

Family & Community Wellness

CHUCK LAUGHLIN
COUNTY EXTENSION AGENT
FAMILY & COMMUNITY WELLNESS



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

If you find an event you want to attend and what to add it to your personal calendar here is how...

- Click on the title of the event.
- At the bottom of the event listing under "Subscribe", you have 3 options (click on the one that applies to your type of calendar).
 - Add to Google Calendar
 - Save to iCal
 - Save to Outlook
- Google Calendar will open to a calendar entry to save to your calendar.
- iCal and Outlook will download a file to your downloads.
 - Click on that file and save it to your respective calendar.

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

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

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

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



<http://tinyurl.com/MCAddEvent>



Teach & Taste – Breakfast Quiche

RSVP now to join us May 8, 2024 at 6:30pm!

Please RSVP to ensure we have enough for everyone. Use the link below to register and come join us and try out a new recipe.

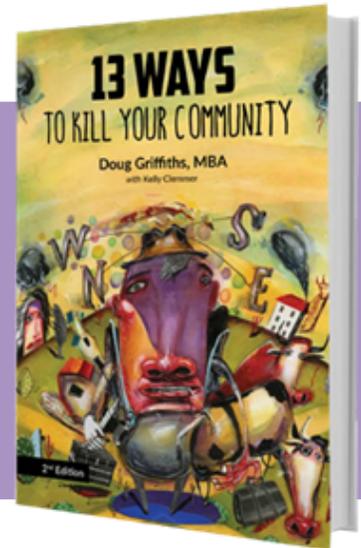
<https://tinyurl.com/TandTMay24>

13 Ways to Kill Your Community by Doug Griffiths coming to Canton

The new year will be bringing a pilot program for McPherson County to the city of Canton. We will be making available the book *13 Ways to Kill Your Community* for a community-wide discussion titled Community Shelf Care. This pilot program will be done in partnership with the Canton Township Carnegie Library and will be evaluated for future rollouts.

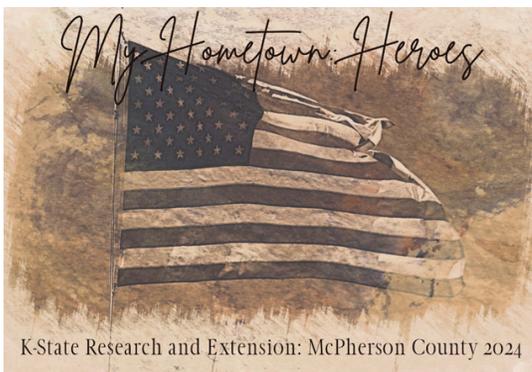
Upcoming Discussion Dates:

May 14th at 12:30pm at Canton Senior Center



Walk Kansas

Walk Kansas is in the home stretch. Keep tracking those steps as we finish out the last couple weeks of Walk Kansas 2024.



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

Fire Up the Grill!

Posted on April 25, 2024 by Karen Blakeslee

Always use a food thermometer to check doneness of meat.

Photo: USDA

Summer is almost here, but many grills are already getting a work out! Here are some tips for successful grilling.

- Keep meat refrigerated until ready to cook.
- Remove visible fat from meat to reduce flare-ups and charring.
- Marinate raw meats in the refrigerator. Discard marinade if not using for sauce.
- Use a medium heat for even cooking and juicy meat. Charcoal should be covered in gray ash.
- Use tongs instead of forks to keep meat juicy.
- Check meat doneness with a thermometer, not color. This temperature chart is a handy reference.
- Keep raw meats away from ready-to-eat foods to prevent cross contamination.



Start Planning for Canning Now

Gardeners are eager to plant their gardens! Now is the time to make sure canning equipment is ready for the food preservation season. Here are some reminders.

- Get dial pressure gauges tested. The Presto® Pressure Gauge tester will test gauges made by Presto including the brands National, Presto®, Magic Seal and Maid of Honor. We will not test All American brand gauges. If the test shows more than two pounds of pressure off, it should be replaced.
- Check your jars for cracks, chips, etc. Decide how many new lids to buy.
- Make sure rubber gaskets on pressure canners are not cracked and are still pliable.
- Look for new tested recipes to try!
- For more information, see www.rrc.ksu.edu. Click on "Food Preservation".

**The McPherson County
Extension Office will test your
dial pressure gauge for FREE.
Bring it by the Extension
Office to have the test run.
Testing will take
approximately 5-10 minutes.**

It's Strawberry Season!

Posted on April 25, 2024 by Karen Blakeslee



Making strawberry jam Photo: KSRE



Strawberries are the first fruit to ripen in the spring! Fresh strawberries are tasty by themselves or in any meal or beverage. Here are some fun facts!

- Eight strawberries contain more vitamin C than one orange.
- A serving (1 cup) of strawberries has twice as much fiber as a serving of grapes.
- Strawberry flavor is influenced by weather, the variety, and stage of ripeness when harvested.
- On average, there are 200 seeds in a strawberry.

Learn more **at** <https://extension.illinois.edu/small-fruits/strawberries> and www.californiastrawberries.com/

Learn about Preserving Strawberries at www.ksre.ksu.edu/bookstore/pubs/MF1178.PDF



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

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

County Connection E-News

To register to receive updates on upcoming events, calendar updates, webinars, senior and military discounts available, county resource phone numbers, as well as tips and tricks to make life easier.



<http://eepurl.com/iicSFn>

4-H Youth Development

SHYANNE JONES
COUNTY EXTENSION AGENT
4-H YOUTH DEVELOPMENT

May 2024

Calendar of Events

- 5/8 - Breeding forms for sheep, swine, meat goat, dairy goat, dairy cattle due
- 6/1- ID forms for horse & rabbit due
- 6/5- Last day to order small animal nominations envelopes
- 6/6: 4-H Council Meeting at 7 PM
- 6/15: Small livestock nominations Due Online & DNA Postmarked
 - Market Swine, Commercial Breeding Gilt
 - Market Lamb, Commercial Breeding Ewe
 - ALL Meat Goat (Market & Breeding)
 - Commercial Heifer Nominations Due Online & DNA Postmarked Registered Breeding Heifer Papers in Exhibitor's Name Registered Breeding Gilt Papers in Exhibitor's Name
- 7/1-Registered Breeding Ewe papers in Exhibitor's Name

Get Published

Have project news or reports of fun 4-H happenings? Please email or bring in any articles to Lauralee at Lhelm@ksu.edu by May 27 to get them into the Newsletter.

River Valley Rabbit Show

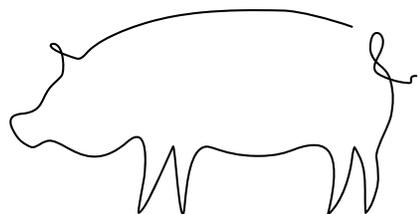
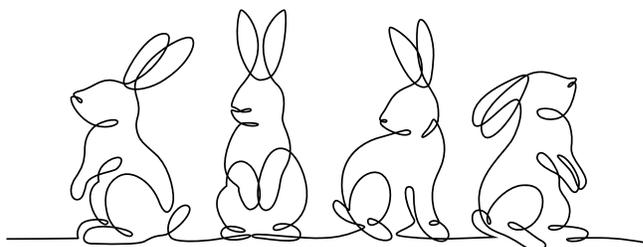
Saturday, June 1st, 2024

4-H Rabbit Show, Clay Center, KS

\$4.00 Class Entries

Judging – Breed ID – Showmanship

More information: <https://www.facebook.com/rivervalleyrabbitclub/>

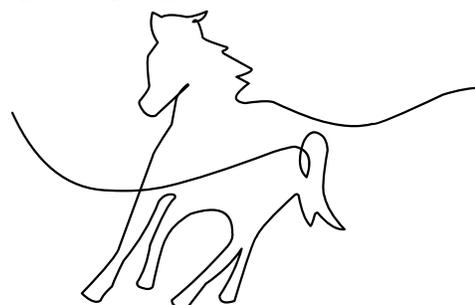


More information: <https://www.asi.k-state.edu/extension/youth-programs/events/swineclassic.html>

Bob Hines Swine Classic

July 12th-13th

Manhattan, KS – Riley County Fairgrounds
Swine show, photography contest, skillathon



Updates to Kansas State Fair Horse Show:

State 4-H has put out a notice with updates for this year's state 4-H Horse show taking place Sept. 12-13th:

<https://www.kansas4-h.org/tipsheet/announcement/?id=96388>

PIN AWARDS CHANGES

Trips and Awards Committee has been working hard to update the pin awards and create more opportunities for 4-H members to meet requirements. Please view the new format:

<https://tinyurl.com/pinawardsdoc>

Typos and grammar subject to change – Shyanne's been looking at it for too long

2024 Fair Book Updates:

Please see the attached document to view updates to the 2024 McPherson 4-H Fair:

<https://tinyurl.com/fairbookchanges>

Farm to Fashion Day Camp – On KSU Campus

Monday, June 17, 2024 at 8:00 AM until Thursday, June 20, 2024 at 5:00 PM

Farm to Fashion exposes middle school and high school students to a range of career opportunities within the fashion industry and immerses them into the fashion studies program at K-State by utilizing the fashion studies design studio and natural dye lab throughout the week. Participants will work with K-State faculty and current students to learn about natural dyeing, fashion illustration and design, sewing, and textiles. Registration is \$100 and covers all materials needed for projects and lunch on the final day of the program.

This is a day program so participants will need to secure transportation to and from campus each day and arrange their own overnight accommodations as well as bring lunch each day but the last day.

Registration link:

<https://www.hhs.kstate.edu/idfs/about/events/farmtofashioncamp/>

2024 Kansas 4-H Insect Spectacular

The Kansas 4-H Insect Spectacular, a two-day state-wide entomology workshop, will be held June 21-22, 2024 in Hays, Kansas. The event is open to all youth and adult volunteers interested in 4-H entomology! Classes will include basic pinning, basic and advanced identification, insect photography, and much more. A parent or legal guardian must attend with their 4-H'er. Registration, proposed schedule, and full information will be available in the spring. Stay tuned for more details! One parent/adult guardian from each family must register and attend with children.

REGISTRATION DUE MAY 30th: <https://www.kansas4-h.org/events-activities/conferences-events/insect-spectacular/index.html>

2024 Kansas 4-H/FFA Wheat Expo in Manhattan, KS

Join us for the 2024 Kansas 4-H Wheat Expo on Monday, August 12th at Pottorf Hall in Manhattan, KS.

The wheat expo will be a fun, educational and hands-on program for all Kansas 4-H members, siblings, parents, grandparents, and KSRE Extension staff. You do not have to be enrolled in crops/plant science projects to participate. 4-H members enrolled in Food and Nutrition, Photography and Field Crops are encouraged to participate.

The Kansas 4-H State Wheat Expo is a wheat fun day showcasing all things wheat. Lunch and refreshments are sponsored, and tours will be available.

There will be eight contests open to youth members with cash prizes and ribbons awarded. Classes include: (1) 1 lb. bin run for crops members; or (2) 1 lb. bin run for "adopt a producer"; (All wheat samples must be postmarked to KSU by July 20 so testing can be completed). Youth may bring multiple exhibits in Divisions 3-9. A maximum of two placings per individual in each division, 1-8 will be awarded. (3) 1 quart jar sample of cleaned wheat; (4) three standard yeast rolls; (5) three standard sized cookies; (6) three standard muffins; (7) wheat photography contest; (8) wheat educational posters and (9) Cloverbuds, (5-6-year-olds) with participation ribbons.

Registration/more information: **<https://www.kansas4-h.org/events-activities/conferences-events/wheat/index.html>**

AGRICULTURE & NATURAL RESOURCES

SHAD MARSTON
COUNTY EXTENSION AGENT
AGRICULTURE AND NATURAL RESOURCES

Since April showers did not happen this spring, if we have flowers, they will need to be watered. Our thoughts now turn to all the May's activities, especially here in McPherson County community. May Fete, the May Day parade and all the family gathering associated with the weeklong May Day activities, come to mind. School will soon be out for the summer and graduations will take place all over the county. May also brings warmer temperatures and a new season for agriculture. Locals have projects that have moved to the top of their to-do lists. Everyone is planning outside jobs and all that comes with it. Gardens are being planted, flowers are being placed, landscapes are being freshened up and the joy of outside events are relaxing before the hot days of summer come along. Livestock producers are busy tending fences, working cattle and preparing for the upcoming breeding season. Our farmers have already been in the fields, scouting wheat and alfalfa, planting corn, and getting their fields ready to plant soybeans and sorghum. Here at the Extension office, the month of May brings a fresh set of questions to be answered, Extension information to be delivered, dates to be set for tours and Extension programs. We use this time of year to get outside the office and meet with friends and partners in the community. I want to remind everyone of all the services we provide here at the office of K-State Research and Extension. We offer many diagnostic tests one can get done for your home or farm. The Extension office takes in samples to do soil testing and insect, plant, and disease identification. The Extension office can send samples off for water, grain, and forage analysis. Call or stop by the office and let us help you with any of your questions about Family and Consumer Science, 4-H Education and Agriculture.

Shad

Upcoming Events:

Annual McPherson County Wheat Plot Tour

May 17 will be the annual Wheat Plot Tour for McPherson County. Our first stop of the day will be at the Patrick Plot in Marquette at 9:00am. At 11:30am, we will meet at the Mid Ks Coop Learning Center in Moundridge for lunch sponsored by our good friends at MKC. Then at 1pm, we will be at the Galle Plot, north of Moundridge, ¼ mile north of 23rd and Cheyenne. Our last stop of the day will be at the Inman Plot between 4th and 5th Ave, again on Cheyenne Road.

Photo Credit: Shad Marston



Plan now to spend part of your listening to K-State wheat specialists explain the different strengths of each variety of wheat in the plots. Dr. Romulo Lollato and Dr. Kelsey Andersen Onofre (**pictured in the purple**) will also be discussing the disease pressures farmers might find in this year's wheat crop. Kansas Wheat Alliance will be sponsoring drinks at each tour stop. Also, The Department of Agronomy and K-State Research and Extension will host several state wide winter wheat variety plot tours in different regions of the state starting May 15, 2024. Make plans to attend a plot tour near you to see and learn about the newest available and upcoming wheat varieties, their agronomics, and their disease reactions. Dates, times and directions can be found online.

Farm Safety Day Camp

This June, plans are made for our Farm Safety Day Camp for all 8 to 12 yr. old students in our community. This annual Safety Day Camp will be June 5, with check-in starting at 8:30am. This community event is sponsored by MP County Farm Bureau Assn, Mid Ks Coop and the MP County 4-H Jr. Leaders in cooperation with KSRE McPherson County. Sign your youngster up with the application that will be sent home, before school is out, with each student from their own school. Plan to join us for a fun-filled day of learning about safety on the farm. Each participant will receive a free Camp T-Shirt, free lunch, and refreshments



Photo Credit: Shad Marston



McPherson County Farmer's Market

Plus, mark your calendar for this year's MP County Farmer Market, starting the first weekend in June. New and old vendors are gearing up for this year's Market. Vegetables, honey, eggs, jams and jellies, baked goods, pecans, and home-made items can all be found at the Market on Saturday mornings. I can't wait to see the new items vendors will be bringing to this summer's Market. The Market is held each Saturday in the round top building, at the McPherson County 4-H fairgrounds, 710 W. Woodside in McPherson.

Weed of the Week By Shad Marston



Henbit and other winter annuals, such as chickweed and speedwell, germinate in the fall but are most noticeable in the spring. However, if chemical control efforts are delayed until spring, their effectiveness is usually very limited. Henbit has squarish stems and small, rounded, deeply veined leaves (less than 1 inch across when mature) with lobes along the margin. The upper leaves have no petiole (stalk); that is, they are attached directly to the stem. The flowers are pinkish-purple and shaped like a tiny trumpet. Flowers are abundant during April. "Stands" of henbit are quite attractive when in full bloom. Recommendations: Control is much easier in the fall of the year. There are two choices. A preemergence herbicide is one possibility and a postemergence is second. The first is to apply a preemergence herbicide in early to mid-September. This will prevent henbit and other winter annuals from germinating. Preemergence herbicides labeled for both henbit and chickweed include prodiamine (Barricade), dithiopyr (Dimension), isoxaben (Gallery) and pendimethalin (Halts and others). The second course of action is to wait until late October or early November (after most henbit has germinated) and use a postemergence broadleaf herbicide. Use a product such as 2,4-D, Weed-B-Gon, Weed Free Zone, Weed Out, or Trimec. Choose a day that is at least 50 degrees F.

Spot treating may be needed in the spring (March) whichever method of control you use but is more likely with the use of preemergent herbicides. Use Weed Free Zone, Speed Zone, Weed Out, Weed-B-Gon, Trimec, or one of the special henbit herbicides early in the spring before they have put on much growth. As a final note, henbit will not be very competitive in dense, healthy lawns, so good cultural management will reduce the need for herbicides. Fall approach is best and works well because henbit is relatively easy to kill in the fall and many people want to treat for dandelions at that time (i.e., October) anyway.

Livestock News by Shad Marston

Cow management

Mineral plans can and do vary significantly from one operation to the next. For free-choice salt and mineral programs: Record date and amount of product offered, calculate herd or pasture consumption. Adjust how you are offering product to cattle if they over- or under-consume. If consumption is 2X the target intake, then cost will be too! Properly store bags and pallets to avoid damage and product loss. Regardless of the specifics of your program, the following are my top 10 most important things to keep in mind with free choice minerals.

- Remember the priority of nutrients. Energy and protein are of higher priority than minerals and vitamins. When concerns regarding reproduction or calf performance arise, mineral or vitamin status of a cowherd is often questioned. Only after important production calculations (i.e. calf crop weaned per cow exposed) are made and the adequacy of the key components (energy, protein) of the cowherd nutrition program assessed should minerals and vitamins be further evaluated.
- Take time to plan what your needs will be. While estimating product usage can be challenging, accurately budgeting how much mineral you will use for the next several months or even the entire year can help avoid under- and over-purchasing which is important because either can impact cash flow. Your feed service provider can also help estimate mineral usage based on how products are designed and what your needs are.
- Measure intake to help plan your needs. Record when and how much mineral is being put out for a group of cows and track consumption on a pasture or group basis. Remember, while we may observe a wide range in actual consumption we are targeting an average per label directions.
- Both management and ingredients used impact consumption. Proximity to water and resting areas, water source, supplementation of other feedstuffs, precipitation, feeder design, and number of animals per feeder all drive consumption, either positively or negatively. While greater levels of magnesium are typically associated with decreased voluntary intake, salt may either stimulate or inhibit consumption all else being equal.
- Read, understand, and follow label directions. It is always important, but particularly with medicated minerals that one clearly understands the label. If medicated, you need to know 1) what the product is medicated with 2) what the dosage is and units used are and 3) the intended use of the product.

- There can be value in custom products. Accurate forage and water analyses can aid in the formulation of custom products which may be appropriate and economical for some operations, but volume minimums, and product quality and consistency need to be considered.
- Focus on Ca and P. Calcium and phosphorus are two of the most important macro minerals and requirements for the beef cow change throughout the year similar to energy and protein. The P requirement for a 1,200 lb lactating cow grazing a forage containing on average 0.2% P (DM basis) would be exceeded by 4 oz/hd/day of a mineral containing 6% P, thus providing some margin if forage is of lower P content than assumed.
- Keep salt in mind. If a free choice mineral supplement contains 25% salt, 4 oz/hd/day of consumption would provide 28 g/hd/day of salt or 11 g/hd/day of sodium which would meet the sodium requirements of a typical beef cow. Therefore, feeding a product containing ≥ 25% salt would not require additional free choice salt to be fed based on meeting the sodium needs of a beef cow.
- Micros come in varying packages. Many different sources of trace minerals exist in the feed ingredient market, and they all have a proper place in which they can be effectively used for the benefit of the animal. A conversation with your feed service provider can help you navigate the intended use of products based on their trace mineral source and level as well as ensure the difference in cost is within your budget.
- Avoid overconsumption. With current prices, a sound and well managed mineral program can be implemented for \$40-50 per cow per year (Table 1). While underconsumption can certainly be costly if deficiencies arise, overconsumption is likely to occur more frequently and represents additional costs which should be retained to improve profit margin per cow.

Table 1. Effect of product price and intake level on mineral program cost¹. Jason Warner, Extension Cow-calf Specialist

Mineral Price		Target Intake ²	Actual Intake ²			
\$/Bag ³	\$/Ton	4 oz	5 oz	6 oz	7 oz	8 oz
\$18	\$720	\$16	\$20	\$24	\$28	\$32
\$20	\$800	\$18	\$23	\$27	\$32	\$36
\$22	\$880	\$20	\$25	\$30	\$35	\$40
\$24	\$960	\$22	\$27	\$32	\$38	\$43
\$26	\$1040	\$23	\$29	\$35	\$41	\$47
\$28	\$1120	\$25	\$32	\$38	\$44	\$50

1 = Cost per cow for 180 days.

2 = Ounces per cow per day.

3 = Based on a 50 lbs. net weight.

For Breeding Bulls

A good rule of thumb to follow on how many cows a young bull can cover, is his age in months, equals the number of cows to be turned out with. So a 14-month old bull should breed 14 cows, not 25. At the start of the breeding season, watch for injury so you can intervene and treat bulls promptly if needed. Ensure they are aggressively covering cows. Monitor BCS, particularly on young bulls. If pulling bulls from cows to manage the length of the breeding season, schedule those dates and have them on the calendar in advance.

Calf Management

If considering creep feeding calves, make sure you understand what your objective is by doing so and calculate the value of gain relative to cost of gain. Monitor calves for summer respiratory illness. Schedule any pre-weaning vaccination or processing activities.

Farming News

Stripe rust distribution and risk assessment for Kansas

Kelsey Andersen Onofre, Extension Plant Pathologist

The wheat crop is moving quickly and is ahead of schedule in many locations. Now is a critical time to assess the need for a foliar fungicide application. This year, the first stripe rust report was received from Chillicothe, TX, on January 31, where the disease was just starting to take hold. Reports indicated that stripe rust was still active there and in McGregor, TX, in late February. High levels of stripe rust have been reported in multiple locations in Oklahoma, with severe disease noted in Altus, OK.

In Kansas, stripe rust was first detected in Sumner County on April 9, 2024, and since then, low levels have been detected in 14 counties (**Figure 1**) despite statewide dry conditions. Incidence remains low in most locations. Real-time observations can be seen here: <https://wheat.agpestmonitor.org/strip-rust/>. Regions in the state that are expecting high moisture over the coming days may be at risk for more severe disease development.

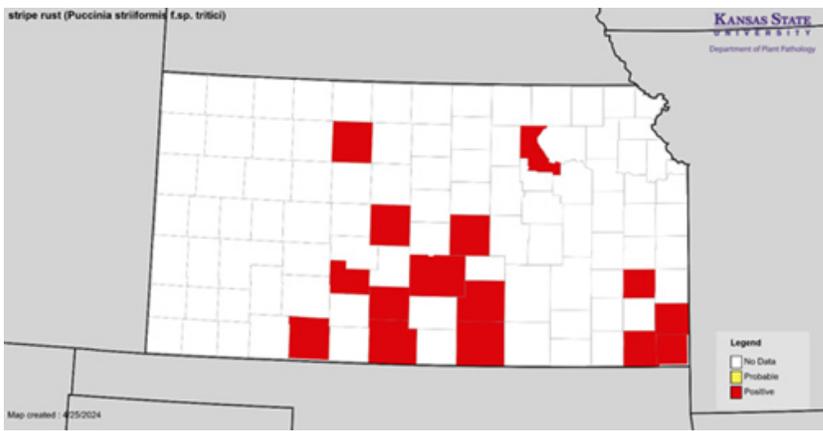


Figure 1. Distribution of stripe rust in Kansas as of April 25, 2024. Map is based on observations from K-State Research and Extension, crop consultants, and wheat producers in the state. Real-time stripe rust progress can be monitored here:
<https://wheat.agpestmonitor.org/stripe-rust/>

Stripe rust is most yield-limiting when it advances to the upper canopy, particularly the flag leaf. The risk of stripe rust causing yield loss is a function of several things, including:

1. Timing of first local disease detection in relation to crop growth stage (earlier detection can sometimes mean higher risk)
2. Weather conditions: specifically, moisture and relative humidity
3. Variety genetics: varieties with better resistance ratings will generally have lower levels of yield loss than those that are more susceptible. A good rule of thumb is that varieties that rate 3 or better for stripe rust will not benefit from a fungicide application. Variety ratings can be found in the K-State Wheat Variety Disease and Insect Rating Guide:

<https://bookstore.ksre.ksu.edu/pubs/MF991.pdf>

Stripe rust risk assessment for the coming weeks

It is clear that stripe rust is active in the state, but dry weather has kept the disease largely at low levels. We also know that there is a high incidence of stripe rust in several locations in Oklahoma, meaning that there is no shortage of inoculum blowing in from our south. Areas that are forecasted to receive moisture over the coming days are at higher risk for stripe rust to take hold at economic levels. As a reminder, it takes 7-14 days for symptoms to develop after stripe rust infection events. Because of this, it may be a week or two before we know how bad the disease is after the rain that is forecasted in the upcoming days.

Deciding on a fungicide application to control stripe rust

Scouting is a critical first step for stripe rust control. Stripe rust can be identified by characteristic orange lesions that form in straight lines on mature plants (**Figure 2**). The orange spores will be easily dislodged when you run your finger over a stripe rust pustule.

Fungicide applications are most beneficial when the level of disease in the field is below 10% severity. University research has demonstrated that applications that protect the fully emerged flag leaf (between Feekes 8 and Feekes 10) are most effective. See this K-State publication for additional information about growth staging wheat: <https://bookstore.ksre.ksu.edu/pubs/MF3300.pdf>. Applications applied prior to flag leaf emergence will not adequately protect the flag leaf or the head but can keep diseases from progressing up the canopy. Always check and follow product label recommendations to ensure full compliance with growth-stage limitations and pre-harvest intervals.

When stripe rust is severe, we can expect 10-15% yield protection from a fungicide application. Fields with higher yield potential should be prioritized for applications, as drought-stressed wheat with lower yield potential risks not breaking even from a fungicide application even if conditions are favorable from disease.

Many products are rated very good or excellent for stripe rust control. Ratings for individual products can be found here: <http://www.bookstore.ksre.ksu.edu/pubs/EP130.pdf>. The products listed in the K-State fungicide efficacy publication will generally provide at least 14-21 days of protection. This can vary between products and is also influenced by environmental conditions. The decision to apply a fungicide should be balanced against the crop's yield potential and the current wheat grain price. Fields with the potential to yield greater than 40 bu/a should be prioritized for a fungicide application.

Figure 2. Classic symptoms of stripe rust. Photo by Kelsey Andersen Onofre, K-State Research and Extension.





K-State Research & Extension
McPherson County
600 W. Woodside
McPherson, KS 67460

RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

Shad Marston
County Extension Agent
Agriculture & Natural Resources
smarston@ksu.edu
Radio Every Monday:
7:40 AM-96.7 KMPK
8:40 AM-98.9 KMCP
Ad Astra Radio Station

Shyanne Jones
County Extension Agent
4-H Youth Development
shyannejj@ksu.edu

Chuck Laughlin
County Extension Agent
Family & Community Wellness
claughlin@ksu.edu