

Reno County Extension

August 2016



K-State Research & Extension - Reno County 2 W 10th Ave South Hutchinson KS 67505

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2016 Extension Master Gardener Classes to Begin in September

Hutchinson, KS - If you enjoy gardening, want to learn more about it and have some spare time on your hands for volunteer work, then the Master Gardener program might be for you. The Reno County Extension Master Gardener program is currently in need of new volunteers for the 2016-2017 season. Training for new volunteers will begin on September 8. Classes will be held every Thursday until December 8 except on Thanksgiving Day. Class time will be from 9:00 a.m. to 3:30 p.m. A one-time fee of \$110.00 will be charged to cover the cost of a class reference book and other materials.

The Master Gardener Program is for those individuals who are interested in plants and gardening and enjoy sharing their knowledge for the benefit of others. Prior knowledge of gardening is not necessary to be in the Master Gardening Program. Volunteers will be given approximately 40 hours of college level training in home horticulture. Class subjects include landscaping, soil fertility, insects and diseases, plant problem diagnosis, fruits and vegetables, annual and perennial flowers, native plants, herbs, trees, shrubs, turf and plant propagation. Classes will be taught by Kansas State University faculty and local horticulture industry experts. In return for the training, Master Gardeners are asked to volunteer a minimum of 40 hours to Reno County Extension Master Gardener educational programs during the following growing season.

Anyone interested in becoming a Master Gardener can pick up an application or have questions answered at the Reno County Extension Office, located at 2 W. 10th in South Hutchinson, by calling 620-662-2371, or on the internet at www.reno.ksu.edu.

"K-State Research and Extension is an equal opportunity provider and employer"

"K-State Research and Extension 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, or a dietary restriction please contact Jan Steen by phone at (620) 662-2371 or by email at jmsteen@ksu.edu."

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Ag Agent
Darren
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Sorghum

Sorghum is in various stages of development around NC Kansas. The late planted, which seems to be just in the whorl stage- to soft dough, or even farther along. Corn earworms (often called sorghum headworms/soybean podworms etc., depending upon the crop infested) are causing significant infestations and therefore concern because of the highly visible whorl feeding and subse-



quent "ragged"-looking leaves as they expand from the whorl. This feeding probably will have no effect on yield, and by the time the damage is noticed the worms are mostly finished feeding anyway. Therefore, treatment is rarely justified. Feeding on the kernels however which is the marketable product is a different story. Sampling for head-feeding worms is really relatively easy. Just take a small white bucket, bend the head over into the bucket and vigorously shake it against the sides of the bucket which dislodges the larvae. Then count the worms and divide into the number of heads sampled.

Rule of thumb: kernel-feeding larvae cause 5% loss/worm/head. Sorghum heads are most vulnerable from flowering to soft dough. These larvae are relatively susceptible to insecticides so efficacy is usually pretty good. However, these insecticides will reduce beneficial insect populations which can help later if any



These last two links are some helpful links for more info, or if you want to subscribe to the Entomology Newsletter.

<http://entomology.k-state.edu/extension/newsletter/index.html>

<http://entomology.k-state.edu/extension/newsletter/subscriptionpage.html>

Soil Health

Field Day with Jimmy Emmons

And Michael Thompson

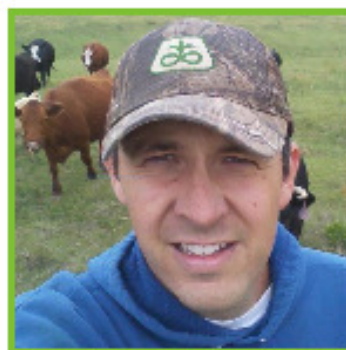
Jimmy Emmons from Leedy, Oklahoma and Michael Thompson from Almena, Kansas are farm/ranch innovators using cover crops to build soil health and make their operations profitable. Field day includes tours of Kauffman cover crop plots, demonstrations, displays, free hamburger lunch.

Wednesday, August 24th (register by Aug 22)

8:00 am to 2:00 pm

**Kauffman Seeds West - 9218 Halstead Road,
Hutchinson, Kansas** (watch for yellow field day signs)

Lunch provided courtesy of Kauffman Seeds. No cost for the day but you must reserve a spot to attend. Call Howard by Tuesday, August 22nd, to reserve a lunch at 620-727-6546 or email cheneylakewatershed@gmail.com.



Kauffman Seeds, Inc.



Sponsors include Reno County Conservation District, Kauffman Seeds, Cheney Lake Watershed.

"Everybody wants to be green, but I think it's time that we look at the dirt and have a brown revolution to improve the soil and get back to the dark rich soil that we all used to have." - Jimmy Emmons

This event has been funded in part through the Section 319 of the Clean Water Act through Kansas Dept. of Health and Environment

Fall Field Day



South Central Kansas Experiment Field Hutchinson, Kansas

August 30, 2016
5:00 p.m.



Location: Irrigation field at Highway 61 and Red Rock Road. The address is 9314 W. K-61 Highway. N 37.94376° W-97.11044°

Two miles south of Partridge on Highway 61 on the east side of the road.

Please RSVP for the meal headcount to Gary Cramer at 620-662-9021 or email him at gcramer@ksu.edu by AUG 26th.

Field Day Topics

- Welcome and IntroductionsGary Pierzynski, Gary Cramer
- Review of Growing Season Condition G. Cramer
- Atrazine registration review and comment periodGreg Krissek
- Development of Optical Sensor based Nitrogen Recommendations for Corn.....Ashley Lorence
- Weed Control Program for Enlist CornG. Cramer
- Update on Enlist products from Dow AgroSciences.....Kristin Rosenbaum
- Re-evaluation of Recommended Corn Seeding Rates Corn.....Ignacio Ciampitti
- Herbicide Programs for Inzen-Z Grain Sorghum.....Curtis Thompson

SPECIAL THANKS TO OUR PROGRAM SPONSORS!

Kansas Corn Commission

Agri-Business Committee of the Hutchinson/Reno County Chamber of Commerce

Dow AgroSciences, L.L.C.

Program Personnel:

Gary Cramer, Agronomist South Central Kansas Experiment Station; Gary Pierzynski, University Distinguished Professor, Head, Department of Agronomy, Soil and Environmental Chemistry; Curtis Thompson, K-State Research and Extension, Ashley LorenceGreg, KSU graduate student; Kristin Rosenbaum, Field Scientist CPRD, Dow AgroSciences; Greg Krissek, CEO, Kansas Grain Sorghum Commission.

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, or a dietary restriction, please contact Gary Cramer, (620) 662-9021.



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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RENO COUNTY

BBQ CLINIC

SEPTEMBER 24, 2016

10:00 AM—3:00 PM

RENO COUNTY EXTENSION OFFICE

2 W. 10TH AVE, SOUTH HUTCHINSON, KS

REGISTRATION: \$45/INDIVIDUAL \$70/TEAM OF 4 OR LESS

PLEASE BRING YOUR OWN KNIFE & CUTTING BOARD!

Join us, September 24, to learn all about barbecue! This will be an instructional, hands-on workshop. You'll learn about: rubs and sauces—including regional styles of barbecue; grill and smoker maintenance; cooking through the seasons; types of cookers and accessories; meat cuts; food safety; grilling; garden grilling; cold smoking—and more!

Snacks and a late lunch provided. Reserve your spot now—space is limited! Want to know more? Give us a call at 620-662-2371 or email Darren at darrenbusick@ksu.edu.

K-STATE
Research and Extension

Reno County

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RENO COUNTY BBQ CLINIC REGISTRATION

NAME(S): _____

NUMBER ATTENDING: _____

ADDRESS: _____

AMOUNT ENCLOSED: _____

EMAIL: _____

\$45/Individual \$70/Team of up to 4

PHONE: _____

Make checks payable to:

Reno County Extension

Register by September 19. Mail or drop off registration and fee to:

Reno County Extension Office, 2 W 10th Ave, South Hutchinson, KS 67505

COMMUNITY BITS AND BYTES WITH JAN STEEN

Keeping Our Community's Roads Safe: Back to School Tips for Teen & Adult Drivers

For many it seems like summer has only just begun. However, school is, or will soon be, back in session, which means many teens may be having their final summer fun before getting back into the routine of school. Since car crashes are the number one cause of teenage deaths, now is always a good time to remind teens about some simple but important safe driving tips.

Simple but Crucial:

- Obey the speed limits. Going too fast gives you less time to stop or react. Excess speed is one of the main causes of teenage accidents. Be aware of school zones and their reduced speed limits.
- Always wear your seat belt – and make sure all passengers buckle up, too. Don't try to fit more people in the car than you have seat belts for them to use.
- Don't text while driving or have too many passengers in the vehicle as distractions of any kind can cause an accident. Texting or updating your social media status can wait until you are stopped at your final destination.
- Make sure your windshield is clean. At sunrise and sunset, light reflecting off your dirty windshield can momentarily blind you from seeing what's going on.
- Never pass a school bus with its flashers on and stop sign extended.

Consider Other Drivers:

- Don't make assumptions about what other drivers are going to do. The only thing you can assume about another driver with a turn signal on is that they have a turn signal on. He/she might not be turning at all, and just forgot to turn it off.
- Watch out for aggressive drivers, and try to stay out of their way. They are the cause of a lot of accidents – especially on freeways.

- Never pull out in front of anyone or swerve into someone else's lane.

Constant Awareness :

- Make sure your car always has gas in it – don't ride around with the gauge on empty.
- If you're in the country, watch out for deer and other animals. If you see an animal approaching, slow down and flash your lights repeatedly. Dusk and dawn are particularly bad times for running into animals, so be on the lookout for them.
- When the light turns green, make sure the intersection clears before you go.

- Be alert for children gathered at bus stops, getting on or off buses, and crossing the street. Know where crosswalks are, and that pedestrians have the right of way.

These tips and more are available on-line at teendriving.com.

Adapted from Wayne Co. Ohio Extension, Texas Department of Transportation, and Reno County Extension

Try out experimental features with your Google Calendars and Mail by using Labs

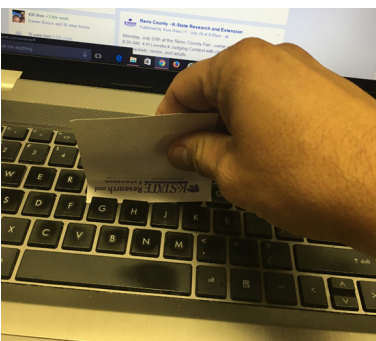
Google likes to experiment with new features. Sometimes the experiment works and it becomes a feature – sometimes it doesn't. Because these are experiments they might change or disappear at any time.

To see what features might be available to you, you must turn on and use Labs using a computer or mobile browser. You cannot access Labs from the Gmail or Google Calendar app on your Android or iPhone device. To get to the labs for Google Calendar, open your calendar in a browser, then go to the gear in the top right corner: Click "Settings" then the "Labs" link at the top. To get to the labs for Gmail, the process is very similar. Open Gmail in a browser, click on the gear, then "Settings" and then "Labs" near the top.

You can now enable or disable features. You can even give feedback and make suggestions.

Low-tech tips to make your high-tech life easier

If I'm waiting on someone and need a little entertainment to keep me from being bored, I like to watch videos on my phone. If you're out and about, it can be a pain to find something to prop your phone up against while you watch – and it's not very comfortable to hold onto it for 10 or 20 minutes. Use your sunglasses as a stand to prop up your phone. Slightly open your sunglasses so the arms cross, and place the glasses upside



down on the table. Your phone will rest at a slight angle when placed on the glasses, the tips of the arms holding the glasses so they don't slide. A little like this:

Sticky notes are handy to give yourself reminders and mark your spot in books and catalogues. Before you throw those notes away, run them between the rows on your keyboard to pick up any crumbs or lint. There should be enough stickiness left on the note to help keep your keyboard nice and clean.

Do you have any tips you'd like to share? Send them to jmsteen@ksu.edu

Inspired by Columbia West College

Tools for rural grocers – and potential rural grocers

If you're thinking of starting a grocery store in a rural community, or you already operate one, K-State Research & Extension has collection of tools and information you may find useful.

For those considering establishing a rural grocery store, resources are categorized into five different steps: Assessing the Market, Getting Started, Legal Requirements and Licensing, Financing, and Marketing Your Business.

Current store owners will find six categories: Market Assessment, Business Organization, Financial, Business Management, Food Suppliers, and Marketing.

The Rural Grocery Toolkit is a collaborative effort of K-State Research & Extension, Kansas State University's Center for Engagement and Community Development, Center for Rural Affairs, and Kansas Rural Center. For more information, and to access the toolkit, visit www.ruralgrocery.org/resources

Grant Workshop – a success!



Our July grant writing workshop had full attendance and a lot of information was shared about writing grants, finding sources of funding, and what grant readers look for once the applications start coming in. Special thanks to our presenter, Trudy Rice, Community Vitality State Leader from K-State Research

& Extension, and to the South Hutchinson Chamber of Commerce for sponsoring the meal!

If you missed this session and have an interest in another grant writing workshop in the coming months, please let us know and we'll work on getting one scheduled.

Call Jan Steen at 620-662-2371 or email: jmsteen@ksu.edu



GET THE *FACTS* FROM JENNIFER SCHROEDER, Family & Consumer Science Agent

It's Peach Season!

As summer moves forward, peach season approaches. Whether you pick your own or buy them from your local grocer, it is hard to beat this juicy summer treat!

Peaches can be in any meal and more. Here are some ideas to incorporate them into your meals.

- Add peaches to breakfast on your cereal, pancakes, waffles or yogurt.
- Grill peaches for a sweet dessert. The heat will bring out their natural sweetness.
- Make a smoothie with other fruits, yogurt and ice with a peachy twist.
- Preserve peaches! Learn more at www.bookstore.ksre.ksu.edu/pubs/mf1182.pdf.
- Make a cobbler or crisp with fresh peaches. It's a classic dessert for summer.
- Add peaches to water, tea, or lemonade for a refreshing beverage.
- Make a fresh peach salsa or preserve a zesty peach salsa. See the link above to preserve peach salsa.

Source: www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-peaches

Wonderful Watermelon!

Summer also brings us watermelon! Made of 92% water, it is a refreshing way to stay hydrated on hot days.

The entire watermelon is edible. Grab and go with spears, wedges, cubes and halves. Toss chunks into salads and beverages.

The rind is also edible. The rind can be added to stir-fries, stewed or pickled. Use the rind as a bowl to hold a fruit salad.

Learn more on how to make the most of watermelon at www.watermelon.org.

Back to School!

Schools are busy welcoming kids back to the classroom! If you are packing them a lunch, keep these tips in mind:

- Introduce children to a variety of wholegrain breads and rolls. Try an unassembled one they can eat in stages.
- Veggies and dip are always a hit. Cut up carrots, cucumbers, broccoli, or cauliflower and pack with a small container of your child's favorite low-fat dressing.
- Include a favorite item along with new foods. This way if the child doesn't care for the new item, he or she will still have the old favorite.
- Keep foods safe. Use insulated bags with reusable ice packs to keep foods cool. Use a lunch box with rigid sides to keep foods from getting crushed.

More ideas and tips at <http://food.unl.edu/august-foodcalendar#backtoschool>

Sprouting Up: Wheat Foods for Kids

Looking for a way to teach kids about wheat and foods made with wheat?

The Wheat Foods Council has a fun and informative resource that shows how wheat is grown, harvested and made into flour and foods. They also have a presentation, recipes and games to help kids learn even more.

On this website, www.wheatfoods.org/resources/73, look for this resource and other ideas for all ages.

When the Power Goes Out, Can Food Be Saved?

- Never taste a food to determine its safety! Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is .

- half full and the door remains closed).
- Food may be safely refrozen if it still contains ice crystals or is at 40 °F or below.
- Obtain block ice or dry ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for 2 days.
- If the power has been out for several days, then check the temperature of the freezer with an appliance thermometer or food thermometer. If the food still contains ice crystals or is at 40 °F or below, the food is safe.
- If a thermometer has not been kept in the freezer, then check each package of food to determine its safety. If the food still contains ice crystals, the food is safe.
- Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers, and deli items after 4 hours without power.

When in Doubt, Throw it Out! www.ksre.k-state.edu/foodsafety/topics/disaster.html

Are All Disposable Wipes Equal?

Disposable wipes are a convenience in many ways. But they are not all the same. The key is to use them for their intended purpose such as personal care, hand cleansing, or disinfecting at home, work, or other places.

Wipes are made of polyester, polypropylene, cotton, wood pulp, or rayon fibers formed into sheets. They are moistened with water and other ingredients, such as cleansing and moisturizing

agents or preservatives to prevent the growth of bacteria and molds.

Some safety tips for using wipes include:

- Use only on unbroken, intact skin.
- Let skin dry thoroughly after use.
- Keep containers closed to keep wipes moist. Discard used wipes to prevent cross contamination.
- If you have sensitive skin or specific allergies, always read the label before using wipes.

Source: <http://bit.ly/29VUrNF>

Medicare Open Enrollment is October 15-December 7th

Each year Medicare beneficiaries have the opportunity to make changes to their Medicare Advantage Plan (Part C) or their Medicare Prescription Drug Plan (Part D) for the next year. It is recommended that you compare plans every year, for cost, coverage and convenience. You may choose to stay with your current plan or switch plans and possibly save money



Senior Health Insurance
Counseling for Kansas

Pamela Paulsen
County Extension Agent - Horticulture

ppaulsen@ksu.edu

Darren Busick
County Extension Agent - Agriculture

darrenbusick@ksu.edu

Jennifer Schroeder
County Extension Agent - Family & Consumer Sciences

jenj@ksu.edu

Joan Krumme
County Extension Agent - 4-H

jkrumme@ksu.edu

Jan Steen
County Extension Agent - Technology & Community Development
County Extension Director

jmsteen@ksu.edu