

McPherson County

K-STATE RESEARCH AND EXTENSION NEWS

October 2024



Photo Credit: KSRE McPherson County
Lauralee Myers

Family & Community Wellness

CHUCK LAUGHLIN
COUNTY EXTENSION AGENT
FAMILY & COMMUNITY WELLNESS

McPherson County Calendar – Online

The McPherson County Calendar is here for public events, seminars, business sponsored events, meetings covered under the Kansas Open Meeting Act, etc. throughout the county.

There is not a functionality to add personal events (i.e. specific business internal meetings, garage sales, sale of personal items, etc.).

Calendar events will be added on a batch process so they will not show up immediately.

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.

<http://tinyurl.com/MCAddEvent>



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



Teach & Taste – November



Join us November 13th at 6:30 PM for some rootin'-tootin' Loaded Spaghetti Squash Bowls!

Register at:

https://kstate.qualtrics.com/jfe/form/SV_OTKsfEwtlWS0YeO



Wheat Scoop: Recipe Book Celebrates Legacies of Davis and Patton **by Julia Debes for Kansas Wheat**

From waffles to snickerdoodles to pet treats, the 2024 recipe book from the Kansas Wheat Commission has something for everyone to try and enjoy. This year's edition holds extra significance as each recipe celebrates the legacies of two home baking industry leaders - Sharon Davis and Charlene Patton - who dedicated their careers to bringing the joy of baking into countless homes and classrooms.

"This year's recipe book recognizes the years of service of Sharon and Charlene as they move on to their next set of adventures," said Cindy Falk, Kansas Wheat nutrition educator and co-director of the National Festival of Breads. "Join us in thanking these wheat industry leaders for their tireless efforts to educate all ages about wheat foods and home baking by ordering a recipe book and trying one of their favorite recipes."

The two women retired earlier this year from their roles as leaders in the Home Baking Association. Their contributions to the world of baking are immense, from educating families and classrooms to inspiring a love for wheat foods across generations. The recipes included in the 2024 recipe book provide a glimpse into their careers and baking traditions. From Sharon's Oatmeal Yeast Bread – the first bread she baked by herself and a family favorite since college – to Charlene's Czech Kolaches – passed down from her grandmother, who brought the recipe with her when she arrived in America in 1890, each recipe carries a story.

“Working with, and for, Kansans, food and nutrition educators, the Wheat Foods Council and the Home Baking Association to teach grain food, milling and baking consumer facts and skills has made life rich,” Sharon said. “It allowed me to ‘get the flour in the bowl’ in 48 states with thousands of food service professionals, teachers, parents, and child educators. Now, I’m thankful to share some of my personal recipes from those years.”

Charlene noted that her love for baking was instilled by her mother and grandmothers and has been passed down to her daughters and grandchildren. Those cherished family traditions are reflected in Davis and Patton's recipes like the grandkid-approved Overnight Whole Grain Yeast Waffles and fan-favorite Snickerdoodle Cookies. The same is true for Sharon, who adapted her grandmother's recipe to make Trella's Raised Nut Bread and paid tribute to her family's Scottish and Irish heritage with Top o' the Morning Scones.

In addition to personal family favorites, the 2024 recipe book includes some of the women's go-to selections for television demonstrations, classroom activities and baking workshops. Quilt Patch Cake was a favorite for Charlene to demonstrate live and Sharon developed the accompanying lesson plan and tutorial. Charlene developed the 90-Minute Basic Yeast Dough for workshops at the 2013 National 4-H Congress, while Sharon developed the Designer Oatmeal Cookies specifically for little bakers just learning how to measure ingredients.

The Home Baking Association also encourages home bakers to share their creations with others during long-time promotional events like Bake and Take Month and Bake for Family Fun Month. Recipes like Pilgrim Bread make perfect loaves for community service efforts while Blueberry-Oat Muffins pack in nutrients for an easy, healthy recipe for fundraising bake sales. A recipe for Pet Treats is perfect for donating to local animal shelters or rescues.

This year's collection is a trove of treasured recipes tested and honed over time, reflecting two legacies of inspiring a love for wheat foods across generations. Request your recipe book or check out each of this year's recipes at **kswheat.com/recipebook**.

Feeling inspired? The 2025 National Festival of Breads will be opening for entries soon, so there's no better time to break out the mixer and put your own spin on a family classic for your entry in the country's premier quick bread and yeast bread baking contest for adult amateur bakers. Sign up for updates and check out the rules at **nationalfestivalofbreads.com/**.



2025 National Festival of Breads
BAKING CONTEST

Entry date Nov. 1 – Jan. 16
Find out more at nationalfestivalofbreads.com



Quick Bread and Yeast Bread Categories
For questions about the contest, contact
Kansas Wheat at (785) 539-0255.



Come by the McPherson County Extension Office and pick of your copy of the Kansas Wheat Commission 2024 Recipe Book.




Erin Martinez
PhD; KSRE Extension
Specialist and Associate
Professor, Adult
Development and Aging

FALL PROOF YOUR LIFE: A GUIDE TO BETTER BALANCE

Discover practical tips and exercises to improve your balance, reduce your risk of falls, and live a more independent and active life.

Wed. November 13th, 12:10 - 1PM CST



Scan the QR code or use the link below to register:
bit.ly/3zvWWGQ

K-STATE
Research and Extension
LIVING WELL WEDNESDAY
A K-State Research and Extension Webinar Series

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

Remote Work Wednesdays

Working Remotely as a Long-Term Career

Deb Ohlde
Assistant Director of Strategic Initiatives
North Central Region Planning Commission



Join Us November 13, 2024
Noon - 1:00pm

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

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Check this out

All Things Turkey

by Karen Blakeslee

Turkey is about to become front and center on many holiday tables. Here are some resources to help keep the gift of foodborne illness away from your celebrations.

Let's Talk Turkey—A guide to safely prepping and roasting turkey.

Stuffing and Food Safety—Whether you call it stuffing, filling or dressing, it requires safe handling and cooking. It is best to cook this tasty side dish outside of the turkey.

Other tips include:

- Safe thawing methods
- Set oven temperature to no less than 325°F.
- Turkey cooking timetable

Turkey

CHECK THE TEMP!





165°F

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Leftovers: The Best Part!

Store leftovers within 2 hours of serving

Divide into small portions, place in shallow containers, the refrigerate or use within 4 days. Freeze for longer storage.



Use in soup, sandwiches and more!



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Tips on Saving Leftovers

by Karen Blakeslee

Leftovers are either loved or hated. But leftovers can save you meal prep time when you need a meal in a hurry. So, what are the options for saving leftovers?

1. If perishable foods have been left at room temperature (above 40°F) for more than two hours, they should not be saved. Best practice is to refrigerate leftovers within two hours and use or freeze the leftovers within four day's time.
2. Many foods can be frozen for later use. Divide into small portions and package in freezer safe packaging such as freezer bags or plastic containers designated for the freezer. Remove as much air as possible for the best results. Thaw frozen foods in the refrigerator or reheat in the microwave for a quick meal.
3. There are no recommendations to home can leftovers. No safe tested process has ever been developed for this type of canned food. The heat processing can greatly decrease the quality also. As a reminder, there are no safe canning methods for re-canning larger containers of canned food. Learn more at <https://nchfp.uga.edu/faqs/miscellaneous-questions/category/faq-canning>.

Local Food Producer Workshops

by Karen Blakeslee

Once again, K-State Research and Extension and the Kansas Department of Agriculture will be offering in-person workshops for Kansas Local Food Producers. See the information below and save the date now for the location and date that fits your schedule. More information and registration will be announced soon.

Save the Date!

Local Food Producer Workshops

For those selling at farmers' markets, direct-to-consumer, and farm stands



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Research and Extension
www.kansaslocalfoods.org



Local Food Systems

Jan. 31 - Manhattan
Feb. 1 - Wichita
Feb. 7 - Olathe
Feb. 21 - Chanute
Feb. 28 - Hays
Mar. 28 - Garden City



Grant Writing Workshop

Grants are a vital piece in your community's funding puzzle...and you can do it.

February 27, 2025
9:30 am to 3:30 pm

600 W. Woodside
McPherson, KS 67460
Registration Fee \$60

What you will learn:

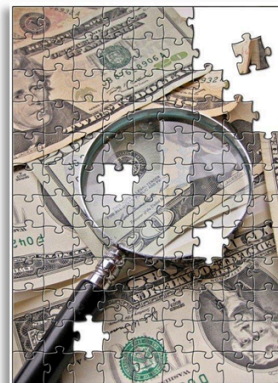
- Sources of data for community needs.
- Where to find grants.
- Elements of a great grant proposal.
- Practicing the grant elements.

Presented by: Nancy Daniels
Community Vitality Specialist
K-State Research and Extension

Use the QR Code to register, or for more information:

Chuck Laughlin
claughlin@ksu.edu
620-241-1523

Make checks payable to:
KSRE McPherson County
Registration Deadline: February 24, 2025



Brought to you in partnership with the McPherson County Community Foundation, and the McPherson Public Library.



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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the registration contact Chuck Laughlin, (620) 224-1523 or claughlin@ksu.edu.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.



Photo: K-State Research and Extension

Canning Equipment Storage

by Karen Blakeslee

For some home canners, the canning season is coming to a close. Here are some tips to store equipment so it is in good working order for next season.

Clean equipment with hot soapy water. Any grease or food residue left behind can lead to bacterial growth or mold growth. Always check small parts of equipment for any leftover food residue.

Hard water can leave a darkened residue, especially on aluminum. Fill the canner with water above that hard water area, add 1 tablespoon cream of tartar to each quart of water and bring it to a boil, covered, until the dark area disappears. Drain out this water and wash with hot, soapy water, rinse and dry completely.

On pressure canners with gaskets, remove rubber gaskets and wash. Check for cracks or brittleness. Check the rubber plug in the lid for cracks or dryness. Both of these items can be replaced.

Check the vent pipe to be sure it is clear. Run a string, small piece of cloth or a pipe cleaner through the hole to clear any food residue.

Now is a good time to check dial gauges for accuracy. Many local Extension offices have the dial gauge testing equipment to test Presto, National, Maid of Honor and Magic Seal brands. We cannot test All American pressure gauges or any other brands of gauges.

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

The 2025 Calendar is in process. You can start entering your 2025 events using the online calendar link anytime.



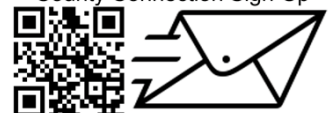
To schedule time with Chuck follow the link below or scan the QR code.

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

County Connection E-News

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

County Connection Sign-Up



<http://eepurl.com/iicSFn>



AGRICULTURE & NATURAL RESOURCES

SHAD MARSTON
COUNTY EXTENSION AGENT
AGRICULTURE AND NATURAL RESOURCES



I think fall is coming, but our temperatures seem to be off a bit. The signs of fall are visible and we need to be preparing for the winter weather to come. Here are some items all livestock producers should think about before the winter weathers sets in for your operation. If not already done, make arrangements to wean spring-born calves and finalize plans to either market calves or retain and add weight post-weaning. If retaining calves post-weaning, review your nutrition plan and closely observe feed and water intake the first few weeks. Make sure all cattle have sufficient access to feed and water. Review/update your health protocols as needed for either weaned or new-born fall calves. Consider either supplementing fall-calving pairs or creep feeding fall-born calves to maintain calf performance on low quality winter forages. Ensure you have sufficient forages available to match cowherd needs. Take an inventory of and test harvested forages for the following: 1. Moisture/dry matter 2. Crude protein 3. Energy (NEm, NEg, and/or TDN) 4. Fiber components (ADF, NDF) 5. Macro-minerals (calcium, phosphorus, magnesium, potassium, salt) 6. Nitrates and/or prussic acid when appropriate.

In the area of Forage/Pasture Management, make plans for controlling invasive species for the next growing season. Winterize water sources and work on fencing/facility projects as time/weather allows. Producers need to evaluate their short and long-term herd inventory goals with current conditions of the industry.

One should now consider opportunities to lock prices in, if possible, for co-products and commodity feeds. Look to understand what nutrients you are targeting to purchase and price feeds on a cost per unit of nutrient basis. Now is also the time to update lease arrangements a producer might have.

Winters can be a challenge, especially for those with livestock. Beef cows are capable of adapting to cold temperatures. The challenge for cow/calf producers is to provide balanced rations with required nutrients for cattle to thrive regardless of the elements. Modifying the environment with wind protection and bedding are good husbandry practices that will reduce maintenance needs. Planning ahead will make the winter months more productive for both, you and your hired hands.

-Shad

Livestock News:



Photo by Shad Marston

The Risks of Offering Wrapped Hay Bales to Cattle *by Shad Marston*

When driving in Kansas, it is easy to spot big, round hay bales that are wrapped in plastic and ready to be fed to cattle. When it is time to feed the bale, some producers put the hay with the wrap on in a grinder and chop it up together, while others choose to remove the wrap before offering free choice hay to the herd. Which way is best for the cows? The question has come from many producers who discovered problems with the net wrap. Some have even had cows who have died likely from eating the bale wrap and caused them to have a blockage that ultimately leads to death.

“Even chopped plastic can form a ball in a cow’s gut that will accumulate over time and can in some cases lead her to die,” K-State veterinarian Bob Larson said. This has to do with how feed moves through the rumen, which is a chamber in the cow’s stomach. As the feed passes through the rumen in the normal digestion process of a beef animal, there is a liquid layer that the feed must sink through to get to the next chamber – the reticulum. The particles have to be dense enough to sink into the reticulum, but plastic pieces are very light so they float and can accumulate in the rumen over time. Death can happen when the plastic ball acts like a plug either preventing gas release or passage down the digestive tract. Many times than not cattle spit out the plastic while chewing their cud, as evident by walking pens and noticing plugs of chewed up net wrap in the areas where cattle lay and rest while ruminating.

Eating chopped plastic is a greater challenge for cows rather than for cattle on feed because of the number of years in a cow's life versus that of a feedlot steer. A greater percentage of a cow's diet is hay, and she is consuming it over a lifetime compared to a steer who only has about 10% of his diet as hay and he is only in the feedyard for about five months before being processed.

With that in mind, the KSRE experts agree that the best strategy for the herd is to remove all plastic wrap before offering the hay to the herd, whether it's fed in a round bale feeder or as ground up hay. Net wrap or twine can also get tangled around their legs causing serious problems and can also rip out ear tags bycatching the back of the tags when the cattle are exiting the hay rings. Not to mention the problems net wrap can cause on equipment when wrapped around wheel bearings.

Garden News:

What to do with those falling leaves

by Shad Marston

Beautiful fall leaves have begun to cover lawns and will continue to fall throughout November. KSRE says it's important to remove leaves from home lawns. Although a scattering of leaves won't harm the lawn, excessive cover prevents sunlight from reaching turfgrass plants. Turf left in this state for an extended period will be unable to make the carbohydrates needed to carry it through the winter. So don't put up the lawn mower quit yet. Regularly mowing over the leaves as they fall is an easy way to prevent this problem. The chopped-up leaves can be returned to the lawn. This must be done often enough that the leaf litter doesn't become thick.

If you have a bag attachment for your mower you can collect the shredded leaves and use them as a layer of mulch in the flower beds for protection of the cold winter months. This organic matter will break down over time contributing nutrients back into the soil. Leaves can also be composted in a shredded or whole state. Be aware of the balance needed in a compost pile for efficient decomposition. Alternating layers of leaves with green materials such as fresh plant material is best. And then watering which helps break down the dry leaves even more over the winter months.



Photo by KSRE McPherson County



KDHE Composting Workshop

KDHE's Livestock Waste Management Section invites you to join us for a training workshop to learn best practices for livestock composting. We will have classroom time and then go to a nearby facility to see an example of how this practice can be incorporated. For more details, call our office.

November 12, 2024-10:00am to 1:00pm Nickerson Community Center, 11 North Nickerson Street Nickerson, KS

Weed Management Program

Rice and McPherson County Fall Ag program at the Rice County Extension Office in Lyons.

Wednesday, November 20, 2024 starting at 6 pm with Chicken Fried steak dinner. Cost is \$10/person

Speakers: Dr. Tina Sullivan NE Area Agronomist: Alternative Crops for Central Kansas

Dr. Anthony Zucoff SW Area Entomologist: Crop Insect Control

Dr. Sarah Lancaster: KSU Weed Specialist: See and Spray, Technology and latest Weed Control information

Dr. Deepac Joliff Precision Ag Specialist: Using Drones to Better your Farming Operations

RSVP by November 15 by calling 620-257-5131 or 620-241-1523

Women in Ag Farm Transition Series

Farm succession planning series for women in agriculture kicks off in January

A workshop series for women in agriculture will offer strategies to evaluate and improve farm estate and transition plans. “Leaving a Lasting Legacy for Midwestern Farm Women: A Succession Planning Series,” will be held from 5:00 p.m. to 8:00 p.m. on Jan. 21, Jan. 28, Feb. 4 and Feb. 11, at the McPherson County Extension Office.

The workshops will also be hosted at 62 other sites across Kansas, Nebraska and Indiana. The series is being produced through a collaborative effort by extension programs at Kansas State University, the University of Nebraska-Lincoln and Purdue University.

Topics covered will include motivation for succession planning, communicating with family, the financial aspects of estate and transition plans, and the legal aspects of putting a plan in place. A keynote speaker will be simulcast to every workshop location during each meeting, with time for questions and a hands-on activity for participants. A meal will be provided on each date.

“Planning for what happens to your farm or ranch when you are gone can be daunting, but it’s so important, so that the transition to the next generation goes smoothly,” said Ashlee Westerhold, director of the Office of Farm and Ranch Transition out of the K-State Department of Ag Economics. “This series will help participants learn best practices and new strategies to help the transition and estate planning processes so they can take that back to their farm or ranch and help lead the way in creating or reevaluating their plans.”

Westerhold said the program’s structure is intended to strengthen networks of women in rural areas, which can provide opportunities for building trust and sharing information. “Connections are so important to rural women,” she said. “We have seen the benefits that come from knowing your peers, having a place to share difficulties, and mitigate the isolation that so many of us in agriculture often feel.”

The registration fee for in-person attendance is \$60 before Jan. 12, which includes all four nights’ meals and educational materials. The fee increases to \$75 after Jan. 12, and a workbook is not guaranteed. A virtual option is available for \$75 for family members that may live out of state or cannot participate in an in-person site. More information and registration are available at **www.AgManager.info/events**.

4-H YOUTH DEVELOPMENT

SHYANNE JONES
COUNTY EXTENSION AGENT
4-H YOUTH DEVELOPMENT

November 2024

- November 15th – Enrollment deadline for free enrollment
- November 4th-6th Courthouse Project Pick-up
- November 25th-27th – Library Display Items Drop-Off

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 November 22nd to get them into the Newsletter.



Pin Awards:

Hey, pals. Let's talk about Pin Awards. This year was for sure an experiment and the committee was incredibly lenient towards simple mistakes (please be sure to thank them – they kept Shyanne from denying those applications). The committee also took notes of grammatical/formatting issues that will be changed for next year to continue striving for a better experience for 4-H members. In return, let's take a moment to look at what members need to make happen for next year's Pins:

3. Make sure that you're filling out ALL sections required by your pin. Find the heading for the pin you are applying for and read the instructions under that Pin. If it says, "Fill out the Bronze AND Silver Guard pin portion," you need to fill out both, not one or the other.
4. Fill in ALL the activities that you complete through the year, not just enough to cover the requirements for your pin. This way, if you miss a date/location/description on one, we can skip it and count another towards your total.
5. If while reading the 76 options right now you have questions, ASK. Now is the time to figure it out, not AFTER your application has been denied.
6. You've had a year of the experiment, they will probably not be so lenient next year :)

4-H Fair Theme

While last summer's weather is still hanging around, it's time to think of next year and the 2025 4-H Fair theme! Each club should submit one theme to the extension office by January 29th. Our Council members will narrow the ballot down to the top two or three, and then a Qualtrics will go out with the top options for public vote, so keep your eyes peeled! **(This also means that the cover drawing contest will happen fairly quickly after the public vote closes – so be prepared to participate)**

CLUB DAYS.... Have been scheduled for February 22nd, if you are needing to do a project talk/demo/etc. for your pin awards, this is a great opportunity! **(County fair public speaking is also a great opportunity to complete this)**

Save the Date for 2025 K-State Junior Producer Days

Submitted by Lexie Hayes

Mark your calendar!! The 2025 K-State Junior Producer Day dates have been set for next spring. Since it is an odd year, it will be swine and meat goat. These are one-day educational events during which families learn about the selection and management of youth livestock projects. The junior day programs will be on a Saturday at the Stanley Stout Center, north of campus in Manhattan. Junior Swine Producer Day will be March 1, with Junior Meat Goat Producer Day scheduled for March 22. Stay tuned for more information, including the tentative schedule and registration details, later this month. Additional details will be released to extension agents via email, posted on the Junior Producer Days page of the youth livestock website, and via the KSU YLP Facebook page. Due to the capacity of the facility, registration will be limited for both events.



K-State Research & Extension
McPherson County
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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
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Family & Community Wellness
claughlin@ksu.edu