

FHD Extension News

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GET TO KNOW OUR TEAM



Hi, everyone!

I hope that you all are enjoying August and getting in some quality time in the outdoors and with family in these last days of summer. In our District Newsletters, we're having each of the agents take a turn sharing about themselves so that you know a bit more about who we are. Since I recently wrote about myself in my new agent introduction, I decided to take this opportunity to make a game out of some quick facts. To play, mentally decide your answer, and then check the text box at the bottom to see if you were correct!

1. True or False: Abby was born in Wyoming
2. True or False: Abby's favorite animal is a dog
3. True or False: Abby attended Casper College in Wyoming for her undergraduate and graduate degrees
4. True or False: Abby's favorite color is blue
5. True or False: Abby's favorite 4-H project when she was a kid was archery
6. True or False: If Abby could have one super-power, it would be flying
7. True or False: On her days off, Abby likes to run, hike, read, play music, write, try do-it-yourself projects, and spend time with family and friends
8. True or False: You can only ask Abby questions on natural resources.

Inside this issue:

Get to Know our Team	1
4-H News	2
FCS News	3-4
Ag News	5-7
Livestock	
Ag News	8-
Planting Alfalfa	11
Upcoming Events	

1. False! I was born in Indiana and moved to Wyoming when I was nine. 2. False! My favorite animal is a horse—I have a soft spot for almost every animal, though! 3. False! I attended the University of Wyoming in Laramie for both my undergraduate and graduate degrees. 4. True! I love a gentle, muddy blue. 5. True! 6. 100%, absolutely true!! 7. True! 8. False! Feel free to ask me questions regarding anything in agriculture, horticulture, natural resources, etc.; if I don't know the answer, I will work to find someone who does.

4-H HAPPENINGS

Flint Hills 4-Hers Participate in Livestock Sweepstakes in Manhattan

Eleven Flint Hills Extension District 4-Hers attended Livestock Sweepstakes on August 20-21, 2022 at Kansas State University in Manhattan, Kansas. Participants in the Livestock Judging Contest judged 9 classes and gave 4 sets of reasons during the contest.

Those who participated in the Livestock Judging Contest from Chase County were: Sadie Mushrush, Vonda Danford, Lilly Hinkson, Henry Giger, Harrison Giger, and Heath Giger. The team overall placed 39th!



Those who participated in the Livestock Judging Contest from Morris County were: Cooper Andres, Carissa Dalquest, Cassidy Dalquest, and Castyn Andres. High scoring individual of the group was Carissa Dalquest, who placed 20th overall. The team placed 18th overall!



Cooper Andres and Macey Hensley (both from Morris County) also participated in the Skillathon portion of the contest. This consisted of individual components of an exam and identification of six classes related to care and knowledge of livestock (Equipment ID, Feed ID, Meat ID, Breed ID, Hay and Forage).



Congratulations to the 4-Her's on their participation!

MEDICARE PART D—OPEN ENROLLMENT DETAILS

Medicare Open Enrollment Period is held from October 15 – December 7 each year. During this time, you can join or switch Part D plans. Part D is the portion that includes prescription drug coverage. Open Enrollment is important because companies can make changes for the following year in their formulary (prescriptions that are covered and their tiers) and the providers in their network.

Shandi is a trained SHICK (Senior Health Insurance Counseling for Kansans) Counselor. SHICK counselors receive training on all aspects of Medicare and other health insurance topics that concern Kansans. Counselors are available to meet with consumers for personalized counseling sessions, help with problems and questions, and provide support during the decision-making process. SHICK counselors will not recommend policies, companies or agents but will provide free, unbiased answers to the questions of consumers, their family members and other caregivers. The goal of our counselors is to educate and assist the public in making informed decisions about their health care options.

Trained counselors can also assist with: Claims and appeals, Fraud, Prescription drug plans, Medicare Advantage plans, Supplemental Insurance (Medigap), Employer group plans as supplemental insurance, Medicaid, Other health insurance options, Long-term care options, Medicare Savings programs, and Extra Help with prescription drug plans.

Schedule a time with Shandi to review your Part D coverage. When you come in, bring your Medicare card and a list of current prescriptions. This is a chance to review your prescriptions, cost at different pharmacies, and compare plans available for you. Look at the list of dates below and call to schedule an appointment.

CHASE COUNTY - at the Senior Center Call 620-273-8511 to schedule your appointment

Thursday, October 27

Tuesday, November 1

Monday, November 14

Monday, November 21

Tuesday, November 29

MORRIS COUNTY - at the Extension Office Call 620-767-5136 to schedule your appointment

Wednesday, October 26

Thursday, November 3

Thursday, November 10

Tuesday, November 15

Tuesday, November 22

If the dates listed above do not work for you, call one of our offices so we can find a time that works for you to meet during open enrollment.





Vegetable Prep Can Affect Flavor and Texture

Source:

**Tufts Health &
Nutrition Letter, August
2022**

The flavor and texture of vegetables can be influenced by how they are cut and prepared. The difference between a whole baked sweet potato and baked slices of sweet potato can be very different.

When more surface area is exposed to heat, this helps develop more natural sugars and caramel flavors.

Cutting vegetables to roast or sauté, can take flavor to another level because of the *Maillard*

reaction between the proteins, sugars and heat.

Experiment with different cuts and discover basic vegetables in a new way!

Food Safety Education Month—Food Thermometers



A food thermometer is a great investment for safe food!

When cooking any meat, poultry, and egg products, a food thermometer is the best tool in your kitchen to determine if the food is done and safe for consumption.

What does “doneness” mean? It is when the food is cooked properly and has desirable sensory aspects of the food such as texture, appearance, and juiciness. These are subjective.

Safely cooked food is when pathogenic microorganisms, which can cause ill-

ness, are destroyed. The “doneness” temperature is the minimum internal temperature to destroy these harmful microorganisms. This temperature varies by food product. The food thermometer is the best tool to measure temperature accurately. It can also help keep from overcooking the food.

Using color to determine “doneness” is not reliable. Research has shown that using meat color is unpredictable. Hamburger patties may be brown in the middle, yet the temperature has not reached the 160°F minimum temperature. Also, the patty may be pink in the middle, yet the temperature has reached the 160°F temperature.

Remember these three temperatures:

- 145°F for steaks, roasts, chops, fish
- 160°F for ground meat; egg recipes
- 165°F for all poultry; reheating leftovers; casseroles

Source: USDA FSIS [Kitchen Thermometers](#) and [Safe Minimum Internal Temperature Chart](#)

ASI Family and Friends Reunion



8th Annual Family and Friends Reunion. Saturday, October 8, 2022, from 4:00 p.m. - 9:30 p.m. at the Stanley Stout Center. This event will be honoring Dr. Dave Nichols. Activities include great food, live music, Junior Wildcat Barnyard and more. Early registration deadline is September 23, 2022: Cost for adults: \$25.00; late registration: \$50.00. <https://www.asi.k-state.edu/events/familyandfriendsreunion.html>

Horticulture Events & Reminders

- Kansas Forest Service Tree, Shrub Seedling Sale, September 1st-October 15th, or until stock runs out. Select your preferred shipping date during check-out or pick-up is available on Fridays. <https://kfs.mybigcommerce.com/>
- Fertilize cool-season lawn (Kentucky bluegrass or tall fescue) if haven't done so yet.
- Dig gladiolus when foliage begins to yellow and air dry before storing.
- Buy spring-flowering bulbs while selection is good. Plant in late September through October

23rd Annual KSU Beef Stocker Field Day

You are invited to the 23rd annual Beef Stocker Field Day to be held on Thursday, September 29, 2022, at the KSU Beef Stocker Unit in Manhattan. **Deadline to Register:** September 15, 2022, Cost is \$25 per participant and onsite registration is \$35. You can register online at www.KSUbeef.org or stop by your local Extension Office.



Schedule:

9:30 a.m. - Registration/Coffee

10:15 a.m. - Introductions

10:30 a.m. - Beef Cattle Economic Outlook
- Dr. Glynn Tonsor, K-State

11:15 a.m. - Ongoing Issues Surrounding the Transportation and Cattle Industry
-Moderated by Wes Ishmael, Hereford World Executive Editor

- **Jeff George**, Finney County Feedyard Inc. manager, Garden City, KS
- **Alleah Hilker Heise**, Hilker Trucking president, Cimarron, KS
- **Jara Settles**, Livestock Marketing Association general counsel & VP of Risk Mitigation, Overland Park, KS
- **Margaret Ann Smith**, Southlex Cattle Company, Glasgow, VA

12:30 p.m. - Barbeque Brisket Lunch & Posters

1:15 p.m. - Evidence-Based Approach to Improving Stocker Health & Performance - Dr. John Davidson, DVM, DABVP, Boehringer Ingelheim Inc. cattle professional services senior associate director, College Station, TX

2:15 p.m. - Triumphs and Tribulations of Respiratory Disease in Stocker Calves
- Dr. Robert Smith, Stillwater, OK

3:00 p.m. - Break

3:30 p.m. - Harnessing nature: how to use dung beetles to improve herd and pasture health - Dr. Cassandra Olds, K-State

4:00 p.m. - Improving Efficiency Through Feeding Strategies and Cattle Comfort
- Dr. AJ Tarpoff, K-State

4:30 p.m. - Native Pasture Burning Strategies: Impacts on Cattle Performance and Pasture Vigor - Dr. KC Olson, K-State

5:00 p.m. - Cutting Bull's Lament 2022

Location: The Conference will take place at the KSU Beef Stocker Unit, 4330 Marlatt Avenue, Manhattan, Kansas.

WHAT PRODUCERS SHOULD BE THINKING ABOUT IN OCTOBER...

Tips by Dale Blasi, Extension Beef Specialist

Cow Herd Management

- ◆ Given unforeseen weather and market price volatility, price byproducts, grains and other feedstuffs on a per nutrient basis.
- ◆ Do you have sufficient harvested forage to encounter a potentially severe winter feeding season? Conduct an inventory of harvested forages and determine if you have an adequate supply on hand.
- ◆ Pregnancy check.
- ◆ Cull cows because of:
 - * Open.
 - *Late vs. Early calving.
 - *Soundness - udder, feet/legs, eyes, teeth, disposition.
 - *Productivity - Most Probable Producing Ability (from herd performance records).
 - *Disposition.
- ◆ Body Condition Score
 - * Provide thin cows (body condition score 3s and 4s) extra feed now. Take advantage of weather, stage of pregnancy, lower nutrient requirements, and quality feedstuffs.
- ◆ If body condition scores warrant it, you may want to start feeding supplements in late October to mature cows using these guidelines:
 - ⇒ Dry grass 1½ - 2 lb. supplement/day of a 40% CP supplement
 - ⇒ Dry grass 3 - 4 lb. supplement/day of a 20% supplement
 - ⇒ Dry grass 10 lb. good nonlegume hay, no supplement needed (heifers may need more supplement than older cows)
 - ⇒ Supplement nutrients that are most deficient.
 - ⇒ Compare supplements on a cost per pound of nutrient basis.
 - ⇒ Previous KSU research has reported early winter supplementation is not necessary if grazing forage supplies are adequate and cows have at least a 5 BCS. However, given the lower nutrient content of existing forage supplies due to ample rainfall, this year might be advisable to consider supplementing with levels of supplement mentioned above. If cow BCS is marginal, it would be prudent at this time to collect and submit standing forage samples to a laboratory to determine if supplementation during the fall period is necessary.
- ◆ Utilize crop residues. Grazing crop aftermath can reduce daily cow costs by 50¢ or more.
 - * Strip graze or rotate fields to improve grazing efficiency.
 - * Average body condition cows can be grazed at 1 to 2 acres/cow for 30 days assuming normal weather.
- ◆ Consider feeding cull cows to increase value, body weight and utilize cheap feedstuffs. Seasonal price trends have allowed producers to take advantage of maximum profit opportunities with cull cow feeding programs. Healthy cows can gain extremely well on well balanced diets.
- ◆ Check individual identification of cows. Replace lost tags or redo brands.

WHAT PRODUCERS SHOULD BE THINKING ABOUT CONTINUED...

Tips by Dale Blasi, Extension Beef Specialist

Calf Management

- ◆ Wean calves:
 - * Reduce stress. Provide a clean, dust-free, comfortable environment.
 - * Provide balanced nutritional program to promote weight gain and health.
 - * Observe feed and water intake. Healthy, problem free calves have large appetites.
 - * Observe calves frequently. Early detection of sickness reduces medical costs and lost performance.
 - * Vaccinate calves and control internal/external parasites through veterinary consultation (ideally done prior to weaning).
 - * Vaccinate all replacement heifer candidates for brucellosis if within four to 10 months of age.
 - * Use implants and feed additives to improve efficient animal performance.
- ◆ Weigh all calves individually. Allows for correct sorting, herd culling, growing programs, replacement heifer selection, and marketing plans.
- ◆ Participate in Whole Herd Rewards, Performance Plus, and (or) other ranch record/performance systems.
- ◆ Finalize plans to merchandise calves or to background through yearling or finishing programs.
 - * Consider feedstuff availability.
 - * Limit feeding high concentrate diets may be a profitable feeding program.
- ◆ Select replacement heifers which are:
 - * Born early in the calving season. This should increase the number of yearling heifers bred during the early days of the subsequent breeding season.
 - * Daughters of above average producing cows. Performance traits are moderately heritable traits.
 - * Of the proper frame size to compliment desired mature size and weight.
 - * Structurally correct. Avoid breeding udder, feet, and leg problems into the herd.
- ◆ Vaccinate replacement heifers with first round of viral vaccines.
- ◆ Plan replacement heifer nutrition program so that heifers will be at their “target weight” (65% of their mature weight) by the start of the breeding season.

General Management

- ◆ Avoid unnecessary stress. Handle cows and calves to reduce shrink, sustain good health, and minimize sickness.
- ◆ Repair, replace, and improve facilities.
- ◆ Analyze forage for nitrate and nutrient content. Use these to develop winter feeding programs.
- ◆ Plan your marketing program, including private treaty, consignment sales, test stations, production sales, etc.

Forage and Pasture Management

- ◆ Observe pasture weed problems to aid in planning control methods needed next spring.
- ◆ Monitor grazing conditions and rotate pastures if possible and (or) practical.
- ◆ Plan winter nutritional program through pasture and forage management.
- ◆ For stocker cattle and replacement heifers, supplement maturing grasses with an acceptable degradable intake protein/ionophore (feed additive) type supplement.

Crop Section

Tips for Fall Planting of Alfalfa (p. 1 of 3)

By Romulo Lollato, Bruno Pedreira, and Doohong Min

In 2021, over 700,000 acres of alfalfa were harvested in Kansas. Alfalfa is a very important leguminous crop for dairy and livestock industry in the state. Alfalfa hayfields help to supply forage that is highly digestible and high in protein. Late summer and early fall are often the best times to plant alfalfa in Kansas due to less weed pressure than spring planting.



Figure 1. Alfalfa seedlings. Photo by Doohong Min, K-State Research and Extension.

Available moisture at planting is crucial for alfalfa establishment, but too much moisture can increase seedling disease incidence and reduce alfalfa nodulation and nitrogen fixation.

If soil moisture is available, growers in northwest Kansas can plant as early as August 10. Optimum sowing date occurs later as we move towards southeast Kansas, where growers can plant until mid- to late-September. In other parts of Kansas, the optimal planting time is late August or early September. Producers just need to plant early enough to have three to five trifoliate leaves before the first frost.

(See next page)

Tips for Fall Planting of Alfalfa (p. 2 of 3)

By Romulo Lollato, Bruno Pedreira, and Doohong Min

Alfalfa is a four to five-year, or longer, investment, and therefore it is crucial to ensure proper establishment. Some producers shy away from alfalfa because of its high establishment cost and risk of stand failure. In the long run, however, it's relatively inexpensive if amortized over the life of the crop.

If managed properly and given favorable weather conditions, dryland alfalfa can produce 3 to 6 dry matter tons of forage per acre per year. Irrigated fields can produce 6 to 8 dry matter tons per acre per year or more.

When sowing alfalfa, producers should keep the following in mind:

Soil test and correct soil acidity. Alfalfa grows best in well-drained soils with a pH of 6.5 to 7.5 and does not tolerate low soil pH. If the soil is acidic, add lime to raise soil pH to 6.8 before planting. Ensuring appropriate soil pH levels before planting is essential, especially as lime is relatively immobile in the soil profile and the field will not be worked for the next 3-5 years. Remember, after spread, lime takes a few weeks in the soils to react and increase the pH.

Soil test and meet fertilization needs. Apply the needed phosphorus (P) and potassium (K) amounts according to soil test recommendations. Phosphorus fertilizer will be required if soil test P levels are below 25 ppm, and potassium fertilizer will be required if soil K levels are below 120 ppm. Even soils that test higher than these thresholds may need additional fertilizer. Small amounts of nitrogen fertilizer (15 to 20 lb/acre) as a starter at planting are beneficial for alfalfa establishment. In some fields, sulfur can also bring some yield benefits.

Plant certified, inoculated seed. Ensuring the correct *Rhizobium* inoculation is crucial for alfalfa seedlings to fix available soil nitrogen to meet the needs of growing alfalfa for optimum production.

Plant in firm, moist soil. A firm seedbed ensures good seed-soil contact; therefore, use a press wheel with the drill to firm the soil over the planted seed. No-till planting in small-grains stubble will usually provide a good seedbed.

Don't plant too deeply. Plant one-fourth to one-half inch deep on medium- and fine-textured soils and three-fourths inch deep on sandy soils. Don't plant deeper than 10 times the seed diameter.

Use the right seeding rate. Plant 8 to 12 pounds of seed per acre on dryland in western Kansas, 12 to 15 pounds per acre on irrigated medium- to fine-textured soils, 15 to 20 pounds per acre on irrigated sandy soils, and 12 to 15 pounds per acre on dryland in central and eastern Kansas.

Check for herbicide carryover that could damage the new alfalfa crop – especially when planting alfalfa no-till into corn or grain sorghum stubble. In areas where row crops were drought-stressed and removed for silage, that sets up a great seedbed for alfalfa but may still bring a risk of herbicide damage.

(See next page)

Tips for Fall Planting of Alfalfa (p. 2 of 3)

By Romulo Lollato, Bruno Pedreira, and Doohong Min

Choose pest-resistant varieties. Resistance to phytophthora root rot, bacterial wilt, fusarium wilt, verticillium wilt, anthracnose, the pea aphid, and the spotted alfalfa aphid is essential. Some varieties are resistant to even more diseases and insects, which could contribute to reducing costs.

Purchase alfalfa varieties with a fall dormancy rating ranging from 4 - 6 for Kansas. Fall dormancy relates to how soon an alfalfa variety will stop growing in the fall and how early it will begin growing in the spring or late winter. Simply put, it would be better not buy a variety with fall dormancy of 9-10, which can be more suitable for California and regions where alfalfa can keep growing year-round under irrigation.

More information about growing alfalfa in Kansas can be found in the *Alfalfa Production Handbook*. That information also is available on the web at: www.ksre.ksu.edu/bookstore/pubs/c683.pdf

Also see *Alfalfa Growth and Development*, available on the web at: <https://www.bookstore.ksre.ksu.edu/pubs/MF3348.pdf>

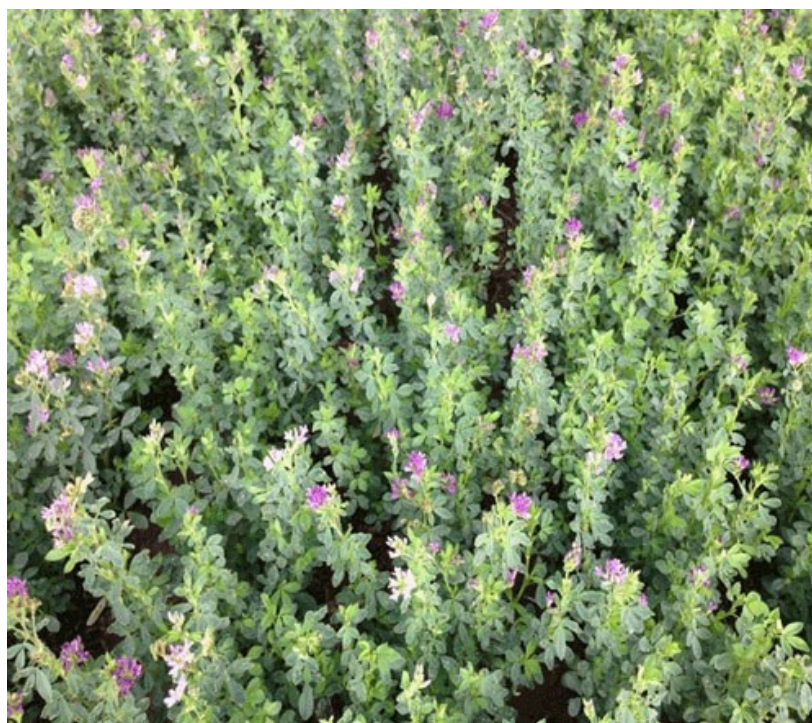


Figure 2. Early bloom alfalfa. Photo by Doohong Min, K-State Research and Extension.

Article from Agronomy eUpdate, September 1st, 2022, Issue 922

Soil tests can be done through your local Extension Office! Additionally, the KSRE publications can be requested at your local Extension Office.



Upcoming Events

Insight Summit Conference

Are you a rural or ag-based business? Want to improve your online presence by upgrading your new and social media strategies? Then the 2022 *Insight Summit* conference is for you! Learn how to collect analytics and which measurements matter, create compelling and engaging visual content to share online, and increase engagement with your audience and potential customers.

Get excited because the Center for Rural Enterprise Engagement (CREE) is coming to your home office! The CREE team is excited to announce that the 6th annual *Insight Summit* conference will be held in Fall 2022. **This conference will be offered as an online course with periodic live sessions for collaboration and hands-on training!** Our team is eager to offer a high-quality learning experience for participants without the need for travel!

“This year’s *Insight Summit* will focus on changes to social media strategy needed to market effectively in the new online environment of 2022, including new research on supply chains and online selling,” said Lauri Baker, CREE co-creator and associate professor in agricultural education and communication at the University of Florida.

Topics included are trends in social media, CREE research, building your business’s narrative, establishing a new-media baseline, analytics, e-newsletters, Instagram, e-commerce, improving visual content, cybersecurity, and more!

Register now to receive a special package in the mail before the course kicks off in September! To find a full agenda and to learn more, visit <https://ruralengagement.org/events/insight-summit-2022/>, and stay up-to-date with us on Facebook at www.facebook.com/ruralengagement.

Things you will walk away with from this conference:

- Access to an online course platform with printable worksheets and guides
- Membership to an exclusive Insight Summit Facebook group community
- An online strategy for your organization or business
- Ideas and plans for content development and delivery

The investment price of attending Insight Summit is \$199. You will receive hands-on experience in an interactive setting from the comfort of your workspace. All you need is access to a webcam and high-speed Internet to participate.

Take back the trajectory of your business with the tools and strategies provided during *Insight Summit*! Register now to receive your special package in time for the conference. For more information, visit <https://ruralengagement.org/events/insight-summit-2022/>, and stay up-to-date with us on Facebook at www.facebook.com/ruralengagement.

You can also get more information at the Council Grove (620-767-5136) or Cottonwood Falls (620-273-6491) Extension offices!

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