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Meadowlark Extension District  
Livestock and Natural Resources

## **It's About Time**

This is the time of year, the calls come in asking about moss and algae growth in ponds and stock tanks. While there are many ways to control, it is constant.

One of the easiest and least costly is to purchase some goldfish, and let them control the green stuff. Many times the tank is not deep enough for overwintering, so you can either bring them inside or not. My suggestion is to put a milk crate or larger chunk of pvc pipe in the bottom of the tank, so the fish can hide from would be predators.

You can also use a bleach solution. Using 1 ounce of household bleach per 1550 gallons of water should clear it up, without harming livestock. The Dairy Herd magazine quoted, David Beede, Dairy Nutritionist at Michigan State University, "every week add two to three ounces of household bleach to every 50 gallons of water. That would be a bit stronger!

Copper sulfate is a good ole standby. Dissolve 1 ounce of copper sulfate in 1 pint of water. Then add 7.5 tablespoons of this mix to each 1000 gallons of water.

There is a commercial product called Stocktrine. You will probably have to special order this in, follow label directions.

To ensure cleaner tanks longer, clean them before treatment!

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

## Summer Tree Leaf Loss

It's been kind of a tough summer for our trees and shrubs. While we expect some winter damage, particularly with evergreen species, the level of winter injury this year has trended towards severe in some instances (boxwood damage has been the worst!) – and it may not be over yet! In deciduous species, there are typically three instances when we see summer leaf loss.

When trees lose leaves on a somewhat even and scattered distribution through the canopy, it's likely because the tree simply set more leaves in the spring than it can support in the summer. It's not uncommon, but some years are worse than others! The leaves the tree can't continue to support during summer heat and drought stress will tend to turn yellow and drop – without any noticeable leaf spotting or other disease characteristics. As long as the thinning is general and gradual, I wouldn't worry too much. Pay attention to watering during lengthy dry periods and the tree should be fine by spring.

In severe cases, a tree may drop all of its leaves. If it's a hackberry, it's not uncommon for it to drop leaves and enter summer dormancy, but for most trees, that would be an exception! Most areas haven't seen the severe hot/dry conditions that necessary to cause this to occur just yet, so these trees deserve further inspection. Check twigs and buds. If they are supple and healthy, and the tree has enough stored energy to make it to spring (healthy trees will), it should survive just fine. If the buds die and twigs become brittle, at least that part of the tree is dead.

If leaves die, seemingly overnight, and remain attached to the tree, the cause is likely an underlying root issue. In some cases, winter drying is to blame. In others, winter cold snaps are the culprit. If buds are alive and twigs are still retaining moisture, the tree is still alive and may well survive. Don't give up on it yet! There have been a number of these cases this year.

There are other potential causes for leaf loss as well. Diseases like anthracnose have been tough on some species this spring due to moisture levels. They typically cause leaf spotting with leaves remaining attached to the tree, though some loss may occur. Iron chlorosis will typically result in severe yellowing, while leaves remain attached to the tree. Scorch will result in browning of leaf margins. Herbicide damage will typically cause noticeable injury to the sprayed portion of the tree first, while other susceptible plants will likely show injury as well. In all cases, proper diagnosis is the first step towards corrective measures to help the tree. If the tree's buds are still alive and twigs are retaining moisture, the tree is still alive. Watch it closely through the growing season and consider supplemental watering during dry periods. Publications on watering are available via your District Extension Office.

The value of a tree for landscape aesthetics or windbreak protection is long term. Take some time now to evaluate your landscape and windbreak trees to make sure they can survive for the long haul!

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

## Electric Pressure Cooking

One of the “hottest” items in cooking right now is electric pressure cooking. You may be wondering how to use it and what can be cooked in this appliance. Here’s some general tips:

- \*Always read and follow the manufacturer’s directions and cautions before use.
- \*Never fill the cooker more than 1/2 to 2/3 full.
- \*Use five or fewer ingredients.
- \*Combine foods with common cooking times, or slice foods to reduce cooking time.
- \*Hot foods heat up faster than cold foods.
- \*To adapt your favorite recipes, find a similar recipe and use it as a guide. In general, cooking time is 1/3 to 1/2 of traditional cooking time. Reduce liquid by half.
- \*Brown meats first for added flavor.

For more, see <http://bit.ly/2jBuZ3G> (<http://bit.ly/2jBuZ3G>)

## Sugary Beverage Consumption

The data backs the message. Sugar-sweetened beverages contribute calories and added sugars to the diets of U.S. children.

Studies have suggested a link between the consumption of sugar-sweetened beverages and dental caries, weight gain, type 2 diabetes, dyslipidemia, and nonalcoholic fatty liver disease in children. The 2015-2020 Dietary Guidelines for Americans recommend reducing added sugars consumption to less than 10% of calories per day and, specifically, to choose beverages with no added sugars.

Data from the National Health and Nutrition Examination Survey shows the following:

- \*Almost two-thirds of U.S. youth consume at least one sugar-sweetened beverage a day.
- \*Calories from sugar-sweetened beverages, increased with age for both boys and girls.
- \*Boys consumed an average 164 kilocalories (kcal) from sugar-sweetened beverages, which contributed 7.3% of total daily caloric intake.
- Girls consumed an average of 121 (kcal) from sugar-sweetened beverages, which contributed 7.2% of total daily caloric intake.

Nancy Nelson, Agent  
Meadowlark Extension District  
Family Life

### Stay Strong, Stay Healthy

Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases.

Here's the good news! We have something planned to get participants up and moving. It is the Kansas State Research and Extension Stay Strong, Stay Healthy program in Seneca.

The class will meet for one-hour sessions, twice a week for 8 weeks at the Nemaha County Community Building. The class will be on Tuesday and Thursday, 10:30 – 11:30 a.m. beginning September 8. Pre-registration is required. Call the Meadowlark District-Seneca Office (785) 336-2184 for a registration packet.

This eight-week program is based on simple, strength-building exercises that will improve balance, health and state of mind. Building strength promotes quality of life and independence, especially for adults over age 60, which is the target audience of this program.

Extension Agents, Nancy Nelson and Cindy Williams, lead this evidence-based program. These exercises are easy to learn, safe and effective. All of the equipment is provided. The program is offered at minimal cost and starts at different times of the year, depending on location. A class was held last fall in Delia and another was this spring in Ozawkie.

Stay Strong, Stay Healthy originated at Tufts University and was initially designed for women. The University of Missouri adapted it for men and women. K-State is using the Missouri adapted program.