River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

October 2019
Volume 14 #10

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LOWER FEED COST, MORE MONEY

The largest operating expense for any cattle operation is feed. Just how important is feed cost to an individual operation? I have included data from an article by Dustin Pendell and Kevin Herbel (*Differences Between High-, Medium-, and Low-Profit Cow-Calf Producers: An Analysis of 2012-2016 Kansas Farm Management Association Cow-Calf Enterprise*) to help make my point.

In the two figures below, we observed a strong correlation (r=0.72) between total feed cost ($/cow) and total cost ($/cow). In simple terms, the more you spend on your cows in feed the higher the operating cost. In the second figure we observe a negative correlation (r=-0.64) between total cost ($/cow) and return over total costs. Simply put, the higher the cost, the less profitable the operation. From these two graphs we see that high feed cost ($/cow) can be the difference between making money and loosing money in a cow-calf operation. However, I don't think this will come as any surprise to most cattle producers. My point to this article is that producers need to get their feed costs down to improve their profitability.

If you would like to read the entire article, it can found at http://bit.ly/cowcalfprofit. For questions, contact Brett Melton at 785-243-8185 or bmelton@ksu.edu.

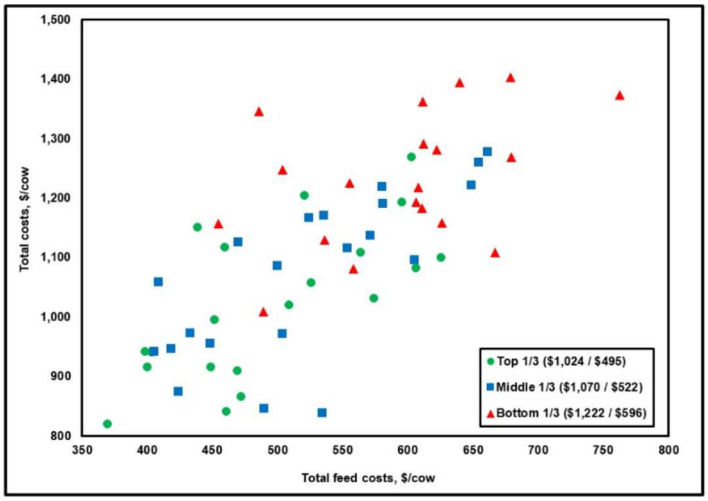

Figure A5. Total Costs vs. Total Feed Costs (correlation = 0.72)

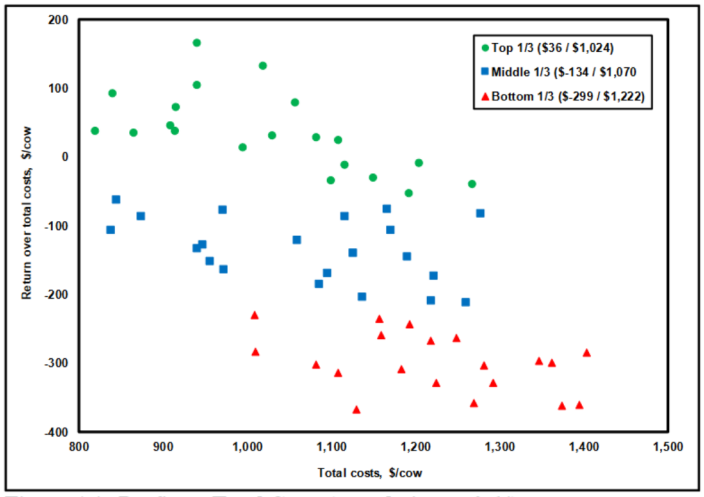

Figure A4. Profit vs. Total Costs (correlation = -0.64)

TESTING FEEDSTUFFS, ANOTHER TOOL IN THE MANAGEMENT TOOLBOX

Many of the challenge's cattle producers face are essentially about managing variability. Our management decisions/ practices are often dictated by changes in weather, markets, genetics, animal performance, and many other factors. There are a variety of tools that have been created to help cattle producers manage different sources of variability and predict animal performance. Today we often think of complex tools like EPDs or genomic testing. However, simple tools such as body condition scoring and analytical testing of feeds are also tools that should be included in this list. Although it is often overlooked, the underlying reason we evaluate the chemical composition of feedstuffs is to gather data that can be used to more efficiently manage our feed resources and more accurately predict animal performance.

Nutritionist and producers often use average values when discussing feeds and forages (i.e. alfalfa: 55% TDN, 16% Crude Protein). Feedstuffs, especially forages can vary widely in their nutrient composition due to various factors including forage species, stage of maturity at harvest and weather conditions during the growing season. The variability in the chemical composition is often much greater than most realize, even for forages such as straw, which are relatively homogenous.

Dairy One Laboratories, maintains an online feed composition library. The average crude protein content (dry matter basis) of straw in the database from 2000-2018 (5790 samples) is 5.4%, crude protein, the range of crude protein values reported was 2.97-7.81%. Although, there is no additional information regarding the forages in the database, the numbers illustrate that not all "straw is straw".

This growing season producers have experienced the full spectrum of weather conditions from a cold, wet spring, to a lack of rainfall that has some regions back on the drought monitor. These conditions have affected the quality of harvested forages in many different ways. In some cases where harvest was delayed, forage quality may be well below the average values. Utilizing these forages based on their average or "normal" values may negatively influence animal performance. Forage testing is the tool that producers need to take out of the management toolbox this fall. Just like an EPD or body condition scoring, forage testing is a tool. Stop and consider, "Would you purchase or select a sire without using the tools science has developed to help you make the best management decisions?"

Are you willing to utilize forages and feedstuffs in your nutrition program this winter without data? If you are not familiar with how to properly sample your feedstuffs or submit a sample for analysis visit your local Extension office. They can help you determine the proper sampling protocol for your feedstuffs, help you submit the sample and select the appropriate analytical tests, to ensure you get the data you need to build your winter nutrition program.

2019 RIVER VALLEY LEASE SURVEY

Every year the River Valley Extension District sends out surveys to landowners and tenants that lease crop ground, pastures, or hire farm labor. We send surveys out in the mail and ask them to return at least one of the surveys. We compile this data to get an average dollar amount for lease agreements in the district and average salaries or hourly wages for employees that work on farms. This information is valuable for producers and landowners to make decisions for their land or operation. There are other questions on the survey pertaining to the lease arrangement and who takes care of certain things on the land.

For the 2019 lease survey, we will be putting them online for anyone in the district to complete. We hope this will increase the quantity of our responses and increase the accuracy of our numbers. If there are any producers or landowners in the River Valley District who would like to participate in the lease survey, go online after Monday, November 4th to www.rivervalley.ksu.edu to find the link to the survey. It will be available until Friday, December 6th.

Participation in the survey is important for us to provide the district and surrounding counties with accurate and reliable information. If there are any questions about the survey, contact Brett Melton at 785-243-8185 or bmelton@ksu.edu.

CONTROLLING BROADLEAF WEEDS IN LAWNS

Late October to early November is the most effective time to control broadleaf weeds in your lawn. A few of the major broadleaf weeds that we tend to see are dandelions, henbit, and chickweed. These plants are winter annuals and start to grow in the fall. They spend the winter as small plants and most people don't notice them until they start to flower in the spring. Trying to kill them in the spring, once they are flowering, usually is a waste of time and money.

These three weeds tend to be the hardest to control and the most noticed in lawns in the spring. Dandelions usually produce a flush of new plants in the fall, so they are more easily controlled now because they are actively moving materials from the top portion of the plant to the roots. Henbit and chickweed start germinating in the fall, and are controlled easier when they are young. Herbicides will translocate to the roots and will kill the plant from the roots up.

So what should you do? Spraying herbicides such as 2,4-D, Weed-B-Gon, Weed Free Zone, Weed Out or Trimec in the fall, October to early November, can go a long way toward eliminating these plants. Choose a day that is at least 50° F so the young plants are actively growing and will take up the chemical. The better the weed is growing, the more the weed killer will move through the plant.

Spot treating will probably be needed early in the spring before they have put on much growth (March) to catch the few plants that germinate late. Use Weed Free Zone, Speed Zone, Weed Out, Weed-B-Gon, Trimec, or any other herbicide that controls broadleaf weeds.

If you have any questions contact Kelsey Hatesohl in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

FALL IS A GOOD TIME FOR SOIL TESTING

Though we often think of soil testing as a spring task, fall can actually be a better time. Soil-testing laboratories are often very busy during the spring resulting in a longer turnaround from submission to recommendations. Also, soils in the spring are often waterlogged, making taking samples difficult. If your soil test suggests more organic matter, fall is a much better season because materials are more available than in the spring, and fresher materials can be used without harming young tender spring-planted plants.

Begin by taking a representative sample from several locations in the garden or lawn. Each sample should contain soil from the surface to about 6 to 8 inches deep. This is most easily done with a soil sampler. Each office in River Valley District have samples that are available for checkout. If you don't have a sampler, use a shovel to dig straight down into the soil. Then shave a small layer off the back of the hole for your sample. Mix the samplers together in a clean plastic container and select about 1 to 1.5 cups of soil. This can be placed in a plastic bag, or a soil sample bag that is available at the offices. Take the soil to your local office to have the tests done for a small charge at the K-State soil-testing laboratory. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121.

WORK GARDEN SOIL IN THE FALL

Fall is right around the corner; with vegetable gardens starting to slow down and coming to a stop; it's time to start thinking about what needs to be done for next year's garden. Fall is the preferred time to prepare garden soil for next spring. Spring is often wet making it difficult to work soil without forming clods that will remain for the rest of the season. Fall usually is drier allowing more time to work the soil. Even if you work soil wet in the fall and form clods, the freezing and thawing that takes place in the winter will break down the clods, leaving a smoother soil for the following spring.

Another reason to work the soil in the fall is to get rid of any insects and diseases you might have had from the previous year. Insects often hide in garden debris. If that debris is worked into the soil, insects will be less likely to survive the winter. Diseases are also less likely to overwinter if old plants are worked under. Garden debris will also increase the organic matter content of the soil.

Fall is an excellent time to add organic matter. Not only are organic materials (leaves, rotten hay or silage, grass clippings) usually more available in the fall but fresher materials can be added in the fall than in the spring because there is more time for them to break down before planting. As a general rule, add 2 inches of organic material to the surface of the soil and till it in. Be careful not to over till the soil. You should end up with particles the size of grape nuts or larger. By working the organic material into the soil you are allowing it to sit there all winter and break down into nutrients that your vegetable plants will need next summer.

Working the garden in the fall allows the soil to rest over the winter and be ready for vegetable plants in the summer.

TIME TO PLANT SPRING-FLOWERING BULBS

With fall quickly approaching it's hard to think about next spring, but now is the time to plant those spring flowering bulbs we all love. The best time to plant spring flowering bulbs is in late September through October is an excellent time to plant spring-flowering bulbs such as crocus, tulips, and daffodils. These plants need to develop roots in the fall and must meet a chilling requirement over the winter in order to bloom in the spring.

Choosing the right planting location can make a difference on how well your bulbs do in the spring. You need to pick a planting site that has full sun to partial shade. The ideal soil should be a sandy loam mix, but even if you don't have that you can add organic material such as peat moss, compost, or aged bark to improve your current soil. For example, a heavy clay can be amended by mixing in one-third to one-half organic material.

The planting depths of bulbs will vary depending on the type and size of the bulb. For example, tulips and hyacinths are set about 6 inches deep, and daffodils are put 6 to 8 inches deep. As a rule of thumb, bulbs are planted two to three times as deep as they are wide. The planting depth is the distance from the bottom of the bulb to the top of the soil. Large bulbs are normally spaced 4 to 6 inches apart, and small bulbs about 1 to 2 inches. You can plant bulbs in clumps or irregular masses produce a better display, or you can line the edge of your flower beds by planting single bulbs in a row.

After placing the bulbs at the proper depth, you want to slowly replace the soil so you can be sure to have good bulb to soil contact. First replace half the soil back into the hole and add water. Wait until the water as soaked in and then add the remaining soil and water the area again. This process will settle the soil around the bulbs, and will create good aeration as well as good drainage for proper root development. Although there will be no top growth in the fall, the roots are developing, so soil needs to be kept moist but not wet. Mulch can be added after the soil has frozen to prevent small bulbs from being affected by the alternating freeze and thaw of the soil throughout the winter.

Even though you don't see immediate effects of planting bulbs, they will provide you with that pop of spring color, and will add different dimensions to your flower beds.

CAUSES OF LODGING IN CORN

Like 2018, a very hot and mostly dry July followed by a very wet August has created a near perfect storm for stalk rot development, particularly Fusarium stalk rot. Stalk lodging in corn occurs when the stalk weakens and breaks at some point below the ear. When this occurs, it results in harvest losses and slows down harvesting considerably. Grain moisture levels may also be unacceptably high in lodged corn. Two common causes of stalk lodging are stalk rot disease organisms or corn borer damage. Stalk rotting diseases in Kansas include charcoal rot, Fusarium, Gibberella, anthracnose, and Diplodia. Stalk rotting diseases are present in the soil or on old crop debris every year, but disease only develops when certain other factors predispose the plants to disease infection.

What are the most common causes of stalk lodging in corn throughout the state?

Carbohydrate depletion in the stalk during grain fill. Higher-yielding, "racehorse" hybrids tend to produce superior yields at the expense of late-season stalk integrity. These hybrids translocate a high percentage of carbohydrates from the stalks to the ears during grain fill. The latter is reflected with a substantial reduction in the stalk diameter from flowering until maturity (stem shrinking process). This weakens the lower stalk until eventually it will break over, possibly after becoming infected with a stalk rot disease. However, this does not mean producers should stay away from these hybrids. These hybrids have to be managed well. They should be harvested early, shortly after physiological maturity. This may mean harvesting the corn at about 20-25 percent grain moisture. Early harvest can result in discounts for high moisture, but it is better than leaving those hybrids in the field so long that stalks break.

Hybrid differences in stalk strength or stalk rot susceptibility. Some hybrids have genetically stronger stalks than others do. This is often related to a hybrid's yield potential, as mentioned above, and how it allocates carbohydrates during grain fill. However, there are also genetic differences in stalk strength due to other reasons, including better resistance to stalk rot diseases. If a field of corn has stalk lodging problems, it could be due in part to hybrid selection.

Poor root growth and other stresses. Cold, waterlogged soils, severe drought, and soil compaction can all result in short, inadequate root systems and crowns that are damaged to the point that water and nutrients cannot effectively move through them. Under these conditions, the roots may not be able to extract enough water and nutrients from soil to support plant growth and carbohydrate production. When carbohydrate production is below-normal during any part of the growing season, the ears will continue to take what they need during grain fill, which can leave the stalks depleted even under average yield conditions. The developing ear always has priority for carbohydrates within the plant.

Poor leaf health. Any factor that results in poor leaf health will reduce carbohydrate production. When carbohydrate production from photosynthesis is inadequate due to loss of green leaf area in the leaves, the plant will mobilize reserves from the crown and lower stalk to complete grain fill (see carbohydrate depletion above).

Southern rust continues to arrive in Kansas earlier in the growing season, perhaps due to the overall warming trend in recent years With the delays in planting this spring, southern rust has reached epidemic levels in numerous late planted fields in the eastern part of the state. While there is direct yield loss due to less green tissue being available for photosynthesis, there are also secondary losses from increased levels of stalk rot.

Gray leaf spot is the other important foliar disease in Kansas that can affect stalk rot. Gray leaf spot got off to a slow start in 2019, but then came on strong in fields with less resistant hybrids. Like last year, low corn prices made for difficult spray decisions and many fields went untreated where producers were trying to limit input costs. Many of the highest yielding hybrids lack good resistance to leaf diseases because the use of resistance genes can cause a "yield drag" in the hybrid. Therefore, when growing these hybrids, producers should be ready to apply a fungicide should leaf diseases develop. Bacterial leaf streak continues to spread in the state, however, its relationship to yield loss or increases in stalk rot are still unknown.

Stay green, another characteristic in hybrids, is highly correlated to stalk rot resistance and reduced lodging. The stay green effect associated with the use of strobilurin fungicides has also been reported to reduce lodging. This same characteristic may also interfere with grain dry-down in the field.

High plant density. Plants become tall and thin when supra-optimal populations are used, which result in thin stalks with inadequate strength. In addition, plant-to-plant competition for light, nutrients, and water enhances the competition for carbohydrates between the stalk and ear within the plant, thus reducing the vigor of the cells in the stalk and predisposing them to invasion by stalk rot.

Nutrient imbalances and/or deficiencies. Nutrient imbalances and/or deficiencies predispose corn plants to stalk rot and stalk lodging. Both potassium and chloride deficiency have been shown to reduce stalk quality and strength, and stalk rot resistance. High nitrogen levels coupled with low potassium levels increase the amount of premature stalk death and create an ideal situation for stalk rot and lodging. Soil chloride levels should be maintained above 20 lbs per acre.

Corn rootworm and corn borers. Damage caused by the corn rootworm and the European corn borer can predispose the corn plant to invasion by stalk rotting organisms, as well as lead to outright yield loss.

Mid-season hail damage. Similar to the damage caused by insects, the physical damage caused by mid-season hail can set up the plant for invasion by stalk rotting organisms. Stalk bruising and the resulting internal damage may also physically weaken corn stalks, making them more likely to lodge later in the season.

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TREATING WOODY PLANTS

Late summer and fall can be an excellent time to treat unwanted stands of woody plants. Scattered stands of individual trees should either be treated individually using the basal bark method (for labeled plants less than 4-6 inches in diameter) or the cut stump treatment method. The basal bark and cut stump treatments will not be effective if the plants cannot be treated down to the soil line. Avoid conditions where water or snow prevents spraying to the ground line.

Smaller diameter susceptible woody plants may be individually treated in the fall by spraying the basal stem parts with triclopyr plus diesel fuel. The lower 12-15 inches of the stems or trunks of susceptible small trees should be thoroughly wetted on all sides with a triclopyr-diesel mixture. Triclopyr goes by the tradenames Remedy Ultra and Pathfinder II. Remedy Ultra is a 4 lb/gallon product. The labeled recommendations for Remedy Ultra are 20-30% solution in diesel. Pathfinder II is a ready-to-use product and does not have to be mixed with diesel. PastureGard HL is a premix of triclopyr and fluroxypyr, and can be applied as a basal bark or cut-stump treatment as a 25% solution in diesel. Crossbow, a mixture of triclopyr and 2,4-D, can also provide control of certain woody plants as a 4% solution in diesel. Milestone, with the active ingredient aminopyralid, is effective on black and common honeylocust. Mix Milestone 5% v/v with a compatible basal oil; e.g. Dyne-Amic from Helena Chemical. Before using a basal oil, do a jar test of Milestone and basal oil to determine compatibility.

If the woody plant is greater than 6 inches in diameter, the best method is to: Cut it off at ground level, Treat the cut surface with triclopyr and diesel fuel within 30-60 minutes, before the sap seals over the exposed area and spray the cambium and light-colored sapwood to insure translocation of the herbicide. Treat any exposed trunk or exposed roots.

The stump of ash, cottonwood, elm, oaks, persimmon, willow, and Russian olive can be treated with a 1:1 ratio of dicamba (Clarity, Sterling Blue) in water instead of triclopyr if desired. The stumps of Eastern red cedar do not need to be treated since, unlike many woody plants, this species does not root sprout. Simply cutting Eastern red cedar below the lowest green branch will kill it. Trees in Kansas that re-sprout after cutting include: ash, cottonwood, elm, oaks, osage orange, persimmon, black and honey locust, saltcedar, and Russian olive. New shoots arise from dormant buds at or below the ground often resulting in a multi-stemmed clump.

Honeylocust can re-sprout from a wide diameter area around the main plant because of root suckers. One option is to make a basal bark treatment with triclopyr-containing products to kill the entire plant in the fall. Then the main plant can be cut down in subsequent years once the tree is dead. Cut-stump applications of Milestone as a 10% solution in water has been more effective than triclopyr on honeylocust.

Tordon RTU and Pathway can be used on cut surfaces in non-cropland areas such as fence rows, roadsides, and rights-of-way. However, Tordon RTU, and Pathway are not labeled for use on range and pasture. Glyphosate labels vary on what sites are labeled for cut-stump application on rangeland. Roundup PowerMAX can be applied on any terrestrial site. Roundup ULTRA can only be applied as a cut-stump treatment on non-cropland. Be sure to check the label as rangeland is sometimes included as a site under non-cropland on some glyphosate labels.

Table 1. Cut-Stump Herbicides

Herbicide	Active ingredients per gallon	Rate
Crossbow[1]	2 lb 2,4-D + 1 lb triclopyr	4% in diesel
Remedy Ultra	4 lb triclopyr	20-30% in diesel
Pathfinder II	0.75 lb triclopyr	Ready to use
PastureGard HL	3 lb triclopyr + 1 lb fluroxypyr	25% in diesel
Milestone	2 lb aminopyralid	10% in water
Sterling Blue/Clarity	4 lb dicamba	25-50% in water
Roundup PowerMAX	5.5 lb glyphosate	50-100% in water
Arsenal	2 lb imazapyr	10% in water
Tordon 22K	2 lb picloram	10% in water
Capstone	0.1 lb aminopyralid + 1 lb triclopyr amine	Undiluted

Table 2. Cut-Stump Treatments

Species	Herbicides
Ash	Crossbow, Pathfinder II, Banvel/Clarity, Arsenal
Honeylocust	Remedy Ultra, Pathfinder II, PastureGard HL, Milestone, Sterling Blue/Clarity, Tordon 22K
Cottonwood	Crossbow, Remedy Ultra, Pathfinder II, Sterling Blue/Clarity,
Elm	Crossbow, Remedy Ultra, Pathfinder II, PastureGard HL, Banvel/Clarity, Arsenal, Tordon 22K, Capstone
Oaks	Remedy Ultra, Pathfinder II, PastureGard HL, Banvel/Clarity, Roundup PowerMAX, Arsenal, Tordon 22K, Capstone
Osage orange	Remedy Ultra, Pathfinder II, PastureGard HL
Persimmon	Remedy Ultra, Pathfinder II, PastureGard HL, Sterling Blue/ Clarity, Arsenal
Russian olive	Crossbow, Pathfinder II, Sterling Blue/Clarity, Arsenal
Salt cedar	Remedy Ultra, Pathfinder II, PastureGard HL, Roundup Power MAX, Arsenal

Application equipment for cut-stump application includes pressurized hand sprayers, small backpack sprayers, sprayer mounted on ATV with handheld gun, hydraulic tree shears or saws with an attached spray nozzle, or even a paint brush.

Although exposure to animals is reduced by basal and cut-stump treatments, grazing and haying restrictions still need to be followed. There are no restrictions before grazing with any of the herbicides discussed. Check labels for restrictions for use prior to hay harvesting, removal of animals before slaughter, and for use around lactating dairy animals. The following are some application tips for using cut-stump treatments: Always follow directions on the herbicide label. Before spraying, brush any sawdust or debris off cut surface. Apply herbicide to freshly cut stump. Spray cut surface and stump to ground level. Spray exposed roots above soil surface. The cambium layer is the critical area to spray. Apply enough liquid that it pools on cut surface.

Walt Fick, Rangeland Management Specialist whfick@ksu.edu

DISASTER FINANCIAL PREPAREDNESS

While being physically prepared can be vital to survival, being financially prepared is also important before, during, and following a disaster! Don't be caught off guard financially if a disaster strikes.

Monica Thayer, Family Resource Management Extension Agent, will be sharing a four step plan to becoming financially prepared for a disaster.

Plan on attending one of these scheduled sessions:

- **Thursday, October 10-RVD Office Mtg. Room Clay Center 6pm**
- **Tuesday, October 15-FNB Basement Mtg. Room Washington 6pm**
- **Monday, October 28-4-H Building, Fairgrounds Belleville 6pm**
- **Wednesday, October 30-Commercial Building Concordia-Fairgrounds 6pm**

Please RSVP to the River Valley District – Belleville Office at 785-527-5084 or mthayer@ksu.edu at least 24 hours in advance of the session. Lack of RSVPs will result in the session being cancelled.

KANSAS AGRITOURISM MANUAL UPDATED

For those of you that have an agritourism enterprise or folks considering adding agritourism to the farm operation, the Kansas Department of Wildlife, Parks and Tourism received a grant to update their agritourism manual and it is now completed. They have several hundred manuals available for those who would like a printed copy. Contact Sue Stringer at KDWP&T to get a copy mailed to you. The only stipulation is that you must be rural. Because the updated manual was funded by a USDA Rural Business Enterprise Development Grant, Sue cannot mail a copy to agritourism businesses that reside in: 1) in a city or town that has a population of greater than 50,000 inhabitants., or 2) The urbanized area contiguous and adjacent to such a city or town, as defined by the U.S. Bureau of the Census using the latest decennial census of the United State.

There is also an online version available at: https://issuu.com/ksagritourism/docs/reduced_kansas_agritourism_manual_2019?utm_source=conversion_success&utm_campaign=Transactional&utm_medium=email Just cut and paste the link.

For more information contact Sue Stringer at KDWP&T by email at Sue.Stringer@ks.gov or by calling 785-296-1847.

KAMS

Kansas Agricultural Mediation Services

1-800-321– FARM (3276)

FALL BINDWEED CONTROL

Field bindweed is a deep-rooted perennial weed that severely reduces crop yields and land value. This noxious weed infests just under 2 million acres and is found in every county in Kansas. Bindweed is notoriously difficult to control, especially with a single herbicide application. During the fall, but prior to a killing freeze, can be an excellent time to treat field bindweed -- especially in a year when good fall moisture has been received. This perennial weed is moving carbohydrate deep into its root system during this period, which can assist the movement of herbicide into the root system. The most effective control program includes preventive measures over several years in conjunction with persistent and timely herbicide applications. The use of narrow row spacings and vigorous, competitive crops such as winter wheat or forage sorghum may aid control. No-till has been very beneficial for managing bindweed by providing routine herbicide treatments through time and not breaking up the root system and dragging root segments around the fields. No-tillage maintains much of the bindweed seed soil bank at a depth too deep to germinate. It is common to see a resurgence of bindweed after tilling fields that have been in long-term no-till.

Dicamba, Tordon, 2,4-D ester, Facet L (also generics) and glyphosate products alone or in various combinations are registered for suppression or control of field bindweed in fallow and/or in certain crops, pastures, and rangeland. Apply each herbicide or herbicide mixture according to directions, warnings, and precautions on the product label(s). Single herbicide applications rarely eliminate established bindweed stands.

Applications of 2,4-D ester and glyphosate products are most effective when spring-applied to vigorously growing field bindweed in mid to full bloom. However, dicamba and Tordon applications are most effective when applied in the fall. Herbicide treatments are least effective when applied when bindweed plants are stressed.

Facet L, at 22 to 32 fl oz/acre, a new quinclorac product that replaced Paramount at 5.3 to 8 oz, or QuinStar quinclorac products, can be applied to bindweed in fallow prior to planting winter wheat or grain sorghum with no waiting restrictions. All other crops have a 10-month pre-plant interval. Quinclorac products can be used post-emergence in sorghum to control field bindweed during the growing season. In past K-State tests, fall applications of Paramount have been very effective.

Additional noncropland treatments for bindweed control include Krenite S, Plateau, and Journey.

For more information on controlling bindweed, see 2019 Chemical Weed Control for Field Crops, Pastures, Rangeland, and Noncropland, K-State publication SRP-1148.

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PURSUING WELLNESS IN TIME OF STRESS ON THE FARM

The River Valley Extension District Board and team of agents has made a significant commitment to supporting our agricultural community as they face the challenges of the farm economy. We have certainly stepped out of our comfort zone and we are asking our producers and their families to do the same as we pursue wellness in the face of adversity.

One of the resources that I like to reference is the Kansas State University and North Dakota State University collaborative piece entitled *My Coping Strategies Plan* that is a part of the *Managing Stress and Pursuing Wellness in Times of Tight Margins* series of resources. Although this resource is directed toward the agricultural community in terms of title, I am finding that the resource can be helpful to anyone no matter what their occupation or what their level of stress might be.

The resource breaks the strategies into six categories where we should be pursuing wellness: physical, mental, emotional/spiritual, personal/relational, work/professional, and financial/practical.

We know that farmers, just like everyone, have extremely busy schedules these days and if "fixes" to problems or issues seem too overwhelming with time or cash resources then we just do not sustain them for very long, if we start them at all. The thing I really like about this resource is that it does not ask you to "eat the elephant" in one bite. Rather, it gives a number of simple options under each of the six categories and asks the user to select two strategies from each category to add to their toolbox.

Twelve tools for your wellness toolbox might look something like this:

Physical:	Exercise 20 minutes or more daily
	Get a medical checkup with your local healthcare provider
Mental:	Spend 10 minutes per day to prioritize what you need to do and plan your activities
	Take regular five to ten-minute breaks throughout the day to relax and recharge
Emotional:	Write down three things that you are grateful for daily
	Share your concerns with a counselor, minister, or trusted friend
Personal:	Reserve 15 minutes each day for uninterrupted conversation with spouse/family
	Get involved or stay connected with a friend or group of friends
Professional:	Discuss the need of the farm but do not let them occupy all other aspects of your life
	Seek constructive feedback on your operation to improve efficiency or growth
Practical:	Create a family budget and seek to live within the means of the current situation
	Select three healthy habits (8 hour sleep, eat healthy, read something new) to do daily!

Our team has had a great deal of discussion around finding a coping strategy that works for you as an individual. One of our agents likes to fish as a way to relax and unwind from the stresses of day-to-day. For me, on the other hand, fishing just adds to my stress and is a reminder of just one more thing that I do not do well. That is the last thing I need when I am already feeling stressed. My point is that there is no one "fix" but rather we must each evaluate our strengths, weaknesses, challenges that we currently face, and opportunities that are before us. We can then develop our Wellness Toolbox to create a sustainable lifestyle that supports our long-term well-being.

The My Coping Strategies Plan is available through any K-State Research and Extension office.

FIGHTING THE SILENT EPIDEMIC

Bring loved ones, family members, and friends, to the upcoming program on overcoming depression, *The Silent Epidemic*, Monday, November 18th, at the Blair Theater in Belleville at 6:30pm.

Depression affects people from all walks of life, no matter what their background. It affects one in ten people of all ages, and it is very treatable. Only about half of all Americans who are diagnosed with depression in a given year get treatment. Those who do seek treatment wait months or years to get help.

Most people look up to coaches. We never think of coaches as battling anything besides producing a winning team. Mark Potter is the speaker of *The Silent Epidemic*. He was a former head basketball coach at Newman University. He is also a teacher, husband, and father. Mark will share about his experience with depression at the height of his basketball coaching career. He will also share his greatest victory – overcoming severe depression!

Getting treatment for depression is important. Depression is the primary reason why individuals commits suicide about every 13 minutes. A person may feel trapped like there is no way out. A sense of no hope prevails. Sometimes caregivers feel helpless providing care to their loved ones suffering from depression. This program will help encourage, motivate, and bring new attitudes to get a person thinking.

Nanette, Mark's spouse, will join him during the presentation and share her role as a caregiver and what a person can do to help someone you love. The two of them together bring the battle of severe depression full circle. Their presentation will provide practical ideas for wellness. Mark will encourage others suffering from depression to seek assistance. He has devoted his life to educating and motivating people from all walks of life to overcome depression.

Mental illness is often not talked about in the United States. For some people, major depression can result in severe impairments that interfere with or limit one's ability to carry out major life activities. This program was planned to help people dealing with depression and help their caregivers. Mark's words of encouragement will stick with you. Please, spread the word about this program.

Take the first step and come to *The Silent Epidemic*!

K-STATE Research and Extension | River Valley District

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RIVER VALLEY DISTRICT

"2019 UP-COMING MEETINGS & EVENTS"

DATE	TIME	PROGRAM	LOCATION
Oct. 4	5:30-9:30pm	ASI Family & Friends Reunion	Manhattan-Stanley Stout Center-2200 Dennison Ave.
Oct.10	6pm	Disaster Financial Preparedness	Clay Center-RVD Office Mtg. Room
Oct. 14	10:30-2:30pm	Extension Fall Fling	Clay Center-4-H Conf. Center-Fairgrounds
Oct. 15-Dec. 7		Medicare Part D Enrollment	Contact your local RVD office for an appointment
Oct. 15	6pm	Disaster Financial Preparedness	Washington-FNB Basement Mtg. Room
Oct. 28	6pm	Disaster Financial Preparedness	Belleville-4-H Building, Fairgrounds
Oct. 30	6pm	Disaster Financial Preparedness	Concordia-Commercial Bldg. Fairgrounds
Nov 11		RVD Offices Closed for Veteran's Day	
Nov 18	6:30pm	The Silent Epidemic-Victory Over Depression	Belleville-Blair Theater, 1310 19th Street
Nov. 21	8-4pm	2019 KSU Swine Day	Manhattan-KSU Alumni Center