

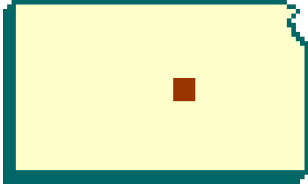
# McPherson County

K-State Research & Extension

600 West Woodside, McPherson KS 67460

620-241-1523 FAX 620-241-3407

[www.mcpherson.ksu.edu](http://www.mcpherson.ksu.edu)



## Ag News

**Shad Marston**

**County Extension Agent**

**Agriculture and Natural Resources**



### Tractor Safety Operator's Course

Saturday, March 10  
9:00 a.m. –5:00 p.m.

Reno County Extension Office  
2 West 10th Avenue, South  
Hutchinson KS 67505

#### **PURPOSE OF COURSE & TEST:**

To provide teenagers with a fuller appreciation and awareness of needed safety practices around tractors and farm machinery. As well as provide 14 & 15 year old youth an opportunity to receive a tractor operator's permit, required by the Child Labor Regulations in regard to agricultural hazardous occupations before they can be employed to operate a tractor.

#### **WHO MAY PARTICIPATE:**

14 & 15 year olds. Those completing the course and test will receive an operator's certificate upon completion. Those who are 16 or older do not need an operator's certificate, but are welcomed and encouraged to attend.

**COST:** \$25.00 - made payable to the McPherson County Extension Council

#### **ENROLLMENT:**

All participants will need to complete a registration form in order to participate. Youth must pre-register and pick up their manual prior to the class. Registration forms can be filled out or picked up at the Extension Office when picking up the manual.

Sponsored by Reno and McPherson County Extension Councils. For more information contact Shad Marston 620.241.1523 or Darren Busick 620.662.2371.

### Tree Planting Workshop March 14, 2018

McPherson County Extension Office  
600 W. Woodside  
McPherson, KS  
1:00 – 3:00 pm

**R.S.V.P:** Terra at [tregehr@ksu.edu](mailto:tregehr@ksu.edu)

**Topics covered:** Top 10 tree planting mistakes, discussions on tree species selection and planting site

**Who should attend:** Tree Care Companies, City Staff, Groundskeepers and the General Public

**Sponsored By:** KFS, McPherson County Extension, City of McPherson and the McPherson Tree Board





Join us for **The Key to Farming SUCCESSION Conference** on March 20th from 10:00 AM to 4:00 PM featuring Keynote Speaker, Roger McEowen! Attendees will leave with new knowledge and strategies to grow their business and secure farm assets for future generations to come.

Wanting to stay overnight? We have reserved a block of rooms at the Holiday Inn under Harvey Co. Extension for March 19th-21st at \$89.00/night. Please reserve your room by March 14<sup>th</sup>.

### **Featured Break-Out Sessions:**

Advanced Healthcare Planning, Where Do I Start?, Preparing for the What if, Estate Planning 101, New Tax Laws, Navigating Family Differences

Register Today! Online registration: <https://tinyurl.com/KeyToFarmingSUCCESSION2018>

\$40.00 registration fee for first individual, \$30 registration fee for additional family members or students. Registration includes conference, resource notebook, lunch and refreshments.

Registration is due by March 9<sup>th</sup>. Payment is due to the McPherson County Extension Office, 600 West Woodside, McPherson KS 67460 on or before March 20. Questions on registration? Contact the McPherson County Extension Office at 620-241-1523.

## **Topdressing Wheat With Nitrogen: Timing Is Everything**

A lot of producers have put off winter application of nitrogen. Now with the little moisture we have had, it might be a good time for producers to start planning topdress nitrogen (N) applications to winter wheat. Given the dry conditions in a large part of the state and some fairly small wheat in many fields due to delayed fall planting, there are some key elements to consider when deciding on the exact N fertilizer program for your crop. Timing is one of them. Other key elements are N source, application method and N rate.

Ideally, the N in topdress applications will be moved into the root zone with precipitation well before jointing begins in order to be most efficiently utilized by wheat. With some of the small wheat out there with limited fall tillers, having adequate N available to support spring tillering when it breaks dormancy will be important. Also, the potential number of meshes per head is determined after spring green-up and prior to jointing; thus, having available N in the root zone can help ensure good yield potential. Some combination of fall preplant or at-seeding N, and/or early topdressed N, is also normally needed to supply adequate N to support head differentiation. The following will discuss some of the issues to consider when making topdressing decisions.

### **Timing of N application**

The most important factor in getting a good return on topdress N is usually timing. It is critical to get the N on early enough to have the maximum potential impact on yield. While waiting until spring, just prior to jointing, can be done with success, this can be too late in some years, especially when little or no N was applied in the fall. For the well-drained, medium- to fine-textured soils that dominate our wheat acres, the odds of losing much of the N that is topdress-applied in the winter is low since we typically don't get enough precipitation over the winter to cause significant denitrification or leaching. For these soils, topdressing can begin anytime, and usually the earlier the better.

For wheat grown on sandier soils, earlier is not necessarily better for N applications. On these soils, there is a greater chance that N applied in the fall or early winter could leach completely out of the root zone if precipitation is unusually heavy during the winter. Waiting until closer to spring green-up to make topdress N applications on sandier soils will help manage this risk.

On poorly drained and/or shallow claypan soils, especially in south central or southeast Kansas, N applied in the fall or early winter would have a significant risk of denitrification N loss. Waiting until closer to spring green-up to make topdress N applications on these soils will help minimize the potential for this type of N loss.

Also keep in mind that N should not be applied to the soil surface when the ground is deeply frozen and especially when snow covered. This will help prevent runoff losses with snow melt or heavy precipitation.

### **Split applications**

On both sandy soils subject to leaching and poorly drained soils prone to denitrification, split applications may be a strategy to consider. This would involve applying enough N in the fall at or prior to planting to give good support for fall growth and tillering - generally 20-30 pounds of N. Follow up with an additional application of about 20-30 pounds of N in late winter or early spring to support spring tillering, possibly applied with herbicides. This late-winter/early-spring application becomes especially important when stands are thin due to poor emergence, as many fields are this year. Finally, come back around jointing or a few days later with a final application to support heading and grain fill. This strategy can also provide flexibility for in a year like this with uncertainty due to dry conditions and poor fall growth allowing to hold back part of the N for later in the spring as we have a better idea of soil moisture and weather conditions for the season.

# Preparing for the Calving Season

A lot of us might be starting or preparing to start, for the spring calving season. It's always good to prepare your operation for this exciting time by putting together a plan, checking the forecast each night, along with gathering the supplies and equipment, that will be needed at calving time. Having all the essential items ready, in a "Calving Kit" to grab at any time of the day, can help the cattlemen deliver calves in a timely matter. It's easy to be excited about this time of year, but this can lead to disaster if one's operation is not prepared. Before the calving season starts, do a "Walk-through of your pens, chutes and calving stalls. Make sure that all are clean, dry, strong, safe and functioning correctly. Lighting can be very helpful in this area. Having to fix, repair or make up a pen at the last minute could cost you precious time when helping cattle calve. Use clean bedding to bed the calving area prior to calving time and maintain this throughout the calving season. It is a lot easier to do this on a sunny day rather than at dark, some night just before you have to get in a cow that is needing assistance.

Develop a plan of what to do, when to do it and who to call for help if there is an abnormal presentation of the calf, along with phone numbers. Make sure all family members or hired hands are familiar with the plan. It may help to write it out and post copies in the right places of the house or barn.

## **Calving Plan:**

1. Watch closely and be ready to assist on 1<sup>st</sup> calf heifers, one hour after water bag or feet appear.
2. On mature cows, monitor for 30 minutes after water bag or feet appear.
3. Always check presentation of calf if you think there might be a problem by palpating the cow or heifer.

## **Who to call:**

1. Veterinarian office and cell number
2. Family members and hired hands cell numbers
3. Neighbors phone numbers that you can always count on.

A stockman should put together a calving kit that has everything in it that might be needed. The calving kit is effective for making sure you are prepared without the stress of looking for all the items one might need to help pull a calf. Items and equipment for a basic kit are: long plastic gloves, disinfectant, lubricant, obstetrical chains or straps, two O.B. handles, mechanical calf pullers and warm water. Plus, an old plastic cup from the convenience store – use this to dip water from the bucket to clean up the cow. Also have a bottle of iodine solution and string that can be used to treat navels of newborns shortly after birth. This helps protect the calf from outside pathogens by sealing and drying out the umbilical cord. Many different lubricants can be used but one of the best lubricants is probably the simplest: non-detergent soap and warm water. Also, don't forget the simple things like a good flashlight and extra batteries and some old towels or a roll of paper towels. Other items that might be included are a calf feeding tube, notebook and pencil along with calf tags, markers, buttons and a tagger. Don't forget a bristle brush for cleaning up your equipment so everything is ready the next time you need it.

It will be helpful for you to have all these items packed into a 5-gallon bucket or stainless steel pale to make up the "calving kit" so you can grab everything at once. Place this bucket in a location that can be found and reached by everyone in the operation. Even the little ones enjoy running to the house or ranch office to grab the calving kit.



It's best to be prepared for all situations and having everything planned out, and knowing what to do and when to do it helps everyone stay calm in what could be a heated time. Animals know when their handlers are nervous, so staying calm can be very beneficial. There are a wide variety of additional products available to make life easier for cow-calf producers at calving time. Perhaps the best information source regarding what works best for your situation is your local veterinarian. A vet might have a list of additional items to add to your "Calving Kit." Don't put off now what needs to be done before calving season starts. This will help to insure you as cattlemen, to have everything ready and in place when assisting a heifer or cow during the calving process.



# Clover Corner

**Lindsey Friesen**  
**County Extension Agent**



Happy March! Hard to believe that summer event planning is so far underway! Discovery Days and OzSome 4-H Camp registration opens March 1! OzSome 4-H Camp is June 13-16! Remember, you do NOT have to be a 4-H member to attend camp, invite your friends!

Summer will be a fast paced and fun time for McPherson County 4-H. I hope you have your 4-H projects well underway. If not, no time like the present to start! Many county-wide projects are beginning so check out the newsletter for more info- you may even find a new project you would like to try. Remember you can drop and add projects until May 1. Keep going on the 4-H Development Fund - many scholarships and extra activities we have are made possible because of these funds!

~Lindsey

## MATCH DAY

Match Day on Wednesday, March 7, holds incredible opportunity for McPherson County 4-H. On that day, McPherson County Community Foundation will match donations made to our endowment fund—our long-term savings—and with your help, we could potentially receive up to \$8,000 of the \$40,000 match available. Here’s how Match Day works:

\* Come to the event and make a donation. Checks can also be brought in for a donor. If family, friends or supporters can't make it that day, collect their check to bring to the office or Community Foundation for the event. Gifts can also be given online!

**Date: Wednesday, March 7**  
**Time: 7 am – 5 pm (Online giving from 7-11:59 PM)**  
**Place: McPherson County Community Foundation, 206 S. Main, McPherson**

- \* Matching funds will be given to our organization based on a proportional basis. For example, if \$100,000 is raised and our organization received 10% of the total donations, we will receive \$4,000 matching funds
- \* Minimum donation amount per donor for a match is \$25. There is no limit on the amount of funding donors may contribute to the nonprofit organization’s endowed fund.
- \* Cash, checks and credit cards will be accepted. Make checks payable to: MCCF.
- \* If we reach our goal of \$1,100 in giving we will earn an extra \$200 prize!!!



## 4-H Calendar

March	
1	Oz-Some 4-H Camp Registration Opens!!!
1	Community Leader Meeting
7	Match Day- McPherson County Community Foundation

## 4-H Council

THANK YOU if you attended the 4-H Council Meeting in February. Please don't forget that the next meeting will be held April 5 at 7 PM. We still have a few clubs that we did not receive council member information for. Please call Terra and let her know who your council members are if you have not already. These are the people who receive meeting reminders, news and cancellations. Thanks!

## 4-H ONLINE

Remember that you are able to access your enrollment information at any time via 4-H ONLINE. If you would like to add or drop a project for 2018, this must be done by May 1. All final project lists for 4-H fair exhibit eligibility will be printed on May 2. If you have not paid the program fee to the State, please do this ASAP! Contact Lindsey with any questions!

## **Congratulations**

To all of our 4-H Members that were at the Multi-County Club Day. Everyone did a fantastic job and deserves a round of applause. A special congratulations to the members that received Champion awards!

Jase Beltz- Intermediate Illustrated Talk  
Emma Blough- Intermediate Project Talk  
Keaton Littrell- Senior Demo/Illustrated Talk  
Brooke Regehr- Public Speaking  
Brooke & Bradi Regehr- Skit  
Kassie Regehr- Intermediate Demonstration  
Matthew Seeger- Junior Demo/Illustrated Talk  
Addison Wedel- Junior Vocal Solo

MP Co Club Day Photography Judging Results:

*Junior Photo Judging:* 1<sup>st</sup> - AJ Reiff, CC; 2<sup>nd</sup> - Brynn Kruse, LEB; 3rd - Anne-Marie Holmes, CC

*Intermediate Photo Judging:* 1<sup>st</sup> - Emma Blough, CC; 2<sup>nd</sup> - Dylan Wilson, KSWK; 3rd - Emma Shandy, KSWK

*Senior Photo Judging:* 1<sup>st</sup> - Dalton Wilson, KSWK; 2<sup>nd</sup> - Kylie Fox, FF; 3rd - Rachel Yenni, SV

## **"4-H, Geared for Greatness" McPherson County 4-H Fair**

The McPherson County 4-H Fair will be held July 27-30, 2018. YOU have decided on the 4-H Fair theme... now it is time for you to create what will be the cover of the 2018 fair book. Covers can be anything from hand drawn to computer generated, so everybody can participate!

Rules for the contest include:

- Cover must be 5.5"x8.5" portrait orientation
- The official 4-H Clover with USC must appear - legal use says the clover must stand alone without overlapping any other pictures. Please contact Lindsey if you have questions.
- The fair theme, McPherson 4-H Fair and dates must appear.
- Designs can be hand drawn, computer generated or both, use your imagination!
- The cover may include color

This contest is open to anyone, youth or adults. Two top entries will be selected and be awarded cash prizes of \$40 and \$20 for 1st and 2nd. Submit your cover by April 20 to the Extension Office.

## **All Schools Day**

4-H Council would like to pursue having 4-H'ers walk in the All Schools Day Parade again this year.... but we need YOU! The parade will be the morning of Friday, May 11. Lindsey will be unavailable on that day. We are looking for someone who would volunteer to get this activity together for our 4-H'ers so they can show the thousands of people attending the parade just how cool we are! There will not be a float- just walking and the suburban would be available to drive with the group if they wanted. Please contact the Extension Office if you would be willing to help get a group together on May 11!

## **American Legion Family Night**

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. We will have tickets available after May 17. Tickets will be \$5 each which includes a hamburger, fries, dessert and drink! Please mark this date on your calendars to come eat supper to benefit 4-H! More info will be available after the April 4-H Council Meeting.

## **Concert for a Cause**

Mark your calendars for July 12 when 4-H will be benefitting from the Concert for a Cause Event at Hopp's Sno Shack! This is the 3rd year for this event and it is a lot of fun! We will need helpers to sell popcorn and water! Everyone should come enjoy some music and snocones for the benefit of 4-H! Look for more info coming soon!

# Pirates of the Camp-ibbean

## Oz-Some 4-H Camp Information



### Walk the Plank!

Do you want to see your Extension Agent "Walk the Plank" at Pirates of the Camp-ibbean Camp this summer? If McPherson County increases our camp numbers by 7 campers.... from 42 to 49 campers (Rookie or Regular Camp), Lindsey will have to walk straight off the diving board into the cool pool! Invite your friends (4-H members and not) and let's make McPherson County win this challenge and send Lindsey off the plank!

### SCHOLARSHIPS AVAILABLE

All McPherson County 4-H members are eligible for a scholarship to help with the cost of camp. (Mark yes during registration when asked if you have a scholarship code). You will then be asked to write a paragraph stating "Why you want to attend camp." Upon submitting, you will see a coupon code. Exit from the paragraph page and complete your camp registration with the coupon code. Members attending regular camp will receive \$60 off the price of camp and Rookies will receive \$40. Thank you to the Tractor Supply Paper Clover Campaign for these extra funds to help with the cost of camp!

### 3rd-7th Graders

Four action-packed days await 4-H'ers ready for exploring Rock Springs 4-H Center, June 13-16. Meet new and old friends to enjoy swimming, canoeing, horseback riding and more when you sign up for 4-H camp.

Who can go? 4-H members and their friends who will be completing grades 3-7 may attend. The cost of camp is \$223 without the scholarship.

### 1st-2nd Graders- Rookie Camp

Come one come all 1st and 2nd graders for an overnight camp. We will again have two Rookie Camp sessions. Once registered you will be asked if either of the sessions (June 13-14 or June 15-16) will NOT work into your summer schedule. You will be notified once registration closes which session you will attend. We will make every effort to accommodate schedule requests, but no session is guaranteed. Each camper is only allowed to attend ONE session. Enjoy swimming, camp activities, crafts and more! The cost of camp will be \$108 without the scholarship.

**REGISTRATION— All registration for camp will be done ONLINE again this year! This will include registration information, scholarship paragraph for 4-H members, health profile and payment by credit card or electronic check.** Registration is set to open March 1. You can find registration at: <https://app.campdoc.com/register/ozsome>

### Registration Notes:

If you are a current McPherson County 4-H Member mark YES when asked if you have a scholarship code. This will bring up more information on how to write a paragraph and receive your code!

You will be asked if you would like to add "Travel Protection" to your camp fee. This is a service offered by Camp Doc NOT by 4-H. We already provide extra insurance the entire time at camp plus travel if you are riding the bus. There is an option to simply decline this extra Travel Protection Offer.

After you complete registration you must still complete the CAMPER PROFILE for each camper. This includes personal and health info as well as T-Shirt size and roommate requests. PLEASE get this done ASAP after registration!!

## Wanted: Camp Counselors

If you are currently an 8<sup>th</sup> grader or older...we need YOU! Camp Counselors are 8th through 12th graders (preference given to older youth). Camp will be June 13-16. Counselor applications are available at the Extension Office and online. Applications will be due April 26. All counselor applicants *must* attend the Counselor Training on June 12-13 at Rock Springs. There will be no cost for the camp counselors this year.

## Discovery Days

Discovery Days will be held May 29 - June 1, 2018. Registration forms will be available in early March. Discovery Days is open to anyone 13 and older before January 1, 2018 and is held on the K-State Campus in Manhattan. For information, please call the Extension Office or check the state website at [www.kansas4-h.org](http://www.kansas4-h.org).

## Project News

**Beef** - Beef tagging and weigh in will be by appointment this year. Available times will be March 29 from 3 pm to 7 pm and March 30 from 9 am to 1 pm. Please call or email Lindsey for a time. All market animals must be tagged. We can tag any breeding animals at this time as well.

**Dog** - Dog practices have begun! The group is meeting at the 4-H building on Tuesdays at 6:30 PM. If you are interested in this project please make sure to enroll on 4-H Online so you receive informational emails. Be on the lookout for a detailed schedule and planned trips to some spring shows soon!

**Sheep/Meat Goats- Weigh-In and Tagging** will take place in the Fairgrounds Block Building from 3:30 to 6:00 pm on Friday, April 26. Please make arrangements to have all your market animals there that day to be tagged!

**Swine** - Swine Tagging will take place on the fairgrounds on Thursday April 26. Stay tuned to emails and the next newsletter for more details!

**Shooting Sports** - Air Rifle meetings - March 5, 12, 19, 26; April 2, 9, 16, 23, 30; May 14, 21, 28 in the 4-H Building 6-8  
Archery will begin April 5 and run thru June 28 (6:30 PM Thursdays at Smoky Valley)  
Shotgun will begin June 3 and run through September 2 at 4 PM at Double E

**Leadership Challenge** - The deadline for Leadership Challenge Applications is April 1. This is a great chance for you to work on something in leadership that interests you! If you would like to participate, but do not have a project idea, let Lindsey know and she will brainstorm with you! The challenge consists of a plan, carrying out the project, an evaluation and interview. There are cash prizes involved for winners! Find the form online or at the Extension Office!

**Space Tech** - The Kansas 4-H SpaceTech Program and the Kansas Cosmosphere in Hutchinson are again teaming up to provide fun, hands-on and science-based programming for Kansas 4-H. This third program will feature "The Alien Adventure." The experience will begin Friday, April 6, at 4 p.m., and will end on Saturday, April 7, 4 p.m. Cost will be \$110 for youth between 9-18-years old and \$110 for all adult participants. Everyone attending must pay a registration fee. All youth must have a designated chaperone to attend. Parents, grandparents, other relatives, and guardians may chaperone their own children/relatives, but not other non-family members. This Cosmosphere collaboration is designed to be an adult-child experience, where 4-H members and adults can interact and learn from these fun and educational experiences.

Registration includes three meals, two breaks, and an overnight stay. Program topics include: a tour of the Cosmosphere, Is There Life Out There?, Black Holes planetarium program, Searching for Alien Worlds, Imaginary Martian/Mars Critters, Alien Solar System Bracelets/ Mystery Samples, EM Spectrum/Space Observatories, star gazing if the weather cooperates, a presentation in the Digital Dome Theater, plus much more.

Visit <http://www.kansas4-h.org/events/index.html> for registration which closes March 22, 2018.

## Livestock ID's

Are due into the Office on May 1. Horse ID's require a signature from an agent and must have photos. (You must bring in the original ID for a signature, not a copy). So make sure you get these filled out and turned into the office sooner rather than later. Late ID's will not be accepted. This includes beef, sheep, swine, dairy, horse, dairy goat, and meat goat.

**Exceptions to this are rabbit and poultry. Poultry do not have an ID form rather they will go through testing prior to the fair and receive bands to put on. Rabbit ID's are due June 1.**



## K-State Animal Sciences Leadership Academy

The 10<sup>th</sup> annual intensive 4 day educational experience (June 6-9) will focus on increasing the participants knowledge of a dynamic and sustainable livestock industry and its importance to a global food system. Students (9th-12th grade) will learn valuable leadership skills and enhance their personal development.

This program has a very limited enrollment. More information and applications for the experience are available at <http://bit.ly/KSUASILeadershipAcademy> . Applications are due April 2.



# Living Well



**Jana McKinney**  
**County Extension Agent**  
**Family & Consumer Science**

## Walk Kansas — March 18 - May 12, 2018

**How Walk Kansas Works:** Walk Kansas is a team-based program. Groups of six form a team, with one serving as the captain. Teams can be family, coworkers, friends, community organization members, neighbors, or part of a faith-based community. Team members do not have to live in the same town, county, state or country.

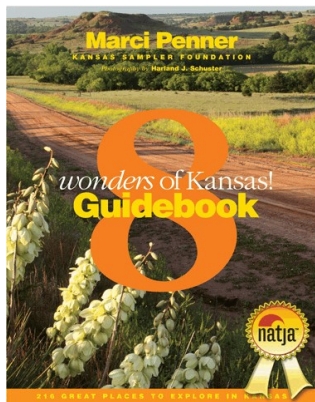
**Captain:** The captain is in charge of organizing the team, making sure that all members are registered and have program information. Captains will receive helpful messages from the local program coordinator at least once each week. In addition to being the "organizer," captains should motivate, connect and celebrate with their team! If you choose to register online for Walk Kansas, the captain is responsible for initiating the process.

**Challenges:** Each team chooses one of these challenges. As your team moves through your selected trail, learn about points of interest through the online map.

**Challenge 1 - 8 Wonders** Each person reaches the minimum goal for physical activity -- 150 minutes per week. Collectively, the team would walk 435 miles as they discover the 8 Wonders of Kansas!

**Challenge 2 - Cross Country** A winding trail from Troy to Elkhart, requiring each person to log 4 hours per week, traveling 764 miles total.

**Challenge 3 - Little Balkans to Nicodemus** Walk the SE part of the state known as the Little Balkans and then wind up and around to Nicodemus. This team will go 1200 miles and require each person to log 6 hours per week.



**New!** There will be walks each week in a different location. Prizes will be given to participants. More details to come. In addition, remember, Captains program fee is free! In addition, there will be a drawing to receive the beautiful book Discover the 8 Wonders of Kansas by Marci Penner and the Kansas Sampler Foundation! Challenge trails in the program feature the 8 Wonders of Kansas and more!



8 Wonders

435 miles  
2.5 hrs/wk



Cross Country

764 miles  
4 hrs/wk



Little Balkans to Nicodemus

1200 miles  
6 hrs/wk

**Pick your path!**  
**Learn about Kansas along the way**

[www.walkkansas.org](http://www.walkkansas.org)

March 18 - May 12, 2018

Photo of Castle Rock courtesy of Kansas Sampler Foundation

Registration materials are available at [www.walkkansas.org](http://www.walkkansas.org) or you can get a paper packet at the Extension Office. T-shirts if ordered as a team are included in the program fee; or can be purchased separately.



## Start Today for a Healthy Tomorrow

Eating is one of life's greatest pleasures. National Nutrition Month® is celebrated each year in March -- this year, start today for a healthy tomorrow.



Americans of all ages benefit from making healthful eating, physical activity, and lifestyle choices.

Trying new foods and new physical activities can jump-start your plans for health.

Personalize the Food Guide Pyramid as your roadmap toward eating a variety of foods, using moderation when selecting portion sizes, and balancing your choices over time.

Taking the first step toward making healthful choices can be easy if you enlist help from friends and family.

The Annual Bake and Take Day is set for Saturday, March 24, 2018. Bake and Take Day is an annual event to celebrate home baking and community spirit. Everyone is encouraged to celebrate this event by baking a product made from wheat and taking it to a neighbor, relative or friend.

Bake and Take Day began in 1970 in Sumner County, Kansas as a community service event. Today, over one-third of the states commemorate the fourth Saturday in March by participating in Bake and Take Day! More information is available at: [www.bakeandtakeday.org](http://www.bakeandtakeday.org).

## March Begins California's Peak Cabbage Season.

Take advantage by purchasing this leafy vegetable and trying different ways to prepare it!

According to Cato, the ancient Roman politician and general, "The cabbage surpasses all other vegetables." While Cato was fond of eating cabbage leaves seasoned with vinegar, there are many other ways to enjoy this low-calorie, fat-free food. Salads, sandwiches, soups and stews are only the beginning!

When choosing a quality cabbage, pick one that feels heavy for its size, with compact leaves and even color. Avoid cabbages with discolored leaves or splits. Rinse with cold water and remove any wilted leaves before using. For more nutrition information, contact your local Extension Office.

Also look for bags of shredded cabbage. Be sure to check the expiration date on the bag. This is a bit more expensive than buying a whole cabbage and shredding it yourself, but it may be a lot more convenient.

### *Take cabbage with you!*

- Mix shredded cabbage leaves with prepared low-fat coleslaw dressing for a quick and easy salad. Try mixing in apple pieces, or raisins, or drained canned pineapple tidbits.
- Chop cabbage leaves and add to your favorite soup – canned soup is fine. Cook just until cabbage leaves are wilted and tender. Soup makes a great snack on a cold afternoon.
- Corned beef and cabbage is a popular St. Patrick's Day dish. Quarter a head of cabbage and cut out the core. Put in a pan with a small amount of water and steam until tender. Or cook in a microwave. Don't overcook!



### *Quick Nibble:*

In China, scrolls from 1000 B.C. were uncovered that mention white cabbage as a cure for baldness in men! Though cabbage won't put hair on a bald head, it is full of Vitamin C, an important antioxidant.

## Good Health Starts with Breakfast

While all three traditional meals play an important part in supplying our bodies with the daily recommended levels of essential nutrients, most experts agree that breakfast is the most important meal of the day, yet millions of us routinely skip it. According to experts, one of four people between the ages of 25 and 34 regularly misses breakfast. Some people skip breakfast because they don't have time. Others think that they'll lose weight by missing a meal. Nothing could be further from the truth. Breakfast increases your body's metabolic rate, burning faster than if you hadn't eaten a meal. If you regularly skip breakfast, you may find yourself so hungry that you overeat in the day.



Making breakfast fun and nutritious for babies, toddlers and children

As infants graduate to table foods, breakfast can be a learning experience. Toddlers are ready to practice hand-eye coordination and try new tastes and textures. Be careful to avoid foods that are choking hazards such as hard fruits (including raisins) and coin-sized foods.

- Serve small amounts of several foods on a divided plate. Let your child help him or herself. Large servings may overwhelm tiny eyes and stomachs!
- Try finger friendly cereals such as toasted oats, small bite sized pieces of soft fruit (bananas, peaches or strawberries) or toast triangles.
- Keep meals simple. Toddlers like to dip, so serve slices of fruit with yogurt ... they can mix it or dip it! Add some triangles of whole grain toast and a glass of milk and you meet the goal of a nutritious breakfast to start the day!

You can enjoy a creative food experience with your older children by allowing them to help make breakfast. Stock up on ready-to-eat foods that your kids can mix and match for their own breakfast, such as bananas, individual packages of fruit, yogurt, cheese sticks, toaster waffles and of course, cereal and milk. Here are a few ideas to spice up the ordinary:

- ▶ Stir up a breakfast parfait ... layer low-fat yogurt, sliced fresh fruit and whole grain cereal or granola to create a delicious treat.
- ▶ Spread peanut butter or soy butter on each half of a bagel. Sprinkle with raisins.
- ▶ Create a breakfast smile ... create a smile with a toasted waffle. Try blueberries for the eyes, honeydew for the hair, strawberries for a bow, an apple slice for the mouth - you can even use dabs of yogurt to decorate your waffle face. Just use your imagination!

## Consider Age, Health When Choosing Floor Coverings



Color, care and price typically factor into choosing floor coverings. But, also considering your age, health, safety, and mobility can be advisable. Carpet with a plush pile and pad may hamper mobility when a walker or wheelchair is needed. Consider a low pile or loop with a built-in pad that can be glued down or a light commercial product that meets accessibility requirements for public spaces.

Or, choose a resilient vinyl or hardwood floor can ease mobility, too. Floor coverings can be adaptable without looking institutional. Choosing the flooring least likely to reflect light also is important for older adults and others who are sensitive to glare. And, if using an area rug to accent these floor coverings, its corners and edges must be secured to prevent slipping and tripping.

For more information on planning a safe home environment, check out these resources: "Home Planning for Your Later Years," a book by W.K. Wasch, and "How well does your home meet your needs?" – a publication available on the American Association of Retired Persons (AARP) Web site: [www.aarp.org](http://www.aarp.org) .

## The Key to Farming SUCCESSION

March 20<sup>th</sup>, 2018  
Check-In: 9:00-10:00 AM

The Meridian Center  
1420 E. Broadway Ct. Newton, KS

Join us for **The Key to Farming SUCCESSION Conference** on March 20<sup>th</sup> from 10:00 AM to 4:00 PM featuring Keynote Speaker, Roger McEowen! Attendees will leave with new knowledge and strategies to grow their business and secure farm assets for future generations to come.

Wanting to stay overnight? We have reserved a block of rooms at the Holiday Inn under Harvey Co. Extension for March 19<sup>th</sup>-21<sup>st</sup> at \$89.00/night. Please reserve your room by March 14<sup>th</sup>.

### Featured Break-Out Sessions:

Advanced Healthcare Planning, Where Do I Start?, Preparing for the What if, Estate Planning 101, New Tax Laws, Navigating Family Differences

Register Today! Online registration: <https://tinyurl.com/KeyToFarmingSUCCESSION2018>

\$40.00 registration fee for first individual, \$30 registration fee for additional family members or students. Registration includes conference, resource notebook, lunch and refreshments.

Registration is due by March 9<sup>th</sup>. Payment is due to the McPherson County Extension Office, 600 West Woodside, McPherson KS 67460 on or before March 20. Questions on registration? Contact the McPherson County Extension Office at 620-241-1523.

## Using Pyrex® in Pressure Cookers



**The popularity of electric pressure cookers** has brought up other safety issues besides food safety. One is about using Pyrex® inside the electric pressure cooker. According to Corelle Brands, makers of Pyrex®, it is not recommended to put this glassware in these appliances. The glass is not made to be put under pressure and it could crack or explode. If you have further questions, contact the Corelle Brands Consumer Care Center at 1-800-999-3436.

—source *You Asked It! Newsletter, Rapid Response Center K-State Research & Extension*

## What is the Keto Diet?

With the new year underway, so are many types of diets to kick the year off in a healthy way. One of those diets is the ketogenic, or “keto”, diet. But is it a safe diet to use?

The keto diet is a high fat, moderate protein, and low carbohydrate diet. It has been a treatment for those with epilepsy since the 1920s as it can help reduce seizures. Today, anti-seizure medications are more commonly used. The diet does not allow fruits, some vegetables, grains, potatoes, sweets, or other high carbohydrate foods. The main purpose of the diet is to create ketones to get fuel into your cells instead of glucose. Excess ketone production results in ketosis.

While the keto diet may help you lose weight, it is a difficult diet to stick with in the long run. You miss out on beneficial nutrients from fruits, vegetables and grains. Once ketosis sets in, a rapid loss of “water weight” occurs which is not successful weight loss. And, in the long run, this type of diet can lead to eating disorders.

To learn more about the keto diet, see “Keto Diet 101: What to Know Before You Commit” from [www.foodinsight.org](http://www.foodinsight.org)

—source *You Asked It! Newsletter, Rapid Response Center K-State Research & Extension*

