

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District

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River Valley
District

Wheat Plot Tours

Thursday, June 1, 2023

North Central Experiment Field
(2 mi. W of Belleville on Hwy. 36)

8:00 AM

Polansky Seed
(1.5 mi. E of Belleville on Hwy. 36)

10:00 AM
Lunch to follow

Thursday, June 8, 2023

Ohlde Seed Farms
(3 mi. E of Palmer on 4th Rd)

5:30 PM
Supper to follow

Sponsored By:



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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 Luke Byers, Agriculture & Natural Resources Agent, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone (785) 632-5335.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

AGRICULTURE & NATURAL RESOURCES WEBPAGES UNDER CONSTRUCTION

The Agriculture & Natural Resources webpages on the River Valley District website are currently under construction. Over the next several months, we will be hard at work bringing exciting new changes to the website that will improve our clientele's access to agricultural information. Our goal is to present interactive tools, publications, recordings, and technical data in a straightforward, user-friendly interface. These resources will span a wide range of subject areas, including:

- Agronomy & Crop Production
- Ag Marketing & Economics
- Ag Finance, Tax, & Asset Protection
- Weed, Insect, & Disease Management
- Crop Insurance & USDA Programs
- Farm Transition Planning
- Meteorology & Weather
- 4-H & Youth
- Conservation & Natural Resources

And much more!

Since there is not a definitive release date for the updated webpages, the pages will remain active for your use and convenience during the process of rebuilding them. We hope to continue to adjust and improve the website over time, even after the core content is completed.

We at the River Valley District are hoping to improve the information services we provide to our present clientele while bringing the value of agricultural extension work to the next generation of farmers, agribusiness professionals, and the district's local citizens. Go to www.rivervalley.k-state.edu to visit our website today!

If you have any questions about a subject area in Agriculture & Natural Resources whose content is not currently refurbished on the River Valley District website, or for any questions about navigating the updated webpages, please feel free to reach out to Luke Byers, River Valley District Agriculture & Natural Resources Extension Agent, at 785- 632-5335 ext. 203, or by email at lsbyers@ksu.edu.

**RIVER VALLEY DISTRICT EXTENSION
OFFICES WILL BE CLOSED
ON TUESDAY, JULY 4, 2023
IN HONOR OF INDEPENDENCE DAY**

HEALTHY LIVING TIPS DURING RETIREMENT

Retirement can be an exciting and overwhelming time. Life is changing and your daily routine might start to look different. Below are some tips for how you can live healthfully during retirement.

- Schedule your doctor's visits, stay-up-to date on health checks, and think of how you can proactively address health issues.
- Stay connected socially to your family, friends, former co-workers, and those in the community. Look for clubs or groups you can join and get involved within your community.
- Volunteer your time. Find organizations you are passionate about in your community and volunteer. Remember small contributions can make a big difference and these volunteer positions do not have to turn into full-time jobs.
- Look into community wellness resources retiree fitness programs that are offered within your community.

**RIVER VALLEY EXTENSION OFFICES
WILL BE CLOSED ON
FRIDAY, JUNE 16, 2023
FOR STAFF TRAINING**

MEDICARE BASICS

Each year many people are approaching their 65th birthday, contemplating retirement, and starting their journey with Medicare. Medicare, all its parts, and the advertisements can be confusing. Let us help. Join Jordan Schuette, Adult Development and Aging Agent for a Medicare Basics Program.

Clay Center – Tuesday, June 20th

6:00 p.m.

Clay Center Extension Office Meeting Room

322 Grant St., Clay Center, KS 67432

Please RSVP for the Clay Center Medicare Basics Program by calling the Clay Center Extension Office at 785-632-5335. We do schedule one-on-one appointments in all four offices of the River Valley Extension District. If you are new to Medicare or have other questions about Medicare contact Jordan Schuette in the Washington Office at 785-325-2121.



2023 In-Depth Wheat Diagnostic School

K-State Research and Extension

8:00 a.m. to 3:50 p.m. June 2nd
K-State North Central Experiment Field
2 miles W of Belleville on Hwy 36, KS

Topics

- Wheat Growth and Development
- Wheat Diseases ID and Management
- Diagnosing Wheat Fertility Problems
- Weed Control and Application Problems
- Forage and Cover Crop Options
- Wheat breeding technologies

Speakers

- Romulo Lollato
- Kelsey Andersen Onofre
- Dorivar Ruiz Diaz
- Nathan Mueller (UNL)
- Sarah Lancaster
- John Holman
- Allan K. Fritz

This event will offer **six CCA CEUs and two Commercial Applicator credits.**

Register online: <https://commerce.cashnet.com/AGRONKSU>

For program or registration questions, please contact Romulo Lollato at lolato@ksu.edu or 785-477-4644.

Cost:

\$90 before May 19; \$120 after May 19 and walk-ins.

Light breakfast and lunch are included with registration and will be provided.

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NATIONAL DAIRY MONTH

Kansas Dairy

- Home to 173,000 milk cows
- There are about 228 licensed large and small dairy herds.
- Kansas ranks 16th in the U.S. for milk production.
- Kansas ranks 15th in the U.S. for milk output per cow.
- About 75% of milk produced in Kansas will be processed within the state
- There are 4,100 dairy cows in the River Valley district between Clay and Washington counties.



ROTATIONAL GRAZING

For people, there is nothing like the taste of vegetables straight from the garden. In the case of beef cattle, they prefer to dine on certain grasses in a pasture, according to the experts at the Kansas State University Beef Cattle Institute.

“Cattle tend to consume the most palatable parts of a pasture first, and so by limiting their grazing to a small area they will eat more of the less appealing forages available to them,” said veterinarian Bob Larson on a recent Cattle Chat podcast.

This system is often referred to as rotational grazing in which cattle are moved throughout the grazing season, allowing the grass to rest when the animals are not actively grazing, according to beef cattle nutritionist Phillip Lancaster.

“The forage productivity is not going to be the same across the whole ranch and so producers can use temporary electric fence to vary the sizes of the pastures depending on the recovery time of the grasses,” Lancaster said. “For example, cool season grasses will need a longer rest period in the warmer months of July and August.”

This practice allows for a better utilization of the forage resource, according to the experts.

“Managing intensive grazing is not necessarily about improving individual performance of an animal, but instead forces cattle to consume a higher percentage of the forage produced,” Lancaster said. “So, my carrying capacity goes up or my number of hay feeding days goes down depending on how I manage the number of animals out on the pasture.”

The drawback to this system is that it is going to require more labor to put up the temporary fence, move the cattle and adjust the locations of the mineral supplement and water source, said the experts.

In addition, temporary electric fences will not always hold the cattle in or other wildlife -- such as deer -- out of the pasture because wires can break easily.

“Electric fences make sense for interior pasture fences, but the perimeter fence should be a stronger, permanent fence so that if the temporary fence breaks the cattle aren’t off the property,” said veterinarian Brad White.

To hear the full discussion, listen to the [Cattle Chat](https://ksubci.org/2023/05/05/listener-question-niaa-economic-questions-electric-fencing/) podcast <https://ksubci.org/2023/05/05/listener-question-niaa-economic-questions-electric-fencing/> online or through your preferred streaming platform.

SALMONELLA IN RAW FLOUR

Another recall has been issued linked to raw flour that has been found in 11 states, caused 12 illnesses and three hospitalizations. It is another reminder that any flour is a raw product and can cause foodborne illness. This outbreak results from people eating raw dough or batter.

On April 28, 2023, General Mills voluntarily issued a nationwide recall of 2-pound, 5-pound, and 10-pound bags of Gold Medal Bleached and Unbleached All-Purpose Flour with “Better if Used By” dates of March 27, 2024, and March 28, 2024. You can learn more about the recalled products’ Package Universal Product Codes (UPC) here: www.cdc.gov/salmonella/infantis-03-23/index.html
Some reminders when handling raw flour include:

- Do not eat any raw dough or batter in any amount. Always bake or cook foods made with any type of raw flour before consumption.
- Wash your hands, equipment and surfaces that have touched raw flour.
- Keep raw flour, dough, and batter away from ready-to-eat foods.

Call a healthcare provider right away if you or your child have any of these severe *Salmonella* symptoms:

- Diarrhea and a fever higher than 102°F
- Diarrhea for more than 3 days that is not improving
- Bloody diarrhea
- So much vomiting that you cannot keep liquids down
- Signs of dehydration, such as:
 - * Not peeing much
 - * Dry mouth and throat
 - * Feeling dizzy when standing up

Food Safety questions can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu

FINDING RELIABLE INFORMATION ABOUT FOOD PRESERVATION

Information about food comes at us from many directions. We might scroll through Facebook, Pinterest or another social media platform and be attracted by a new recipe. Most of the time, recipes for main courses or desserts will not pose food safety risks, but maybe a friend told you about a new canning method. Food preservation recipes that have not been tested for safety could be harmful, or even deadly if the canned food contains the toxin that causes botulism. These are some questions to ask yourself:

- **Who is the author of the research or publication?** The U.S. Department of Agriculture and universities have conducted reputable food preservation research.

- **Is the food preservation information based on current scientific research or opinion?** Outdated canning recipes should be retired. An exception: if ingredient amounts and processing times are exactly the same as current food preservation recipes, they could be used.
- **Where did you find the information?** Examine the URL on the website. Does it end with “.edu” (indicating a university or other educational organization) or “.gov” (indicating a government site)? Universities and government sources are credible sources of food preservation information. See the NCFSEN website for current food preservation information from 12 states: <https://www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen>

This article is from the North Central Food Safety Extension Network’s bi-monthly home food preservation e-newsletter. You can sign up to receive the e-newsletter through the link above.

Questions about food safety or home food preservation can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu

DEADHEADING ANNUAL AND PERENNIAL FLOWERS

Are you looking for a way to increase the amount of flowers you get on your plants? Are you tired of the one and done flowers? Have you ever tried deadheading your plants? Some plants will bloom more profusely if the old, spent flowers are removed. This is a process called deadheading.

Annual plants especially, will focus their energy on seed production after they have flowered once instead of focusing on producing more flowers. If you remove old flowers, the energy normally used to produce seeds will be used to produce more flowers.

Perennial flowers can also benefit from deadheading and will increase the length of the blooming season. However, some gardeners enjoy the look of spent flowers of perennials such as sedum or purple coneflower. The seed produced is a good food source for birds.

Deadheading will not help all plants produce another round of flowers. Some plants that don’t produce flowers again are ‘Autumn Joy’ sedum, impatiens, most flowering vines and periwinkle. These plants only produce one round of flowers whether you deadhead them or not. It’s totally up to you as the gardener on whether you like the look of the spent blooms or if you’d rather take them off.

Plants that do increase bloom production in response to deadheading include geraniums, petunias, marigolds, snapdragons, roses, blanket flowers, and zinnias. These are just a few in a long list of annual and perennial flowers that will bloom repeatedly if you deadhead them.

Deadheading is easily accomplished and doesn’t take much time to complete. With some plants, pinching the bloom between a thumb and finger will pop off the spent blooms. Others will be a bit tougher and will need pruning shears to

remove the blooms. Deadheading can increase the length of the gardening season, but it is up to you the gardener on whether you choose to deadhead your plants. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

CONTROLLING BAGWORMS

The time has come to start looking and treating for bagworms. If you noticed the bags on your tree last fall, you will want to spray this spring. Bagworm caterpillars will be present throughout Kansas feeding on broadleaf and evergreen trees and shrubs. Therefore, be prepared to act against bagworms once they are observed on trees and shrubs.

Young bagworms normally hatch in May and initially are about 1/25 of an inch long. The young larvae begin to spin silken bags around themselves which they carry as they feed. Larvae usually feed on the original plant or those nearby. Young larvae may be transported to other hosts via a long silken thread that can be carried by the wind. As the larvae grow, leaf fragments are added to the bag providing a natural camouflage. The visual appearance of the bag will vary depending on the type of foliage the larvae is feeding on. Bagworms are primarily a pest of evergreens; however, they feed on a wide-range of host plants including a number of broad-leaf plants, such as; rose, honey locust, hackberry, and flowering plum.

Often the bags are not noticed until the larvae are nearing maturation and they approach 1 to 2 inches in length. Mature bags hang off the tree or shrub like Christmas ornaments. Bagworms reach maturity in August. The now mature larvae attach their bags to branches or other objects and change into adults. The adult male is a small, gray, clear-winged moth that resembles a wasp. The female is wingless and legless and never leaves the bag. Males emerge in September and mate with the female through the bag entrance. The female produces her eggs (500-1,000) and dies. The eggs then overwinter inside the bag and the cycle repeats itself the following year.

Now for the question everyone asks, how do I kill bagworms? The key to managing bagworms with insecticides is to apply insecticides early and frequently enough to kill the highly susceptible young caterpillars feeding on plant foliage. It is important to apply insecticides when bagworms are less than 1/4 -inch-long to maximize effectiveness of insecticide applications and subsequently reduce plant damage. When spraying your trees, you will want to thoroughly cover all of the plant parts, especially the tops of the trees and shrubs, where bagworms commonly start feeding.

Insecticides commonly used for controlling bagworms include cyfluthrin (Tempo, BioAdvanced Vegetable & Garden Insect Spray), permethrin (Eight Vegetable, Fruit & Flower

Concentrate; Lawn, Garden, Pet, & Livestock Insect Spray), and acephate (Acephate, Orthene, Bonide Systemic Insect Control). Also, products containing *Bacillus thuringiensis* are effective when used against bagworm larvae while they are still small. Products containing *Bacillus thuringiensis* and spinosad are organic controls. The best time to spray for bagworms is a couple weeks after the larvae have hatched. Typically in Kansas, June is the best time to apply insecticides. Frequent applications are essential in achieving sufficient suppression of the population. The reason multiple applications are needed is that bagworm larvae do not hatch from eggs simultaneously, but hatch over time depending on temperature.

If left unchecked, bagworms can cause significant damage and ruin the aesthetic quality of plants. In addition, bagworms may kill plants, especially newly transplanted small evergreens, since evergreens do not usually produce another flush of growth after being fed upon or defoliated by bagworms. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

SQUASH BUGS

Have you ever had bugs eating your squash and pumpkin plants? If so, you probably have had squash bugs. Squash bugs are the grey, shield-shaped bugs that feed on your plants. If you have had problems with this insect in the past, you know that they are almost impossible to control when mature. This is because squash bugs have a hard body that an insecticide has difficulty penetrating. Thus, spraying when the insects are small is important. We will soon be seeing the nymphs of the first generation. These nymphs will eventually become adults, which will lay eggs that will become the second generation. The second generation is often huge and devastating. Therefore, it is important to control as many squash bugs in the first generation as possible.

Because squash bugs feed by sucking juice from the plant, only insecticides that directly contact the insect will work. General use insecticides such as permethrin (Bug-B-Gon Multi-Purpose Garden Dust, Green Thumb Multipurpose Garden and Pet Dust, Bug-No-More Yard and Garden Insect Spray, Eight Vegetable, Fruit and Flower Concentrate, Garden, Pet and Livestock Insect Control, Lawn & Garden Insect Killer), malathion, and methoxychlor provide control if a direct application is made to young, soft-bodied squash bugs. This means that you MUST spray or dust the underside of the leaves because this is where the insects live.

The easiest way to make sure you can control squash bugs is to scout for them. You will want to scout for them often, so while you are watering or weeding your garden, lift up the leaves of your squash plants and see what you find. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

Mulching 101 Workshop



Are you looking for a new way to freshen up your landscape without having to replant your flower beds?

Come join River Valley Horticulture Agent Kelsey Hatesohl as she shares the benefits of mulching. She will explain how mulch increases soil and plant health, the aesthetic value of your home, and will share the correct mulching techniques.

Please RSVP to the Washington Extension Office or by using the QR Code to reserve your spot by June 5th. Free to participate. Questions? Contact Kelsey Hatesohl, 785-325-2121 or khatesohl@ksu.edu

Tuesday- June 6th
5:30pm-6:30pm

4-H Building- Clay
County Fairgrounds

205 S 12th Street
Clay Center, KS 67432



Register Here



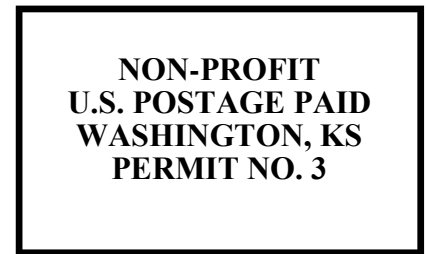
K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact, Wade Reh, two weeks prior to the start of the event at 785-632-2868. Requests received after this date will be honored when it is feasible to do so. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer

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Address Service Requested

RIVER VALLEY DISTRICT

“2023 UP-COMING MEETINGS & EVENTS”

DATE	TIME	PROGRAM	LOCATION
June 1	8:00am	Wheat Plot Tours	Belleville area– See flier-Cover
June 1	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
June 2	8-3:50pm	In-Depth Wheat Diagnostic School	North Central Experiment Field– 2 miles west of Belleville
June 6	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
June 6	5:30-6:30pm	Mulching 101 Workshop	Clay Center-4-H Building, Clay County Fairgrounds
June 7	5:30pm	FREE Nutrition Education Presentation	Concordia– Large Meeting Room, Courthouse Basement
June 8	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
June 8	5:30pm	Wheat Plot Tour	Ohlde Seed Farms– See flier-Cover
June 13	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
June 15	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
June 16		Offices Closed For Staff Training	All River Valley District Extension Offices
June 20	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
June 20	6pm	Medicare Basics	Clay Center– Extension Office, 322 Grant Avenue
June 22	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
June 27	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
June 29	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center– Extension Office, 322 Grant Avenue
July 4		Offices Closed For Independence Day	All River Valley District Extension Offices
July 12	6pm	Cooking With In-Season Produce/Tasting	Wakefield Library, 205 3rd St. -Call to sign up 785-461-5510
July 18-23		Cloud County Fair	Concordia
July 18-23		Washington County Fair	Washington
July 25-30		Clay County Fair	Clay Center
July 31-Aug. 6		Republic County Fair	Belleville
Aug. 9	6pm	Cooking With In-Season Produce/Tasting	Wakefield Library, 205 3rd St. -Call to sign up 785-461-5510