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Meadowlark Extension District  
Livestock and Natural Resources

## **What's on the mind?**

Blue/Green Algae- The recent rains, may help eliminate the problem for a while. If you suspect you are having this problem, do the at home jar test. If the results are positive, consider fencing off the scummy part of your pond. I would try and roll a weedy bale of hay into the scummy part of the pond, it can't hurt! Lily pads in ponds, seem to be more of a problem this year? I know the lily pads at the lake are sure showing up more this year. I'm not sure why one year would be better over another year, since they grow in water. I'm still researching this, stay tuned.

## **Eastern Kansas Grazing School**

We are lucky enough to host the Eastern Kansas Grazing school on September 13-14<sup>th</sup> and even luckier to have Mark Green from Missouri coming. Mark Green is a seasoned NRCS Conservationist and has years of experience setting up grazing systems for clients as well as for his personal use. Mark has an extensive collection of fencing materials that he can talk about for hours! Then he also has a lot of experience with portable watering systems. His expertise is invaluable! We will also be touring some local producers and doing some field exercises that past participants have found extremely helpful. Dr Walt Fick KSU Range Management Specialist is on the program, as well as homegrown expert Doug Spencer. Wesley Tucker, MSU Ag Economist will discuss the Dollars and Sense of grazing and David Hallauer and I will have some short presentations, and rounding out the program is our Range Conservationist Dustin Schwandt. **The two day event will be held at the Northeast Kansas Heritage Complex** (fairgrounds) registration information can be found at our webpage: [www.meadowlark.ksu.edu](http://www.meadowlark.ksu.edu). Please register soon.

David Hallauer, Agent  
Meadowlark Extension District  
Crop and Soils, Horticulture

An abundant strawberry crop doesn't 'just happen'! It takes effort to make sure the bed is well taken care, weeds are kept at bay, and diseases are monitored to determine when control programs are needed. It also includes an adequate fertility program.

Nitrogen applications now are very important for our spring-bearing varieties if you want to increase the number of strawberries produced next spring. Adequate sunlight and warm temperatures the last 75 days have resulted in the growth of new runner, or daughter, plants. Once we reach September and October, daylight hours will decline, temperatures will grow cooler, and fruit buds for next year's fruit crop will develop. That means fertilization now to keep plants vigorous during this period of fruit bud development.

Apply nitrogen products in mid-August at a rate of one half to three quarters of a pound of actual nitrogen per 100 feet of row. Use a nitrogen only or balanced fertilizer. For example, urea (46-0-0) would be applied at one and a half pounds per 100 feet of row whereas a 12-12-12 fertilizer would be used at five and a half pounds per one hundred feet of row. Water with at least a half inch of water after application to move the nitrogen into the root zone.

### **Cool Season Grass Cultivars**

While K-31 has been the cool season turf grass of choice for many over the years, newer tall fescue and Kentucky Bluegrass cultivars have been developed over the years that give homeowners a ton of options when it comes to seeding the home lawn. As with everything – not all are created equal!

It might surprise homeowners to know that there are actually trials that rate turf grasses for various features on a monthly basis! These ratings are part of the National Turfgrass Evaluation Trial testing program. Want to check out the latest and greatest turf grass varieties for Kansas? Find those results online at: <http://www.ntep.org/states/ks.htm> . If you want the 'short' list for Kansas, drop me a line and we'll send it to you!

Cindy Williams, Agent  
Meadowlark Extension District  
Food and Nutrition, FNP

## Champion 4-H Fair Winners Share Winning Recipes

It has become a yearly tradition that after each fair I share with you the recipes of the Overall Champion and Overall Reserve Champion food products. This year is no different and once again, we want to thank those youth that so willingly provided you with their “winning” recipes!

Named as the Overall Grand Champion food product was a Double Chocolate Cake with Raspberry Filling. This cake was impressive in my eyes as it was a tall, smoothly frosted cake. This entry was made by a young lady by the name of Elizabeth Schmidt. She is 15 years old and a third year member of the Billtown Go Getters 4-H Club. Her parents are Tricia and John Schmidt of Perry. Some of Elizabeth’s other projects include: Clothing, Photography, Swine and Visual Arts. Now for that “champion” recipe:

### Double Chocolate Cake with Raspberry Filling

#### Cake:

3 ounces fine quality semisweet chocolate,  
chopped  
1 ½ cups hot brewed coffee  
3 cups granulated sugar  
2 ½ cups all-purpose flour  
1 ½ cups unsweetened cocoa powder (not  
Dutch process)

2 teaspoon baking soda  
¾ teaspoon baking powder  
1 ¼ teaspoons salt  
3 large eggs, at room temperature  
¾ cup vegetable or canola oil  
1 ½ cups buttermilk  
¾ teaspoon vanilla extract

#### Frosting:

1 pound fine-quality semisweet chocolate,  
chopped  
1 cup heavy whipping cream  
2 tablespoons granulated sugar

2 tablespoons light corn syrup  
½ stick (¼ cup) unsalted, butter, cut into small  
pieces

#### Filling:

one (10-ounce) bag frozen raspberries, thawed  
¼ cup sugar  
1 tablespoon cornstarch

#### Directions:

1. Prepare cake: Preheat oven to 300 F°, grease two 10-inch cake pans, or three 8 inch cake pans. Spray pans with nonstick spray and then line bottoms with rounds of parchment paper, then spray paper, too.
2. In a medium bowl, combine chocolate with hot coffee. Let mixture stand, stirring occasionally, until chocolate is melted and mixture is smooth.
3. In a large bowl, sift together sugar, flour, cocoa powder, baking soda, baking powder, and salt. In another large bowl with an electric mixer, beat eggs until thickened slightly and lemon colored (about 3 minutes with a standing mixer for 5 minutes with a hand-held mixer). Slowly add oil, buttermilk, vanilla,

and melted chocolate mixture to eggs, beating until combined well. Add dry mixture and beat on medium speed until just combined.

4. Divide batter between pans and bake in middle of oven 50 to 65 minutes, or until tester inserted in cent of cake comes out clean.
5. Cool layers completely in pans on racks. Run a thin knife around edges of pans and invert layers onto racks. Carefully remove parchment paper and cool layers completely. Cake layers may be made 1 day ahead and kept, wrapped well in plastic wrap, at room temperature.
6. Prepare frosting: In a 1 ½ to 2-quart saucepan bring cream, sugar, and corn syrup to a boil over moderately low heat, whisking until sugar is dissolved. Remove pan from heat and add chocolate, whisking until chocolate is melted. Add butter pieces and whisk until smooth.
7. Transfer frosting to a bowl and cool, stirring occasionally, until spreadable (it may be necessary to chill frosting to reach spreadable consistency).
8. Prepare filling: Puree raspberries in a food processor or blender. Press the puree through a fine-mesh strainer with the back of a spoon, removing the seeds. Heat the puree in a small pot with the sugar and cornstarch until mixture boils, stirring constantly. As it boils, it should quickly thicken. Let cool.
9. Assemble cake: Spread a thin layer of ganache on 1<sup>st</sup> cake layer, followed by a layer of the raspberry filling. Top with 2<sup>nd</sup> cake layer and repeat (if using a 3<sup>rd</sup> layer). If only using two cake layers, cover the top and sides with the remaining chocolate ganache frosting. Cake keeps, covered and chilled up to 3 days. Bring cake at room temperature before serving.

Another third year member of 4-H received Overall Reserve Champion honors for an Apple Pie. This entry was made by Abraham Noll of the Lucky 4 4-H Club. He is the son of Matthew and Sara Noll of Winchester. Some of Abraham's other projects include: Bucket Calf, Beef, Citizenship, Clothing, Photography, Poultry, Swine and Visual Arts. Now for that "winning" pie recipe:

### **Apple Pie**

1 recipe for double crust pastry (see below)	2 tablespoon flour
6 cups thinly sliced cooking apples	½ teaspoon cinnamon
1 tablespoon lemon juice, optional	1/8 teaspoon nutmeg
¾ cup sugar	

### **Perfect Pie Crust**

12 tablespoons (1 ½ sticks) very cold butter	1 teaspoon salt
3 cups flour	1/3 cup very cold vegetable shortening
1 tablespoons sugar	½ Cup <u>ice</u> cold water

Cut the butter in ½ inch dice and return it to the refrigerator. Prepare the flour mixture. Place the flour, sugar and salt in the bowl of a food processor fitted with a steel blade and pulse a few times to mix. Add the butter and shortening. Pulse 8 to 12 times until butter is the size of peas. With the machine running, pour the ice water down the feed tube and pulse the machine until the dough begins to form a ball. Place dough on a floured board and roll into a ball. Wrap in plastic wrap and refrigerate for 30 minutes. Cut the dough in half. Roll each piece on a well-floured board into a circle at least 1-inch larger than the pie pan. You should see bits of butter in the dough.

1. Prepare pastry (recipe listed above). Line a 9-inch pie plate with half of the pastry.
2. If desired sprinkle apples with lemon juice. In a large bowl, stir together the sugar, flour, cinnamon and nutmeg. Add apples and gently toss until coated.
3. Transfer apples to pastry lined pie plate. Trim bottom pastry to edge of pie plate. Cut slits in remaining pastry, place on filling and seal. Crimp edges as desired.
4. If desired brush top with egg wash and sprinkle with additional sugar. To prevent over browning, cover edges of pie with foil. Bake at 375 F° 40 minutes. Remove foil and bake 20 minutes longer until fruit is tender and filling is bubbly. Cool on wire rack.

Nancy Nelson, Agent  
Meadowlark Extension District  
Family Life  
Older Adults and Shingles

Shingles causes a painful, blistering skin rash. Your risk of shingles increases as you get older. If you are 60 years of age or older the Centers for Disease Control and Prevention recommends you get the shingles vaccine.

Shingles, also known as herpes zoster, causes a painful, blistering skin rash that can last two to four weeks. For some people, the pain can last for months or even years after the rash goes away. This pain is called post herpetic neuralgia. It is the most common complication of shingles. The risk of shingles increases as you get older.

People have described pain from shingles as excruciating, aching, burning, stabbing, and shock-like. It has been compared to the pain of childbirth or kidney stones. This pain may also lead to depression, anxiety, difficulty concentrating, loss of appetite, and weight loss. Shingles can interfere with activities of daily living like dressing, bathing, eating, cooking, shopping, and travel. Shingles can lead to eye complications that can result in vision loss.

Adults age 60 or older are more likely to get shingles, experience severe pain from the disease and have post herpetic neuralgia.

Shingles is caused by the varicella zoster virus (VZV), the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. For reasons that are not fully known, the virus can reactivate years later and cause shingles.

Almost one out of three people in America will develop shingles during their lifetime. Nearly 1 million Americans experience the condition each year. As you get older, you are more likely to get the disease. Shingles cannot be passed from one person to another. However, a person with shingles can transmit VZV to others. A person who gets infected with VZV for the first time will develop chickenpox, not shingles.

Vaccination is the only way to reduce your risk of shingles. CDC recommends adults age 60 years or older receive a single dose of shingles vaccine. It is available by prescription from a healthcare professional. Talk with your doctor or pharmacist if you have questions about the shingles vaccine. People who have a weakened immune system may have to wait to get vaccinated, or should not get vaccinated at all.

CDC does not have a recommendation for routine use of shingles vaccine in people 50 through 59 years old. However, the vaccine is approved by FDA for people 50 and older