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Meadowlark Extension District
Livestock and Natural Resources

I was recently in a conversation about what we call ourselves. A well-known Ag blogger, has suggested, those of us raising cattle should call ourselves, “ranchers”.

Her argument is that, this is the preferred term by our consumers. Ranching seems to be a more romantic, fantasy occupation over “cattle producer” and cattle farmer. The perception, is that a “producer” seems to be too close to factory farming (whatever that is).

So I turned to our Water Quality specialist that grew up in the Sandhill’s of Nebraska (real ranch country) and asked him what his interpretation was. Will stated that to him, it was raising cattle on the land, mostly perennial grasses, very little crop production. He gave no mention to the size of the ranch. I guess I must have some of those “romantic” notions about ranches. To call ourselves ranchers, to me seems boastful! Especially compared to our neighbors, that have much larger ranches, operations or whatever we should call them. The cattle backgrounder we were visiting, decided to call himself BYC, Bovine Youth Counselor! Now that’s catchy.

It’s not boasting to be proud of our dairies! June is Dairy Month. We have some great dairies in the Meadowlark Extension District. Two have been awarded for their management. Gracing the cover of the Kansas Farmer magazine is David and Jan Rottinghaus, of Rottinghaus Holstein Farm of Seneca. I was able to visit their calf rearing barn, it is quite impressive.

Kelly Hills Dairy, owned by Brian and Kristina Haverkamp was also recognized by the Dairy Farmers of America. The Haverkamps have done a great job on their dairy. They hosted a dairy lameness school for us, and it’s obvious they care deeply for their cows and their employees.

June Dairy Month started out as a way to distribute extra milk during the warm months of summer. The commemoration was established in 1937 by grocer organizations sponsoring “National Milk Month.” By 1939, June became the official “dairy month.”

Whether it’s in coffee, cereal or smoothies, adding one more serving of milk to your family’s day can help ensure they get the nutrients they need to build strong bones and teeth. Trusted for decades, dairy farm families pride themselves on producing wholesome dairy foods that help their families grow up strong and healthy.

Dairy’s unique combination of nutrients plays key roles in preventing heart disease, obesity, high blood pressure, diabetes and osteoporosis. Dairy is important for [building strong bones and teeth](#).

Cow’s milk offers a superior nutrient package over [alternative beverages](#) such as soy, almond, rice or coconut. Fat-free cow’s milk contains 15 fewer calories per glass, 70 percent more potassium and almost twice as much protein as many calcium-fortified soy beverages.

Most milk alternative drinks have only half the nutrients of real milk and cost nearly twice as much.

Dairy farming is a [family tradition](#), one that has been a way of life for many generations. Ninety-eight percent of dairy farms are [family owned and operated](#).

Dairy farmers are dedicated and take pride in caring for their cows by working closely with veterinarians to keep their cows [healthy and comfortable](#). Dairy cows receive regular checkups, vaccinations and prompt medical treatment.

Dairy farmers work hard to provide your family with the same [safe and wholesome dairy foods](#) they give to their children.

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

Sericea Lespedeza Control Programs

Pasture productivity can be compromised by numerous factors. Fertility programs on cool season pastures have a huge impact. Grazing management (height, duration, etc.) is large as well. And no one would dispute the effect that weeds and brush have on productivity!

One of the more common difficult to control weed species for us here in northeast Kansas has been sericea lespedeza. A noxious weed in the state for almost 17 years, sericea lespedeza continues to provide challenges for grassland managers.

When we discuss noxious weed control, chemical options tend to be the most common remedies. Even so, grazing management, particularly with sheep and goats, can help suppress sericea lespedeza stands while producing a saleable product. Research in cattle supplemented with corn steep liquor has been shown to increase sericea lespedeza consumption as well, so livestock can be a big help in your control program.

Other management options could include mowing or burning, but should be used with caution so forage stands are not reduced. Research with a single mowing in mid- to late-July will eventually reduce stands of sericea lespedeza to some extent, but probably won't eliminate it, even after several years of mowing. A late-summer mowing will eliminate most seed production. Be careful with mowing to avoid compromising the forage stand while controlling the sericea lespedeza! Mowing effects can be enhanced by allowing four to six weeks of regrowth following mowing and then following up with an appropriate herbicide.

Prescribed burning actually stimulates seed production! While that may not seem like a good thing, planning for a follow-up application of herbicides in the year of burning can actually help with control. Research on burning in August and early September shows that it nearly eliminates seed production. Again, use with extreme caution to avoid undesirable effects on forage species.

Herbicide programs can do a great job using the right product at the right time. Research has consistently shown that early summer herbicide applications when plants are in the vegetative growth stage can be very effective. Remedy Ultra (triclopyr) and PastureGard HL (triclopyr + fluroxypyr) can provide effective control when applied during June and into early July. Later summer applications, even when sericea is actively blooming, have been found to be effective when using metsulfuron containing products like Escort XP, Cimarron Plus, and Chaparral. Herbicide treatments need to be repeated every two to four years. Left untreated, sericea lespedeza will take over and significantly reduce forage production and diversity.

Resources are available to assist you! The KSU Chemical Weed Control Guide available via your District Office or online at: <https://www.bookstore.ksre.ksu.edu/pubs/SRP1132.pdf> includes an entire page on sericea lespedeza control to go along with other sections on control of brush and weeds in pastures. Your local noxious weed department is a great resource as well. Their staff can help with chemical selection and purchases and also have mixing and sprayer calibration charts to go along with their vast expertise in designing a control program.

Don't let sericea lespedeza reduce forage productivity further. Implement a control program today!

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

Getting the Family Moving In the Morning

It's not easy getting everyone up and going in the morning. There's the warm bed to crawl out of, showers to take, mouths to feed, clothes to decide upon and arguments to settle? Here are some tried and true "tricks" that have been compiled by experienced moms.

Make sure each child has his/her own alarm to get up in the morning. Show the younger children how to set it. When planning wake up times, consider the amount of time each individual spends in the bathroom. It may be necessary to stagger wake up times if there is only one bathroom.

Wake up at least ½ hour earlier than the rest of the family.

Plan for and prepare quick and easy breakfasts.

Do whatever you can the night before. Set the toaster, cereal bowls, boxed cereal, juice glasses out on the kitchen counter or table. Preparing lunches. Sign needed papers and permission slips.

Keep all daily supplies such as tooth brushes, tooth paste, combs, wash cloths, towels where everyone can reach them easily.

Establish a launching pad by the door. Instruct family members that this spot is for backpacks, gym bags, musical instruments, this spot is designed for whatever needs to leave the house in the morning.

Have children make a standard list of everything they need to do before leaving the house. This could include "make bed", "feed dog". If the children arrive home before the adults, it might be wise to have a list of chores/things to do when they arrive home. Post this by the listing of emergency numbers.

It is amazing how much better ones day goes when family members wish others a good day or that you hope whatever they are doing goes well or wish them good luck on a test or project.

Calling All 4-H Youth and Adults Interested in Food Preservation

Coming up on Wednesday, June 28th, we will be hosting a "hands-on" food preservation workshop. This is an opportunity for youth and adults to learn hands as well as practice safely preserving foods using the boiling water bath, pressure canner methods, as well as drying. Each participant will take home at least 3 jars of canned produce and a dried herb mix. Karen Blakeslee, Rapid Response Center will be helping conduct this workshop.

Participants will receive a packet of information, publications and will have access to a number of resources during this workshop. This workshop is open to anyone, but we do ask that any youth under the age of 13, have an adult to assist them during this program. This would be a perfect opportunity for 4-H members to prepare some canned/dried foods for the fair!

We will also be doing dial gauge pressure canner testing that day. Only the gauge, not the whole lid is needed.

Pre-registration is required and no registrations will be taken at the door.

For more details contact the Meadowlark Extension Office-Oskaloosa at 785.863.2212. This is being sponsored by K-State Research and Extension Shawnee County and Meadowlark District.

Nancy Nelson, Agent
Meadowlark Extension District
Family Life

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