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Lyon County

K-State Research and Extension News

*Knowledge
for Life*

February & March, 2017

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**SATURDAY
FEBRUARY 25
9AM TO 5PM**

**SUNDAY
FEBRUARY 26
11AM TO 4PM**

FREE Admission

Anderson Building, Lyon County Fairgrounds, Emporia, KS

Presentation topics include: high tunnels, bird watching, certified wildlife habitats, bees, wildlife control, and water features

More Information

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KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE



The Clover Connection



4-H Council

4-H Council will meet February 6 at 7 p.m. in the Extension Meeting Room. The March meeting is at 7 p.m. on March 6.

Going to State

Congratulations to three Lyon County 4-Hers who had a total of four Kansas Award Portfolios (KAPs) qualify for the state screening. Karlee Wigton and Juli Laws of Busy Beavers 4-H Club and Emma Miller of Chamness 4-H Club had record books selected during the Southeast Area KAP screening on January 20, 2017, to advance to the statewide screening. Karlee's work in pets and poultry qualified her for state. Juli's work in the rabbit project qualified and Emma's dairy goat KAP qualified.

2017 Breeding Livestock at Fair

If you wish to exhibit a breeding animal of any species at the 2017 Lyon County Fair, you must be enrolled in the breeding project for that respective species by May 1. **Again this year**, all breeding livestock to be exhibited at the 2017 Lyon County Fair will need to be tagged at the regular county tagging either in February or April. The only exception will be for registered purebred livestock that will not have to have a county tag, *if* they have proper tattoos/ear notches/scrapies tag and registration papers that match. Ownership of these animals must be verified by registration papers showing immediate family ownership by May 1. Please visit the Extension Office **before May 1** with proper registration paperwork in hand (or bring to regular schedule county tagging dates and papers will be gathered to be photo copied and you will be responsible for picking your papers up from the office after a copy can be made).

Spring Rabbit Show

The Lyon County Spring Rabbit Show will be hosting the annual spring show Feb. 18 at the Anderson Building. Set up will be the night before. Look for more information on the Hop To It 4-H Rabbit Club on Facebook.

Market Beef Weigh-In & Tagging

Market beef weigh-in and tagging is scheduled for Saturday, Feb. 4, from 8 a.m. to 10 a.m. at the

fairgrounds. Ear tags will cost \$3 and must be paid for at the time of weigh-in. You must know the birth date and breed of your animal. Your animal must be present. **Your animal must have a halter and be able to lead.** If you are unable to bring your animal that day, please make arrangements with another family to bring your animal.

Tractor Safety

Lyon, Chase, Coffey, and Morris County Extension Offices will be working together to host the 2017 Hazardous Occupation Training (H.O.T.) classes for all youth who will be working for area ag producers. Training is scheduled for March 20 from 9 a.m. to 3 p.m. at PrairieLand Partners. Youth ages 14-16 will be eligible for a certificate showing completion of the H.O.T. training. Younger students may come and take the test, but they will not be able to receive their certificate until their 14th birthday.

Students need to pre-register by March 13 so they can receive and work on their class materials prior to the first session. Please call the Extension office for more information or stop by to pick up a registration form.

4-H Club Day & Model Meetings

Lyon County 4-H Club Day & Model Meetings have been scheduled for March 4 at Timmerman Elementary School. 4-H Day activities will be held in the morning. If less than 5 clubs sign up for model meetings, the model meetings contest will be held on the same day as the other events. If more than 5 clubs sign up, the model meetings contest will be held at a later date in the Extension Office Meeting Room.

Extemporaneous presenters will randomly draw two topics from a pool of five questions at the contest and will present on one. To be prepared, this year's topics by age division will include:

Juniors, age 7-13:

- What does 4-H mean to you?
- Who has influenced you the most in your 4-H career and why?
- What have you learned in 4-H?
- What is your favorite 4-H project and why?

- How do you make 4-H an important part of your life?

Seniors, age 14 and over:

- How have you learned parliamentary procedure in 4-H and how have you used this knowledge in other areas of your life? And how do you intend to use parliamentary procedure as an adult?
- What audience or audiences do you feel the Lyon County 4-H program is not reaching? How do you recommend we improve these relations and engage more individuals from this audience or audiences?
- What community partnerships have you developed through 4-H, and how have these partnerships improved your community?
- In what ways do you feel your 4-H experience will help you as an adult?
- Describe how you are a leader in 4-H, and what does it mean to you to be a leader?

Regional Club Day

Regional Club Day has been scheduled for March 18 at the Madison High School. Lyon County is joined by Chase, Chautauqua, Coffey, Elk, Greenwood and Morris counties for this event.

County Project Leaders

Listed in this newsletter are the names and contact information for countywide project leaders. These leaders host meetings throughout the year to help you with your projects. Check your newsletters for meeting dates and times, or contact these leaders to find out more about meetings.

Project	Leader(s)	Phone #
Clothing	Bev Hilbish Shawna Moyer	343-3863 342-1231
Dog Care & Training	Lisa Preisner	443-5246
Fiber Arts	Barb Say Melinda Chiroy	343-6283 343-6572
Foods	Arlene Roberts	392-5621
FCS Judging	Loraine Zweimiller Shawna Moyer	342-2258 342-1231
Geology	Jennifer Rethman	342-8140
Photography	Kent Grieder	794-0100

Rawhide Wranglers Horse Club	Amy Jenkins Amanda Cunningham	Check out club Facebook page
Poultry	Sara Miller	
Hop To It Rabbit Club	Karlee Wigton	392-5912
Shooting Sports	Bev Hilbish Kim Botkin	343-3863 342-7356
Woodworking & Electric	Mark Say	343-6283

Fair Book Cover

The Fair Board will again sponsor a \$50 cash award for the winner of the 2017 Fair Book Cover Contest. Any 4-Her is eligible and may submit one entry. Entries are due in the Extension Office by Friday, March 24. It is strongly suggested that the design focus on what the fair means to you!

VIP Renewal for Volunteers

If you are a registered volunteer with K-State Research and Extension, Lyon County, you will receive a letter with an annual renewal form. Please be sure to complete your renewal form if you plan to continue volunteering with Lyon County youth.

Registered 4-H volunteers and individuals in the process of becoming a registered 4-H volunteer should also be enrolled in the Kansas 4HOnline system and maintain their record annually. You can visit www.lyon.ksu.edu and click on the Join 4-H link on the 4-H tab to either enroll or re-enroll. Volunteers use the same process as 4-Hers to enroll in the system and select volunteer roles instead of 4-H projects. Please help ensure all registered 4-H volunteers and those going through the process of becoming registered are enrolling in Kansas 4HOnline. We appreciate your continue support in working with youth in our community.

Spring Poultry Show

The Lyon County Cacklers 4-H Poultry Club will be hosting a spring show this year at the Anderson Building on April 1.

Sunny Hills 4-H Camp

The Sunny Hills 4-H Camp will be June 24-27, 2017. Camp will be open to 4-Hers who have **completed** 3rd through 7th grades. If you are interested in serving as a camp counselor, applications will be due in early May.

Counselors should be sophomore complete, but if you are freshman complete you may still apply and be considered if there is a need for more candidates. Remember counselors must leave for Rock Springs on June 23 for training. More details will follow in upcoming newsletters.

Discovery Days

If you are ages 13 – 18, mark the dates of May 30-June 2 for Discovery Days on the KSU campus. More information will be available soon, but make sure your calendar is clear, because you don't want to miss out!

K-State Animal Sciences Leadership Academy

The annual K-State Animal Sciences Leadership Academy is scheduled for June 14-17, 2017 in Manhattan. The academy is hosted by K-State's Animal Science Department and the Industry's Youth Livestock Program sponsored by the Livestock and Meat Industry Council. This four-day event will focus on increasing young leaders' knowledge of Kansas' diverse livestock industry, as well as building participant's leadership skills. Twenty high school students will be selected to participate based upon educational, community, and agricultural involvement; as well as through an extensive essay application. Applications are due April 1 and can be found at www.youthlivestock.ksu.edu.

Kansas Junior Goat Producer Day

The 2017 Kansas Junior Goat Producer Day will be March 25, 2017 in Weber Hall on the Kansas State University campus. This interactive event is designed for all ages and skill levels. This year, participants will learn the basics of meat goat production including: selection, nutrition, health and show ring practice. Registration will begin at 8:45 a.m. in the lobby area of Weber Hall with the program kicking off at 9:15 a.m. and concluding at 2:00 p.m.

All participants will receive a complimentary lunch and T-shirt (early registrations). The early registration deadline is March 3 and the fee is \$15 per person. Registrations received after March 3 cannot be guaranteed a T-shirt and the fee is \$20 per person. A flyer containing more information and registration details may be found on the Kansas 4-H website at www.kansas4h.org under the 4-H Calendar tab. Online registration is found under the calendar tab as well.

Kansas Junior Swine Producer Day

Kansas State University's Department of Animal Sciences and Industry's Junior Swine Producer Day will be Saturday, March 11 at Weber Hall on K-State's campus. All youth, parents and leaders are invited to participate in these educational experiences.

The early registration deadline is February 22, 2017 and the fee is \$15 per person. Registrations received after February 22, 2017 cannot be guaranteed a T-shirt and the fee is \$20 per person. A flyer containing more information and registration details may be found on the Kansas 4-H website at www.kansas4h.org under the 4-H Calendar tab. A link to online registration can also be located on the website.

Presentations and demonstrations will be provided by K-State faculty members and graduate students, as well as guest speaker Kade Hummel. Kade works for JBS United as the Lindner United sales manager and was formally field representative for the National Swine Registry for seven years. He has judged many prestigious shows across the country including the Houston Barrow Show, National Western, and numerous other state and county fairs.

This event was last held in 2015, where over 300 participants from 54 counties attended! All participants will receive a K-State Show Pig Guide, T-shirt, and a complimentary noon lunch. Participants with registrations received after February 22 cannot be guaranteed a T-shirt.

Watch the youth livestock program website and Facebook page for updated information!

Kansas 4-H Communication Fact Sheets Helpful for 4-H Day Presentations

Speaking skillfully before an audience is one of the hallmarks that Kansas 4-H members have been successfully doing for over 100 years. Kansas youth through 4-H have learned the skills necessary to get up before an audience and eloquently speak. 4-H helps youth learn the skills necessary to clearly organize and present thoughts and ideas through project talks, demonstrations, illustrated talks and public speaking presentations. The complete Kansas 4-H communication fact sheet series is listed below.

These resources may be helpful to Lyon County 4-H families as you prepare for county 4-H day presentations. They can be downloaded free from the Kansas 4-H web site. Visit: <http://www.kansas4h.org/p.aspx?tabid=551>.

Kansas 4-H Communication Fact Sheet Series includes:

- Kansas 4-H Presentation Overview
- 4-H Project Talks
- 4-H Demonstrations
- 4-H Illustrated Talks
- 4-H Demonstration & Illustrated Talk Planning Form
- 4-H Public Speaking
- 4-H Public Speaking Record
- 4-H Presentation Brainstorming Activity
- 4-H Effective Presentation Tips
- 4-H Preparing and Using Visual Aids
- Kansas 4-H Generic Record Form
- Presentation Score Sheets Available:
 - 4-H Demonstration & Illustrated Talk Scoresheet
 - 4-H Public Speaking Scoresheet
 - 4-H Project Talk Scoresheet

Meats Judging

The K-State Animal Science Department is hosting a meats judging contest on April 9 in Manhattan. The event is open to all youth and will include both 4-H and FFA divisions. Teams can consist of up to four students but alternates are eligible for individual awards. There is no limit to the number of teams a 4-H club or FFA chapter may enter.

The 4-H division will include 30 ID, six classes and three sets of reasons. The FFA contest will include six classes, 30 retail ID, two sets of questions, and six head of carcasses for yield and quality grading.

Registration is due April 1. We can organize entries locally, or you can send entry fee of \$15 per student plus names and team contact to Dr. Travis O'Quinn, 247 Weber Hall, Kansas State University, 1424 Claflin Road, Manhattan, KS 66506. Please make checks payable to KSU ASI. For questions, contact O'Quinn at travisquinn@ksu.edu.

Kansas 4-H SpaceTech & Cosmosphere Experience: Unmanned Aerial Vehicles

The Kansas 4-H SpaceTech Program and the Kansas Cosmosphere located in Hutchinson are again teaming up to provide fun, hands-on and science-based

programming for Kansas 4-H Youth Development. This second program will feature "Unmanned Aerial Systems." The experience will begin Friday, March 31, at 4 p.m., and will end on Saturday, April 1, 4 p.m. Cost will be \$110 for youth between 9-18-years old and adult participants. All youth must have a designated chaperone to attend. Parents, grandparents, other relatives, and guardians may chaperone their own children/relatives. They may not chaperone other non-family members. Registered KSRE 4-H Leaders or KSRE staff may also chaperone 4-H members. Adult chaperones will be responsible for their children overnight.

Registration includes three meals, two breaks, and an overnight stay. Program topics include: a tour of the Cosmosphere, a UAS flying challenge inside the Cosmosphere, an outside UAS demonstration (weather permitting), FAA regulations and compliance of registering private and commercial UAS's, guest speaker, UAS applications in agriculture, fixed and rotor wings UAS's, plus much more.

This Cosmosphere collaboration is designed to be an adult-child experience, where 4-H members and adults can interact and learn from these fun and educational experiences. The program will include overnight indoor camping at the Cosmosphere located in Hutchinson, KS, (bring your own sleeping bag, air mattress, pillow, towel and toiletry items). The experience is open to 4-H members, parents, grandparents, volunteer 4-H leaders, and KSRE staff.

The CVent registration system will be used, visit: <http://www.kansas4-h.org/events/index.html> Registration will close March 16, 2017, 11:59 p.m. There will be a minimum number required or the Unmanned Aerial Systems experience will be cancelled. The program is limited to the first 75 who register on a first-come, first-serve basis. For more information, contact Deryl Waldren, dwaldren@ksu.edu.

New Family Meeting

County-wide New Family Coordinator Janet Harrouff will host a meeting for new 4-H families on Wednesday, March 1, at 5:30 p.m. at the Extension Office Meeting Room. This meeting is to help new families and new members learn more about the 4-H program. It's a great opportunity to ask questions that you might not have time to investigate at your regular 4-H club meetings. Please RSVP to the Extension Office by Feb. 27 if you plan to attend.



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Agriculture and Natural Resources

February – March 2017

Burning and Burn Permits for 2017

2017 is year two of the 2-year (2016-17) cycle for burn permits in Lyon County. I want to re-emphasize that permits are good for no more than 2 years in Lyon County, and this series of permits will expire December 31, 2017. Remember that if you picked up your Burn Permit last year, it is still valid; you do NOT need a new permit this year (as long as you still have the 2016 permit). Growing conditions were very favorable in late 2016, so there is a good fuel load in many pastures this year. We must make certain that when fire is used as a management tool, it is used with extreme caution. **PLEASE BE CAREFUL!!**

Please make use of the planning tools at ksfire.org (active March 1- May 1), abide by the Kansas Smoke Management plan which limits non-rangeland burning during April, and be certain to have enough fire-fighting equipment and expertise to control the burn.

In Lyon County, burn permits are required for open burning of grass, woody species, crop residue and other dry plant growth for the purpose of land, crop, range, pasture and wildlife or watershed management. Be sure to call Lyon County Sheriff's Dispatch (342-5545) to provide your permit number both before starting your controlled burn as well as after it is completed. Permits issued in 2014 or 2015 are no longer valid but those issued in 2016 are still valid. Remember to check with your local officials to confirm any city regulations on open burns.



104th Annual Cattlemen's Day

The 104th annual KSU Cattlemen's Day will be held on Friday, March 3,

2017. Mark your calendars! Registration for KSU Cattlemen's Day will be \$20 per person in advance or \$30 per person at the door. Morning refreshments and lunch are included with registration. Visit www.asi.ksu.edu/cattlemensday or call 785-532-1267 for more information and a schedule. More details along with registration information are on www.KSUbeef.org.

Following the Cattlemen's Day sessions, plan to attend the dedication of the new Purebred Beef Unit at 3 pm northwest of the Stanley Stout Center, followed by the 40th Annual Legacy Sale at 4 at the Stanley Stout Center.

Soybean Stewardship

Lyon County Extension will host a Soybean Stewardship meeting on February 8 at the Anderson Building on the Lyon County Fairgrounds. The emphasis for the day will be on stewardship regardless of production practice or herbicide choice.

Southeast Area Agronomy Specialist Doug Shoup will start off the day at 10:00 with a discussion on weed control issues – mainly focusing on the amaranth species (pigweeds) that have become a major concern for soybean production. Doug will also share some potential practices and plans for weed control in 2017.

Jeff Stroup, Chemical Account Manager for Monsanto will follow Doug with a session focused on proper dicamba applications. There are some substantially different label requirements for the use of the two dicamba-containing products that are currently approved, and I have asked Jeff to cover not only those specific requirements, but also some general herbicide good-stewardship practices.

Following lunch we will have a session addressing some of the mechanical side of things with tips and pressure, and how that can affect spray pattern, drift, and herbicide effectiveness. Although there will be a lot of good information on herbicide application, this is not intended to be a sprayer school or custom application workshop. The focus will be on herbicide stewardship, especially in light of some of the newly approved herbicides that can have potential for some off-site movement.

Lunch will be provided to those that pre-register by February 6 by calling the Lyon County Extension Office at 620-341-3220, or email me at brees@ksu.edu.

Top 10 Considerations to Navigate a Struggling Farm Economy

Farmers and ranchers are currently experiencing one of the biggest downturns in history with many parallels to the 1980's. Kansas Farm Management Association Farms recorded a substantial drop in accrual net farm income for 2015 with the average net income at \$4,568, down from the net income level of \$128,731 in 2014 and the five-year average of nearly \$120,000. Commodity outlooks remain pessimistic, indicating tight financial conditions for farmers into the future.

This program, to be held on Wednesday, February 15 at the Butler County Community/4-H Building in El Dorado, will focus on a host of different topics to start thinking critically about how the farm operation might withstand these hard times. Each topic will provide the decision framework of how to evaluate what viable options or opportunities exist to become more efficient and to strengthen the farm business.

Registration begins at 8:30 with the first presentation at 9:00 a.m. Pre-registration form & fees are due Tuesday, February 7, 2017. Lunch, snacks and materials will be provided for the \$5/Person Registration Fee. Additional information and the registration form are available at: <http://www.butler.k-state.edu/agriculture>. Questions may be directed to: David Kehler, Butler County Extension Office, 316-321-9660

Grazing Risk Management Workshop

Availability of forage and the risk of drought are always a concern as producers make grazing and forage plans for the coming year. With 18 million acres devoted to pasture and perennial forages across Kansas, livestock producers take plenty of risks as they aim for both profitability and for maintaining the long-term productivity of their grazing and haying lands.

To prepare for the 2017 season, K-State Research and Extension is hosting a workshop at 1:30 at the Cassoday Community Center on March 14 to discuss range management concepts and risk management strategies.

Range management concepts discussed will include stocking rates, a variety of grazing configurations, and monitoring rainfall and forage productivity. Understanding the relationships between timing of rainfall, pasture composition (warm-season vs. cool-season), and forage output are keys to making grazing management decisions through the season. Development of a drought plan, stocking adjustments, and other practices that alleviate the impact of drought will also be discussed.

The workshop will also cover a new risk management tool for grazing and hay lands, called Pasture, Rangeland, and Forage (PRF) coverage. PRF is a relatively new crop insurance product which uses a grid-based area concept along with a rainfall index as its key coverage features. The analysis will also discuss how PRF coverage compares with protection provided by the Livestock Forage Disaster Program (LFP), based on the Drought Monitor and provided through the Farm Service Agency.

Pre-registration is required to guarantee materials for everyone attending. There is no charge to attend the program. Pre-register by calling the Lyon County Extension Office, 620-341-3220, no later than Wednesday, March 8, 2017.

QuickBooks for AG

I have had a couple inquiries regarding the ag-focused QuickBooks training session I proposed. I would be willing to host this but we need a few more people to make it work. If you are interested (probably sometime in late February/early March) give me a call soon!!

2017 LCCD Annual Meeting

On Monday February 6, 2017 at 6:00 p.m., the Lyon County Conservation District Annual Meeting will be held at the Anderson Building on the Lyon County Fairgrounds. Reservations were due January 27, 2017.

This is a wonderful opportunity to recognize some individuals, families and operations that have been good stewards of the land for many years or even many generations. If you know of good conservation-minded individuals deserving recognition for the 2018 Annual Meeting, either let me or Kelsey Keith at the Lyon County Conservation District office know the names so we can get them on the list to look at in 2017!

Flint Hills Beef Fest Results Announced!

The cattle in the 2016 Flint Hills Beef Fest Feedlot and Carcass contest were harvested on Wednesday, January 11. The awards will be presented February 11. There were some good feedlot gains and as of this writing we have not yet evaluated the grades on the carcasses. They looked pretty good when they were weighed.

Feedlot raw average daily gain for the steers harvested was 4.234#, while the raw ADG for the heifers harvested was 3.786#. These were calculated without any shrinks – either off grass or out of the feedlot. The actual contest ADG's will be slightly less after the shrink is included. A fifth contest was added in 2015 for greatest gain from April weigh-in to January weigh-out. Winners in the steer overall contest gained 990#/head for an ADG of 3.79. Winners in the heifer contest gained 897# in 261 days, for an ADG of 3.44. These are slightly behind the 2015 results, but still very good gains for the 115 days grazing and the 146 days in the feedlot. Total results will be posted soon at www.beeffest.com.

2017 Flint Hills Greener Living Show

Come out to Anderson Building on the Lyon County Fairgrounds for the 2017 Flint Hills Greener Living Show on February 25th and 26th.

Just like last year, vendors who deal with lawn and garden, conservation, and sustainable agriculture will have booths available for the public to stop by and talk with them. There will also be talks that pertain to “You and Your Backyard” on both Saturday and Sunday. Topics of the talks include: high tunnels, bird watching, water features, certified backyard habitats, monarch habitats, bees and honey, and backyard wildlife control.

So mark your calendars for February 25, 2017 from 9:00 a.m. to 5:00 p.m. and February 26, 2017 from 11:00 a.m. to 4:00 p.m. at the Anderson Building on the Lyon County Fairgrounds. If you have any questions about the 2017 Flint Hills Greener Living Show, please do not hesitate to contact the Lyon County Extension Office.

Plant Cool-season Crops in March

As we move through February and March draws closer, it is time to start thinking about planting our gardens. Some of our garden crops can withstand the colder day- and night-time temperatures that we see during the later winter and early spring months.

Mid-March is a good time to start to plant garden crops such as broccoli, lettuce, peas, and potatoes, whereas beets, cabbage, endive, cauliflower, radish, onions/onion sets, spinach and turnips should be planted towards the end of the month. Remember, all of these planting times are just an estimate. The time to begin planting our garden crops can vary depending on the year because of any unseasonal weather patterns that may occur.

For a more detailed vegetable garden calendar, please stop by the Extension Office to get a copy.

Mushroom Cultivation Workshop

The Lyon County Extension Office will be hosting a Mushroom Cultivation Hands-on Workshop on March 31st from 10:00 am to 12:00 pm. This workshop will be led by Pam Paulsen, K-State Research and Extension – Reno County, Horticulture Extension Agent.

Discover easy, low-cost methods for growing delicious gourmet mushrooms such as shiitake, wine cap, and oyster. Learn how to inoculate logs and wood chip beds so that you can harvest and sell your own mushrooms year after year!

Topics to be covered during the workshop include: growing oyster mushrooms on straw and sawdust, inoculating shitake mushroom logs, growing wine cap and blewit mushrooms in woodchips or straw mulch, log selection and harvest.

Each participant will receive an oyster mushroom production bag and an inoculated shiitake log. The cost of the workshop is \$25.00. If you plan on attending, please bring a hand drill to the workshop. Corded is better than cordless. If you are bringing a cordless drill, please bring extra charged batteries.

To register, please contact the Lyon County Extension Office at (620) 341-3220. Space is limited so please register by March 24th.

Fertilizing Perennials

Most flowering perennials are not heavy feeders, and once established, may not need fertilizing every year. However, a soil test or visual symptoms will help determine plant needs. Plants with light green to yellowish foliage can benefit from a fertilizer containing nitrogen. The fertilizer should be applied as growth begins in the spring. Perennials that tend to need more fertilizer than the average perennial include astilbe, chrysanthemum, delphinium, lupines and summer phlox.

Lawn Calendar for Cool Season Grasses

The following suggestions are for cool-season grasses such as Kentucky bluegrass or tall fescue. Zoysiagrass, bermudagrass and buffalograss are warm-season grasses and require a different maintenance regime. A warm-season grass calendar will be covered in a later newsletter.

March

Spot treat broadleaf weeds if necessary. Treat on a day that is 50 degrees or warmer. Rain or irrigation within 24 hours of application will reduce effectiveness.

April

Apply crabgrass preventer when redbud trees are in full bloom (usually in April). Preventer needs to be watered in before it will start to work. Remember that a good, thick lawn is the best weed prevention and may be all that is needed.

May

Fertilize with a slow-release fertilizer if you water your lawn or if you receive enough rainfall that your turf normally doesn't go drought-dormant during the summer. If there are broadleaf weeds, spot treat with a spray or use a fertilizer that includes a weed killer. Rain or irrigation within 24 hours of application will reduce effectiveness of the weed killer, but the fertilizer needs to be watered in. If you are using a product that has both fertilizer and weed killer, wait 24 hours after application before watering it in.

June - Mid-July

Apply second round of crabgrass preventer by June 15 – unless you have used Dimension (dithiopyr) or Barricade (proflumicarb) for the April application. These two products normally provide season-long control with a single application. Remember to water it in. If grubs have been a problem in the past, apply a product containing "Merit" or "Mach 2" during the first half of July. This works as a grub preventer. It must be watered in before it becomes active.

Late-July through August

If you see grub damage, apply a grub killer that contains Dylox. Merit and Mach 2 are grub preventers and may not be effective on late instar

grubs. The grub killer containing Dylox must be watered in within 24 hours or effectiveness drops.

September

Fertilize around Labor Day. This is the most important fertilization of the year. Make sure to water fertilizer in.

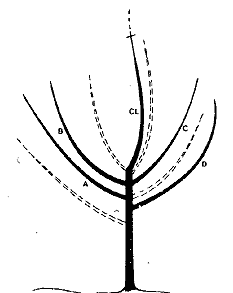
November

Fertilize. This fertilizer is taken up by the roots but is not used until the following spring. Make sure to water fertilizer in. Spray for broadleaf weeds even if they are small. Broadleaf weeds are much easier to control in the fall than in the spring. Spray on a day that is at least 50 degrees. Rain or irrigation within 24 hours reduces effectiveness. Use label rates for all products!



Pruning Young Fruit Trees

Young fruit trees should be pruned to begin developing a strong structure of the main or scaffold limbs. This will help prevent limb breakage over the years when the scaffolds carry a heavy fruit load.



The three to four scaffold branches should:

- Form wide angles (about 60 to 80 degrees) with the trunk.
- Be distributed on different sides of the tree for good balance.
- Be spaced about 6 to 10 inches apart on the trunk with no branch directly opposite or below another.



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Family and Consumer Sciences

President's Council Dates Extension Office Meeting Room Noon

**February 10th, 2017 change of date*
March 3rd, 2017
April 7, 2017
May 5th, 2017

Barn Quilts (Make Your Own)

February 25 (Saturday)

9 a.m. to 2 p.m.

March 22 (Wednesday)

9 a.m. to 2 p.m.

Extension Office Garage

Cost \$35.00

Limit of 20 people

All supplies and a light lunch will be provided Saturday. Snacks provided for evening sessions

Please call the office to Reserve your spot.

Barn quilts have become the rage across North America. The grassroots art phenomenon is soaring in popularity among rural residents anxious to display their family heritage and community pride. In turn, combing the countryside to view the quilts has become an addiction among tourists lured off the highway by trail maps guiding them to unique displays of Log Cabin, Ohio Star or other quilt designs.

“Painting a board to match a quilt square and then hanging it on a barn or other building is a simple idea that has turned into the largest public arts movement in history,” says Suzi Parron, author of the books *Barn Quilts and the American Quilt Trail Movement* and *Following the Barn Quilt Trail*.

“From a humble beginning in Adams County, Ohio, the idea has spread to 49 states with more than 9,000 barn quilts organized into more than 120 Barn Quilt Trails—and surely thousands more that are not mapped,” adds Parron.

Medicare Basics: Workshop

March 14th

Anderson Building

10 a.m. and 7 p.m.



Come learn the basics of Medicare, including eligibility, how and when to apply, what is covered by the various

parts, and how to fill the gaps. Programs available to assist low income individuals will also be discussed. Anyone interested in learning more about the Medicare maze would benefit from the program, particularly those who are nearing age 65 or who help aging parents with insurance and financial matters.



Walk Kansas
March 19th –
May 13th, 2017

Registration due by March 16th

Forms will be available Feb. 6th & can be picked up M-F During Office Hours

Walk Kansas is a team-based program that will help you and others lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress. This is the 16th year of Walk Kansas. I challenge our community to meet last year's numbers, let's try for 100 teams. For more information go to: www.lyon.ksu.edu registration packets will also be posted on the website.

Walk Kansas is an opportunity to involve your entire family and community – those that live close to you and even those at a distance. Family and friends from other communities, states, and countries can participate. This is a chance to promote healthy lifestyle habits to people of all ages through the community.

Walk Kansas Registration fees will include a t-shirt, Kick-Off party, wrap up event, Poker Walks at C of E Park, Fit for Life, Fixing Funky Foods, Is it Safe? Information on GMO's.

Is it Safe?

March 28th

10 a.m. and 7 p.m.

Anderson Building on the Lyon County Fairgrounds

Information on Genetically Engineered Foods for Consumers

Consumers are increasingly interested in where their food comes from and may be concerned about the health and safety implications of various food production methods. With many different terms such as “organic,” “natural,” and “GMO-free” being used in food marketing, it is confusing for consumers

to know how to spend their food dollars wisely. The fact sheet for this lesson provides consumers with an introductory overview to genetically engineered (GE) foods (commonly referred to as GMOs — genetically modified organisms), as well as safety information on these products. Information on labeling of GE foods is also included. The term “genetically engineered (GE) foods” is used throughout this fact sheet because the U.S. Food and Drug Administration (FDA) considers it scientifically accurate for these types of foods.

Fixing Funky Foods

April 11th

10 a.m. and 7 p.m.

Anderson Building on the Lyon County Fairgrounds

The variety of foods in grocery stores increases each year. Knowing how to prepare these foods and including them in a meal plan can be a challenge. The goal of this lesson is to familiarize participants with fruits, vegetables, and whole grains that might be newly available even in rural grocery stores.

Exposure to foods that might be new to participants. Learn ways to incorporate new fruits, vegetables, and whole grains into meal planning and preparation methods.

Fit For Life

April 25th

10 a.m. and 7 p.m.

Emporia Recreation Center

Let's work on creating time for activity. Choosing an activity that you enjoy is one of the keys to lifetime health. Come and explore the many options that exist, as we introduce you to some new and exciting possibilities. Let's get you moving and keep you moving.

Bacteria-Free Buffet



Super Bowl Sunday is a great American tradition. It's also the second largest day for food consumption after Thanksgiving. Super Bowl parties often include game day

favorites like chicken wings, chili, guacamole, and chips and salsa. In fact, it is estimated that more than 1.23 billion chicken wing portions will be consumed during Super Bowl weekend! Sadly, the combination of finger foods, many people sharing communal dishes, and treats that are left out for long periods of time can lead to foodborne illness (also known as food poisoning). The

best host wants to make sure that foodborne illness is not invited to the party, so remind consumers to follow the 4 steps to food safety (clean, separate, cook, and chill) and find more safe serving tips at [Serving up Safe Buffets](#).

WHY IS IT IMPORTANT TO EAT WHOLE GRAINS?

Why are whole grains so much better for you? Whole grains or foods made from them contain all the essential parts and naturally occurring nutrients of the entire grain seed in their original proportions. That means you're getting 100% of the original kernel - all of the bran, germ and endosperm. Unlike refined grains, which strip away the outer bran and germ, leaving just the starch, whole grains retain all the natural nutrition of grains such as wheat, brown rice, barley, oats. Although nutrients vary by type of grain, this means that whole grains are generally higher in dietary fiber, iron, potassium, magnesium, calcium, B vitamins and vitamin E.

It's easy to start increasing your intake. Of course, even healthy whole grains contain carbs and calories, so instead of simply piling more food on your plate, you should substitute whole grain products for the refined grain foods you're already eating. You'll reach or exceed the recommendations pretty quickly. Consider a typical day's meals:

- Choose steel-cut oatmeal or a whole grain ready-to-eat cereal for breakfast.
- Make your lunchtime sandwich with 100% whole-wheat bread.
- Snack on whole grain crackers or popcorn (hold the butter and go easy on the salt).
- Instead of white rice or refined grain pasta with dinner, choose brown rice or wild rice, which are both whole grains, or whole-wheat pasta. Consider trying less-familiar, delicious whole grains like millet, barley, farro and others.

Volunteers Needed:

Keep it a Safe Summer (KISS) May 24th

KISS will be making a return on Wednesday May 24th at the Lyon County Fairgrounds. Volunteers are needed to help with registration, prize table, extra booth help, food and many more. Last year this event drew about 2500 people.

Return Service Requested

Check out our website at
www.lyon.ksu.edu

February

- 04 4-H Beef weigh-in and tagging, 8-10 a.m., Fairgrounds
- 04 Barn Quilt Class, 9 a.m. – 2 p.m., EG
- 06 Master Gardener Meeting, noon, EMR
- 06 Dog Project Meeting, 6 p.m., EG
- 06 Ambassador Meeting, 6 p.m., EMR
- 06 4-H Council Meeting, 7 p.m., EMR
- 08 Soybean Stewardship Meeting, 10 a.m., AB
- 10 FCS President's Council Meeting, noon, EMR
- 11 4-H Day with Wildcat Women's Basketball, KSU
- 18 Lyon County Spring Rabbit Show, 9 a.m., AB
- 19 Poultry Club Meeting, 1 p.m., EMR
- 19-20 Kansas 4-H Citizenship in Action, Topeka
- 20 Presidents' Day – Extension Office Closed
- 21 Cloverbuds, 6 p.m., EMR
- 24-25 State 4-H Ambassador Training, Rock Springs
- 25 Countywide Foods Meeting, 9 a.m., EMR
- 25 Barn Quilt Class, 9 a.m. – 2 p.m., EG
- 25-26 Flint Hills Greener Living Show, AB

AB = Anderson Building
BCB = Bowyer Community Building
EG = Extension Garage
EMR = Extension Meeting Room

March

- 01 New Member Meeting, 5:30 p.m., EMR
- 03 FCS President's Council Meeting, noon, EMR
- 03 Annual Cattlemen's Day, KSU
- 04 4-H Club Days, Timmerman Elementary School
- 06 Master Gardener Meeting, 5:15 p.m., AB
- 06 Dog Project Meeting, 6 p.m., EG
- 06 4-H Ambassador Meeting, 6:00 p.m., EMR
- 06 4-H Council Meeting, 7 p.m., EMR
- 11 Kansas Junior Swine Producer Day, KSU
- 14 Medicare Basics, 10 a.m. & 7 p.m., AB
- 14 Grazing Risk Management Workshop, 1:30 p.m., Cassoday
Community Center
- 16 Walk Kansas Registration Due
- 16 Hop To It Rabbit Club, 7 p.m., AB
- 18 Regional 4-H Club Days, Madison High School
- 19 Poultry Club Meeting, 1 p.m., EMR
- 19 Walk Kansas Begins
- 20 Tractor Safety Class, 9 a.m. – 3 p.m., PrairieLand Partners
- 21 Cloverbuds, 6 p.m., EMR
- 22 Barn Quilt Class, 9 a.m. – 2 p.m., EG
- 25 Kansas Junior Goat Producer Day, KSU
- 28 Rawhide Wranglers, 6 p.m., EMR
- 28 Is It Safe? (Walk Kansas Class), 10 a.m. & 7 p.m., AB