EXTENSION NEWSLETTER



West Plains District Office Hours Monday - Friday 8 AM - 5 PM

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

Finney

© 620-272-3670 Jennifer LaSalle Renee Tuttle Tabitha Whitten

SCOTT SC

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West Plains District

DATES ONGOING:

- January 4th- December 6th: K-State Garden Hour Webinar Series. 1st Wednesday of the month. Noon-1:00pm
- September 14th December 7th: Extension Master Gardener Training (Hybrid)

DATES TO KNOW: JULY 2023

- July 4th: Finney County 4-H Photography Meeting. Extension Office. 7:00pm.
- July 4th: Finney County Fair Entries Due
- July 5th: K-State Garden Hour Webinar. Solutions to Your Top Garden Insect and Disease Problems. Noon-1:00pm
- July 5th: Graphic Design. Finney County Extension. 10:00am.
- July 7th: Goat Yoga. Finney County Fairgrounds. West Pavilion. 9:00am.
- July 8th: Sheep and Goat Fitting Clinic. Garden City.
- July 10th: Beef By-Products STEM Lab. Finney County Extension. 10:00am.
- July 11th: Pet Care and Nutrition Workshop. Miller Vet Clinic. Scott City. 12:00pm-2:00pm.
- July 12th: 4-H Dairy Tour. McCarty Dairy. Scott City. 10:00am.
- July 15th-22nd: Finney County Fair. Finney County Fairgrounds.
- July 15th-22nd: Scott County Free Fair. Scott County Fairgrounds.
- July 31st-Aug. 1st: How to Survive a Zombie Apocalypse. Finney County Fairgrounds. GSMR. 9:00am

DATES TO KNOW: AUGUST 2023

- August 1st: State 4-H Livestock Sweepstakes Entries Due.
- August 8th: 4-H Wheat Expo. Pratt, KS. 9:00am
- **August 2nd:** K-State Garden Hour Webinar. Intergrating Native Plants into Your Home Landscape. Noon-1:00pm



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 of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact West Plains Extension two weeks prior to the start of the event at 620-272-3670/620-872-2930. 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."



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

> GOOD LUCK, TABITHA!

Our newsletter is a great addition to our Extension programing and we owe so much of its success to Tabitha, our Office Professional in Finney County.

Unfortunately, Tabitha is leaving us at the end of July to pursue a different opportunity. Although we are devastated to be losing Tabitha, we are really excited for her and her new adventure.

Thank you, Tabitha, for all that you do for us in the West Plains Extension District. You have always been appreciated and you will be missed!



FROM THE DESK *Divector* It's fair time and on behalf of the West Plains Extension District, we would like to invite you out to see what it's all about. Both Finney and Scott Counties have wonderful fairs and everyone in the communities should be proud of the events that are offered. For the most part, you can see all the fair exhibits for free, including the horse and livestock shows. There is a charge for the special entertainment. If you come out to the fair, please keep in mind some safety tips to make your visit more enjoyable. If you have children, please finish reading this column as we want them all to be safe.

If you **visit the livestock barns**, please watch your footing, there are rubber hoses lying around and other livestock equipment and we would not want you to trip. Also, if you open a gate, close the gate and leave it the same way that you found it. But most importantly, watch where you walking in proximity to the animals. Cattle are especially dangerous if you get too close, they can kick. Pigs can bite; they typically don't, but can. Just don't put your hand close to their face. Let your children pet them on the back. The sheep and goats are fairly safe, but just use caution. Never open a cage, pen or crate. Bunnies are cute, but they will scratch you if you don't properly handle them. If you choose to pet a critter, please make sure that you properly wash your hands and wrists with hot soapy water before eating anything.

When **visiting the exhibit buildings**, please keep all children in hand. Many of these items on display are prized possessions of those who are gracious enough to share them with us and we would not want them to get broken. Items are not to be handled but to be looked at and enjoyed.

Heat can also be a concern, so please be prepared. Drink non-caffeinated beverages to stay hydrated. Water and other drinks will be available to be purchased at the concession stands.

There will be various organizations offering concessions at the fair, please plan on eating with these organizations as they are often working to fund a special program and the food is good.

I encourage each of you to participate by entering an exhibit and by coming out and celebrating with us at the fair. The county extension offices will be closed the week of fair, but you will find us out at the Fairgrounds in the Fair offices.

Just use your head when visiting the Fair so that all individuals will remain safe and your visit will be enjoyable. See you at the Fair!

CarolAnn

West Plains 4-Hers had fun making several sewing projects. In addition to learning how to run a sewing machine, they learned how to use a seam gauge to put in a hem, a casing for elastic and to iron. They also learned how to quilt fabric and install zippers! THEY ALL HAD 'SEW MUCH FUN'!





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





Freezing Food for Fair



To help save time and stress at the county fair, prepare food entries early and freeze them. **Most baked goods freeze well and can still be blue ribbon quality.** This includes **cookies, yeast and quick breads, and cakes**. Here are some tips:

- Bake the product as usual. **Cool completely!** This helps prevent condensation inside the wrapping and development of ice crystals.
- Use moisture-vapor resistant packaging. This includes freezer-safe plastic containers or bags, heavy-duty aluminum foil, and rigid containers.
- Separate layers of cookies with wax paper or parchment paper.
- If a cake or bread is to be frosted, freeze the product only and frost after it is thawed.
- Make pie crusts ahead of time and freeze. Freezing whole prepared pies can cause the filling to soak into the crust.
- Thaw all baked goods in the freezer packaging. They can be thawed at room temperature. **Remove from the freezer the night before the fair. Once thawed, repackage into the proper packaging according to your fair rules.**

Source: Univ. of Georgia, www.uga.edu/nchfp/publications/uga/FreezingPreparedFoods.pdf

STAYING HYDRATED DURING HOT SUMMER DAYS

Now that the summer temperatures are heating up and the long hot days of fair is around the corner, it is important to stay hydrated. If you feel fatigued, have a low energy level, or find it difficult to think clearly, you may be experiencing mild dehydration. If you start drinking water only when you become thirsty, it may already be too late to avoid dehydration. The sensation for thirst does not kick in until you are 1 or 2 percent dehydrated, which affects the way your body and mind perform.

Water is the beverage of choice for proper hydration. Avoid highly concentrated sugar drinks (Gatorade, Powerade, etc), these drinks are emptied by the stomach much slower than water, meaning a longer time for them to rehydrate the body. Drink cold fluids, the colder the fluid, the quicker it empties from the stomach and begins to rehydrate the body. If plain water is not your preference, try adding a little fruit juice, frozen berries, sliced lemon, or fresh mint for a flavor boost.

Remember to take water breaks during your activity and when in doubt, DRINK LOTS OF WATER! Drinking plenty of water before, during, and after activity will help protect you from heat emergencies. If you do begin to feel dizzy, cramps, or uncomfortable, rest in a cool environment and drink fluids.

Dehydration affects everyone. Make sure you stay hydrated during the hot summer days and during the long hours at the fair.



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WATER IS THE BEVERAGE OF CHOICE FOR PROPER HYDRATION!





CAN-DO ATTITUDE: CANNING DO'S AND DON'TS



As gardens start producing and the harvesting starts, so are the plans to preserve the harvest to enjoy in later months. Food preservation is more science than art. To safely preserve food, education is key to know the best method and recommendations. Here are some important reminders when preserving food.

Jar it Right!

Regular and wide-mouth, thread Mason type jars are the recommended choice for canning. Glass mayonnaise jars are acceptable for use in waterbath canning processes, **but not for pressure** canning. Make sure you carefully inspect jars for nicks and cracks. Wash jars and lids with warm, soapy water and rinse well before each use. Sterilizing jars are not required for processing times longer than 10 minutes. Fill clean, warm jars with prepared food or liquid and be sure to monitor headspace and wipe jar rims before applying the lid to help ensure a good seal.

For more information, check out the publication "Jar it Right!" from K-State Research and Extension.

Put a Lid on It!

Best practices for ensuring a safe seal on canning jars include:

- Always wash and rinse lids and bands prior to
- Do not heat or boil lids as they may not seal properly.
- Leave a proper head space.
- Clean the jar rim prior to applying the lid.
- Place the metal screw band over the flat lid and apply fingertip tight.
- After processing, remove jars from the canner and allow to cool 12 to 24 hours undisturbed.

For more information, check out the publication "Put a Lid on It!" from K-State Research and Extension.

The Right Recipe!

Preserving food safely starts with reliable, tested recipes and resources. Using practices and recipes from untested sources can lead to a high risk of foodborne illness. K-State Research & Extension strongly recommends that you should not use old canning methods nor recipes from relatives, friends, neighbors, or from untested internet websites. Recipes should be current (not older than 8-10 years) from a credible source. The following resources have a wide variety of recipes to preserve your favorite foods safely:

- National Center for Home Food Preservation
- USDA Complete Guide to Home Canning
- Newell Brands (makers of Ball & Kerr canning products)
- Freshly Preserved Ideas (Newell Brands)
- Mrs. Wages TM
- Herb Infused Oils (Clemson University Extension)
- Canning Timer & Checklist App (Oregon State University)
- Preserve Smart (Colorado State University)





DIAL PRESSURE CANNER GAUGE TESTING

A pressure canner with a dial gauge should be checked for accuracy annually because a variance of 1 pound up or down- can increase the rise of foodborne illness. West Plains Extension Offices can check dial gauges on the following brands: Presto, National, Maid of Honor & Magic Seal.



RENEE TUTTLE

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AGRICULTURE.

AGENT

SUMMER FARM SAFETY REMINDERS



Run safety checks!

Return home safe to your family!

Check Exposed Skin!



Reminder for Tractor Safety Participants:

If you participated in the Tractor Safety course this year, be sure to turn in your paperwork for your final certificate. You are not officially certified until all tasks have been completed.





WPEMG Spirit Pole was the high seller at the 2023 International Master Gardening Conference fundraiser, held in Kansas City, KS this past month. The pole represents SW Kansas: wind, windmills and wildflowers, capped off with a cow/calf weather vane. Painted bv WPEMG lanet Harkness.



Have the recent rains brought back your enjoyment of working in the garden? **The West Plains Extension Master Gardener Program is now looking for volunteers with a passion for gardening that have a willingness to share that passion with the community!**

Anyone with an interest in horticulture can apply for the Extension Master Gardener Program. If you want to improve your skills and knowledge and you like to work with people, the Extension Master Gardener Program may be for you. Extension Master Gardeners share a passion for gardening, a desire to improve their community, a willingness to learn more about horticulture, an interest in joining a worthy and fun organization, time to volunteer locally, and a joy of sharing knowledge and skills with others.

Requirements for the program include a hybrid, weekly training course from September until December consisting of 40-50 hours of training and certification. After the first-year of training is complete, Extension Master Gardeners have the opportunity to volunteer their experience through various projects.

The West Plains Extension Master Gardeners are an active group that meet once per month to plan activities and educational opportunities for the community. Currently, the WPEMGs are busy building a handicap accessible garden at the Finney County Extension Office complete with raised garden beds, accessible paths, benches, and even raised garden beds specifically for wheelchair access. They plan to complete this project by the fall of 2023 and open it to the community next spring. Along with this project, WPEMGs are working to create a nature-scape and exploration area for the younger members of the community to come visit and enjoy the gardens.

Volunteers can also be found throughout the community educating students about recycling, composting, and the basics of horticulture.

Recently, WPEMG Joyce March visited Garden Valley Retirement Village to install a beautiful, raised flower and vegetable planter box for residents to enjoy. Residents were able to watch the installation and even got their hands in the soil and helped plant. Supplies were graciously donated by Whartons For Every Bloomin' Thing and Sam's Club of Garden City.

If you are interested in learning more about the West Plains Extension Master Gardener Program, visit us at the Plant Sale July 14th or contact your local extension office for more details. Registration for the 2023 class will be coming soon. The cost is \$65 and covers all learning materials and 40+ hours of hands-on learning. Upon completion of the program, you will receive official Extension Master Gardener Certification.

WE WOULD LOVE FOR YOU TO JOIN OUR 'UN-BE-LEAF-ABLE' GROUP OF VOLUNTEERS!





K-STATE Research and Extension West Plains District DISTRICT ROUNDUP

CHOOSE 4-H TO HELP BEAT THE SUMMER BOREDOM AND BUILD THE NEXT GENERATION OF LEADERS!

The National 4-H program began developing 4-H youth activity guides and curriculum that could be done at home during the pandemic lock down. **Known as CLOVER by 4-H, this curriculum site has over 190+ interactive activities, including augmented reality, developed in collaboration with over 100 Universities.**

JANET HARKNESS AGENT 4-H & YOUTH DEVELOPEMENT JLP27@KSU.EDU

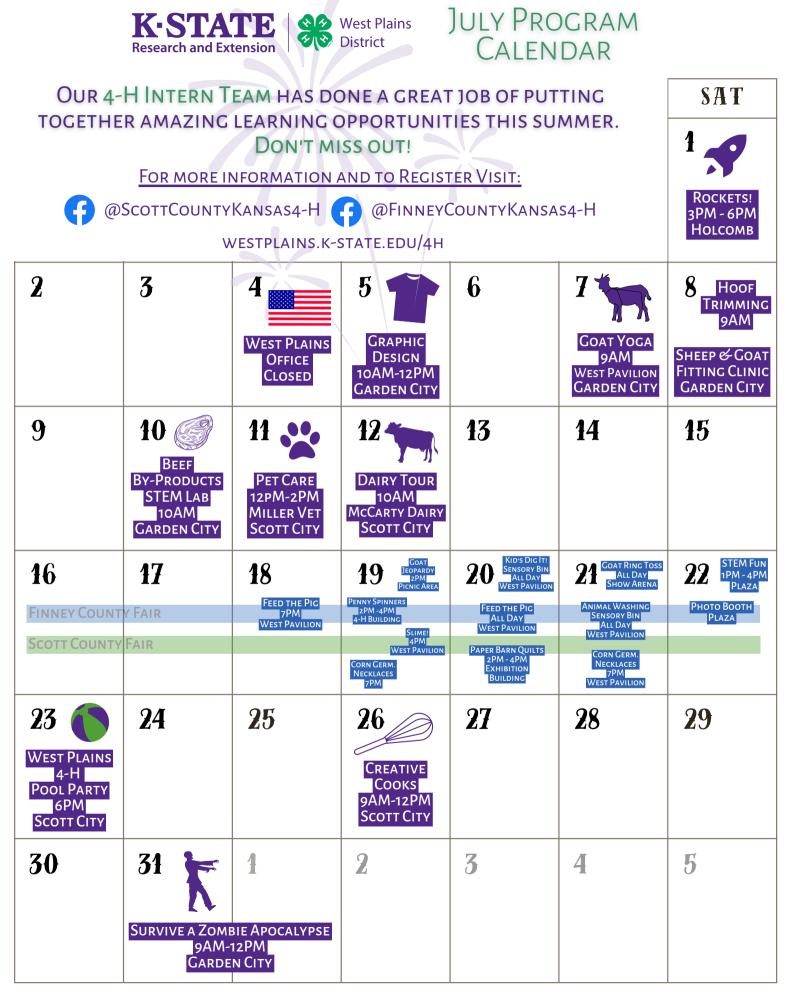
These activities are geared for youth ages 5-18 and are written so that parents, grandparents and care providers can use the activities with whatever age group they are caring for this summer. **The CLOVER activities are interactive and have game components to them.** Some of the hands-on activities include: financial literacy, workforce development, health rocks!, virtual agriculture, tech change makers, food science, pollinators and much more!

Once families decide on a topic, they can select the correct age group in that activity. **Each CLOVER activity guide introduces the youth and adult to the learning topic, why it is important to all of us and the collaborative University partner.** From there, users will have a list of learning goals and a materials check list, including all virtual and hands-on materials needed for all activities in that curriculum. From there, step by step instructions for adults to help youth through the activities are provided.

As youth work through activities, they can earn rewards as well as customize their learning experience. To find out more and create a user account, visit: https://4-h.org/clover/about/ . As youth progress through activities within curriculum, they are able to earn badges and other incentives. Activities are free of charge to families thanks to the generosity of national corporate sponsors.

Your local 4-H program has a lot to offer youth of all ages this summer! We will be holding programs that will teach science, technology, engineering, math, art, animal and food sciences and so much more! We are also offering a class on fashion and buying clothes. **Check West Plains 4-H out at: https://www.westplains.k-state.edu/ for a full list of events, including:**







MEET THE 4-H INTERNS



Adi George Finney County

Hi! My name is Adi George. I grew up in Holcomb and graduated from Holcomb High School in 2022. I have been an active member in the Sherlock Strivers 4-H Club and my high school FFA chapter. along with many other sports and clubs. I have shown pigs and goats throughout my

12 years in 4-H and continue to raise goats with my family. Currently, I am a Sophomore at Garden City Community College and am involved in PTK, Collegiate Farm Bureau, Block and Bridle and the GCCC Meats Judging Team. Next year, I hope to transfer to Kansas State University and pursue a degree in Animal Science with a minor in Ag Communications and Marketing.





Alivia Noll Scott County

My name is Alivia Noll and I am currently attending Hutch Community College. I'm a pole vaulter on the track and field team. My major is currently undecided. I was a 12 year member of the New Horizon 4-H club in Scott County. For this summer, I am most looking forward to educate the 4-Hers and being a role model for them as much as the older 4-Hers were to me when I was younger. Can't wait to see you out in the community this summer!



West Plains

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Karly Larson Finney County

Hi y'all! I'm Karly and I'm so excited to be able to spend the summer with the West Plains District and working with kids in both Scott and Finney County, as well as making new connections. I'm originally from Garden City, but I will be a Senior this upcoming year at Kansas State University with a major in Agricultural Education with the goal of becoming a high school agricultural teacher after graduation. Hope to see you in the next couple of months!



Payton Goodman

Scott County

Hi! My name is Payton Goodman. I grew up in Scott City my whole life. Currently I am in Canyon Texas at West Texas A&M University studying Ag Communications and Media. Through this internship I am most excited to give back to the community that has helped me grow up. I want to give the kids in our area the role model that I always looked up to.





West Plains District

OG WHL

ALTA BROWN ELEMENTARY GARDEN CITY

4-H Intern Adi George and 4-H Alum Wayne Goss explained all about pigs to the kids in the Big Brothers Big Sisters Program.





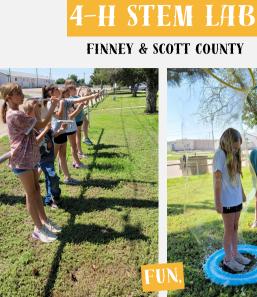


BEEF FEEDING PROJECT

LEARNING AT BEEF EMPIRE DAYS



EVENT ROUNDUP













H GROWS HERE

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K-STATE Research and Extension



HAPPY HUSTLERS

The monthly meeting of the Happy Hustlers 4-H Club was called to order by President Meara Bergstrom at 5:30pm on June 11, 2023 at the 4-H Building. Sixteen members answered roll call by naming their favorite color. Officer reports were given. Co-Club Leader Nicole Bryant shared upcoming dates, deadlines and new county fair information. Committee reports were also given from the window display committee and community service committee. There was no unfinished business. For new business, a motion was passed to finalize our July meeting date. A second motion was passed to adopt the new bylaws and constitution for the club. On the program, Grady & Grayson Gleason taught us how to make a homemade fly trap, Lauren Gigot taught us about her chickens and Cooper Drees taught us about his obstacle course illusion. The club also sang "Happy Birthday" to members with June birthdays. We enjoyed treats from the Gleason family. Next month's meeting will be July 2, 2023 at 5:30pm at the 4-H Building. Kealie Bryant, Reporter



BEACON BOOSTERS

The Beacon Booster's business meeting was called to order on May 25, 2023 at 6:19 p.m. at Sperry's house by President Baylee Hutcheson. There were eight members present. Ambassador's Baylee and Taylor told the club to watch Facebook for upcoming interviews about different projects. They also discussed parent showmanship and the Barnyard Olympics. Tammy discussed how to access the 2023 fair book. July 4, 2023 is the deadline to register for static events for the fair. July 11, 2023 is the deadline to register livestock for the events. The club voted to have tacos from La Cabana at the next meeting. Brogan and Rustin did a project talk on pigeon hatching. Taylor read "Walter the Farting Dog" for her project talk. Brayden did his project talk on his dog Maggie. After the business meeting the club toured Sperry's farm then moved to Robinson's to complete the club tour. The next Beacon Booster's meeting will be June 26, 2023 at 6 p.m. at the Deal Casa for a swimming party. Jake Knoll, Reporter

WIDE AWAKE

The May meeting for the Finney County Wide Awake 4-H group was called to order May 8, 2023. A Family Fact was given by members to report their meeting attendance. The Leader's report was given by Justin reminding members about upcoming deadlines and important dates. A thoughtful devotion was given by Paxton White. Project talks were given by many members including Brantley Temple, Jimmy Lobmeyer, Lauren Lightner, Emma Lightner, Lainey Hands, Rylin White and Aaron Morales. Chain tag, led by Harvick Sowers, was played for recreation. Finally the meeting was adjourned. Submitted by Brooke Basham Wide Awake reporter

FINNEY FLYERS

The meeting was called to order at 3pm July 2, 2023. Roll call answered by "What do you like most about July 4th". May minutes were read and approved. There was no June meeting due to the livestock show. Treasures report was given \$3,787.59. Members moved to do a tri-fold for fair educational display. Austin moved to do the display, it was seconded and passed. Elam will get pictures for the display. Fair events were announced. Turtle Races July 18th, 4-H Sunday, Premium Auction, and other dates were announced. 4-H Sunday will take place. The speaker will be Wayne Goss. Kason moved to adjourn the meeting, motion was seconded, meeting adjourned.