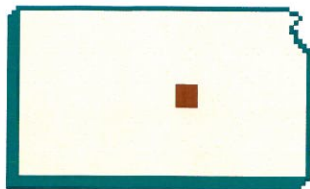


McPherson County



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JUNE 2019



Clover Corner

Lindsey Muetting
County Extension Agent
4-H Youth Development



K-STATE
Research and Extension



Hello!! School is out and we are off and rolling with summer! Discover Days is May 29-31 and 4-H Camp is June 14-17! If you are not able to attend this year, be sure to ask your friends about these events and all the fun happenings!

I would like to give a special welcome to our Summer Program Assistant, Julie Wedel! I will be going on maternity leave sometime in the coming couple of weeks. Julie, Terra and other agents and staff will be working hard to answer your questions and help in all things 4-H through the summer! If you are willing to help at any events, please let me know ASAP- volunteers are what make this program work!

If you need assistance through the summer months please email Terra at tregehr@ksu.edu, Julie at mpco4h@gmail.com or call the office at 620-241-1523. Thank you for your flexibility, patience and time as we march into the summer months!!

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 fly by!

~Lindsey

4-H Council

The next 4-H Council meeting will be Thursday, June 6 at 7 PM. Please try to have representatives from your club present, there is a lot on the agenda to decide!

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 18. Email Terra or bring your information by the Extension Office!

4-H Calendar

June	
1	Rabbit ID's due into the Extension Office
6	Farm Safety Day Camp
6	4-H Council, 7:00 pm
14-17	OzSome 4-H Camp, Rock Springs
15	State Nomination Deadline for Market Swine, Market Sheep, Meat Goats, & Commercial Heifers/Ewes/Gilts
20	Family Night- Fundraiser, American Legion
27	4-H District Horse Show

Family Night Fundraiser with American Legion

McPherson County 4-H will be the benefitting organization for the June 20 American Legion Family Night! Our responsibilities as 4-H families is to sell tickets to the event and provide desserts.

Each 4-H family will be in charge of selling at least 6 tickets. These are in the Extension Office to pick up and need to be sold with money returned by June 17! Sell early! Tickets will be \$5 each which includes a hamburger, fries, dessert and drink (or any combination of 4 items)! Please mark June 20 on your calendars to come eat supper to benefit 4-H! Serving is from 5:00-6:30 p.m.

Clubs have also been notified of how many servings of dessert they are responsible for- please be in contact with your club leader to volunteer to make something yummy!



OzSome 4-H Camp

We are looking forward to OzSome 4-H Camp, June 14-17! 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 or call the office!

CAMP HELP!

Bus transportation is a privilege for McPherson County and a very fun experience for our 4-H youth and friends! In order to make it work we need volunteers! We will need 2-3 adults to help on Friday, June 14 and Monday, June 17. Volunteers will help by riding the bus and driving the Extension Pick-Up. For more information please contact Lindsey at 620-241-1523 or Lmueting@ksu.edu

McPherson 4-H Fair

4-H Fair Books will be available in print and online in the coming weeks! Save the dates of July 26-29 for fair activities. There will also be a fairgrounds set-up and supper on July 23 and fairgrounds clean-up and pizza lunch/swimming party on July 30.

4-H Fair Junior Superintendents/Judges Helpers

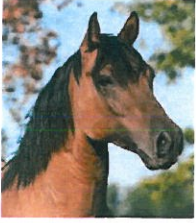
Help is always needed at the 4-H Fair! We would love for any and all 4-H'ers to volunteer to help as junior superintendents and judges helpers for one or more divisions. Our superintendents work hard to make judging, shows and displays happen! Please volunteer to help them out! Tasks might include helping set up items for display, placing ribbons on items, helping sit with judges (also a great way to learn more about the project!!), etc. Please email or call the office with what divisions you could assist with!

McPherson County Fair

The McPherson County Fair is held in Canton each year prior to the 4-H Fair. There are 4-H and Open Class Divisions that are a great way to get projects finished and out before the 4-H Fair! You may even get some great feedback to help with your item at the 4-H Fair! Check out all the Fair has to offer, July 17-21.

PROJECT NEWS

Dog - May 30th @ 7:00 p.m. Block Building, June 2nd @ 6:00 p.m. 4-H Building, June 5th @ 7:00 p.m. 4-H Building, June 9th @ 6:00 p.m. 4-H Building, June 12th @ 7:00 p.m. 4-H Building, June 16th @ 6:00 p.m. 4-H Building, June 19th @ 7:00p.m. 4-H Building, June 23rd @ 6:00 p.m. 4-H Building, June 26th @ 7:00 p.m. 4-H Building



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_bdTaBSHaFyv4bbv . The show will be Thursday, June 27 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.

Leadership - We are still in need of group leaders for 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.

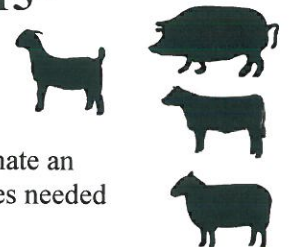
Rabbit - Rabbit ID's are due to the Extension Office by June 1. All info must be complete for fair entry.

Shooting Sports - Rifle - June 3 & 17 all meetings are at the 4-H Building from 6:00-8:00 p.m.

Archery - is every Thursday until the end of June at 6:00 p.m. at Smokey Valley Shooting Sports, 2341 14th Ave, Lindsborg.

Shotgun - will start June 9 every Sunday at 4:00 p.m. at Double E Ranch, 2038 15th Ave, McPherson.

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



Members that are wanting to show 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

Youth Livestock Quality Assurance - REQUIRED

Youth for the Quality Care of Animals (YQCA) is a new 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 4-H Fair. This is also required prior to nominating any animals for State Shows! We have had two and are working to plan another in person training (\$3) and there is an option to complete online (\$12). Visit <https://www.asi.k-state.edu/research-and-extension/youth-programs/YQCA.html> for more info!

You will need to register online for online or in person trainings at <https://yqca.learn-grow.io/> click on this link and it will take you to 4honline family profile, click on 4-H'er taking training and then it gives age group, select instructor base certification, then choose Kansas and McPherson click on that and pay \$3.00 credit card to register.

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 1 to the Extension Office. At the August Meeting of 4-H Council (Aug 1), 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.



Living Well

Jana McKinney
County Extension Agent
Family & Consumer Science



How Much Food Waste Is Generated?

- ✍ Food Waste - Between 30 - 40% of ALL edible food is tossed in the U.S.
- ✍ As much as 20 pounds per person per month is wasted.
- ✍ We throw away about 28% of just fruits and vegetables.
- ✍ 36 million tons of food is wasted while 49 million people are hungry.
- ✍ Americans throw out the equivalent of \$165 billion in food each year

Keeping Wasted Food In Mine...Here's Some Food Penny Pinching Ideas

It seems our wallets are getting thinner each day with the rising costs of many items from gas to food. To help ease of the pain on your wallet, try these strategies to save money on food:

- Create a food budget – Calculate how much money you need each month for food. Get that amount in cash and only take that amount to the store.
- Make a meal plan before shopping – Prepare a weekly menu to fit your budget. Consider the food you already have to help clean out the pantry.
- Make a grocery list – *Stick to this list!* If you have options for stores, choose one that will give you the most for your money.
- Shop grocery store ads and clip coupons – Use coupons for items you will use. Combine sale prices with coupons for bigger savings.
- Buy store brands – These are often the same quality as name brands and can save you money.
- Eat before you shop – Grocery shopping on an empty stomach can lead you to buy more food, including items you don't need.
- Beware of end caps – These items are not always bargains.
- Shop by cost per unit – Look at the cost of the item per unit of measure for the best savings. Compare forms of food such as frozen vs. fresh to save money.



The **National Festival of Breads** will be held on June 8, 2019 at the Hilton Garden Inn in Manhattan, Kansas

It's Free! Check it out at www.nationalfestivalofbreads.com

See the full schedule, listen to educational programs, check out the 8 finalists and their bread making project! It's a wonderful event, family friendly – educational! Please, consider going if available.

Happy Father's Day!



June is a great time to recognize fathers and to look at the important role that fathers play in the lives of our children. Research shows that a father's involvement, influence and affection are three important keys to father-child relationships.

At a very early age a child begins to recognize the difference between genders--between the masculine and the feminine. The father becomes the first model for the child of what masculinity in the world means. By observing one's father, the child learns more about herself or himself. In the home, the child observes what the father does; the jobs that he does around the house; how he helps with the housework or in the kitchen; how he talks to his wife; how he talks to the children.

Children of all ages need to spend time with their fathers, or fathers need to spend time with their children. It's by spending time that children learn that father is something more than a disciplinarian, or policeman, or referee, or just a breadwinner! The child needs to see his or her father as a warm, accepting person--a person with feelings. He needs to talk with his father and needs to hear his father talk about the child's concerns and problems and the problems and concerns of the family.

Children with Active Dads:

- * are more ambitious;
- * are less susceptible to peer pressure;
- * are more competent;
- * are self protective and self reliant;
- * are more self confident with the respective male or female identities.

Children with involved, loving fathers are significantly more likely to do well in school, have healthy self-esteem, exhibit empathy and pro-social behavior, and avoid high-risk behaviors such as drug use, truancy, and criminal activity compared to children who have uninvolved fathers.

Stay Strong, Stay Healthy



Stay Strong Stay Healthy Classes Forming Now

The program's goal is to improve health and quality of life. The hour long sessions meet twice each week. They include warm-up exercises, strengthening exercises with or without weights, and cool-down stretches. Participants are also encouraged to do the exercises on their own once more during the week. Over the eight weeks, participants learn the exercises and begin to improve strength and balance.

Available classes are:

- Mondays and Wednesdays at 9 a.m. starting June 10
- Tuesdays and Thursday at 2:30 p.m. starting June 13
- Tuesdays and Thursday evening at 6:30 p.m. starting June 13

Each session is limited to 15 participants. You need to call 620-241-1523 to sign up, or stop by the Extension Office. The cost is \$20 per participant. There are a few forms that need to be completed prior to the class.

Register by June 6th to save your spot in the class of your preference. Need at least 10 per class, but no more than 15 for a class to be held. Men and Women are welcome – all classes held at the Extension Office meeting room.

Understanding Mental Health - Bring Change to Mind.org

The fact is, a mental illness is a disorder of the brain – your body’s most important organ – and one in four adults experience mental illness in a given year, including depression, bipolar disorder, schizophrenia, and PTSD. Like most diseases of the body, mental illness has many causes – from genetics to other biological, environmental and social / cultural factors. And just as with most diseases, mental illnesses are no one’s fault. The unusual behaviors associated with some illnesses are symptoms of the disease – not the cause. But most importantly, mental illnesses are treatable through medication and psychosocial therapies – allowing those who live with them the opportunity to lead full and productive lives.

If you or someone you know needs immediate help, please call the National Suicide Prevention Lifeline at 800.273.TALK (8255) or contact the Crisis Text Line by texting HOME to 741741.

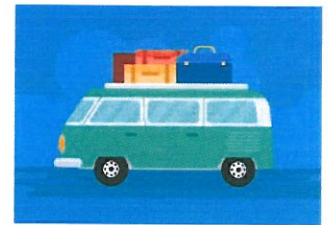
Let’s stamp out the “stigma” attached to seeking mental health. It is no different than if you go to your doctor for a spider bite or the flu; mental health professionals can help with mental issues!

Road Tripping? Need some help?

If you are hitting the highways this summer, check out these websites before you leave. They make it easy to plot routes, find fun adventures, and even save money along the way.

AAA.com: Best for mapping your route.

You don’t have to be a member of the travel club to use this site’s helpful trip-planning tools. Click on the Travel tab to get started, then use the TripTiks to plan your adventure. Cool tool: look under “Member Discounts” for hotel and meal deals.



RoadTripAmerica.com: Best for finding attractions.

The site is loaded with tips on how to plan a great road trip, find roadside attractions, and budget fuel costs. The map-based planner has nine categories of attractions, including natural wonders, parks and recreation, and events. Cool tool: The Road Trip Compatibility Quiz analyzes how compatible you are with your trip mates.

US-Parks.com: Best for locating national parks and scenic byways.

This site lists all the parks, including scenic, wide-open spaces in the West and historical East Coast attractions. It will alert you if a site has a specific restriction and it will pinpoint nearby hotels and campgrounds. Cool tool: The road-trip planner offers predetermined routes that allow you to take in several parks and monuments in the time you have available.

TripswithPets.com: Best for planning a trip with your furry family members.

This site will help you find pet-friendly hotels as well as pet policies for major airlines, hotels, and rental-care chains. Cool tool: Review hotel choices and book your room through the site. You can also check out BringFido.com. It’s all about furry travelers, including tips for flying with Fido-dog-welcoming bed-and-breakfasts, and pet-friendly shopping. This is also a hotline you can call to talk to a “pet friendly travel expert”.

Source: ConsumerReports, ShopSmart;



Should I Peel?

Most of the natural vitamins and minerals aren’t in the center of fruits and vegetables. Instead, they’re in the outer leaves, skin and area just below the skin. In most cases cooks don’t really need to peel fruits and vegetables. The skins are edible

on carrots, potatoes, pears, apples and a host of other fresh produce. But cooks need to keep in mind that some vitamins dissolve in water.

That’s why as you prepare produce, you should avoid soaking it. Just wash well enough in cool, running water to remove any dirt or pesticide. A soft brush and water will do a good job in cleaning thick-skinned vegetables and fruits.

Peels not only contain nutrients but also can act as a natural covering that helps protect the nutrients inside fruits and vegetables. That’s why mashed potatoes can be more nutritious if made from potatoes that aren’t peeled before boiling.

Pectin...Key Ingredient

When making jellied fruit products, pectin is a key ingredient so the product will gel. Some fruits do not need added pectin, but some do. Recipes are made using dry or liquid pectin. These types of pectin are not interchangeable.

Pectins are a group or pectic polysaccharides, or long-chain carbohydrate molecules. They contain chains of esterified galcturonic chains that have different binding sites in a liquid form versus the dry form of pectin. Therefore, how the gelling process works when using liquid versus dry pectin is very different.

Liquid pectin is not rehydrated dry pectin. The acid content of liquid and dry pectin is also different which changes gelling properties.

Again, one cannot be substituted for the other. Use the pectin the recipe requires for best results.

Source: Dr. Elizabeth Andress, Univ. of Georgia Extension



Medicare – Need Help?

Remember, Jana is a Senior Health Insurance Counselor of Kansas (SHICK) and is willing to provide free, unbiased, confidential information on Medicare and help you know the options that are available to you. It is important to have a good understanding of the different Parts – A, B, C and D – and Medicare Supplement Plans (Plans A - N) as they pertain to you. You have guaranteed issue in your Initial Enrollment Period (the three months before your birth month, your birth month and the three months after). Please, call 620-241-1523 or email jmckinne@ksu.edu to set up an appointment.



Dining with Diabetes is a K-State Research and Extension health and wellness program that consist of a series of four classes that includes learning, demonstrations, physical activity and tasting healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes.

Program Objectives:

- > Increase knowledge about healthy foods
- > Present healthy versions of familiar foods and taste testing of recipes
- > Demonstrate new cooking techniques
- > Provide basic information regarding diabetes and nutrition
- > Provide opportunities for sharing and learning from one another and from diabetes health professionals

Dining with Diabetes is a national extension program provided to Kansans by K-State Research and Extension Family and Consumer Sciences professionals and community health partners. The program is a series of four 2-hour classes that are held once a week. Classes consist of a presentation on diabetes self-care or healthful food choices; a five to ten minute low-impact physical activity; presentations on tasty, healthy familiar foods, sampling foods, and demonstrations of cooking techniques using artificial sweeteners, reduced-fat foods, herbs, and spices.

Who can participate? The program is designed for people with diabetes and their family members, caregivers, and support persons.

The program will be offered at the McPherson County Extension Office on July 10, 11, 16 and 17th at 6:30 p.m. Please be sure to RSVP at the Extension Office by calling 620.241.1523 or email jmckinne@ksu.edu There is a \$20 program fee to help with material costs. Scholarships may be available.



Ag News

Shad Marston
County Extension Agent
Agriculture and Natural Resources

June Newsletter Info

The wheat tour is over, school is out, our farm ponds are full and wheat harvest is just around the corner. Those are the things we know. I haven't mentioned anything about our spring crops or the cutting of hay and there is a reason for that. Producers all across central Kansas are trying to come up with a plan to get this process underway. I think one of the keys going into summer will be how our farmers can adapt to the ever changing weather conditions. In a normal year, planting of corn and soybeans would be finishing up the, swathers would be cutting hay, combines and grain trucks would be getting their last tune ups before the summer harvest begins. But not this year, farmers are unsure of their operations plan to get this done or even started. Farmers will have to make some tough decisions in June. I'm guessing the producers that can adapt and change their own farm plans to our current conditions will be the ones that might have the least problems and the most success come fall.

Helpful Information

Those of us who have been or are dealing with tornadoes, high winds, flooding, hail, water in our basements or other emergency situations, keep in mind that KSRE is part of the national Extension Disaster Education Network. Whether it's a flash flood or a slow onset flood, excessive amounts of water can cause significant damage. K-State Extension is your trusted source for flood-related information. Our KSRE staff and county-based experts have access to resources of all kinds and are ready to help you get the answers you need. Whether you're an individual or family, home owner or renter, live in the city or rural, here is a link that can answer many of the questions one might have. <https://flood.unl.edu/> Nebraska Extension has put together these helpful information resources after their recent flooding.

Mulching Garden Crops

June is a good time to mulch garden vegetables if you haven't done so already. Mulches provide several benefits including weed prevention, reduced watering due to less evaporation, and cooler soils that enhance root growth. Straw and hay are popular mulches in Kansas and both easy to find. However, both may contain weed seeds that will germinate if the thatch layer is not thick enough. Grass clippings can also be used if the lawn has not been treated with weed killers. Add only a thin layer of clippings at a time and allow to dry for 2 to 3 days before adding more. A thick layer will form a mold that is almost impervious to water. A mulch layer one-half to three-quarters inch thick is about right for grass clippings, but hay or straw should be at a depth of 2 to 4 inches.

Corn

Wet conditions the past few weeks have slowed planting progress for Kansas corn producers. The May 20 Crop Progress Report from the National Agricultural Statistics Service indicated that Kansas corn acres planted were only at 61 percent, behind last year's planting progress of 80 percent, which also matches the five-year average on this date.

Some crop insurance deadlines are looming for Kansas farmers who have Revenue Protection, RP with the harvest price option, or Yield Protection coverage, and one deadline has already passed for southeast Kansas farmers. This deadline is the "final planting date," and it marks the final day on which crops can be planted and receive their full insurance coverage.

Sorghum Management Considerations: Planting Practices

Some of the main planting practices affecting yields in sorghum are: row spacing, row arrangement, seeding rate/plant population, planting date, and hybrid maturity.

Sorghum plants can compensate and adjust to diverse environmental conditions through modifications in the number of tillers, head size, and final seed weight. For sorghum, the final number of seeds per head is the plant component that varies the most; and thus has more room for adjustment than the other plant components (seed weight and number of tillers).

1. Determine your desired population based on average rainfall and expected growing conditions. There is no need to go overboard.
2. Make sure you plant enough seed for your desired plant population. About 65-70 percent field germination is a good general rule to use.
3. Think about using narrower row spacing to close the canopy sooner and potentially capture greater yields in yield environments of 70 bushels per acre or more.
4. Planting data and hybrid selection are tied together and are related to the conditions experienced by sorghum plants during the late summer. Think about this before deciding your planting time and selecting a hybrid.



Soybean Response to Standing Water and Saturated Soils

A few farmers have already planted soybeans. If you have not, and typically do not invest in fungicide seed treatments, 2019 would be a great time to start. The beans that have been planted have gotten off to a very slow start, constrained by rain events and wet soil conditions. Wet soil conditions will slow emergence, make the soil more susceptible to compaction (limiting root growth), and cause poor plant-to-plant uniformity after emergence. Sidewall compaction occurs when soybeans are planted when the soil is too wet, immediately followed by dry weather. Soil surface crusting is another potential challenge for soybean emergence. After emergence, how will soybeans respond to standing water and saturated soil conditions? If soybean plants are submerged for less than 48 hours, there is a good chance they will survive. Plants can survive under water longer under cool than warm temperatures. Submerged soybean plants can survive for up to 7 days when temperatures are less than 80 degrees F. To find out whether the soybeans are damaged after the water recedes, split the stem at the tip and examine the growing point. A healthy growing point will be firm and white or cream colored. A soft, dark growing point indicates injury. In some cases, silt coating the plant after short-term flooding can cause more injury and plant death than the water itself. Even if the fields did not have standing water and plants were not totally submerged, waterlogged soils can cause problems if the waterlogging lasts too long. When soils are saturated for a prolonged period of time, a lack of oxygen in the roots can lead to the accumulation of lactic acid and other products of anaerobic respiration. This is the underlying cause of damage to plants in waterlogged soils where only the roots are flooded. Injury can depend on variety, growth stage, duration of waterlogging, soil texture, fertility levels, and diseases present. Interactions of these factors make it hard to predict how a given soybean field will react to waterlogged soils. Variety differences have been reported and researchers have identified possible genes associated with tolerance to waterlogged conditions. Scientists in Missouri have screened a number of soybean varieties, subjecting them to two periods of flooding, each two weeks in duration. The average yield reduction for all varieties was 61%. Yields were reduced by 39% for the most tolerant varieties, and 77% for the least tolerant. Producers should check with their seed supplier regarding information about a particular variety.

Growth stage factors

Research examining the influence of growth stage on the degree of injury from waterlogged soils has provided mixed results.

Germination

Saturated conditions during germination can reduce successful germination by up to 40% and can inhibit seedling growth. Seeds that are further along in the germination process at the time of saturation sustain more injury.

Vegetative growth stages

Excess water during vegetative stages usually causes less injury than waterlogging during the reproductive and grain filling stages. Short-term waterlogging (2 to 3 days) at V2 to V4 can cause yield reductions of 0% to 50%, depending on soil texture, variety, and subsequent weather. Yield reductions from waterlogging during the early vegetative stages have been attributed to reduced plant population and shorter plants with reduced branching and fewer pods per plant. We are a long way from the reproductive stages at the moment, but for the record, waterlogging for 2 to 3 days at R2 usually causes greater yield reductions than if it occurs during the vegetative stages. Waterlogging at R1 reduced the number of pods per node. At R5, yield reductions have been attributed to reduced seed size.

Duration of soil saturation

The longer the soil is saturated, the greater the injury, mortality, and consequent yield reductions. During germination, saturated conditions for 48 hours can decrease germination by 30% to 70% depending on the timing of the saturation, nearly twice the yield decrease resulting from durations of 24 hours or less. For plants that have emerged, a waterlogged condition that lasts for less than two days often causes little or no noticeable yield reduction. Intolerant varieties begin to show yield reductions after 2 days of saturation, but tolerant varieties can withstand up to 4 days of waterlogging with little reduction in yield. As the duration of soil saturation increases, researchers have documented greater reductions in population, height, pods per plant, yield, and leaf tissue nitrogen.

Other factors

Soil conditions play a role in the severity of injury from waterlogging as well. Coarser textured soils will drain more quickly, minimizing the duration of oxygen deprivation to the roots. Fine textured soils maintain saturation longer, increasing the chances of injury. Fields that are flooded, or are at or above the water-holding capacity of the soil, will be more likely to develop root rot problems. Flooding accompanied by cooler temperatures would be favorable to Pythium root rot whereas warmer temperatures would favor Phytophthora and Rhizoctonia root rots. Whether Phytophthora root rot develops often depends on the tolerance or resistance of the variety used. If the flooding occurs beyond the first week or two after emergence, any seed treatment fungicides that may have been used will no longer be effective.

How Much to Water a Lawn

Homeowners usually want to know how much and how long to leave the sprinklers on. There are too many variables to give a solid answer. You will need to do some experimentation to determine what is needed for your lawn. The key is to make sure water reaches about 8 inches deep. This can be checked with a wooden dowel or a metal rod (rebar or electric fence post). Pushing it into the soil will tell you how deeply water has reached as it will stop when it hits dry soil. Start by watering for 15 minutes and check the depth of watering. If the soil is only moist 4 inches deep, then you will need to water another 15 minutes. Check again after the second watering to be sure moisture reaches your desired depth. Watch for runoff. If you see any before the soil is wet to the desired depth, you may have to water each area twice with some time in between to allow the water to soak in. If there is still runoff before water reaches the desired depth, more watering's per week may be needed to make up for the shallow depth the water is reaching. On such lawns, core aeration during September would be highly recommended to help increase the rate at which the soil absorbs water. That brings up how often should we water. During most of the growing season, once per week will be adequate. However, during extreme heat or on heavy soils where runoff occurs quickly, twice a week may be needed.

Herbicide Carryover Considerations When Recropping Damaged Wheat

Dallas Peterson, Weed Management Specialist — dpeterso@ksu.edu

Growers who decide to terminate their wheat crop this spring because of poor stands or recent weather-related damage need to consider crop rotation restrictions relative to any herbicides that may have been applied to the wheat. Many of the commonly used sulfonylurea type herbicides, including metsulfuron, Ally, Ally Extra, Agility SG, Finesse, Glean, Amber, Peak, Rave, OutriderOlympus, and Power Flex HL are persistent and have fairly long crop rotation guidelines.

In general, the most tolerant summer crop to residues of these herbicides, is STS soybeans, followed by grain sorghum. Product labels tend to specify grain sorghum, but forage sorghum and sudangrasses would likely have similar levels of tolerance. One major exception to this guideline is sorghum and Outrider herbicide. Sorghum is extremely susceptible to Outrider and should not be planted for at least 22 months after application. In addition, fields should not be planted to sorghum for at least 14 months following Amber or Rave application according to label guidelines.

Producers who want to recrop to sorghum on their wheat acres that have received one of the other residual sulfonylurea herbicides should wait as long as possible to plant. Ideally, sorghum should not be planted on these fields until mid-June.

Cotton and non-STs soybeans are generally intermediate in tolerance to these herbicides. Many of these product labels recommend not planting cotton or non-STs soybeans until the following year, while others have a 3 or 4 month waiting interval or a clause that allows shorter recrop intervals in the case of catastrophic events if a field bioassay indicates it is safe to plant the crop. However, in those situations, the grower assumes all risk of crop injury.

Corn, sunflowers, canola, and alfalfa tend to be the most susceptible crops to the sulfonylurea herbicides and generally have rotation guidelines of 12 months or longer with most of these herbicides. With the high price of corn, many farmers may be interested in planting corn, but corn is very susceptible to residues of these herbicides.

Several herbicide labels make reference to shorter recrop intervals if planting IR corn. However, IR corn is obsolete and current Clearfield corn hybrids do not have the same level of cross resistance to sulfonylurea herbicides as did the IR corns.

Wheat fields that have been treated with Beyond herbicide can be recropped in the spring with any type of soybean or Clearfield sunflowers, but not to sorghum or corn.

Most other commonly used wheat herbicides in Kansas have short crop rotation restrictions. In fields where herbicide carryover is a concern, it would be best to wait until later in the spring before planting to allow as much time as possible for herbicide dissipation. Tilling the soil to try to “dilute” the herbicide residue likely will not have a great benefit and could increase the risk of soil erosion and moisture loss. Lowering residue managers on planters so that an inch or two of topsoil is thrown out of the rows could help get the seed into soil with lower herbicide levels.

Another consideration is how to kill the wheat crop if producers plan to recrop. For glyphosate to be effective, it has to be absorbed by healthy, growing plant parts. Wheat that has been injured and is not dead yet, but not growing well, may be hard to kill with glyphosate.

The best approach is to wait until the wheat is actively regrowing before applying glyphosate. Paraquat is not a good alternative as it burns back the treated leaves, and is not translocated to the crowns and lower buds, thus the wheat plant often can regrow from these structures.

Always refer to the specific herbicide label regarding crop rotation guidelines and restrictions. Label guidelines for crop rotation are often complicated by soil pH and geography. Some product labels have very rigid crop rotation restrictions, while other labels allow shorter intervals in the case of catastrophic crop failure, as long as the producer is willing to accept the risk of crop injury. Another confusing issue may be the existence of supplemental herbicide labels with shorter crop rotation guidelines than the regular label.

Moving Houseplants Outside for the Summer

It is often helpful to set many houseplants outside for the summer so they can recover from the low light levels endured during the winter months. As soon as night temperatures stay consistently above 55 degrees F, houseplants can be moved to their summer home. Choose a spot that has dappled shade, is protected from the wind, and is close to water. A porch or a spot that receives shade from trees or buildings will work well. Putting houseplants in full sun will cause the leaves to photooxidize or sunburn because the leaves have become adapted to low light levels inside the house. Where possible, sink the pots into the ground to help moderate root temperatures and reduce watering frequency. If you have a number of plants, dig a trench 6 to 8 inches deep (or deeper if you have larger pots) and long enough to accommodate all of your plants without crowding. Place peat moss under and around the pots. Peat moss holds water, helps keep the pots cool, and reduces evaporation from clay pots. About every two weeks, rotate the pots a quarter turn to break off any roots that have penetrated the peat moss surrounding the pot and to equalize the light received on all sides of the pot. Only water as needed. If the potting soil is dry a half inch deep in the pot, it is time to water.

Avoid a Winter Hangover This Breeding Season

Winter has been long and difficult. Cold and wet weather increased energy demands. Cows could be thinner than normal after calving and winter conditions could have negatively influenced bull fertility as well. Hopefully, weather will support good forage growth this spring but that remains an unknown for now. Monitoring breeding activity and use of timely pregnancy detection are risk management tools that should be used routinely but are especially important given the recent weather challenges. How soon cows resume normal estrus cycles this spring will depend on their body condition at calving, any calving difficulty, age, and their access to enough energy in their diet to exceed peak lactation requirements, resulting in a positive energy balance. Green grass can do wonders for thin cows but there has to be enough growth (quantity) to get the benefit. Young and very thin cows still may have extended postpartum intervals to rebreeding. If all cows in a group are cycling, there should be roughly 5% in heat per day. While cows are still shedding winter coats, noting the number of rubbed or hairless tail heads can give you a good indication of how many have resumed cycling. Heat detection aids (i.e. self-adhesive patches) used for AI programs could be considered for more accurate assessment. Non-cycling cows that are close to resuming normal cycles can be induced to cycle with a CIDR insert (contains progesterone) or 48-hour calf removal. These tools can both be used with natural service. In one study, CIDR-treated cows conceived earlier than control cows, but overall pregnancy rates were not increased. The breeding season began relatively early (fewer days since calving) early in this study by design, and cows were in good body condition. Regardless of method, these efforts require time and handling. As you evaluate these options, consider that getting one cow to conceive one week earlier is worth about \$21 per week in the value of her calf next year (7 days x 2 lbs/day x \$1.50/cwt). It may be possible to target this type of approach to subgroups of cows with greatest need. Bulls should be in a body condition of five at

the start of the breeding season and have had a breeding soundness exam each year prior to turn out. This year in particular it will be important to ensure there was no frostbite damage to the scrotum from this year's wind chills. Once the breeding season begins, monitor breeding activity to ensure bulls remain healthy and that bull's work is decreasing during the season. Spend some time observing heat once or twice a week, early in the morning or later in the evening to confirm. Remember that an injured dominant bull can prevent fertile bulls from mating. If cows are thin and the risk of poor reproductive response is high, leaving bulls out for a longer breeding season may increase pregnancy rate. Combine this with pregnancy diagnosis less than 120 days after bull turnout so pregnancies can be accurately staged and this information can be used to do further planning. The earlier this information is available, the more time for study of the best economic approach if pregnancy rates are abnormally low or shifted to late in the season. If you leave bulls out until the early pregnancy check, that information can be used to decide if bull exposure should continue or not. Granted, some cows will need to be rechecked because short-term pregnancies can't be differentiated from opens. Determination of stage of pregnancy is much more accurate on pregnancies of 100 to 120 days or less. Avoid letting a long breeding period become a long calving period. An extended calving period results in greater expense of over and under feeding cows unless cows can be sorted and fed by stage of gestation. Strive to market those cows that do not conceive in 60 to 90 days. A long calving period with a number of late calving cows depresses weaning weight and often lowers pregnancy rate over time, robbing profit from the enterprise. The weather presented a number of challenges this past winter that could easily have carry over effects to the breeding season. Individual circumstances will affect the best management options to cope with less than ideal breeding conditions. Contact me to discuss specific options to fit your operation and goals.

June Is Key Time For Controlling Brush In Kansas Pastures

K-State's newest Chemical Weed Control publication is a good guide

A Kansas State University range management specialist says the state's landowners are approaching a key window of opportunity for controlling three woody brush species that are prevalent in the state's pastures. Walt Fick said the species commonly found in the Kansas Flint Hills and parts to the west are buckbrush, roughleaf dogwood and smooth sumac. He said that if left unchecked, each of those is known to be highly competitive with grassland. Those three species can be controlled, but the methods for doing so vary. "Prescribed burning can help to a point," Fick said. "But timing is quite important when we're using fire. These woody plants have to be leafed out if we're going to cause much damage. Of the three, buckbrush is the easiest to control with fire, because it's the first to leaf out – typically in late April or early May." Fick said it is more common to knock those shrubs back with herbicides. "We ought to be able to do a pretty good job on all three of these species in June," he said. K-State's most updated recommendations for using herbicides to manage pastures are available in the 2019 Chemical Weed Control for Field Crops, Pasture, Rangeland and Noncropland. Fick noted that it takes planning to get the right herbicides for the particular species that is in a field. For example, the common herbicide 2,4-D is available in many products and can be very effective against buckbrush. K-State research, though, has shown that other herbicides may work just as well, and in fact, mixing 2,4-D with other products is sometimes the most effective way to get long-term control. Roughleaf dogwood can be the most difficult to control of the three, so K-State's trials serve as a good guide for pasture managers. "One of the better products we've found (to control roughleaf dogwood) is PastureGuard HL," Fick said. "When we treat individual clumps, we've seen a 50 percent mortality rate or better. Dogwood is a tough one to kill." Fick said a more effective approach to control roughleaf dogwood is using Surmount or 2,4-D plus the herbicides picloram and triclopyr. K-State's publication also includes guidelines for using ground pellets and other management strategies. Fick published his recommendations for controlling woody brush species in the K-State Department of Agronomy's weekly e-Update, available at agronomy.ksu.edu. Those needing assistance or who have questions may also contact their local extension agent.



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