



Family & Community Wellness

CHUCK LAUGHLIN
COUNTY EXTENSION AGENT
FAMILY & COMMUNITY WELLNESS

TEACH & TASTE RECIPE SHOWDOWN:

BLACK BEAN BROWNIES VS APPLE PIE CHURROS

February 14, 2024
6:30 PM
McPherson County Extension Office
600 W. Woodside
McPherson, KS



Teach & Taste – Black Bean Brownies & Apple Pie Churro

Following a few weather delays, we kicked off the 2024 Teach & Taste series. Now join us on Valentine's Day for a double treat of Black Bean Brownies and Apple Pie Churro. RSVP now to join us at 6:30pm and February 14, 2024.

PLEASE RSVP TO ENSURE WE HAVE ENOUGH FOR EVERYONE.

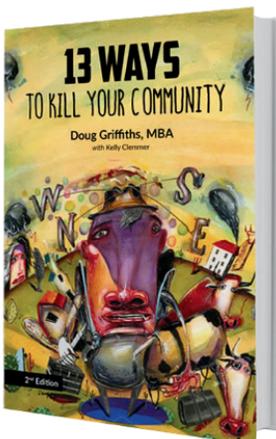
Use the link below to register and come join us and try out a new recipe.

<https://tinyurl.com/TandTFeb24>

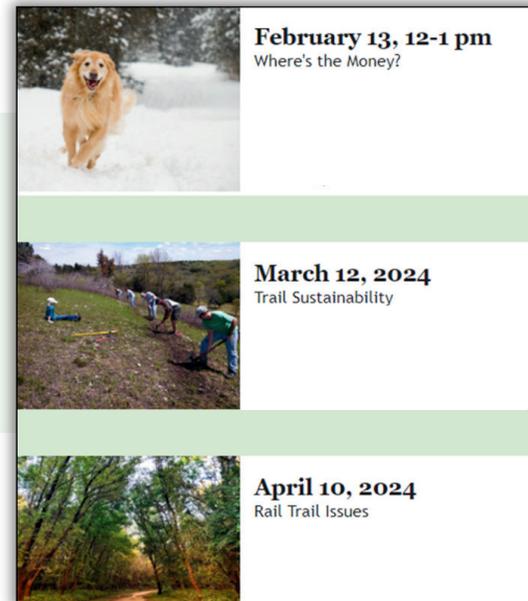
Trail Talk Tuesday

Join K-State Research and Extension on February 13, 2024 from 12:00-1:00 pm for a Trail Talk Tuesday webinar and then save the date for March & April.

Register now at <https://ksre-learn.com/trail-talk>



The new year will be bringing a pilot program for McPherson County to the city of Canton. We will be making available the book 13 Ways to Kill Your Community for a community-wide discussion titled Community Shelf Care. This pilot program will be done in partnership with the Canton Township Carnegie Library and will be evaluated for future rollouts.



Food Safety and Power Outages

Caught in a weather emergency?
Is your food safe?



Recent cold weather has created challenges for all of us. Power outages can lead to many problems. If you have canned foods, either home canned or commercially canned, in a storage location that froze, what can you do?

Check for broken seals or seams in metal cans or broken glass in home canned foods due to expansion of the food and liquid inside the container. If all are intact, they can be saved. Thaw gradually and store at room temperature.

For commercially canned foods, if seams are broken, that can lead to contamination and be unsafe to eat. Discard these cans.

For home canned foods, discard broken glass containers. If the lid became unsealed, and the jar thawed to room temperature, discard these too.

If a glass jar became unsealed but is still frozen, this can be safely used immediately or transferred to a new container and stored in the refrigerator or freezer.

During cold weather, wrap jars or cans in paper and cover with blankets to insulate them. Another option for vulnerable storage locations is to prop open pantry or cupboard doors to allow warm air inside.

For more information on food safety during power outages, see <https://www.ksre.k-state.edu/foodsafety/topics/disaster.html>

Source: <https://extension.oregonstate.edu/food/preservation/safety-canned-food-freezes>



2024 Calendars are available at the McPherson County Extension Office. Come by and pick up your copy and then join us for Teach and Taste the 2nd Wednesday of every month.



To schedule time with Chuck follow the link below or scan the QR code.
<https://calendly.com/claughlin-ksu/meeting-with-chuck>

Register to attend the Women's Health & Functional Medicine call on Wednesday, February 14, 2024 at 12:10pm.

LIVING WELL WEDNESDAY
K-State Research and Extension Webinar Series

Women's Health & Functional Medicine

Wednesday, Feb. 14th
12:10 - 1:00pm CST

Women often take care of everyone else but themselves. This leads to sleep deprivation, poor eating habits, gut issues, and increased stress which in turn can all cause a compromised immune system and other health issues. Frequently a woman's lifestyle may need modification as it relates to nutrition, physical activity, sleeping habits, and endocrine disruptors. We will look at common root causes of illness in women including the impact that trauma and ACE's may have on well-being.

Register online at bit.ly/47WAPoN or by scanning the QR Code

Joleen Zivnuska
APRN, MSN, Prairie Health & Wellness, Women's Health Nurse Practitioner

K-STATE
Research and Extension

Kansas State University
Agricultural Experiment Station
and Cooperative Extension Service
K-State Research and Extension is
an equal opportunity employer

County Connection E-News

To register to receive updates on upcoming events, calendar updates, webinars, senior and military discounts available, county resource phone numbers, as well as tips and tricks to make life easier.

County Connection Sign-Up

<http://eepurl.com/iicSFn>

4-H Youth Development

SHYANNE JONES
COUNTY EXTENSION AGENT
4-H YOUTH DEVELOPMENT

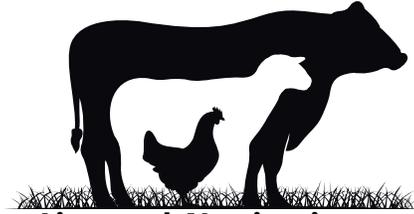
February 2024

Calendar of Events

- 2/1 4-H Council, 7 PM
- 2/1 4-H Ambassadors (after Council, 7:45ish)
- 2/12 Deadline for Junior Beef Producers Registration
- 2/15 Deadline for State 4-H Judging
- 2/16 Deadline for Junior Sheep Producers Registration
- 2/18-19 Citizenship in Action
- 2/28-29 Beef Nominations for 4-H Fair
- 2/29 Registration Deadline for YQCA Training

Get Published

Have project news or reports of fun 4-H happenings? Please email or bring in any articles to Lauralee at Lhelm@ksu.edu by February 23 to get them into the Clover Corner!



Livestock Nominations:

Beef Nominations will be February 28th and 29th, 8:30am-6:30pm. **ALL MARKET ANIMALS** must be tagged, weigh-in for rate of gain is optional. It is also recommended to weigh/tag any breeding animals as a backup option for the market class.

Please call or email Shyanne to arrange an estimated time.

Sheep/Meat Goat/Swine Nominations will be April 24th from 8:30am-6:30pm. **ALL MARKET ANIMALS** must be tagged, weigh-in for rate of gain is optional. It is also recommended to weigh/tag any breeding animals as a backup option for the market class. *Please call or email Shyanne to arrange an estimated time.*



ALL youth participants who bring beef, meat goats, dairy goats, dairy cattle, sheep, swine, poultry, or rabbits to the 4-H fair OR who plan to exhibit at the Kansas State Fair or Kansas Junior Livestock Show are required to complete Youth for the Quality Care of Animals training. There will be two instructor lead trainings offered with Shyanne. The first is Tuesday, March 12th from 2-4pm, the second is Wednesday, March 20th from 6-8pm.

You must register for these courses on the YQCA website:

<https://yqcaprogram.org/>

REGISTRATIONS ARE DUE FEBRUARY 29TH. IF YOU DO NOT REGISTER BY FEBRUARY 29TH, SHYANNE WILL NOT PURCHASE ENOUGH SNACKS, AND THAT WILL BE SAD (YOU ALSO WON'T BE ABLE TO GET A CERTIFICATE PROVING TO THE STATE THAT YOU COMPLETED THE COURSE.)

Instructor lead trainings cost \$3, which is due at time of registration on the YQCA website. You may also opt to complete a self-paced "Web Based Training" instead of instructor lead, which cost \$12, also due at time of registration on the YQCA website. You will then complete the module on your own time.

A helpful hint: When selecting the participant for the course, make sure to select the 4-H MEMBER, not "Self". This ensure that the certificate has the 4-H members name on it, not the guardians' name.

The following are helpful documents for registering:

Instructor-Lead:

https://yqcaprogram.org/local/pdf/YQCA_HelpDoc_GettingILTCertification_2023.pdf

Web Based:

https://yqcaprogram.org/local/pdf/YQCA_HelpDoc_GettingWBTCertification_2023.pdf

Local Shooting Sports Qualifiers

Please view the following dates of State Match qualifiers for shooting sports. Individuals wishing to participate are responsible for understanding the rules and regulations for entry, equipment, and qualifying. These rules can be found on the state 4-H website: <https://www.kansas4-h.org/events-activities/conferences-events/shooting-sports/local-qualifiers.html>.

Horse Judging

The State 4-H Horse Judging Contest will be hosted on Thursday, March 14th in Salina during Equifest of Kansas. If you would like to represent MP County as a judge, please let Shyanne know by Feb. 15th!



Local Extension	Reg Due Date	Match Date	Discipline
Johnson	02/10/24	02/17/24	BB
Johnson	02/10/24	02/18/24	AP/AR
Sedgwick	02/13/24	02/24/24	AP/AR/BB
GPD - Logan	02/14/24	02/24/24	AP/AR/BB
Pawnee	03/08/24	03/16/24	AP/AR/BB
Riley/Pottawatomie	03/03/24	03/16/24	AP/AR
Riley/Pottawatomie	03/03/24	03/17/24	BB

K-State Junior Beef Producer Day

Date – Saturday, March 2, 2024

Cost – \$20/person by February 12 (\$25/person after February 12)

***Registration must be RECEIVED by February 12 to receive a t-shirt.**

****Both youth and adults attending need to register.**

*****No refunds.**

Online Registration - <https://commerce.cashnet.com/KSUASIND>

K-State Junior Sheep Producer Day

Date – Saturday, March 16, 2024

Registration Deadline – February 26

Cost – \$20/person by February 26 (\$25/person after February 26)

***Registration must be RECEIVED by February 26 to receive a t-shirt.**

****Both youth and adults attending need to register.**

*****No refunds.**

Online Registration - <https://commerce.cashnet.com/KSUASIND>

ROCK SPRINGS RANCH

4-H Camp Opportunities

Every year, thousands of kids come to 4-H Camp at Rock Springs Ranch. They unplug, explore, play and learn the kinds of lessons that can last a lifetime. Campers grow socially, emotionally, physically and cognitively. Many make friends for life. It's also just plain FUN!

The values of 4-H are at the core of Rock Springs Ranch and they guide all of our programming. We believe the lessons learned here can create a foundation for success that will last far beyond their visit. But you don't have to be a 4-H member to come to camp at Rock Springs! Everyone is welcome, regardless of 4-H membership!

Visit Rock Springs Ranch if you'd like to learn more about sessions, dates, rates and the 4-H Camp experience!



Geology Members:

Mark your calendars for a field trip on April 13th, and keep an eye out for more information!



AGRICULTURE & NATURAL RESOURCES

SHAD MARSTON
COUNTY EXTENSION AGENT
AGRICULTURE AND NATURAL RESOURCES

Two Exciting Programs from KSRE

From a person that has lived in this community for a large part of my life, It's easy to have ties and thoughts about subjects that have a great impact in our rural community. All phases of agriculture fit into that category with me here at K-State Research and Extension. The future of Ag is strong and it is my passion to see that agriculture holds true to the backbone of our small community. With that said, the education of agriculture to youth, along with adults are right up my alley. We, as a community, need to learn as much as we can about our industry, to continue to be a leading factor in not only McPherson County, but our state and nation.

Do you ever think big city families along with children of all backgrounds wonder where their food comes from?

Started in 2010, McPherson County's Ag in the Classroom (AIC) is a proven program in teaching children about agriculture. Ag in the Classroom allows 3rd and 4th grade students to develop an understanding of our area agriculture and how it impacts their daily lives.

The AIC program reaches approximately 350 McPherson County students from all public and private school systems here in McPherson County. AIC is designed to rotate through the McPherson County schools every year. Beginning after each new year and continuing through April, a local instructor guides students to learn about the crops grown in Kansas as well as swine and dairy production. The dairy unit is one of the students' personal favorites in that AIC collaborates with Southwest Dairy Mobile Lab to visit McPherson County schools. Students learn the complete process of dairy farming; including growing the proper food so that the cow produces nutritious milk. Structured for class learning, this includes a dairy cow within their mobile unit so that students can see the milking process in person. Appropriately, students are served flavored milk from Hildebrand Dairy of Junction City, after the class. Other crop programs that are represented are wheat, corn, soybeans, milo and sunflowers. Students learn all about our crops farmers grow right here in McPherson County and how families might use them in their everyday lives. From food on our tables, to fuel for our vehicles and crayons in the classroom, Agriculture is everywhere.

Another one of the highlight programs of the year is our Cow Calf School. Plan now to attend our annual Cow Calf School Thursday, February 22 at the McPherson County 4-H Building starting at 6:00 pm. We will start the night off with a \$15 KC Strip Steak meal, with the steaks coming from Joe Allen of Canton Lockers and cooked by our good friends at Mid Kansas Coop. After the meal, we will have Dr. Twig Marston, Field Beef Cattle Nutritionist and local graduate of Canton/Galva High, covering the "Development of Replacement Heifers for the Long Run". Our Keynote speaker will be Dr. Jason Apple, Department Head of Texas A&M Kingsville; a meat professor talking about the relationship of the cow calf producer to the meat industry. This McPherson County Cow/Calf school has had a long tradition as being one of the top KSRE programs in the state. We have over 20 local sponsors that help promote the school and many are from our local community.

One can register by contacting the Extension office at **620.241.1523** or emailing **tregehr@ksu.edu** or visiting **<https://tinyurl.com/KSRECOWCALF24>**

Both of these programs can have a big impact on a small rural community. Learning to improve the marketing of ag products, being more efficient in raising crops and livestock while continuing to be great stewards of the land with water and soil conservation practices used, one can only imagine what the future will bring. Look for more programs to follow in the areas of livestock, farming, gardening and so much more from KSRE.

-Shad

K-State Research and Extension Annual Cow-Calf School

Thursday, February 22, 2024
4-H Building
710 W. Woodside
McPherson, KS 67460



Register by contacting our office at 620-241-1523, e-mailing **tregehr@ksu.edu** OR visit **<https://tinyurl.com/KSRECOWCALF24>**

Program:

6:00 PM

Steak Dinner \$15.00

6:30 PM

Dr. Twig Marston, Field Beef Nutritionist
"Development Of Replacing Heifers For The Long Run"

Keynote Speaker:

Dr. Jason Apple, Department Chair Texas A & M,
Kingsville, Professor, Meat Science





Master Gardeners News

Last month, our Master Gardeners and friends group hosted their first educational program of the year. These educational programs are open to all horticultural enthusiasts in our community. Each month, on the 4th Thursday starting at 7:00 pm held at the McPherson County Extension Office we have invited Horticulture specialists to come in and present an educational program covering topics that are important to our area.

Our next program will be Thursday, February 22nd. Pam Paulsen, Horticulture Specialists from Reno County, will be covering, "Myths and Misconceptions about Gardening."

In March, our very own Kody Kramer, McPherson, of Kansas Forestry will guide us through Fruit Tree Planting and Care.

And lastly, Karen Blakeslee, M.S. Extension Associate Rapid Response Center Coordinator Kansas State University Research & Extension, Department of Animal Sciences & Industry will give a presentation on April 25 on "Storing and Preserving Produce."

Plan now to come to our February 22 Master Gardener and Friends educational program to learn something new.

2024 Women Managing the Farm Conference

OUR 20TH ANNIVERSARY!

February 14th-16th, 2024

Featuring Keynote Speakers:

Mark Mayfield, The Corporate Comedian

Matt Roberts, Terrain

Kim Bremmer, Ag Inspirations

As well as MANY action-packed breakout sessions and a celebration Thursday night!

The full agenda at:

womenmanagingthefarm.com



February provides opportunity to start vegetables, flowers indoors

by Shad Marston

In the case of foggy days and with no sunshine, cabin fever has local gardeners longing for warmer days and here is some good news. February marks an early opportunity to get some vegetables and flowers started. Try something new by planning and starting vegetables and flower transplants from seed right in your home.

Some recommendations include:

- Purchase recommended, quality seed. The varieties recommended for Kansas are available in a publication from K-State Research and Extension called the Kansas Garden Guide. Also, talk to your neighbors, friends and your local garden center about what has worked well for them.
- Obtain your seeds from a reputable source. These may include garden centers and seed catalogs. Remember, most seed remains
- Determine the date to seed. You should know the target date for transplanting outside and the number of weeks needed to grow the transplant indoors.
- Sowing seed. Do not use garden soil to germinate seed. It is too heavy and may contain disease organisms. Use a media made especially for seed germination.

Additional tips include keeping seed moist and growing the seeds in appropriate lighting and temperature conditions. Plants react to movement so, brushing over the plants with your hand stimulates them to become more stocky and less leggy. Try 20 brushing strokes per day. However, brushing will not compensate for a lack of light or over-crowding. Move plants outdoors prior to transplanting so that they will become hardened to the sun and wind. Start about two weeks before transplanting and gradually expose the plants to outside conditions, by increase the number of hours each week.

“Safe Work Practices for Working in the Cold”

by **Shad Marston**



This winter, we have had some of the coldest temperatures on record and we still have the month of February to go. That means extreme weather conditions that can be challenging for agricultural workers who work in the elements. In the past couple of weeks, just completing the normal chores took all day to finish. Although there are no specific standards or regulations regarding what employers must provide to employees that are required to work in winter conditions. Employers do have an obligation to provide workers with employment and a work place that are free from recognized hazards (Section 5a 1 OSHA, 1970). Thus, employers have an obligation to train employees and ensure that they are aware of the risks of cold stress and safe work practices for working in the cold. The U. S. Department of labor, OSHA website offers the following suggestions for preventing cold stress <https://www.osha.gov/emergency-preparedness/guides/cold-stress>

Safe work practices to prevent cold stress:

- If possible, schedule heavy work during the warmer part of the day.
- Assign workers to tasks in pairs (buddy system), so that they can monitor each other for signs of cold stress.
- Put on layers of clothing and have appropriate head, hand and foot apparel.
- Workers can be allowed to interrupt their work, if they are extremely uncomfortable. Employers should give workers frequent breaks in warm areas.
- Account for chores and tasks to take longer when experiencing extreme temperatures.

FARM AND RANCH TRANSITION CONFERENCES

WHAT



Join Kansas State University Department of Agricultural Economics' Office of Farm and Ranch Transition and K-State Research & Extension for a conference to help prepare for the transition to the next generation. This conference is for any farm family in any stage of planning for a transition.

WHO

Featuring Keynote Speaker

SHANNON FERRELL

Oklahoma State University professor and agricultural law specialist

And a full day of other informational sessions!



WHEN & WHERE

CONFERENCE DATES & LOCATIONS

March 6, 2024 → Garden City, KS
March 7, 2024 → Great Bend, KS
March 8, 2024 → Manhattan, KS



REGISTER at agmanager.info/events



KANSAS STATE
Agricultural Economics

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Robin Reid, (785) 532-0964 or Director of Affirmative Action, Kansas State University, (TTY) 785.532.4807. K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating. J. Ernie Minton, Director.



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RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

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8:40 AM-98.9 KMCP
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