe your organization or operation embodies? Previously, I used to think that mission statements and core value statements were idealistic and a waste of thought. However, my attitude has changed. These statements provide the organization with a foundation, a clear objective that serves as a guide, as we make decisions that move the organization forward into the future. Regardless of the size of the enterprise, putting some thought into what an organization or business is really about has value. These statements do not have to be long or dramatic. I recently visited family livestock operation in which the sign on the front lawn (along a major highway) simply said “Our Family Feeding Yours.” This simple statement tells everyone that drives by that this is a family operation that is foremost engaged in the process of sustaining not only themselves but others. Why do we, do what we do?



2023 K-State Cattleman's Day

Make plans to attend **KSU Cattleman's Day 2023!**

The 110th annual Cattleman's Day will be hosted **Friday, March 3, 2023**. The trade show and educational exhibits will open at 8 a.m. in Weber Arena. Registration for KSU Cattleman's Day will be **\$20** per person in advance or **\$30** per person at the door. Morning refreshments and lunch are included with registration. A complete schedule is available at www.asi.ksu.edu/cattlemensday or call **785-532-1267**. If you are interested in exhibiting at Cattleman's Day or have any questions, please contact Dale Blasi (dblasi@ksu.edu; **785-532-5427**).



FCW News

CHUCK LAUGHLIN
COUNTY EXTENSION AGENT
FAMILY & COMMUNITY WELLNESS



First Friday e-Call

GROWKS loan program offers a variety of match amounts to private capital from a financial institution such as a bank, Community Development Financial Institution, etc. <https://www.growks.com/>

First FRIDAY e-CALL
Financial Capital for Your Small Business
Steve Radley, CEO, NetWork Kansas
Join Us February 3, 2023
9:30am
Register Today
<https://ksre-learn.com/ecall>
K-STATE
Research and Extension

The purpose of the First Friday e-Call is to increase the local community's knowledge of the experts, education, and economic resources available to help small businesses and entrepreneurs and the communities who love them.

Radon: Know Your Risks

Rn Radon (222)
RADON: KNOW YOUR RISKS
WEBINAR NOW AVAILABLE!
Radon exposure is dangerous but steps can be taken to minimize risk in our Kansas homes.
View online at:
<https://youtu.be/noKoQtRAS7A>
Presenter: **Brian Hanson**
LIVING WELL WEDNESDAY

Have you tested your home for radon gas exposure in the last 5 years? Brian Hanson, K-State Radon Programs Coordinator, explains what radon gas is; health effects associated with chronic exposure to indoor radon; why homes have radon issues; how to measure your home for radon; and what can be done to reduce elevated levels of radon in homes. January - March is the ideal time for those living in Kansas to test for radon. Reliable do-it-yourself test kits are available from your local Extension Office. Contact your local Extension office and get your kit today!

<https://youtu.be/noKoQtRAS7A>

Teach & Taste – Taco Dip

SCAN ME
TEACH & TASTE
Taco Dip
FEBRUARY 6, 2023
6:30 PM
MOUNDRIDGE PUBLIC LIBRARY
411. N CHRISTIAN
MOUNDRIDGE, KS

Register using the QR code or visit: <https://tinyurl.com/TeachandTasteFebruary>

If you have been peeking ahead in the calendar, you know that the recipe of the month for February is Taco Dip. We are taking Teach & Taste on the road in February to the Moundridge Library. They will be hosting a snack/recipe swap and we will be joining with them as we host our Teach & Taste making Taco Dip. Come by and join in the snack swap and see how to make the Taco Dip and get a sample of it as you get ideas to get ready for the Super Bowl on February 12th. We will be planning to take Teach & Taste on the road once a quarter during 2023 and other months we will be at the Extension Office.

Save the date: March 8, 2023 at 6:30pm we will be back at the Extension Office for Mini Quiche Cups.

Use the link below to register and come join us and try out a new recipe.

<https://tinyurl.com/TeachandTasteMarch>

TEACH & TASTE
Mini Quiche Cups
Oh la la
March 8, 2023
6:30 PM
McPherson County Extension Office
600 W. Woodside
McPherson, KS
Register:
THIS CLASS IS FREE!
<https://www.tinyurl.com/TeachandTasteMarch>
Did you know?
When most people think of quiche, they tend to assume that it's French in origin. That's only natural, since it was in France that quiche first became popular, and it's been a staple of French cuisine for centuries. Surprisingly, though, the quiche actually originated in Germany.
K-STATE Research and Extension
SNAP-Ed
Department of Agriculture
United States Department of Agriculture
National Institute of Food and Agriculture



Egg Substitutes

The price of eggs has consumers scratching them off their shopping list. Here are some options to replace eggs in your recipes based on what function the egg is providing.

Boiled egg—use 2 ounces extra-firm tofu for each hard boiled egg.



Binding ingredients in baking— For each egg, use 1 tablespoon chia seeds or ground flax seeds with 3 tablespoons water, let stand 5 minutes. This makes a gel and helps hold ingredients together.

Leavening in baking—Use the chia or flax seed mixture above plus 1/2 teaspoon baking powder for each egg.

For moistness in baking—use 1/4 cup applesauce, mashed banana, pureed avocado, pureed garbanzo beans, or silken tofu.



Buy eggs when on sale and freeze them for later use.

Courtesy of Karen Blakeslee

2023 McPherson County Calendars Available

The McPherson County Extension Calendars for 2023 are still available. Pick up your copy at the McPherson County Extension Office. The calendars are FREE; however, we will be accepting free will donations to help to defer the cost of printing.

If you have a resource group or agency that you would like to have considered to be included in the 2024 calendar or have an event that you would like to have considered to be included in the 2024 calendar, please use the QR code on the back of the calendar to submit those. If you do not have access to those, please email to claughlin@ksu.edu.



Whois Domain Lookup

Scams are becoming more and more prevalent. Wondered if that email you got with a web link or that web address you got on a mailer was valid? You can check the registered owner of a website by going to webpage **Whois.com** and enter the domain name for the website you wanted to verify.

Example: The website for the McPherson County Extension <https://www.mcpherson.k-state.edu/> but you would enter k-state.edu in the box on the Whois.com website and it would return showing that website domain is owned by Kansas State University.

This will work for both domestic and international websites.



Check Your Credit

Check Your Credit: Requesting Your Credit Report
Fact check your credit report once a year.

Your credit report is defined by America Saves as an explanation of your credit history. This report states when and where you applied for credit, from whom you borrowed money, and who you still owe. It can show if you have paid a debt in full and you made your monthly payments on time.

The three national credit report agencies are required by the Fair Credit Reporting Act to provide a consumer with a free copy of their credit report each year. You may obtain your free credit report at **www.annualcreditreport.com or call 1-877-322-8228**. Requesting your credit report from a different credit reporting agency on a rotating basis every four months allows you to review your credit history frequently and regularly without charge.

We will remind you through the year on February 2nd (Equifax), June 6th (Experian), and October 10th (TransUnion) to request your FREE credit report from one of the 3 reporting Agencies. For February request a copy of your credit report from EQUIFAX.

- 1. Go to www.annualcreditreport.com or call**
- 2. Click Request your free credit reports.**
- 3. Click Request your free credit reports (this is listed under 1. Fill out a form)**
- 4. Click Next**
- 5. Select Equifax**
- 6. Click Next**
- 7. Verify Information by entering Mobile Phone Number & Email Address**
- 8. Click Continue**

Thank you to the schools that participated in our Wheat Bread program! With the help of teachers and amazing volunteers, over 130 McPherson County students made loaves of bread.

For information on our Youth Enrichment programs, please visit our website at Youth Enrichment (k-state.edu).

We've been asked about our recipe several times. Here it is!



Basic Whole Wheat Bread

- Cooking spray
- 1 ½ cups whole wheat flour
- 1 packet active dry yeast
- 1 teaspoon salt
- 2 Tablespoons sugar
- 2 Tablespoons butter, softened
- 1 ½ cups warm water
- 1 ½ - 2 cups all purpose flour

Grease three mini loaf pans with cooking spray. Combine wheat flour, yeast, salt, and sugar in a large mixing bowl. Add water and softened butter. Stir. Gradually add in 1 ½ cups of all purpose flour. Knead until dough pulls away from sides of bowl and dough is elastic, slowly adding additional all purpose flour as needed (do not add any more flour than necessary to knead). Allow the dough to rest. Punch down. Form dough into 3 mini loaves and place in prepared pans. Cover with plastic wrap sprayed with cooking spray (or a light tea towel). Let rise in a warm, draft free place until doubled, about 20-30 minutes. Bake at 350 degrees F for about 20 minutes or until bread sounds hollow when tapped. Allow to cool slightly before removing from pan.





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RETURN SERVICE REQUESTED

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8:40 AM-98.9 KMCP
Ad Astra Radio Station

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