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McPherson County

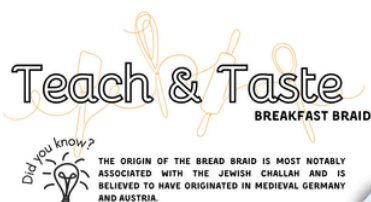
Family & Community Wellness

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COUNTY EXTENSION AGENT
FAMILY & COMMUNITY WELLNESS

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April 9, 2025
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Extension Office
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Ups and Downs of Egg Prices:

Egg prices have been on a rollercoaster ride, leaving consumers wondering what's behind the fluctuations. From supply chain disruptions to changing feed costs and outbreaks affecting poultry farms, a variety of factors contribute to the shifting cost of this kitchen staple. Whether prices are soaring or stabilizing, understanding the forces at play can help shoppers make informed decisions and plan their grocery budgets accordingly.

Finding Alternatives to Eggs in Cooking and Baking:

For generations, eggs have been a go-to ingredient in the kitchen, serving as a key component in everything from fluffy cakes to creamy sauces. But with rising prices and dietary preferences shifting, many home cooks and bakers are looking for reliable substitutes. Whether you're dealing with an egg shortage, catering to dietary restrictions, or just curious about plant-based options, there are plenty of creative and effective alternatives to keep your recipes on track.

Many home remedies exist for replacing eggs, such as:

- **Carbonated Water** – Adding $\frac{1}{4}$ cup of carbonated water per egg can help create a light and airy texture in cakes, pancakes, and quick bread by acting as a natural leavening agent.
- **Vinegar and Baking Soda** – Combining 1 tablespoon of vinegar (apple cider or white) with 1 teaspoon of baking soda creates a fizzy reaction that can replace eggs in light, fluffy baked goods.

Below are tested substitutes to ensure that your cooking and baking remain consistent, even without traditional eggs. Whether you're looking for a cost-effective swap or a plant-based alternative, these options provide practical solutions for any kitchen.



Egg substitutes when baking

By Kristin Bogdonas (University of Illinois)

No eggs? No Problem! You can use a variety of other foods when cooking and baking. It's good to know how much egg substitute you need when replacing eggs in your recipe. 1 egg is roughly $\frac{1}{4}$ cup (4 tablespoons/2oz) so you need to replace that volume in your recipe.

Depending upon the recipe and the function of the egg, certain options are better suited than others, as the flavor and texture may be slightly altered.

Egg substitute for binding (helps hold the shape and stick together), such as in meatloaf:

- 1 Tablespoon flax or chia seed + 3 Tablespoons water (combine and let sit for 5 minutes)
- 1 package plain gelatin + 2 Tablespoons warm water (do not mix until ready to use)

Egg substitute for moisture (by leaving out the egg altogether and simply adding more moisture), such as in pancakes, cupcakes, and quick breads:

- ¼ cup mashed banana, mashed avocado, applesauce, pumpkin puree, sweet potato, mashed beans, or silken tofu
- 2 Tablespoons mayonnaise

Egg substitute for leavening (gives texture and a lift), such as in cookies:

- 1 Tablespoon flax or chia seed + 3 Tablespoons water + ½ teaspoon baking powder
- ½ teaspoon baking powder + 1 Tablespoon liquid (water) + 1 Tablespoon vinegar
- 1- ½ Tablespoons water + 1 ½ Tablespoons oil + 1 teaspoon baking powder

Other ways to replace eggs (Each replacement equals 1 whole egg):

- 2 egg whites
- ¼ cup commercial egg substitute



Pro tips when using these alternatives:

1. Ground flaxseeds + water - Grind flaxseeds, mix with water, and let it rest until it becomes gelatinous.
2. Mashed banana - The banana you use should be ripe and easily mashed.
3. Silken tofu - Process tofu in a blender until smooth and creamy.



Common baked goods and alternative egg replacements that work well

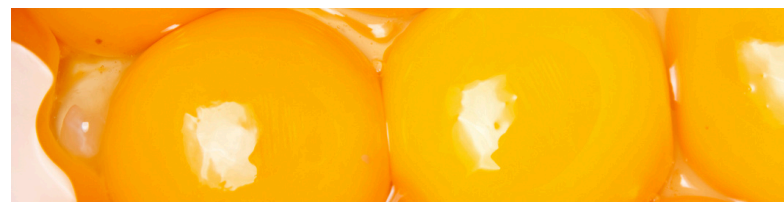
	Flax Seed + H2O	Mashed Banana	Applesauce
Cake		X	X
Cupcake		X	X
Brownie	X	X	X
Cookie	X		

Freezing Eggs:

Eggs can be stored for at least 1 month, covered in the refrigerator. Freezing is often unnecessary, but it can be done.

- **Preparation** – Select fresh eggs and break each separately into a clean saucer. Examine each for freshness and remove any pieces of shell before mixing with other eggs.
- **WHOLE EGGS** — Thoroughly mix yolks and whites. Do not whip in air. To prevent graininess of the yolks, add 1-½ tablespoons sugar, 1-½ tablespoons corn syrup, OR ½ teaspoon salt per cup whole eggs, depending on intended use. Strain through a sieve or colander to improve uniformity. Package, allowing ½-inch headspace. Seal and freeze.

Another method of freezing a whole egg mixture is to use ice trays. Measure three tablespoons of egg mixture into each compartment of an ice tray. Freeze until solid. Remove frozen cubes and package them in moisture-vapor-resistant containers. Seal and freeze. Three tablespoons of the egg mixture (one cube) equals one whole egg.



- **EGG YOLKS** — Separate eggs. Stir yolks gently. To prevent graininess, add 1-½ tablespoons sugar, 1-½ tablespoons corn syrup OR ½ teaspoon salt per cup of egg yolks, depending on intended use. Strain through a sieve. Package, allowing ½-inch headspace. Seal and freeze. One tablespoon of the yolk mixture equals one egg yolk.
- **EGG WHITES** — Gently mix whites; do not whip. Strain through a sieve. No sugar or salt is needed. Package, leaving ½-inch headspace. Seal and freeze. Two tablespoons of the egg-white mixture equals one egg white.

This document was extracted from "So Easy to Preserve," 6th ed. 2014. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Andress, Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.

How Long Do Eggs Last?

“How long can you keep eggs” is the question people always ask. Eggs are perishable and must be stored in the refrigerator or freezer. Many factors can affect how long eggs last. When properly handled and stored, eggs rarely spoil. However, if you keep them too long, they will likely dry up. These fresh egg storage tips below help you learn how to store eggs to last properly.

Refrigerator Storage: Refrigerate eggs at 40°F or less. Store them in their original carton on an inside shelf and away from pungent foods. The temperature on an inside shelf remains more constant than on the door, which is frequently open and closed. The carton keeps the eggs from picking up odors or flavors from other foods and helps prevent moisture loss.

Raw eggs removed from their shells should be refrigerated in a tightly covered container. Refrigerated whole egg yolks should be covered with water to prevent them from drying out; drain before using. The following chart shows how long hard-boiled eggs and raw eggs last when stored in the refrigerator.

Freezer Storage: If you have more eggs than you can use within a few weeks, you can freeze them out of their shells. Freeze only clean, fresh eggs. Place them in freezer containers, seal them tightly, and label them with the number of eggs, whites, or yolks and the date. Defrost frozen eggs overnight in the refrigerator.

Egg yolks thicken (or gel) when frozen. To hinder gel formation, beat in either 1/8 teaspoon salt or 1-1/2 teaspoons sugar or corn syrup per ¼ cup yolks (4 Large) before freezing. Indicate “with salt” (main dishes) or “with sugar” (desserts) on the label. The following chart shows how long hard-boiled eggs and raw eggs last when stored in the freezer.

Eggs	Refrigerator (35°F to 40°F)
Raw whole eggs (in shell)	4 to 5 weeks beyond the pack date or about 3 weeks after purchase
Raw whole eggs (slightly beaten)	Up to 2 days
Raw egg whites	Up to 4 days
Raw egg yolks	Up to 2 days
Hard-boiled eggs (in shell)	Up to 1 week
Hard-boiled eggs (peeled)	Use the same day for best quality

Eggs	Freezer (0°F or colder)
Raw whole eggs (in shell)	Not recommended
Raw whole eggs (slightly beaten)	Up to 1 year
Raw egg whites	Up to 1 year
Raw egg yolks	Up to 1 year
Hard-boiled eggs (in shell)	Not recommended
Hard-boiled eggs (peeled)	Not recommended (the white become tough and watery)

**Adapted from “The Incredible Egg”*

Get Ready Now for Canning Season!

by Karen Blakeslee

Older All-American Canner. The petcock on the **right** can be replaced with a weighted gauge. Contact Wisconsin Aluminum Foundry.


Now is the time to get dial gauges tested on pressure canners. Here are some reminders.

The McPherson County Extension Office offers free gauge testing. This can test pressure gauges on Presto, National, Maid of Honor, and Magic Seal brands.

This testing unit cannot test All American pressure gauges. Newer models of the All-American canner have regulator weights (weighted gauge) and a dial gauge. (**See bottom picture.**)

The weight is more accurate than the gauge and customers should use the weight in order to determine if they are at the needed pressure. If the weight begins to rock at the desired pressure and the gauge is off by more than 2 psi, the company recommends replacing the gauge. **The gauge is now used as a reference to know when the unit is at zero psi and can safely be removed.**





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March 30 - May 24, 2025

Walk with us toward a healthier tomorrow.

Registration opens March 3!

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Walk Kansas

walkkansasonline.org

Walk 56 in 56 (Walk Kansas) kicked off its' 25th year on March 30, 2025. Feeling that fear of missing out moment? Don't worry; there is still time to start the journey to a healthier you. Sign up today at walkkansasonline.org. The cost is \$10 per person and is open to solo walkers or teams of 4 to 6.



New Teach & Taste Companion Series Brings Recipes and Tips to My Hometown Calendar

The widely popular My Hometown calendar series is expanding with a new supplemental companion series of brochures, offering readers even more ways to celebrate their community. These new brochures will feature a curated collection of recipes, how-to tips, and practical advice tailored to the recipe of the month that makes each hometown unique.

The brochures complement the My Hometown calendar and inspire seasonal meals, healthy alternatives to beloved snacks, and add variety of favorite foods. Whether it's a cherished family recipe, a handy household hack, or a creative craft idea, each edition will bring fresh and useful content to households throughout the year.

These brochures are a natural extension of the calendar series, giving people even more ways to add a twist to their favorite My Hometown recipes.



The first three in the series are available now in the foyer of the McPherson County Extension Office, distributed alongside the My Hometown calendar. Come by and check out the current offerings, Charcuterie Boards, Homemade Snacks, and Scone Alternatives. Additional offerings will be introduced throughout the year, so watch for your new favorites coming soon.

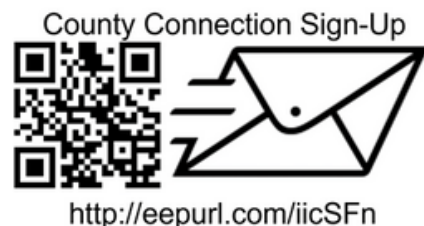
To schedule time with Chuck follow the link below or scan the QR code.

<https://calendly.com/cloughlin-ksu/meeting-with-chuck>



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Sign up for our newsletter to stay informed about upcoming events, calendar updates, and exciting webinars happening in your area. See a selection of upcoming grants, discover senior and military discounts, access important county resource phone numbers, and never miss out on local happenings. If you don't see your event listed, use the link provided to add it to the county-wide calendar. Stay engaged and connected—subscribe today!



Add events by visiting: **<https://tinyurl.com/MCAddEvent>**

SNAP-ED

TAMME LACKEY
SNAP-ED EDUCATOR
MCIPHERSON COUNTY

What We Do:

The Kansas Extension Nutrition Program has trained nutrition educators who deliver hand-on learning experiences for youth, adults and older adults about saving money at the grocery store, fixing quick and healthy recipes and simple ways to be more active. The Extension Nutrition Program helps communities implement strategies that improve community health and well-being.

Our Mission:

The Extension Nutrition Program supports SNAP eligible and low-income Kansans in leading healthy lives. We provide accessible nutrition and physical activity education, helping individuals overcome barriers to well-being. By partnering with local and statewide organizations, we work to strengthen communities by making healthy choices easier and more attainable for everyone. Our efforts go beyond food security to help prevent chronic diseases, fostering a healthier future for all. Together, we are building stronger, healthier Kansans—one choice at a time.

Learn more at: <https://www.mcpherson.k-state.edu/health-nutrition/>



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T.A.C.O.L

May 13, 2025

6:30 PM

Covenant Church

102 S. Washington, Lindsborg

T.A.C.O.L.

The Associated Churches of Lindsborg

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Keep Your EBT Card and Benefits Safe and Secure!

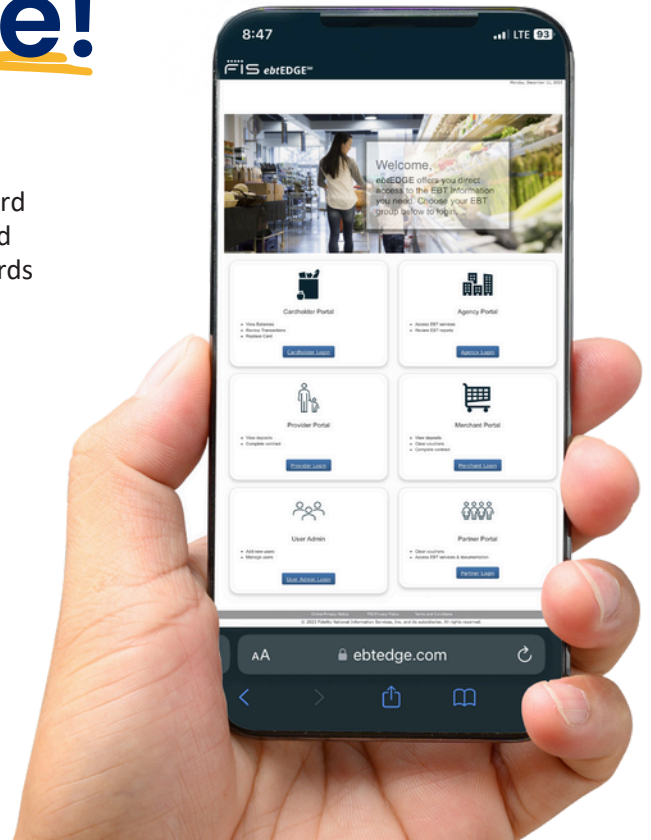


Stay Aware!

Card skimming can happen anywhere you swipe your EBT card, credit or debit cards. Thieves illegally place skimming devices on retailers' card readers. When a card is swiped, the card number and PIN are collected by the thieves. This card information can then be used to clone the cards and make online purchases – often from out of state.

Phishing scams involve fake emails, phone calls and text messages that appear to be from a trusted source, like DCF. Thieves then trick cardholders into providing confidential card information.

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Help protect your Food Assistance (SNAP), SUN Bucks, TANF Cash Assistance and Child Care Assistance benefits by using the free ebtEDGE mobile app or ebtedge.com. Connect your EBT card to the app or website by accessing the cardholder portal and clicking Add Account. Then click on the Kansas Benefits Card icon on the home dashboard to:

- Regularly monitor your account.
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- Click *Protect My Account* to block all out-of-state and online purchases.
- Click *PIN Select* to regularly change your PIN.



The ebtEDGE mobile app is available to download in the Apple App Store (iOS) and Google Play (Android).

If you believe your benefits have been stolen, request a new card by calling ebtEDGE Customer Service at 1.800.997.6666, going to ebtedge.com or by using the ebtEDGE app.



AGRICULTURE & NATURAL RESOURCES

SHAD MARSTON
COUNTY EXTENSION AGENT
AGRICULTURE AND NATURAL RESOURCES



Spring is here and with that, hopefully we will get some much needed moisture. The winter snow has been very beneficial to the existing wheat crop, along with all the other agriculture areas. Between now and the next couple of weeks, each wheat farmer will need to be out scouting and analyzing their fields to see what effects this moisture has done to this year's wheat crop. Before long, farmers will be in the fields getting their fields ready for spring planting. Important decisions will have to be made by all farmers on the successfulness of their next crops. Most cattlemen are more than half way finished with calving and are looking forward to the warmer, longer days that spring brings. With this comes fence fixing, burning of pastures, bull selection and getting livestock ready to go to grass. Many farmers and ranchers have added duties to perform at this time of year and are expected to get more work done in the coming month. Short cuts can be taken, but sometimes easier steps turn into disaster and failure. Make sure all tasks are completed and done in a safe way. Sometimes that means reading of the label or following each step by step procedure to be successful. Slowing down during the fast pace spring season will keep tasks on the right track. It could be as simple as stopping and looking both ways at a stop sign. Stay safe and always remember think before you do.

-Shad

Cow/Calf News:

Make a Plan, before the May Comes Around by Shad Marston

For our local cattlemen, April is a crucial time for both cattle and pasture management. A lot needs to be done before turning cows and calves out on summer pastures. Cattle producers should plan now to complete each project before turning out on grass. Key spring projects include:

Cattle Management:

- **Calving Season Care** – If calving is still ongoing, monitor cows and calves for health issues, ensure adequate colostrum intake, and provide proper nutrition.
- **Processing Calves** – If calves are a few weeks old, plan for vaccinations, tagging, castration, and dehorning as needed.
- **Breeding Season Prep** – For spring breeding, assess bull fertility, body condition scores (BCS), and vaccination status.

Herd Health & Nutrition:

- **Deworming** – Spring deworming for internal parasites, especially in young calves and replacement heifers.
- **Mineral Supplementation** – Ensure cattle have access to adequate minerals, particularly magnesium to prevent grass tetany.

Pasture & Grazing Management:

- **Prescribed Burning** – Conduct burns to control cedars, Old World Bluestem, and other invasive species while stimulating native grass growth.
- **Weed and Brush Control** – Target early-emerging weeds like musk thistle and manage brush before it spreads.
- **Stocking Rate Planning** – Adjust stocking rates based on pasture conditions to prevent overgrazing.

Equipment & Infrastructure:

- **Fence & Water System Checks** – Repair any winter damage to fencing, ponds, water tanks, and pipelines.
- **Pasture Rotation Setup** – Plan grazing rotations to optimize forage use and regrowth.

April is all about setting up for a productive grazing season while ensuring calves and cows stay healthy. Let me know if you need more details on any of these subjects.



Considerations for early fungicide applications on wheat in 2025 by K-State Research and Extension

Wheat is greening up across Kansas and producers are preparing to topdress nitrogen or apply herbicides. We commonly receive questions about the value of including a fungicide in the mix with those applications. This can be an economical option, but there are a few things to remember.

Research at K-State and in other regions continues to demonstrate that fungicides applied between flag leaf emergence and heading growth stages provide the largest level of yield protection against foliar diseases. The yield response to this later fungicide application is influenced by the level of disease risk (amount of disease and predicted weather conditions), variety resistance to the most threatening fungal diseases, crop yield potential, foliar fungicide efficacy, and other factors.

Fungicides can also be applied as an early application made between “spring green-up” and jointing. This application may provide some yield benefits in some fields and years but often doesn’t achieve the same level of yield protection as post-flag leaf emergence applications. Early fungicide applications may result in a yield advantage due to a reduction in early disease establishment in the lower canopy. This may be particularly true for “leaf spot diseases” such as tan spot or Septoria leaf blotch that survive in wheat residue and can establish early in the year. Yield benefits are most likely in wheat fields planted back into wheat stubble and when weather conditions are wet enough to favor fungal disease development. There can also be some rust suppression with early applications, particularly when disease levels are high later in the season. The challenge is that it is difficult to know if rust disease will be a threat during these early growth stages.

If you decide to make an early application, it is important to factor that into the full-season fungicide program. Many active ingredients have use restrictions, where a limited amount of an active ingredient can be applied during a single season. It is important to ensure that early fungicides do not limit options for fungicide applications at flag leaf (which have the potential for higher yield protection in conducive disease years). Some fungicides have special “2ee” labels that allow for lower-rate applications early in the season for winter wheat. Double-checking labels when choosing a fungicide product is always a good idea.

Since the payoff for an early application is less certain than with later applications, it is perhaps best to consider using a low-cost fungicide for the early application and saving more expensive products, if desired, for the later application.

Producers considering the use of split applications must pay close attention to label restrictions. Every active ingredient in a fungicide has a maximum total amount that can be applied during the season.

Conclusions:

The main conclusions we can draw from recent studies in Kansas:

- In K-State studies, the greatest average profit has come from the flag leaf application of fungicides. Fungicides applied prior to or around jointing can provide some yield benefit when disease is present, but they do not provide as much protection as a flag leaf application.
- The likelihood of profit for an early-season fungicide application is greatest for susceptible varieties in continuous wheat systems with a high level of surface wheat residue.
- Fields with hot spots of tan spot, septoria leaf blotch, and stripe rust prior to flag leaf emergence are candidates for an early fungicide application, provided environmental conditions are conducive for further disease development and crop yield potential. These applications are often most effective when made around the jointing stages of growth.

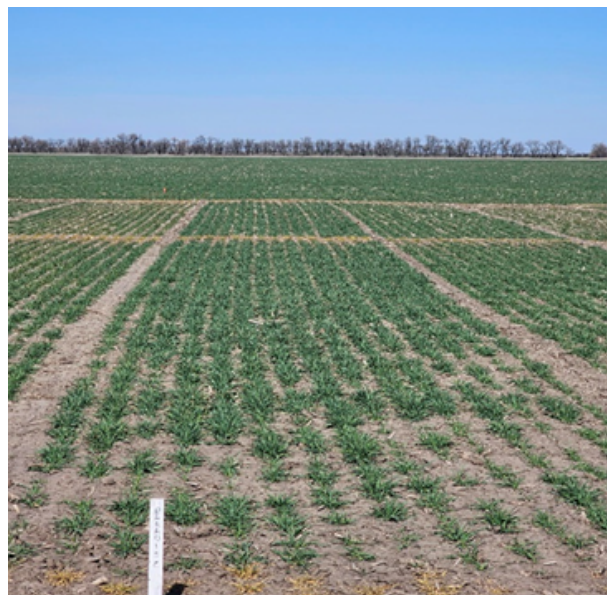


Photo taken at Galle Wheat plot by Shad Marston, Ag Agent

Optimal corn seeding rate recommendations
by K-State Research and Extension

When determining the optimal seeding rate for corn, it is important to remember the level of management, hybrid, and environment all interact with one another on the planted population. Producers may look back to their corn crop from the previous growing season or wait until the current growing season is nearly complete to evaluate whether the corn seeding rate they have used was adequate. Management factors often overlooked include planting date, nitrogen fertilization, row spacing, and crop rotation. All affect optimal planting rates differently.

Although specific hybrids can respond differently, the following guidelines may help decide if the selected corn seeding rates need to be adjusted.

1. **Few kernels per ear:** if more than 5% of the plants are barren or most ears have fewer than 250 kernels per ear, the corn seeding rate may be too high.
2. **Too many kernels per ear:** if there are consistently more than 600 kernels per ear or most plants have a second ear contributing significantly to grain yield, the corn seeding rate may be too low. The growing conditions can influence ear number and ear size, making it important to consider the growing conditions for that season when interpreting these plant responses.
3. **Tipping back:** don't be too concerned if a half-inch or so of the ear tip has no kernels. If kernels had formed to the tip of the ear, there may have been room in the field for more plants, which would have contributed to higher grain yield. Again, this "tipping back" will vary with the hybrid, management, and growing environment interaction.
4. **Irrigation:** If fertilizer or irrigation rates are significantly increased or decreased, optimal corn seeding rates may need to be adjusted. For example, research at the Irrigation Experiment Field near Scandia (North Central KS) has shown that corn seeding rates also have to be increased to attain the maximum yield benefit if fertilizer rates are increased.
5. **Nutrient status:** in addition to the growing conditions, nutrient status can also influence the final number of grains per ear. For example, severe nitrogen (N) deficiency will greatly impact the final number of grains, ear size, and ear number.

Keep in mind that the potential ear size and the potential number of kernels (1,000-1,200 per ear) are set before silking (R1), but the actual final number of kernels is not determined until after pollination and early grain fill (R2-R3) due to relative success of fertilization and degree of early kernel abortion.

Always keep long-term weather conditions in mind. In a drought year, almost any corn seeding rate is too high for the available moisture in some areas. Although it's not a good idea to make significant changes to seeding rates based only on recent events, it is worthwhile considering how much moisture is currently in the soil profile and the long-term forecasts for the upcoming growing season.

For this growing season, if you think weather conditions will be more favorable for corn this year than in past years, stay about in the middle to the upper part of the range of seeding rates in the table below. If not, and you expect dry subsoils, you might want to consider going towards the lower end of the range of recommended seeding rates, with the warning that if growing conditions improve, you will have limited your top-end yield potential.

The recommended corn seeding rate and final plant population in the following tables attempt to factor in these types of questions for the typical corn growing environments found in Kansas. Adjust within the recommended ranges depending on the specific conditions you expect to face and the hybrid you plan to use. Consult your seed dealer to determine if seeding rates for specific hybrids should be at the lower or upper end of the recommended ranges for a given environment.

Region	Seeding Rate	Target Plant Population
North Central	24,000 - 26,000	20,000 - 23,000
South Central	21,000 - 26,000	18,000 - 22,000

Table 1. Suggested dryland corn seeding rates and target plant populations for two cropping regions in Kansas.



Table 2. Suggested irrigated corn final populations and seeding rates.

Environment	Hybrid Maturity	Final Plant Population (plants per acre)	Seeding Rate* (seeds per acre)
Full irrigation	Full-Season	28,000 - 34,000	33,000 - 40,000
	Shorter-season	30,000 - 36,000	35,000 - 42,500
Limited irrigation	All	24,000 - 28,000	28,000 - 33,000

* Assumes high germination and that 85 percent of seeds produce plants. Seeding rates can be reduced if field germination is expected to be more than 85%.

K-State research on corn seeding rates

An intensive review of a large database from Corteva Agriscience (2000-2014 period) was utilized to synthesize yield response to plant population under varying yield environments (<100 bu/acre to >200 bu/acre). Overall, yield response to plant population depended on the final yield environment. In yield environments below 100 bu/acre, yield response to plant population was slightly negative. Yield response to plant population tended to be flat when the yield environment ranged from 100 to 150 bu/acre, positive and quadratic with the yield environment improving from 150 to 180 bu/acre, and lastly, increasing almost linearly with increasing plant populations when the yield environment was more than 200 bu/acre.

Weed of the Month:

Marestail in soybeans: Strategies for the best control

Controlling marestail in soybeans can be a challenge for Kansas no-till producers. Application timing and weed size are critical factors for successfully controlling this weed germinating in the fall or early spring. Research has shown that up to 80% of marestail can die over the winter as a result of cold temperatures and/or lack of adequate moisture. In addition, a well-established cover crop in the fall can reduce marestail establishment and survival. However, marestail that does survive is often robust and can be difficult to control with herbicides, especially later in the spring. Herbicide options are also limited by widespread resistance to glyphosate and/or ALS-inhibiting (group 2) herbicides in marestail.



Figure 1. Glyphosate-resistant marestail in soybeans. Photo by Dallas Peterson, K-State Research and Extension.

Early spring options

In the early spring, using a Group 4 (growth regulator) herbicide such as 2,4-D and/or dicamba is an inexpensive and effective option to control rosette marestail (Figure 2, left). Dicamba provides better marestail control than 2,4-D and will also provide some residual control, especially at higher use rates. Haluxifen (Elevore) is a newer group 4 herbicide that can provide similar marestail control to dicamba. Making these applications in March generally allows adequate time ahead of planting soybeans to meet required pre-plant intervals, but more importantly, spraying weeds before they bolt (Figure 2, right) will result in greater control. In general, marestail in Kansas will bolt in April, so now is the time for these applications.

Using herbicides with a longer residual helps control weeds that germinate between early spring applications and soybean planting. Products that include chlorimuron (Classic, Canopy), cloransulam (FirstRate), flumioxazin (Valor, others), saflufenacil (Sharpen, Optill, Verdict), or metribuzin, can help provide residual control against several broadleaf species, including marestail. However, it is very important to consult and follow the herbicide label guidelines for the required pre-plant intervals prior to planting soybeans, as well as the proper rate for your soil. Also, keep in mind that resistance may reduce the effectiveness of ALS-inhibiting herbicides such as chlorimuron and cloransulam.



Figure 2. Marestail in the rosette growth stage (left photo) versus bolted (right photo). Photos by Sarah Lancaster, K-State Research and Extension.

Pre-plant options:

As soybean planting nears, existing marestail plants can become difficult to control because plants will have bolted and be considerably larger. Herbicides to apply as a burndown prior to planting include tank mixes of glyphosate with 2,4-D and the residual products listed above.

Be very careful to follow label directions regarding plant-back restriction when applying 2,4-D ahead of soybean varieties that are not resistant to 2,4-D choline. Enlist soybean varieties have no plant-back restriction for Enlist One or Enlist Duo. However, non-resistant varieties have plant-back restrictions that range from 0 to 30 days depending on the herbicide rate and formulation, as well as soybean variety, precipitation, and geography.

One additional herbicide to consider as a rescue burndown application to control bolting marestail prior to soybean planting is glufosinate (Liberty and others). Although, it would be better to control marestail at an earlier stage of growth, glufosinate has been one of the most effective herbicides to control bolting marestail. Glufosinate is a non-selective herbicide that has activity on other broadleaf and grass species. Glufosinate is a contact herbicide, so a spray volume of 15 gallons per acre or greater generally provides the most consistent weed control. Glufosinate tends to work best under higher humidity and warm, sunny conditions at application.

Post-emergence options:

Controlling marestail in the growing soybean crop can be the biggest challenge for producers, especially in soybeans that are not resistant to 2,4-D. Enlist One or Enlist Duo will be effective control options in Enlist E3 soybeans. One final post-emergence option to consider is glufosinate. Glufosinate resistance is in Liberty Link and Enlist E3 varieties.

Sarah Lancaster, Weed Management Specialist

slancaster@ksu.edu

Garden News:

As April approaches in McPherson County, it's an opportune time to focus on various gardening activities to ensure a productive and vibrant landscape. Here are some key tasks to consider:

Vegetable and Fruit Gardening:

- **Early April Planting:** Sow cool-season crops such as carrots, onions, beets, and other salad greens.
- **Transplanting:** Move broccoli, cauliflower, and cabbage seedlings into the garden.
- **Asparagus Harvest:** Continue harvesting asparagus until the spear size diminishes.
- **Fruit Trees:** Initiate a spray schedule as new growth appears, and complete any remaining pruning.
- **Late April Planting:** Plant beans, corn, and vine crops as the soil warms.

Lawn Care:

- **Thatch Management:** Address thatch buildup by dethatching or aerating to promote healthy grass growth.
- **Watering:** Ensure consistent moisture through rainfall or irrigation to maintain lawn vigor.
- **Fertilization:** Apply a balanced, slow-release fertilizer to nourish the lawn and suppress weed growth.
- **Mowing:** Maintain a mowing height of 3 to 3.5 inches, mowing frequently to encourage dense turf.

Perennial Care:

- **Mulching:** After watering, refresh or add new mulch around perennials, shrubs, and trees to moderate soil temperatures, reduce weed pressure, and retain soil moisture. Apply a 3-inch layer, extending as far out from the plant as practical, but avoid piling mulch against the trunk or stems.

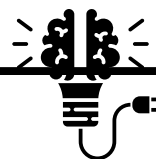
Learning Opportunities:

Master Gardener Educational Programs:

- **April 23:** MMG&F Monthly meeting, 6:30 p.m.; Program is Drew Ricketts, Extension Wildlife Specialist, 7 p.m.
- **April 26:** Plant Swap, Open to the public, bring your extra plants, gardening tools and questions. To be held in Blue Round-top/Chief's Building.

By dedicating time to these tasks and attending our local educational events, you'll set the stage for a successful and enjoyable gardening season, which is right around the corner.

-Shad



4-H YOUTH DEVELOPMENT

April 2025

- April 1-4-H Scholarship Forms DUE
 - April 3-4-H Council
 - April 16- Fairboard @ 7:00 PM
 - April 24-YQCA In-Person Training
 - April 24 & 25-Sheep, Goats & Swine Tagging & Weigh-In
 - May 1-Livestock ID's DUE, including Bucket Calves
 - May 1-State Nominations for Market Steers DUE
 - Add/Drop Enrollment Date
 - June 15- State Nominations for Commercial Heifer, Goat, Sheep, Swine DUE
- (ALL DATES ARE TENTATIVE & SUBJECT TO CHANGE, MORE DETAILS LATER)**

Get Published

Have project news or reports of fun 4-H happenings? Please email Lhelm@ksu.edu or bring in any articles to Lauralee at the Extension Office by April 24th to get them into the Newsletter.

"Country Roots and Cowboy Boots" McPherson County 4-H Fair

The McPherson County 4-H Fair will be held July 25-28, 2025. YOU have decided on the 4-H Fair theme... now it is time for you to create what will be the cover of the 2025 fair book. Covers can be anything from hand drawn to computer generated, so everybody can participate!



Rules for the contest include:

- Cover must be 5.5"x8.5" portrait orientation
- Include the theme, McPherson County 4-H Fair and dates.
- Designs can be hand drawn, computer generated or both, use your imagination!
- The cover may include color

This contest is open to all current McPherson County 4-H members. Two top entries will be selected and be awarded cash prizes of \$40 and \$20 for 1st and 2nd. Submit your cover by May 1 to the Extension Office. You may email, mail or bring the entry by the office.

McPherson County Fair in Canton July 16-29, 2025

Livestock Information

- **Sheep/ Meat Goats** -Weigh-In and Tagging will take place in the Fairgrounds Block Building on April 24 – 8:00-6:00 and April 25 – 8:00-5:00. Please make arrangements to have all your market animals there that day to be tagged!
- **Swine** - Swine Tagging will take place on the fairgrounds on April 24 – 8:00-6:00 and April 25 – 8:00-5:00. This will be the same time as Sheep/ Meat Goat for ease of people bringing multiple species. If you need a different time, please call and talk with Shad.
- **Horse** – Horse IDs must be signed by May 1! All horses you might use in the project must have 4 -H ID papers signed by May 1 . In order to show at the State Fair, you must qualify at a District Show. You may attend one additional show besides the SC Show.

Youth Livestock Quality Assurance – REQUIRED

Youth for the Quality Care of Animals (YQCA) is a 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. (7 year olds will complete as a county requirement) This training will be required yearly for all Beef, Sheep, Swine and Goat exhibitors prior to the 4 -H Fair. We will offer some in person trainings as well as an option to complete online. This is also required for state shows.

An in person training will be held April 24 starting at 4:00 p.m. You can also do this online for a cost of \$12.00. Visit: YQCAprogram.org

Safe Tractor & Machinery Operation Training

This program is a collaboration with K-State Research and Extension Districts: Post Rock, Midway, Cottonwood, CKD, and River Valley.


The National Safe Tractor and Machinery Operation Program (NSTMOP) is designed for 14- and 15-year-olds seeking employment in production agriculture.

Core content areas include:

- Safety basics, Agricultural hazards, Tractors, Connecting and using implements, Materials handling, and more.


Students are certified after successfully passing a 50-question test at the training and doing both an operating skills test and a driving test administered by the employer.

2025 Course Dates, Locations, & Contact Info

April 5th – Ellsworth, KS Carrico Implement Craig Dinkel: cadinkel@ksu.edu or 785-472-4442	 Scan to register! SIGN UP: Visit https://bit.ly/tractorsafety2025 , scan QR code, or call an agent listed below!
April 26th – Beloit, KS Carrico Implement Blair Todd: blairt@ksu.edu or 785-738-3597	
May 10th – Washington, KS Bruna Implement Company Luke Byers: lbyers@ksu.edu or 785-632-5335	
May 22nd – Solomon, KS KanEquip, Inc. Justine Johns: jwh04@ksu.edu or 785-392-2147	

MANUAL COST: \$15 – Pick up at your local Extension Office

BRING: Your course manual and enrollment form. Pay and pick up your course manual at your local Extension Office. Please pick up your manual at least 5 days PRIOR to the course.



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Justine.Johns@ksu.edu two weeks prior to the start of the event at (785-892-2547). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Livestock ID's are due into the Office on MAY 1 . Horse ID's require a signature from an agent and must have photos. (You must bring in the original ID for a signature, not a copy). So make sure you get these filled out and turned into the office sooner rather than later. **Late ID's will not be accepted.** This includes beef, sheep, swine, dairy, horse, dairy goat, and meat goat.

Exceptions to this are rabbit and poultry. Poultry do not have an ID form rather they will go through testing prior to the fair and receive bands to put on. Rabbit ID's are due June 1.

All these forms are on the county website: www.mcpherson.ksu.edu

State Livestock Information Released

The information for state livestock nominations has been released. All market animals and commercial breeding females must be nominated to be eligible for the Kansas State Fair Grand Drive and/or KJLS. The process transitioned to an online system in 2022, so there are no longer paper forms for families to complete and mail.

Families will purchase DNA envelopes online in advance, submit their animal and exhibitor information online, and then mail their completed and signed DNA samples by the deadline. Extension Agents and FFA Advisors will approve nominations electronically. Exhibitors who nominated animals last year (in 2024) need to use their existing ShoWorks account. There is an option through ShoWorks to reset forgotten passwords.

The first steps for families are to locate their KSU Family Name and Nomination Number, complete their 2025 Declaration Form, and have kids renew their YQCA certification. Market Beef nominations will be due May 1, with Small Livestock and Commercial Heifer due by June 15. These are firm and final deadlines – no exceptions. The deadline to order DNA envelopes is 10 days prior to the deadline, which is April 20 for market beef and June 5 for all other species.

Information, the link to the online nomination system, and resources may be found under the “Nomination Information” tab on the youth livestock website. All families are encouraged to plan ahead, as well as use the Rookie Guide, species checklists, and other resources provided.



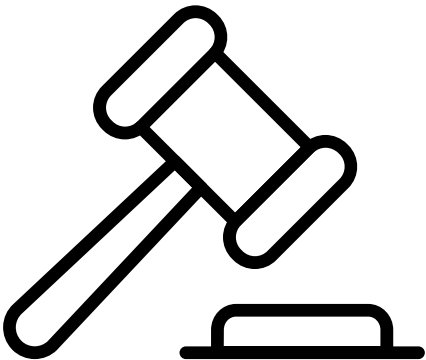
Enrollment Deadline Approaching

In order to participate at the 4-H Fair, all enrollments must be 100% complete by May 1. Visit v2.4honline.com to create a family profile and enroll each youth! Remember that you are able to access your enrollment information at any time online. If you would like to add a project for 2025 this must be done by May 1. At this time you are unable to drop projects in the system, we will let you know when this option becomes available. Please contact the office with any questions!

National Volunteer Week

National Volunteer Week is April 20-26, 2025. During this time we would like to thank each and every volunteer who makes the 4-H program and extra opportunities for youth possible in McPherson County! We would like to challenge each of you to pick at least one volunteer and call or write to thank them for the time and hard work they give to our 4-H program!

THANK YOU VOLUNTEERS!



4-H Council

The next meeting will be held April 3 at 7 PM. **If you are an Officer-** please make sure to complete your tasks, arrive 10 minutes early and be ready for the meeting. If you have questions on this please let the office know!



K-State Research & Extension
McPherson County
600 W. Woodside
McPherson, KS 67460

RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

Shad Marston
County Extension Agent
Agriculture & Natural Resources

smarston@ksu.edu

Radio Every Monday:

7:40 AM-96.7 FM KMPK

7:40 AM-98.9 FM KMCP

7:40 AM-95.5 FM KLBG

Ad Astra Radio Station

Chuck Laughlin
County Extension Agent
Family & Community Wellness

claughlin@ksu.edu