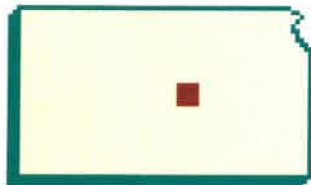


McPherson County



K-State Research & Extension
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JULY - AUGUST 2022



FCW NEWS

Chuck Laughlin
County Extension Agent
Family & Community Wellness



I wanted to introduce myself as the new K-State Research and Extension Agent for Family and Community Wellness in McPherson County. I grew up in McPherson County, attending Canton-Galva High School and Kansas State University. Post-graduation took me to Dallas, Texas where I served as the Director of Information Technology for Medical City Dallas Hospital before moving into the non-profit world as Executive Director of a Public Improvement District focused on crime prevention, beautification, and community engagement. I am excited to embark on this new adventure with Extension Services and invite everyone to stop by the McPherson County Extension Office and say "Hi". If you have events or meetings coming up in your city that you would like me to attend to meet and greet, please let me know and I will see if I can get it on the calendar. I look forward to hearing your ideas on what programs and services you would like to see as we expand the program serving Families and Community Wellness in McPherson County.

Can I Freeze Eggs?

If you have more eggs than you can use within a few weeks of buying them, you can break them out of their shells and freeze them. Freeze only clean, fresh eggs.

WHITES

Break and separate the eggs, one at a time, making sure that no yolk gets in the whites. Pour the whites into freezer containers, seal tightly, label with the number of egg whites and the date, and freeze. For faster thawing and easier measuring, first freeze each white in a standard ice cube tray. Then transfer to a freezer container.

YOLKS

The gelation property of egg yolk causes it to thicken or gel when frozen, so you need to give yolks special treatment. If you freeze them as they are, egg yolks will eventually become so gelatinous that they will be almost impossible to use in a recipe. To help retard this gelation, beat in either 1/8 teaspoon salt or 1 1/2 teaspoons sugar or corn syrup per 1/4 cup of egg yolks (about 4 yolks). Label the container with the number of yolks, the date, and whether you've added salt (for main dishes) or sweetener (for baking or desserts). Freeze.

WHOLE EGGS

Beat just until blended, pour into freezer containers, seal tightly, label with the number of eggs and the date, and freeze.

HARD-BOILED EGGS

You can freeze hard-boiled egg yolks to use later for toppings or garnishes. Carefully place the yolks in a single layer in a saucepan and add enough water to come at least 1 inch above the yolks. Cover and quickly bring just to boiling. Remove the pan from the heat and let the yolks stand, covered, in the hot water about 12 minutes. Remove the yolks with a slotted spoon, drain them well and package them for freezing. It's best not to freeze hard-boiled whole eggs and hard-boiled whites because they become tough and watery when frozen.

TO USE FROZEN EGGS

According to the USDA Food Safety and Inspection Service (FSIS), you can freeze eggs for up to one year. When you're ready to use frozen eggs, thaw them overnight in the refrigerator or under running cold water. Use egg yolks or whole eggs as soon as they're thawed. Thawed egg whites will beat to better volume if you allow them to sit at room temperature for about 30 minutes. Use thawed frozen eggs only in dishes that are thoroughly cooked.

Source: United States Department of Agriculture Food Safety and Inspection Service. [Can I Freeze Egg Yolks?](#)

Food Safety

It is estimated that one in six Americans get sick from foodborne pathogens. As we sweat into the summer months see the following information on food safety tips as you head out for a picnic, to take food to family working in the field, going to a family reunion, or sharing food with neighbors. Below is information from the FDA site as of February 17, 2022.

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

- Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.
- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.



Give Mayo a Break

- Mayonnaise often gets a bad rap for being a food safety concern, but the popular dressing is high in acid and can fend for itself.
- Mayo is not the problem. It's what you mix into the mayo that is the problem. Cooked potatoes, hard boiled eggs... those are the ingredients that need refrigeration to reduce food safety risks.
- The mayonnaise is just going along for the ride. So, give mayonnaise a break. It's how you handle the rest of the food that really matters.



Follow Safe Grilling Tips

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your grilled food reaches the table safely.

- ◆ Marinate safely. Marinate foods in the refrigerator — never on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.
- ◆ Cook immediately after "partial cooking." Partial cooking before grilling is only safe when the partially cooked food can go on the hot grill immediately, for example at a home with a grill on the patio or deck.
- ◆ Cook food thoroughly. When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. (See Safe Food Temperature Chart)

Category	Food	Temperature (F)
Ground Meat & Meat Mixtures	Beef, Pork, Veal & Lamb	160
	Turkey and Chicken	165
Fresh Beef, Veal & Lamb	Steaks, Roasts & Chops	145
Poultry (Chicken, Turkey, Duck & Goose)	Whole Poultry, Breasts, Thighs & Legs	165
Pork & Ham	Fresh Pork & Ham	145
	Precooked ham (to reheat)	140
Eggs	Eggs any style	Cook until whites and yolk are firm
Egg Dishes	Dishes containing eggs	160
Leftovers	Any leftovers	165
Casseroles	Any casseroles	165
Seafood	Fin Fish	145 or until flesh is opaque and flakes with a fork
	Shrimp, Lobster & Crab	Cook until flesh is pearly and opaque
	Clams, Oysters & Mussels	Cook until shells open during cooking
	Scallops	Cook until flesh is milky white or opaque and firm

*As a general rule, let your food rest for 3 minutes after it is removed from the heat in order to continue to kill dangerous germs.

- ◆ Don't reuse platters or utensils. Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.
- ◆ Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- ◆ If planning an event, consider buying meat 2-3 days before cooking it. Otherwise, you need to freeze it.
- ◆ Frozen meat is best thawed in the refrigerator, not on a countertop. Plan ahead for thawing. The amount of thawing time you'll need depends on the size of your meat product. Steaks can typically be thawed in a refrigerator in 24 hours. A brisket might take 3-4 days.
- ◆ Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- ◆ Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.

Keep Cold Foods Cold and Hot Foods Hot

Cold Food

Cold perishable food should be kept in the cooler at 40 °F or below until serving time.

- * Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 °F. If it does — discard it.
- * Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Hot Food

Hot food should be kept hot, at or above 140 °F.

- * Wrap it well and place it in an insulated container until serving.
- * Just as with cold food — these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90 °F. If food is left out longer, throw it away to be safe.



Ag News



Shad Marston
County Extension Agent
Agriculture and Natural Resources

Picnic At The 4-H Fair

This annual tradition to celebrate the agriculture community has been a special event for 52 years. The picnic is sponsored by members of the McPherson Chamber of Commerce and will be served from 5:30-6:30 pm on July 22 at the 4-H grounds, 600 W. Woodside. You won't want to miss the freshly grilled hamburgers from Krehbiel's Specialty Meats served with tasty baked beans from Knackies Meats and Sweets, along with juicy watermelon provided by PrairieLand Partners.

The Rural Appreciation Picnic is a way we can celebrate our Agriculture producers and families for their contributions to our way of life. This information from the Kansas Agriculture 2022 in partnership with the Kansas Department of Agriculture gives just a glimpse of the impact of agriculture. "Kansas agriculture continues to be a vital force in the state's economy, bringing in dollars and providing many jobs. As the top industry in Kansas, agriculture accounts for over 40% of the total economy, and according to the most recent statistics, there are 58,300 farms in the state, producing and raising top crops and livestock. The Sunflower State's top commodities include cattle and calves, wheat, corn, sorghum, and soybeans. The state's nickname comes from another important crop, as Kansas ranks fourth in the nation in sunflower production."

RSVP TO SMARSTON@KSU.EDU
OR TREGHR@KSU.EDU
OR CALL THE OFFICE AT 620-241-1523

By August 19th!

2022
"PRE-PLANT WHEAT SCHOOL"
 MONDAY, AUGUST 22ND
 FIRST UNITED METHODIST CHURCH
 1200 EAST KANSAS AVENUE, MCPHERSON KANSAS
 MEAL 6:30 PM
 PROGRAMS START AT 7:00 PM

Farmers Market Has Started

For our Farmer's Market shoppers here in McPherson, the McPherson County Farmer's Market is open to all. Tell all your neighbors and friends plus you can check us out on Face book at McPherson County Farmer's Market, to get all the details. The Farmer's Market runs every Saturday morning each week till the end of October, from 7:30 am till noon, right here on the MP Co. 4-H fairgrounds 710 W. Woodside here in McPherson. Come check out all the new vendors at this year's market that have local produce, baked goods, honey, pecans, handcrafted blankets, Environmental cleaners and so much more.



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Research and Extension

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Volunteer Training

SEPT. 1 - DEC. 15, 2022
 THURSDAYS 1 - 4 PM
 ONLINE VIA ZOOM
 COST: \$45.00

APPLY BY AUGUST 26th

Join us! Kansas Extension Volunteers share a passion for gardening, community education, and life-long learning.
 For more information, contact the McPherson County Extension office at 620-241-1523 or e-mail smarston@ksu.edu or tregehr@ksu.edu

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Our radio spots have changed

Tune in **Mondays** to Ad Astra Radio Stations
KMPK 96.7 FM at 7:40 AM
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 to hear the latest extension news!



Accelerated Aging Test on Seed for Emergence Vigor

Beyond the standard germination test, most professional seed testing labs offer an Accelerated Aging (AA) test that will test seed for anticipated emergence vigor.



Figure 1. Wheat seed should be tested for germination. Photo by Kansas Wheat.

This test is very capable of identifying weak seed lots where there are issues with Fusarium head scab; heating in the bin; or smaller, development-stressed seed.

Briefly, in an AA test the seed is subjected to a high temperature (106 degrees F) and high moisture stress for 72 hours before planting. This accelerates the aging process of the seed. The resulting seedlings are then counted the same as with a standard germination test. The weak seed in the population will be pushed beyond the capability of germinating into a normal seedling.

When to test: Because seed vigor will only decline over time, testing close to planting time will give the best prediction of field performance. However, if there are questions about whether there has been stress-related physiological damage to the seed, it might be best to have the AA test done shortly after harvest before investing in storage, cleaning and seed treatments.

What the results mean: Ideally the AA score should be relatively close to the standard germination score. This would mean the seed lot has the greatest capability of emerging under a wide array of field conditions. While high vigor seed will be more forgiving, it is noteworthy that much of the crop's ultimate success also depends on management practices, such as how the seed is planted, depth of planting, whether the soil gets crusted over by a hard rain before emergence, and other factors beyond seed quality. Even high vigor seed lots may not produce satisfactory stands if field conditions are extreme.

If the seed has an AA germination score considerably lower than the standard germination test, this indicates the seed has reduced vigor and is more at risk when planted. Reduced vigor seed lots may still be planted and are capable of producing adequate stands, however producers must pay extra attention to planting conditions, planting rates and will likely benefit from the protection of a fungicide seed treatment.

The real point is that knowing seed quality is critical and producers need not necessarily dump low vigor seed, nor is high vigor seed guaranteed to make a stand under any conditions. Management practices play a big role in how well the seed performs. Producers just have to pay extra attention to their management practices and have a little extra good luck on their side if they plant seed with low AA scores.

Hot Weather Safety Tips for Pets

We all love spending the long, sunny days of summer outdoors with our furry companions, but being overeager in hot weather can spell danger. Hot weather-related conditions like heat stroke and dehydration are more common as temperatures rise, so it's important to pay attention to the signs and use your judgment if it's safe for your pet to be outdoors. Here are a few hot weather safety tips for pets.

Keep them cool

When the weather is hot, make sure your pet has plenty of options to stay cool. Cats and dogs only sweat through their paws, so it's easy for them to overheat. Their primary method of cooling off is through their respiratory tract by panting (especially in dogs). Puppies and kittens have an even harder time self-regulating their temperature. Short-nosed (brachycephalic), overweight, and senior pets are just some of the groups that are at a higher risk of overheating and getting heat stroke.

If you're spending time outside, set up a resting place in a shaded area, encourage your pets to take breaks when they're playing, encourage them to rest in a raised bed that allows for air circulation underneath, or allow them to rest comfortably inside while you enjoy the sun.

You can also create frozen treats with a Kong or ice cube mold. It can be as simple as freezing water or broth (without onion or garlic) with yummy treats inside. This also aids in keeping your pet hydrated.

Keep them hydrated

Just like humans, cats and dogs can become dehydrated quickly in hot weather—and even a short amount of time outdoors can cause mild dehydration. Make sure to provide plenty of water around the house and bring water (and a bowl) with you if head outside. You can also boost hydration by feeding them canned food or adding water to dry kibble at each meal.

Watch out for signs that your pet is dehydrated, like:

- | | |
|------------------|--------------------|
| Less energy | Panting |
| Dry nose or gums | Loss of appetite |
| | Protect their paws |

Walking on hot pavement can cause your pet's paw pads to burn. If it hurts to touch the pavement with the back of your hand, it's too hot for your pet's paws. Try exercising your pet in the early morning or after the sun goes down to minimize the burn risk. If you need to be outside with your pet during the hottest parts of the day, consider investing in booties that will protect their paw pads from burns and blisters. Try to do as much of your walking on grass and dirt, as opposed to sidewalks and asphalt (which can get extremely hot!).

Keep the pests away

Spending time outside exposes your pet to more pests that can cause harm. Fleas and ticks thrive during warm temperatures, as do mosquitoes (which can carry and transmit heartworms to your dogs and cats). Make sure your pet is on a good, broad-spectrum parasite preventative medication. This includes indoor-only pets too, as parasites make their way inside through screens and even on the bottom of your shoes.



Control Options for Roughleaf Dogwood and Smooth Sumac

Two common brush species native to Kansas and widely spread across the state are roughleaf dogwood (*Cornus drummondii*) and smooth sumac (*Rhus glabra*).

Roughleaf dogwood is a shrub that can reach 15 feet in height. Flat-topped clusters of white flowers usually appear in late May to early June. The round white fruits appear in September to October. Roughleaf dogwood occurs in fencerows, edge of woods, along streams, and open prairies. It provides cover for wildlife and nesting birds.

Smooth sumac will grow to a height of 5-7 feet and produces an open milo-like head in early June. Leaves are odd-pinnately compound and turn to bright red in the fall. The round red fruits are produced by August to September. It grows on rocky soils in pastures and along fencerows. Some birds will eat the seed and the plants provide cover for birds and mammals.

These shrubs can produce clumps that will shade out and reduce forage production. Cattle generally do not browse on these species. Sheep and goats are more likely to utilize these woody plants.

Be on the lookout for roughleaf dogwood and smooth sumac and implement a control plan if needed.

Roughleaf dogwood control

Roughleaf dogwood is rarely grazed and invades grassland in the absence of prescribed burning. Pastures that are frequently burned usually do not have a roughleaf dogwood problem. A Konza Prairie study near Manhattan indicated that roughleaf dogwood increases dramatically on grazed or ungrazed watersheds with a burning frequency of 4 years, compared to annual burning. Once established, roughleaf dogwood is difficult to remove with fire alone as the plant usually leafs out after the burning season. Long-term late-spring burning may gradually reduce stands of roughleaf dogwood.

The optimum time to spray roughleaf dogwood is between the flower bud state and early seed production (Figure 1). A number of foliar-applied herbicides including triclopyr (Remedy Ultra), dicamba (Banvel), and picloram (Tordon 22K) used alone or in combination with 2,4-D will defoliate roughleaf dogwood, but actual mortality is usually less than 25%.

Roughleaf dogwood can be difficult to control. High-volume treatments providing greater than 50% mortality include 0.5-1% PastureGard HL (triclopyr + fluroxypyr), 1% Surmount (picloram + fluroxypyr), and 1% Grazon P+D + 0.5% Remedy Ultra (picloram + 2,4-D + triclopyr). All these herbicides are applied with water. Adding a 0.25 to 0.5% v/v non-ionic surfactant may enhance control. Aerial applications should be applied in a minimum 3 gallons per acre total spray solution to insure adequate coverage.

A single application of any herbicide does not completely eliminate roughleaf dogwood, but may open up the stand enough to carry a fire. In subsequent years, a combination of prescribed burning in the late spring followed by a herbicide application 4-6 weeks post burning should provide good control.



Figure 1. Roughleaf dogwood in full bloom. Photo by Walt Fick, K-State Research & Extension

Smooth sumac control

Late-spring burning will keep smooth sumac shorter in stature, but generally increases stem density. The optimum time to spray smooth sumac is between the flower bud stage and early seed production (Figure 2). Smooth sumac is among the easiest woody plants to control with herbicides if applied at the proper time. Smooth sumac is controlled with 2-3 pint/acre 2,4-D with ground or aerial application.



Figure 2. Smooth sumac in early seed production stage. Photo by Walt Fick, K-State Research & Extension

Measures that can mitigate both roughleaf dogwood and smooth sumac

Soil-applied materials such as Spike 20P (tebuthiuron) and Pronone Power Pellets (hexazinone) can provide control of roughleaf dogwood and smooth sumac. Spike 20P should be applied during the dormant season at 0.75 ounces product per 100 square feet. This is equivalent to 20 pounds of product per acre. Pronone Power Pellets should be applied when the soil is moist and rainfall is expected within 2 weeks of application. For plants 3-6 feet tall apply 2-4 pellets at the base of the plant. Expect to see grass damage following use of Pronone Power Pellets. These dry soil-applied products may be useful in areas where spray drift may cause considerable non-target damage. Growing season burns, e.g. in August, have the potential to reduce stands of roughleaf dogwood and smooth sumac.

Tick Check: Wet Spring Creates Ideal Conditions for Pesky Parasite

K-State expert advises taking tick bites seriously. All nature-loving Kansans have likely had one common lifetime experience — crossing paths with ticks. Many may wonder what to do when one is found on the body and how to reduce the likelihood of attracting them in the first place.

Kansas State University extension horticultural entomologist Raymond Cloyd said a tick's primary role in the ecosystems is as a food source for vertebrates and other organisms. "Ticks are a part of nature's balance in our ecosystem and are commonly found in vegetative growth," Cloyd said. "Because of all the rain that we've had, the environmental conditions have created conducive habitats for many ticks. Ticks thrive in moist, humid conditions and can be found from spring through fall. "If we start having dry, hot weather, that will likely decrease the tick population," Cloyd said.

So how do they impact humans? "Ticks reside in grassy areas near the soil and then they latch on to a host when they go by. The females need a blood meal in order to produce eggs," Cloyd said. To avoid picking up ticks, Cloyd offers the following tips:

- When in nature, avoid unmanaged areas, instead opting to stay on the paths.
- Apply repellants that contain 30% DEET.
- Tuck your jeans inside white socks when going on hikes so ticks are easy to spot.

Once arriving home, Cloyd advised removing clothes immediately and doing tick checks. He also encouraged people to put their clothes in the dryer at the highest setting to kill the ticks.

"Seed ticks are hard to spot because they are early in the larval stage of life, which is why we recommend taking a shower and doing a close check of your body when you come in from the outdoors," Cloyd said. If one finds a tick on their body that hasn't latched on, Cloyd said to kill it by firmly squishing the tick to keep it from spreading to someone else in the house. "It is important to identify the type of tick it is, but if it hasn't latched on to the body, you should be okay," Cloyd said. He added that most ticks will be found on the body below the shoulder.



However, if the tick has attached to the body, Cloyd said it is important to carefully remove the tick and then put it in a sealed bag so it can be identified, and go to the doctor's office for evaluation. Cloyd's advised using tweezers to remove the tick. "Put the tweezers as close as you can to the skin where the head of the tick is and then gently lift up as you move the tweezers back and forth," Cloyd said. "Take the tick and go straight to the doctor's office because they can prescribe treatments and intervene before the infection spreads in the body."

He stressed the importance of identifying the tick type because specific varieties of ticks carry different diseases. "Most of the ticks we have in Kansas are associated with some type of disease. You've got to take ticks seriously, especially if they become embedded in the skin," Cloyd said.

How to Condition Grain for Seed

If you would like to save part of this year's wheat crop back to use as seed on your own acreage first make sure it is allowable. While most wheat varieties are protected by Plant Variety Protection which allows for keeping seed to plant on your own acreage, additional licensing and/or marketing restrictions may apply to some varieties referred to as Certified Seed Only (CSO), which removes this allowance. This includes all varieties carrying the Clearfield and/or the CoAxiom technology for herbicide resistance, as well as many conventional wheat varieties.

If saving the seed for your own use is allowable, you then have to decide whether to just use the wheat as bin-run seed or have it cleaned and conditioned.

Using bin-run grain as seed

With the drought-stress and heat-stress that the wheat suffered during much of the critical spring growing period in Kansas, the kernels of this year's crop may well be small and shriveled, with light test weights — although some of the cooler and moister conditions experienced late May could have alleviated some of this issue. Using this wheat as bin-run seed without cleaning or conditioning would be the least expensive approach in terms of up-front costs. Bin-run seed always has the potential to be contaminated with weed seed, and to have higher amounts of small and light-test-weight seed.

Cleaning and conditioning the grain for seed

There are several steps you can take to condition the wheat from this year's crop for use as seed. One of the first things to do is make sure the grain is aerated in the bin. High-moisture weed seeds and foreign material can quickly heat up wheat in the bin and reduce the potential seed quality of the grain. Wet grain can also harbor insects. Cleaning the grain is important if it will be used for seed and should be done as soon as possible after harvest. At a minimum, wheat should be cleaned with a 5/64 screen. It would be best to use a 5.5/64 or 6/64 screen.

Summary

Producers should plant the best quality seed possible this fall to get good emergence, early season vigor, and yield potential. It makes no sense to plant poor quality seed that will just create more problems next season. Certified seed is the best option but keeping their own seeds can also result in good performance next season provided that the seed is coming from a well-managed field and is well cleaned and conditioned. If purchasing certified seed, producers should order their seed as soon as possible.



Clover Corner

Lindsey Mueting
County Extension Agent



K-STATE
Research and Extension



Hello 4-H Families! June went so fast, but it was so much fun planning all of our upcoming events. We have had so many programming opportunities and camps - not to mention club and project meetings. Please make sure to read and re-read this newsletter as there are many important dates and information! We are also still needing your leadership and help in many areas for 4-H Fair. Have a happy and safe July 4th Holiday and keep learning and growing in your projects this month!

4-H Calendar

July 4	Office Closed
July 5	Fair T-Shirt Orders Due
July 11	4-H Fun Day- Aqua Splash Park
July 13-17	McPherson County Fair (Canton)
July 19	Fairgrounds Set-up
July 22-25	McPherson County 4-H Fair
July 26	Fairgrounds Clean-up
August 3	Family of the Year nominations DUE
August 3	State Fair Entries Due
August 4	4-H Council

Family of the Year

Each year every club has the opportunity to nominate a family for the "Family of the Year" award. We have lots of deserving families that volunteer a lot of time and energy to the McPherson County 4-H program and to their club. So it is time to recognize those efforts. At your next club meeting consider which family you would like to nominate for this award. Award nominations for clubs are due on August 3 to the Extension Office. At the August Meeting of 4-H Council, we will announce the nominations and then council members will take it back to their clubs for a vote before voting as a 4-H Council. So get your nominations ready, nomination forms are available at www.mcpherson.ksu.edu. Remember there are other awards nominations as well later in the fall as we get ready for Achievement Banquet. A list of previous winners is posted on the website.

Get Published!

If you would like your news, highlights or events published in the September Clover Corner please email your news to Lindsey (LMueting@ksu.edu) by September 21. Share with the rest of the county what you are doing!

YQCA

Youth for the Quality Care of Animals (YQCA) is a national, multi-species youth livestock quality assurance program. This training will be required yearly for all Beef, Sheep, Swine and Goat exhibitors prior to the MP Co 4-H Fair. This was also required prior to nominating any animals for State Shows. We will have one more in person training (\$3) and there is an always an option to complete online (\$12). Visit <https://www.asi.k-state.edu/research-and-extension/youth-programs/YQCA.html> for more info!

4-H Council

It was voted to meet for pizza and sno-cones on August 4. We will meet at Hopps at 6:30 p.m. Watch your email for more details.



The last in person training prior to fair will be Tuesday, July 19 at 4:00 PM (directly before fairgrounds set-up). You will need to register online at <https://yqcaprogram.org> . Call if you have questions.

McPherson County Fair (Canton) July 13-17

Watch county fair website (www.mcphersoncountyfair.com) for class entry dates and information! Entries are checked in on July 14 and there are lots of events throughout the weekend. This is an “extra” fair we are lucky to have in our county! Any 4-H member in the state is invited to participate. It is a great opportunity for our members to go through the judging process before the 4-H Fair!

“Dancing With the Steers” FAIRBOOKS!

The McPherson County 4-H Fairbook is on our website and hard copies are available in the Extension Office. Please be sure to read each division well as there may be changes from previous years!

Service Opportunity at 4-H Fair! Goodies to Show Gratitude

Foods project members are invited to participate in a service project to take trays of treats to our local first responders. We are asking foods members who enter individual serving items in the 4-H fair (things like muffins, cookies, & brownies) to bring a few extra to donate (these are in addition to the plate needed for judging!). The donated treats will be used to make trays of goodies that we will deliver to McPherson police and firefighters. Please bring your donations to the designated table in the extension office when you come for judging. We ask that you please package them in containers that you do not want returned.

Don't Miss This Years T-Shirt!

Make sure you pre-order your 4-H Fair T-shirt by Tuesday, July 5.

Orders will be placed online at:
<https://stores.inksoft.com/mcpherson4h>

These will be available for pick-up during fairgrounds set-up on July 19.



Fair Reminders

Concession Stand - Club leaders have received information and shift times for the fair concession stand. Please make sure you sign up to do your part and help with this! We have cut back each club to one required shift - but there are additional times we would love to fill to be open more. Where can you help??

Club Responsibilities – Each Club has been assigned tasks to help with during the 4-H Fair. The fair is a HUGE task, but if everyone works together it can run very smoothly! Please ask your leader what your club is assigned and sign-up for where you can help. You will have a concession stand shift and additional activity assignments!

Silent Auction - Each club is asked to bring at least a \$25 donation for each 15 members enrolled in your club! This is another excellent fundraiser to help us put on the fair and other 4-H events! Items 4-H'ers have made are always hugely popular! Be sure to bring this to the Extension Office during fairgrounds set-up (July 19).

Booths and Banners - Each club is strongly encouraged to enter either a booth (6'x6' area) or banner in the McPherson 4-H Fair. These are great advertisement and a welcome to visitors as they come to our fair. If you need ideas for these items, contact Lindsey. Prizes will be awarded! There are also opportunities for individual or group booth spaces! Contact Lindsey for details!

Kansas State Fair Entries

Entries for the Kansas State Fair are due:

4-H/FFA Beef, Sheep, Swine - July 15

Horse - August 1

All others - August 3

If you have an exhibit qualify for the State Fair (from 4-H Fair only - The County Fair in Canton is NOT a state fair qualifying fair with the exception of certain animal projects that can qualify at multiple shows), it is your responsibility to fill out the entry form at the Extension Office before August 3.

To qualify for the State Fair:

1. 4-H member must be 9 years of age before January 1, 2022. AND
2. Your 4-H Fair Exhibit* must have received a purple ribbon.

*Not all projects are eligible for the State Fair. See your 4-H Fair book for details. The Extension Office has a copy of the Kansas State Fair 4-H Rules as well, or they can be found online at <http://www.kansas4-h.org/p.aspx?tabid=46>

4-H Project Work Day!

Wednesday, July 6th

1:00-5:00 pm

Audrey will be in the office to assist with using the cricut to cut letters for displays or trying an infusible ink project like the apron shown. (We can also do pencil/makeup bags and coasters!) Ellie will also be available that day to help exploring 4-H or clothing construction members tackle a very simple sewing project. Please register for this work time by noon on Tuesday, July 5th so we know how many to expect. Please sign up soon, since the quantities for each project will be limited. More details on project costs and what to bring can be found in the registration link at <https://tinyurl.com/4HProjectWork!>



Fashion Revue Clinic & Committee Meeting

Wednesday, July 6th at 5:30 pm

Are you enrolled in clothing buymanship or clothing construction and interested in participating in the fashion revue? Please join us for a short clinic to learn more about it! We will talk through rules for the different classes, how to calculate cost per wear, writing scripts, and some tips for modeling. This will be held on Wednesday, July 6th 5:30-6:15. We ask that a parent or guardian stays with members under age 12 and any members who have not entered in the fashion review before. Please sign up here: <https://tinyurl.com/FashionRevueClinic>

At 6:15 (immediately following the clinic), the Fashion Review committee will have a quick meeting to talk about decorations for the public fashion review. No experience necessary – you are welcome to join us even if you've never done the fashion revue before. Please consider serving on this countywide committee!

4-Hers in the clothing projects are also invited to participate in a service project at the clinic/committee meeting. We will be collecting new or very gently used (and clean, please!) kid sized ball caps/ bucket hats/ etc. We plan to donate these to an area child care center to give to youth who need caps/hats for sun protection through the rest of summer.

Wildlife/Sportfishing Project Program

We are working hard on a wildlife/sportfishing program for mid July. We are hopeful that we can announce details and start accepting sign ups on July 5th. Keep watching the email and facebook page for details!

Tasty Thursdays

July 7: Food Preservation

Learn how to preserve food safely and take a home a tasty homemade treat!

9:00 AM-Noon

Cost: \$10

Ages 12-18

Parents are welcome to sit in on this program, please note if you will be when you register.

McPherson County Extension Office
600 W. Woodside, McPherson

Register At:
<https://tinyurl.com/TastyThursdayFoodPreservation>
Or scan the QR Code!



Tasty Thursdays

July 14: Pizza!

9:00 AM-Noon

Ages 10-16

McPherson County Extension Office
600 W. Woodside, McPherson

Youth will learn how to make a delicious pizza and side salad. They will also get to enjoy their homemade lunch!

Cost is FREE but registration is required

Register At:
<https://tinyurl.com/TastyThursdayPizza>
Or scan the QR Code!



Tasty Thursdays

July 20: Cake Baking

9:00 AM-11:00 AM OR 1:00 PM-3:00 PM

July 21: Cake Decorating

9:00 AM-Noon

DUAL COURSE:

To attend the cake decorating, youth must attend 1 of the time slotted baking classes. Thank you!

Ages 10-18

McPherson County Extension Office
600 W. Woodside, McPherson

Youth will bake cakes in cake pans provided by the Extension Office, learn how to properly remove the cakes from the pans, and decorate with homemade frosting and decorations!



Are you a 4-H'er?
You can enter your creation in the 4-H Fair!

NO! A 4-H'er?
That's okay! You can still enter your cake in our Mini-Lemon Decorating Contest during the Fair!
Ask your instructor for more info!

Cost is free but registration is required

Register At:
<https://tinyurl.com/TastyThursdayCakes>
Or scan the QR Code!



TEEN LEADER EXTRAVAGANZA

JULY 11: LEADERSHIP STYLES

JULY 18: METHODS OF COMMUNICATIONS

AGES 12-18

2 PM-5 PM

(BOTH SESSIONS)

MCPHERSON COUNTY EXTENSION OFFICE

600 W. WOODSIDE, MCPHERSON

Come and learn all about leadership and communication while participating in fun games and activities with your fellow teen leaders!

Feel free to bring a friend, just make sure you both register!

REGISTER AT:

[TINYURL.COM/TEENLEADEREXTRAVAGANZA](https://tinyurl.com/TEENLEADEREXTRAVAGANZA)

OR
SCAN THE QR CODE!



Can't make both sessions? That's OK!
You can register for one or both sessions.

We have been having a great time with our summer youth programs! Here are some of the favorite recipes from our FACS Friday and Microwave Magic classes. Make sure to join us for more fun in July! Be watching tinyurl.com/MPSummerPrograms for the most current information on available programs.

Sidewalk Chalk

Ingredients

- ½ Cup Plaster of Paris
- 1 ½ Teaspoon Powdered Tempura Paints
- ¼ Cup Cool Water
- Plastic Cup
- Popsicle Stick

Directions

1. Using your popsicle stick, mix together plaster and powdered paint until the color is even while being careful not to spill out of the cup.
2. Next, add water in small bits and stirring in-between until your chalk is the consistency of pudding.
3. Then, let the chalk sit until hardened and then remove from cup.
4. Finally, wait until overnight for the chalk to harden even more before using to make beautiful sidewalk chalk artwork!

Note: Be sure to wait for your chalk to harden before you use it.

Homemade Brownie Mix

Ingredients

- 1 ¼ Cups all-purpose flour
- 1 Teaspoon baking powder
- 1 Teaspoon salt
- 2/3 Cup unsweetened cocoa powder
- 2 Cups sugar
- 1 Cup of melted butter or margarine
- 3 Eggs
- 1 Tsp. Vanilla

Directions

1. Mix dry ingredients together and place in a jar or container
- To make brownies:
1. Add wet ingredients together and mix until well combined. Grease a 9x13 pan. Spread batter evenly and bake at 350 for 22-25 minutes or until done.





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RETURN SERVICE REQUESTED

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Radio: Every Monday 7:40 a.m. - 96.7 KMPK
8:40 a.m. - 989 KMCP
Ad Astra Radio Station



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