

K-STATE RESEARCH AND EXTENSION WALNUT CREEK EXTENSION DISTRICT NOVEMBER 2024

Walnut Creek District

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- Robyn Trussel, 4-H and Youth Agent - rdeines@ksu.edu
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- Jared Petersilie, Agriculture Extension Agent - jaredp11@ksu.edu
- Berny Unruh, Office Professional bunruh@ksu.edu

Upcoming Dates

Nov. 6 - Lane Co. Cloverbuds - 3:30 pm
Nov. 7 - Ness Co. Fairboard Annual Meeting - 7 pm
Nov. 10 - Ness Co. 4-H Achievement - 2 pm
Nov. 11 - Office Closed for Veteran's Day
Nov. 11 - Deadline for Pest Management School
Nov. 12, 19, 26 - Call LaCrosse Office for a SCHICK appt.
Nov. 14 - Ness City Leisure Years Program - Noon -LIEAP
Nov. 15, 22 & Dec. 6 - Call for SCHICK appt at Ness City Office.
Nov. 19 - KSRE Partnership Meeting
Nov. 20 - Ransom Go Getters Sr. Center- 11:30 am - LIEAP
Nov. 20 - K-State Crop Pest Management
At Dighton Methodist Church - 8 am - 5 pm
Nov. 21 - Ness City Wheatview Apts. - 1:30 -LIEAP
Nov 25 - Walnut Creek Extension Board meets
Nov 28 - 29 - Happy Thanksgiving - Offices Closed

THANKFUL

The Walnut Creek Extension District Staff would like to express our thankfulness for YOU - our Extension clientele. We enjoy offering educational programs, planning events and serving the communities in Lane, Ness and Rush counties.

In a "normal" week, the agents will be in the following county on the following days:

Lacey: Lane-M,Th,F; Rush - T; Ness - W
Robyn: Ness - M,Th,F; Lane - T; Rush - W
Kristen: Ness - M,Th,F; Rush - T; Lane - W
Jared: Rush - M,Th,F; Lane - T; Ness - W

However, due to events placed on the calendar at the area and state level, schedules tend to change often. Feel free to give us a call and we will make arrangements to meet with you. Agents are always available by phone or email.

Tips for safely grazing sorghum residue after harvest



Jared Petersilie

Extension Agent
Animal Sciences
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jaredp11@ksu.edu

K-State Research and Extension cow-calf specialist Jason Warner discusses safety considerations when making a decision to allow cows to graze sorghum residue after harvest. “The quantity and quality of (sorghum) residue is the highest it is going to be immediately following harvest,” Warner said.

He said that K-State research indicates that in most situations, there should be enough dry matter residue from the grain sorghum harvest to support one non-lactating cow for 50 to 60 days per acre.

Producers often are concerned, however, about nitrate toxicity and prussic acid toxicity, which can cause a form of asphyxiation – or oxygen loss – to the animal. Both conditions are more common in years when crops are drought-stressed, according to Warner.

“With nitrate toxicity, nitrates will accumulate in the bottom one-third of the stock, or stem,” he said. “So, always remember that we don’t want to force those animals to graze down into the lower one-third of the stock by leaving them on those residue fields longer.”

Prussic acid may accumulate in the upper portions of the residue. Warner notes that producers can reduce the risk of prussic acid poisoning by avoiding grazing just prior to a killing freeze, when the plant is still actively growing.

The Walnut Creek District spans nearly 100 miles from East to West and we have almost 1000 feet of elevation change from the lowest point in Rush Co. the highest point in Lane Co, so when we get sporadic rainfall like we did in 2024, yields are going to be all over the board and that's exactly where we are now.

So when figuring the stocking rate for cows going to sorghum residue, I typically am more conservative and figure one cow per one acre for one month. Between limited forage from drought, sometimes snow and more often wind storms removing all the leaves, mother nature always seems to drastically shorten our effective window for residue grazing.

The second question is what are stalks worth, and that too depends. Grazing stalks is generally much cheaper than feeding cows, the last couple years feed is worth a premium-not as high this year, but everything else is. I tend to value the other aspects more...distance to travel, amount of fence to build, and most importantly-water. When water is available vs. hauling it, the price difference is significant. For the ease of figuring a daily rate, I am going to use \$15/acre. If each cow gets an acre per month and we aim for 2 months grazing (Nov. & Dec.) then each day is worth \$.50. $\$15 \times 2 = \$30/60$ days equals \$.50. So if the same is true and we want to extend grazing thru January, then $\$15 \times 3 = \$45/90$ days is \$.50. For those that want to graze and move, if we figure \$.50/day and 160 acres and 100 cows, $100 \times \$.50 = \$50/\text{day} \times 45 \text{ days} = \2250 . Each land owner and tenant will need to figure the value of grazing on a case by case basis because the variables are very far ranging.

The third frequently asked or discussed topic is that of compaction. Most generally cows that graze within a fixed time frame do not affect compaction a great deal. Studies at numerous institutions show that limited compaction in the top couple inches is not adverse to the subsequent crops. That is not the same as wintering the cows on stalks, where we keep them all season and haul feed to them when the stalks are completely gone. Moisture can change this obviously, but at this point I wish we had enough moisture to warrant a discussion because even with a nice rain this week, it's not enough to change our drought situation or make compaction a real threat.

Medicare Part D Open Enrollment is Now

Medicare Part D Open Enrollment (prescription drug coverage) started October 15th and runs through December 7th, with coverage beginning January 1st. This is the time of the year when you should review your Medicare prescription drug coverage. Costs such as plan premiums, deductibles and copays can change from year to year. Using the plan finder, we can identify whether your current plan will best meet your needs for 2025 and compare it with other options that are available.

The Walnut Creek Extension office has a SHICK (Senior Health Insurance Counseling for Kansas) trained professional to help beneficiaries with comparison and enrollment. Email Kristen at kbschmidt@ksu.edu or call your respective Ness, Rush, or Lane County K-State Research and Extension office to schedule an appointment.



Kristen Schmidt
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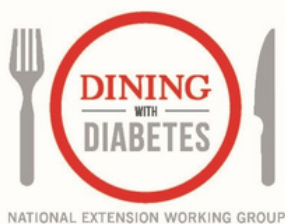
November is National Diabetes Month

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 38 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves and heart, and is linked to some types of cancer. But, there's also good news. Taking charge of your health may help you prevent diabetes health problems.

Tips to get you started:

1. Know your risk factors for developing diabetes.
2. Manage your blood glucose, blood pressure, and cholesterol level.
3. Take small steps toward healthy habits.
4. Take your medicines on time.
5. Reach or maintain a healthy weight.
6. Take care of your mental health.
7. Work with your health care team.

Learn more at <https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>



Dining with Diabetes is a K-State Research and Extension health and wellness program that consist of a series of four classes that includes learning, demonstrations, physical activity and tasting healthy foods. The program's focus is to help individuals learn strategies to lessen the health risk of diabetes.

Learn more at <https://www.k-state.edu/diningwithdiabetes/>

What to do with those falling leaves

Beautiful fall leaves have begun to fall from the trees covering lawns. Leaves will continue to fall throughout November. It is very important to remove those leaves from your home lawns.

Scattering of the leaves will not harm your lawn however, excessive cover will prevent sunlight from reaching the turfgrass plants. Turf left in this state for an extended period of time will be unable to make the carbohydrates needed to carry it through the winter.

A few different options for handling fallen leaves include: composting, direct incorporation into gardens, and mulching. Incorporating leaves directly into gardens is an easy method of making good use of leaves. To do so:

- Use a lawn mower to chop and collect leaves into a bagging attachment
- Transport leaves to the garden or flower bed and apply a 2-3 inch layer
- Till the leaves into the soil after spreading
- Repeat the process every two weeks until the weather is too cold or soil is too wet.

Another easy and effective option is mulching by mowing the leaves with a mulching mower and letting the shredded leaves filter into the turf canopy. Mulching will be the most effective if done often enough that leaf litter doesn't become thick.



LACEY NOTERMAN

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You have moved plants indoors: Now what?

Cold temperatures have come to Kansas in bits and spurts this year, but enough so that many gardeners have moved cold-sensitive plants indoors recently.

Transition your plants to the indoors by gradually introducing them to less light, but if not they could possibly go into a period of shock. Symptoms will include yellowing leaves, dieback, and wilt. Some plants may not survive the shock if its extreme.

Water and Fertilizer: Whether indoors or out, the amount of light decreases from fall to winter, resulting in slower plant growth. This means the fertilizer and water needs will decrease.

Only provide water when the soil is dry about one-inch deep.

Fertilizer can be applied at one-fourth the recommended rate in November, then again in February.

Temperature: If the air temperature drops below 50 degrees Fahrenheit, the leaves of more sensitive plants may begin to yellow.

Humidity: When the humidity is lower, plants release more water from the leaves. Many common indoor plants prefer high relative humidity.

Light: Indoor plants should receive bright, indirect light either from a window or grow lights. Avoid placing plants too close to windows that are drafty, or next to heat vents.

Some indicators that plants are not receiving enough light include:

- Elongated internodes (space between leaf/stem unions).
- Pale foliage color on new leaves.
- Dieback of older leaves.



#KSTATEGARDENHOUR

K-STATE GARDEN HOUR

Rabbit, Mole, & Deer Mitigation

Wednesday, November 6th 12:00PM -1:00PM CST

The presence of wildlife such as rabbits & deer can pose many potential problems for home gardeners, depending largely on which plants have been chosen for a landscape. Join Dr. Drew Ricketts, K-State Research and Extension Wildlife Management Specialist, as he discusses the plant life best for avoiding these issues, as well as other nuisance animal mitigation techniques.



Register Here!



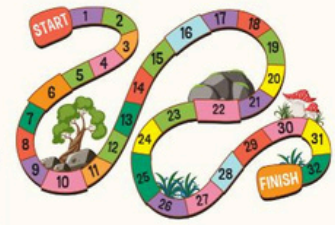
Please register for this free Zoom Webinar at:
ksre-learn.com/KStateGardenHour



While we enjoy the beauty of our gardens, deer, rabbit, moles, and other wildlife often look to our gardens to enjoy an all you can eat buffet. Don't let wildlife cause damage to your garden. Learn more about how you can protect your garden during our next K-State Garden Hour webinar on the Wednesday, November 6th, 2024 as we discuss "Rabbit, Mole, and Deer Mitigation". Join Dr. Drew Ricketts, K-State Wildlife Management Specialist, as he shares tips on how to deer proof and rabbit proof your garden. This free webinar will be presented live from Noon to 1pm, and recorded and available online. **Register** for upcoming webinars or find past recordings online at: <https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/>



4-H CONNECTION



Bonding Through Board Games

Families live in a busy world in which time together is often lost in the buzz of activity. Family bonding time is important to maintain close relationships among family members. One way to increase this time is through the use of board games.

Board games provide the opportunity to gather families and friends together, across generations, to connect, compete, and have a great time together. Building positive relationships is a key component in positive interaction with children. Forming positive relationships allow children to feel accepted, encourages respect and empathy among children and adults, and helps to build a supportive environment for learning and connecting.

Family communication is an important slice of the successful family pie. Communication is not only achieved by speaking but also by listening. Effective listening can show care and compassion to another while also building trust. Positive communication is a subconscious trust building action. Positive body language and movement, facial expressions and eye contact are examples of non-verbal communication. If positive communication, whether it is verbal or nonverbal is not present among family members conflict is likely.

Playing board games is one way that a family can spend time together. Strong family relationships are built by families who enjoy spending time with one another and exhibit successful communication. Board games allow families to create a foundation for trust and, ultimately, long lasting relationships. Each time family members positively interact with one another it builds and strengthen the bond between them. Board games Foster that face-to-face interaction needed to connect deeply with each other and develop the other traits of strong families.

Board games can help strengthen STEM (science, technology, engineering and math) skills. Stem education helps develop analytical, science and math skills, as well as attention to detail and technical skills. Board games can also help strengthen assorted “soft skills”, such as communication, listening, empathy, leadership, teamwork, time management, creative problem solving and more.

So, as you are thinking about Christmas gifts think about adding some board games to your child’s selection. Then find time during the holidays for a Fun Family Board Game Night. Put Family Game Night on your list of new traditions to start with your family in 2025.



Volunteers Needed

Episodic Volunteers

Do you have a talent or skill that you would like to come in and teach one time to a group of 4-H members?

Project Leaders

A project leader is an adult volunteer that would be willing to meet with the 4-H members 4-6 times a year and study aspects of the same 4-H project each time. We have over 35 project areas that volunteers are needed in

- Photography
- Foods & Nutrition
- Visual Arts
- Shooting Sports
- Wildlife
- Dog
- Horticulture
- Sewing
- Health and Wellness
- And Many More

Junior Leaders

Junior Leaders are 4-H members that are willing to help an episodic volunteer or a Project Leader.

Contact us:

If you are interested in serving as a Project Leader, Junior Leader or an episodic volunteer please call Robyn at 785-798-5020, email her at rdeines@ksu.edu

Upcoming Events

- 4-H On the 4th November - Make a fun Snack or Meal Item for your family, Share with Robyn via text 785-798-5020
- 4-H on the 4th December Christmas Crafts

Need Help?

Several of the 4-H Clubs are willing to help and give back in our communities. If you have a community service need, let us know we would love to assist if there is something that the kids could do. Community Service is an important part of 4-H

K-State Crop Pest Management School

Focused on weeds, diseases and insects found in Central and Western KS



November 19 in Beloit

Beloit Methodist Church

November 20 in Dighton

United Methodist Church

\$50, if registered by November 11

After November 11, cost is \$75

Continuing Education Credits:

For 1A Commercial Applicators, 7 hours and core hour For Certified Crop Advisors, 8 pest management credits

Have been applied for

Register online:

<https://www.wkrec.org/events/crop-pest-management-school.html>

The Schedule:

7:45 Registration

8:05 Welcome

8:15 **Weed Research Update for Western Kansas**

Jeremie Kouame, K-State Weed Scientist at Hays

9:10 **Row Crop Disease That Should Be on Your Radar**

Rodrigo Onofre, K-State Row Crop Pathologist

10:05 Break

10:20 **A New Corn Disease That Should Be on Your Radar**

Anthony Zukoff, K-State Entomologist; Rodrigo Onofre, K-State Row Crop Pathologist

11:15 **Insect Outlook for 2025**

Anthony Zukoff, K-State Entomologist Lunch

12:10 Lunch

12:50 **Drones in Agronomic Pest Management**

Deepak Joshi, K-State Precision Ag Extension Specialist

1:45 **Recipe for Tank Mixing Successfully**

Sarah Lancaster, K-State Extension Weed Scientist

2:40 Break

2:55 **Is It Viral? Wheat Diseases to Watch for Next Spring**

Jeanne Falk Jones, K-State Multi-County Agronomist; Craig Dinkel, K-State Midway District; Sandra Wick, K-State Crop Production Agent

3:50 **Kansas Regulation (Core Hour)**

Kansas Dept of Ag

4:45 Questions/Adjourn

