

# McPherson County

K-STATE RESEARCH AND EXTENSION NEWS

July/August 2024



## 4-H Youth Development

SHYANNE JONES  
COUNTY EXTENSION AGENT  
4-H YOUTH DEVELOPMENT

### July & August 2024

- July 15 - Livestock State Fair Entries due on ShoWorks
- July 18 - Space reservations, fashion revue, performing arts/talks and demos due
- July 22 - Sewing and textiles, Fashion Revue Conference Judging at 1 PM (Extension Office)
  - Public Fashion Revue, Performing Arts, Talks and Demos at 4:30 PM (McPherson Community Building)
  - Horse Show Check-In at 5:30 PM, Show at 6 PM (Saddle Club Arena)
- July 23 - Fair set-up (required for premium sale participants)
- July 25 - Static Exhibit check-in (see fairbook for list)
- July 26-30 - MP 4-H Fair (See fairbook for schedule)
- August 1st - State Fair 4-H Horse show entries due through ShoWorks
- August 2nd - State Fair poultry, rabbit, dog, and static entry forms due to the extension office.

### 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](mailto:Lhelm@ksu.edu) by July 22nd to get them into the Newsletter.

### STATIC EXHIBIT QUALIFICATIONS FOR STATE FAIR:

- 4-H Member must be 9 years old before January 1, 2024.
- Exhibit must have received a purple ribbon at the 4-H Fair (not the County fair in Canton).
- You must fill out a state fair entry form and return it to the office by AUGUST 2nd!

\*Not all projects are eligible for the State Fair. See the State Fair Book for details:

<https://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/>

### AND REMEMBER, KIDS, READ YOUR FAIR BOOK:

<https://www.mcpherson.k-state.edu/4-h/fair/>

### FAIR SPACE RESERVATIONS

The link below will lead you to the space reservations for the following projects:

Project displays  
Reading adventures  
Shooting sports  
Self determined  
Place settings  
Booths

[https://kstate.qualtrics.com/jfe/form/SV\\_cCoCaAkbk1JBG2W](https://kstate.qualtrics.com/jfe/form/SV_cCoCaAkbk1JBG2W)

DUE JULY 18TH

### PERFORMING ARTS, TALKS/DEMOS, FASHION REVUE

The following link will take you to sign-ups, as well as where to turn in your Revue Scripts:

[https://kstate.qualtrics.com/jfe/form/SV\\_6PQJipbHHIAhriC](https://kstate.qualtrics.com/jfe/form/SV_6PQJipbHHIAhriC)

DUE JULY 18TH

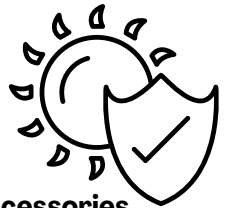
Hey, friends,  
September YOU will thank  
July YOU for getting a  
head start on record  
books and pin  
applications....



# AGRICULTURE & NATURAL RESOURCES

SHAD MARSTON  
COUNTY EXTENSION AGENT  
AGRICULTURE AND NATURAL RESOURCES

After a successful wheat harvest, our attention turns to hay work and county fairs. Also, many of our county's young cattlemen will be showing their animals at each breed's Jr. Nationals. Last month, we here at KSRE hosted the National Jr. Salers show. 33 exhibitors came from 7 states and showed 51 head of Salers cattle. Not only do these young producers get to show off their skills in the cattle competitions and showmanship, they also get to show their talents in public speaking, craft and poster design, knowledge during the quiz bowl; plus contests including team fitting, talent show, and a cook off contest. At the different summer Jr Nationals, our counties youth get to bond for a whole week with other youth from across the United States while competing with all their old and new friends of the summer. Cities like Tulsa, Belton, Madison, Grand Island and McPherson are this year's summer events. Good luck to all our young producers as we have some of the most talented right here in McPherson County. *-Shad*



## **Farmers and Ranchers at an Increased Risk of Skin Cancer**

When outdoors for work or play, it's important to protect yourself and loved ones from harmful rays which can increase your risk of skin cancer and premature aging.

Ashley Svaty, Family and Consumer Sciences specialist with K-State Western Kansas Research and Extension Center in Hays and one of the authors of "Protect Your Skin from the Sun", notes that "One in five Americans will develop skin cancer, which is the world's most common cancer, and farmers, ranchers, and outdoor workers are exposed to 2-3 times more radiation than indoor workers." Nearly 20 Americans die every day from melanoma, which is the deadliest form of skin cancer.

Svaty encourages everyone to take daily precautions to decrease their risk of skin cancer and premature aging. Performing a monthly skin self-examination and visiting a dermatologist or physician annually for a skin cancer exam allows you to catch potentially dangerous conditions when they are still treatable.

### **Outdoor Workers**

Due to the increased UV exposure, Svaty encourages those who work outdoors to take breaks in the shade when available, wear a wide-brimmed hat and UV sunglasses and keep in a convenient place such as in your truck or tractor. Wear a lightweight, comfortable dark colored long sleeve shirt for extra protection. Although tempting for convenience, it is not recommended to keep sunscreen in a hot location such as a vehicle or implement. This causes the preservatives in sunscreen to break down, allowing bacteria and fungi to grow faster. Instead, apply a generous amount to your exposed skin before going outside and keep the sunscreen in a cool place to reapply at least every two hours.

### **Selecting Sun Safe Clothing and Accessories**

UPF clothing helps shield your skin from the sun, but not all colors and fabrics provide the same protection. Svaty offers the following tips when shopping for UV protective apparel.

- *Color:* Choose dark or bright colors over lighter shades. Dark or bright colored clothing absorbs UV rays instead of penetrating the skin.
- *Construction:* Choose densely woven clothing such as denim, wool, or synthetic fibers.
- *Fit:* Comfortable, loose-fitting clothing is preferred over tight clothing.
- *UPF:* Look for an Ultraviolet Protection Factor (UPF). This number measures the amount of UV radiation that can penetrate fabric and reach your skin.
- *Coverage:* To better protect your skin, choose clothing that protects the most surface area such as long-sleeved shirts and long pants.

### **Sunscreen**

It's important to make applying sunscreen a daily habit. While choosing a sunscreen may seem overwhelming, look for a waterproof, broad spectrum 30SPF. When applying, use enough sunscreen to cover all exposed areas and apply 15 minutes before going outdoors to allow your skin to absorb the sunscreen. Reapply every 2 hours, more often if sweating or swimming. Svaty also cautions to look at the expiration date and not use expired sunscreen.

## Early Detection

For those who work in the sun daily, it's especially important for you to perform regular skin cancer checks to look for anything new or unusual. This allows you to catch potentially dangerous conditions when they are still treatable. When performing a full-body monthly self-exam, face the mirror and check your face, ears, neck, chest, and belly. Check your underarms, both sides of your arms, tops and palms of hands, in between fingers, and under your fingernails. Next, sit down and check your thighs, shins, tops of feet, in between toes, and under your toenails. Utilize a hand mirror to look at the bottoms of your feet, calves, and backs of thighs. Continue to your lower and upper back, buttocks and genital area, back of neck and ears. Wrap up your monthly self-exam by using a comb to part your hair to check your scalp.

The American Cancer Society recommends specifically looking for:

- New, growing, or changing growth, spot or bump on the skin
- A sore that bleeds and/or doesn't heal after several weeks
- Rough or scaly red patches which may crust or bleed
- Wart-like growths
- A mole (or other spot on the skin) that's new or changing in size, shape, or color
- A mole with an odd shape, irregular borders, or areas of different colors.



***If you notice any new, growing or changing growths on your body, or anything else suspicious, schedule a visit to your doctor or dermatologist.***

## **Consider the value of soil residue before baling or burning wheat stubble**

### **DeAnn Presley, Soil Management Specialist**

Following wheat harvest, some producers might think about baling or burning their wheat stubble. Producers may consider burning for several reasons: as a management practice to control plant diseases or weeds, to improve the seedbed for the subsequent crop, and possibly other reasons. While burning is inexpensive and baling provides additional income, producers should understand the true value of leaving crop residue in the field. Some of the information below comes from K-State Extension publication *MF-2604, The Value of Crop Residue*.

### **There are four main factors to consider:**

- **Loss of nutrients**

The products of burned wheat stubble are gases and ash. Nutrients such as nitrogen (N) and sulfur (S) are largely combustion products, while phosphorus (P) and potassium (K) remain in the ash. When residue is burned, about one-third to one-half of the N and S will combust. The nutrients in the ash may remain for use by the plants if it doesn't blow or wash away first (more on that below). Therefore, instead of cycling these important plant nutrients back into the soil, they can essentially become air pollutants when the residue is burned. With the rise in price for nitrogen fertilizers, the amount of crop residue N that could be plant available in the future is worth more than in years past.

**Table 1. Amounts of nutrients remaining in wheat stubble when assuming 50 bu/acre yield.**

Pounds Present in Nutrient 5,000 lbs of wheat straw	
N	27.0
P <sub>2</sub> O <sub>5</sub>	7.5
K <sub>2</sub> O	37.5
S	5.0

- **Protection from soil erosion**

Bare soil is subject to wind and water erosion. Without residue, the soil will receive the full impact of raindrops, thus increasing the amount of soil particles that may become detached during a rainfall event. Bare, tilled soils can lose up to 30 tons per acre of topsoil annually. In no-till or CRP systems where residue is left, annual soil losses are often less than 1 ton per acre.

The detachment of soil particles can lead to crusting of the soil surface, contributing to greater amounts of sediment-laden runoff and, thus, reduced water infiltration and drier soils. Leaving residue on the field also increases surface roughness, decreasing the risk of wind and water erosion.

Most agricultural soils in Kansas have a “T” value, or tolerable amount of soil loss, of between 4 and 5 tons per acre per year, which is about equal to the thickness of a dime. To prevent water erosion, 30% ground cover or greater may be needed to reduce water erosion to “T” or less, especially in fields without erosion-control structures such as terraces.

Standing stubble is more effective at preventing wind erosion than flat stubble. Occasionally, accidental residue burns have resulted in devastating wind erosion events that happen repeatedly until a new ground cover is established. Once a field begins to erode from the wind, it is extremely difficult to stop. During extended drought, the soil profile gets dried out, and not even emergency tillage is effective at stopping wind erosion. Losing topsoil degrades soil productivity, and the long-term effect of this loss is not easy to quantify.

- **Soil moisture, infiltration rates, and conservation**

Wheat residue enhances soil moisture by increasing rainfall infiltration into the soil and by reducing evaporation. Residues physically protect the soil surface and keep it receptive to water movement into and through the soil surface. Without physical protection, water and soil will run off the surface more quickly. Pondered infiltration rates were measured at Hesston in September 2007. Very low infiltration rates (1.9 mm/hour) were observed for continuous winter wheat in which the residue was burned yearly before disking and planting the following crop. In contrast, high infiltration rates (13.3 mm/hour) were observed for a no-till wheat/grain sorghum rotation (Presley, unpublished data).

Another way residue increases soil moisture is by reducing evaporation rates. Residue blocks solar radiation from the sun and cools the soil surface several degrees in the summer. Evaporation rates can decline dramatically when the soil is protected with residue. Research from dryland experiments has shown that crop residues are worth 2 to 4 inches of water annually in the central Great Plains states (***Efficient crop water use in Kansas, MF3066***).





- **Soil quality concerns**

Over time, the continued burning of cropland could significantly degrade soil organic matter levels. By continually burning residue, soil organic matter is not allowed to rebuild. Soil organic matter is beneficial for plant growth as it contributes to water-holding capacity and cation exchange capacity. Soil organic matter binds soil particles into aggregates, which increases porosity and soil structure, thus increasing water infiltration and decreasing the potential for soil erosion. One burn, however, will not significantly reduce the organic matter content of the soil (unless the field erodes, as discussed above).

If producers choose to burn or harvest their wheat stubble, timing is important, and should minimize the time the field will be without residue cover and vulnerable to erosion. Before choosing to burn residue, producers should check with the USDA Natural Resources Conservation Service and/or the Farm Service Agency to find out if this will affect their compliance with any conservation programs.

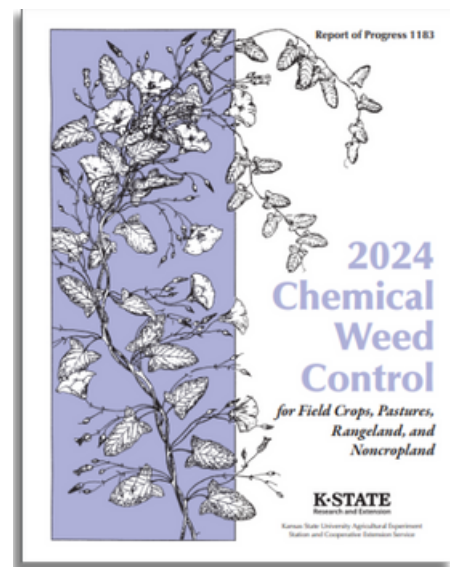


## July Garden Calendar

			
<ul style="list-style-type: none"> <li>• Harvest fruits of your labor and enjoy</li> <li>• Control weed growth to preserve water and nutrients</li> <li>• Fertilize vegetables to encourage plant development</li> <li>• Watch for foliar disease development on lower tomato leaves and treat with a fungicide</li> <li>• Prepare for fall gardening. Plant potatoes, broccoli, and other fall crops</li> <li>• Spray sweet corn to control corn earworms as silks emerge</li> <li>• Be on the lookout for pests of the garden and control</li> <li>• Remove old raspberry canes after harvest</li> </ul>	<ul style="list-style-type: none"> <li>• Remove faded flowers from annuals to stimulate more flowers for late summer color, and from perennials to prevent reseeding</li> <li>• Keep gardens well mulched</li> <li>• Cut fresh bouquets for enjoyment on hot summer days</li> <li>• Lightly fertilize annuals to promote growth</li> <li>• Dig, divide, and replant crowded irises</li> <li>• Fertilize roses for fall blossoms</li> <li>• Fertilize and water container gardens</li> <li>• Complete the final pinching of chrysanthemum tips for bushier plants</li> </ul>	<ul style="list-style-type: none"> <li>• Mow bluegrass and tall fescue around 3 to 3 1/2 inches</li> <li>• Mow zoysia at 1 1/2 inches</li> <li>• Fertilize zoysia to encourage summer growth with a high nitrogen fertilizer. Let grass clippings fall to return nutrients to soil and grass</li> <li>• Be on the lookout for summer diseases such as brown patch</li> <li>• Watch for grubs. If they begin to hatch, an insecticide may be required. Apply in late July or early August.</li> <li>• Keep mower blades sharpened</li> <li>• Replace lawn mower air filter and change lawn mower oil per owner's manual</li> <li>• Prepare to control perennial grassy weeds such as zoysia, fescue, and nimblewill</li> <li>• Take a soil test to prepare for fall lawn renovation</li> <li>• Water deeply and less often for deep roots and a healthy lawn</li> </ul>	<ul style="list-style-type: none"> <li>• Water newly planted shrubs and young trees (planted within the last three to five years) during dry weather</li> <li>• Keep plants mulched to conserve moisture and cool roots</li> <li>• Remove sucker growth from the base of trees and along branches</li> <li>• Prune diseased, dead, or hazardous limbs</li> </ul> <p style="text-align: center;"><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li>• Water weekly by deeply soaking the soil. Use surface irrigation and avoid watering late at night to help reduce disease development.</li> <li>• Take photos of gardens</li> </ul>

### K-State 2024 Chemical Weed Control Guide

With this moisture, unwanted weeds are going to be definitely on the minds of every producer. Don't forget, The K-State 2024 Chemical Weed Control Guide is now available. We have had many of you stop in already and pick up this guide because this publication provides suggestions for chemical weed control in several major crops, but also includes pastures, rangeland, and noncropland. Hard copies of this publication will be available here at the Extension office or you can call the Extension office to get that link for the new Weed Control Guide that is also online.





## **Rainfed Agriculture Innovation Network and Flickner Innovation Farms field day: A Day of Learning and Demonstrations**

Join us for an informative and engaging Field Day at the Flickner Innovation Farm in Moundridge, KS, on July 26. This event offers a unique opportunity for farmers and producers to deepen their knowledge and experience modern agricultural practices firsthand.

The day's activities will include insightful talks on crucial topics such as soil fertility and soil microbiology, providing attendees with valuable information to enhance their farming practices. Additionally, there may be field demonstrations showcasing the latest advancements in agricultural technology and techniques.

In addition to the educational sessions, the event will feature lunch, giving participants the chance to network and discuss the day's learnings.

To ensure we have an accurate head count for the event, please register by July 15.

Don't miss this chance to expand your agricultural knowledge and connect with fellow farmers and producers. We look forward to seeing you there!

**Date: July 26**

**Time: 9AM**

**Location: Flickner Innovation Farm, Moundridge KS**

***\*Further details will follow\****

# Family & Community Wellness

CHUCK LAUGHLIN  
COUNTY EXTENSION AGENT  
FAMILY & COMMUNITY WELLNESS

## McPherson County Calendar - Online

Got an event coming up for your Business or Organization that is open to the Community or County, if so, use the link below to enter your event on the McPherson County Calendar.

The list of events is growing. If you haven't added your events to the county calendar, use the link below to enter them. There is an option in there to enter your city and the calendar will then filter out events individually for each of the 8 incorporated cities in the county.

Events can be entered to be added at the following link. We will be adding public events, seminars, business sponsored events, etc. More information will be coming out as we begin to add more features. There is not a functionality to add personal events (i.e. garage sales, sale of personal items, etc.).

<http://tinyurl.com/MCAddEvent>



Calendar events will be added on a batch process so they will not show up immediately. We are also working to streamline this process as we work through processes with K-State (the calendar host).

To ensure the accuracy of information for your event, calendar items must be entered through the link and will not be taken via phone or email.

View the list of events at <https://www.mcpherson.k-state.edu/>



## Teach & Taste – July & August

RSVP now to join us July 10th, 2024 & August 14th, 2024 at 6:30pm!

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.

**JULY:**

<https://tinyurl.com/TandTJuly24>

**AUGUST:**

<https://tinyurl.com/TandTAUGUST2024>

## Celebrate Summer with a Picnic!

**by Karen Blakeslee**

It's that time of year for harvest is coming to an end, family reunions, parties, camping and more! Don't invite foodborne illness to your party! Here are some tips for a perfect picnic:



Photo: Kansas Wheat

- Plan ahead to bring essential items such as a food thermometer, cooler chest with ice, plenty of clean utensils, storage containers for leftovers, paper towels, and trash bags.
- In preparation for your picnic, don't thaw meat on the counter overnight—that's not safe. Thaw food in the refrigerator or cook from the frozen state. Don't partially cook meat and poultry ahead of time.
- When you arrive at the picnic site, the first task is to wash your hands before preparing food. If running water is not available, use disposable wet wipes or hand sanitizer to clean your hands before and after touching food.
- Don't leave foods out in the sun. At the picnic, keep the cooler in the shade. Serve food quickly from the cooler and return it fast. In hot weather, above 90F, food shouldn't sit out of the cooler over an hour.

### **Temporary Food Stand Safety** **by Karen Blakeslee**

Fair season is almost here! Here are some reminders from the Kansas Department of Agriculture for serving food safely in food stands.

- Food prepared in private home may not be used or offered
- All equipment needed for the intended operation must be on hand
- Food contact surfaces must be protected from contamination by consumers
- There must be separate areas for taking money and preparing food.
- Dishwashing must include washing, rinsing and sanitizing equipment.
- A handwashing facility must be available with hot/warm water, soap, and paper towels.
- Only one raw, potentially hazardous food that requires onsite preparation or cooking can be made or served.

Food Handling Guidelines for Exempt Food Vendors brochure available at the McPherson County Extension Office.

### **External Funding Opportunities**

If you're looking for project funding outside of the Kansas Community Empowerment program, here are some potential opportunities:

Evergy offers a Community Investment program for communities in their service area. Priority is given to requests for funding aligned with environmental leadership and community vitality. You can find more information here: <https://www.evergy.com/community/community-involvement>

Midwest Energy offers a Community Fund for charitable, educational, and nonprofit organizations in their service area. Deadlines to apply for the fund are March 1 and October 1. They also offer an Impact Grant with a deadline of August 1. Learn eligibility requirements and how to apply for both funding opportunities here: <https://www.mwenergy.com/community/community-fund>

The Firefighters Charitable Foundation offers grants to organizations wishing to implement an Automatic External Defibrillator (AED) program for their community. They also have funding for Community Smoke Detector programs to assist with implementation of smoke detectors and battery replacement. Grant details and the application page are located here:

<https://www.ffcf.org/organizations>

### **Baking Pie in Disposable Pans** **by Karen Blakeslee**

With county fairs gearing up soon, so are bakers to bake a prize-winning pie. But getting the pie to bake properly in a disposable aluminum pan can be a challenge. Aluminum does not hold heat and bakes slowly.

Here are some tips to prevent soggy bottom crusts:

- For blind baking, increase baking time up to 10 minutes or until golden brown.
- For double-crust pies, place pie pan on a preheated baking sheet or baking stone.
- For double-crust pies, set the pie inside a glass or stoneware pie pan for more heat transfer.

Another option is to shop garage sales for glass pie pans that you don't want returned!



### **Additional Funding Resources**

Is your community looking for funding to help with certain projects? Let us know what the project is, how much you're seeking, and what your timeline looks like. We have access to multiple external grants databases and likely can give you some links to potential funding sources. Just email us at [ksce@ksu.edu](mailto:ksce@ksu.edu) with your request and project idea. If you've utilized Jan for grant searches - KCE/PRIDE community or otherwise - please report back to us on any successes you might have so we can determine effectiveness and continue to provide this service.

For additional information contact the McPherson County Extension Office.



## Second FRIDAY e-CALL

Moving In, Moving Out, Moving Over  
The Future of Housing Supply

Ben Winchester, Rural Sociologist, University of Minnesota

Join Us July 12, 2024  
9:30-10:30 am

Register Today  
<https://ksre-learn.com/ecall>

**K-STATE**  
Research and Extension

Ever wonder  
what people  
visiting your  
town think?



First impressions are  
important as the  
community works to  
improve the overall  
quality of life and  
develop its sense of  
place.

**INTERESTED IN  
FIRST  
IMPRESSIONS?**

Click on logo to  
visit our website



### Interested in First Impression Site Visit for you community?

Contact the McPherson County Extension Office.

**2024 Calendars are available at the  
McPherson County Extension Office.  
Come by and pick up your copy while  
supplies last.**



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

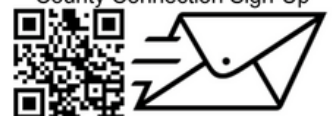
<https://calendly.com/claughlin-ksu/meeting-with-chuck>



### 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>



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](mailto:smarston@ksu.edu)

Radio Every Monday:

7:40 AM-96.7 KMPK

8:40 AM-98.9 KMCP

Ad Astra Radio Station

Shyanne Jones  
County Extension Agent  
4-H Youth Development

[shyannejj@ksu.edu](mailto:shyannejj@ksu.edu)

Chuck Laughlin  
County Extension Agent  
Family & Community Wellness

[claughlin@ksu.edu](mailto:claughlin@ksu.edu)