

K-STATE RESEARCH AND EXTENSION

WALNUT CREEK EXTENSION DISTRICT

May 2023

K-State Research and Extension - Walnut Creek

This monthly newsletter, sent by e-mail, is intended to inform citizens of events, activities and research-based information from K-State Research and Extension - Walnut Creek District. Local Offices are located in Lane, Ness and Rush Counties.

Summer Positions Available

Walnut Creek Extension District is hiring summer help for the Rush County and Ness County offices. This position is for June 1 - August 15, 2023. For more information, contact the WCED offices in Ness or Rush County. The application can be found [here](#)

Filing Deadline for Extension Board - June 1

Each county is represented by four local board members that serve on the Executive Board for the Extension District. The local extension board is a partner with K-State Research and Extension and is responsible for oversight of the local educational program, supervision of the professional extension agent staff and establishing a budget. The primary election for Extension Board members is in August, however the filing deadline for expiring terms is June 1st at NOON. If you have questions about serving as an Extension Board member or filing for the election, please contact Lacey Noterman, Walnut Creek Extension District Director.

Summer Fun at the County Fair

Lane County Fair - Wednesday July 19 thru Saturday, July 19
Ness County Fair - Tuesday, July 25 thru Saturday, July 29
Rush County Fair - Wed., August 2 thru Saturday August 5

Volunteer fairboard members are working on the schedule, the fairbook and additional details will be coming soon!

www.walnutcreek.ksu.edu

Walnut Creek District Offices

LANE COUNTY OFFICE
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P O BOX 487
DIGHTON, KS 67839
620-397-2806

- Carissa Kline, FCW -
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- Chelsey Shapland, 4-H Program
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- Donnis Maughlin, Office Professional -
dmaughli@ksu.edu

NESS COUNTY OFFICE
503 S PENNSYLVANIA AVE
NESS CITY, KS 67560
785-798-3921

- Lacey Noterman, Director and
Agriculture Ext. Agent
lnote@ksu.edu
- Robyn Trussel, 4-H and Youth Agent
rdeines@ksu.edu
- Randae Rufenacht, Office Professional
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RUSH COUNTY OFFICE
702 MAIN, P O BOX 70
LACROSSE, KS 67548
785-222-2710

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

Tomatoes are the most popular vegetable grown in Kansas gardens. Tomatoes require a location that is fairly fertile, well-drained, and sunny, getting at least a half day of sun or more. Smaller vine tomatoes can be grown in containers.

Start Seeds: Start the seeds indoors 4 to 8 weeks before the desired planting date.

Planting Time: After danger of frost. Early May is the common spring planting time.

Can be planted as late as early June.

Spacing: 18 inches to 2 feet apart in rows 3 to 5 feet apart.

Crop Rotation: Do not plant where tomatoes, peppers, eggplant, potatoes, or tomatillos grew in the past 3-4 years, if possible.

Water: Consistent moisture



Lacey Noterman

District Director
Agronomy/Horticulture
lnot@ksu.edu

ANNUAL PLANTS FOR BUTTERFLIES

Attracting butterflies to the garden through plant selection has grown in popularity. Knowing what species of plants butterflies prefer can help gardeners with their selections.

Annual plants that attract butterflies include:

Ageratum

Cosmos

French Marigold

Petunia

Verbena

Zinnia



Other features you can incorporate in the garden to appeal to butterflies include areas of full sun. Butterflies are cold-blooded so they seek sunshine for warmth.

Shade is also necessary so they can escape from intense sun.

Water is also important for butterflies and can be provided with a birdbath or water-filled saucer on the ground.

THE NEW KANSAS GARDEN GUIDE

A popular guide to gardening in Kansas has undergone a major makeover that one of its authors said helps to “better reflect the needs and experiences of a wide range of Kansas gardeners, especially our newest gardeners.”

An updated version of the Kansas Garden Guide – which in 2022 was downloaded 35,931 times, or about 100 times a day – will be available to order by early May from the K-State Research and Extension bookstore. The guide already is available to view online in its entirety. Viewers can print pages that relate to specific information.

The new guide has expanded to 202 pages complete with full-color pictures and illustrations. The Kansas Garden Guide – originally printed in the early 1980s -- was last printed in 2010, and included 76 full color pages.

New or expanded content includes:

- Starting and planning a garden.
- Raised bed and container gardening.
- Improving soil health and composting.
- Planting and maintaining a garden, including watering, fertilizing and other best practices.
- Fall gardens and extending the garden season.
- Managing insect pests and identifying plant diseases and environmental stressors.
- Taking advantage of pollinators and beneficial insects.
- Harvesting and storing produce.
- Growing herbs, including a wider variety of herbs.
- Growing vegetable crops, including tips on choosing varieties, crop rotation, common concerns, and more.
- Updated planting and harvesting calendars.

The most important aspect of the publication is that the guidelines are specific to Kansas’ growing conditions. The Kansas Garden Guide focuses on what you need to know to have success in our challenging climate.

In Kansas, home gardeners produce \$20 to \$25 million worth of vegetables each year, according to information published in the new guide. These vegetables not only help Kansans save money on food costs, but also contribute to overall nutrition and health.

The direct link to the guide is www.bookstore.ksre.ksu.edu/pubs/S51.pdf



Kansas Garden Guide



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Kansas State University, Agricultural Experiment Station and Land Grant

THE 3 F' S WITH A TWIST



Jared Petersilie

Extension Agent
Animal Sciences
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Usually the F's are Food, Fiber, Fuel, and Pharmaceuticals. This time its Feed, Freight, and Finances. The May edition of the Progressive Cattle paper has a two page spread that is analyzing the value of shipping on the prices of livestock. Here in the Midwest, many of us don't necessarily think about this. We live and work mostly within an hour of the nearest sale barn, our grass is relatively close, and cows spend their winters on stalks or in lots that are sometimes even closer.

While we all feel the pain at the pump regardless of distances traveled, we need to keep in mind that the cattle market is greater than what we see locally. Don Close studied these prices as the chief research and analytics officer for Terrain. Terrain is an arm of the Farm Credit Service including Frontier Farm Credit and American AgCredit. His findings show that freight costs reached a new average high in 2022, but the freight compared to the load value will moderate this year. This plays right into the inflation we see in all categories of living, but the market value of cattle in the last 4-5 months has increased faster making the freight less in comparison. It just takes a lot more capital to operate.

His research shows that the average calf will travel about 1250 miles in its lifetime and have close to 4 different owners. This equates to a lifetime transportation cost of \$14/cwt. To arrive at these figures, he shows calves travel 700 miles at approx. \$8/cwt, yearlings go 400 miles at \$4.39/cwt, and fed cattle move 150 miles at \$1.67/cwt.

His data also shows that freight costs have moved from \$1.25/mile in 1980 to \$3.50 per mile in 2014. But the jumps come in short bursts. The freight per mile from 1980 to about 2010 held a pretty consistent gradual trend, but jumped nearly \$1.50/mile from 2010 to 2014. It plateaued at that level for about 5 years before ramping up steeply in the last 3-4 years and is pegged at \$5.50/per mile this year. Nothing here is necessarily surprising as we look at the prices of diesel, the correlation is very direct. The initial costs are absorbed by the seller, but the long-term prices get pushed to the consumer. As this drought persists and we begin moving livestock to greener pastures or bring hay to the drought areas, these freight prices will play a big role. Last week's monthly cow sale in LaCrosse saw females moving to 7 states. The counties in the Walnut Creek District are all now eligible for various disaster programs through our FSA offices which will also make shipping livestock, feed, and water a reality that we need to record and manage.

As I write this, rain is in the forecast, but this will not end the drought. Even with perfect conditions we need months of moisture to replenish the soil profile, so looking forward-early weaning and lighter stocking rates are a reality. One step we can implement now is to get the proper immunity (vaccines) into the calves knowing the second round could come early or mid-summer. Early weaning starting at around 100 days of age can and does work even though it's not the common practice. Predicting weather is never easy, especially long-range, but the feed or forage we hope to grow this season is what we need to hold and replenish the feed needs for a cow herd. Many of the light weight calves will find their way to new homes where freight and health dictate their success. The saving grace for us is the higher value per pound can keep revenue rates even, but pre-conditioning will be worth more than ever to the potential buyers. High priced feed, freight, and calves means those calves need to stay healthy and perform at their utmost to justify the expected expenses and that starts at the barn gate.

Reminder

DO NOT pour (deworm) cows that you are planning or contemplating selling. The withdrawal on the cows will severely limit the buyers or potential buyer's options on said cows. Pouring cows in the spring - going to grass - is common practice but before processing cows, plan ahead on how long you aim to keep them. Usually pairs, bred heifers, etc. will go back to the farm, but the killer cow market is strong and very few cows in relation are going to farms. Cow buyers are not looking to feed cows, they are going to slaughter, thus dewormers will severely discount their value. It is very important to know what product cows receive and when they were given treatment.

Tractor Safety Operator's Course

Students must attend all day on May 31st for the training and final test.

Gray County Fairgrounds
17002 W. Highway 50, Cimarron



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PURPOSE OF COURSE & TEST:

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

WHO MAY PARTICIPATE:

Any teenage youth, regardless of age. Those completing the course and test will receive an operator's certificate upon completion of when he/she turns 14. Those who are 16 or older do not need an operator's certificate, but are welcomed and encouraged to attend.

SCHEDULE:

Tractor and other important farm safety skills will be given from 8:00 a.m. to 5:00 p.m. on Wednesday, May 31st Registration starts at 8:00 a.m. at the Gray County Fairgrounds.

COST:

\$20.00 (made payable to the Ford County Ag Activity Fund) for noon meal and handouts.

MEAL:

The noon meal, included in the registration fee, is hamburgers hot off the grill. Students are encouraged to eat the meal provided. Please contact the Ford County Extension Office, 620-227-4542 with any participant's dietary restrictions.

ENROLLMENT:

All participants will need to complete a registration form and a 4-H Participation form in order to participate.

PRE-REGISTRATION FOR TRACTOR COURSE IS REQUIRED BY
MAY 24th, TO YOUR LOCAL EXTENSION OFFICE.

Registration form found here Participation form here

Sponsored By:

Clark, Comanche, Ford, Gray,
Hodgeman, Meade, Pawnee
County Extension Councils,
Walnut Creek Extension District,
& 21st Central Extension
District— Edwards County



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 Andrea Burns, 620-227-4542. Kansas State University Agricultural Experiment Station and Cooperative Extension Service is an equal opportunity provider and employer.



4-H Youth Development News

Robyn R. Trussel

District 4-H Youth Development Agent

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Are You Fixed Mindset or Growth Mindset?

Here are some suggestions to help students grow instead of excusing their behavior.

1. Adjust your mental ruts.

Listen to your self-talk. What do you find yourself thinking and saying to yourself? Most of us fall into the trap of negative self-talk, saying things like, "I'm not good at remembering names," and failing to use the word, "yet." Our routines form our ruts. Try some new routines that force you to think differently and act differently. Our neural pathways can change with hard work.

2. Repeat what you desire.

I remember wanting to become a better writer. Occasionally, I'd write something that was decent, fresh, and helpful to others. At some point, I chose to write daily. Many days, I only have a few extra minutes to do so, but I try to write every day. I even have a "writing day" each week now. When I compare my past books or articles to my work now—I see improvement.

3. Learn enough to become interested.

Our brains are capable of far more than we assume. Often, our problem is not IQ—it is interest. We're just not interested in math, or Spanish, or remembering someone's name. Find a reason to get curious. I've learned to enjoy dancing because my wife enjoys dancing. I've become better at learning names when I choose to become interested in those people.

4. Choose to do the work.

Behavioral scientists use the terms, "learned helplessness" and "learned industriousness." They find that people give up on a task more quickly when they see no change and believe it makes no difference. Conversely, we keep trying when we see the slightest improvement. Take on a new task and work on it until you see progress. This will trigger endorphins that motivate you.

DAVID'S RULES FOR FIGHTING FAIR

1. Choose your battles.
2. Don't bring up the past
3. Don't fix the blame, fix the problem.
4. Always go for a Win- Win
5. Never threaten physically or emotionally
6. Choose words carefully
7. Allow for time-outs
8. Don't tell others
9. Don't go to bed angry.
10. Always apologize





GRADUATION SHOUT OUT



Congratulations to our graduating seniors!

It has been great watching you kiddos grow into amazing young adults. We hope we have equipped you with the Life Skills that you need to start the next chapter of life. We are very PROUD of all your leadership and citizenship you have provided through the years! Congratulations and Good Luck!

You're off to great places! Today is your day! Your mountain is waiting, so get on your way! ~Dr. Seuss



T to B, L to R: Alexa Ryersee - FHSU Early Childhood; Jessie Whipple - Neosho Co to play basketball, undecided) Alleyna McVey - Pace University Art History; Ella Showalter - KState University Life Science Nursing; Madison Hardin - Penn Foster Vet Tech; Kolton Maneth - Barton Community College Animal Science Landon Barnes - Colby Community College Beef Production; Preston Ross - NCK Teck Telecommunications Victoria LaRocque - undecided going into the work force

4-H Dates and Info

Camp Dates

Cedar Bluff Overnight - June 1-2

<https://www.walnutcreek.k-state.edu/docs/2023%20%20Cedar%20Bluff%20Flyer.pdf>

Discovery Days - June 7-9

<https://www.kansas4-h.org/events-activities/conferences-events/discovery-days/index.html>

4Clover 4-H Camp - June 14-16

<https://www.walnutcreek.k-state.edu/docs/2023%204-Clover%20Flyer.pdf>

Rock Springs Ranch June 18-21

<https://rockspringsranch.org/>



**Ness Co Fairgrounds
cleanup Sunday, May
21st at 2:00pm**



Teen Ag Experience Trip
Rising 9-12th grade Youth

in conjunction with Twin Creeks District and Golden Prairie District
June 19-21, 2023

This tour will include a college visit, ag business and industry tours
across Kansas.

Tentatively: Garden City, Pratt, Oxford, Wichita, Lawrence
and Manhattan

Watch for more information coming soon!!



We will again be offering the Summer Education Program

Never Stop Learning

This will be offered in each of our counties

8 weeks of Morning, Afternoon or All Day activities

Morning Classes will be Choose Health, Food, Fun & Fitness

Afternoon Classes will be STEM Related (Agriculture, Chemistry,
Horticulture and more)

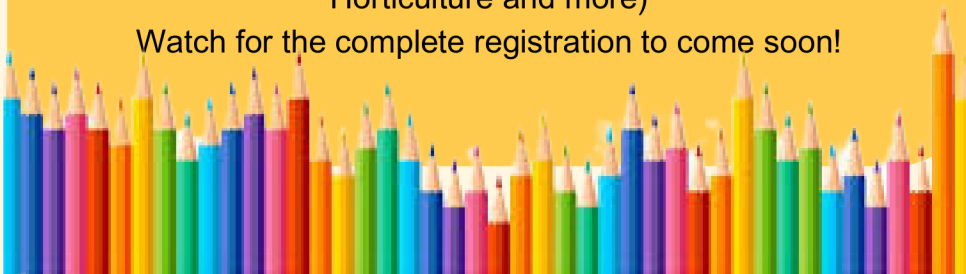
Watch for the complete registration to come soon!

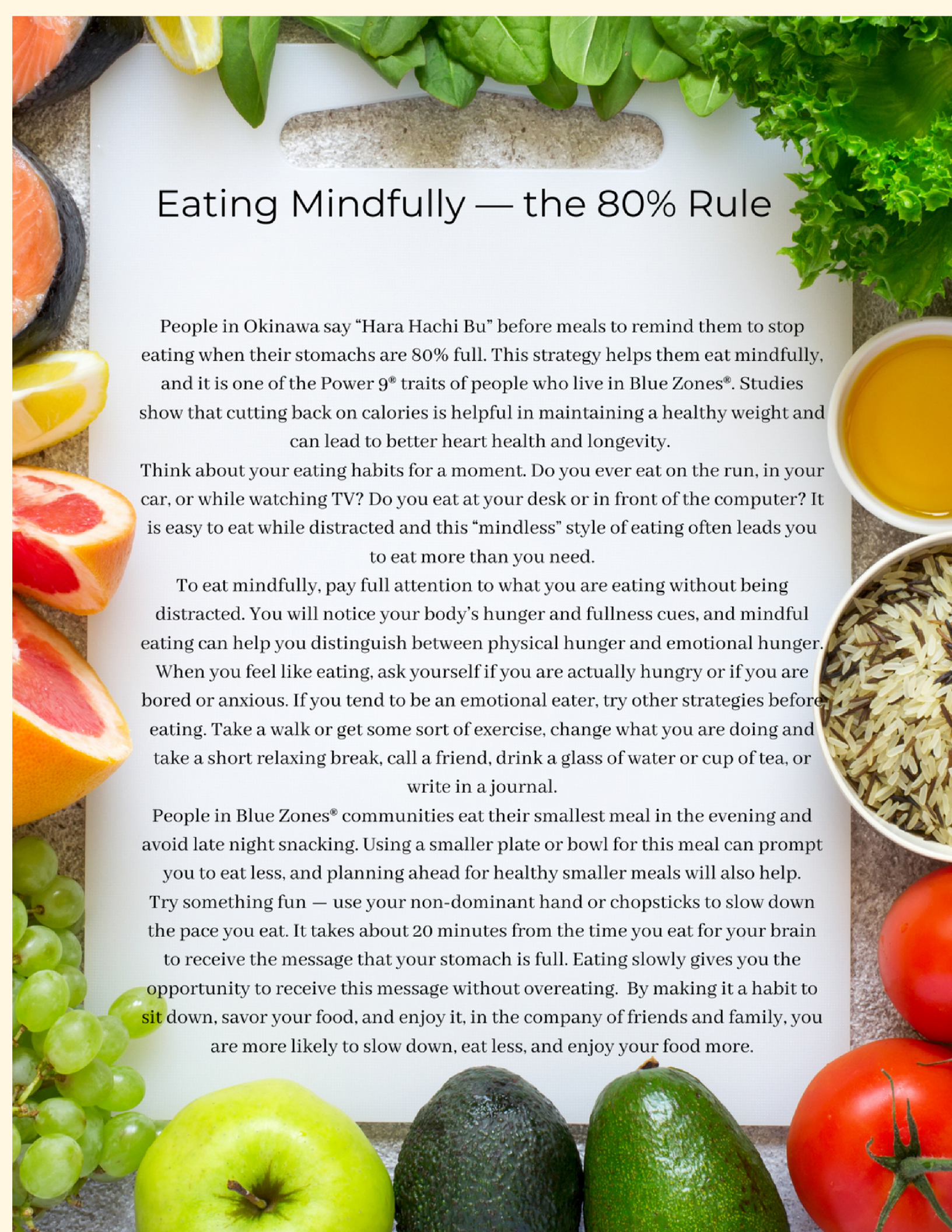


Happy Mothers Day
to all of our Moms, Grandmas
and Aunts that are Extra
**SPECIAL Today &
Always**



**Horse Id Papers Due
June 1st**





Eating Mindfully — the 80% Rule

People in Okinawa say “Hara Hachi Bu” before meals to remind them to stop eating when their stomachs are 80% full. This strategy helps them eat mindfully, and it is one of the Power 9® traits of people who live in Blue Zones®. Studies show that cutting back on calories is helpful in maintaining a healthy weight and can lead to better heart health and longevity.

Think about your eating habits for a moment. Do you ever eat on the run, in your car, or while watching TV? Do you eat at your desk or in front of the computer? It is easy to eat while distracted and this “mindless” style of eating often leads you to eat more than you need.

To eat mindfully, pay full attention to what you are eating without being distracted. You will notice your body’s hunger and fullness cues, and mindful eating can help you distinguish between physical hunger and emotional hunger.

When you feel like eating, ask yourself if you are actually hungry or if you are bored or anxious. If you tend to be an emotional eater, try other strategies before eating. Take a walk or get some sort of exercise, change what you are doing and take a short relaxing break, call a friend, drink a glass of water or cup of tea, or write in a journal.

People in Blue Zones® communities eat their smallest meal in the evening and avoid late night snacking. Using a smaller plate or bowl for this meal can prompt you to eat less, and planning ahead for healthy smaller meals will also help. Try something fun — use your non-dominant hand or chopsticks to slow down the pace you eat. It takes about 20 minutes from the time you eat for your brain to receive the message that your stomach is full. Eating slowly gives you the opportunity to receive this message without overeating. By making it a habit to sit down, savor your food, and enjoy it, in the company of friends and family, you are more likely to slow down, eat less, and enjoy your food more.

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 Tuesdays and Thursdays at 9:30 am beginning Tuesday, May 30

WHERE: Ness City, location TBD

CONTACT TO REGISTER: Carissa Kline, Family and Community Wellness Agent
785-798-3921 or carissakline@ksu.edu

COST: \$20.00

REGISTER TODAY! **LIMITED TO 10 PARTICIPANTS**

 **Extension**
University of Missouri
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