

River Valley District

K-STATE RESEARCH AND EXTENSION NEWS

rivervalley.ksu.edu

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Extension District



Upcoming BQA Trainings



Manhattan: April 11th at 6 p.m. at the Stanley Stout Center
Hays: April 13th at 6 p.m. at the Hilton Garden Inn

Join us for this special Beef Quality Assurance Training to enjoy a meal from Certified Angus Beef. Plus, hear how they're using BQA certificates to share how cattlemen take care of cattle at the ranch to its licensed partners and beef consumers.



Pre-register by contacting Brooke Wines:
Brooke@kla.org or 785-273-5115
Onsite Registration is also available



K-STATE
Research and Extension



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MASTITIS IN BEEF COWS

Although mastitis (infection of the udder) is often considered a dairy cow problem rather than a beef cow problem, the disease does affect many beef herds. Most cases of mastitis only involve one quarter (one teat) of a cow's udder and the other three quarters remain normal. Even though most cases of mastitis do not result in the complete loss of milk production, calves from affected cows have lighter weaning weights than if their dam had a normal udder. Occasionally, mastitis causes severe illness in the cow, but in most situations, the cow is not greatly affected other than having reduced milk production. Severe cases of mastitis are when the udder becomes reddened, swollen, and hot to the touch. Mastitis can occur at any stage of lactation or even when the cow is dry, but most commonly becomes a problem early in lactation shortly after a cow calves.

Most cases of mastitis are caused by germs that are very common in the environment and on a cow's skin. Occasionally, mastitis is caused by injury to the udder. Often, a beef producer or veterinarian will not notice a cow with mastitis because beef cattle are not typically observed daily from a short distance and many cases do not result in visible swelling or other signs of udder infection. In situations when cases of mastitis are not detected, the cow is likely to remain infected throughout the lactation and possibly for the rest of her life.

If mastitis is diagnosed, cows can be treated with special formulations of antibiotics that can be infused into the udder itself through the end of the teat. The veterinarian may also choose to treat cows with mastitis with antibiotics injected under the skin of the neck that then travel through the blood stream to the udder. Many cases of mastitis respond well to treatment, but some quarters never return to full milk production. If a cow with mastitis is severely ill, the veterinarian may recommend aggressive therapy with frequent milking out of the affected quarter, the use of anti-inflammatory drugs, and antibiotic therapy.

Because beef cows are not handled frequently, the most common time to check cows for mastitis is when they are gathered for purposes of vaccination, fly control, or breeding early in lactation, or at the end of lactation when the cows are checked for pregnancy status and/or the calves are weaned. Some herds routinely check udders and treat any affected cows at the time the calves are weaned. If you have any questions feel free to stop by or contact me in the Concordia office, 785-243-8185 or khildebrand@ksu.edu.



2022 RVED Land Leasing Survey Summary Now Available!

Thank you to everyone that turned in a 2022 land leasing survey by dropping it off at a local office, mailing it in, or filling out the Qualtrics online. Your help was greatly appreciated!

After many hours the 2022 RVED Agricultural Land Leasing Arrangement Survey summary is available to the district. There was a record number of surveys returned this year with 94 cropland and 72 pastureland. The summary can be accessed by visiting the River Valley Extension website at rivervalley.k-state.edu located by navigating to the Agricultural and Natural Resources or Livestock tab. You can also stop in at any of the four offices to pick up a printed copy.

RIVER VALLEY DISTRICT FAIR DATES

It is never too early to start planning for the County Fair! Below are the dates for all four River Valley District Fairs.

Cloud County July 18—23, 2023

Washington County July 18—23, 2023

Clay County July 25—30, 2023

Republic County July 31—August 6, 2023



LA NINA IS OVER

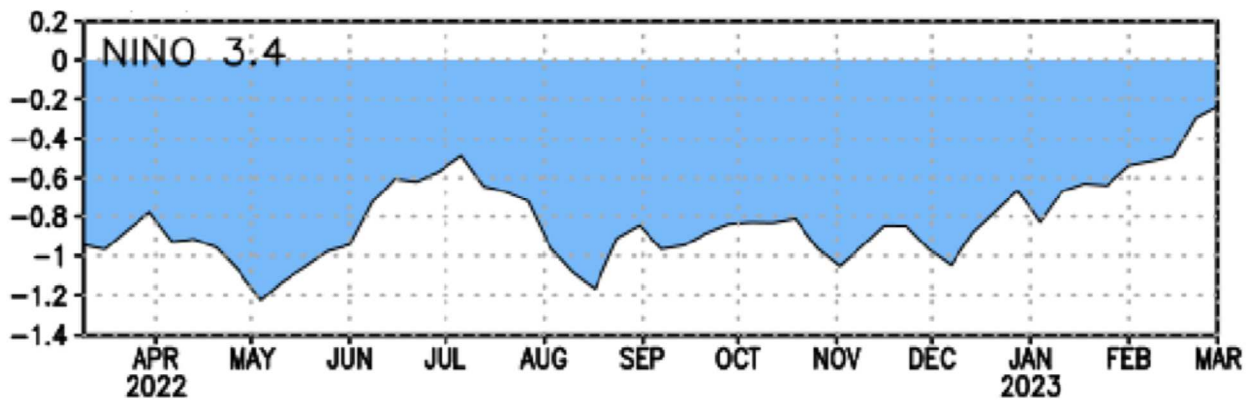
The Climate Prediction Center of the National Weather Service issued a bulletin on March 9th declaring that the three-year long La Nina we have been in has officially come to an end. La Nina is a part of the El Nino/Southern Oscillation (ENSO) Index, which is one of the most informative global metrics to predicting long-term weather patterns in the northern hemisphere. The end of La Nina and emergence into ENSO-Neutral conditions has important implications for the weather patterns of the upcoming crop year.

El Nino and La Nina conditions are evaluated by measuring sea surface temperatures (SST) within a geographic window in the Pacific Ocean. This window is from 5°N to 5°S of the equator and 120°W-170°W of the Prime Meridian; it is also referred to as Nino-3.4. If the average SST in Nino-3.4 is 0.5°F above the climatological average for at least five months, then these are El Nino conditions, and if it is 0.5°F below, then these are La Nina conditions.

La Nina causes high-pressure air masses to build up off the west coast of the United States, forcing the Pacific jet stream to go up and over the high-pressure zone as it brings moisture into North America. This means that Kansas can often miss out on that moisture as it gets displaced elsewhere around the country. Now that La Nina has ended, high-pressure air masses are less likely to divert moisture away from the central part of the U.S, and the jet stream is more likely to extend all the way across the Pacific Ocean to target the U.S. more directly. The effects of this change are already being observed in California and along the west coast.

The transition from La Nina to ENSO-Neutral conditions is usually quite dramatic, especially since we have been in La Nina for almost three years. This mainly takes form in the way of severe weather, including hail, wind, tornadoes, and severe thunderstorms. While moisture would be highly valuable to farms in the River Valley District, an excess of severe weather may have adverse effects on spring planting and crop health during the early summer growing season.

Moving to ENSO-Neutral does not even necessarily mean that we will have a surplus of moisture, but only that the main meteorological indicator of abnormally dry conditions has faded away. Good spring moisture will still be needed to see the winter wheat crop through to harvest and to get summer cash crops off to a good start. However, since the La Nina signal has officially faded, it can be said for the first time in several years that there is reason to be optimistic about the reintroduction of moisture to the area between late spring and early summer. Just keep a lookout for severe weather that may arise and make plans accordingly.



This figure depicts the negative temperature anomalies measured in Nino-3.4 between Mar. '22 and Mar. '23. Note the prolonged period below average followed by steady warming between Dec. '22 and Mar. '23; temperatures have risen to above (-0.5°F) below average as of Mar. 9, indicating the end of La Nina.

If you have questions about how you can monitor changing weather patterns or manage weather risk on your farm, please contact Luke Byers, your Agriculture and Natural Resources Agent for the River Valley Extension District, at (785) 632-5335 ext. 203 or by email at lbyers@ksu.edu.

STRENGTH TRAINING PROGRAM FOR OLDER ADULTS COMING TO CLAY CENTER IN MAY

Join us Tuesdays and Thursdays at the Clay Center Extension Office Meeting Room (322 Grant Street). Two classes will be provided the first from 9:00-10:00 a.m. and the second from 10:30-11:30 a.m. There will be a total of 16 classes. The first class will be closer to 90 minutes long as there will be a brief orientation and fitness assessments conducted just prior to starting the exercise class. The first week of classes will occur on Wednesday, May 10th and Friday, May 12th. The following 7 weeks will be on Tuesdays and Thursdays. We encourage you to bring a water bottle. Snacks will be provided at the end of each class. The program fee is \$10. **Each class is limited to 10 participants, and we require registration in advance.** Please call the Clay Center Office at 785-632-5335 to RSVP for the course. You can also contact Jordan Schuette, Adult Development and Aging Agent at 785-325-2121 or Kaitlin Moore, Foods, Nutrition, and Health Agent at 785-243-8185.

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. The exercises are easy to learn, safe, and effective.

No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

Stay Strong, Stay Healthy classes include warm-up exercises, eight strengthening exercises, with or without hand and ankle weights, and cool-down stretches. Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group. Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.

Strength training benefits are:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

MEDICARE BASICS PROGRAM

Each year many people are approaching their 65th birthday, contemplating retirement, and starting their journey with Medicare. Medicare, all its parts, and the advertisements can be confusing. Let us help. Join Jordan Schuette, Adult Development and Aging Agent for a Medicare Basics Program.

Washington – Thursday, April 13-6pm
FNB Bank .101 C Street

Please RSVP for the Washington Medicare Basics Program by calling the Washington Extension Office at 785-325-2121. We do schedule one-on-one appointments in all four offices of the River Valley Extension District. If you are New to Medicare or have other questions about Medicare contact Jordan Schuette in the Washington Office at 785-325-2121.

BUTTERFLY GARDENING

Butterfly gardening is becoming more and more popular. Providing for the basic needs of butterflies, such as food, shelter, and liquids, will encourage butterflies to visit this summer. There are a number of plants you could put in your landscape that will attract butterflies. However, different species of butterflies prefer different plants. Using a variety of plant material that vary in blooming times of day and year helps attract a diverse group of visitors. Plant groups of the same plant together, as a group is easier for butterflies to find. Single plants are difficult for a butterfly to detect. If trying to attract a certain species of butterfly, learn which plant(s) that butterfly prefers, and then emphasize that plant in your planting. Annuals that attract butterflies include ageratum, cosmos, French marigold, petunia, verbena, and zinnia.

Perennials and shrubs can be split into those that bloom early, mid-season, and late. Good choices for those that bloom early are allium, chives, forget-me-not, and lilac. Bee balm, butterfly bush, black-eyed Susan, buttonbush, butterfly weed, daisy, daylily, gaillardia, lavender, lily, mint, phlox, privet, sunflower, and veronica are fitting picks for mid-season bloom. Late bloomers include aster, glossy abelia, and sedum.

There are other things you can do to encourage butterflies. Butterflies are cold-blooded and like open areas where they can sun themselves on cool days and shade to cool off when the sun is too intense. Butterflies also need water. A simple way to make a butterfly pool is to take a bucket, fill it with gravel, and bury it to the rim. Now add water, sugar water, or sweet drinks so that the butterflies can land on the gravel, but still reach the liquid.

PRESERVING EARLY SPRING VEGETABLES

Spring is here and early vegetables, such as asparagus, will be popping out of the ground. If you are lucky enough to have your own asparagus patch, you know the anticipation!

If you have an abundance of asparagus, preserve it for later use by freezing, pickling, or canning. To help you plan, here's a chart of approximate yields from Michigan State University Extension.

1 pound snapped	2 cups cut up
1 to 1 ½ pounds fresh	1 pint frozen
2 ½ to 4 pounds fresh	1 quart canned
10-pound box	7-10 pints frozen
24 ½ pounds	A canner load of 7 quarts
16 pounds	A canner load of 9 pints
1 crate (31 pounds)	7-12 quarts canned
1 bushel (45 pounds)	30-45 pints frozen or 11-18 quarts canned

RECIPE FOR PICKLED ASPARAGUS FROM THE NATIONAL CENTER FOR HOME FOOD PRESERVATION

For six wide-mouth pint jars	For seven 12-ounce jars
10 pounds asparagus	7 pounds asparagus
6 large garlic cloves	7 large garlic cloves
4 ½ cups water	3 cups water
4 ½ cups white distilled vinegar (5%)	3 cups white distilled vinegar (5%)
6 small hot peppers (optional)	7 small hot peppers (optional)
½ cup canning salt	1/3 cup canning salt
3 teaspoons dill seed	2 teaspoons dill seed

Procedure:

1. Wash and rinse canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Wash asparagus well, but gently, under running water. Cut stems from the bottom to leave spears with tips that fit into the canning jar with a little less than ½-inch headspace. Peel and wash garlic cloves. Place a garlic clove at the bottom of each jar, and tightly pack asparagus into jars with the blunt ends down.
3. In an 8-quart Dutch oven or saucepot, combine water, vinegar, hot peppers (optional), salt, and dill seed. Bring to a boil. Place one hot pepper (if used) in each jar over asparagus spears. Pour boiling hot pickling brine over spears, leaving ½-inch headspace.
4. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.
5. Process in a boiling water canner according to the recommendations in Table 1. Let cool, undisturbed, for 12 to 24 hours and check the seals.

Allow pickled asparagus to sit in processed jars for 3 to 5 days before consumption for best flavor development.

Table 1. Recommended process time for Pickled Asparagus in a boiling-water canner				
Style of pack	Jar size	Process time at altitudes of		
		0-1,000 ft	1,001-6,000 ft	Above 6,000 ft
Raw	12-ounce or pints	10 minutes	15 minutes	20 minutes

NOTE: All county seats in the River Valley District are above 1,000 feet.

Sources: Karen Blakeslee’s You Asked It! Newsletter @ rrc.k-state.edu/newsletter & The National Center for Home Food Preservation @ nchfp.uga.edu

Questions about canning or other food preservation methods can be directed to Kaitlin Moore at 785-243-8185 or kaitlinmoore@ksu.edu

**MAKING OUR COMMUNITIES VITAL.
ARE WE HEARING EVERYONE?**

Many have joined different boards, committees, clubs, coalitions, and workgroups with the purpose of making our communities a vital place to live. When considering what makes a vital community we many times consider the ability of that community to provide a means to make a living, provide enrichment to its residents, provide a safe place to live, provide quality healthcare, provide quality child care and education, provide opportunities to grow spiritually, and much more.

As we get into the details of this work, I’d like to encourage us to ensure we are remembering the community as a whole. There can be many varying groups that we should consider when moving forward and it can be as simple as walking over to the next block to find a group in completely different circumstances. Are we considering their needs and ideas in our plans? If we take a little time and analyze our process, we can avoid missing these important inputs.

Are we leaving stakeholders out of the conversation? Do we respect and consider everyone’s opinion equally? Are there biases for or against certain sectors of our community? Are we trying to understand and respect other’s circumstances? Are we building a community that considers everyone’s quality of life? Has work to define and improve our communities become a power struggle rather than a means to improve the public good?

Community work is far more likely to be successful if it involves hearing from as many stakeholders possible. The earlier they are involved the better. This provides fairness by involving everyone affected by an issue. Planning, intervention, and evaluation all simply go better if there is input and participation by everyone involved. This participatory process results in more ideas, more widespread support, the possibility of avoiding errors because of ignorance of community history or past performance, and importantly, ownership of the resulting action by everyone affected. Questions or comments? Contact Wade Reh at 785-632-5335.

MANAGING TURF IN SHADE

Are you having a problem getting your turfgrass to grow in shaded areas of your yard? Turfgrasses differ in their capacity to grow in the shade. Among Kansas turfgrasses, tall fescue is the best adapted to shade. Fine fescues have better shade tolerance, but they lack heat tolerance and typically decline during hot Kansas summers. The warm-season grasses have the poorest shade tolerance, although Zoysia does do better than Bermuda or Buffalograss.

Where there is too much shade for fescue, there are a couple of options you can try to increase grass growth. The most obvious is prune limbs to thin out the tree canopies. Pruning limbs and thinning canopies will allow more sunlight to reach the turfgrass. If possible, raise the mowing height in the shade to compensate for the upright growth of the leaves, and increasing the leaf’s surface area for photosynthesis.

Remember, the problem is a lack of light, not lack of fertility. So, adding extra fertilizer won’t help your grass grow better, it could actually be harming it. Too much nitrogen in the spring will cause the plant to grow faster and may result in weak plants. The nitrogen rate for shaded grass should be cut back to at least half the amount you put on grass

in full sun. Late fall fertilization after tree leaves have fallen is important for shaded cool-season turfgrasses and should be applied at a full rate. Irrigate infrequently but deeply. Light, frequent irrigation may encourage tree feeder-roots to stay near the surface, which increases competition between the trees and the turf.

Many times, the best choice for shaded areas is switch from a turfgrass to more shade-tolerant plant. For example, English ivy and periwinkle (*Vinca minor*) are much more shade tolerant than any turfgrass adapted to our area. Another option is to simply mulch the area where turf doesn't grow well. The trees will love the cool, moist soil. 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.

PROPER TIMING FOR 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 eight 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 in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

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PERMIT NO. 3****Address Service Requested****RIVER VALLEY DISTRICT****“2023 UP-COMING MEETINGS & EVENTS”**

DATE	TIME	PROGRAM	LOCATION
Apr. 3	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
Apr. 5	5:30-6:30pm	Feeding Your Heart	Concordia- Large Meeting Room, Basement of Courthouse
Apr. 10	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
Apr. 11	6pm	BQA Training	Manhattan- Stanley Stout Center
Apr. 13	6pm	BQA Training	Hays- Hilton Garden Inn
Apr. 13	6pm	Medicare Basics Program	Washington-FNB Basement, 101 C Street
Apr. 17	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 1	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 3	5:30-6:30pm	Flavor Up: Cooking with Herbs and Spices	Concordia- Large Meeting Room, Basement of Courthouse
May 8	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 10	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 10	6-7pm	Decluttering Program	Wakefield—Public Library, 205 3rd Street
May 12	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 15	10am-12pm	Chronic Disease Self-Management Program	Concordia-NCK Medical Center, 155 College Drive
May 16	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 16-19		Story Walks throughout the River Valley District	TBA
May 18	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 23	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue
May 25	9-10am & 10:30-11:30am	Stay Strong Stay Healthy	Clay Center- Extension Office, 322 Grant Avenue