

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



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

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

FINNEY

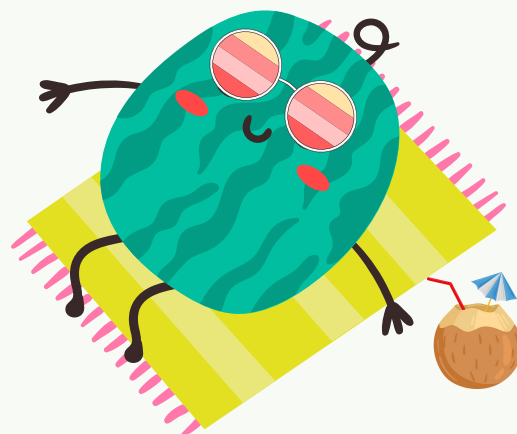
☎ 620-272-3670

JENNIFER LASALLE
RENEE TUTTLE
TABITHA WHITTEN

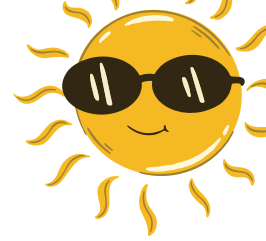
SCOTT

☎ 620-872-2930

CAROL ANN CROUCH
JANET HARKNESS
COZETTA O'DEA



WEST PLAINS DISTRICT

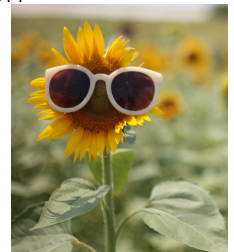


DATES ONGOING:

- **January 4th- December 6th:** K-State Garden Hour Webinar Series. 1st Wednesday of the month. Noon-1:00pm

DATES TO KNOW: JUNE 2023

- **June 1st:** 4-H Horse Certificates Due.
- **June 3rd-4th:** Sunflower Livestock Show. Garden City.
- **June 5th:** Scott County 4-H STEM Lab. 9:00am-Noon.
- **June 7th:** K-State Garden Hour Webinar. Drought Tolerant Lawns of Kansas: Warm Seasons Turf grass. Noon-1:00pm
- **June 7th-9th:** Discovery Days, K-State.
- **June 8th:** Finney County STEM Lab. 9:00am-Noon.
- **June 8th:** Deadline to order Small Livestock DNA envelopes.
- **June 15th:** 2023 Small Livestock and Commercial Heifer Nominations close.
- **June 13th-14th:** Advanced Horse Judging Camp. <https://bit.ly/43Um1FA>
- **June 14th:** Beginner Horse Judging Camp. <https://bit.ly/3oCQKa1>
- **June 15th:** 2023 Small Livestock and Commercial Heifer Nominations Close
- **June 21st:** Finney County Premium Auction Participant Meeting. Location & Time TBD.
- **June 27th:** Scott County Junior Livestock Sale Meeting. Wm Carpenter Building. Noon
- **June 28th:** Scott County Fair Entries Due
- **June 30th:** 4-H Night with Garden City Wind Game Night



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 8th:** Sheep and Goat Fitting Clinic. Garden City.
- **July 17th-23rd:** Finney County Fair. Finney County Fairgrounds.
- **July 17th-23rd:** Scott County Free Fair. Scott County Fairgrounds.



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
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FROM THE DESK OF THE *Director*



Greetings from the West Plains Extension District!

Here we are, starting our summer run with camps, events, 4-H trips and fairs. For some of us, this is the best time of the year! **One exciting thing we have going this summer is the four 4-H Interns.** These interns will be working hard this summer engaging in all kinds of learning opportunities. **They will be working with youth across the district offering a variety of classes.** These classes will be STEM, Nutrition (cooking and more), leadership, and anything else they have the opportunity to work into their schedule. **Be watching for a list of these activities soon!**

West Plains Extension is excited to welcome our 2023 4-H Internship Team to the district. They have just completed training at K-State and will be making a BIG impact in the Finney County and Scott County communities! **Welcome Karly, Adi, Alivia and Payton!**

When it comes to the fairs, the **Finney County and Scott County fairs** are at the same time, but we hope you will all take the time to come and cheer on our 4-Hers and open class participants in their respective events and check out all the other events a county fair has to offer. **A full schedule of both will be available in our July newsletter.**

K-State Research Extension is here to serve you, if you have a need for our services, please feel free to reach out to any agent or either office and we will try to help you with your requests.

Have a great summer!



Carol Ann

Hey 4-Hers, Save the Date! Carol Ann is going to host a few sewing classes.

There will be 4 classes with a different project for each class.

- June 19, 2-5pm
- June 20, 9-noon
- June 20, 2-5pm
- June 21, 9-noon

More information to come!



NATIONAL HERBS AND SPICES DAY

Do you know what June 10th is? It's National Herbs and Spices Day. What a great time to try out a different way to flavor what we cook. There are many cooking methods and ways to feed our families, but herbs and spices can really make a difference with very little effort.

According to Olamspices.com, **"Herbs are typically the fresh or dried leaves of a plant with a non-woody stem, such as parsley, cumin, thyme and marjoram.** Basil is also considered an herb even though it does have a woody stem. **Spices on the other hand, are usually made from dried seeds, fruits, bark or the root of a plant with a wood stem.** Common examples are garlic powder, paprika, turmeric and ground black pepper."

Both can be used separately or together to blend flavors or heat to your dishes. **The best part about cooking with herbs and spices, you can often reduce or replace other flavoring units like sugar and salt.** Garlic, black pepper, oregano and cumin can replace most of the salt in cooking and sugar substitutes can be clove or cinnamon.

When using fresh herbs, don't use anything that is look slimy and turning black. **If you are substituting dried herbs or spices for fresh in a recipe, use only ¼ the amount a recipe calls for, as dried herbs and spices are much more concentrated.** Dried herbs and spices will lose their potency over time, so you might consider replacing them after a year or so, but they will not make you sick if you use them after their expiration date.

You can dry your own herbs at home by following researched based recipes (which you can get in the Extension Office), and it fairly easy to do.

Just for fun, did you know that Paprika is ground, dried bell or sweet peppers? Cardamom is made from the ginger family? **Black and white pepper is made from peppercorns which are actually a tiny fruit?** Cinnamon is from the bark of several tree species and oregano is a perennial herb that belongs to the mint family? Who knew!

When cooking, you can mix up any flavors to create one of a kind dishes by adding herbs and spices, eliminating salt and sugars. You can not do this with baking. Salt and sugar are essential to some recipes for them to turn out as expected. Yes, some substitutions can take place for salt and sugar, but those recipes need to be adapted. **As I often tell folks, cooking is an art to be creative, but baking is a science and must follow the recipes for optimum end products.**



FOOD SAFETY WEEK



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It's summer time and that means time for picnics and barbecues and lots of opportunities for outdoor fun with family and friends. These warm weather events also present opportunities for food-borne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

The week of June 5-11 is food safety week. This is a time dedicated to remind people about food-borne illnesses and encourage people to adopt food standards to avoid these diseases. **Food safety is the handling, cooking, and storage of food to prevent food-borne illnesses.**

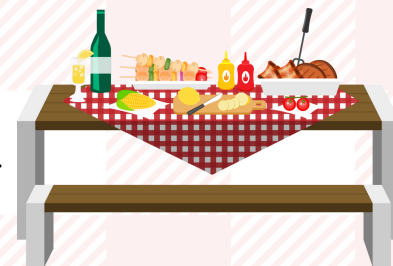
To protect yourself, your family, and friends from food-borne illness during warm-weather months, safe food handling when eating outdoors is critical. Follow these simple steps in protecting your family and friends from food borne illnesses in warm weather

Keep cold foods cold:

- Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 F or below.
- Never let your food remain in the "Danger Zone" between 40F-140F for more than 2 hours, or 1-hour when outdoor temperatures are above 90 F.
- Place serving dishes directly on ice or in a shallow container set in a deep pan filled with ice.
- Organize cooler contents: Pack beverages in one cooler and perishable foods in another if possible. This prevents the cooler from constantly being opened and reopened and helps to keep the contents cold longer.
- Always marinate food in the refrigerator.
- Never thaw food at room temperature.

Cook:

- Keep Hot Foods Hot: Hot food should be kept hot, at or above 140F.
- Cook food thoroughly, always use a food thermometer to check for doneness.
 - **Ground meat: 160 F**
 - **Steaks: 145 F**
 - **Poultry: 165 F**
 - **Fish and Shellfish: 145 F**



Clean:

- Always wash your hands with warm soapy water for at least 20 seconds before and after handling food.
- Clean your produce: Rinse fresh fruits and vegetables under running tap water before packing them in the cooler.

Don't cross-contaminate:

- When packing a cooler, keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw.
- Don't reuse marinades used on raw foods unless you bring them to a boil first.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs unless the plate has been washed in hot, soapy water.

NATIONAL FRESH FRUIT AND VEGETABLE MONTH



June is National Fresh Fruit and Vegetable month. The warm summer months is the best time to enjoy these colorful and tasty foods. For some of us, summertime just wouldn't be the same without fresh produce.

Fruits and vegetables taste great and they're bright and colorful, easy to find, and easy to prepare and eat. They are available in many different forms; fresh, frozen, canned, dried, and as juice. Fruits and vegetables are not only delicious to eat, but they provide a wide spectrum of healthful qualities. **They are high in vitamins, minerals, low in calories and sodium. They have a high content of water and contain no cholesterol.** Many are good sources of dietary fiber, contain very little fat, and fruit has natural sweetness. Fruits and vegetables also contain strong antioxidants, the health-promoting substances that neutralize the free radicals formed when cells burn oxygen for energy. Free radicals damage or destroy healthy cells. **The deeper the color of a fruit or vegetable, the more powerful its antioxidant action.**

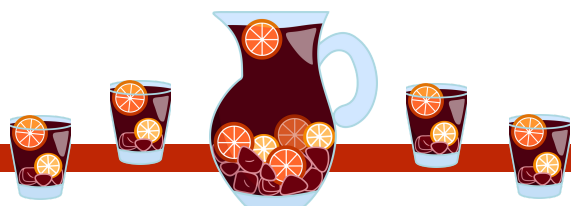
Consuming different colors of fruits and vegetables each day offers satisfying tastes and textures while increasing protection against disease. **A diet rich in natural plant pigments protects against heart disease and cancer, slows the aging process, and strengthens mental capacity and the immune system.** It also helps decrease the risk of high blood pressure, lung or pulmonary disease, obesity, and wrinkling of the skin. Fruits and vegetables offer an appetizing rainbow of colors. Since each protects body tissues in its own way, the best way to power up your plate, and please your palate, is to eat a variety of colors and choices with each group.

Five to nine servings of a variety of colorful fruits and vegetables-red, yellow, orange, green, blue, purple, and white, are recommended each day. Eating a rainbow of fruits and vegetables makes meals look and taste great and improves the immune system, slows aging, and reduces risk of heart disease, cancer and other illnesses.

Celebrate the month of June by consuming fruits and vegetables. Summer is the best time to indulge in these tasty foods. Personal gardens and farmer markets are great places to purchase your fruits and vegetables. You may even notice your grocery store has more fruits and vegetables in the summer. **Wherever you shop, fruits and vegetables are a great food anytime of the year.** Source: K-State "Color Me Healthy: Enjoying Fruits and Vegetables fact sheet. **Try these fruit/vegetable recipes**

Summer Sangria

Ingredients: Fresh lemon slices Fresh lime slices Fresh orange slices Fresh blueberries Fresh strawberries, slice 3 cups white cranberry peach juice cocktail 1 cup cranberry juice 1 cup orange juice 1/2 cup lemon juice 1/4 cup lime juice 4 cups seltzer water	Directions: Wash hands with soap and water. Wash whole fruit by gently rubbing it under cold running water. Wash blueberries and strawberries in a basin of cool water, the remove the hull and stem from strawberries and slice them. In a large pitcher, add the sliced fruit and whole blueberries. Add juices and stir well. Refrigerate until ready for use. Just before serving, add the seltzer water, mix well. Enjoy!
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Greek Green Beans

Ingredients: 2 T olive oil 1 onion halved and sliced thin 3 cloves garlic, minced 1 lb. fresh tomatoes, diced 1 lb. fresh green beans, trimmed 1 cup water 1/2 tsp salt 1/4 tsp black pepper Juice from one lemon 1 T chopped fresh dill or 1 tsp dried dill	Directions: Wash hands with soap and water. Rinse produce by gently rubbing under cold running water; prepare produce as directed. Heat 1 T of the olive oil in a large pot or Dutch oven. Saute the onion in the oil over medium high heat for about 5 minutes, until softened and starting to brown. Add the garlic and saute for another minute. Add the tomatoes and stir together. continue to cook for about 2 minutes, until the tomatoes soften. Add the green beans, water, salt, and black pepper. Stir to distribute the ingredients. Turn the heat to low, cover and simmer for 30-40 minutes, or until green beans are tender to your liking. Stir occasionally. Remove from heat and stir in lemon juice and dill. Serve immediately and refrigerate any left overs.
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'22 KFMA MEMBER FARMS SAW STRONG FARM INCOMES

Despite high input costs, and low state average yields for fall harvested crops due to widespread drought, in **2022 KFMA member farms saw strong farm incomes, averaging \$164,914** across the state. While significantly lower than the record high income recorded in 2021 of \$319,180, the 2022 average was stronger than the 2016-2020 average of \$99,497.

Along with strong prices, **government payments and crop insurance helped to supplement low production among crop producers.** Government payments accounted for 15.3% (\$25,236) and net crop insurance proceeds (payments received less premiums paid) accounted for 56.3% (\$92,781) of accrual net farm income. Of government payments, Emergency Relief Program payments averaged \$17,450.

Combined with high grain prices, drought conditions in 2022 reduced forage availability resulting in high costs for livestock producers. Feed cost increased 13.2% (to \$113,795) compared to 2021. However, value of livestock production increased 5.1% to \$137,959 (after feed cost is removed) to create profit opportunities for livestock producers.

Stronger than average profits allowed producers to maintain a healthy financial position at the end of 2022, but dry conditions also carried over to 2023 creating low topsoil moisture supplies and poor wheat conditions for portions of the state, resulting in significant uncertainty.

It is **important for farm managers to assess their individual financial position, to know their numbers and use their numbers, in order to better understand the environment in which they are making decisions.** A good set of records allows identifying production costs, provides a starting point for market planning, and can help a farm manager understand their farm business better. An investment of time into this process is important to manage the volatility of today's production and economic environment successfully.

More detailed information, including information by enterprise, is posted on the KFMA website: www.AgManager.info/KFMA.

Summary provided by Mark Dikeman, Executive Director, KFMA

2022
KFMA
FARM
INCOME
AVERAGE
\$164,914



We are excited to announce that K-State Athletics will host their **2023 Celebrate Agriculture Day** with K-State Football on Saturday, **September 23 against Central Florida**. We are proud to celebrate our history as Kansas State Agriculture College.

We will once again honor one Willie's Farm Family from each county (Finney & Scott). The selected farm family from each county will **receive 2 complimentary tickets to the game** (with the opportunity to purchase additional discounted tickets) and be **recognized with all county representatives during the game.**

HOW TO ENTER: Visit the **West Plains Extension District Facebook Page** and comment on the original, pinned post with your most favorite AND least favorite job on the farm.

Recipients will be chosen by random drawing **June 9th at 12 PM** and announced on our Facebook page. Recipients must be currently active farmers and reside in Finney or Scott County to qualify. Questions? Contact Renee (rstuttle@ksu.edu).



HOT TOPICS IN HORTICULTURE



FERTILIZING TOMATOES

"Though tomatoes need to be fertilized to yield well, too much nitrogen can result in large plants with little to no fruit", Upham said.

"Tomatoes should be fertilized before planting and side-dressed with a nitrogen fertilizer three times during the season."

Upham said the **first side-dressing** should go down 1-2 weeks before the first tomato ripens, and the **second side-dressing** should be applied two weeks after the first tomato ripens. The **third side-dressing** should be applied a month after the second tomato ripens.

Information provided by Ward Upham (wupham@ksu.edu)

Fertilizer Recommendations:

Nitrate of Soda (16-0-0): 2/3 # or 1.5 cups/30 ft row

Blood Meal (12-1.5-6): 14 oz or 1.75 cups/30 ft row

Urea (46-0-0): 4 oz or 1.5 cups/30 ft row

Ammonium Sulfate (21-0-0): 1/2 # or 1 cup/30 ft row



TIPS FOR DURABLE TOMATO CAGES

Steps to Create Tomato Cages from Mesh:

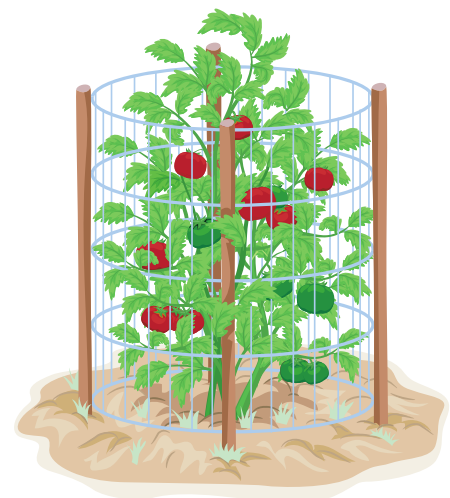
1. Roll the mesh onto the ground and **count 13 squares**.
2. Using small bolt or standard wire cutters, **cut the wire** at the end of the 13th square leaving **in tact 12 squares**.
3. Allow the mesh to **form a cylinder** and wrap the cut pieces of the final squares around the first squares to hold shape.
4. **Adjust the height** of the cage by cutting entire squares. Cutting the wire at the base of the cylinder will create prongs that can extend into the ground when placed around the tomato plant.
5. **For additional support**, drive a t-post into the ground next to the cage and tie the cage to it.

Productive tomato plants and Kansas growing conditions require tomato cages for support, said K-State Horticulture Instructor Cynthia Domenghini.

"The mesh is typically sold in 50 foot-long rolls that are 5 feet high. The mesh has 6 inch squares that accommodate access to the tomato plants for harvest, inspection or other care," Domenghini said.

She recommends each cage be about two feet in diameter for proper containment.

Information provided by Cynthia Domenghini (cdom@ksu.edu)





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4-H DISTRICT ROUNDUP



Sit, stay, heel and run up and down that teeter totter are just a few of the new and exciting things you and your dog can learn through the 4-H Dog Project! Designed to strengthen the bond between youth and dog, the 4-H Dog Project encompasses care and obedience training.

The purpose of the dog project is to help 4-H youth develop leadership, initiative, self-reliance, sportsmanship and other positive character traits. Experience the pride and responsibility of being involved with a dog. Acquire skill, patience and understanding by training a dog. Realize a greater love for animals and a humane attitude toward them. Prepare for citizenship responsibilities by working together in groups and supporting community dog projects and activities.

Because 4-H is a learn-by-doing educational program, it is the intent that 4-H members care for and train their dogs. A member will learn very little if someone else trains and cares for their dog. A 4-H project dog does not have to be owned specifically by the 4-H'er but can be a family pet that the youth is able to care for daily. The 4-H Dog Project is more than just learning about the care of your pet. The project teaches youth how to train their best friend to become an obedient, working team member. **The project relies on weekly or monthly county-wide training sessions, at-home practices and different levels of obedience shows to train and test dogs and their handlers.**

Additionally, 4-H youth can test all of their dog knowledge through cynology (the study of domestic dogs) contests. These contests include public speaking, Dog Quiz Bowl and Dog Jeopardy contests. Questions and topics can relate to body parts, selection, training, health care, breeds and much more. In Kansas, 4-H'ers have the opportunity to participate in a state-wide 4-H Dog Conference and Quiz Bowl Competition at Rock Springs Ranch. **The 4-H Dog Project has its own aspects of community service. Raising and donating funds/materials to or volunteering labor at a local shelter or enrolling the 4-H dog in the Canine Good Citizen Program are all good options for community service.** The Canine Good Citizen Program is a ten-step test that certifies dogs who have good manners at home and in their community. Administered through the American Kennel Club, this program has certified over 600,000 dogs in 42 states. Having a Canine Good Citizen Program certificate can help a 4-H dog become a visitor at local nursing homes or libraries.

State Dog Conference T-Shirt Designs

Annual State Dog Conference is Oct 21-22 at Rock Springs Ranch. The theme this year is "Dogs of Oz". All 4-H dog project members can submit "hand drawn" designs to Jill Martinson at martinso@ksu.edu by June 1. No computer generated designs will be accepted. The winning designer will have their conference fee paid for. Designs should include the event name, "Kansas 4H Dog Conference 2023", front and back designs are accepted.

State Dog Conference t-shirt designs are due by June 1 to Jill Martinson at martinso@ksu.edu. The theme is "Dogs of Oz". All dog project members can submit a design.



Scott County Junior Livestock Sale

Participant Meeting

June 27, 2023
12pm
Wm. Carpenter 4-H Building

Discuss auction logistics.

Select Sponsors to visit with.

Get NEW updates!

K-STATE
Research and Extension



K-State Research and Extension is an equal opportunity provider and employer.

FINNEY COUNTY

FAIR

SIGN UP NOW!

GOAT FITTING COMPETITION

WEDNESDAY, JULY 19TH

1:00 INBETWEEN SHEEP & BEEF SHOWS

CONTACT JANET FOR MORE INFO

ALL LIVESTOCK KIDS ARE ELIGIBLE TO COMPETE

Congratulations to all of our Seniors graduating this year! We are so very proud of you!

Congratulations Finney County 4-H'ers!

CELEBRATING YOUR GRADUATION!

- RYLAN ANDERSON
- MEARA BERGSTROM
- ADAM COOK
- AUSTIN ELAM
- BAYLEE HUTCHESON
- PAIGE JONES
- KILEY KILGORE
- ANNA LOBMEYER
- AARON MORALES
- TRAVIS OLIVER
- JESSA YORK

CLASS OF 2023

You did it!

K-STATE
Research and Extension



Congratulations Scott County 4-H'ers!

CELEBRATING YOUR GRADUATION!

- GUI GRIFFITH
- TREVEN JONES
- NATHAN LEBEAU
- DYLAN METZGER
- WYATT RICKER
- TARA ROSE
- BROOKE STRINE
- ANNIE TALBERT





"Oh! So Sweet and Simple" is the quilt pattern these 4-Hers made with Jennifer LaSalle in May.



4-H was at Safe Kids May 6th, talking poisonous bugs and plants, handing out breakfast and making human bubbles!



Finney County 4-H Clubs, like Wide Awake, packaged up birthday cake kits as part of a spring community service challenge in May to be donated to Emmaus House in Garden City. Great job to all of our clubs!



Thank you Chase for kicking off 4-H Livestock Judging in Scott Co tonight! West Plains 4-H'ers sorted and gave reasons on a class of delicious candy bars!



FINNEY FLYERS

The Finney Flyers meeting was called to order at 4pm May 7th by Austin. Memebers recited the Flag Salute and 4-H Pledge. Roll call was " What is your middle name." One member was excused due to being at a spring show. Seven members answered roll call. Minutes for the April meeting were read and approved. The Treasurer's report and Reporter's reports were given. Members gave reports on shows they have participated in this spring. Members participated in the song Bingo. Austin said he will graduate high school this spring. He will then go to junior college in Garden and to Oklahoma. It was moved and seconded to adjourn the meeting. Meeting was adjourned. Next Meeting is June 4th at 4pm.

HAPPY HUSTLERS

The monthly meeting of the Happy Hustlers 4-H Club was called to order by President Meara Bergstrom at 5:30pm on May 7, 2023 at the 4-H Building. Fifteen members answered roll call by naming a chore they do not mind doing. Officer reports were given. Co-Club Leader Karen Murrell reminded members of important upcoming livestock dates. Co-Club Leader Nicole Bryant asked for agenda items to be submitted for the next meeting. The Community Service Committee reported that we would volunteer at the Finney County Humane Society on Saturday, May 20, 2023. For members that could not attend on May 20, 2023, they can donate items and bring the items to the June meeting. There was no old business. For new business, a motion was passed to purchase a box of checks. On the program, the club sang "Happy Birthday" to members with May birthdays. Recreation leader, Mason Roark, led members in a fun ball toss game. Club announcements reminded members to watch for information about a foods project meeting in June. We enjoyed treats from the Drees family. Next month's meeting will be June 11, 2023 at 5:30pm at the 4-H Building. Kealie Bryant, Reporter

40th Annual Loyalty Day Spring Livestock Show May 6-7, 2023

Prospect Breeding Ewes

Purebred: Marly Cramer 6th Place

Prospect Market Lambs

Hampshire: Bailey Cramer 5th place

Hampshire: Landon Cramer 6th place

Natural: Cally Cramer 6th place

Showmanship

Senior: Marly Cramer 3rd place

Senior: Cally Cramer 4th place

Intermediate: Bailey Cramer 6th place

Junior: Landon Cramer 4th place

County Sheep Showmanship Trophy: Scott County

