

FHD Extension News

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Inside this issue:

EXTENSION PROGRAM DEVELOPMENT COMMITTEE (PDC)

PDC Update	1	Flint Hills Extension District has a program development committee for each of the four program areas:
Extension Services	1	*Ag and Natural Resources *Family and Consumer Sciences (FCS)
4-H News	2-3	*Community Vitality (CV) *4-H Youth Development
FCS News	3-4	These committees each have 6 representatives from each Morris and Chase Counties to help give input on the Extension programs across the District. Thank you to our committee members for their willingness to help Extension meet the needs of the communities.
Ag News	5-7	Community Vitality and 4-H PDCS met in Council Grove on April 11th. Ag and Family and Consumer Science PDCs met in Cottonwood Falls on April 13th. The PDCs will plan to meet again in the Fall.

WHAT IS K-STATE RESEARCH AND EXTENSION?

K-State Research and Extension is a statewide network of educators sharing unbiased, research-based information and expertise on issues important to Kansas. It has established partnerships at the local, state, regional, national, and international levels.

With 131 years of research and 104 years of extension, K-State Research and Extension has been improving the quality of life and standard of living for Kansans for a century. K-State Research and Extension is a partnership between Kansas State University and the federal, state, and county governments. Research completed is used by extension agents and others to help solve community issues.

As a service-focused and community-based organization, K-State Research and Extension provides information and services for Kansans related to:

Adult Development and Aging
Community Development
Crop Production
Family and Child Development
Family Resource Management
Farm Management

Horticulture
Livestock Production
Natural Resources
Nutrition, Food Safety, and Health
Youth Development

REGIONAL 4-H CLUB DAY RESULTS

Project Talks

Tate Gibb & Colton Cooper	CS	Alt. Top Blue
Daylen Nielsen	MR	Top Blue
Beatty Mayer	MR	Blue
Archer Hodges	CS	Blue

Jr. Demo/Illustrated Talk

Macey Hensley	MR	Top Blue
Lexi Todd	MR	Blue
Sadie Mushrush	CS	Blue
Josiah Peters	CS	Blue

Sr. Demo/Illustrated Talk

Bethany & Rebekah Peters	CS	Blue
Lydia Peters	CS	Blue
Lakoddah Downes	MR	Alt. Top Blue
Cassidy Dalquest	MR	Blue

Public Speaking

Mark Andres	MR	Blue
Carissa Dalquest	MR	Top Blue
Lydia Filinger	CS	Blue

Reading

Carter Mann	CS	Blue
Macey Hensley	MR	Top Blue

Instrumental Ensemble

Fayth Ehrlich & Laramie Mayer	MR	Blue
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Sr. Instrumental Solo

Ella Kirk	MR	Blue
Josepha Inlow	CS	Blue

Jr. Instrumental solo

Brayden Jarvis	MR	Blue
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Sr. Vocal Solo

Sierra Meade	MR	TBlue
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Novelty

Samuel Barr	MR	Blue
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Jr. Gavel Games

Dwight Sunflowers	MR	Blue
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Model Meeting

Toledo 4-H Club	CS	Blue
Willing Workers 4-H Club	MR	Red

Skit

Bazaar 4-H Club	CS	Blue
Flint Hills 4-H Club	MR	Blue

MORRIS COUNTY 4-H COOKBOOK

Two Morris County Senior 4-H members enrolled in the Foods & Nutrition project with Foods Leaders have helped coordinate a Morris County 4-H Cookbook. The cookbook recipe collection was a success with over 300 recipes collected! If you are wanting to order a cookbook(s), you can call or come in to the Council Grove office or contact

Deb Andres at dandres2@tctelco.net

Cookbooks are priced at \$18 and need to be ordered by April 29.

CHASE COUNTY FAIR

is scheduled for

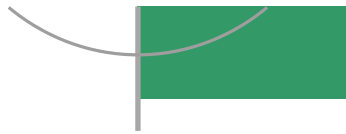
July 21-28

Cottonwood Falls



2022

COUNTY FAIRS

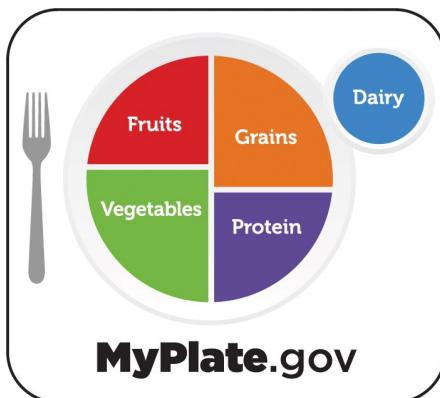


MORRIS COUNTY FAIR

is scheduled for

July 23 - August 1

Council Grove



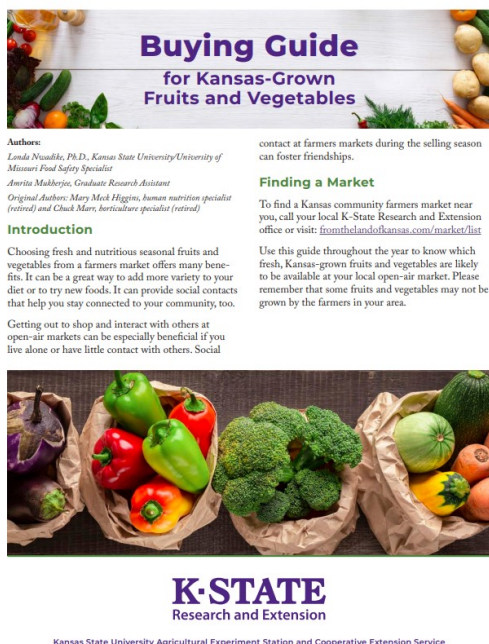
My Plate can be used as a guide for individuals to make decisions on choosing foods to put on the plate. This use to be the Food Pyramid and had has changed over time to the graphic at the left. A few basic highlights for individuals to follow:

- Focus on Fruits
- Vary your Veggies
- Make your Grains Whole
- Go Lean with Protein
- Choose Low-Fat and Fat-Free Dairy

Some easy reminders are to try to eat the colors of the rainbow during the day by choosing fruits and vegetables in a variety of colors. This allows you to eat vitamins, minerals, and antioxidants from each of the color groups. Choosing whole grains are beneficial to your health compared to refined grains. For the protein category, other foods in that group are: nuts, peanut butter, beans, and eggs. Many dairy foods have low-fat and fat-free options.

BUYING GUIDE FOR KANSAS FRUITS AND VEGETABLES

As local farmers markets make plans to open for the growing season, shoppers can plan ahead by knowing what is available at different times of the year. The K-State Research and Extension Buying Guide for Kansas-Grown Fruits and Vegetables is a great tool to help you choose many nutritious seasonal fruits and vegetables. Find the guide here: <https://bookstore.ksre.ksu.edu/pubs/MF2647.pdf> Local farmers can also answer questions about the foods they grow to help you try something new or find a new way to enjoy the tasty treats. Within the publication are charts you can print out for a handy reference. Looking for a farmers market near you? The Kansas Department of Agriculture From the Land of Kansas program has a list of registered markets at www.fromthelandofkansas.com/market/list.



HOME CANNING WITH COMMERCIAL JARS

The last couple years has pushed home canners to resort to using questionable home canning supplies and methods. One of these questionable supplies is reusing commercial jars. Is this possible? Commercial jars are not designed to be reused in home canning. There are many types of glass and not all glass jars are tempered to withstand the home canning process. This could result in broken jars, spoiled food, and food loss. Because the lids used on commercial jars cannot be reused, home canning 2-piece lids may not fit the mouths of commercial jars properly. Therefore, lids will not seal properly. The “Atlas” brand shows up on some of today's commercial jars. These jars used to be made by the Hazel-Atlas Company, but they are no longer in business. The “Atlas” name used on commercial jars is for marketing purposes only.

Shared from You Asked IT! May 2022 Source: UCCE Master Food Preservations of El Dorado County, University of California Facebook page



Use jars recommended for home canning for best, and safest, results.
Photo: KSRE

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

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services, and activities. Accommodations for persons with disabilities may be requested by contacting the Extension Office two weeks prior to the start of the event at 620-767-5136. Requests received after this date will be honored when it is feasible to do so.

Upcoming Events:

What: 2022 K-
State Sheep Day

When: Saturday,
April 30th,
8:30am-3:30pm

Where: Shannon
Creek Lamb

5025 HWY 16,
Olsburg, KS

This year's sheep
day will feature
interactive "stops"
throughout the
sheep operation.
Groups will hear
about facility
considerations,
from barns to
fencing, as well as
technology that can
be incorporated
into your operation.
Participants will
also spend time on
pasture, observing
and discussing the
pros and cons of
co-grazing.

Registration is \$25
per attendee before
April 18th, \$30 after
that date Children
10 and under are
free.

Protect your Flocks from Avian Influenza

A potentially harmful virus called avian influenza has been detected in many states this spring, including Kansas and surrounding states. The virus has been confirmed in wild birds in Kansas, and at least one small poultry flock. The virus has been isolated in waterfowl, wild birds, small farms, and commercial operations. Data indicates that the virus is probably moving with the aid of the spring migration of waterfowl as the weather begins to warm. To protect your birds, now is the time to keep as much distance as possible from migrating ducks and geese.

This current outbreak is in a form that is more concerning than many. It is being referred to as highly pathogenic avian influenza (HPAI). This term means it is highly contagious and can infect chickens, turkeys, gamebirds, and other birds and can cause severe illness and/or sudden death.

As widespread as it now is across the nation, poultry owners should assume the virus is likely present all around and begin an immediate biosecurity program. Backyard flocks are susceptible to this virus as well. There is no licensed and approved vaccine for use against avian influenzas in poultry in the US. The best way to protect your birds is to practice good biosecurity.

Monitor your birds for symptoms including sneezing or wheezing, coughing, nasal discharge, facial swellings, and other signs of respiratory struggle, like gasping for air. Look for a lack of energy, movement, and reduced appetite. Infected layers may suddenly lay fewer eggs that are misshapen. The birds may appear to have incoordination and diarrhea. Be on the lookout for sudden death in birds even if they aren't showing other symptoms.

If you are able, while birds are migrating through, keep your flock indoors or undercover. The biggest risk to a small farm is waterfowl and wild birds that stop by to steal feed or water and mix with your birds while feeding. You must keep waterfowl far from your birds. The virus can also spread from passing waterfowl to local birds that do not migrate.

If you have a pond that is attracting the migrating birds, then stay away, and keep your pets away as well. Expect the pressure to seek water from your property to be stronger in the Midwest and West this year as moisture levels have been low.

Eliminate roosting birds like starlings and pigeons if you have them. Now is the time to stop attracting wild birds with feeders. There is data that suggests that the well-intended feeding of wild birds could lead to a concentration of birds that allows rapid spread of diseases during an outbreak. Wild birds are starting to build spring nests, and these should be removed from coops and barns. Wear gloves and a mask to reduce your exposure to mites and other diseases these nests may harbor. Never place a bird house near your poultry. Light anti-bird netting can be used to keep the birds from building nests, and nets over pens can keep wild birds from entering your coop.

Many small flocks leave feeders full of grain all day and night in the coop. This is never a good idea because many rodents and small mammals visit at night to steal a meal and spread droppings that may contain diseases. A good way to feed birds is to determine how much they will clean up during the day, and feed only this amount every morning. By roosting time, the feeders should be empty. It is even better to pull up the feeder and store it in a rodent proof tub overnight.

Good biosecurity includes other important prevention strategies. You can make an emergency footbath by using a half cup of bleach in a gallon of water, then placing this in a shallow container to step in when entering your bird coop. Don't visit other flocks. Auctions, shows and swaps will be at risk during this time. Purchase chicks from only a tested source. Though most mail order hatcheries are monitored, there is still a small risk of infection. Stop purchase of hatching eggs and chicks from small internet sellers of stock that are not monitored. Some offers will say that their birds are tested, but this likely refers to Salmonella pullorum because most small flocks are not required to be tested for avian influenzas like commercial poultry.

Gamebird operations should be alert as well. Netted flight pens are subject to pressure from wild birds and waterfowl the same as small poultry farms. Commercial gamebird farms should not be located near water sources where waterfowl stop. Any method of keeping the waterfowl away from the flight pens should be implemented immediately. If an ATV is used on the farm, it should be decontaminated by washing and applying disinfectant before getting it close to the pens. It is still early spring, so most pheasant operations have not released started chicks to the flight pens. If you are able, try to hold the chicks back in the brooder house as long as possible to give yourself more time for the migrating birds to clear.

Even the best prevention plan will not prevent all cases of avian influenza. The Kansas Department of Agriculture is a good source of current testing results and contacts for potential problems. If your birds have symptoms of HPAI, contact your veterinarian or call KDA toll-free at 833-765-2006, or contact them via email at KDA.HPAI@ks.gov (Courtesy of the K-State ASI Newsletter)

Blue Green Algae

Fact Sheet courtesy of the Natural Resource PFT

Blue Green Algae aren't actually algae at all! They are a group of single celled organisms, called cyanobacteria, that naturally occur in most water bodies. We usually don't notice them but when they rapidly reproduce, or bloom, they can produce toxins that cause illness or death in people, pets, and livestock.

What Does It Look Like?

Cyanobacteria blooms take on a variety of appearances but they usually appear as bright green scum on top of the water. We often hear people say it looks like *"bright green paint spilled on the water"*

What Causes Blue Green Algae Blooms?

Blue Green Algae can bloom anytime, but conditions when blooms usually occur include:

- Stagnant water
- Months with warmer temperatures (May – September)
- Elevated nutrient levels – especially nitrogen and phosphorous

Why Should I Be Concerned about Blue Green Algae?

When cyanobacteria die they can release hepatotoxins (liver) or neurotoxins (nerves) which can cause illness or death in people, pets, and livestock. This is especially a concern when blooms occur in ponds used for livestock watering or where recreational activities (e.g. swimming, boating) occur.

Think You have Blue Green Algae?

Do **NOT** use herbicide to control blue green algae blooms. Treating blooms with herbicide may increase toxicity in the water body. Instead, move livestock to another watering source or limit access of pets and livestock to the upwind portion of the pond where concentrations are generally lower.

How can I Prevent Blooms?

- Be Proactive! It is usually too late once blooms are observed
- Add aeration to help keep water moving in your pond
- Reduce nutrient input in pond by adding a vegetative buffer, following recommended fertilizing rates, and limiting livestock access to ponds when possible

Is My Water Safe?

- Rapid tests are available to confirm the presence of cyanotoxins
- More accurate results can be obtained from the K-State Veterinary Diagnostics Lab



WHAT PRODUCERS SHOULD BE THINKING ABOUT IN MAY...

Tips by Dale Blasi, Extension Beef Specialist

Breeding season is beginning or continuing for many operations; therefore, both females and males must be reproductively fit.

1. Several estrus synchronization procedures have been developed. To determine the correct synchronization program to use, consider the following: age group of females (yearling replacement heifers vs. cows), commitment of time and efforts for heat detection, potential number of females that are anestrus (days postpartum, body condition, calving difficulty), labor availability, and the return on investment for total commitment to the breeding program.
2. Handle semen properly and use correct AI techniques to maximize fertility.
3. Natural service bull should have body condition, eyes, feet, legs, and reproductive parts closely monitored during the breeding season. Resolve any problems immediately.
4. All bulls should have passed a breeding soundness examination prior to turnout.
 - Begin your calf preconditioning program. Vaccination, castration, and parasite control at a young age will decrease stress at weaning time. This is a time to add value to the calf crop.
 - Implanting calves older than 60 days of age will increase weaning weight.
 - Properly identify all cows and calves. Establish premises numbers for compliance with state and national programs.
 - Use best management practices (BMPs) to establish sustainable grazing systems.
 - Use good management practices when planting annual forage sources and harvesting perennial forages.
 - Maintain records that will verify calving season, health programs, and management practices.

Planting Easter Lilies Outside

Ward Upham, K-State Research & Extension Horticulture Agent

Gardeners often hate to throw out Easter Lilies after they finish blooming and may wonder if they can grow outside.

Though not reliably hardy in Kansas, many gardeners have success if they follow a few simple rules.

1. After the flowers have faded, remove the flower stalk so that energy does not go into making seed.
2. Keep the plant inside until the danger of frost is past. Keep soil moist but never waterlogged. Don't allow water to sit in the tray. Continue to fertilize.
3. The pot can be moved outside when frost is no longer a concern. Sinking the pot into the soil up to the brim and placing in dappled shade will help reduce watering. Continue to water and fertilize until the top growth dies down.
4. Choose a sunny, well-drained spot for planting. Good drainage is vital for lilies and so the addition of organic matter is usually necessary for most soils. Till or dig the soil 6 inches deep and add 3 inches of peat moss. Mix the soil and peat moss together. This will form a berm that should drain very well.
5. Plant the bulbs 6 inches deep and 12 to 18 inches apart and water in well. Mulch to conserve moisture. New growth may appear later in the summer or the plant may stay dormant until the following spring.
6. Cover the plants in the fall after the foliage has died down with straw, pine needles, wood chips or other types of mulch to help protect the plant over winter. Use 4 inches of straw or 3 inches of any of the other materials.
7. Uncover the plants in the spring to allow new growth to appear and fertilize according to soil test.





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