Farmers Market

Each Saturday make plans to visit the McPherson County Farmer's Market. Tell all your neighbors and friends and also check us out on Face book at McPherson County Farmer's Market to get all the details. Every Saturday morning from now thru Oct, the Farmer’s Market will be open from 7:30 am till noon right here on the 4H fairground 710 W Woodside. Come get your local produce, eggs, baked goods, meats, flowers and much more.

Master Gardeners Open House
June 23

I would like to inform everyone in our community about the Master Gardeners Open House June 23rd here at the 4H building on the fair grounds, starting at 9:30am. We will have presentations from MG’ers Darrin Wright about gardening and we will have the flower and vegetable garden’s open for you to look at, enjoy and ask questions, please mark June 23rd down on your calendars for the MG Open House.

Ag Email List

If you are interested in getting Ag emails regarding upcoming events and programs, herbicide and pesticide updates, growth and development stages of crops and any important information concerning livestock that may not be included in our monthly newsletter please call our office 620.241.1523 or email tregehr@ksu.edu to get you on the Ag email list.
“How Do You Evaluate New Technology?”

Technology is everywhere, even in agriculture. I am continually surprised by the number of operations that don’t use established technologies with well-documented, positive economic returns on their farms or livestock operations. Some are successful operations, and thus I often leave our conversation thinking, “This is a good operation, how good could they be if?” On the other end of the spectrum, there are operations that have implemented multiple new technologies and are always looking for that edge you get with new technology. Some technologies resulted in positive managerial and economic outcomes and some do not. As an owner or manager of your operation, what is your attitude toward technology? Do you critically evaluate new technology or do you dismiss new technologies with excuses like “that’s probably too expensive” or “that won’t work here” without any further evaluation? Evaluating new technology is difficult and can take some time, but technology isn’t going away. Thus, the ability to critically evaluate, learn, implement and assess new technologies will become an increasingly important skill of a successful manager in agriculture.

What Producers Should Be Thinking About In June………..

BEEF -- Tips by Dale Blasi, Extension Beef Specialist

June is a month to let Mother Nature take her course. Assuming timely precipitation, native grasses are usually at peak production; therefore, little supplementation is needed, with the exception of some minerals.

Cow-Herd Nutrition

Provide plenty of clean, fresh water. Provide free-choice minerals to correct any mineral deficiencies or imbalances. Monitor grazing conditions and rotate pastures if possible and practical. Consider creep-feeding if it’s cost-effective.

Herd Health

Monitor and treat pinkeye cases. Provide fly control. Consider all options; price and efficiency will dictate the best options to use. Monitor and treat for foot rot. To reduce heat stress, avoid handling and transporting cattle during the hottest times of the day.

Forage and Pasture Management

Check and maintain summer water supplies. Place mineral feeders strategically to enhance grazing distribution. Check water gaps after possible washouts. Harvest hay in a timely manner; think quality and quantity.

Reproductive Management

If using AI, do not expect all females to conceive. A common practice is to breed once or twice with AI, then turn out cleanup bulls for the balance of a 65-day breeding season. A 42-day AI season with estrus synchronization at the front end gives most females three chances to conceive by AI. Watch bulls for libido, mounting and breeding function. Record breeding dates to determine calving dates. By imposing reproductive pressure (45-day breeding season) on yearling heifers, no late-calving 2-year-olds will result. This will increase lifetime productivity and profits.

Genetic Management

Monitor herd performance. Then identify candidates to cull because of poor performance.

General Management

Check equipment (sprayers, dust bags, oilers, haying equipment, etc.), and repair or replace as needed. Have spare parts on hand because downtime can make a big difference in hay quality.
Last month, we had over 100 Local producers attend our 3 plots for annual MP Co wheat plot tour. A special Thanks goes out to Mid-Kansas Coop for sponsoring our noon luncheon this year.

The 3 test plots, which are monitored through Kansas State University Research and Extension, featuring some 25 different wheat varieties — which showcases how the different strains react to disease and environment.

Dr. Lollato and Dr. Duncan reviewed how the different varieties of wheat have stood up to the environment in McPherson County and statewide, as well as giving us their strengths and susceptibilities regarding disease. KSRE have added even more agronomics, such as straw strength and winter hardiness among their comparisons.

“We do 50 of these each year,” said Dr. Romulo Lollato, wheat and forages specialist with KSU Agronomy. “The more we learn, the more we can tell producers.”

Lollato said wet weather in September and dry conditions in October delayed planting for some, which combined with below-average temperatures throughout April delayed crop development. In MP County, he estimates the crop is 10 days to two weeks behind its normal level of development.

“The crop is trying to catch up,” Lollato said. “We’ve seen a lot of development over the last two weeks, but it’s still around 10 days to two weeks behind.”

He saw the same issue statewide during the 2018 Wheat Quality Tour during the last week of April.

Wheat in McPherson County has also suffered drought stress and freeze damage, coupled with hot, dry weather during grain development.

“We are seeing wheat heads about three-quarters full, so there’s grain in there,” Agronomist Dr. Stu Duncan said. “We could use a couple of those ‘inch-and-a-half’ rains.”

High temperatures during grain development will lead to smaller grain with high protein content and low test weight.

Overall, disease pressure of wheat in McPherson County has been pretty low this season, with only a few reports of stripe rust.

The wheat plots also featured new releases from KSU, including the Zenda variety, which is also a slightly later maturing wheat and was created as a replacement for Everest. The Everest variety has been the most widely used variety across the state for the last five years now.

A new release from OSU, which was developed as a replacement to the Gallagher variety was also showcased in the plot. The Smith Gold variety is a good grazing wheat, with good Hessian fly resistance and acid soil tolerance, according to Dr. Lollato. Smith Gold, also has improved green bug and stripe rust resistance over its predecessor. Variety wheat signs are still up at all 3 plots for producers to continue to visual study the different characteristics and stands of each variety. Next month, I will have all the results from the plots ready for you to look over. I do want to thank the Patrick, Galle and Schroeder Farms for their efforts with the wheat plots.

June is National Safety Month

How can you improve Farm Safety? You can start by increasing your awareness of farming hazards and making a conscious effort to prepare for emergency situations including machinery, fires, vehicle accidents, electrical shocks from equipment and wires, and chemical exposures. Be especially alert to hazards that may affect children and the elderly.

Minimize hazards by carefully selecting the products you buy to ensure that you provide good tools and equipment. Always use seat belts when operating tractors, and establish and maintain good housekeeping practices. The benefits of Improved Safety practices reduce worker fatalities, injuries, and illnesses as well as associated costs such as workers’ compensation insurance premiums, lost production, and medical expenses. A safer and more healthful workplace improves morale and productivity. Stay safe this harvest season.
Hello!! School is out and we are off and rolling with summer! Discover Days is May 29-June 1 and 4-H Camp is June 13-16! If you are not able to attend this year, be sure to ask your friends about these events and all the fun happenings!

Take special note that the Summer Leadership Academy is BACK! This event open to all youth 12 and older and all adults STATEWIDE will be held right down the road in Salina on June 23! This will be a fun day and an awesome opportunity to meet new people and learn a lot. Please look for more info in the newsletter and come join us!

I would like to give a special welcome back to our Summer Intern, Christina! Please stop by the office and say hello to her! We are all very excited to have her in the Office again for the summer.

I know it feels like we have barely begun summer, but it will go fast. Spend June working on learning and completing 4-H projects and activities! The 8 weeks before fair will go fast!

~Lindsey

Welcome Back Christina!

Hey there! My name is Christina Hoffman and I am pleased to announce that I get to serve McPherson County for the summer as the intern. As some of you remember I interned here last summer, and I loved every second of it. I am extremely excited to be back in McPherson County to spend the summer with all of you, and can’t wait to see the fun activities this summer has in store for us. For those of you that don’t know me, I am a senior at K-State majoring in Agriculture Education with a minor in Horticulture. I grew up on a farm about 15 miles South East of Abilene and was a part of the Dickinson County 4-H program for 12 years. I was involved in multiple activities and a variety of projects during my time as a 4-Her. The things I’m looking most forward too is returning to Rock Springs Ranch, to help with Camp, seeing all of the members that I was able to get acquainted with last year, and assisting the county with fair.

4-H Council

The next 4-H Council meeting will be Thursday, June 7 at 7 PM. Please try to have representatives from your club present, there is a lot on the agenda to decide!

4-H Calendar

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<thead>
<tr>
<th>June</th>
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<th>Rabbit ID’s due into the Extension Office</th>
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<td>6</td>
<td>Farm Safety Day Camp</td>
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<td>7</td>
<td>4-H Council, 7:00 pm</td>
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<td></td>
<td>13-16</td>
<td>OzSome 4-H Camp, Rock Springs</td>
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<td>15</td>
<td>State Nomination Deadline for Market Swine, Market Sheep, Meat Goats, &amp; Commercial Heifers/Ewes/Gilts</td>
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<td>21</td>
<td>Family Night- Fundraiser, American Legion</td>
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<td>23</td>
<td>Summer Leadership Academy</td>
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<td>30</td>
<td>District 4-H Horse Show Entries and payment due Online</td>
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Clover Corner Information?

If there is information you would like to share with fellow McPherson County 4-H’ers, let Lindsey know! The deadline to have information included in the July/August newsletter is June 20. Email Lindsey or bring your information by the Extension Office!
Family Night- Fundraiser with American Legion

McPherson County 4-H will be the benefitting organization for the June 21 American Legion Family Night! Our responsibilities as 4-H families will be to sell tickets to the event and provide desserts.

Each 4-H family will be in charge of selling at least 5 tickets if you have one 4-H’er. At least 10 tickets if there is more than one 4-H’er. Each 4-H member will be responsible for 5 servings of dessert. Please discuss this as a club as those numbers could be combined to be club totals or divided any way you wish. If you have questions please contact Lindsey.

Tickets ARE READY! Sell early! Tickets will be $5 each which includes a hamburger, fries, dessert and drink (or any combination of 4 items)! Please mark June 21 on your calendars to come eat supper to benefit 4-H! Serving is from 5:00-6:30 p.m.

Summer Leadership Academy

Summer Leadership Academy is returning!! This is for 4-H members 12 and older as well as all parents and volunteers. It will be held at K-State Polytechnic Campus in Salina, Kansas on June 23, 2018. Registration will begin at 9:45 am and the event will conclude by 4:30 pm. This is hosted by McPherson and Central Kansas District 4-H, but open to anyone in the state! Make sure to get in this statewide leadership event! Registration is just $15 which includes a T-shirt, lunch and all sessions/resources. There will be many classes taught by folks from across the state and Rock Springs Ranch! Watch your email for the registration link!

Camp

We are looking forward to OzSome 4-H Camp, June 13-16! A camper letter with information and luggage tags should be in your mailbox soon! Please make sure your Camper Profile on www.campdoc.com is complete ASAP as we try to print health info, allergies, housing assignments, etc. If you have any questions prior to camp please do not hesitate to email, call or come see me!

Concert for a Cause

4-H Youth Development will again be hosting a Concert for a Cause event. Mark your calendars for Thursday, July 12 from 7-9 PM where Smoky Valley Bluegrass Band will be performing at Hopp’s SnoShack. 4-H will be selling popcorn and water, have a prize raffle and all SnoCone proceeds will be donated to our organization. Invite everyone you know and plan to come have a good time outside with your 4-H friends and supporters!

McPherson 4-H Fair

4-H Fair Books will be available in print and online soon! Save the dates of July 27-30 for fair activities. There will also be a fairgrounds set-up and supper on July 24 and fairgrounds clean-up and pizza lunch/swimming party on July 31.

Family of the Year Nominations

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. So at your next club meeting consider which family you would like to nominate for this award. Awards 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.
**PROJECT NEWS**

**Dog** - June 4, 11, 25, July 9, July 23 Block Building/Chief Building.

**Entomology** - Insect Spectacular - June 22-23. This is an incredible opportunity for all Kansas 4-H members enrolled in the entomology project. Mark your calendars now and plan to "fly with us" in the Air Capitol of the World, Wichita, KS, for the 2018 Kansas 4-H Insect Spectacular. This year's event will highlight the Lepidoptera order (moths & butterflies). Learn identification, pinning, collecting, storing, displaying and much more. Classes will be appropriate for both beginners and those with more experience. Check the state 4-H website for more information coming soon or call the Extension Office.

**Horse** - If you are interested in showing at the District Horse Show (this is the qualifying show for the Kansas State Fair) you may register at https://kstate.qualtrics.com/jfe/form/SV_ba9I5qqWoq5CWZn. The show will be Tuesday, July 10 in Hutchinson. Participants must be 4-H age 9-18 and have completed Level 1 testing. If you need more information on Horse Testing please contact the Extension Office.

State Horse Judging Contest will be held Thursday, June 21 at the Salina Fairgrounds. Registration is due June 15 and can be found at: http://www.cvent.com/d/2gq188E

**Leadership** - Summer Leadership Academy - a statewide leadership event right in Salina! This will be held June 23 at K-State Polytechnic. Registration will begin at 9:45 am and the event will conclude by 4:30. Watch your email for the registration link which is due by June 13. Let’s have a great representation from McPherson County!

Please sign up to help counsel a camper group at Farm Safety Day Camp on June 6 from 8:30 to 3:00.

**Photography** - Remember, when preparing for the fair, mounting boards can be purchased at the Extension Office for $1 each and plastic sleeves for 25 cents each.

**Rabbit** - Rabbit ID’s are due to the Extension Office by June 1. All info must be complete for fair entry.

**Shooting Sports - Archery** - Now thru June 28 (6:30 PM Thursdays at Smoky Valley Shooting Sports, 2341 14th Ave., Lindsborg. Cost is $25 for the Archery Session.

**Shotgun** - This will begin June 3 at Double E (4:00 pm). Fee for Shotgun will be $75 to cover expenses.

**Reminder... State Livestock Nominations are due on June 15th for Sheep, Meat Goats, Swine, and Commercial Heifers**

Members that are wanting to animals for the KJLS or State Fair must now turn in DNA hair samples in addition to the paper forms. These are due to the State Office by June 15th to nominate an animal to show at KJLS or State Fair (Market Beef were due May 1st). Our office has the envelopes needed to do the DNA samples but the rest of the forms are available at www.youthlivestock.ksu.edu

**Livestock Quality Assurance**

Please note that there will be no quality assurance requirement for the 2018 McPherson County 4-H Fair. Requirements for the 2019 year for livestock exhibitors will be changing with details announced in the coming months.

If you are a swine exhibitor planning to show at KJLS or the Kansas State Fair you will need to have a current PQA or YQCA certificate. PQA has been discontinued as of May 31, so if your certificate is not current, you must complete YQCA prior to entry in the state shows for 2018. Contact the Extension Office for help with this certification.
Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science

What is a Serving of Fruits and Vegetables?

All varieties of fruits and vegetables, whether fresh, frozen, canned, dried or juice, count toward your More Matters tally. And a serving is smaller than most people think.

One serving is:

* One medium fruit such as an apple, orange, or banana (size of a tennis ball)

* ½ cup cut up fruit

* 1/4 cup dried fruit

* 3/4 cup or 6 oz fruit or vegetable juice

* ½ cup raw or cooked vegetables

* 1 cup raw leafy vegetables

* ½ cup cooked bean or peas

Three Savings Hacks

Save 15% - Aim to set aside at least 15% of your monthly pay.

Budget for it – Think of savings as a fixed part of your budget, like rent or bills.

Automate – For short-term goals, open an additional savings account, label it, and automatically divert part of each paycheck into it.
When Should I Take Social Security?

**Save the Date of Thursday, October 18** for this educational meeting that will discuss the things to consider when taking social security benefits. This will be a free program, starting at 6:30 p.m. and held on the top floor of the bank building. More information will be coming. This will be educational in nature, providing basic information for things to consider. Everyone's financial situation is different -- but this program will help you decide if you want to start your social security benefits at 62, or wait until you're 70; or somewhere in between.

**Getting Married? Be Sure To Talk....**

One not-so-exciting as planning a wedding, but just as important planning is to discuss what to do about insurance needs. Getting married can have an impact on insurance coverage.

The Kansas Insurance Department (KID) staff and the National Association of Insurance Commissioners (NAIC) have some insurance tips for couples who are about to say “I do.”

**Wedding Insurance:** Insurance to protect against weather, illness or even “cold feet” is increasing. Since the average cost of a wedding is reportedly at $26,000, and an estimated 2 million-plus wedding occur annually in the U.S., couples might want to check with an insurance agent to see if this could be useful for their situation.

**Homeowners and Renter’s Insurance:** There are several things to consider when deciding where you and your spouse will live. Location, size of the dwelling and construction type are all factors that determine insurance premium. Also, location from a fire station can be a factor.

Combining households also means combining your belongings. Make a home inventory of all your belongings to determine how much coverage you will need. It will also make filing a claim easier in the event of a loss or disaster. The NAIC offers a free smartphone home inventory app that makes your information and photos available at your fingertips. You can also print off the KID Personal Home Inventory by going to [www.ksinsurance.org](http://www.ksinsurance.org)

**Auto Insurance:** Married couples have the option of combining their auto insurance policies, but most newlyweds do not discuss their spouse’s driving record before getting married. A poor driving record could increase the cost of your premiums, so you might want to have that conversation.

As a newlywed, you may be eligible for discounts. Some insurance companies consider married couples a lower risk, which could result in lower rates. Also, if you combine your auto policies or buy auto coverage from the same company that carries your homeowners or renters policy, you may be eligible for additional discounts.

**Health Insurance:** When deciding about your health insurance needs as a couple, evaluate your current and future health care. Review the provisions of your policies with those needs and coverages in mind. You will also want to compare the cost of adding your spouse to your policy against keeping your own health insurance. Many times getting married is a “significant event” giving you the opportunity to add someone with guaranteed issue; meaning you may only add them at this time rather than adding them later.

**Life Insurance:** It is not easy to talk about something such as life insurance during a happy time, but life insurance may help secure your family’s financial future. Unfortunately, current reports indicate that many marrying-age millennials see life insurance as unneeded.

But for future family planning, it can be a must. There are ways to calculate your needs – talking to an insurance agent is time well spent. If either or both of you have life insurance, check with your insurance agent about updating your beneficiary information.

**Not Sure Where to Start?** To help couples get smart about insurance, the NAIC created a special section in its [www.insureuonline.org](http://www.insureuonline.org) website under “Weddings” in “Life Events”. This guide encourages couples to ask the tough questions early.

*Source: Kansas Insurance Dept, CKD Newsletter*
4 Tips for College Saving

College debt can have long-reaching consequences. To reduce the burden, start planning early for the cost of college and consider these tips.

1) Don’t take on too much debt: Consider how much you can realistically afford in conjunction with other goals you may have for your future.

2) Consider salary potential: As a rule of thumb, students should not take on more debt than they expect to earn in their first year out of college, making payments more manageable after graduation.

3) Balance the budget: Most people can’t pay the full cost of the college education out-of-pocket, so aim to save enough to pay half the cost of a public college education. To see if you are on track, use a College Savings Calculator and make adjustments if not.

4) Think creatively: The traditional picture of college is evolving. Expenses may be reduced if the student lives at home, works part time, or is able to graduate early. Take advantage of your high school offerings to get “dual credit” from a community college course and high school. Make sure those credits will transfer to the college of your choice.

“College” does not necessarily equate to a four-year university. It may mean an advanced technical degree, or a certification. Advanced education is important; but it must be meaningful to you and your future. Not just something you do because someone thinks you should go to The University.

Food Intolerance – or Allergy? Is There A Difference?

Food intolerance

The body may lack a specific enzyme needed to properly digest a specific ingredient in certain foods. Examples are lactose in dairy and gluten in wheat. Common symptoms include:

- Nausea
- Stomach Pain
- Vomiting
- Diarrhea
- Headaches
- Heartburn
- Gas, cramps, bloating
- Irritability or nervousness

Food allergy

An allergic reaction occurs when the body mistakes a food ingredient – usually a protein – as harmful and defends itself using antibodies. Symptoms can range from mild to severe. They include:

- Rash or hives
- Diarrhea
- Swelling
- Nausea
- Shortness of breath
- Cramping or stomach pain

Even a tiny amount of food will trigger an allergic reaction. In contrast, intolerance are dose related – symptoms may not occur unless you eat a large portion or eat the food frequently.

If you suspect you may have a food intolerance or allergy, see your doctor.