



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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CHECK OUT HEALTH INSURANCE OPTIONS

People have a new opportunity to enroll in health insurance on the Marketplace (www.healthcare.gov), but only for a limited time. This open enrollment period runs from February 15, 2021 through May 15, 2021.

The Marketplace was created with the Patient Protection and Affordable Care Act of 2010. To be eligible for health insurance through the Marketplace, you must live in the U.S., be a U.S. citizen or national (be lawfully present) and cannot be incarcerated. To receive financial assistance with your Marketplace health insurance, you cannot have affordable job-offered insurance or Medicare. Marketplace health insurance cost is based on household income.

Health insurance can be confusing, but free, local help is available. Monica Thayer, Family Resource Management Extension Agent for the River Valley District, is a certified application counselor for the Marketplace and is available to assist with researching options, applying, and selecting health insurance.

Contact Monica at 785-527-5084 or mthayer@ksu.edu to schedule an appointment today. She will be scheduling appointments in Belleville, Clay Center, Concordia, and Washington. All individuals must wear face coverings. You may also opt to do an appointment via Zoom.

DEAL WITH THAT FRAUDULENT UNEMPLOYMENT CLAIM

If you are like the thousands of Kansans that have received a letter from the Kansas Department of Labor with a fraudulent unemployment claim, here are the steps to take.

You can try to call the Fraud Hotline at the Kansas Department of Labor at 785-291-6059, but unfortunately with a high volume of unemployment claims, both real and false, most have been highly unsuccessful at getting through to someone.

Your quickest option is reporting the fraudulent claim online at www.dol.ks.gov/fraud. There is a blue button, which will take you to the submission form. Fill out as many details as possible and submit the claim. After you have submitted the claim, you will receive an email with a police report case number and a list of additional steps to take.

Place a fraud alert on your credit reports. In the email from the Kansas Department of Labor, the contact information for all three credit bureaus (Experian, Equifax, and TransUnion) will be included. Contact one bureau and request a fraud alert be added to your account. Ask whichever bureau you contact to request the fraud alert with the other two bureaus.

The fraud alert is like a red flag to warn third-party companies that you have been a victim of identity theft and encourages them to request additional verification, like a phone call or another form of identification, to confirm the person requesting the credit. While this may seem cumbersome, if someone has your information to submit an unemployment claim, they could be opening lines of credit (credit cards, mortgages, loans, etc.) in your name. The additional verification could save you from someone wreaking havoc on your credit.

While you are at it, request your free credit reports from the three credit bureaus. Through the Fair Credit Reporting Act, you are entitled to one free credit report from each of the three credit bureaus each year, but due to the current pandemic, you can request them weekly until April 2021. You can request them online at www.annualcreditreport.com. Check for accuracy on the lines of credit, payment history, and personal information. If something doesn't seem right, contact that credit bureau.

(continued—page 2)

Contact your banks and credit card companies. Let them know you've had a fraudulent unemployment claim and follow their advice on whether you need new cards or bank accounts.

Since someone had your information to submit an unemployment claim, you also want to check that your wages have been reported correctly to Social Security. You can do this by setting up a free, personal My Social Security account at www.socialsecurity.gov/myaccount or by calling 1-800-269-0271 to request a copy of your Personal Earnings and Benefit Estimate Statement.

You'll also want to notify the Internal Revenue Service's fraud hotline at 1-800-908-4490 and request a copy of your Wage and Income Transcript. You may do this online at <https://www.irs.gov/individuals/get-transcript>.

Finally, you will also want to file a report with the Federal Trade Commission at www.identitytheft.gov.

Unfortunately, this is a long list that can seem daunting. Trust me, I know firsthand as I received my letter back in January, but these steps are important to help mitigate any further issues. If you have any questions or need assistance, please feel free to contact Monica Thayer, Family Resource Management Extension Agent, at 785-527-5084 or mthayer@ksu.edu.

APPLY FOR EXTRA HELP WITH YOUR MEDICARE PART D EXPENSES

Are you eligible to save on your Medicare Part D premiums, co-payments, and deductibles? If your income and resources are less than or the same as monthly guidelines, you may be eligible for Extra Help. Extra Help is a low-income subsidy program and will not put a claim on your estate for repayment. The 2021 qualification guidelines were released in January.

The gross monthly income is your monthly income before deductions, which includes your Social Security check amount before your Medicare Part B premium and/or Medicare Part D premium is deducted.

For resources, they do not count the home you own and one vehicle. Unfortunately, if you own farmland or other property, you will not qualify in most situations. They also count bank accounts, stocks, bonds, etc.

Single Household (Individual)

Gross Monthly Income	\$1,610 or less
Resources	\$14,790 or less

Married Household (Couple)

Gross Monthly Income	\$2,178 or less
Resources	\$29,520 or less

An individual or married couple must meet both the gross monthly income and resource qualifications to be eligible for Extra Help. If you are married, you must be at or under the couple limits.

Contact Jordan Schuette or Monica Thayer, SHICK Counselors, if you qualify and want to apply for Extra Help.

DEFENSIVE DRIVING CLASS

Sharpen your driving skills! Prevent an accident from happening. Lower your auto insurance premium too. Enroll in the upcoming Defensive Driving Course offered at the K-State Research and Extension River Valley District Office in Clay Center. The class will be Tuesday, April 13th, 9 a.m. – 3 p.m. There is a \$20 registration fee per person to pay for materials. Registration and payment are due by April 6th. In order to have a class, a minimum of 15 people are required to sign up.

Many defensive driving tips will be presented by Trooper Ben Gardner from the Kansas Highway Patrol. The class is completed in one day. Participants can bring their lunch with refrigeration available or go out for an hour lunch. Snacks will be provided at breaks. Participants do not drive or take a test. Insurance companies recognize the benefits of defensive driving classes and many provide a 5-10% premium discount to graduates of this course. The certificate received is effective for three years. Contact the River Valley Extension District Office in Clay Center at 785-632-5335 to register.

WALK KANSAS

It's just around the corner, Walk Kansas 2021. March 28 – May 22. The Walk Kansas program will inspire you to lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

Regular walking exercise can help you achieve this healthier life-style.



Another fantastic thing about walking – it's FUN. Plan to join Walk Kansas, a health initiative presented by K-State Research and Extension. More information will be available on the River Valley Extension District website and Facebook page as it becomes available. If you have questions email Sonia Cooper, srcooper@ksu.edu or call the Clay Center office 785-632-5335.

FLIPPING DESSERT

Do a Dessert Flip! Curious what I am talking about. Read more.

I want you to think about what dessert looks like. Possibly what a dessert looks like that you enjoy. Perhaps a large piece of cake with a simple fruit garnish. Maybe a piece of cheesecake with a fruit garnish. Try this. Instead of that large piece of cake or cheesecake, cut a smaller piece of cake and add more fruit on the side. Wow. Yes. You flipped the dessert.

“Flipping” dessert means reducing the sweet part and increasing the healthy part. You will satisfy your sweet tooth while adding more NATURALLY sweet fruit and reducing ADDED sugar intake.

Dessert is a fun ending to many meals. There is research to back up this choice of the Dessert “Flip”. With the continued push to eat more plant foods, why not add them to dessert? Sensory research conducted at the University of California-Davis and the Culinary Institute of America evaluated dessert choices of one hundred eighteen college students. Those conducting the research wanted to see if increased amounts of plant food garnishes, such as fruit and nuts, would entice diners to make the flip. Instead of the conventional 80% cake and 20% fruit and nuts combination, more participants chose a dessert of 80% fruit and nuts with 20% cake.

Making the dessert flip can also reduce the cost per serving while increasing fruits and nuts. It is as simple as cutting a smaller piece of cake and adding fruit to dress it up. Make the healthy choice and do the dessert flip. K-State Research and Extension; “You Asked It” February 2021.

LIVING WELL TOGETHER CONTINUES

“Living Well Together” continues in March. The Family and Consumer Science (FCS) virtual program series will offer a variety of programs in March. This series is on Thursday evenings at 6:45 p.m.

Every Thursday evening will feature a different topic that may be of interest to you. I invite you to go to the River Valley District webpage: rivervalley.k-state.edu; Foods, Nutrition, and Health tab on the left-hand side and the registration link is in the middle of the page.

Also, the River Valley District Facebook page will show more news about the March FCS programs. Registration is free; however, registration is required to receive the Zoom link to view the program. March programs feature:

- **March 4th – Check your Credit** – Sharpen your financial skills by finding out why checking your credit is important.
- **March 11th – Med instead of Meds** – The Mediterranean style eating pattern has been shown to promote health and decrease the risk of many chronic diseases. Learn more about eating the Mediterranean diet, including seven simple steps to eating the Med way every day.
- **March 18th – Family Meal Times** – Family meals can

bring a variety of feelings and meaning to everyone; but they are essential to family life. Learn more about opportunities for family members to come together, strengthen ties, and build better relationships.

- **March 25th – Science of Sleep** – The body craves sleep, much like it hungers for food. What happens to our mind and physical body when we do not get enough of it? Join us as we discuss the science and benefits of sleep.

Listen on a Thursday evening at 6:45 and participate in a program in the area of Family and Consumer Sciences. Contact Sonia Cooper; srcooper@ksu.edu or 785-632-5335 with questions.

NATIONAL NUTRITION MONTH

Celebrate March National Nutrition Month. Personalize your plate. During the month of March, everyone is invited to learn about making informed food choices and develop healthful eating and physical activity habits.

Each week in March there are key messages to read and begin to practice adopting to make a habit.

- **Week One:** Eat a variety of nutritious foods every day. Include healthful foods from all five food groups - protein, vegetables, fruit, grain, and dairy. Hydrate healthfully. Learn how to read Nutrition Facts Panels that are on food packages. Avoid distractions while eating. Take time to enjoy your food. Taste every bite.
- **Week Two:** Plan your meals each week. Keep healthful ingredients on hand. Use a grocery list to shop for healthful foods. Choose healthful recipes to make during the week. Enjoy healthful eating at school and at work. Plan healthful eating while traveling. When dining out, be menu savvy, make a healthful meal choice.
- **Week Three:** Learn skills to create tasty meals. Keep healthful ingredients on hand. Practice proper home food safety. Share meals together as a family when possible. Reduce food waste. Try new flavors and foods.
- **Week Four:** Consult a Registered Dietician Nutritionist. Receive personalized nutrition advice to meet your personal goals. Thrive through the transformative power of food and nutrition. There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds, and tastes. Develop a healthful eating plan that is as special as you are. Make every bite count toward a healthy plate.

<https://www.eatright.org/food/resoruces/national-nutrition-month>



DICAMBA AND PARAQUAT CLASSES ONLINE

Do you have a plan for controlling weeds this growing season? Have you gotten certified for dicamba products for over the top application in extend soybean fields?

Sarah Lancaster and her colleagues from around the country have created a podcast, “War against Weeds,” and they discuss weed management, herbicide classification, weed resistance, and more. The link to the podcast is here. www.waragainstweeds.libsyn.com

In the third episode, from January 26th, they discuss the take action resources for managing pesticide resistance. The poster that they are referring to is linked below. It is a great visual representation of different modes of action included in many premixes. It is also great to see how many popular herbicides are from the same chemical family. In the spirit of managing resistance, it is good to know that you are using multiple modes of action. The chart can be viewed here. www.iwilltakeaction.com

Also, the 2021 Chemical Weed Control Guides are out. You can find your hard copy at the extension office or the online version is at: <https://bookstore.ksre.ksu.edu/pubs/chemweedguide.pdf>

Dicamba and Paraquat certification opportunities-

Paraquat-

Do all paraquat dichloride product labels require the additional training? All products featuring the new labeling with the active ingredient paraquat dichloride, such as Gramoxone®, Firestorm®, Helmquat, and Parazone® will require the additional training in order to apply these products. Remember if the new training requirement is listed on the label of the product you are using, then you MUST complete the training.

Who is required to take this training? Any person who intends to use paraquat must be a certified applicator and is required to take this training. In addition, the new labeling requires anyone handling (mixing, loading) paraquat to complete the training. The training is required every three years. Check to make sure your training is current! The newly labeled products state that “Product may ONLY be mixed, loaded or applied by a certified applicator who has successfully completed the paraquat-specific training before use. Application “under direct supervision” of a certified applicator is NO LONGER allowed. In the state of Kansas, this means that everyone purchasing and using these products has to either obtain a private applicator license or a commercial applicator license. If you have been applying under someone else’s license in the past you will need to get your own license before using these products. The only training that

meets the requirements is housed on the extension website and can be found by going to: <http://usparaquattraining.com>. If you don’t currently have an account, you will need to create one before it will allow you to take the training.

Dicamba-

Do all dicamba product labels require the additional training? You are required to have additional label-required dicamba training when applying the restricted use dicamba products (Engenia®, XtendiMax®, or Tavium® with Vaporgrip) applied over-the-top to soybean and cotton.

Where can I get the training for 2021? Virtual and face to face options are available at:

<https://www.engeniastewardship.com/#/training>

<https://www.roundupreadyxtend.com/stewardship/Pages/default.aspx>

<http://www.syngenta-us.com/herbicides/tavium-application-stewardship>

Do I need to attend training if I already did in 2019 or 2020? The labels of these products state that prior to applying this product in the 2021 growing season, all applicators must complete dicamba or auxin-specific training on an annual basis, so even if you attended in 2019 or 2020 you will need to attend a training in 2021 prior to applying these products. The new labels state that these formulations are for retail sale to and use only by certified applicators. In the state of Kansas, this means that everyone purchasing and using these products has to either obtain a private applicator license or a commercial applicator license. If you have been applying under someone else’s license in the past you will need to get your own license if you are applying these products.

My employees and I both hold private applicators licenses. They will be doing all my spraying. I am taking the dicamba training, but do they also have to take the dicamba training? Yes, anyone who applies one of the RUP dicamba products must complete an approved dicamba training and hold either a private or commercial applicator license.

Do other states accept Kansas’s state-approved RUP dicamba training? Oklahoma and Colorado will accept Kansas’s state approved training. Nebraska and Missouri are accepting other states’ training, but applicators need to note they apply in MO and NE so the training can be turned into that state (NDA and MDA are keeping a database of all applicators who have received the training).

If you don’t have a way to take either the dicamba course or the paraquat course please contact Rebecca Zach at 785-527-5084 or zrebecca@ksu.edu.

TOPDRESSING NITROGEN ON WHEAT

Conditions of the 2020-2021 winter wheat crop in Kansas are quite variable. Some fields were sown relatively early (mid- to late-September 2020) and capitalized on available soil moisture, resulting in good stand establishment and early development. For the majority of the state, however, fields planted in October did not emerge until sometime in November or later, due to a lack of precipitation and extremely dry soil conditions. In south central Kansas, a few scattered rain-fall events during the late fall and winter helped with wheat development even in these late-emerged fields. However, conditions since sowing have deteriorated for northern and western portions of the state due to virtually no rainfall, and the wheat crop might be in critical condition for some growers. These different crop conditions across the state result in contrasting yield potentials, which should be taken into consideration when managing N rate.

For the most part and regardless of crop conditions, now is a good time to start planning for topdressing nitrogen (N). Some key elements that need to be considered when deciding on the exact program you plan to use include: timing, N source, application method and N rate. Ideally, the N in topdress applications will be moved into the root zone with precipitation well before jointing begins in order to be most efficiently utilized by wheat. With some of the small wheat out there with limited tillers, having adequate N available to support spring tillering when it breaks dormancy will be important. Also, the potential number of kernels per head is determined right after spring green-up and prior to jointing; thus, having available N in the root zone can help ensure a good yield potential. Some combination of fall pre-plant or at-seeding N, and/or early topdressed N, is also normally needed to supply adequate N to support head differentiation. This article will discuss some of the issues to consider when making topdressing decisions.

Timing

The most important factor in getting a good return on topdress N is usually timing. It is critical to get the N on early enough to have the maximum potential impact on yield, especially in a year with limited fall tillering. While waiting until spring just prior to jointing can be done with success, this can be too late in some years, especially when little or no N was applied in the fall. For the well-drained, medium- to fine-textured soils that dominate our wheat acres, the odds of losing much of the N that is topdress-applied in the winter is low. For these soils, topdressing can begin anytime now, and usually the earlier the better. For wheat grown on sandier soils, earlier is not necessarily better for N applications. On these soils, there is a greater chance that N applied in the fall

or early winter could leach completely out of the root zone if precipitation is unusually heavy. Waiting until closer to spring green-up to make topdress N applications on sandier soils will help manage this risk.

On poorly drained and/or shallow claypan soils, especially in south central or southeast Kansas, N applied in the fall or early winter would have a significant risk of denitrification N loss. Waiting until closer to spring green-up to make topdress N applications on these soils will help minimize the potential for this N loss.

Keep in mind that N should not be applied to the soil surface when the ground is deeply frozen and especially when snow covered. This will help prevent runoff losses with snow melt or heavy precipitation. Additionally, once the soils start to melt, they will likely be too wet for any field work. Therefore, every field should be considered for characteristics such as slope, N source, tillage system, and the short-term forecast for temperature and precipitation.

On both sandy soils subject to leaching and poorly-drained soils prone to denitrification, split applications may be a strategy to consider. This would involve applying enough N in the fall at or prior to planting to give good support for fall growth and tillering -- generally 20-30 pounds of N. Then follow up with an additional application of about 20-30 pounds of N in late winter or early spring to support spring tillering, possibly applied with herbicides. This late-winter/early-spring application becomes especially important when stands are thin due to poor emergence, as many fields are this year. Finally, come back around jointing or a few days later with a final application to support heading and grain fill. This strategy can also provide flexibility in a year like this with poor fall growth, allowing to hold back part of the N for later in the spring as we have a better idea of soil moisture and weather conditions for the season.

Application method

Most topdressing is broadcast applied. In high-residue situations, this can result in some immobilization of N, especially where liquid UAN is used. If no herbicides are applied with the N, producers can get some benefit from applying the N in a dribble band on 15- to 18-inch centers. This can minimize immobilization and may provide for a more consistent crop response.

Nitrogen source

The typical sources of N used for topdressing wheat are UAN solution and dry urea. Numerous trials by K-State over the years have shown that both are equally effective. In no-till situations, there may be some slight advantage to applying dry urea since some of it will fall to the soil surface and

(continued-page 6)

be less affected by immobilization than broadcast liquid UAN, which tends to get hung up on surface residues.

Dribble (surface band) UAN applications would also avoid some of this tie-up on surface crop residues. However, if producers plan to tank-mix with an herbicide, they will have to use liquid UAN and broadcast it.

Controlled-release products such as polyurethane coated urea (ESN) might be considered on very sandy soils prone to leaching, or poorly-drained soils prone to denitrification. Generally, a 50:50 blend of standard urea and coated urea will provide some N immediately to support tillering and head development, and also continue to release some N in later stages of development. This would work best in settings with high loss potential.

Nitrogen rate

Producers should have started the season with a certain N recommendation in hand, ideally based on a profile N soil test done before the crop is planted and before any N has been applied. If a soil sample was taken at sowing, profile nitrate-N can help determine the rate to be applied based on the yield goal. However, it is not too late to use the profile N soil test if taken in late winter/very early spring before green-up. While it will not be as accurate as when sampled in the fall, it can still identify fields or areas in fields with high levels of available nitrate N. Unfortunately, it is not reliable in measuring recently applied N. So if a high rate of N has already been applied, a late winter profile sample probably shouldn't be taken. Remember that topdressing should complement or supplement the N applied in the fall and the residual soil N present in the soil. The total N application, planting and topdressing, should equal the target recommended rate.

If the wheat was grazed this fall and winter, producers should add an additional 30-40 lbs N/acre for every 100 lbs of beef weight gain removed from the field. If conditions are favorable for heavy fall and/or spring grazing, additional N may be necessary, especially for a grain crop.

Some fields may also benefit from an application of sulfur and chloride. Like N, these nutrients are mobile in the soil, and a topdress application before jointing is considered an effective application time. Sulfur and chloride topdress applications should be made based on soil test and history of response. For more information on sulfur fertility, please see the recent eUpdate article, "Sulfur deficiency in wheat", in Issue 830, December 4, 2020.

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TIME TO PLANT POTATOES

St. Patrick's Day will be here before we know it, so it's time to get seed potatoes in the ground. Actually, any time from mid-to-late March is fine for planting potatoes. Be sure to buy seed potatoes, not the ones purchased for cooking. Seed potatoes are certified disease free and have plenty of starch to sprout quickly as the soil temperature gets warm enough. Most seed potatoes can be cut into four pieces; though large potatoes may yield more. Each seed piece should be between 1.5 and 2 ounces to insure there is enough energy for germination. Each pound of potatoes should yield 8 to 10 seed pieces.

Cut the seed potatoes 2 to 3 days before planting so the freshly cut surfaces have a chance to suberize, or toughen, and form a protective coating. Storing seed in a warm location during suberization will speed up the process. Plant each seed piece about 1 to 2 inches deep and 8 to 12 inches apart in rows. Though it is important to plant potatoes in March, emergence is slow. It is often mid to late April before new plants poke their way through the soil. As the potatoes grow, pull soil up to the base of the plants. New potatoes are borne above the planted seed piece, and we don't want sunlight hitting the new potatoes. Potatoes exposed to sunlight will turn green and produce a poisonous substance called solanine. Keeping the potatoes covered with soil will prevent this from happening. These are just a few tips to help your potato crop be more successful. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

CUTTING BACK ORNAMENTAL GRASSES

March is a good time to remove dead foliage from ornamental grasses. Ornamental grasses will green up earlier if the old foliage is removed. They are also more attractive without a mixture of dead and live leaves. A number of tools can be used to cut back the previous years' growth. You could use hand clippers, weed whips (if the foliage is of a small enough diameter), weed whips with a circular blade attachment, or even a chain saw. If you are going to use a chain saw, you will want to use the top of the chainsaw bar to cut so the saw doesn't pull in debris and clog.

In addition, it is often helpful to tie foliage together before cutting so it doesn't interfere and is easier to dispose of. Another option to removing the previous years' growth is to burn it. You only want to burn the grass if it is safe and legal to do so. Burning works well on smaller ornamental grasses, as if it is too large, it could be hard to control the fire.

(continued-page 7)

Another tip is that these grasses may not burn for long, but they will burn extremely hot. So, you will want to check the surroundings of your area before you burn to make sure burning is a safe option.

After you have cut back your grasses, look at the center of your plant. If the center of the plant has started to die out, the plant would benefit from a division. The outer edge of the plant is the newest growth. As the plant gets larger, the middle will die out and the outer edges continue to grow causing the plant to expand out and get larger. If the grass is getting too large for the space it is in, you can dig up the entire clump and separate the plant. Then replant the vigorous growth found on the outer edge of the clump. By dividing the grass, you can plant the rest in other parts of your landscape or share the others with a friend! If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatsohl@ksu.edu.

THE SEVEN COMMUNITY CAPITALS

As I come into my new position as the Community Vitality extension agent, I want to start with a wide lens. My predecessor, John Forshee, was completely integrated into the community encompassed by the River Valley District. I, on the other hand, had never lived within two hours of here until a few weeks ago. Though I have lived and worked in rural Kansas and recognize the similarities between those areas and here, I really want to study the specifics of what this region has that contributes to stable, vital communities.

Vitality is defined as "the state of being strong and active" and "the power giving continuance to life." Many times in terms of communities, we boil this down into terms of economic development and population numbers. The vitality of a community is so much more than that. It's about a robustness and feeling of contentment with an optimism toward the future. A vital community not only provides for us financially, but also allows us to live strongly enriched lives

One way to look at communities is to break them down into the assets that contribute to their strength. In this framework, we commonly look at seven assets known as the Seven Community Capitals. Over the next several months, I want to dive into the Community Capitals of the region. As I do, I will be sharing them with you through this newsletter. The Seven Community Capitals are listed below.

Natural Capital includes all natural aspects of community. Assets of clean water, clean air, wildlife, parks, lakes, good soil, landscape – all are examples of natural capital.

Cultural Capital assets may include local beliefs, values, history, foods, festivals, cultural heritage, art, etc.

Human Capital investments are those investments that add to the health, education, and well-being and self-esteem of people.

Social Capital is an area of investment that impacts how people, groups, and organizations in community get along. Examples include leadership, working together, mutual trust, and sense of a shared future.

Political Capital is a measure of social engagement. Communities should allow all groups to have opportunities for leadership and engagement, and to have a voice in public issues.

Financial Capital includes forms of money used to increase capacity of the unit that accesses it. These include: savings, debt capital, investment capital, tax revenue, tax abatement and grants. Other examples of financial capital are investments, fair wages, internal and external sources of income.

Built Capital includes all human-constructed infrastructure such as sewers, water systems, machinery, roads, electronic communication, buildings, and housing.

If you have any questions or input, please reach out to Wade Reh at 785-632-5335 or wreh@ksu.edu.

PLANTING STRAWBERRIES

Are you looking to plant strawberries in your garden this year? New strawberry plantings should be planted early in the growing season so the mother plants become established while the weather is still cool. The mother plants develop a strong root system during this cool period when soil temperatures are between 65 and 80° F. The most appropriate planting time is late March to mid-April in our area of the state. When planting space the plants 18 to 24 inches apart.

Later in the season, runners and daughter plants will develop. The earlier the mother plants are set, the sooner the first daughter plant will be formed and take root. These first daughter plants will be the largest plants at the end of the growing season and will bear more berries per plant the following spring. When planting is done later, the higher temperatures stress the mother plants resulting in reduced growth, weaker mother plants and delays in daughter plants formation. Fewer and smaller daughter plants produce fewer berries, resulting in a smaller crop.



Remove all flowers during the first year. New plants have limited energy reserves that need to go toward establishing the mother plants and making runners rather than making fruit. If fruit is allowed to develop the first year, the amount of fruit produced the second year is drastically reduced due to smaller, weaker daughter plants. If you have any questions feel free to stop by or contact me in the in the Washington office, 785-325-2121 or khatsohl@ksu.edu.

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"2021 UP-COMING MEETINGS & EVENTS"**

DATE	TIME	PROGRAM	LOCATION
March 4	6:45pm	Living Well Together-Check Your Credit	Virtual
March 11	6:45pm	Living Well Together-Med Instead of Meds	Virtual
March 18	6:45pm	Living Well Together-Family Meal Times	Virtual
March 25	6:45pm	Living Well Together-Science of Sleep	Virtual
March 27	All day	Tractor Safety Training	Ellsworth
Mar. 28-May 22		Walk Kansas	State Wide Program
April 8		The Silent Epidemic with Mark Potter	TBD
April 13	9-3pm	Defensive Driving Course	Clay Center RVD Office
April 13-15		Topeka Farm Show	Stormont Vail Event Center
June 1-2		Wheat Plot Tours	TBD