

FHD Extension News

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HISTORICAL DATES FOR EXTENSION IN KANSAS

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Take a look at the dates below to consider how far Extension has progressed through the years.

1862 Morrill Act signed by President Abraham Lincoln

1863 Kansas State Agricultural College (KSAC) – chartered to have an Agriculture Department

1887 The Kansas Agricultural Experiment Station (**Research**) was established by the Kansas Legislature on March 4, 1887, two days after the enabling legislation was enacted by Congress.

1909 Start of Home Economics Extension

1914 Smith-Lever Act passes Congress, creating a national Cooperative Extension Service

1914 Kansas Cooperative Extension Service created at KSAC

1914 Otis Hall appointed as first Boys and Girls State Leader

1915 County Extension work received support through the County Farm Bureau Law passed by the Kansas legislature, authorizing county appropriations. Home Demonstration Units were organized.

1919 Otis Hall authors the National 4-H Pledge

1920 Extension Communications begins

1921 First Agriculture Fair was held on campus

1924 First Community 4-H club chartered – Lincoln County

1926 First 4-H Round-up picture taken

1927 J. Harold Johnson hired by Sedgwick County to become the first full-time 4-H agent in Kansas

1931 Clovia 4-H House established at KSAC

Dates were compiled by Steven M. Graham , College of Agriculture

4-H HAPPENINGS

Flint Hills District Club Days

Our 2023 District Club Days has been scheduled on Saturday, February 25 and will be hosted by Chase County. The event will be held at the Chase County High School. 600 Main St, Cottonwood Falls. We appreciate the school's willingness to allow us to hold our event in their facility. Just a reminder that even years will be hosted in Morris County and odd years will be hosted in Chase County. 4-H Families have received the entry form. All entries will be due by Friday February 10 by 5 pm and will be accepted at either Extension Office or electronically.

Members in each county will be placed separately, so a Chase County Top Blue and Morris County Top Blue can be eligible for entry at Regionals. Following the entry deadline, entries will be scheduled and participants will receive an update. Schedules will be available through the Extension offices. Spectators are welcome to come watch 4-H members during their events. Events members can participate in are listed below:

Show & Share	Skit or One Act Play
Project Talk	Vocal Solo (JR & SR divisions)
JR Demo/Illustrated Talk	Instrumental Solo (JR & SR divisions)
SR Demo/Illustrated Talk	Vocal Ensemble
Public Speaking	Instrumental Ensemble
Interview	Chorus
Reading	JR Gavel Games
Novelty Act	SR Gavel Games
Dance Routine	Model Meeting

Those qualifying will attend regionals at Madison High School on March 25.

FLINT HILLS DISTRICT AMBASSADORS

This is the second 4-H year that we have had District 4-H Ambassadors. To be a 4-H Ambassador, 4-H members must apply in September, go through an interview process, and be selected by the evaluation panel. Our ambassadors for the 2022-2023 4-H year are: Kinslea Glanville and Josepha Inlow from Chase County, Castyn Andres and Alison Bachura from Morris County. The ambassadors went with Shandi over Christmas break to Manhattan for team building. Pictured below is the group after participating in the escape room.



Left to right: Castyn Andres, Josepha Inlow, Kinslea Glanville, Alison Bachura, Shandi Andres

SHARED FROM YOU ASKED IT! – DECEMBER 2022 EDITION

Full newsletters can be found at:

<https://www.rrc.k-state.edu/newsletter/2022.html>

Can I Can My Favorite Soup Recipe?

Vegetable soups with or without meat or meat broth may be safely canned using the process time that takes the longest time as an individual ingredient. Most soups will take 60 to 90 minutes to process in a pressure canner depending upon size (pints or quarts) and ingredients. **Never can soup in half-gallon containers.**

Use caution to avoid packing ingredients into the jars. For vegetable soup, fill the jars half full of solids, add broth allowing 1 inch headspace and process in a pressure canner. Space is needed for the hot liquid to circulate between the food particles. Pieces of cooked beef or chicken can be added to the vegetables to make a vegetable meat soup.

There are no instructions for canning creamed soup or adding any flour, cornstarch, rice, pasta or cream.



Source: <http://nchfp.uga.edu/publications/nchfp/factsheets/soups.html>

No Recommendations for Canning Bacon

There are no science-based recommendations for canning cured, brined or corned meat. This includes ham and bacon.

Canning these forms of meat has not been in any USDA recommendations for decades. The texture of these meats can be

firmer which slows heat penetration during canning. That would change the processing time. The canning procedures that are available are for fresh meat only and should not be used for any other form of meat.

The best method to pre-

serve bacon, or other cured meat, is to freeze it for later use.

Bacon should not be added to vegetables, such as green beans, when canning.

Source: [Clemson Cooperative Extension](#)

Instructions for canning fresh meat, poultry and seafood can be found at the [National Center for Home food Preservation](#).



NUTRITION TOOLS TO USE

FoodData Central offers nutritional information on branded foods, experimental foods, and archived food composition data. With just a few clicks, consumers can find out how much protein is in a cup of roasted peanuts or how much fiber is in their granola bar.

<https://fdc.nal.usda.gov/>

Welcome A-Board: Board Leadership Basics

You're serving on a board—now what?

This popular program for local community-based boards covers a number of topics to help board members and their organizations become more effective in their efforts.

Attend the four sessions listed with the individual topics:

Session #1 - January 10: *Roles and Responsibilities of Board Members/Effective Meetings*

- Organized Groups – How Do They Function and What Is Your Role When Asked to Serve?
- Duties and Responsibilities of Non-Profit Board Members
- Organizing and Leading Productive Meetings
- Agendas to the Rescue!
- Basic Parliamentary Procedure

January 17: *Understanding Fellow Board Members/Conflict Management*

- Generations – Adapting Volunteers of Different Ages
- Behavioral Styles
- Managing Conflict in Groups

January 24: *Financial Responsibilities, Fundraising, Legalities, and Ethics*

- Financial Responsibilities of Boards
- Fundraising and Managing Grant Revenue
- Legal and Ethical Issues for Boards

January 31: *Strategic Planning*

- The Importance of Strategic Planning
- Designing a Strategic Planning Strategy – Part 1
- Designing a Strategic Planning Strategy – Part 2

Sessions will be held in the Courthouse Meeting Room from 11:30 am - 1:00 pm
Lunch will be provided each week, \$10 suggested donation



To register, contact:

Extension office, call: 620-767-5136

or email: sdandres@ksu.edu

Chamber office, call: 620-767-5413

or email: zoey@councilgrove.com

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Shandi Andres at sdandres@ksu.edu or 620-767-5136.



Flint Hills
District



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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“Winning-The-Game”

Grain Marketing Workshop

When: January 31st, 2023

10:00a.m.-3:00p.m.

Where: Bowyer Community
Building:

Lyon County Fairgrounds,
Emporia, KS

What: Mark your calendars
for a great workshop on
how preharvest marketing &
risk management principals
and tools can be effectively
used by Kansas farmers.

\$10 Registration Fee-Please
pre-register to provide a
meal count for the free
Lunch by Friday January
27th. Noon Meal is locally
sponsored.

Please let us know if you
would like to attend by
contacting the Cottonwood
Falls Office at 620-273-6491
or the Council Grove Office
at 620-767-5136.



110th Cattlemen's Day
Save the Date:
March 3, 2023

Conservation Tree and Shrub Orders are Underway

The Kansas Forest Service's Conservation Tree Planting Program offers tree and shrub seedlings, as well as other items for use in conservation plantings. Plantings may function as wildlife habitat, windbreaks, wood lots, timber plantations, or educational and riparian (streambank) plantings. Officials say orders will be taken through May 1, 2023. The seedlings are one or two years old; sizes very from 12 to 18 inches, depending on the species.

Kansas State University horticulture expert Ward Upham said consumers ordering seedlings should look for two types: bareroot and containerized. Certain trees may come as one or the other or both. "Containerized provide a higher survival rate and quicker establishment," Upham said, who suggests ordering early "to ensure receiving the items you want."

Upham said orders start being shipped mid-March. All items are sold in single species units consisting of 25 plants. "For example, a unit of Eastern Red Cedar has 25 trees per unit," he said. "Though a single species unit is most commonly purchased, four special bundles are also available, including a quail bundle, pheasant bundle, eastern pollinator bundle and western pollinator bundle."

Tree planting accessories and tools are also available to order including marking flags, root protective slurry, rabbit protective tubes, weed barrier fabric and tree tubes. "If there have been problems with deer browsing on young trees, the tree tubes are a must," Upham said

For assistance finding the right tree for your purpose and property check out the **Selecting Trees and Shrubs for Conservation Planting** article at: https://www.kansasforests.org/conservation_trees/CTP%20species%20selection%20guide%2012.7.21.pdf or contact your local Extension Office and they can use the soil map to guide you in your tree selection.

Seedlings may not be used for landscape (ornamental) plantings or grown for resale, Upham said. Additional details and order forms are available through [The Kansas Forest Service Conservation Tree Planting Program](#). Order forms are also available at both Flint Hills Extension Offices.

Management Considerations for February 2023

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

Cow Herd Management

- Target BCS at calving for spring-calving cows:
 - ⇒ 5 for mature cows
 - ⇒ 6 for young females
- Be ready to start your post-calving nutrition program for spring-calving cows.
- Evaluate fall-calving cows for BCS:
 - ⇒ Adjust nutrition program as needed relative to weaning date
- If conditions allow, keep grazing crop residues and dormant pastures but be prepared to move cattle or provide supplemental feed.
- Increase energy content 1% for every degree F below the lower critical temperature (LCT).
- Put down bedding, remove snow, ensure cattle have access to wind protection.
- Supply adequate water volume and space in freezing conditions.
- Don't forget about your herd bulls!
 - ⇒ Bulls need to be in a BCS ≥ 5.0 prior to the next season of use
 - ⇒ Keep young and mature bulls separate if possible and provide plenty of space to prevent injury
 - ⇒ Spread sufficient fresh bedding to help avoid testicular frostbite

Calf Management

- Do you have a plan for weaning and marketing fall-born calves?
 - ⇒ Evaluate your feed resources and cost of gain relative to the value of gain
 - ⇒ Talk to prospective buyers in advance of selling
- Evaluate calf health protocols, both spring- and fall-born calves.
- Monitor growth and pubertal development of replacement heifers.

General Management

- For spring-calving herds this calving season:
 - ⇒ How are you going to record your calving data?
 - ⇒ What information are you going to record?
- Take inventory of supplies and clean equipment prior to spring calving.
- If making bull selection decisions:
 - ⇒ Review your herd performance relative to your marketing and genetic goals.

Registration is Open for the 2023 Kansas Corn Schools

The Department of Agronomy and K-State Research and Extension, in partnership with Kansas Corn, are planning to host several Corn Schools in 2023. Registration is now open for the Corn Schools, which will be held in four locations starting on Jan. 12. An online session is also scheduled for Feb. 2.

Agendas will vary depending on the location of the school with topics ranging from production practices, weed and disease management to farm policy, markets, and cost-return.

Each school is free to attend and lunch will be provided for the in-person schools. Each in-person school will begin at 8:30 am with registration and morning refreshments. The program will start at 9:00 am and wrap-up at 1:00 pm. The online session on Feb. 2 will run from 6:00 to 8:00 pm using the Zoom online platform.

Please register online at <https://kscorn.com/cornschoo/>. Agendas for each school will also be posted soon. Continuing education credits have been applied for.

January 12 – Oakley

Buffalo Bill Center
3083 US-83
Oakley, KS 67748

January 13 - Salina

Great Plains Manufacturing Conference Center
1569 E North St.
Salina, KS 67401

January 19 – Mayetta

Prairie Band Casino
12305 150th Rd.
Mayetta, KS 66509

January 20 – Parsons

KSU Southeast Research and Extension Center
25092 Ness Rd
Parsons, KS 67357

February 2 – Virtual

You must register in order to receive the Zoom link.



SAVE THE DATE

2023 Swine Profitability Conference

February 7 • Stanley Stout Center, Manhattan, KS

THE POWER OF NEGOTIATION AND COMMUNICATION:

Land Leasing Strategies for
Midwestern Women in Ag



See next
page for
additional
details!

A four-part extension workshop focused on the basics of land management, leasing, and conservation for both landlords and tenants.

Sessions are scheduled for **January 18, January 25, February 1** and **February 8** starting at 5:30pm CST. Dinner will be included with all in-person sessions.

To register, scan the QR code or visit:
ksre-learn.com/womeninag2023



**If unable to attend in-person this series is also offered online.*

*K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting **Abby Gettinger** two weeks prior to **January 18th** at **620-767-5136** or **agettinger@ksu.edu**. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.*

**Attend in-person at
your local host site*:**

Location: Council Grove
Courthouse, Council Grove, KS

Contact: Flint Hills District-
Council Grove Extension Office

Phone: 620-767-5136

Email: agettinger@ksu.edu

JOIN US for a four-part land-leasing workshop!

WHO: The workshop is open to ANYONE who would like to learn more about managing land leases – information will be beneficial for both landlords and tenants!

WHEN: Jan. 18th, Jan. 25th, Feb. 1st, and Feb. 8th
-5:30-8:30 pm Central Time

WHERE: Council Grove Courthouse Meeting Room

HOW (and other important details):

- ▶ The registration deadline is January 13th, 2023
- ▶ Participants register once for the entire 4-part series, as sessions will build upon each-other!
- ▶ Register online at: <https://ksre-learn.com/womeninag2023>
- ▶ In-person attendance registration fee: \$50.
-This fee covers all costs for all four evenings, including program materials and dinner, and is payable at the door the first night of the event. Or, you can pay beforehand at the Council Grove Extension Office.
- ▶ Online attendance registration fee: \$75.
-This fee covers all costs for all four evenings. While dinner is not included, program materials will be shipped to you. Online attendance registration is paid for online.

If you have any questions, please reach out to the Council Grove Extension Office at 620-767-5136 or email Abby at agettinger@ksu.edu.

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FLINT HILLS DISTRICT EXTENSION



PRUNING WORKSHOP



February 23rd, 1:00-3:00 pm
Morris County Courthouse
& Tyner Orchard

RSVP BY FEB. 16TH
THERE IS NO COST TO ATTEND!

Abby Gettinger
620-767-5136
agettinger@ksu.edu

Come join us as we learn from Carl Jarboe and Dr. Charles Barden about pruning and have a chance to practice on live trees and shrubs! We will start out with an indoor pruning basics session at 1:00 pm in the downstairs meeting room in the Morris County Courthouse. Afterwards, we will drive to the Tyner Orchard for a hands-on pruning workshop!

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Additional Upcoming Events

January

- Kansas Corn Schools
 - Register for free online at <https://kscorn.com/cornschool/>
 - Refreshments and lunch are included with the in-person schools
 - January 12th— Oakley, KS
 - January 13th—Salina, KS
 - January 19th—Mayetta, KS
 - January 20th—Parsons, KS
 - February 2nd— VIRTUAL

Flint Hills District Ag Producer Email List—We want YOU!

Hi, everybody—Abby here!

Chelsea and I are working to create an email list of agricultural producers in Morris and Chase Counties in order to be able to share about events that have a quick turn-around time. Sometimes we receive information about events after our newsletter goes out and having an email list would provide us with a way to quickly get information out to people!

As an example, there are some free educational meetings and events throughout the year that we might attend (like herbicide trials, or calving schools) where there might be some extra seats available in the extension vehicle. It would be great to make the most of the trip and offer a ride to people who would benefit from attending those events, as well. If you're interested in signing up for the email list or know of others who would be interested, please let us know by email! If you have any questions, please reach out!

Abby's email: agettinger@ksu.edu

Chelsea's email: chelse1@ksu.edu



K-STATE
Research and Extension



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District

Flint Hills Extension District

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