

WCED NEWS

April 2023



www.walnutcreek.ksu.edu

WALNUT CREEK DISTRICT STAFF

Ness City Office

Randae Rufenacht, Office Professional.....rrufenac@ksu.edu
Robyn Trussel, 4-H & Youth Development Agent.....rdeines@ksu.edu
Lacey Noterman, District Director..... lnote@ksu.edu

LaCrosse Office

Berny Unruh, Office Professional..... bunruh@ksu.edu
Jared Petersilie, Agriculture Extension Agent..... jaredp11@ksu.edu

Dighton Office

Donnis Maughlin, Office Professional..... dmaughli@ksu.edu
Carissa Kline, Family & Community Wellness Agent..... carissakline@ksu.edu
Chelsey Shapland, 4-H Program Assistant cshapland@ksu.edu

K-STATE
Research and Extension

Walnut Creek District

WALNUT CREEK DISTRICT OFFICES

Lane County Office
144 S. Lane, Courthouse
PO Box 487
Dighton, KS 67839
620-397-2806

Ness County Office
503 S. Pennsylvania Ave
Ness City, KS 67560
785-798-3921

Rush County Office
702 Main St.
PO Box 70
LaCrosse, KS 67548
785-222-2710



Easter Egg Safety

1. Shopping for fresh eggs

When shopping for eggs, open the carton and check that they're clean and intact. Dangerous bacteria can enter if they are cracked.

2. Washing your hands

It's important to wash your hands before and after handling eggs. If kids are helping, they need to wash them too.

3. Dyeing your eggs

Make sure to use only food safe dyes. Supervise children if they're helping with this task. It's not uncommon for kids to confuse dye tablets for candy. Don't panic if a child eats a tablet but call the Poison Center right away.

4. Eating eggs

If you plan to eat the eggs you used for your egg hunt, you want to do so within two hours. If there are cracks or the eggs have been in contact with animals, it's best not to eat them. A safer alternative is to use fake eggs for the hunt and leave the real ones for eating.

5. Storing eggs

When storing eggs make sure they go inside the fridge, not the fridge door. They should be refrigerated at 40°F or colder within two hours of cooking. Once hard-cooked, refrigerated eggs can be stored for up to one week.

6. Preventing cross contamination

Wash your hands after handling eggs, especially if you handled raw eggs. Make sure to clean all surfaces that were in contact with raw eggs – utensils, countertops, etc. This includes any spills in the refrigerator too. Many pathogens can live in extremely cold temperatures. The cold merely slows bacterial growth.



Have fun and stay safe this spring!

Master Gardener Planning Meeting Tuesday April 4, 2023



Lacey Noterman

District Director
Agronomy/Horticulture
lnote@ksu.edu

K-State Research and Extension Walnut Creek District will be hosting a Master Gardener Planning meeting on Tuesday, April 4, 2023 at 6:00pm. We will be meeting at the Lane Co. Community Room which is located in the Lane County Courthouse in Dighton.

All past and present Master Gardeners are welcome to attend! Please feel free to attend as well if you are interested in becoming a Master Gardener.

The meeting will be focused around planning for our future projects, programs, and activities we would like to host throughout the upcoming spring and summer months.

For more information, please contact Lacey Noterman, Walnut Creek Extension Agent at 785-798-3921 or lnote@ksu.edu

Transplanting Tomatoes Early

If you would like to have your tomatoes plants produce earlier in the year, there are certain things to keep in mind. Most people who try to get a jump on the season set their tomatoes out early and cross their fingers. However, that is often not a good plan as tomatoes have to have certain requirements before they will grow well. Those requirements are an acceptable soil temperature for root growth and an acceptable air temperature for both plant growth and fruit set.

Tomatoes need a soil temperature of at least 55 degrees to do well. Plastic mulch is most commonly used to warm the soil. Several days may be needed to raise the soil temperature. Check the soil temperature 2.5 inches deep in the soil.

Plants must be protected from frost. Hot caps or water teepees are placed over the young plants to provide protection as well as provide a higher average temperature to encourage growth. If the temperature goes below 55 degrees at night, tomato flowers may not set. The plant is not hurt, but the blossom will not set fruit, or if it does set fruit, the fruit is often distorted.



Jared Petersilie

Extension Agent
Animal Sciences
Farm Management
jaredp11@ksu.edu

Waiting (and Praying) on Grass

Everyone's pretty much in the same boat....just enough feed or hopefully enough feed to get cows to grass and that's not intending on a June 1st turnout. On March 15th we hosted a program in LaCrosse with the help of the crew at LaCrosse Livestock Market, Rush Co. Farm Bureau, and Rush Co. KLA. Dr. Justin Wagoner was one of our presenters tasked with the topic of stretching feed resources to get thru this spring.

First-and the focus of this article is the use of ionophores. Rumensin (monensin) is labeled for use on cows, so that is what we base feeding limits on, but other common products would be Bovatec or Cattalyst. Ionophores increase feed efficiency by altering the fermentation process. This is a relatively cheap feed additive that can help cows better utilize the low quality feed resources we currently have thus reducing their total intake. As per the label on Rumensin, this must be fed with or mixed into dry feed to reach 50-200 mg/hd/day. So, if you are on grass or stalks, cows must receive a minimum of 1 lb of medicated feed/hd/day in grain, cubes, etc.

Ionophores can help with a number of production issues such as: improved gain on replacement heifers, earlier first estrous, and they can decrease the potential for bloat and acidosis. In feedlot cattle, ionophores are primarily used to improve weight gain and decrease the prevalence of coccidiosis.

The science behind how ionophores in the rumen react with microbes and propionate is very intricate, but in short, the ionophores work with bacteria and are able to get more energy out of the feed and that is the gain in efficiency. Ionophores are a feed supplement, but because they target certain bacteria in the gut and are not medically relevant to human applications, they do not require a Veterinary Feed Directive. PennState Extension has a very good publication that explains this process in detail. They estimate that 90% of the cattle fed in the U.S. are receiving ionophores, so to say nearly all commercial feedyards utilize the advantages ionophores provide. The return on investment is very consistent with these products.

Drawbacks are few, but for those that have multiple species, monensin is deadly to horses. Label restrictions and requirements need to be followed and that means being precise on mixing and feeding, but these products can be fed in a number of ways to get the desired intake. There is no magic wand or potion for increasing feed (or rain) but by utilizing subtle changes like ionophores, limit feeding, timing the feeding, and etc, we can alter the outcome. Please feel free to reach out to us at the Walnut Creek Ext. Dist. for additional ideas and tweaks to stretch not only the feed but the dollars tied to the feed this spring.



YOUTH DEVELOPMENT



Would you like to Volunteer?
We need help in the following positions:

Sharing Project Knowledge
(Project Leaders) - You can give 1 hour or 1 hour a month, you can help with one event or take the leadership of several events.

For the upcoming Summer Fairs we need Superintendent helpers these people help with check-in, assisting the judge and displaying. If you would like to help, let your local Extension Office know.

Call Robyn to see how you can help
785-798-5020



National Volunteer Week is celebrated annually during the third week of April and this year it will be observed from April 16 to 22. This week-long celebration is about placing a spotlight on inspiring

figures whose invaluable seeds of kindness through volunteering are bettering the community and our world in general. This is the perfect opportunity to say thank you. It also challenges us to do better and look for ways to be active participants, joining hands to impact our local communities and calling for more support.

Thank you to our Community Leaders for helping each month with the education and volunteering to help our youth Grow!



Janelle Maier, Stephanie Maier, Erin Babcock, Paula Shaw, Patricia Duffey, Heather Ross, Sandy Showalter, Jared & Erin Petersilie, Melissa Schlegel, Brittany Nichepor, Amanda & Darin Wittman, Laurie & Travis Petersilie, Rene Roberts, Nick Noterman and Megan Shapland



Thank you to the Walnut Creek Extension Board
Cortnie Price, Austin Bretz, Erik Steffens, Katie Riffle, Bryan Foos, Alvera Davison, Judy Delaney, Dane Whitley, Linda Woods, Nada Wells and Don Reinhardt

Summer Camp

Check out the Summer Camp opportunities

Cedar Bluff Overnight: June 1-2, for any youth 7-12 years of age. This is a one night overnight tent camping at the Cedar Bluff State Park, in conjunction with Golden Prairie District (Logan, Gove, Trego Counties). Counselors are 13 and older.

4Clover 4-H Camp: For 4-H Youth 7-10 years of age. Hosted at the Dodge City Community College, along with Gray, Ford, Clark and Hodgeman Counties. Three days and two nights of lots of fun, June 14-16. Counselors are 14 and older.

Discovery Days: June 7-9 held at K-State Campus, giving teens 13-18 years of age an opportunity to learn about college life and career options.

Rock Springs 4-H Camp: open June and July with several date options. Robyn will be attending June 18-21. This is for all youth 7-18. Ask the local office for more information or check it out at <https://rockspringsranch.org>

Local Daycamps and other learning

opportunities: Watch the 4-H Update emails for other one day fun opportunities for learning and participating in project based activities and fun



NEVER STOP LEARNING

We are super excited to share that we will be offering the Never Stop Learning Summer Program again this year in all three of our counties. This year our interns will be Kaleigh and Lauren Maier, 4-H Alumni from Rush County.

We are still in the planning process, however we will have some exciting programs based on STEM
Farm to Fork
Creativity
Foods & Nutrition



The Benefits of Volunteering



Benefits of volunteering #1: Volunteering connects you to others

- Volunteering helps you make new friends and contacts
- Volunteering increases your social and relationship skills
- Volunteer as a family

Benefits of volunteering #2: Volunteering is good for your mind and body

- Volunteering increases self-confidence
- Volunteering combats depression
- Volunteering helps you stay physically healthy

Benefits of volunteering #3: Volunteering can advance your career

- Volunteering can provide career experience
- Volunteering can teach you valuable job skills

Benefits of volunteering #4: Volunteering brings fun and fulfillment to your life

One of the better-known benefits of volunteering is the impact on the community. Unpaid volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Upcoming Events



April:

- 2: Rush Beef Weigh-in 3pm**
- 3: Lane County 4-H Council**
- 10: RH Co Junior Leaders & 4-H Council**
- 16-22: National Volunteer Week**
- 17: Ness County 4-H Council**
- 21: Dighton Grade School Earth Day**
- 29: Food Fair Frenzy & Cupcake Wars**

May 1st

Add/Drop Deadline

This is the last day to Add projects

Drop Projects

May 15th

Camp Counselor Apps are due

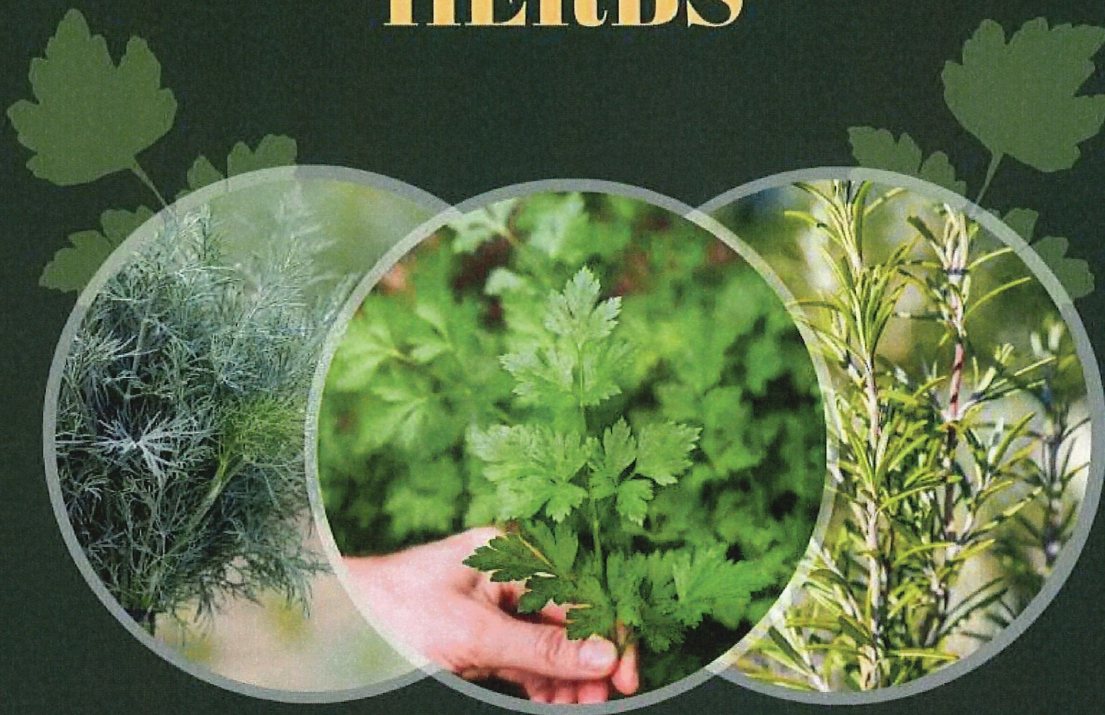
June 1st

Horse ID Papers need completed

June 15th

Nominations for Beef

DRYING & COOKING HERBS



Come learn how to dry your homegrown or store bought herbs and then cook with them!

WEDNESDAY, APRIL 12 FROM 12:00-1:00

COMMUNITY ROOM
144 S. LANE
DIGHTON

Presented by: Aimee Baker, Wichita County
Family & Community Wellness Agent



K-STATE
Research and Extension

Stay Strong, Stay Healthy



Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

What are the benefits?

Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

Here's what we do

Stay Strong, Stay Healthy classes include:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches



WHEN: Classes are Mondays/Wednesdays at 9:30 am beginning Monday April 17th

WHERE: 4-H Building at the Fairgrounds, Dighton

CONTACT TO REGISTER: Carissa Kline, Family and Community Wellness Agent
620-397-2806 or carissakline@ksu.edu

COST: \$20.00

REGISTER TODAY! **LIMITED TO 10 PARTICIPANTS**

 **Extension**
University of Missouri
an equal opportunity/ADA institution

K-STATE
Research and Extension