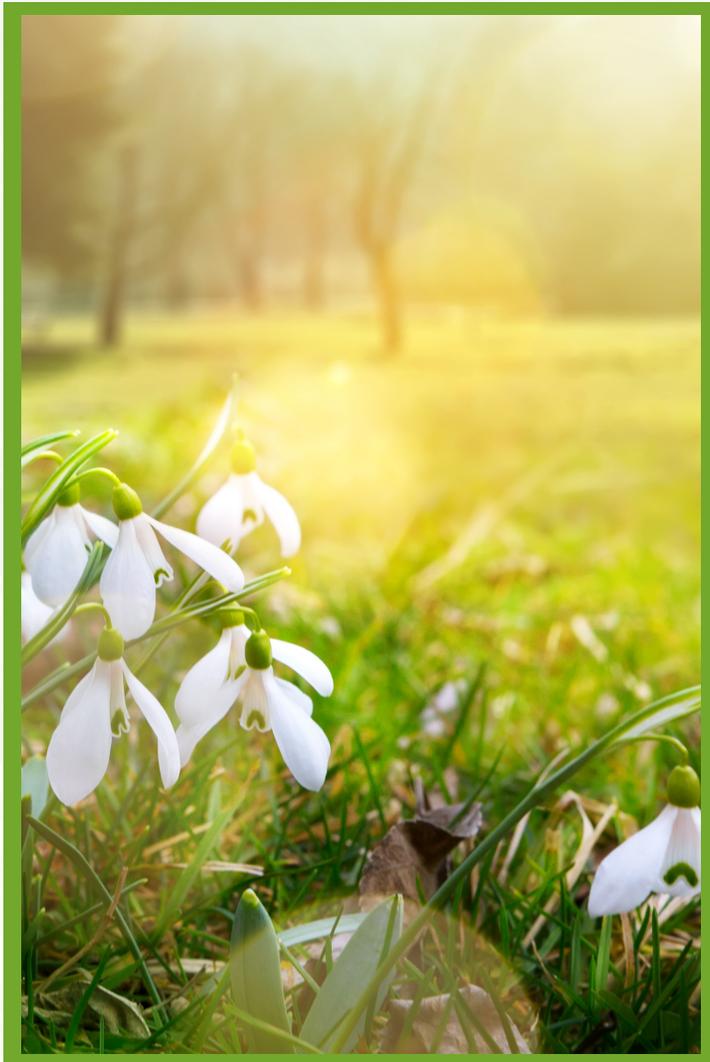


WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



WEST PLAINS DISTRICT
OFFICE HOURS
MONDAY - FRIDAY
8 AM - 5 PM

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

FINNEY

☎ 620-272-3692

ANTHONY REARDON
JENNIFER LASALLE
RENEE TUTTLE
TABITHA WHITTEN

SCOTT

☎ 620-872-2930

CAROL ANN CROUCH
JANET HARKNESS
COZETTA O'DEA
KAY HARKNESS

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 - FINNEY COUNTY



WEST PLAINS DISTRICT

DATES TO KNOW: APRIL 2022

- **April 1st:** 4-H Supports Ukraine Workshop. William Carpenter Building. Scott County. 4:00pm.
- **April 2nd:** Beef Hoof Trimming with Garrett Kreibel. Parking lot behind 3I Building. Finney County. 8:00am.
- **April 3rd:** Finney Co. Shooting Sports Practice. Jackie and Marc Gigot target range. 1:00pm.
- **April 6th:** K-State Garden Hour Webinar: Pollinator Plants for Continuous Food Sources
- **April 6th:** Lawn and Garden Pest Management. Finney County. 6:00pm.
- **April 6th:** Livestock Judging. Finney Co. 6:00pm.
- **April 7th:** Lawn and Garden Pest Management. Liberal. 6:30pm.
- **April 10th:** 4-H Shooting Sports Fair Shoot. Scott County Fairgrounds.
- **April 10th:** 4-H Dog Obedience Practice. 2:00pm.
- **April 10th:** Finney Co. Beef Tagging & Weigh-In. Finney Co. Fairgrounds. 8:00am-12:00pm.
- **April 11th:** Scott Co. Zbooks for Parents & Leaders. Wm Carpenter Bldg. Scott County. 6:00pm.
- **April 12th:** Finney Co. Zbooks for Parents & Leaders. 4-H Bldg. Finney County. 7:00pm.
- **April 13th:** Livestock Judging. Scott Co. 6:30pm.
- **April 14th:** **4-H Pumpkin Project Begins!** Greenhouse Tour and Seeding Lesson.
- **April 16th:** Beef Tagging. Finney County Fairgrounds. 9:00am-12:00pm
- **April 16th:** Small Livestock Tagging for those attending spring shows. Finney County Fairgrounds. 9:00am-12:00pm.
- **April 17th:** Finney Co. Small Livestock Tagging. Finney Co. Fairgrounds. 8:00am-10:00am A-J. 10:00am-12:00pm K-Z.
- **April 18th:** 4-H Rocketry. Wm Carpenter Bldg. Scott County. 4:00pm.
- **April 18th:** Finney Co. 4-H Ambassadors Zoom Meeting. 4:30pm.
- **April 18th:** 4-H Photography Club. Finney County. 6:00pm.
- **April 19th:** 4-H Ambassadors Community Service. Scott City Middle School. Scott County. 5:30pm.
- **April 22nd:** Earth Day at the Zoo. 4-H Ambassador Event. Lee Richardson Zoo. Finney County.
- **April 23rd-24th:** Scott County Showdown. Scott Co. Fairgrounds.
- **April 24th:** 4-H Dog Obedience Practice. Scott County. 2:00pm.
- **April 25th:** Scott County 4-H Photography Club. Wm Carpenter Bldg. 7:00-8:00pm.
- **April 25th:** Scott County 4-H Council Meeting. Wm Carpenter Bldg. 6:15pm.
- **April 25th:** Scott County 4-H Ambassadors Meeting. 7:00pm.
- **April 25th:** Finney County Cloverbud Club. 4-H Building. 6:00pm.
- **April 26th:** Scott County Cloverbud Club. Wm Carpenter Building. 4:00pm.
- **April 28th:** Scott County "Day on the Farm"
- **April 30th:** Small Livestock Tagging. Finney County Fairgrounds. 9:00am-3:00pm.



DATES TO KNOW: MAY 2022

- **May 1st:** 4-H Horse Certificates Due
- **May 1st:** State Market Beef Nominations Due
- **May 4th:** K-State Garden Hour Webinar: New and Improved Annual Flower Varieties
- **May 16th:** 4-H Photography Club. Finney County. 6:00pm.
- **May 25th:** 4-H Pumpkin Project Planting and Lesson. Finney Extension Office. 8am-Noon.
- **May 25th:** 4-H Untamed Veggie Garden Planting and Lesson. Finney Extension Office. 8am-Noon.
- **May 30th: Offices Closed for Memorial Day.**

DATES TO KNOW: ONGOING

- **March 25th - May 6th:** 30 Hour OSHA General Industry Course
- **March 27th - May 21st:** Walk Kansas



FROM THE DESK OF THE *Director*



CAROL ANN CROUCH
DISTRICT DIRECTOR
FAMILY & CONSUMER SCIENCE
CCROUCH@KSU.EDU



Well, that went fast! **It's hard to believe we are through the first quarter of the year and heading into April.** Everyone always ask Extension Agents if we are ready for our "busy" season of camps and fairs, but **I can promise you that for an Extension Agent, every season is busy.**

In the first quarter of 2022, our **Ag agent** has **provided education opportunities** in **Grain Marketing Workshops, Women in Ag classes, a cow/calf management workshop, conservation awards,** has answered numerous questions on crops and treatments and has help consumer make smart choice in farm economics.

Our **Horticulture agent** has been **providing, hosting, and teaching clients on landscape design, lawn care, wildlife, and working with the local Master Gardeners members.**

4-H is always busy, and **February brought us County/district Club Days, and Regional Club Days.** Regional and state record books are also a priority for the first quarter of the new year.

The **Family and Consumer Science agent** has been busy gearing up for **Walk Kansas, teaching the Walk with Ease program, and planning and hosting the food preservation meeting.** I too have been busy with all of the new year director activities that I am responsible for and helping with 4-H and planning and hosting our food preservation meeting.

The next quarter will find us all busy with **many opportunities for folks in our district to participate in** and you can read about those in this newsletter or on our **West Plains Extension Facebook page.**

Spring is always a great time to get out to enjoy the weather and develop new health habits. It's also a great time to get to know your neighbors and be of service where you are needed. **If you are looking for ways to give back, reach out to the Extension Office, we have many opportunities with 4-H where you can share your talents.**

We here in the Extension Office appreciate each of you , have a great April!

Carol Ann

HOW TO MAINTAIN A HEALTHY YOU!

- Get Caught Up on Vaccinations!
- Talk to Your Doctor About Heart Health!
- Investigate Community Food Resources!

K-STATE Research and Extension
Supported by a grant from the Immunize Kansas Coalition (IKC). K-State Research and Extension is an equal opportunity provider and employer.

¡Cómo Mantener Una Vida Saludable!

Presentado por K-State Research and Extension, Immunize Kansas Coalition, y socios locales.

- ¡Ponte al día con las vacunas!
- ¡Hable con su médico sobre la salud del corazón!
- ¡Investigue los recursos alimentarios de la comunidad!

K-STATE Research and Extension
Con el apoyo de una subvención de Immunize Kansas Coalition (IKC). K-State Research and Extension es un proveedor y empleador que ofrece igualdad de oportunidades.

SPRING TIME GARAGE CLEANUP

As the weather is getting nicer, many of us are itching to get out and get a few things done that seem to get away from us over the winter months. At my house, it seems as if the garage always takes a hit during winter. To keep tanks and hoses from freezing, my husband hauls several of them from the barn to the garage to store for the winter. **It also is a “catch all” for items that we no longer want to store in the house but haven’t made a decision on what to do with them.** So let us spend a little time talking about cleaning the garage. Keeping your garage and driveway clean will enhance your homes appearance. **Only in America do most of us keep our garage full of junk and leave thousands of dollars of cars parked on the drive and out in the street.** Let’s take advantage of the beautiful weather that is coming our way and get those garages organized.

To begin, remove everything that you possible can out of your garage and place on the drive so that you can give everything a good sweep down. Use an old broom to wipe the dust off the walls and tops of shelves. Sweep everything down from top to bottom. If you have items that can’t be moved (like a freezer or work bench) take a shop vac and reverse the air flow and blow them clean from behind and underneath. **Once everything is wiped down free of dust and the garage is swept clean, you can organize the things that must go back in.**

To get yourself organized, make sure that you have adequate storage space and a space and place for everything you intend to store in your garage. If you **need more storage** than what you currently have, you need to **create more by adding shelves** and such, or by buying or building a separate storage facility or even better, **get rid of many of the items you are trying to store.**

Start organizing the items (or what most of us call junk) that you have removed from your garage by sorting them into piles. This really needs to be done before you bring items back into the garage. **Put the items into three different piles. Give away/get rid of, throw away, and save. Do not save an item if you really will not use it again even if it is perfectly good.** Deciding what to do with each item can be difficult, but remember, less is more when it comes to organization and it is so much easier to keep something clean when there is less to deal with.

For the items that you are getting rid of, decide if you want to donate them to a local thrift store, you want to send them to recycle or if you want to sell them. Whichever you decide to do, just do not redeposit them into your garage. Please dispose of properly anything that needs discarded. In Scott County, the county landfill is open to anyone in the county to use, please just call the landfill at 872-2202 with any questions that you might have. **There are also regulations on disposing of chemicals, so be aware of how you are handling them. But remove everything as soon as you can that is not going to go back into your garage.**

For items that you are keeping, please put them away properly and label any storage container that cannot be seen through. **This will save a lot of time and energy the next time you are hunting something. Store items that you use more often, in easier accessible areas and store items that you seldom use, in less accessible areas.** You might even want to rethink some of the less used items. **Just ask yourself do you really need it or have you used it in the past year?** It is often helpful to hang various items on the wall of the garage. Items like rakes, shoves, and lawn chairs are easy to hang. Hanging bikes is often recommended to get them out of the way, but this doesn’t work well if the bike belongs to a younger member of the family and uses it a lot. **The garage is one of the greatest clutter magnets of the house. To keep the garage clean and clutter free, get the family involved in cleaning it up. I do this and it does make a difference.**

Best of luck and do what you can when you can.



VEGETABLE GARDENING



ANTHONY REARDON
AGENT
HORTICULTURE
ANTHON3@KSU.EDU

Grocery prices got you down? Looking for an alternative method of stocking your pantry? Who wants a fridge full of produce that you don't have to pay for? Look no further, **many cool-season vegetables are planted in March and April, including beets, cabbage, collards, chard, carrots, broccoli, endive, cauliflower, lettuce, potatoes, radish, onions, green onions, spinach, and turnips.** And what's better, the harvest time for the harvest time for many of these is just around the corner.

One of the more important factors of planting a vegetable garden is the **spacing of your plants.** Just as you do when landscaping, you will need to leave room for plants to **grow to size,** leaving **extra room for you to be able to get between them.** Though it may not be in the mind's eye until the time arrives, harvesting can be a strenuous activity. It will be even more strenuous if you don't have adequate space to do so.

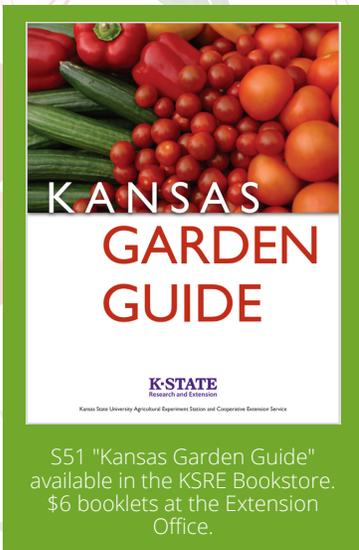
Look to the **full-grown sizes** of the plants being grown and **apportion the plots for them accordingly.** If you're really struggling with available space, look into methods of **vertical gardening.** This is where your plants grow straight upward, similar to a vine, as opposed to outward like a shrub. **The KSRE bookstore has several wonderful publications that can assist you with the spacing of your garden,** two notable ones being the **"Vegetable Garden Planting Guide,"** and the more in-depth, **"Kansas Garden Guide"** booklet. These can be found online, or you can pick them up at the extension office. (The "Kansas Garden Guide" can be purchased for \$6).

Timing of your crops is crucial when it comes to **optimizing the use of your vegetable garden,** and as such it is best to approach the planning of your garden with a **"planting plan,"** where new crops are cycled in as others are cycled out. This is done because **many plants have short enough growth periods that they can be planted twice, or more, within the year.** Many others then will take the full season to reach harvest, and there is also the notable difference between **cool season crops and warm season crops.**

Cool season crops are typically **grown and harvested in the spring and the fall** separately. As the name suggests, **warm season crops** are then grown throughout the heat of **the summer.** Having a planting plan, you will be able to accommodate for your plants by knowing the seasons they grow in, in addition to the length of time that it takes for them to grow, and you will resultantly **always have some form of a vegetable growing in your garden.**

You will also want to **pay attention to your soil** when planning your vegetable garden. As always, **a soil test is the best method of recognizing exactly what amendments you need** to optimize plant growth, but there are other factors that you can look to.

Incorporating compost in your garden is an excellent way to **add organic fertilization and improve the overall quality of your soil** by introducing humus, a substance that converts mineral nutrients and waste into usable food for plants. Keeping the **pH of your soil in a slightly acidic range of 6.0 to 6.5** will help with the survivability of many of your vegetables. And applying **external sources of nitrogen, sulfur, and iron** will help with many of the deficiencies incurred by the alkalinity of southwest Kansas soil.



S51 "Kansas Garden Guide" available in the KSRE Bookstore. \$6 booklets at the Extension Office.



MF315 "Vegetable Garden Planting Guide" available in the KSRE Bookstore or at the Extension Office

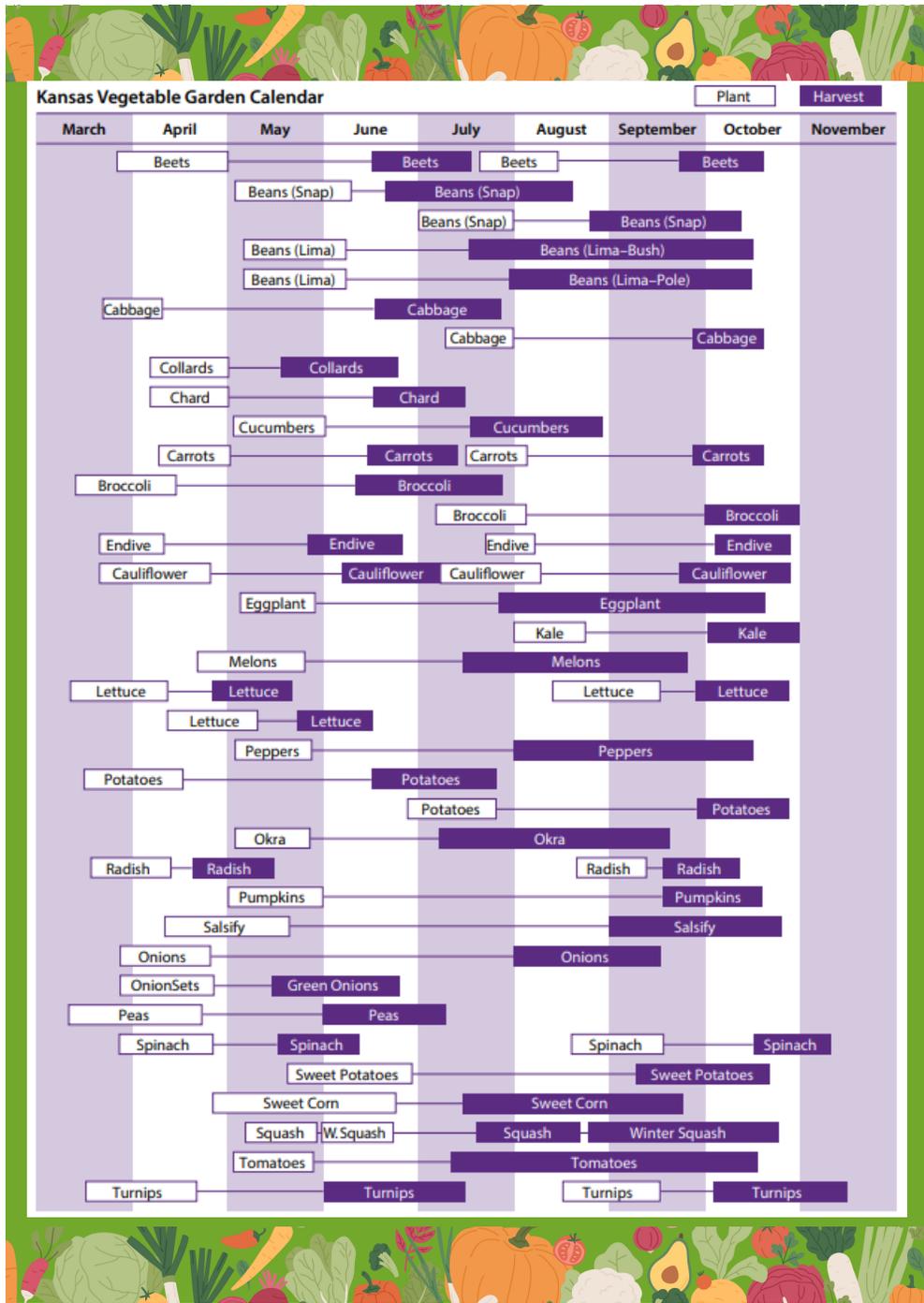
Vegetable	Average crop equivalent per 10 feet	Approximate planting per 10 feet	Vegetable	Average crop equivalent per 10 feet	Approximate planting per 10 feet
Asparagus	1 lb.	10-12 plants	Broccoli (calabrese)	10 lbs.	3-5 plants
Beans, snap	12 lb.	10-12 plants	Broccoli	10 lb.	3-5 plants
Beans, snap pole	1 lb.	5-6 feet	Cauliflower	10 lb.	4-6 feet
Beans, bush	2.5 lb. bush	10-12 feet	Cauliflower (mini)	10 lb.	2-3 feet
Beans, bush pole	1 lb. bush	5-6 feet	Chard (leaf)	10 lb.	3-5 feet
Beets	10 lb.	10-12 feet	Chard (leaf)	10 lb.	3-5 feet
Brussels sprouts	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Cabbage	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Collard Greens	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (sweet)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (dent)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (flour)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (popcorn)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (white)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (yellow)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (red)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
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Corn (green)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (orange)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (pink)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (purple)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (white)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (yellow)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (red)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (black)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (blue)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
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Corn (purple)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	3-5 feet
Corn (white)	12 lb.	3-5 plants	Chard (leaf)	10 lb.	

VEGETABLES CONT.

Thinning, pruning, weeding, cultivating, staking, and tying are all maintenance tasks that can play a crucial role in how your vegetable garden takes form. Left to their own devices, your plants are likely to grow in directions you don't want them to, in places you don't want them to, and **will generally take on an unruly form.** While this may not fully impede fruit production, it will **make harvesting efforts trickier.**

Look to the growth patterns of your plants. Many will benefit from a **light pruning** of their branches and will actually **produce more fruit** if you do so. Many can be trained to grow into a vine that can easily be tied in place, easing harvest efforts. And though it may go without saying, **weeding your garden will keep soil nutrients allocated to the plants that they are meant for.** If weeds have not gone to seed yet, leave the plants in place after pulling and let the nutrients return to the soil as they decay.

And that should keep you in pretty good shape for the growing season! **Other factors that you'll have to take into account** include **light** (make sure they have enough), **disease** (avoid overwatering), and **insect pests** (call the extension office), but don't be discouraged if you run into these! **Part of being a vegetable gardener is learning what works, what doesn't work, and adapting accordingly.** Your kitchen will look like a produce aisle in no time.



Lawn & Garden Pest Management

- Topics to be Covered Include:**
- Garden & Vegetable Pests & Disease
 - Lawn Pests and Disease
 - Lawn Weed Management
 - Treatment Options
 - Q&A Session

Garden City
 6:30pm
 Fairgrounds
 Extension Office
 501 S. 9th Street

Liberal
 6:30pm
 Seward County 4-H Bldg.
 1081 Stadium Ave.



JENNIFER LASALLE
AGENT
FAMILY AND COMMUNITY
WELLNESS
JLASALLE@KSU.EDU

GARDENING IS EXERCISE

Gardening and yard care are physical activities you can enjoy for a lifetime. As with any type of activity, it pays to warm up your body before you do any type of gardening activity.

Start by walking for about 5 minutes and do some basic stretching to lubricate your joints.

Once you are warmed up, there are **four basic rules to follow** to avoid painful gardening and lifting.

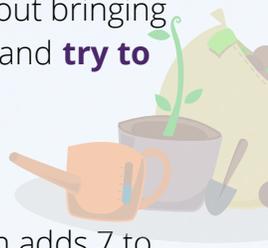
1. Stay in a neutral position whenever possible. Think about bringing the garden up to you, or going down to where your garden is, and **try to avoid twisting movements**, which cause back stress.

2. Lift with your legs. These muscles are stronger than your back muscles.

3. Keep what you are lifting balanced and close to your body. Holding at arm's length adds 7 to 10 times more stress on your back.

4. Limit twisting. Tighten abdominal muscles as you are lifting. If you need to turn while lifting, pivot your feet instead of twisting your back.

A good cool-down to gardening is just as **important as a warm-up.** While it may be tempting to just sit down right after hours of activity, slow walking is better. **Follow up with more stretches — a little slower and longer this time.**



Health Benefits of Physical Activity for Adults

IMMEDIATE
A single bout of moderate-to vigorous physical activity provides immediate benefits for your health.

LONG-TERM
Regular physical activity provides important health benefits for chronic disease prevention.

- Sleep**
Improves sleep quality
- Less Anxiety**
Reduces feelings of anxiety
- Blood Pressure**
Reduces blood pressure
- Brain Health**
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression
- Heart Health**
Lowers risk of heart disease, stroke, and type 2 diabetes
- Cancer Prevention**
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Healthy Weight**
Reduces risk of weight gain
- Bone Strength**
Improves bone health
- Balance and Coordination**
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.
Nisaman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 377-344.

CDC **ACTIVE PEOPLE, HEALTHY NATION**

Source: Physical Activity Guidelines for Americans, 2nd edition
To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>
August 2020

PHYSICAL ACTIVITY

As we get closer to **Spring** and the start of **Walk Kansas 2022**, keep in mind of the many health benefits you receive with physical activity.

The immediate benefits include better sleep quality, less anxiety, and reduced blood pressure.

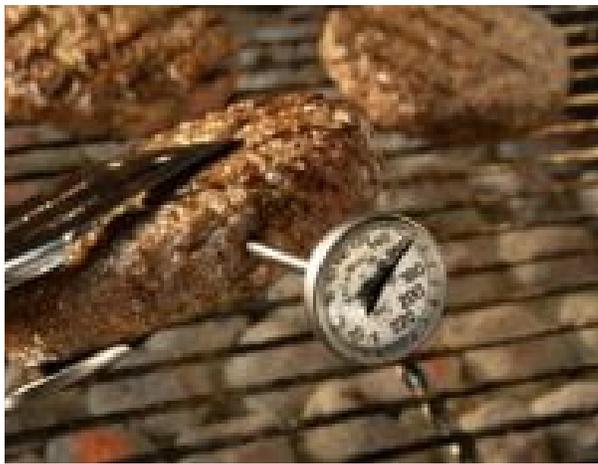
The long-term benefits include better brain health, lower heart disease risks, many cancer prevention benefits, improve bone strength, balance and coordination, and reduced weight gain.

Now get out and walk!

Source: CDC B



FOOD PREP FOR WHEN THE POWER GOES OUT



Spring is just about here which brings warmer weather as well as **severe weather**. **If you lose power, handling food can be tricky**. If you don't have a generator, then consider these options to prepare food without power from University of Minnesota Extension.

Keep a food thermometer handy. Remember these three temperatures when cooking meats: **145° for steaks, roasts, chops; 160°F for ground meat; and 165°F for all poultry**. If you have limited fuel for cooking, choose quick-cooking foods to reserve fuel.

Prepare one meal at a time so there are no leftovers. Don't leave food sit at room temperature or in warm environments for more than two hours as this can lead to bacterial growth. There are options to cook food. **A fireplace is handy, but do not use charcoal in a fireplace as it can emit carbon monoxide**. **Get outdoors and use a camp stove, charcoal grill or gas grill**.

Stock up on foods that do not require any cooking or refrigeration. Examples include peanut butter, canned meats, whole grain chips or crackers, fresh fruit, canned fruit, dried fruit, and many others. **Don't forget your pets! They also need nourishment in an emergency**.

Handwashing is still important! Use bottled water and soap if running water is not available. Use disposable utensils and plates for easy clean up. **Heat water on the outdoor grill to wash other items**.

For more information on food safety during a power outage, see www.ksre.kstate.edu/foodsafety/topics/disaster.html, Source by Karen Blakeslee



EATING THE MED WAY



The Mediterranean way of eating is one of the healthiest in the world. It includes lots of fruits and vegetables, healthful fats like olive and canola oil, whole grains, fish, seafood, herbs and spices, and some lean meat.

This style of eating is **not about cutting calories and restricting certain foods**, as many popular diet trends in America today emphasize. **The Med Way is a way of life that includes enjoying a wide variety of whole, nourishing foods with friends and family, and practicing an active lifestyle**.

Eating the Med Way doesn't have to be expensive or complicated, and you don't have to buy only fresh fruits and vegetables — **canned and frozen will work and they are all good**.

Studies show that eating and living the **Med Way can reduce your risk of developing certain diseases**, including **Alzheimer's disease, cardiovascular disease, diabetes, and some types of cancer**.

Other benefits include **lower blood pressure and weight loss, and improved eye health by protecting against macular degeneration**.



SPRING INTO FARM SAFETY

RENEE TUTTLE
AGENT
AGRICULTURE &
NATURAL RESOURCES
RSTUTTLE@KSU.EDU

Spring has sprung and that means that planting season is here! As the excitement and anticipation continues to build, it is important to remember these safety tips to ensure an effective and safe planting season:

Perform Equipment Checks

- Ensure all lights and signals are working properly.
- Inspect and replace parts as needed by starting equipment and ensuring that it is properly running.
- Check tire pressure, tread wear, and confirm lug nuts are tightened.
- Make sure all equipment, including nozzles, are clean of issues like grease, oil, debris, and rodent nests.
- Check the quality and levels of fluids, including oil and fuel.

Check and Follow Labels

- As is always said, "Always read and follow the label instructions." Applying products like herbicides, insecticides, fungicides, seed treatments and fertilizer incorrectly, or using expired product, can have harmful effects not only on your crops, but on your health. Before applying or handling any product, be sure to review the label.

Wear the Right Personal Protective Equipment (PPE)

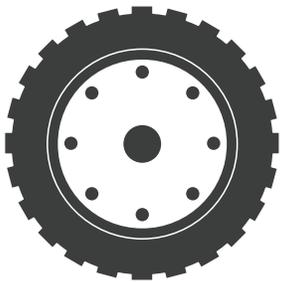
- Before applying or handling any chemicals, it is important to check to be sure proper PPE is available, well fitted and functions properly. Do not overlook cautionary statements. Always protect your skin, eyes and lungs with proper PPE including but not limited to: long sleeves, gloves, masks, and eyewear. Be sure that your First Aid kit is available and not expired.

Take Care of your Personal Health

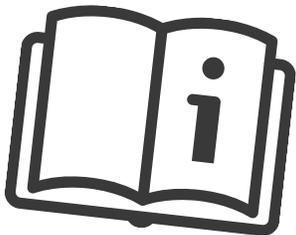
- Planting can be a stressful and hectic time. Be sure to keep rested and work to reduce stress. While it is important to get the crop planted in a timely fashion, not getting enough sleep or eating food that isn't good for you can have long-term impacts on health. During planting, be sure to prioritize quality sleep and eating healthy meals.

Have a Plan and Communicate it Well

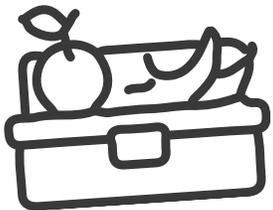
- Take time to prepare and formulate a well communicated planting plan with your team. Keep in constant contact and check in on each other throughout the season. Don't be afraid to ask for help from your team, family members or even your neighbors. Make a schedule and be sure that everyone is on the same page and has important phone numbers and contacts shared and easily accessible.



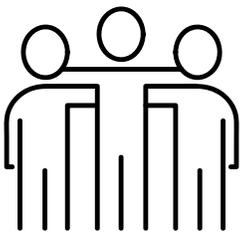
Check tire pressure often!



Always read and follow label instructions.



Pack a healthy lunch.



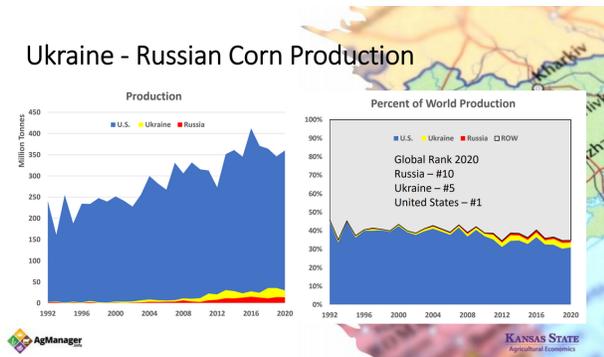
Ask for help and communicate as a team!

DID YOU MISS THE MINI RISK & PROFIT ONLINE CONFERENCE ABOUT THE AGRICULTURAL RAMIFICATIONS OF THE UKRAINE-RUSSIA CONFLICT?

You can still visit agmanager.info/2022-risk-and-profit-online-mini-conference-presentations to view and listen to the following presentations:

- **Grain Market Situation:** Dan O'Brien
- **Livestock-Meat Situation:** Glynn Tonsor
- **Oil Price Effects:** Gregg Ibandahl
- **Fertilizer Price Effects:** Gregg Ibandahl
- **Understanding Macroeconomic Effects:** Brian Briggeman
- **Ukraine & Russian Federation Agricultural Production:** Allen Feathersone

Also, continue to visit AgManager.info for up to date information on the agricultural economy from Kansas State University.



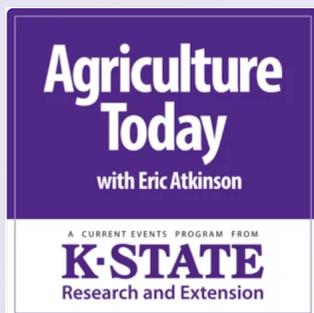
Effects of disruption to Russian supplied fertilizer

- U.S. is largely self-sufficient for:
 - Ammonia production (N)
 - Phosphate rock (P)
- No supply issue for N and P anticipated
 - Likely price increases
- Potash (K) is the big question
 - Both supply and price
 - Most from Canada so less direct influence from Russia
 - Greatest price increases
 - Potash may be underpriced relative to anhydrous even before this started



KEEP UP TO DATE WITH PODCASTS!

More time in the tractor means more time to catch up on Podcasts. Be sure to check out **Agriculture Today**: a current events program from KSRE, **Cattle Chat** from the K-State Beef Cattle Institute, **KFMA Podcast**: a weekly podcast by the Kansas Farm Management Association, and **War Against Weeds**: A Weed Management Series from several Extension professionals from across the country. All of these can be found on your preferred podcast platform.



4-H DISTRICT ROUNDUP



JANET HARKNESS

AGENT

4-H & YOUTH
DEVELOPEMENT
JLP27@KSU.EDU



As 4-H moves into spring, we move into **tagging for 4-H project animals!** **This year things are a bit different** but we're hoping that the constant contact through email and/or messenger is keeping everyone informed and up to date. Things to keep in mind as we move into show and nomination season:

YQCA Training - the online platform has moved to: **yqcaprogram.com**. Families will need to go to this site and create a new family account. Information did not migrate from the old platform and will have to be re-entered.

YQCA certificates are part of the entry process for the Finney County Fair, State Fair and KJLS. Once youth have taken the course in person or online, they will be able to access their certificates. Please save first, then print.

Copies of certificates need to be **returned in to the Finney County Extension Office.**

Nominations - all families nominating livestock for State Fair will need to create a family account through Showworks : **ShowWorks Online Nomination System Link: <https://kansasnom.fairwire.com/>**

This site allows families to enter all animals and order DNA envelopes to complete the nomination process. **DNA envelopes MUST be ordered through this website**, the **4-H Office will NOT be supplying envelopes this year**. Order envelopes at least 1 week before the close of nominations. **Also, please remember to pick up your ear tag stickers (barcodes) from the 4-H Office before mailing back DNA envelopes.**

More information on nominating can be found at: <https://www.asi.k-state.edu/research-and-extension/youth-programs/nominated-livestock/>

- Janet 

IN THESE
DARK TIMES,
YOU CAN BE
A LIGHT FOR
OTHERS.

- Join Scott County 4-H to learn more about Ukraine from 4-H Volunteer Anya Kasselmann and create an art project to show your support of those in Ukraine.

Friday, April 1, 2022
4pm

William Carpenter 4-H Building

K-STATE
Research and Extension

4-H
GROWS HERE

FINNEY COUNTY FARM BUREAU'S AG AMBASSADOR PROGRAM



The Ag Ambassador program is open to anyone interested in agriculture that is at least 16 years of age. Each ambassador will serve an 18 month term.

This program will run from July 2022- December 2023. Learn about Farm Bureau and how it works, develop your skills as a spokesperson for agriculture, provide leadership.

You gain valuable skills and a scholarship of up to \$500 for completing the program and if you are planning to attend college. You can pick up an application at Finney County Farm Bureau 811 N. Main St, Garden City, KS. Applications are **due by May 1, 2022.**



EVENT ROUNDUP

4-Hers enjoyed learning about Sushi from Hiyori, a Japanese 4-H exchange student. Finney and Scott County 4-Hers participated in 4-H Day Camps, where they made shamrock chocolate covered pretzels and wonton fruit cups, as well as knitted scarfs, drew beneficial insects for an art contest, and learned how to take creative photos using different objects! Many potential fair-season skills were learned!



Scott County Fair Theme Contest for 2022

Fair Board would like to have a 'birthday' theme as **2022 is the 75th birthday of the dedication of the grandstand Aug 1947.**

Winning art work will be used on the fair books, poster and other fair promotions.

Submit artwork to the **West Plains Extension Office** by **April 15**. Contest open to youth and adults.

All entries will be displayed at the 2022 Fair.

Finney County 4-H Foundation Scholarship Recipients

Congratulations **Katie Mongeau** on being selected as a recipient of a Finney County 4-H Foundation Scholarship



Congratulations **Adison George** on being selected as a recipient of a Finney County 4-H Foundation Scholarship



Congratulations **Audrey Norquest** on being selected as a recipient of a Finney County 4-H Foundation Scholarship



Congratulations **Alexa Lightner** on being selected as a recipient of a Mary Jo Williams Scholarship



Congratulations to all our scholarship recipients! **Thank you Finney County 4-H Foundation!**

GRAND DRIVE & KJLS IMPORTANT DATES

April 24	Last Day to Order Beef DNA Envelopes
May 1	Market Beef Nominations Due
June 8	Last Day to Order Small Livestock DNA Envelopes
June 15	Small Livestock Nominations Due -Market Swine, Commercial Gilt -Market Lamb, Commercial Ewe -ALL Meat Goat (Market & Breeding)
	Commercial Heifer Nominations Due
	Registered Breeding Heifer Papers in Exhibitor's Name
	Registered Breeding Gilt Papers in Exhibitor's Name
July 1	Registered Breeding Ewe Papers in Exhibitor's Name
July 15	Kansas State Fair Grand Drive Entry Deadline
July 25	Kansas State Fair Grand Drive Late Entry Deadline
August 15	KJLS Entry Deadline
August 25	KJLS Late Entry Deadline
Sept. 9 - 11	Kansas State Fair Grand Drive
Sept. 30 - Oct. 2	KJLS

All market animals must be nominated to be eligible for either show.

All commercial breeding females must be nominated to be eligible for either show.

Registered breeding females must be in the exhibitor's name by the appropriate date to be eligible for either show.

All meat goats, including market, commercial does, and registered breeding does must be nominated to be eligible for either show.

WIDE AWAKE

The February 14, 2022, meeting of the Wide Awake 4H Club was called to order at 7pm at the 4H building. The roll call was what is your favorite chocolate. There were 27 members, 16 parents and 5 leaders in attendance. Jaylee Speer read the minutes. The leader's report was on ribbons being available. February 17 is the volunteer training, February 26 is the regional club days and March 24 is the YQCA training. The reporter's report was turned in. The checking account balance is \$1873.70, and the savings account balance is \$3603.00. The parliamentarian tip was by Katie Lobmeyer. There was no devotion or current event. The song was led by Katie Lobmeyer. Project talks were by Andrew Morales on his rocks, Aaron Morales on his photography project, and Katie Lobmeyer on her baking project. Lauren Lightner and Gentry Hands led the recreation. Abigail Morales moved that we adjourn the meeting. The meeting was adjourned.

The March meeting of the Wide Awake 4-H Club was held at the Finney County 4-H Building on March 14, 2022 the meeting was to order at 7:00 p.m. There were 16 members, 10 parents, and 3 leaders present. The roll call was what are your spring break plans? An important parliamentarian tip to remember is to always say Madame President before making the motion. The current event was by Trell Baker on daylight savings time. The song was led by Amanda Hands singing, Irish Blessing. The treasurer's report reported that we have \$1873.70 in the checking account and \$3606.44 in the savings account. Print YQCA certificates off. YQCA trainings there will be a training on March 24, 2022 with Janet Harkness you will need to get with her to register and there will be another training on March 31, 2022 at Holcomb High School at 6:30 p.m. in the Ag Room. Livestock tagging dates large animal are April 16, 2022 and small animal (includes bucket calves) are April 30, 2022, if you have a small animal and cannot make it on April 30, 2022 you will be able to tag on April 16, 2022. You will also have to pay for the tag when it goes in the animal's ear. You need to attend 4 club meeting and have done a project talk, serve as an officer, or participate in club days to be able to participate in the fair. This year's fair you will have to bring your own shavings. For the recreation SPUD. Project talks were presented by Harvick Sowers on his pigs, Molly Price on her breeding heifer, and Harper Sowers on her pigs. Recreation was led by Harvick Sowers. The next meeting will be April 11, 2022 at 7:00 p.m. at the Finney County 4-H building. Jill Schmeekle moved to adjourn the meeting. The meeting was adjourned at 7:49pm. Madelyn Waggoner, Wide Awake Reporter and Jaylee Speer



FINNEY FLYERS

The Finney Flyers met March 6th at 4pm. The meeting was called to order by Courtney. Five members answered roll call of "A Spring Sport". Minutes of the Feb meeting were read and approved. The treasurer's report was given and approved. Weigh dates for livestock were announced, April 16th: Beef and Bucket calves, April 30th: Sheep, goats, hogs and bucket calves. Tags need to be paid for that day. Courtney gave a report on family farming in Kansas. Travis gave a talk about pens for livestock. It was moved to adjourn the meeting. Motion passed.



BEACON BOOSTERS

The Beacon Boosters February meeting was brought to order at 6:00pm on February 28 at the Finney county extension office. The first activity was a game of "Suck it Up". The treasurers and council representative reports were read along with the minutes from the January meeting. The club discussed participating in a pumpkin growing project and the Largest Pumpkin Contest being held at the extension office community garden. A club exchange with the Happy Hustlers was also discussed along with a potential fundraiser such as a 50/50 raffle at the spring livestock show. Activity 2 was a game of "Telephone Charades". Beacon Boosters will be holding a club art day at the Garden City Art Center on March 23 at 6:30pm where club members will participate in a felting activity. A program was given by Brogan Sperry about the life cycle of a chicken. Rustin Sperry gave a program on the book Pinkalicious. Activity 3 was a game of "Spaghetti Tower". The meeting was adjourned at 7:15pm. The next meeting will be on March 23 at 6:30pm at the Garden City Art Center.

SHERLOCK STRIVERS

The Sherlock Strivers 4-H Club held their regularly scheduled monthly meeting on Sunday, February 6, 2022, at Hard Rock Lanes Bowling Alley. Club members enjoyed a game of bowling then gathered for a meeting. The meeting was called to order by club president Addison George. Roll Call was - What was your bowling score. Club members recited the Pledge of Allegiance and the 4-H Pledge. In the 4-H Council report, Kendrick Wallace reported that there would be a 4-H garden kicking off this spring. In old business, members were reminded that 4-H Club Days were being held in Scott City on Saturday, February 12. The club is doing a skit and members interested in participating should stay after the meeting. In new business, it was discussed that members should come to the March meeting with ideas for community service projects. Announcements included a reminder that the next meeting will be on March 6 at Holcomb Elementary school. The club sang to the members with February birthdays. Then the meeting was adjourned. Following the meeting, the club practiced for the club days skit. On Saturday, February 12, 2022, 4-H Club Days was held in Scott City. Sherlock Strivers had many members participate by doing project talks, demonstrations, readings, and showcasing their musical talents. The club participated as a group by doing a club skit. The skit was written by club member Abby Elam and was called, "The Day the Farm Animals Quit," which was modeled after one of her favorite childhood books, "The Day the Crayons Quit." Everyone participating in their events did a great job!

The Sherlock Strivers 4-H Club held their regularly scheduled monthly meeting on Sunday, March 6, 2022, at Holcomb Elementary School. The meeting was called to order by club president Addison George. Roll Call was - What are your plans for Spring Break? Club members recited the Pledge of Allegiance and the 4-H Pledge. In old business, results from County Club days were shared and everyone who participated stood up and talked about their results. In new business, several options for community service projects were discussed. The club decided to do a fill the fridge project at Holcomb High School and Middle School for the teachers. Marlie Smith and Paityn Soukup did a project talk on manatees. Carlie and Colton Obregon did a talk on how to make chocolate chip dip. In announcements, club members were informed that there are upcoming Shutterbug Events for photography project members. Also, tagging dates for livestock project members were announced. The tagging date for Beef is April 16th and for goats, sheep, and hogs it is April 30th. YQCA training is required for all involved in an animal project and upcoming trainings are on March 21st, March 24th, and March 31st. Requirements for DNA envelopes for those exhibiting livestock at State Fair or KJLS were discussed. The next meeting will be on April 3rd at Holcomb Elementary school. The club sang to the members with March birthdays. Then the meeting was adjourned. On Tuesday, March 22, 2022, Sherlock Strivers club members gathered at Holcomb Middle School and Holcomb High School for their March community service project. 4-Hers donated bottled drinks and filled refrigerators in the teacher's lounges at the schools. The teachers were very appreciative! Submitted by Katelyn Novack, Reporter

