



WALNUT CREEK EXTENSION DISTRICT

April 2025

walnutcreek.ksu.edu

Upcoming Dates

April

- 2 - Lane Co Cloverbuds
- 4 - 4-H on the 4th - Rush Co.
- 7 - Lane County 4-H Council
- 9 - Program at Dighton Joy Center
- 11 - DGS Early Dismissal Youth Program
- 13 - Ness Co 4-H Council
- 14 - Rush Co. Junior Leaders & 4-H Council
- 15 - Registration due for Shutterbug, Wichita
- 16 - Program at Ransom Go-Getters Sr. Center
- 18 - Good Friday - Office Closed
- 20 - Happy Easter
- 21 - YQCA Training - am - Lane County
- 21 - YQCA Training - 6 pm - Otis
- 26 - Spring Into Volunteering, Salina
- 20-26 - National Volunteer Week - THANK YOU
- 27 - Lane & Ness Small Animal Weigh-in
- 28 - Walnut Creek Extension Board Mtg. - Ness

May

- 3 - Shutterbug, Wichita Botanica
- 3 - Rush Co 4-H Small Animal Weigh-in
- 7 - Lane Co Cloverbuds
- 12 - Rush Co-wide Club meeting - Careers
- 20 - Judging Extravaganza @ LaCrosse Livestock

Lane County Office

144 S. Lane, Courthouse
P O Box 487
Dighton, KS 67839
620-397-2806

- Lacey Noterman, Director and Agriculture Ext. Agent - lnote@ksu.edu
- Chelsey Shapland, 4-H Program Assistant - cshapland@ksu.edu
- Donnis Maughlin, Office Professional - dmaughli@ksu.edu

Ness County Office

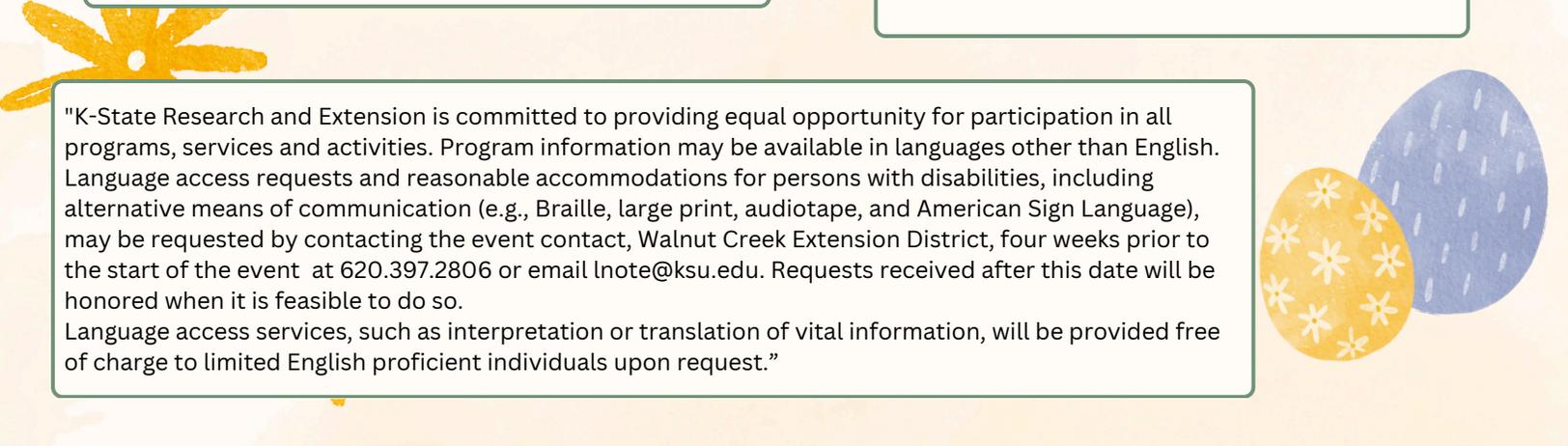
503 S Pennsylvania Ave
Ness City, KS 67560
785-798-3921

- Robyn Trussel, 4-H and Youth Agent - rdeines@ksu.edu
- Kristen Schmidt, Family Community Wellness - kbschmidt@ksu.edu
- Randae Rufenacht, Office Professional - rrufenac@ksu.edu

Rush County Office

702 Main, P O Box 70
Lacrosse, KS 67548
785-222-2710

- Jared Petersilie, Agriculture Ext. Agent - jaredp11@ksu.edu
- Berny Unruh, Office Professional - bunruh@ksu.edu



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Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request."

Volunteer Appreciation

Community volunteers, also known as "community service" in the US, are individuals who dedicate their time and skills to improve their local communities, often through non-profit organizations, local governments, churches, or informal groups. Thank you to all of our community residents that serve as a community volunteer in one or more capacities.

A huge SHOUT - OUT to our Extension Volunteers

Extension District Executive Board

Austin Bretz	Katie Riffle	Linda Woods	Alvera Davison
Nada Wells	Don Reinhardt	Judy Delaney	Erik Steffens
Cortnie Price	Janelle Maier	Nick Henning	Brittany Nichepor

*We ♥ our
Volunteers*

Extension District Program Development Committee Members

Ruby Martin	Janet Shapland	Mark Shapland	Savannah Moomaw
Cortnie Price	Stacy Lawrence	Tyler Rider	Judy Delaney
Travis Sutton	Judy Humburg	Jan Rider	Stephanie Nichepor
Janelle Maier	Kim Peach	Don Reinhardt	Theresa Greenway
Jill George	Joyce Cornwell	Louise Ehmke	Amber Reifschneider
Arlene Doll	Donna Morgan	Janice Lockman	Austin Bretz
Paula Atwell	Hannah Hair	Becky Rider	Sherry Walker
Alvera Davison	Kathy Holopirek	Erin Petersilie	Dennille Schweitzer
Aimee Kenyon	Ann Baus	Lydia Flax	Nada Wells
Megan Shapland	Alexis Peck	Katie Riffle	Renee Roberts
Hailey Hawkinson	Crissy Payne	Morgan Vogel	Brittany Nichepor
Lexea Hornung	Bryan Foos	Tiffany Overlease	Brittany Peteler
Erin Babcock	Linda Woods	Nikki Larson	Melissa Schlegel
Rena Lumpkins	Dylan Linenberger	Lindy McMillen	Justin Shapland
Shane Root	Rick Price	Erik Steffens	Nick Henning
Stephen Nichepor	Brent Whitley	Dane Whitley	Nathan Copeland
Garret Flax	Will Frusher	James Webs	Mark Baus
Richard Karst	Mike Maneth	Joel Reichel	Justin Whipple

4-H Club Community Leaders

Lynn Seppanen	Kathryn George	Stephanie Maier	Paula Shaw
Patricia Duffey	Erin Petersilie	Jared Petersilie	Heather Ross
Sandy Showalter	Amanda Wittman	Brittany Nichepor	Laurie Petersilie
Nick Noterman	Katie Riffle	Renee Roberts	Tiana McClure





Earth Day with Kids

Earth Day, celebrated annually on April 22nd, is a great opportunity to teach kids about our planet and how to care for it through fun, engaging activities like planting trees, making bird feeders, and learning about recycling. From the soil that nourishes the food we eat to the water and air that give us life, we have so much to thank Mother Earth for. Earth Day is a good opportunity to get in touch with nature and give back in ways that benefit the natural world and all of its inhabitants.

You can start teaching your child about the importance of caring for our planet at any age – the earlier, the better! Kids learn best when they see others modeling positive behaviors around them. Family outings to your local park (or even a national park) will help your child learn how to appreciate the wonders of the great outdoors and why it is so important to preserve it.

Celebrate Earth Day for kids with fun activities that raise awareness for environmental issues –

Plant a Tree

Make a Bird Feeder

Start Composting

Set up a Recycling area at home

Go for a Nature Walk

Have an outdoor scavenger hunt

Upcycle a craft project

Learn about Climate Change

Plant seeds that you can later transplant outside



Celebrating and conserving our planet doesn't have to just be an annual event. Join larger community efforts and Earth Day events that include cleaning up trash from neighborhood streets and common areas, planting trees, and recycling. Use recycled materials to help spread the word – nature will thank you!





Youth Ag Opportunities

2025 Kansas Range Youth Camp

Spots are filling fast for **Kansas Range Youth Camp**, happening June 10-13, 2025, at White Memorial Camp in Council Grove, KS! This is your chance to explore rangeland management, livestock nutrition, and more while making new friends and gaining hands-on experience.

REGISTER: <https://www.kglc.org/range-youth-camp.cfm>

Watch the video to learn more and see why past attendees loved this experience!
<https://www.youtube.com/watch?v=tcg2Zdf2szc&t=14s>



Robyn Trussel

4-H and Youth
Development Agent
rdeines@ksu.edu

2025-2026 Northwest Kansas 4-H Agricultural Ambassador Program applications are open!

The ambassador program is a premier leadership opportunity for youth ages 13 to 18 (current 8th grade through senior in high school) passionate about agriculture and willing to complete a one-year term.

The program focuses on connecting youth with their local agricultural industries, exploring the richness and diversity of Kansas opportunities, developing ag advocacy skills and fostering educational mindsets, and increasing access to career and post-secondary experiences within the agriscience world.

Participation/membership in 4-H is not required.

The Northwest Kansas 4-H Agricultural Ambassadors complete training to develop leadership and teamwork skills used to promote and educate communities about agriculture. This includes leading educational experiences for youth and attending ag events, such as the Kansas Youth Ag Experience trip.

Youth interested in being a part of the ambassador program must complete an application, submit a leadership resume, a cover letter, three letters of reference, and complete a virtual interview if selected as a finalist. Applications and supporting documents are due by April 15th and may be submitted to your local K-State Research and Extension office.

For more information, a copy of the flyer and application visit the Twin Creeks District website

at: <https://www.twincreeks.k-state.edu/youth-ag/index.html>

For questions about the Northwest Kansas 4-H Agricultural Ambassador Program, please contact 4-H Youth Development Agent Robyn Trussel 785-798-5020 or rdeines@ksu.edu

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Wildlife Habitat Education Program Contest – May 1st

The Wildlife Habitat Education Program is well-established in Kansas. For the past 34 years, Kansas has held the state wildlife habitat evaluation contests. The contest focuses on teaching young people about wildlife, the needs of wildlife, and their habitat.

The competition has two age groups: 9-13 and 14-18 years of age. You can enter as a team of 3-4 individuals or as an individual.

The major objectives are for youth to understand wildlife management, including ecological principles, the basic life history of various species, management techniques to enhance habitats, and for participants to develop leadership skills.

There are five parts to the contest:

- 1) Wildlife identification
- 2) General wildlife knowledge
- 3) On-site recommendation of wildlife management practices
- 4) Writing a one-page management plan for a rural setting
- 5) Defending that plan in an oral interview

If you are interested in participating, please contact your local Extension Office. Registration is due April 24, 2025.



Lacey Noterman

District Director
Agronomy/
Horticulture
lnote@ksu.edu



Crabgrass

In most of Kansas, crabgrass typically starts germinating around May 1 or later. Applying a crabgrass preventer around April 15 is a suitable target date, allowing the active ingredients to disperse in the soil before germination begins.

Crabgrass preventers, known as pre-emergence herbicides, stop crabgrass seeds from developing into mature plants. These products don't kill the seeds or prevent germination but target the young plant after it sprouts. Preventers do not affect existing plants, so they must be applied before germination. Preventers break down over time due to natural processes and soil microorganisms. If used too early, they may lose effectiveness before they are needed. Crabgrass preventers lose potency after about 60 days.

Apply the crabgrass preventer before fertilizing to avoid encouraging excessive early growth. Be aware finding pre-emergent products without fertilizer can be challenging.



What can Replace Eggs in the Kitchen?

As egg prices continue to increase in grocery stores, it might be beneficial to consider replacing eggs in certain recipes.

The type of egg substitute depends on the end product and the function it needs to provide.

Use two ounces of extra-firm tofu to replace one boiled egg. If a recipe utilizes eggs to hold ingredients together, use one tablespoon of chia seeds or ground flax seeds mixed with three tablespoons of water to replace one egg. Another option, is one package plain gelatin and two tablespoons of warm water to replace one egg.

For leavening in baking, use the chia or flax seed mixture plus a half teaspoon of baking powder for each egg. For moistness in baking, use a quarter cup applesauce, mashed banana, pureed avocado, pureed garbanzo beans, or silken tofu for each egg. Another option is two tablespoons mayonnaise for each egg.



Kristen Schmidt

Family and Community
Wellness Agent
kbschmidt@ksu.edu



Time for Spring Cleaning? Tips to Reduce Clutter



The most difficult part of clearing out clutter is getting started. The best place to begin is with a small space such as a closet or a drawer. One strategy is to remove everything from the drawer or closet and then start sorting the contents.

The “toss box” can be a trash bag or box for any item that is going to be thrown away. Any item that is broken, ripped, or stained needs to be disposed of. Be kind to your thrift shop and do not take them worn out clothing or non-working items.

The “donate box” should be clean, gently used items that might be used by another family member or donated to a local charity.

The “maybe box” is the most difficult part of the box system. If the item has not been used for several years, maybe it is time to let it go. If items are placed in the box and another year goes by and you don’t miss it, it is definitely time to let it go.



Contact Kristen at kbschmidt@ksu.edu or call 785.798.3921. She would be happy to visit with you about any Family and Community Wellness programming wants or needs!

Manage High Nitrate Feeds NOW



Jared Petersilie
Agriculture
Extension Agent
jaredp11@ksu.edu

We've always said it, and will continue to...Test, Test, Test...but this time it's in reference to soil testing and more specifically testing the soil ahead of drilling forages. I have dealt with high nitrate forages on a regular basis. Many factors affect the accumulation of nitrates, the weather looming large in that respect and the long-range forecast is for more dry weather. We can't do much to change that.

The next is application of fertilizer by applying livestock waste or commercial fertilizers. Every crop needs Nitrogen to some degree, legumes fix their own, but even they sometimes get a head start with added Nitrogen. Regardless of application or form that it is in, you need to test to see what is carried over and only apply what is needed for your yield goals.

Many times, producers use a set number 40 lbs, 30 lbs, 25 lbs or even '0' lbs for the very risk adverse or those that have dealt with issues before. In this realm, tradition isn't necessarily the right answer. The research I have read does not show a distinct difference in anhydrous, dry, liquid, carrier, streaming, or manure applications-it's about how much is applied.

This is not to say that not applying anything is the right answer either. Nitrogen is a building block of protein and in order to have some quantity or quality in the resulting forage-bales, silage, grazing, etc. We want to have a decent yield and the harvested crop needs to have more nutrition available than rolled up newspapers. When fertilizer is withheld to prevent nitrates, the crop yield is dismal and the protein is 3-4-5%. The cows don't necessarily care for it and the amount of supplementation that goes along with that feed quality deletes the savings.

The other reason for pushing this topic here in early spring is that Extension research at Oklahoma State shows that acidic soils and phosphorus deficient soils will increase plant nitrate accumulation. This is not a cheap fix, but is very necessary. Phosphorous in the soil is like money in a savings account. It's available to use, but isn't going anywhere otherwise. It does not move thru the soil like Nitrogen.

OSU publication 2903 says "Soil testing is a necessity for any successful farming operation. Apply phosphorus fertilizer and ag-lime as determined by a soil test. The OSU soil testing laboratory recommends maintaining a soil pH greater than 5.5. Phosphorus fertilizer requirements vary depending on the soil test value of the field." Here in West Central Kansas, we don't have any issues with keeping the pH up, we are the Post Rock Capital for a reason, dig down and we find lots of calcium. But we have not always kept the Phosphorous levels at desirable levels and when applied, it will take a while for it to become available to plant life. If the testing is done now and application is soon, not only will the crop have some time to utilize those nutrients later this summer, but our hope is that when we loan the bale probe out next fall, you have lots of bales to pick from and the results come back safe.

I agree that grazing is cheaper than harvesting forages and taking the feed out to the cows in the winter, but most cattle producers are trying to manage numbers that exceed what grazing only acreages would accommodate. With the prices we are seeing in the livestock industry, feeding does make sense-especially when many of our fields are not set up for grazing, are not in the proximity we desire, or the prospectus of hauling water just isn't there. I have also looked at the crop budgets for corn and milo and while the crystal ball for feed values next fall is hazy, the cost of growing forages is significantly less than the grains. With the price of land, prices of cattle, and availability of grass; confined feeding of the cows is not out of the picture either. We can formulate a ration that is cost affective if dry weather dictates that grass isn't enough.



Kansas Garden Guide



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

The Kansas Garden Guide is available to purchase at WCED offices for \$35.37. OR the guide is available to view online in its entirety.

www.bookstore.ksre.ksu.edu/u/pubs/S51.pdf

Viewers can print pages that relate to specific information

The Vegetable Garden Planting Guide is a 6-page publication that is full of helpful information.

<https://bookstore.ksre.ksu.edu/pubs/MF315.pdf>



A well-planned, properly tended vegetable garden not only provides an excellent source of fresh, nutritious vegetables, but also relaxation and enjoyment for the entire family. With a few simple tools, a little space, and a desire to nurture plant growth, anyone can create a thriving vegetable garden. Even a 100-square-foot garden can produce a good portion of the vegetables for a family of four.

Successful gardening begins with proper planning. This includes knowing how much to plant, when to plant, and proper spacing, covered on the following pages. For more on this and other home gardening topics, see the *Kansas Garden Guide* (S51).

Vegetable Yields

Vegetables	Average crop expected per 10 feet	Approximate planting per person	Vegetables	Average crop expected per 10 feet	Approximate planting per person
Asparagus	3 lb.	10–15 plants	Muskmelon (cantaloupe)	10 fruits	3–5 hills
Beans, snap bush	12 lb.	15–16 feet	Mustard	10 lb.	5–10 feet
Beans, snap pole	15 lb.	5–6 feet	Okra	10 lb.	4–6 feet
Beans, lima bush	2.5 lb. shelled	10–15 feet	Onions (plants or sets)	10 lb.	3–5 feet
Beans, lima pole	5 lb. shelled	5–6 feet	Onions (seed)	10 lb.	3–5 feet
Beets	15 lb.	5–10 feet	Parsley	3 lb.	1–3 feet
Broccoli	10 lb.	3–5 plants	Parsnips	10 lb.	5 feet
Brussels sprouts	7.5 lb.	2–5 plants	Peas, English	2 lb.	15–20 feet
Cabbage	15 lb.	3–4 plants	Peas, southern	4 lb.	10–15 feet
Cabbage, Chinese	8 heads	3–10 feet	Peppers	6 lb.	3–5 plants
Carrots	10 lb.	5–10 feet	Potatoes, Irish	10 lb.	50–100 feet
Cauliflower	10 lb.	3–5 plants	Potatoes, sweet	10 lb.	5–10 plants
Celeriac	6 lb.	5 feet	Pumpkins	10 lb.	1–2 hills
Celery	18 stalks	10 stalks	Radishes	10 bunches	3–5 feet
Chard, Swiss	7.5 lb.	3–5 plants	Salsify	10 lb.	5 feet
Collards and kale	10 lb.	5–10 feet	Soybeans	2 lb.	50 feet
Corn, sweet	1 dozen	10–15 feet	Spinach	4–5 lb.	5–10 feet
Cucumbers	12 lb.	1–2 hills	Squash, summer	15 lb.	2–3 hills
Eggplant	10 lb.	2–3 plants	Squash, winter	10 lb.	1–3 hills
Garlic	4 lb.	1–5 feet	Tomatoes	10 lb.	3–5 plants
Kohlrabi	7.5 lb.	3–5 feet	Turnip greens	5–10 lb.	5–10 feet
Lettuce, head	10 heads	10 feet	Turnip roots	5–10 lb.	5–10 feet
Lettuce, leaf	5 lb.	10 feet	Watermelon	4 fruit	2–4 hills

Walk Kansas is an 8-week program. The dates are March 30-May 24, 2025. Walk Kansas registration is requested ASAP. The latest registration will be accepted is April 7th. Please call if you have questions.



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Walnut Creek District

Take a walk!

Walk Kansas is a K-State Research and Extension health initiative that promotes personal health and well-being by helping participants adopt healthful lifestyle habits. While primarily a team-based program, you can also go solo! Walk Kansas will help you:

- be more active with support from friends and family
- make healthier nutrition and beverage choices
- learn helpful techniques to reduce stress, sleep well, and improve overall well-being

For more information contact Kristen Schmidt, Family and Community Wellness Agent, at 785-798-3921 or visit www.walkkansas.org

REGISTER @
WWW.WALKKANSASONLINE.ORG
REGISTRATION IS ACCEPTED MARCH 4TH THROUGH APRIL 7TH
THERE IS A \$10/PERSON ENROLLMENT FEE

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 THE EVENT CONTACT, KRISTEN SCHMIDT TWO WEEKS PRIOR TO THE START OF THE EVENT AT 785-798-3921. REQUESTS RECEIVED AFTER THIS DATE WILL BE HONORED WHEN IT IS FEASIBLE TO DO SO. KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE. K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.