



River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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www.rivervalley.ksu.edu
or on Facebook @ River Valley
Extension District



**Get Financially
Prepared:
Take Steps Ahead
of Disaster**

Storm season is quickly approaching.
Get financially prepared before a disaster strikes.

Tuesday, April 5 th	Good Shepherd Lutheran Church 200 W 4 th Street, Washington	10 am
Tuesday, April 5 th	River Valley District Extension Office 322 Grant Avenue, Clay Center	2 pm
Thursday, April 7 th	Cloud County Resource Center 107 W 7 th Street, Concordia	10 am
Thursday, April 7 th	Belleville Public Library 1327 19 th Street, Belleville	2 pm

There is no cost to attend. Please RSVP to the River Valley Extension District – Belleville Office at 785-527-5084 or mthayer@ksu.edu at least 24 hours in advance to the session.

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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 Monica Thayer before March 22 at 785-527-5084 or mthayer@ksu.edu. Requests received after this date will be honored when it is feasible to do so.

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MEDICARE BASICS PROGRAMS

The parts, plans, and options of Medicare can be confusing. If you will be starting Medicare soon or are already on Medicare and just want more information, we are here to help. River Valley Extension District Agents Jordan Schuette and Monica Thayer have scheduled their next two Medicare Basics programs.

In April, Jordan and Monica will present Medicare Basics in Concordia on Monday, April 4th at 6 pm at the Commercial Building on the Cloud County Fairgrounds. Please RSVP to the River Valley District-Concordia Office at 785-243-8185.

In May, the same Medicare Basics program will be offered in Belleville on Tuesday, May 3rd at 6 pm at the 4-H Building on the NCK Free Fair Fairgrounds. Please RSVP to the River Valley District-Belleville Office at 785-527-5084.

If you would rather schedule a personal appointment to learn more or ask questions regarding Medicare, please call Monica Thayer for Cloud and Republic Counties at 785-527-5084 or Jordan Schuette for Clay and Washington Counties at 785-325-2121.

MONEY SMART WEEK

Are you smart with your money? Money Smart Week is a national public education program coordinated by the Federal Reserve Bank of Chicago that empowers people with the knowledge and skills to make better-informed personal financial decisions. Money Smart Week is April 9-16, 2022.

This year, Money Smart Week consists of four 100% virtual sessions that will provide additional resources on four important topics. All sessions will be held from 1:00-1:30pm CST.

- Monday, April 11th – Spend Smart. Eat Smart.
- Tuesday, April 12th – Credit: Build & Improve it!
- Wednesday, April 13th – Buying or Refinancing a Home: Options and Tools
- Thursday, April 14th – Understanding Social Security Retirement, Spouse and Survivor Benefits

If you are interested in participating in all or any of these virtual events, register online at www.moneysmartweek.org.

KEYS TO EMBRACING AGING 101

What we do today will affect our future. This is specifically true in issues regarding aging. How we take care of ourselves both physically and mentally, throughout the years will affect our natural process of aging. Many healthy centenarians (Americans who are 100 years old or older) are teaching us that aging can be a positive, joyful, and exciting experience. They demonstrate that each new year of life brings increased knowledge, wisdom, and a greater ability to engineer a positive approach to the aging process.

Many older Americans contribute their longevity to a positive attitude, good nutrition, physical activity, mental and social stimulation, staying in-tune with the times, safety, medical literacy, financial security, sleep, and taking time for oneself. When given the necessary attention, such lifestyle choices can positively affect future health, well-being, and

optimal aging.

To learn more about enhancing your longevity attend our program Keys to Embracing Aging 101:

Tuesday, May 17th

10:00 a.m. – Washington County at Good Shepherd Lutheran Church

2:00 p.m. – Clay County at the Clay Center Extension Office

Thursday, May 19th

10:00 a.m. – Cloud County at the Resource Center

2:00 p.m. – Republic County at the Belleville Public Library

If you have questions about this program contact Jordan Schuette, Adult Development and Aging Agent at jschuette@ksu.edu or by phone at 785-325-2121.

NEW TO CANNING? LET US HELP!

Canning your own garden produce or farmers market produce can be rewarding and a great way to save your food for later use. If you are new to canning, it is important to start by getting educated and learning how to can safely.

For canning fruits, pickles, jams, jellies, and most tomato products, a water bath canner or large stock pot with a lid and rack is needed. Water bath canners have fitted lids and removable perforated or shaped-wire racks. The canner must be deep enough that at least one to two inches of briskly boiling water covers the tops of jars during processing.

For canning plain vegetables, some tomato products, and meats, a pressure canner is needed. Today's pressure canner may have a weighted gauge or dial gauge, for indicating and regulating the pressure.

With any of these, always read the manufacturer's instructions before canning any food. Be aware that some canners cannot be used on glass stovetops.

Learn more about water bath canning and pressure canning at www.rrc.k-state.edu/preservation.

This article was written by Karen Blakeslee and published in the March 2022 edition of her You Asked It! Newsletter.

If you have questions about how to can safely contact Kaitlin Moore, Nutrition, Food Safety & Health Agent. Phone: 785-243-8185 Email: kaitlinmoore@ksu.edu.

QUALITY CANNING SUPPLIES ARE IMPORTANT

Canning supplies are refilling stores. Be a smart shopper and do your homework. There are many counterfeit products that can lead to problems in canning.

All of the Ball® products are made in the U.S.A. so be sure to look for that designation on the packaging. The lids will have the Ball® logo and they are silver.

If anything is "Made in China" and looks like a Ball® product, it is not legitimate.

Understanding Hospice and Advanced Directives

Do you have questions about advance directives or what hospice care provides?

Discover answers to your questions at this presentation about hospice care ranging from how it works, how it's paid for, and how you get started. It will provide an understanding of how hospice can ease the burden when a patient is faced with the decision of how to spend their last moments.

The presentation will also discuss advanced directives and the importance of having this critical conversation with your loved ones. Tools will be provided to help navigate those conversations. Advanced directives can help ease the burden your loved ones face when they must make decisions for you. They will be confident they are following your wishes and not left trying to determine what your wishes are.



When: Monday, April 11, 2022

Time: 6:00 p.m.

Where: River Valley Extension District
Clay Center Office
322 Grant Avenue
Clay Center, KS 67432

Presented by Meadowlark Hospice Director, Amy Burr. Sponsored by K-State Research and Extension-River Valley District and Meadowlark Hospice. There is no cost to attend. Event will be held in person and a zoom option will be available. Please RSVP to the River Valley Extension District – Clay Center Office by calling 785-632-5335.



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UNDERSTAND HAYFIELD NUTRITION MANAGEMENT FOR LONG-TERM PRODUCTIVITY

by Bruno Pedreira, extension agronomist, Parsons, KS.

Producing hay is more than a simple agricultural activity. It requires soil, forage, equipment, and weather knowledge to put-up high-quality hay. The fundamental process behind a bale of hay is the harnessing of the sun's energy, water, and the supply of plant nutrients from the soil to produce plant biomass. There is not much producers can control regarding the sun's energy availability, but there are a couple of actions that can be taken to improve plant nutrition.

The first step in knowing the hayfield yield potential is to understand more about the base of the system: the soil. Starting with the soil sample, besides the chemical information, we need to know the texture and if we are working a sandy, silty, or clay soil. Soil texture can be identified by a lab test or by searching NRCS soil survey maps, available freely through the Web Soil Survey (websoilssurvey.nrcs.usda.gov).

Sandy soils do not have the capacity to hold nutrients that clay or loam soils have and building organic matter in sandy soil is always more difficult than in clay soil. For these reasons, the nutrient availability in a sandy hayfield will have a different dynamic than a clay hayfield. Thus, based on the known texture and nutrient availability, a fertility program can be designed to achieve the system's goals.

Is the goal for this hayfield to produce hay to be used on the farm or to be sold? If the hay will be used on the farm, define the system forage budget and a production goal for the field that considers the tradeoffs between quality and quantity for the intended animal use. If the hay will be sold, is the buyer more interested in quality or price? Nitrogen input can be increased to get a higher crude protein hay, but somebody needs to recognize it's value and pay for it. The trick here is to demonstrate that an 11% crude protein hay can reach animals' nutritional requirements that a 6% crude protein hay will not. Thus, by buying a higher crude protein hay, the supplement expense will be reduced.

Forage yield and quality can be strongly affected by soil fertility (Lamond, 2002), and the greater the hay quality and yield, the greater the nutrient removal from a hayfield. Total removal can be estimated based on the amount of forage harvested multiplied by the nutrient removed in each ton of forage. Removals from 3.2 to 12 lb/ton of P₂O₅, and from 8.7 to 60 lb/ton of K₂O can be expected from different forage crops (Table 1), which need to be considered in the fertility program to reach the system's goal.

Table 1. P and K removals from forage crops based on as fed forage yield.

Crop	P ₂ O ₅ (lb/ton)	K ₂ O (lb/ton)
Alfalfa	12	60
Red clover	12	50
Bermudagrass	12	40
Bromegrass	12	40
Tall Fescue	12	40
Corn silage	3.2	8.7
Sorghum silage	3.2	8.7

Replenishing the nutrients removed every year will help maintain the soil fertility levels, otherwise year after year the nutrients will be exported from the hayfield and forage production will decline. Moreover, a hayfield deficient in macronutrients (N, P, and K) will not allow forage plants to grow to their full potential, giving weeds the chance to take over. By knowing the soil characteristics (texture and chemical), understanding the goals for each field, and monitoring yield, we will be able to set a fertility program to maintain the hayfield soil nutrition and production, assuring a long-term forage system.

In 2022, with high fertilizer prices, there is no chance to have an economically efficient fertility program without a soil test report. The focus should be on efficiency. Target lime, or fertilizer application to pastures with the lowest values in the soil test because they will have greater potential for a profitable response. The main goal for 2022 will be to grow needed forage when and where you need it.

Vegetable Gardening 101



Come learn from Horticulture Agent, Kelsey Hatesohl about vegetable gardening basics.

We will cover topics such as planning out your garden, gardening in raised beds, and gardening in containers.

April 7th 2022
7:00pm

Belleville Public Library
1327 19th Street
Belleville, KS 66935

New and experienced gardeners are welcome, free to participate **RSVP** to the Washington Office at 785-325-2121.

For more information contact Horticulture Agent
Kelsey Hatesohl at khatesohl@ksu.edu

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Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Kelsey Hatesohl at 785-325-2121. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.

CONTROLLING GRASSY SANDBUR

Have you ever walked through your yard to discover your shoes and pants covered in stickers? Well your yard probably has grassy sandbur plants. Grassy sandbur is the “sticker” plant that looks like a grass. It will often invade thin lawns, especially in dry years. Therefore, the best control of this weed is a thick, healthy lawn. However, if your lawn is thin this spring and grassy sandbur was a problem last year, you can use a preemergence herbicide before the sandbur comes up. While not all preemergence herbicides are effective in controlling grassy sandburs, these three products work best, Oryzalin, Pendimethalin, and Proflam.

Oryzalin is sold under the trade names of Surflan and Weed Impede. It can be used on all warm-season grasses as well as tall fescue. It should not be used on cool-season grasses other than tall fescue. Apply Oryzalin about April 15 when redbud trees approach full bloom.

Pendimethalin is sold commercially as Pendulum as well as several other names. On the homeowner side, it is sold as Scotts Halts. Pendimethalin is best applied as a split application with the first half applied about April 15 and the second about June 1. Alternatively, make the first application when redbud trees approach full bloom and the second six weeks later.

Proflam is sold under the commercial name of Barricade. It is also the active ingredient in a number of homeowner products. It can be used on all of our common lawn grasses. Apply as is done for oryzalin, about April 15 or when redbud trees approach full bloom. Only one application is needed per year.

None of the “weed preventers” will give complete control but each should help. Quinclorac (Drive) can provide some post emergence control especially if the sandbur is in the seedling stage. Quinclorac is also found in a number of combination products that control both broadleaf weeds and crabgrass such as one of the following: Ortho Weed-B-Gon Maz + Crabgrass Control, Bayer All-in-One Lawn Weed and Crabgrass Killer, Monterey Crab-E-Rad Plus, Fertilome Weed Out with Q, Trimec Crabgrass Plus Lawn Weed Killer, Bonide Weed Beater Plus Crabgrass & Broadleaf Weed Killer, Spectracide Weed Stop for Lawns Plus Crabgrass Killer. Again, the best control for grassy sandburs is a healthy, thick lawn. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

PLANTING TOMATOES TOO EARLY

Spring might feel like it's here, but when planting your garden, you need to be sure the soil has warmed up enough to plant. Gardeners often try to get a jump on the season by planting tomatoes as early as possible. Though this can be successful at times, there are certain precautions that should be taken.

The first precaution that should be taken is checking to make sure the soil is at an adequate temperature. Tomato roots do not do well until soil temperatures reach a consistent 55°F. Use a soil thermometer to check the temperature at two inches deep during the late morning to get a good average temperature for the day. This should be done for three or four days to get an average temperature for the week. To warm your soil

up quicker try putting down black plastic mulch. This plastic mulch should warm up your soil enough for you to get that early jump on planting your tomatoes.

The second precaution that should be taken is to harden off plants that you are transplanting into your garden. Plants moved directly from a warm, moist greenhouse to the more exposed and cooler conditions outside may undergo transplant shock. Transplant shock causes plants to stop growing until they are acclimated to the weather. Plants can be acclimated to outside conditions by placing them outdoors in a location protected from wind and full sunlight for a few days before transplanting. The best conditions for transplanting is an overcast, windless day; well as close to a windless day as we can get in Kansas.

The third precaution that should be taken is to protect your tomatoes from frost. Tomatoes cannot tolerate frost. Watch the weather and cover the plants if frost is predicted. A floating row cover or light sheets can be used for protection. A floating row cover can be left on the plants for two to three weeks to increase the rate of growth and establishment of your tomato plants.

Here are a few other tips for getting your tomato plants off to a fast start. Use smaller stockier plants rather than tall spindly ones. The smaller plants tend to form roots and become established faster than the tall overgrown plants. Don't mulch your plants as soon as you plant them; give them time to start growing well, then mulch. By mulching too early, it will prevent the soil from warming up, and slowing down the growth of the tomato plants. I hope these tips will help you have a successful tomato crop.

TIMING CRABGRASS PREVENTERS

As the weather starts to warm up, it is time to think about preparing your lawn for the summer months. Did you have a problem with crabgrass last year? If so, it's time to put down a crabgrass preventer. Crabgrass preventer is another name for preemergence herbicides that prevent crabgrass seeds from developing into mature plants. Preemergence herbicides do not kill the weed seed. However, they do kill the young plant after it germinates. Therefore, they do not prevent germination but prevent the plant from emerging. Crabgrass preventers are just that-preventers. With a few exceptions, they have no effect on existing crabgrass plants. Therefore, preventers must be applied before germination.

Additionally, preventers do not last forever once they are applied. Microorganisms and natural processes begin to gradually break down the herbicide soon after it is applied. If some products are applied too early, they may have lost their strength by the time they are needed. Most crabgrass preventers are ineffective after about 60 days, but there is considerable variation among products.

For most of Kansas, crabgrass typically begins to germinate around May 1 or a little later depending on the spring weather patterns. April 15 is normally a good target date for applying preventer because it gives active ingredients time to disperse in the soil before crabgrass germination starts. An even better way to tell when it's time to apply your preventer is with the bloom of ornamental plants. The Eastern Redbud tree is a good choice for this purpose. When the trees in your area approach full bloom, apply crabgrass preventer. Depending on what chemical you decide to put down you may have to do a follow-up application. Products that do require a follow-up

application about 8 weeks later include Pendimethalin (Scotts Halts) and Team (Hi-Yield Crabgrass Control). If you are using Dimension or Barricade, a follow-up will not be needed.

Dimension and Barricade are the only two products that give season-long control of crabgrass from a single application. In fact, they can be applied much earlier than April 15 and still have sufficient residual strength to last the season. Barricade can even be applied in the fall for crabgrass control the next season.

Dimension can be applied as early as March 1. Because of the added flexibility in timing, these products are favorites of lawn care companies who have many customers to service in the spring. Though Dimension is usually not applied as early as Barricade, it is the best choice if it must be applied later than recommended. It is the exception to the rule that preemergence herbicides do not kill existing weeds. Dimension can kill crabgrass as long as it is young (two-to-three-leaf stage). Dimension is also the best choice if treating a lawn that was planted late last fall. Normally a preemergence herbicide is not recommended unless the lawn has been mowed two to four times, but Dimension is kind to young tall fescue, perennial ryegrass, and Kentucky bluegrass seedlings. However, read the label of the specific product you wish to use to ensure you are applying it correctly.

Products containing Dimension and Barricade may use the common name rather than the trade name. The common chemical name for Dimension is dithiopyr and for Barricade is prodiamine. Remember, when using any pesticide, read the label and follow instructions carefully. It is recommended to apply crabgrass preventers before fertilizer so that the grass isn't encouraged to put on too much growth too early. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu

HOME-CANNED VEGETABLES ARE THE MOST COMMON CAUSE OF BOTULISM OUTBREAKS IN THE US

On April 21, 2015, the Fairfield Medical Center (FMC) and Fairfield Department of Health contacted the Ohio Department of Health (ODH) about a patient suspected of having botulism in Fairfield County, Ohio. Botulism is a severe, potentially fatal neuroparalytic illness. A single case is a public health emergency, because it can signal an outbreak. Within two hours of health department notification, four more patients with similar clinical features arrived at FMC's emergency department. Later that afternoon, one patient died of respiratory failure shortly after arriving at the emergency department. All affected persons had eaten at the same widely attended church potluck meal on April 19. CDC's Strategic National Stockpile sent 50 doses of botulinum antitoxin to Ohio.

Twenty-seven of the 29 patients initially went to FMC. Twenty-two patients were transferred from FMC to six hospitals in the Columbus metropolitan area approximately 30 miles away; these transfers required substantial and rapid coordination. Twenty-five patients received botulinum antitoxin, and 11 required endotracheal intubation and mechanical ventilation; no other patients died.

Of 12 food specimens collected from the church dumpster, six were positive for botulinum neurotoxin type A; five contained potato salad and one contained macaroni and cheese that might have been contaminated after being discarded.

The attendee who prepared the potato salad with home-canned potatoes reported using a boiling water canner, which does not kill *C. botulinum* spores, rather than a pressure canner, which does eliminate spores.

The combined evidence implicated potato salad prepared with improperly home-canned potatoes, a known vehicle for botulism.

This was the largest botulism outbreak in the United States in nearly 40 years.

Close adherence to established home-canning guidelines can prevent botulism and enable safe sharing of home-canned produce.

Source: cdc.gov

If you have questions about how to safely can vegetables or other foods, contact Kaitlin Moore, Nutrition, Food Safety & Health Agent. Phone: 785-243-8185 Email: kaitlinmoore@ksu.edu.

Preserve It Fresh, Preserve It Safe

The Canner Counts!

High Acid Foods
Naturally high in acid or have added acid

Low Acid Foods
Naturally low in acid

Water Bath Canner **Steam Canner** **Pressure Canner**

1.0 4.6 7.0 to 14.0

High acid pH Scale Low acid

Home-canned vegetables are the most common cause of botulism outbreaks in the United States.

2015

The largest outbreak of botulism, in nearly 40 years, occurred with improperly home-canned potatoes causing 29 illnesses and 1 death.

Source: CDC

Learn more at:
<http://www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf>
<http://www.bookstore.ksre.ksu.edu/pubs/MF3242.pdf>

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DATE	TIME	PROGRAM	LOCATION
Mar. 27-May21		WALK Kansas	State Wide Extension Program
Mar. 29-May 3	1:30-3pm	Powerful Tools for Caregivers	Virtual Class Series
April 4	6pm	Medicare Basics	Concordia- Commercial Building-Fairgrounds
April 5	10am	Getting Financially Prepared Ahead of Disaster	Washington– Good Shepherd Lutheran Church
April 5	2pm	Getting Financially Prepared Ahead of Disaster	Clay Center– RVD Extension Office Meeting Room
April 7	10am	Getting Financially Prepared Ahead of Disaster	Concordia– Cloud County Resource Center
April 7	2pm	Getting Financially Prepared Ahead of Disaster	Belleville– Belleville Public Library
April 7	7pm	Vegetable Gardening 101	Belleville– Belleville Public Library
April 9	8-5pm	Tractor Safety	Beloit
April 9	TBD	Fruit Production	Courtland
May 3	6pm	Medicare Basics	Belleville– 4-H Building on the Fairgrounds
May 14		Tractor Safety	Great Bend
May 17	10am	Keys to Embracing Aging 101	Washington– Good Shepherd Lutheran Church
May 17	2pm	Keys to Embracing Aging 101	Clay Center– RVD Extension Office Meeting Room
May 19	10am	Keys to Embracing Aging 101	Concordia– Cloud County Resource Center
May 19	2pm	Keys to Embracing Aging 101	Belleville– Belleville Public Library