

## FHD Extension News

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### PROGRAM DEVELOPMENT COMMITTEE (PDC)

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Extension programming can be grouped into four categories including

- Agriculture and Natural Resources
- Family and Consumer Sciences
- 4-H Youth Development
- Community Vitality.

Each of these programming areas have a Program Development Committee (PDC). These committees meet twice a year to discuss programs that have gone well, programs that would be beneficial to the community and interests in programming that might be available. These meetings are held once in the spring and once in the fall.

PDC groups met October 24 & 25 to review programming from the year and give input on upcoming events. Family and Consumer Science PDC and Ag PDC met in Council Grove on October 24th. Community Vitality and 4-H Youth Development met in Cottonwood Falls on October 25th.

We are thankful for the individuals who are willing to serve on these committees. If individuals have requests for programs that Extension could offer, please reach out to let us know. Agents are in the process of planning programming for the 2023 calendar year and would welcome your input on programs that community members would like to see offered.

If you would be interested in serving on a Program Development Committee, we invite you to call one of the offices or email one of the agents. The meetings are about an hour long. Having new members on our committees help to give a fresh perspective and new ideas.

## 4-H HAPPENINGS

### Flint Hills 4-Hers Participate in Kansas Junior Livestock Show in Hutchinson

Seven Flint Hills Extension District 4-Hers participated in the Kansas Junior Livestock Show on September 30—October 2, 2022 at the Fairgrounds in Hutchinson, Kansas. Participants from across the state had the opportunity to show beef, swine, sheep, and meat goats during the weekend. Congratulations to the 4-Her's on their participation!



4-H members who participated from Chase County were: Barrett and Paisley Voboril.



4-H members who participated from Morris County were: Castyn Andres, Cooper Andres, Carissa Dalquest, Cassidy Dalquest, and Mariette Thibodeaux.

## 4-H ACHIEVEMENT BANQUETS

The Morris County Achievement Banquet was held November 5th and the Chase County Achievement Banquet was held November 13th. Each county recognized youth for their year accomplishments, record book awards, and celebrated the 2021-2022 year of 4-H. The Key Award is given out during the evening. Each county recognized two recipients of the Key Award this year. This capstone award recognizes 4-H members for the dedication and involvement in 4-H!



At left:  
Chase County recipients: Jake Sollner and Aidan Eidman

At right:  
Morris County recipients: Mark Andres and Mandy Wainwright



## LET'S TALK TURKEY!

### A CONSUMER GUIDE TO SAFELY ROASTING A TURKEY—SHARED FROM USDA

#### **Fresh Turkeys**

- Allow 1 pound of turkey per person.
- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- **Do not buy fresh pre-stuffed turkeys.** If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

#### **Frozen Turkeys**

- Allow 1 pound of turkey per person.
- Keep frozen until you're ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.
- See "Thawing Your Turkey" for thawing instructions.

#### **Frozen Pre-Stuffed Turkeys**

USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.

DO NOT THAW before cooking. Cook from the frozen state. Follow package directions for proper handling and cooking.

Allow 1¼ pounds of turkey per person.

#### **Thawing Your Turkey**

There are three ways to thaw your turkey safely — in the refrigerator, in cold water, or in the microwave oven.

##### **In the Refrigerator (40 °F or below)**

Allow approximately 24 hours for every 4 to 5 pounds

4 to 12 pounds 1 to 3 days

12 to 16 pounds 3 to 4 days

16 to 20 pounds 4 to 5 days

20 to 24 pounds 5 to 6 days

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can

remain in the refrigerator for 1 to 2 days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

##### **In Cold Water**

Allow approximately 30 minutes per pound

4 to 12 pounds 2 to 6 hours

12 to 16 pounds 6 to 8 hours

16 to 20 pounds 8 to 10 hours

20 to 24 pounds 10 to 12 hours

Wrap your turkey securely, making sure the water is not able to leak through the wrapping. Submerge your wrapped turkey in cold tap water. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not refreeze.

# LET'S TALK TURKEY! -CONTINUED

## **In the Microwave Oven**

- Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound, and power level to use for thawing.
- Remove all outside wrapping.
- Place on a microwave-safe dish to catch any juices that may leak.
- Cook your turkey immediately. Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

**REMINDER: Remove the giblets from the turkey cavities after thawing. Cook separately.**

## **Roasting Your Turkey**

- Set your oven temperature no lower than 325 °F.
- Place your turkey or turkey breast on a rack in a shallow roasting pan.
- For optimum safety, stuffing a turkey is not recommended. For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole. Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 °F.
- If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate. Chill all of the wet ingredients (butter/margarine, cooked celery and onions, broth, etc.). Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 °F.
- A whole turkey is safe when cooked to a minimum internal temperature of 165 °F, as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.
- If your turkey has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. The minimum internal temperature should reach 165 °F for safety.
- For quality, let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.
- Remove all stuffing from the turkey cavities.

## Timetables for Turkey Roasting (325 °F oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

### **Unstuffed**

4 to 8 pounds (breast) 1½ to 3¼ hours  
8 to 12 pounds 2¾ to 3 hours  
12 to 14 pounds 3 to 3¾ hours  
14 to 18 pounds 3¾ to 4¼ hours  
18 to 20 pounds 4¼ to 4½ hours  
20 to 24 pounds 4½ to 5 hours

### **Stuffed**

4 to 6 pounds (breast) Not usually applicable  
6 to 8 pounds (breast) 2½ to 3½ hours  
8 to 12 pounds 3 to 3½ hours  
12 to 14 pounds 3½ to 4 hours  
14 to 18 pounds 4 to 4¼ hours  
18 to 20 pounds 4¼ to 4¾ hours  
20 to 24 pounds 4¾ to 5¼ hours

## LET'S TALK TURKEY! -CONTINUED

It is safe to cook a turkey from the frozen state. The cooking time will take **at least 50 percent longer** than recommended for a fully thawed turkey. Remember to remove the giblet packages during the cooking time. Remove carefully with tongs or a fork.

### Optional Cooking Hints

- Tuck wing tips under the shoulders of the bird for more even cooking. This is referred to as "akimbo."
- Add ½ cup of water to the bottom of the pan.
- If your roasting pan does not have a lid, you may place a tent of heavy-duty aluminum foil over the turkey for the first 1 to 1 ½ hours. This allows for maximum heat circulation, keeps the turkey moist, and reduces oven splatter. To prevent overbrowning, foil may also be placed over the turkey after it reaches the desired color.
- If using an oven-proof food thermometer, place it in the turkey at the start of the cooking cycle. It will allow you to check the internal temperature of the turkey while it is cooking. For turkey breasts, place thermometer in the thickest part. For whole turkeys, place in the thickest part of the inner thigh. Once the thigh has reached 165 °F, check the wing and the thickest part of the breast to ensure the turkey has reached a safe minimum internal temperature of 165 °F throughout the product.
- If using an oven cooking bag, follow the manufacturer's guidelines on the package.

**REMEMBER!** Always wash hands, utensils, the sink, and anything else that comes in contact with raw turkey and its juices with soap and water.

For information on other methods for cooking a turkey, call the USDA Meat and Poultry Hotline 1-888-MPHotline (1-888-674-6854) [www.fsis.usda.gov](http://www.fsis.usda.gov)

### Storing Your Leftovers

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.
  - Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
  - Use refrigerated turkey, stuffing, and gravy within 3 to 4 days.
- If freezing leftovers, use within 2 to 6 months for best quality.

### Reheating Your Turkey

Cooked turkey may be eaten cold or reheated.

#### In the Oven

- Set the oven temperature no lower than 325 °F.
- Reheat turkey to an internal temperature of 165 °F. Use a food thermometer to check the internal temperature.
- To keep the turkey moist, add a little broth or water and cover.

#### In the Microwave Oven

- Cover your food and rotate it for even heating. Allow standing time.
  - Check the internal temperature of your food with a food thermometer to make sure it reaches 165 °F.
- Consult your microwave oven owner's manual for recommended times and power levels.

### 2023 Swine Profitability Conference



Mark your calendars for the next Swine Profitability Conference which will be held on February 7, 2023 at the Stanley Stout Center in Manhattan, KS.

### 2022 Farm and Ranch Transition Conference

- ◆ **What:** The Office of Farm and Ranch Transition at K-State will be having a Succession Planning Conference
- ◆ **When:** December 14th 8:30 am — 3:00 pm
- ◆ **Where:** Tony's Pizza Event Center, 800 The Midway, Salina, KS
- ◆ Registration Info Credit Card: (\$60) <https://commerce.cashnet.com/FRTRANSITION>
- ◆ Mail: (\$60) Mail check to Rhonda Lund, Dept. of Agricultural Economics, KSU, 1603 Old Claflin Place Manhattan, KS 66506
- ◆ **Deadline:** December 1, 2022 Travel Assistance and Scholarships are available. If you have any questions or if you are interested in being an exhibitor, please contact [agkansitions@ksu.edu](mailto:agkansitions@ksu.edu)

## Preparing for a Successful Calving Season

It's that time of year again to start preparing for calving season. Being prepared is the best way for producers to guarantee they will bring home the newborn calves successfully. If you have a March 1<sup>st</sup> calving heard then you are in the last month of the second trimester and will soon begin the third and final trimester in early December. Why is knowing when the third trimester starts so important? That's when the nutrient requirements of the cow or heifer significantly increase.

The best way to know if your herd needs a change in nutrient requirements is a method called Body Condition Score or BCS. Having cows and heifers at the appropriate body condition score is the key to a successful calving and production season.

What is body condition scoring? Body condition scores are a numerical method to determine the relative body reserves of a cow. This system uses visual characteristics to estimate the nutritional level of the animal using a range from 1 to 9. A score of 1 represents a very thin cow, and 9 an extremely over-conditioned cow. The ideal BCS for a mature cow calving is 5 and first-calf heifers require additional nutrients for continued growth, so their ideal BCS is 6. Primary areas that are observed for fat deposit or reserves include the spine, ribs, hooks and pins, tail head, and brisket.

K-State Beef Specialist Sandy Johnson states producers need to take note of the start of the third trimester because failing to do so is expensive either through higher feed costs, higher replacement rates, lower calf weights and/or poorer calf health. Test forages and adjust rations accordingly as a part of the adjustments to be monitored at this time. Either when working cows or when doing a routine check, determine the average body condition score of the group. Now is the time to be planning ahead.

The red IRM book is a handy tool to have during calving time. The book helps record calving activity, herd health, pasture usage, cattle inventory, AI breeding and sales, plus a date book and room for extra notes. This book is helpful for keeping good records not just for calving, but for overall herd management.

The Extension Office has a limited number of the IRM red book available for producers. Please stop by and pick one up today!



# Management Considerations for Beef Cow-Calf Producers – Now and Looking Ahead

*By Jason Warner, Ph.D., Extension Cow-Calf Specialist*

## **Cow Herd Management**

- With continued volatility, consider opportunities to lock prices in, if at all possible, for co-products and commodity feeds.
- Understand what nutrients you are targeting to purchase and price feeds on a cost per unit of nutrient basis.
- If not already done, take inventory of and test harvested forages for the following:
  - \* Moisture/dry matter
  - \* Crude protein
  - \* Energy (NEm, NEg, and/or TDN)
  - \* Fiber components (ADF, NDF)
  - \* Macro-minerals (calcium, phosphorus, magnesium, potassium, salt)
  - \* Nitrates and/or prussic acid when appropriate
  - \* Starch for silage crops
- Calculate forage needs based on herd inventory, cattle weight, and days, and develop a plan to ensure that adequate harvested forage is available if grazing is limited.
- Body condition score cows to develop informed supplementation strategies (both spring and fall-calving herds).
  - \* Targeted BCS at calving: 5 for mature cows, 6 for young females (2,3, & 4 year olds)
- Consider utilizing crop residues for late-fall and winter grazing needs. Assess down grain in the field and be aware of nitrates and prussic acid (around the time of frost for sorghums).
- Check spring-calving herds for pregnancy status and cull the following:
  - \* Open or late-bred females
  - \* Females with poor disposition
  - \* Low milk producing females that wean light calves
  - \* Females with undesirable teat/udder conformation
  - \* Unsound females (eyes, feet/legs)
- Review your marketing strategy for cull cows.
  - \* Cows with a BCS  $\geq 6.0$  will likely sell well with current market prices.
  - \* Look for opportunities to increase value by adding weight prior to market.
- Ensure bulls undergo breeding soundness exams prior to fall/winter service.
- Manage young and mature bulls during the offseason to ensure bulls are BCS  $\geq 5.0$  prior to the next season of use.

## **Calf Management**

- If not already done, make arrangements to wean spring-born calves.
  - \* Finalize plans to either market calves or retain and add weight post-weaning.
  - \* If marketing calves, communicate your strategy to prospective buyers in advance.
- If retaining calves post-weaning:
  - \* Review your nutrition plan.
  - \* Ensure you have sufficient forages available to match cowherd needs.
  - \* Closely observe feed and water intake the first few weeks.
  - \* Make sure all cattle have sufficient access to feed and water.
- Review/update your health protocols as needed for either weaned or new-born calves.
- Consider either supplementing fall-calving pairs or creep feeding fall-born calves to maintain calf performance on low-quality winter forages.

## Management Considerations for Beef Cow-Calf Producers – Now and Looking Ahead Continued

By Jason Warner, Ph.D., Extension Cow-Calf Specialist

### General Management

- Develop and/or review your risk management plans for the coming year.
- Evaluate your short and long-term herd inventory goals with current conditions.
- Update lease arrangements as necessary.
- Schedule an annual meeting with your lender, insurance agent, and extension professional.

### Forage and Pasture Management

- Make plans for controlling invasive species for the next growing season.
- Winterize water sources if applicable.
- Work on fencing/facility projects as time/weather allows.

### Tucking Your Lawnmower in for the Winter

If you are done mowing for the year, be sure to service your mower before putting it away. Make sure you drain the gas tank of gasoline-powered engines or use a gasoline stabilizer. Untreated gasoline can become thick and gummy. A few drops of oil squirted inside the spark plug hole (after you remove the spark plug) will help lubricate the cylinder. While you have the spark plug removed, replace it with a new one. If your equipment has a battery, clean the battery terminals, which usually corrode during the season. A wire-bristle brush is a good tool for doing this. The battery can then be removed or connected to a battery maintainer that will keep it charged over winter. If you remove the battery, be sure to store it in a protected location for the winter (a cool basement works best). Now is also an excellent time to sharpen mower blades so they'll be ready next spring.



Sharpening rotary mower blades is fairly straightforward. The following steps will guide you through this process:

- ◆ Check the blade for major damage. If you can't fix it, it will need to be replaced.
- ◆ Remove grass and debris from the blade with a moist cloth. Dry before beginning to sharpen the cutting edge.
- ◆ Remove nicks from the cutting edge, using a grinding wheel or hand-file.
- ◆ If using a grinding wheel, match the existing edge angle to the wheel. If hand-filing, file at the same angle as the existing edge.
- ◆ Grind or file until the edge is 1/32 inch, about the size of a period. Sharpening to a razor edge may result in the edge folding over during use resulting in a poor cut.
- ◆ Particularly with a grinding wheel, avoid overheating the blade as this may damage it.
- ◆ Clean the blade with solvent or oil, much like if you were cleaning a gun, for optimum winter storage. Avoid using water because it will promote rust.

Following these tips can help you better prepare your mower for winter storage and also save you some steps this coming spring. (Ward Upham)



# Natural Resources

## Tips for wild game food safety p. 1 of 2

In a recent Kansas State Research and Extension news article, Kansas State University food scientist Karen Blakeslee gave helpful food safety tips to be used when harvesting wild game.

When you are harvesting wild game, it is important to clean the animal in a timely manner, and then chill the carcass on ice for transport.

A couple of other tips that are good to remember are:

- Wash your hands.
- Bring and use plastic gloves.
- Make sure that you pack the tools needed to handle the kill.
- The sooner the animal is dressed, the better the meat will be.
- Take plenty of ice to chill the inside of the carcass quickly.

Blakeslee recommends having an appointment with a meat processor prior to the hunt. If hunters are able to perform the processing and fabrication of the carcass themselves, they should do it soon after the hunt is finished.

“It is important to identify animals, such as deer and elk, that have signs of chronic wasting disease,” Blakeslee noted. It is also important to know if chronic wasting disease (CWD) has been found in any animals within the area where you are hunting.

Blakeslee shared, “Animals with CWD have symptoms of weight loss, stumbling, tremors, lack of coordination and other symptoms.”

# Natural Resources

## Tips for wild game food safety p. 2 of 2

She suggests that hunters review the Kansas Department of Wildlife and Parks website for the latest information on CWD. Do not consume any meat from animals that test positive for CWD, Blakeslee said.

While the best form of preservation is freezing, wild game can also be smoked, dried, corned, canned or made into sausage. Fish may also be pickled or canned.

Other than those that test positive for CWD, wild game carcasses should be handled similarly to other meat products when they are being prepared for consumption.

For more information on natural resource or food safety topics, please contact the Council Grove or Cottonwood Falls Extension Offices.

The Council Grove Extension Office is located at 501 W. Main, Council Grove, KS 66846, and the office number is (620) 767-5136.

The Cottonwood Falls Extension Office is located at 205 Broadway, Cottonwood Falls, KS 66845, and the office number is (620) 273- 6491.

# Horticulture

By Ward Upham



## Rabbit Protection

Rabbits may begin to nibble on newly planted trees and shrubs through the winter. Protect your investment with at least 2-foot-tall cylinders of 1-inch-mesh, chicken wire, or similar barrier. Remove the barrier in the spring or it can be left in place for a time. Just remember to remove it before it starts to constrict the trunk. Other control methods include plastic tree wraps and liquid rabbit repellents sprayed on the plants. Repellents will need to be reapplied each time it rains.

## Garden Soil Preparation

Autumn is an excellent time to add organic materials and till garden soils. Winter can still be a good time to take care of this chore as long as the soil isn't frozen. It is far wiser to till now than to wait until spring when cold, wet conditions can limit your ability to work soils easily. Working soil when it is wet destroys soil structure and results in hard clods that are very slow to break down. On the other hand, dry soil may need to be watered so it can be more easily tilled. Be sure to wait several days after watering to let soil moisture levels moderate. You want the soil moist, not wet or dry, when tilling. There is a limit to how much organic material such as leaves can be added in one application. Normally, a layer 2 inches deep is adequate with 5 to 6 inches being the maximum that can be added at one time. Shredding the material before application encourages faster and more complete decomposition due to increased surface area. Remember, soil preparation is an important key to a successful garden.



# UPCOMING EVENTS



**SAVE THE DATE!**



## CROP PEST MANAGEMENT SCHOOLS

**Join us at one of our two locations!**

**Wednesday, November 30th:**  
Beloit First United Methodist Church  
801 N. Bell St., Beloit, KS 67420

**Thursday, December 1st:**  
St. Agnes Catholic Church  
242 Cedar St., Grainfield, KS 67737

**Cost is \$50 if registered by November 22.  
After Nov. 22 & at the door, cost is \$75**  
Register at: [www.northwest.ksu.edu/events](http://www.northwest.ksu.edu/events)

**Credits:**

1A Commercial Applicators: 7 credits and 1 core hour have been applied for  
Certified Crop Advisors: 8 pest management credits have been applied for

**Schedules for each school: [www.northwest.ksu.edu/events](http://www.northwest.ksu.edu/events)**

**For any questions please contact your local Extension Agent**



Each in-person school will feature a variety of topics on weed control, insects, and diseases. Detailed agendas are still being finalized and will be shared in an upcoming eUpdate article. Both schools will start at 7:50 am with registration and conclude at 5:00 pm. A lunch will be provided to all participants.

For questions, please contact the Northwest Area Research and Extension office at 785-462-6281 or email Jeanne Falk Jones at [jfalkjones@ksu.edu](mailto:jfalkjones@ksu.edu)