Why is 45 Day Weaning Important to Feeder Calf Health??

By: Glenn Selk, Oklahoma State University Emeritus Extension Animal Scientist

The “Value-Added” calf sales will begin in October. Therefore some of the required weaning dates are only a few days away. Most of the “Value-Added” calf sales require that the calves are weaned at least 45 days prior to sale date. Some cow calf producers may wonder why the post-weaning period needs to be so lengthy.

Data from Iowa from over a nine year period in a couple of their feedout tests compared the health status of calves weaned less than 30 days to calves weaned longer than 30 days. Data from over 2000 calves were summarized. Calves that had been sent to a feedlot at a time less than 30 days had a higher incidence of bovine respiratory disease (28%) compared to calves weaned longer than 30 days (13%). The percentage of calves that required 3 or more treatments also was significantly different (6% versus 1%) in favor of calves that had been weaned more than 30 days. In fact the calves weaned less than 30 days were not different in health attributes than calves that were weaned on the way to the feedlot.

A summary of this lengthy study can be found on line at http://www.extension.iastate.edu/Pages/ansci/beefreports/asl-1648.pdf. Vac-45 calves apparently have a real advantage in terms of health compared to calves weaned for less than a month or those weaned on the way to the livestock market for sale date. Certainly part of the “value” in value-added calves can be attributed to properly applied vaccinations. However, there is little doubt that a portion of the improved health is due to the length of time between weaning and the movement of calves to the next owner.

Fall Control of Bindweed

With good moisture conditions in parts of Kansas this year, this is a good time to treat fields for perennial broadleaf weeds such as bindweed, bur ragweed, and Canada thistle. Field bindweed is a deep-rooted perennial weed that severely reduces crop yields and land value. This noxious weed infests just under 2 million acres and is found in every county in Kansas. Bindweed is notoriously difficult to control, especially with a single herbicide application. In fall but prior to a killing freeze, can be an excellent time to treat field bindweed -- especially in a year when good fall moisture has been received. This perennial weed is moving carbohydrate deep into its root system during this period, which can assist the movement of herbicide into the root system.
Kansas Bankers Association Awards Nominations Due by November 5

Nominate a deserving Kansas producer or landowner for the 2018 Kansas Bankers Association Conservation Awards Program. This year, the Kansas Bankers Association, K-State Research and Extension, and the Kansas Department of Wildlife, Parks, and Tourism have announced six award categories:

Energy Conservation
Soil Conservation
Water Quality
Windbreaks
Water Conservation
Wildlife Habitat

The purpose of this program is to stimulate a greater interest in the conservation of the agricultural and natural resources of Kansas by giving recognition to those farmers and landowners who have made outstanding progress in practicing conservation on their farms. Last year 185 Kansas producers and landowners were recognized through this program.

Nominations can be made by any person in the county. They should be sent to the County Extension Agricultural Agent or the Kansas Department of Wildlife, Parks, and Tourism District Biologist by November 5, 2018.

The K-State Extension agent for Agriculture and Natural Resources, or the Extension Coordinator, is designated Chairperson of the committee to select persons to receive awards.

For more information, see: http://www.agronomy.k-state.edu/extension/kansasbankersaward/kansas-bankers-awards.html

White Grub Control

Some of us may be experiencing some dead spots in our otherwise healthy lawn and this may be a sign of white grubs. Grub damage varies from year to year and may be severe. The annual white grub is the most common grub pest of turf-grass in Kansas. It is the larval stage of the masked chafer beetle, which completes its life cycle in a single year. Six masked chafer species have been recorded in Kansas, all with similar developmental cycles: The second is the May Beetle, also known as the June Bug. May beetles have a three-year life cycle with the second year being the most destruction. Traditional insecticides are applied after the grubs hatch but are still small. This is normally about the last week in July to the first week in August. Now in September, we can use dylox for lawns that are showing signs of damage from the grubs.

Planning Ahead

Decisions taken prior to wheat planting can account for a large proportion of the success or failure of the wheat crop. These decisions include:

1. selecting a variety well adapted to the area and with a good yield stability record
2. soil sampling to determine fertility needs
3. pre-plant fertilization (N, P, K, lime)
4. tillage for weed control and seedbed preparation (or using a contact herbicide in no-till situations)
5. proper drill calibration increases the success of the wheat crop by ensuring the proper amount of seed planted per acre
6. Seeding rate

Wheat seeding rate recommendations in Kansas are in pounds of seed per acre and vary according to precipitation zone. However, seed size can have an impact in the final number of seeds actually planted per acre. A variety with larger kernels, when planted in pounds per acre, will result in less seeds planted per acre and possibly thinner stands. If the weather and soil fertility during the growing season are not favorable for fall tiller formation and survival, the thinner stand might reduce grain yields. On the other extreme, a variety with small kernels can result in above-optimal stand establishment, increasing plant-to-plant competition for available resources such as water, nutrients, and incident solar radiation. Additionally, planting in pounds of seeds per acre can reduce seed costs when wheat kernel size is relatively small. Seed size can be measured in terms of the number of seeds per pound. The “normal” range is about 14-16,000 seeds per pound, but it can range from less than 10,000 seeds per pound to over 18,000 seeds per pound. Although seed size is specific to each individual wheat variety, it can vary within variety depending on seed lot and seed cleaning process of:

- Unclean’ (harvested seed before cleaning)
- ‘Air screened’ (seed following air cleaning or the blower)
- ‘Mid gravity’ (seed from the low end of the gravity table)
- ‘Top gravity’ (the seed from the top end of the gravity table)
Getting The Most Out of Our Farm Ground

Best management grazing practices, just like conservation practices for reducing or preventing soil erosion on cropland, help preserve and or regenerate resources not only for present generation, but also for future generations. Keeping a field in forages will save more soil and conserve more water than almost all other erosion control practices. As the world population, over 9 billion by the year 2050, continues to increase and the acres of viable land that we can grow food on continues to decrease, we have to be more efficient and more productive with what remains while also maintaining and improving water quality. Food quality and nutrient density also need to improve.

But, like any position, especially thinking about educating producers, it has its challenges. You can lead the horse to water, but you can’t make it drink. We are on a countdown to the first frost. Here in McPherson County we have experienced some timely rains and that most of our cool-season grasses will continue to grow even after that first frost, as long as there is moisture working with the declining light hours. Most producers, would benefit from being more efficient. That efficiency is achieved first by optimizing forage growth. Every growth day now is an opportunity to grow more forage for later use. Most of the Midwest will be short in hay this winter so you may really have to be creative or think outside your normal box to keep enough feed in front of your livestock.

What can you do to maximize forage growth? The more you can grow now, during these remaining autumn days, the more you will have to graze and the less feed will be needed. The first thing to think about is what can be grazed right now so forages can continue to grow? There will be a lot of corn and sorghum that will be harvested soon. Grazing these fields can certainly buy you some forage growth days. Every day the livestock are out ingesting some stock residue, they are not grazing forages and so your stockpile is able to grow.

Stock residues normally are best utilized within 60 days of harvest and also allocated out in portions to reduce waste. In general, corn stalks have a crude protein value of about 8 percent and a total digestible nutrient value of about 70 percent. The nutritional value falls over time to about 5 percent crude protein and about 40 percent digestibility. This reduction can be two-fold. First, if livestock are not managed in such a way to allocate the residue out over time, they will eat their dessert first which is the most palatable, and leave the broccoli for later. Second, nutrient content decreases over time as the residue weathers and soluble nutrients leak out. Stalks are best utilized for spring calving cows due to lack of sufficient energy for lactating or growing animals, especially over time, unless winter annuals or forages have been added.

The addition of annuals such as my favorite combination of oats or triticale, a brassica such as turnips or radish, and a winter hardy annual like cereal rye make an excellent addition to stalks if they can be planted early. This mixture, especially if it has a lot of brassica in it, needs to be balanced with some dry material to be utilized most efficiently. Those high nitrogen and water containing turnips or radish are too rich to be grazed alone and are a great addition to corn residue. Adding these annuals not only helps stretch out those residues, but it helps the grazing livestock make better use of this feed and usually means a higher rate of gain.

Refrain from feeding any supplements or hay in crop fields or leave livestock in the field over extended time frames, especially under wet conditions to prevent compaction issues the next crop year. Crop residue should be tested for nitrates if there was crop failure or chance that applied nitrogen was not normally utilized. Livestock water should also be readily available and ideally moved with the livestock to new allocations of stalks.

A grazing Stock scenario lowers costs and improves production maintenance of the cow. That leads to another thought: Cows need to be in good condition at calving next spring and even better condition at breeding next summer. The middle three months of gestation, or pregnancy, in other words, are the time to improve cow condition. Can this be accomplished while the cows are harvesting well into later fall to early winter? The answer is “yes,” but keep in mind that herd management and calving dates also need to focus on grazing. In other words, calve on growing grass in the spring to maximize a cow’s grazing potential.

But fall crop aftermath grazing is beneficial regardless of calving time. Right now, cow milk production is decreasing for spring-calving cows, the weather is favorable and, generally, crop aftermath is bountiful. When moisture tends to run short, grass production acreage often is shifted into potential cow feed. While crop production has many variables, standing plants are meant to be tasted. I always ponder, when I drive by fields that are not fenced nor have access to water, how much a cow would enjoy that field. A moderate-milking, 1,300-pound cow would like to eat her fill of good, green grass prior to weaning, actually eating all that she can to produce milk.

After weaning, that same cow keeps eating if feed is available. When a cow eats above her requirements, she gains weight. In this case, replacing the weight she lost raising her calf, along with adding more body condition (commonly called fat) in preparation for winter, is the hoped-for scenario. Now that is the scenario cow-calf producers like.

Something tells me that we could have an early fall, so remember, earlier than normal, that sudangrass and sorghum-sudan hybrids, and johnsongrass produce a cyanide compound when frosted causing the production of the prussic acid. Livestock should be removed from these forages for at least two weeks to allow for the forages to “dry down” and the prussic acid to dissipate before grazing again. Frosted areas could start with only “pockets” in a field. Any regrowth from the base of the plant after a frost can also be very high in prussic acid. If in doubt about nitrates or prussic acid, remember, test before grazing!
Welcome to Fall! The start of a brand new 4-H year! I want to congratulate everyone who participated in the Kansas State Fair. McPherson County was well represented and did amazingly well! I hope you all made it to Hutch to see the exhibits on display! You can find all results online. https://fairentry.com/Fair/Results/2075  Take a look and congratulate your fellow 4-H’ers!

Now it is time to start thinking about the new 4-H year, what goals you will set and what you will learn and accomplish in 2018-2019. Please remember that all enrollment is done online! Beginning Oct 1 you can go in to your 4-H Online profile and re-enroll for the year and pick new projects as well as update your participation (health) form! The $15 Kansas 4-H Program Fee continues and can be paid with a credit card on 4-H Online or a check sent to the State 4-H Office. This fee must be paid upon enrollment. If a club is paying this cost for you, it will need to be reimbursed after your payment is made. Remember, you can log in at any time during the year to keep up on your project enrollment and check your information. ~ Lindsey

Calendar of Events

Oct 3-14  Paper Clover Fundraising Week- Tractor Supply Company
Oct 4    4-H Council, 7 pm, Ambassadors to follow
Oct 6 & 13 County-Wide Service Project to repair and paint bleachers- 8am Fairgrounds
Oct 7-13  National 4-H Week
Oct 13-14 484H (Service Weekend)
Oct 25    Deadline to purchase Achievement Banquet tickets (Nov 4)

Fairboard Members Needed

The 4-H Fairboard consists of rotating members each year. That means the group is always in search of new members! If you enjoy the 4-H Fair and would be interested in making it happen, consider applying to be a member of the fairboard. We are looking for youth and adult members to help us plan, organize and run the fair. The applications are available in the Extension Office or can be emailed to you! This deadline has been extended to October 25, 5 PM. The McPherson County Extension Executive Board makes the final appointments for this group. If you have questions contact Lindsey.

Achievements

We have all achieved so much this 4-H year! Mark your calendars and come celebrate with us on Sunday, November 4. We will honor our 4-H’ers beginning at 4:30 p.m. and conclude with a full meal at St. Joseph’s Catholic Church. Please gather between 4:00 and 4:30. Tickets must be purchased by October 25. New this year, Cloverbuds and all 4-H’ers who turned in a completed record book will receive a FREE ticket! You must pick this up at the office. All other youth (5-18) and adult tickets are $6.00. Come celebrate with your 4-H family!
Officer Training and Family Event

The annual Officer Training and Family Event will be held on Saturday, October 27 at Smoky Valley High School. This event is open to ALL ages of youth and volunteers. Whether you are an elected officer or not, there are sessions for YOU! And double the FUN because this event includes Central Kansas District and McPherson County. Thanks to First Bank Kansas there is no cost for this event held from 1:00-4:00 pm. There is also a provided optional lunch at 12:15 prior to the opening session! Look for breakout session options and registration to be emailed to all families soon!

There are a few sessions that we still need leaders for and other tasks to complete. Please let Lindsey know if you would be willing to help with this year’s event!

It’s time for... National 4-H Week!!! Do you have an idea of how to promote 4-H to others? Now is the time to do it! National 4-H Week is October 7-13. Many clubs are planning activities or promotional things during this time. Participate in those, or invite a friend to your 4-H meeting! Spread the word and let people know what you do and learn in 4-H!

To celebrate National 4-H Week, think about entering the annual window display or poster contest! These are open to everyone. Contact Lindsey with questions or if you need space ideas!

There will be two contests for National 4-H Week this year!

1. Clubs or groups can enter a Window Display promoting 4-H. Think of where these might be located... store fronts, school entry way or display case, libraries, etc. These do not HAVE to be in a store window! Displays can be located in any public space within the county. Remember to get permission!
2. Individual Poster Contest. 4-H members can create a standard size poster promoting 4-H. Posters can have any theme the entrant would like. These need to be hung in a public place for the week!

Both contests will be judged for top awards! Entries will need to have short video (or picture for posters if you choose) that is posted to the McPherson County 4-H Facebook page or emailed to Lindsey. The video can be a simple phone capture, but should show the display/poster well and can include any other info you would like the judge to know. Videos must be under 2 minutes. Entries need to be in place with videos completed by October 10. Let us know what type of entry you have and where it is located when you email/post the video! Have fun and think outside the box... time to tell people how awesome 4-H is! Awards will be announced at Achievement Night!

Paper Clover

It is time again for the Paper Clover Campaign hosted by Tractor Supply Co. Between Oct 3 and Oct 14 customers can add $1 to their bill to support 4-H! Share with your friends. The store would also LOVE for 4-H’ers or clubs to come out during the event to promote the campaign by showing projects, talking about 4-H, helping carry things out for customers, etc. The more visible 4-H is, the more money will come back our direction! All money from this year’s campaign will go towards camp scholarships! Please contact Tractor Supply for ideas or to set up a time to come out! Maybe they would even have a spot for your poster or window display for the contest!

Calling All 4-H’ers 12 and Older!!!

A new 4-H year is about to kick off and it is time to decide what you would like to do for the year! Well if your 4-H age this coming year will be 12 or older you are invited to be a Junior Leader! If you are interested in this opportunity of leadership, service and fun, make sure to pick the project: Leadership/Jr. Leaders on 4-H Online to get all the informational emails! A kick-off meeting was held in September, but there is still time to get involved! There are a lot of neat things planned for the year including the upcoming ski trip!
Kansas Youth Leadership Forum... November 17-18

Come and build your leadership skills and potential through workshops, consulting groups, inspirational speakers and more. Check out the available class sessions online now!

http://www.kansas4-h.org/events-activities/conferences-events/kansas-youth-leadership-forum/

In addition, the 2019 State 4-H Youth Leadership Council will be elected at KYLF. Registration and info is online and will be due by October 15, 2018. KYLF is for all youth 14-18 years old before Jan 1, 2019. Don’t forget that each qualifying 4-H member is eligible for one activity scholarship a year (this does NOT include the OzSome 4-H Camp Scholarship). The application can be found online:
http://www.mcpherson.k-state.edu/4-h/awards-recognition/scholarships/index.html Don’t forget to check it out if you want to attend any area or state camps or events... KYLF (above) would qualify!

484H

What is 484H?? 48 Hours for 4-H’ers to serve our communities and make an impact on the state! According to The 4-H study of Positive Youth Development, 4-H’ers are nearly 4 times more likely to make contributions to their communities. But just how much can they do? In one weekend this fall, 48-Hours of 4-H will challenge club members, adult leaders and 4-H alumni to explore their service capabilities and inspire the community around them by taking part in some type of service project during the weekend of October 13-14, 2018.

McPherson County is in need of more county-wide project meetings! Do you have a skill you could share with other 4-H’ers or are willing to learn along side them? I would love to see volunteers step-up to help teach projects county-wide as many clubs have trouble finding club leaders for each and every project. Let’s encourage our 4-H’ers to learn and grow as a group! Maybe you are already hosting meetings for a club and could open them up to any 4-H’er, or maybe you have a certain project or activity you would like to share with others. No matter if you would like to host one meeting or be willing to take on the entire year, please talk with Lindsey!

County-Wide Service Project

In the spirit of 484H the Country Cousins 4-H Club has invited everyone in the county to help with a service project at the 4-H Fairgrounds. We will be repairing and painting the show arena bleachers to help enhance the area for guests who visit the grounds for 4-H or other events.

Groups will come together on Saturday, October 6 from 8-12 and 1-3 and again on Saturday, Oct 13 if needed.

Bring scrapers and paint brushes if you have them available and also your lunch! If you have a sandblaster or power washer and would be willing to do some prep work on the bleachers that would help speed up our day tremendously!

A flyer was emailed out with more information! Contact the Extension Office with questions!

Summer Fun

We might have just entered fall, but it’s not too soon to start planning for summer! The 2019 OzSome Camp Dates are June 14-17. Discovery Days will be held May 28-31.

4-H Council

It’s a new council year! Let’s start it off with a bang and every club in attendance! Council Representatives are a VERY important officer position in your clubs! Plan to meet at 7 PM on Oct 4 at the Extension Office. Remember, each club should have two youth and two adult representatives! This will be our election of officers meeting. Please be thinking about the leadership role you would like to take. Please email Lindsey with your interest!
Open Season – October 15-December 7

Each year from October 15-December 7 people with Medicare are able to evaluate their Part D Prescription Drug Coverage. It is important to review the current plan as the premium may have increased, deductible may change and also, the drugs that will be covered on the plans’ formulary can change as well. However, the reason that most Medicare beneficiaries change plans is because they are able to save $$. In some cases, over $1000 can be saved by shopping.

The Part D Plan selection is a very personal one. Each person takes different medicine, but the Medicare Plan Finder is a great tool to help a person make that personal decision. I have a great handout available to help you navigate through the Plan Finder on your own. Or, if you would like some assistance, please feel free to call and make an appointment with Jana, a SHICK (Sr. Health Insurance Counselor of Kansas) counselor.

If you are new to Medicare and need help, one-on-one counseling is available free of charge to help you with your decisions. Just call 620-241-1523 or email, jmckinne@ksu.edu to set up an appointment. You will need your Medicare card and a list of your medications and dosage amount. It’s easy to shop!

Nine Ways to Make Cleaning Easier

>> Manage the mail. Even in our e-mail age, most people still get plenty of snail mail. Open it over a wastebasket or recycle bin so that anything unwanted disappears quickly.

>> Roll back the bed. Replace fussy bedspreads with a duvet and duvet cover. The duvet itself makes bed-making easier. For cleaning, just pop off the cover and launder. It’s faster and easier than washing a bulky comforter.

>> “Sweep” the house nightly. Just before bedtime, do a walk-through. Put newspapers in the recycle bin, toss out the junk mail, put dishes in the dishwasher, hang up coats, sweaters, towels, etc. and put away anything that wandered out during the day.

>> Remove shower scum as you go. A daily shower cleaner will keep shower and tub surfaces free of soap scum, mildew stains and hard-water deposits. Enlist everyone in the household to mist the surfaces immediately after they shower, while the walls are still wet and warm.

>> Double up. A full set of cleaning supplies on each floor of the home keeps them in easy reach for spot cleaning.

>> Baskets for all. Be sure there’s a wastebasket in every room. Empty them as part of your nightly sweep.

>> Tote ‘em. Keep cleaning supplies in a plastic carry caddy so they are easy to tote from room to room.

>> Invest in some baskets. Baskets in varying sizes are great repositories for toys, magazines, keys, remote controls, unopened mail and other everyday items that tend to take over countertops and table tops.

>> Vacuum on the run. A small, hand-held cordless vacuum makes quick pickup a snap. Consider multiples – one in the basement, one in the garage, one on each floor of the house.

–Sedgwick Co FCS Newsletter
Data from the National Survey on Drug Use and Health (NSDUH) states that nearly one-third of people aged 12 and over who used drugs for the first time began by using a prescription drug for non medical purposes.

Opioid Crisis

With no shortage of news coverage about the opioid crisis affecting people from every socio-economic level in communities large and small across the country, it’s helpful to step back and take a look at exactly what opioids are, the risks, and how to respond whether they’re a problem in your home or your community.

Opioids are a class of drugs that include powerful prescription pain relievers, including oxycodone, codeine, morphine, and fentanyl, and the illegal drug heroin. The prescription drugs can be an important part of treatment and are commonly prescribed by doctors for pain. They also carry the significant risk for addiction and overdose because of the euphoria they create and the tolerance that occurs after repetitive dosing.

Many people are prescribed these medications by a doctor for legitimate reasons—often for pain management—but anyone who takes a prescription opioid for an extended period of time or does not take it as prescribed is at risk for misuse and abuse.

A fact sheet, “The Opioid Crisis: What You Need to Know,” developed by Kansas State University assistant professor Erin Yelland is available online or at the McPherson Co K-State Research and Extension offices.

Deterra® Drug Deactivation System, a drug disposal pouch that provides an easy way for people to deactivate and dispose of unused, expired or unneeded medications in their own home. These pouches are available at the Extension Office or ask your local pharmacist about disposing of unwanted medications. Many drugs cannot be flushed down the toilet or just simply “thrown away.” Please dispose of them properly.

Fresh Tomatoes and Salmonella

A recent foodborne illness outbreak occurred in northeast Kansas due to contaminated fresh tomatoes served at a church supper. Preliminary investigation results report 69 illnesses and 14 of those tested positive for Salmonella Newport. The tomatoes came from multiple sources so an environmental assessment is underway to determine the contamination source.

Salmonella Newport is the third most implicated microorganism in U.S. foodborne illness outbreaks. It tends to survive in extreme conditions such as low relative humidity, high temperature, and UV exposure. It also tends to survive on the skin surface of tomatoes. It can also become internal during plant growth as it could come from contaminated water and soil.

Therefore, care in handling fresh tomatoes from farm to fork is important. In the kitchen, take care in preventing cross contamination during tomato preparation by keeping surfaces and utensils clean and sanitized. All cut tomatoes should be stored in the refrigerator within two hours. Always wash your hands before and after handling any food as dirty hands are a significant source of foodborne illness.

Source: J. of Food Protection, Vol. 81, No. 7, 2018, pp. 1193-1213

Using Tomatoes from Frost-killed Vines

Choose fresh, vine-ripened tomatoes that are at their peak ripeness. Over-ripe tomatoes are less acidic. The acidity level in tomatoes varies throughout the growing season. Tomatoes reach their highest acidity when they are still green and decrease in acidity until they reach their lowest acidity as they mature.

Canning is NOT a way to use damaged tomatoes or those from dead or frost-killed plant vines. These tomatoes may have a pH level greater than 4.6 and may have extra pathogens. The canning process time may not be enough to kill extra organisms. This could lead to a product that spoils and is unsafe to eat.

Probiotics and Prebiotics

Gut health is important for a healthy quality of life. Maintaining good gut health can help prevent disease, enhance health, help you live longer and improve physical and mental performance. Therefore, many people consume probiotics and prebiotics to improve gut health.

Probiotics are live microorganisms that, when administered in adequate amounts, can give a health benefit. When consumed regularly, they help enhance the immune system. They are found in many yogurt products, beverages and even certain candy products.

Prebiotics are non-digestible oligosaccharides that survive digestion and move into the colon. These are found naturally in fiber-rich foods or added into foods. The best foods include bananas, berries, legumes, onions, leeks, whole grains, nuts and seeds.

Source: Rapid Response Center Newsletter, Karen Blakeslee
Pumpkin Spice and Everything Nice

The season is about to change to fall, but sales of American’s favorite fall flavor are already hot! Products made with pumpkin flavor are already up 10% in dollar growth and up 7% in unit volume.

What’s interesting is the sales of pumpkin pie filling have dropped a bit, by 1%, but still remains the number one pumpkin-related flavor. The rest of the top five categories by sales where pumpkin is used include dog food, liquid coffee creamer, packaged coffee, and ready-to-eat cereal.

And while pumpkin spice seems to be in everything, the sales of pumpkin spice seasoning has not seen any benefit.

Freezing Yeast Dough

To save time during the holidays, or any time of year, prepare yeast dough ahead of time and freeze into dough balls for rolls to bake later. The trick is using a dough with extra yeast because slow freezing can damage yeast.

According to Fleischmann’s Yeast, it is best to use dough recipes developed for freezing. These recipes are high in yeast and sugar and low in salt. It is recommended to use bread flour to help maintain bread structure. After preparing and kneading the dough, shape into rolls or flatten into a disk and wrap airtight. The dough can be frozen up to four weeks. When ready to use, thaw at room temperature or slowly in the refrigerator. Once thawed, shape, let rise, and bake as directed.

Some examples of freezer dough recipes include:

http://www.breadworld.com/recipes/Freezer-Pizza-Dough

http://www.breadworld.com/recipes/Master-Bread-Dough

Other tips for prepping dough ahead for later use can be found at http://redstaryeast.com/yeast-baking-lessons/postpone-baking/

Program Development Committee Members Need Volunteers!

We Need You!

Strong local extension programs are the outcome of a partnership between extension agents and members of the local Program Development Committee. This is the time of year when new volunteers are identified to serve on these committees to work with Extension Agent professionals to guide our programming effort.

Kansas extension county and district laws require four program development committees with six or more members serving on each committee. Committees focus on four core areas: Agriculture and Natural Resources, Community Development, Family and Consumer Sciences and 4-H Youth Development.

Purpose of the Program Development Committee (PDC) members work together with extension agents to develop local programming.

Responsibilities:

** Assess needs and issues of agricultural producers, communities, families, and youth.
** Identify new local audiences and develop a proactive plan to expand the scope of extension programming.
** Use K-State Research & Extension resources to meet local programming needs.
** Develop program action plans to address community needs and submit those plans to the extension board and area direction for review and approval.
** Implement, participate in, and evaluate extension programs.
** Promote K-State Research & Extension program successes and impacts.
** The qualifications to serve include being at least 18 years old and a resident of McPherson county, interested in working within the philosophy and mission of K-State Research and Extension and willing to work closely with the local extension agent and other members of the PDC. Sincere interest in improving the quality of life for community residents.

Time commitment is for a two year period to serve on the PDC. Members are expected to participate in PDC meetings scheduled throughout the year (typically held quarterly). These meetings last approximately an hour.

This is a volunteer position; however, K-State Research and Extension is fortunate to have great individuals willing to serve and make a difference for McPherson county residents. If you are interested, please contact us at the Extension office 620-241-1523.
October Recognizes Bone and Joint Awareness

A woman’s risk of breaking a hip is equal to her risk of developing breast cancer, uterine and ovarian cancer combined, according to the National Osteoporosis Foundation website.

This is why McPherson 4-H Building is hosting Life Line Screening, the nation’s leading provider of preventive health screenings on Wednesday, October 17, 2018. The screenings provided include an ultrasound of the heel, which is a first-rung osteoporosis risk test. This is an important test to take during October, a month dedicated to recognizing bone and joint disorders such as osteoporosis.

Screenings include tests to check for blocked carotid arteries, atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Nearly 800,000 strokes will occur this year.

Screening packages start at $139. Single tests cost around $70.

For more information regarding the screenings or to schedule an appointment, call 1-888-653-6441 or go to www.lifelinescreening.com/communitycircle or text the word circle to 797979. Pre-registration is required.