

McPherson County

K-STATE RESEARCH AND EXTENSION NEWS

December 2022/January 2023



AG NEWS

SHAD MARSTON
COUNTY EXTENSION AGENT
AGRICULTURE AND NATURAL RESOURCES



Winter is here, the Thanksgiving Holiday is behind us and now is the time to plan for the upcoming new year. In agriculture, that might have a different meaning than most. Chores still need to be done, livestock need to be fed, and the maintenance of equipment continues daily on the farm or ranch. Year ending work is on the thought of everyone's mind. Production and expenses numbers can now be evaluated and goals can be modified for the new year. Challenges will always come about and this year was harder for some in the field of Agriculture with our current drought conditions. Having the ability to adapt in these challenging times makes us stronger and more efficient. Remember, K-State Research and Extension is always here to help relay information to all our community members. Plans are now being made in the Extension Office to bring new and exciting programs to the new year. Check out all the programming we have to offer in the areas of Agriculture, Family & Community Wellness and 4-H Youth and Development for you and your family. It is our hope here at K-State Research and Extension that everyone can take a little time off to be with family and friends this upcoming Holiday season.

The Power of Negotiation & Communication

Land Leasing Strategies for Midwestern Ag Women

A 4-PART WORKSHOP FOR
LANDOWNERS AND TENANTS
JAN. 18 & 25 FEB. 1 & 8

The Power of Negotiation: Land Leasing Strategies for Midwestern Ag Women is a four-part extension workshop produced in collaboration between women in agriculture programs in Indiana, Kansas, and Nebraska. It will focus on the basics of land management, leasing, and conservation for both landlords and tenants. Each state will host dozens of workshop sites on each date, featuring simulcast keynote speakers, as well as local speakers.

Registration Information

Registration to attend one of the in-person Host sites will be \$50.00, payable at the door the first night of the program. Please visit https://kstate.qualtrics.com/jfe/form/SV_cJ91RCISHhHGb8q to register for attendance in-person.

Registration to attend online-only is \$75.00 and program materials will be shipped to you. Online only registration is available at: <https://web.cvent.com/event/c1c89fed-1eb9-4509-99e7-e275ede207c6/summary>.

Program Description

This hands-on evening workshop will teach principles of managing land leases, both as a tenant and a landlord. In addition to presentations on these topics, participants will do activities to apply what they learned to a real-world farm lease. The goal is for participants to acquire skills they can apply directly to their own lease situation.

Participants must register for the entire 4-part series, as sessions will build upon each other.

While the program is designed to highlight women's issues in agriculture, it is open to any participant without regard to sex.



Our Office Will Be Closed
Friday, December 23rd to Monday, January 2nd.

We will resume normal office hours Tuesday, January 3rd.



K-State Research and Extension Annual Cow Calf School **will be on Thursday, Feb 9, 2023.**

The night will start out with a KC Steak dinner (**\$10**) at 6:00pm, followed by our program, “*Utilizing Epd’s along with Visual Appraisal in Selecting your Next Herd Sire*”, presented by Dr. Clint Rusk, Executive Secretary of the American International Charolais Association.



This program will outline:

- Bull selection
- The importance of using genomic enhanced Epd’s
- The benefits of a crossbreeding program and what traits are the most beneficial in this selection.

We will also have a presentation covering “*Improving your Pastures*”.

Cattlemen from around the area will meet at the McPherson County 4-H Building, 710 W. Woodside McPherson, KS.

RSVP’s can be sent to tregehr@ksu.edu or by registering at <http://tinyurl.com/KSRECowCalfSchool2023> by February 3, 2023.

Master Gardeners and Friends Programs for Spring

The McPherson County Master Gardeners and Friends are excited to announce their spring programs for all McPherson County residents to take part in. Each Horticulture program will be held in the McPherson County Extension meeting room starting at 7:00pm at 600 W. Woodside here in McPherson. No RSVP is required.

The dates for this year’s meeting are:

January 26 - a panel of Master Gardener’s will be presenting “Companion Planting”.

February 23 - presenter Annie Baker, Extension Master Gardener State Coordinator for K-State Research and Extension will be talking about all the KSU resources available to gardeners throughout the year.

March 23 - Lawn Care program with Matthew McKernan, Horticulture Agent
K-State Research & Extension – Sedgwick County

April 27 - Calandria Edward's will be presenting a program over Succulents. Calandria is the new KSRE Butler County Horticulture Agent

The Master Gardeners have also scheduled a **Plant Exchange** which will be open to the public on Earth Day, April 22, 2023. The plant exchange consisting of perennials that they have divided will be offered, with possibly some house plants, too.



Interested in becoming a Master Gardener? Visit our website at:

<https://www.mcpherson.k-state.edu/involved/index.html>



Vitamin A: A major player in stillborn and weak calf syndromes

By Gregg Hanzlicek, DVM, Veterinary Diagnostic Lab

Vitamin A deficiency can present with many different clinical signs, but the most common signs are weak or stillborn calves. Vitamin A deficiency is primarily a winter issue. Cows on green-grass pastures will store Vitamin A in their livers. During late fall and winter, when Vitamin A intake is not sufficient, they can use this storage supply to meet metabolic demands. Unfortunately, the storage supply only lasts between 2 and 4 months.

Deficiency timing:

Fresh, green forages contain very high levels of Vitamin A (as carotenes). It is rare for Vitamin A deficiency to occur during a normal pasture season. We do occasionally observe deficiencies in the pasture season during drought conditions. As the grasses become dormant (have turned from green to brown color), the Vitamin A content will decrease and the pasture may not provide the appropriate amount of required dietary vitamin.

Harvested forages that are still green in color will also contain some Vitamin A, but at very low levels. This vitamin is the least stable of all vitamins and its stability is negatively affected by elevated temperatures, light, presence of oxygen, and humidity. Therefore, during the harvesting, curing, and storing process a large amount of Vitamin A is lost from 18,000 IU/lb dry matter in green pasture to 1,300-1,400 IU in baled alfalfa and hay.

Supplementation:

Most herds will supplement Vitamin A through a trace-mineral/vitamin pack supplement. Unfortunately, we do commonly see Vitamin A deficiency in supplemented herds. What might explain this?

Some mineral packs do not contain the appropriate amount of Vitamin A. Normal free-choice mineral/vitamin supplement consumption is 2-4 ounces per head per day. To meet the needs of a 1,400-cow consuming 2 ounces of mineral, 300,000 IU of Vitamin A per pound of supplement would be required. If consuming 3 ounces of mineral, this concentration would need be 200,000 IU/lb. A large percentage of these supplements contain less than 150,000 IU/lb.

Another consideration is supplement intake amounts variation between cows. Some research suggests up to 14% of cows do not consume any dry mineral supplement at all, and the variability between animals that do is very large. Lastly, it doesn't matter what level of Vitamin A is contained in the supplement if it isn't consistently available for consumption. Cows can't eat what is not available!

As mentioned above, Vitamin A is very unstable and affected by many environmental factors. Mixing Vitamin A with trace minerals (particularly inorganic forms) increases the level of instability. When not mixed with a trace mineral, about 1% of the pure Vitamin A product potency is lost per month. After mixing, the losses can approach 9% per month. A trace mineral/ vitamin product purchased today may contain 50% less Vitamin A when fed six months later.

One common question about supplementation concerns administering an injectable Vitamin A product. In some cases, supplementing with this method does make sense. For example, a herd that is presently experiencing a deficiency can administer the injectable to those dams that have not calved which will have immediate effects. Another example would be when a herd has not been adequately supplemented and has been fed harvested forages for an extended period. The negative aspect of injectable Vitamin A is the short period of effectiveness. Vitamin A tissue levels are increased for about 1-2 months after administration; therefore, administration timing is critical. To help unborn and neonatal calves, administering to cows as close to expected calving would be appropriate. Excessive Vitamin A can be toxic; therefore, using your veterinarian's advice on product and dosage is very important.

Summary:

- Fresh, green forages contain large amounts of Vitamin A; therefore, supplementation levels during a normal pasture season are minimal.
- Once pastures have become dormant or when feeding harvested forages, Vitamin A supplementation levels need to be increased to the appropriate level.
- Considerations to normal supplement consumption amounts of most vitamin/trace mineral products, it is important that these products contain the appropriate level of Vitamin A.
- It is important that supplementation products be available to the cows at all times to optimize consumption levels.
- Minimize the storage of Vitamin A containing products to only a few months given the instability of this vitamin.
- Injectable Vitamin A can be beneficial in some cases, but appropriate dosage and timing is critical.



Clover Corner

LINDSEY MUETING
COUNTY EXTENSION AGENT
4-H YOUTH DEVELOPMENT

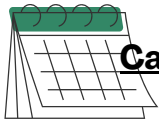


Happy Holidays! We are in a season of Thankfulness and I want to encourage you to take a moment to send a special note of thanks to someone who makes a difference in your 4-H career. This might be a leader, volunteer, project mentor, peer or parent! Remind them of the difference they make to you in the hard work and time that they give!

The upcoming months will continue to be busy for all and our 4-H year is off and moving quickly! I hope that you will have some time to really think about your 4-H projects and yearly goals. How can your learning and doing, maybe be a stress reliever to you? Write down your goals so that you know what to shoot for! Make sure that you are officially enrolled for the year so you get project announcements and emails. Please remember that each 4-H'er **MUST** be enrolled online! Head to <https://v2.4honline.com> and log into your family profile. You will then edit individual family members to re-enroll them! If you have problems or questions, just ask!

There are several events and opportunities listed in the newsletter, please make sure to read it closely as your next one will not come out until February! We will be well on our way to a successful 4-H year by then! Keep learning and growing each day! Make the Best Better!

~Lindsey



Calendar of Events

December

- Dec 1 4-H Council - 7 PM - ZOOM
- Dec 22 Cookies with Santa: 5-6:30
- Dec 22 Jr Leaders Event: 6:45
- Dec.23-31 Closed

January

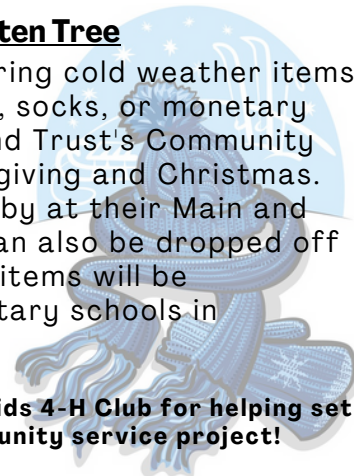
- Jan. 1-2 Closed
- Jan. 15 Club Goals Due
- Jan. 17 Area KAP selections due to Office
- Jan. 19 NE Area KAP Screening



Community Mitten Tree

4-Her's are encouraged to bring cold weather items (coats, hats, scarves, gloves, socks, or monetary gifts) to Home State Bank and Trust's Community Mitten Tree between Thanksgiving and Christmas. The tree is located in the lobby at their Main and Euclid location. Donations can also be dropped off at the Extension Office. The items will be distributed to all the elementary schools in McPherson County.

Thank to you the K-State Wild Kids 4-H Club for helping set up and carry out this community service project!



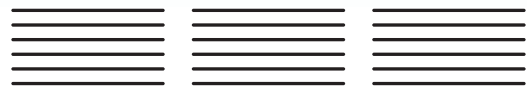
Jr. Swine Producer Day

The K-State Junior Swine Producer Day is scheduled for Saturday, March 11, in Weber Hall in Manhattan, KS. This event is a one-day, family educational event that focuses on youth swine projects. Youth of all ages and skill levels and parents are invited to attend. Tentative topics include selection, nutrition, meat science, reproduction, breeds and ear notching, health, clipping and grooming, and showmanship. The deadline to register is February 15. The cost is \$20/person by the deadline, or \$25 after. Only those registered by February 15 will receive a t-shirt. All attendees, including both youth and adults, must register.

Registration is open now: <http://bit.ly/ksuasiregister>

Get Published

Have project news or reports of fun 4-H happenings? Get them to Lindsey to publish in the upcoming Clover Corner. The next issue will be printed for February, please email or bring in any articles to Lindsey by January 19.



Jr. Meat Goat Producer Day

The K-State Junior Meat Goat Producer Day is scheduled for Saturday, March 18, in Weber Hall in Manhattan, KS. This event is a one-day, family educational event that focuses on youth meat goat projects. Youth of all ages and skill levels and parents are invited to attend. Tentative topics include selection, nutrition, meat science, reproduction, health, clipping and grooming, and showmanship. The deadline to register is February 22. The cost is \$20/person by the deadline, or \$25 after. Only those registered by February 22 will receive a t-shirt. All attendees, including both youth and adults, must register.

Registration is open now: <http://bit.ly/ksuasiregister>



Save the Date- Insect Spectacular

The Kansas 4-H Insect Spectacular, a two-day state-wide entomology workshop, will be held June 16-17, 2023 in Manhattan, Kansas. Classes will include basic pinning, basic and advanced identification, insect photography, and much more. A parent or legal guardian must attend with their 4-H'er. Registration, proposed schedule, and full information will be available in the spring. Stay tuned!

County-Wide Committees/Council Date

County-Wide Committees

4-H Day, Officer Training, Social Events, Fair Fun Events...these are some of the events and activities planned by county-wide committees! Anyone can be on a committee, or as many committees as they wish! Each council rep must be on at least one committee, but everyone is welcome! Please email Lindsey with your committee request!

County 4-H Council

The next Council Committee will be December 1 at 7:00 p.m. This will be a ZOOM Meeting. Please remember that each club is invited to have two youth and two adult representatives at each meeting. If you are an officer, you should have received an email about your duties. Please make sure you are prepared for the meeting!

National Dairy Judging Team

Congratulations to the Kansas 4-H Dairy Team, including McPherson County 4-H'er Brock Burgess who participated in the 4-H Dairy Judging Contest at the North American International Livestock Exposition in Louisville, Kentucky! The team was 11th overall and Brock was 8th Individual Overall and placed 7th in Brown Swiss Division.



2022 Project Record Books

4-H Members that were Project Champions in the Senior Division and will be submitting a Project Record Form to the area judging, please remember that those books (with completed cover letter and resume) will be due to the Extension Office on January 17.

McPherson County is able to bring up to three volunteers to the judging in Manhattan on January 19. Please contact the office as soon as possible if you are able to help.



Club Goals

Each year, clubs set goals as to what they hope to accomplish for the year. These are due on January 15. Clubs decide if they want to go for a club seal and what level they would like to try to achieve. This is usually decided by a committee made up of youth and adults, but it can be discussed at a club meeting.

Once a decision is made on which seal to aim for, it is up to all members of the club to help achieve those goals. This means doing your part by participating in 4-H events, doing presentations, completing your record book, and attending club and project meetings!

Horse Panorama at Rock Springs

Horse Panorama will be held at K-State Salina on Saturday, January 28. More information and registration will be released in early December and be due early January.

4-H Fair Theme

Don't forget about the 4-H Fair Theme Contest! Be thinking of your ideas today to present to your club!

- Each club will submit one theme to the Extension Office by February 1.
- 4-H Council will decide on the top 3 themes.
- Each 4-H member will then be asked to vote on their favorite theme.



Kansas 4-H Camp

Don't forget that registration is open for summer camp at Rock Springs 4-H Ranch. You can find dates and details at:

www.rockspringsranch4hcamp.org

4-H Day with Wildcat Women

Look for more information soon on the 2023 4-H Day with the Wildcat Women event to be held Sunday, February 12 at 1:00 PM. Be thinking about this for a family Christmas gift! Tickets include a T-Shirt, Game Ticket and Concession Stand Voucher! This is a super fun event where we cheer on the Cats with hundreds of our 4-H friends and supporters! Watch your email for more information as it is released!



Thank you to all who attended our Achievement Celebration at P&M Pumpkin Ranch! We had nearly perfect weather for a November day. It was fun to see so many families enjoying the activities at the ranch and see each of you during our awards ceremony!





FCW News

CHUCK LAUGHLIN
COUNTY EXTENSION AGENT
FAMILY & COMMUNITY WELLNESS



2023 McPherson County Calendars Available



The McPherson County Extension Calendars for 2023 are now available. They are available at various places around the county, or you can always pick up your copy at the McPherson County Extension Office. The calendars are **FREE**; however, we will be accepting free will donations to help to defer the cost of printing.

The calendars include holidays, family, community, 4-H, agricultural, leadership, health, and wellness dates for 2023. Inside the front cover is a list of resources groups and agencies for McPherson County, that we were aware of at the time of printing. Also included this year is the founding date for each city in the county as well as did you know facts. We have gathered information on known dates for 2023 that are included in the calendar. If a date was not known at publication but we were made aware that the event was happening that month we do have a section at the beginning of the month that lists “Events to watch for” during that month. Most events do not have specifics of time or location as they were not known at publication but watch your local social media or news sources for those specifics. We have done our best to make sure that all dates, times, and locations are accurate, as of the time of printing; however, please be sure to check local fliers and publications for any updates that may have taken place since printing. Each month also includes an activity that can be done as a family as well as a recipe of the month. Our goal is to invite residents to the Extension Office each month to see a demonstration on how to prepare the recipe of the month as well as to get a sample of the month’s recipe.

A very special **THANK YOU** goes out to two members of the McPherson County 4-H Program: Wade Rohret, of the Livewires-Empire Best 4-H Club and Alexis Johnson, of the Livewires-Empire Best 4-H Club for their outstanding photography of points of interest in the cities in our county as well as the historical monuments. Also **THANK YOU** to Robin Johnson, county-wide 4-H Photography Leader for her leadership in helping us to get pictures for the calendar.

We are currently exploring options to be able to also offer these in a digital format that can be added into your calendar for 2024.

If you have a resource group or agency that you would like to have considered to be included in the 2024 calendar or have an event that you would like to have considered to be included in the 2024 calendar, please use the QR code on the back of the calendar to submit those. If you do not have access to those, please email to claughlin@ksu.edu.



AED Devices Installed Through Grant Funding



AED (defibrillator devices) have been purchased through grant funding and are now in place. Working through the McPherson County Community Foundation we were able to secure funding to bring AED devices to the Concession area at the McPherson County Fairgrounds in Canton, the meeting room at the McPherson County Extension Office, and directly across from the concession area in the 4-H Building on the McPherson County 4-H Fairgrounds.

Each cabinet contains the AED device as well as a “First Responder Kit” that will contain scissors, razor, pocket mask with one way valve, gloves, and a towelette. A huge **THANK YOU** to our donors that have made this possible to have these lifesaving devices on-site at these critical areas in our county. We will continue to look for ways to aid the health and wellness of the residents of McPherson County.

Keep safety in mind when donating food, says K-State expert Nwadike says food pantries also appreciate volunteers, money



A Kansas State University food safety specialist says giving to food pantries, food banks or soup kitchens this time of year is appreciated, but the generosity needs to be accompanied by the gift of safety and health.

Londa Nwadike, who holds dual extension appointments with K-State and the University of Missouri, urged people to think about who will eventually receive the donated items.

“We need to think ahead of time about their nutritional needs and that the food is available to them in a way that is safe and of high quality,” Nwadike said. “And that it is something that they will be happy to bring home to their families.”

She urges consumers to check expiration dates prior to donating food: “Those dates can be confusing, but when we’re donating food, we want to be sure the product is not past the ‘best by’ or ‘used by’ date.”

According to Nwadike, infant formula product dating is regulated at the federal level, but many states – Kansas included – does not regulate other food product dating. “So, food pantries actually can put foods out after the (expiration) date if they choose to; it’s okay from a regulatory perspective, and the food still may be safe,” she said.

Some warning signs that a food may not be safe to eat include a can that is dented or bulging, or perhaps not intact.

“Overall, it’s better not to provide canned foods that are dented,” Nwadike said. “Bulging is a bad sign; do not donate those. Or, if it’s rusty, that’s also another bad sign.”

Nwadike also discourages people from donating home-preserved foods and repackaged foods. “We just don’t know what has happened from the time the food was removed from its original package and put into a smaller bag,” she said. “We don’t know how it was handled or if something was introduced to the original food.”

As a guideline, Nwadike suggests donating shelf-stable, non-perishable goods, which not only last longer, but don’t require equipment by the pantry to handle.

“Things like produce are great and people need to eat more fresh produce,” Nwadike said. “But if you want to donate fresh produce to your local food bank, check with them ahead of time to make sure they are willing to accept it and can give it the care it needs to get to the final user safely and in the most nutritious way possible.”

The U.S. Department of Agriculture’s Center for Nutrition Policy and Promotion publishes a nutrition guide known as MyPlate, which can be an aid in donating healthy foods. MyPlate suggests a diet consisting of fruits, grains, vegetables and proteins.

“A can of green beans is great to donate; also think about a can of tuna packed in water, grains (such as brown rice or crackers) and evaporated milk (including non-fat dry milk),” Nwadike said.

Peanut butter is a popular protein to donate, but some people are allergic to peanuts. Nwadike said sunflower butter is a non-allergenic option. Also, she notes, consider gluten-free options.


Aside from food, Nwadike said food banks and pantries also accept donations of time and money. “If you provide cash,” she said, “they are able to buy items in bulk and plan for them.”

By Pat Melgares, K-State Research and Extension news service:

For additional information on Donating to Food Pantries: <https://bookstore.ksre.ksu.edu/pubs/MF3352.pdf>

Preschool Fun at the Extension Office

Please join us on Thursday, December 15th, 10-11 am at the McPherson County Extension Office for our monthly preschool program. This month's theme will be cookies! Please note that this program is free, but registration is required and space is limited. Register today at: <https://tinyurl.com/DecemberPreschoolFun>

Make sure to watch our Facebook page for  announcements regarding preschool programming for January.

Toy Safety

Are you shopping for children this holiday season? Or, perhaps you will be having young guests at your celebrations? Keep these toy safety tips in mind:

- **Read the label.** Check the recommended age for the toy as this can help you determine if it will be safe and fun for the child.
- **Be mindful of small parts.** Any toy that can fit through the center of a toilet paper tube should be considered a potential choking hazard for a child under the age of three.
- **Choose stuffed toys carefully.** Watch for loose seams and small pieces that can fall off (things like beaded eyes or buttons)
- **Use caution with batteries – especially button batteries.** In the last decade in the U.S., a child visited the emergency room every 47 minutes for a battery related injury. 85% of these visits involved button batteries. If a toy is battery operated, check to make sure that the battery compartment is secured closed – especially after battery installation and replacement. (Do not leave out the screws!) Also, don't allow children to play with musical greeting cards, remote controls, watches, key fobs, flashing holiday decorations or other non-toy items that may include button batteries.
- **Avoid purchasing chemistry or hobby sets for youth under the age of 12.** They can potentially cause fires or explosions. If purchasing for a teen, make sure they understand how to safely use them.
- **Don't forget the helmet!** If you are purchasing a bicycle or riding toy for a child, please make sure he or she has the proper equipment for use it safely!

For more information on toy safety, visit www.healthychildren.org.



Wheat Bread Program

McPherson County Extension office offers a wheat bread school enrichment program. There are in person and kit options available. The deadline to order individual kits is January 15th, with pick up the last week of January. For more information, please check out our website!

<https://tinyurl.com/McPhersonWheatBread>.

To schedule or reserve a kit, please reach out to aseeger@ksu.edu.

Toy Boxes

After the holidays, many families are looking for storage solutions for toys. Keep these tips in mind when shopping for a toy box for your home:

- Look for a toy box with no top, or choose one that has a light weight, removable lid. This will reduce the risk of a child becoming trapped or pinching fingers!
- Choose a toy box with rounded or padded edges and corners so that children won't be injured if they stumble or fall against the toy box.
- Make sure the toy box has ventilation spaces. Occasionally, children have become stuck in toy boxes. Proper ventilation reduces the risk of suffocation in the event that this happens at your home!

For more information on toy box safety, visit www.healthychildren.org



Handwashing program

We had a great time visiting Moundridge Elementary School with our handwashing program! To book this program for your school or organization, please reach out to Audrey Seeger at aseeger@ksu.edu.





K-State Research & Extension
McPherson County
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RETURN SERVICE REQUESTED

AGENT CONTACT INFORMATION

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8:40 AM-98.9 KMCP
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