

July  
2025

### Holton Office

114 W 5th St.  
Holton, KS 66436-1778  
785-364-4125

### Oskaloosa Office

P.O. Box 326  
100 E Washington  
Oskaloosa, KS 66066-0326  
785-863-2212

### Seneca Office

1615 Branch St.  
Seneca, KS 66538-1504  
785-336-2184

### District Office Hours:

#### Open Monday-Friday

8:00 AM-Noon; 12:30-4:30  
PM

**Closed on designated  
holidays**

[www.meadowlark.k-state.edu](http://www.meadowlark.k-state.edu)

### 4-H Youth Development



**Heather Roenne**, *Extension Agent*

### Hands for Larger Service

Get involved! Summer is a time to explore new activities and recharge! It is a time for family, friends, and 4-H! An excellent way to combine all three is to get involved with community service. When we take the focus off ourselves and help people, we begin to connect and share life with others. This is one of the core values in the 4-H program. However, it can be difficult to know exactly where to go or how to help.

The local library is a great place to begin. There are volunteer opportunities with story time sessions and summer reading programs. Local communities also have food pantries that welcome help. There are some jobs that require interaction with others, but there are also many behind-the-scenes needs, such as stocking shelves or helping organize donations. Community service can also provide a glimpse into potential careers. There are local blood drives everywhere during the summer which may provide a segway to a medical field.

Volunteering helps form a generation of young people who care about where they live and want to improve their communities. It helps create connections between generations, allows growth in empathy and self-confidence, and offers career exploration. The point is, make that phone call or ask the question, "How can I help?" Don't let summer slip away without helping to make your community a better place!

### 4-H Experience Assists with Jefferson County Programming

Amanda (Sales)

Manville started in the Oskaloosa office **June 9** as the 4-H Program Assistant. Her role with Jefferson County entails assisting with day to day implementation of youth and project programming, working with program volunteers to ensure success, and promoting activities and events.



Manville brings career experience in communications from Kansas Soybean and the Kansas State Department of Education. Most recently, as communications director at Kansas Soybean, she led farmer outreach strategies for the organization.

During her 13 years in the Prosperity 4-H Club in Jefferson County, Manville worked her way through various projects and officer roles in the club and county council, led youth as a county ambassador and camp counselor, and represented Jefferson County at numerous events, including Kansas Youth Leadership Forum, Citizenship in Action, regional conferences, and at Discovery Days as a delegate and CREW member. She is an alumna of the Alpha of Clovia 4-H Scholarship House at Kansas State University.

Manville is a 2013 graduate of Valley Falls High School. She received her bachelor's degree in Agricultural Communications and Journalism and a minor in agronomy from K-State in 2017.

She looks forward to "making the best better" within Jefferson County 4-H programs and devoting time to her family. Her favorite pastimes include designing and drawing, making memories with her two children and riding along with her husband, Brett, during crop harvests.



**David Hallauer, Extension Agent**

## Why We Harvest When We Do

*Brome hay should be cut between early heading and full bloom—usually mid-May to June 1—to optimize quantity and quality. Smooth brome should never be cut before the early heading stage or below a stubble height of four inches as stand reduction or loss can occur, particularly during dry soil conditions.* This excerpt from the Hay Production section of the Smooth Brome Production Handbook (C-402, November 1992) tells us the *when* of harvest, but *why*. The graph below tells more of the story:

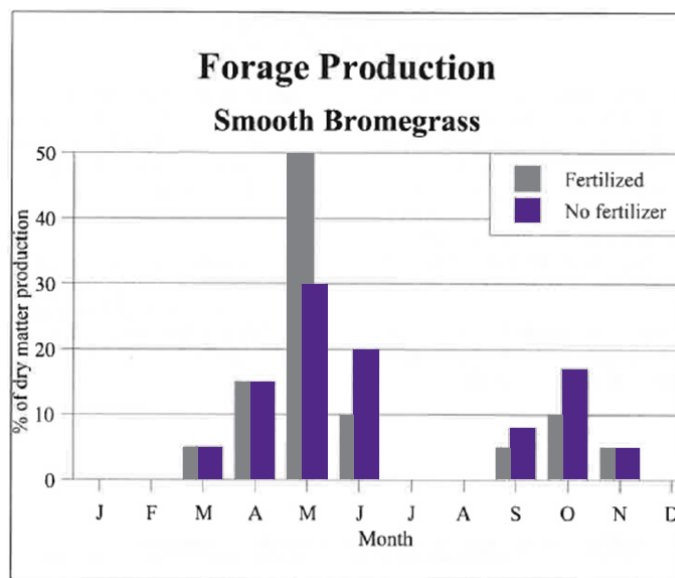
Note the percentage of production that occurs through May. At that point, production declines and by July/August is negligible. In fact, in many years, dry weather or warm temperatures send our cool season grasses into dormancy.

So why harvest in June? Certainly we have to consider the hay quality side of the equation. District Livestock and Natural Resources Agent, Ross Mosteller, outlines on the facing page. The loss of quality alone should be convincing enough to encourage timely harvest! However, we also know we've got acres to cover or maybe weather doesn't permit us to get it done in a timely manner. What happens then?

That's where the grass quantity side of the graph comes into play. If we delay haying and temperature/moisture conditions aren't conducive for recovery (which can be delayed further if we harvest lower than recommended...), the desirable species in the stand might get replaced by less desirable ones. Foxtail, broomsedge, and other warm season species like the warmer temperatures we see in mid-late summer. When brome (fescue, bluegrass, etc...) aren't able to recover, other species might gain a foothold. Soon, we have perennial species that won't give up space or a seedbank of annual species ready at any opportunity to germinate, grow, and crowd out our more desirable cool season species.

Want a visual example? Walk across a hay field after bales have been left on the field for a time after harvest. In many cases, you'll see our desirable species don't make up much of that space any longer and warm season grasses and weeds have likely gained a foothold. Despite its perennial nature even brome is going to have a hard time competing for light and moisture to survive against established plants.

Maybe we can't do a thing about a later than optimum harvest, but we can start to think about the ramifications it will cause and start to plan accordingly. Whether it be the hay quality side Ross referenced or the decreased competitive nature we may initiate in our desirable species because of late harvest, thinking ahead now can keep us from being surprised again this time next year.



## Corn Disease Tools

Nothing can take the place of individual field scouting when it comes to determining whether disease is present and whether it might be of concern, but there are some tools that might be able to give you at least a little heads up.

For Tar Spot, follow along with confirmed disease findings using the Crop Protection Network Tar Spot map: <https://cropprotectionnetwork.org/maps/tar-spot-of-corn>. Updated as state Extension plant pathologists confirm the presence of disease in a county, it gives a broad overview of whether the disease might have been confirmed near year.

If you want a predictor aid, consider the Crop Disease Forecasting Tool: <https://cropprotectionnetwork.org/crop-disease-forecasting>. Developed by staff at the University of Wisconsin, this tool allows you to receive a disease forecast using a specific point on a map using a combination of weather data/forecasts in combination with information from university researchers in partnership with the Crop Protection Network.

No corn leafhopper confirmations have yet been made in Kansas this season, and while this is a good sign, it's still good to be on the lookout for not only the leafhopper, but the disease it vectors: Corn Stunt. You can follow along with leafhopper tracking and disease presence at the Kansas Corn Disease Resource Center: <https://kscom.com/corndisease/>.



**Ross Mosteller, Extension Agent**

## The Balance of Quality and Quantity

As the old saying goes, “make hay while the sun shines”, but is there a more specific timeframe producers need to target while putting up harvested forages this summer? In typical Extension fashion, the answer is, it depends! What is the operational goal? Tonnage or higher quality? David Hallauer, District Crops and Soils Agent, has a complementary article in this newsletter discussing the effects on hayfield stands related to harvest timing, my focus will be the feed value side of the equation today.

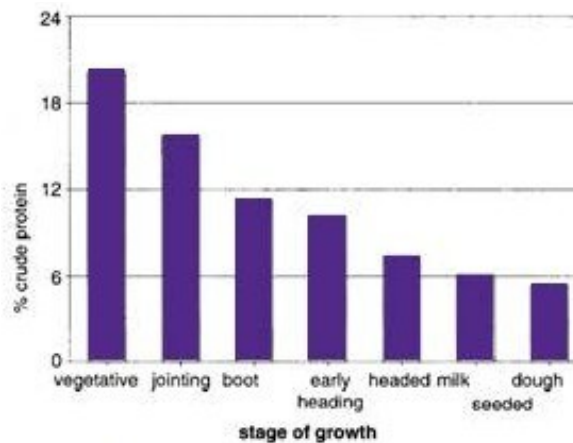
Generally speaking, feed value and quality rapidly declines as plants move from vegetative to reproductive stages. The sooner hay is harvested, the better the quality. If

the forage is needed to provide energy, digestibility and protein, waiting to harvest much past the boot stage will have negative impact. If the goal is tonnage with planned protein supplementation, delayed harvest can work.

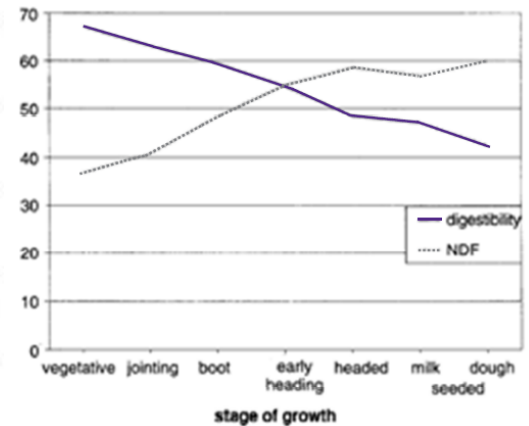
Using Smooth Brome as an example, the K-State Brome Production guide illustrates this principle. Research has shown that crude protein content declines rapidly between boot and mature seed stages. Crude protein levels in well fertilized hay harvested at early heading range from 10–18 percent, but drop rapidly after heading (see Figure 3). Decreases in crude protein levels by as much as one-half percent per day after heading have been recorded.

Two of the most important factors affecting nutritive value of a forage are its digestibility and dry matter intake. Forage digestibility and intake both decrease with maturity. Digestibility of smooth brome declines rapidly after heading (Figure 4). When cut at or past the dough stage, brome hay often is not adequate to meet the energy requirements of a mature beef cow.

Unlike protein and digestibility, fiber concentrations of smooth brome increase with advancing maturity. The fiber content of a forage is commonly estimated by the neutral detergent fiber or NDF concentration—is a measure of components that contribute to “fill” in ruminant animals. NDF is inversely related to animal intake potential, a low NDF value would indicate high intake potential.



**Figure 3.** The crude protein content of smooth brome as influenced by stage of growth.





**Figure 4.** The relationship between digestibility and NDF (a measure of intake) is greatly influenced by growth stage at hay harvest.

## Beef Quality Assurance Calf Hauling Guidelines

Transportation is one of the biggest causes of stress for cattle. Quiet and low stress animal handling techniques used when loading and unloading will significantly reduce animal stress and make it easier for calves to acclimate to new surroundings. Load density (amount of area needed, measured in square feet) during transport is equally important for comfort and safety. The square feet per calf will vary according to size as shown in the chart to the right.

A more detailed chart can be found at: [www.bqa.org/Media/BQA/Docs/bqa-calf-hauling-loading-density-guidelines-updated\\_51523.pdf](http://www.bqa.org/Media/BQA/Docs/bqa-calf-hauling-loading-density-guidelines-updated_51523.pdf). In addition to load density, keep the following in mind, when hauling calves:

- If hauling horned or tipped calves, reduce the number by 5%.
- If hauling during hot weather, the number of calves should be reduced to allow more air flow.
- Total weight of load should not exceed capacity of the truck or trailer and/or legal load requirements

Calf Hauling Loading Density Guidelines				
  Funded by the Beef Checkoff.		Calf Weight (lbs.)		
		200	400	600
		Sq/Ft Per Animal		
		3.5 ft <sup>2</sup>	6.5 ft <sup>2</sup>	8.5 ft <sup>2</sup>
Trailer/Compartment Size	Square Feet	Number of Head		
18 ft x 6 ft	108	31	17	13
20 ft x 6 ft	120	34	18	14
24 ft x 6 ft	144	41	22	17
24 ft x 7 ft	168	48	26	20
20 ft x 8 ft	160	45	24	18
24 ft x 8 ft	192	54	29	22



**Cindy Williams, Extension Agent**

## What's in Your Refrigerator?

What triggers your decision to toss food in the refrigerator? Or how do you decide to keep a certain food? Little research has been done to learn about the contents and management of home refrigerators. Kis appliance is key in managing food waste.

Research conducted by the Ohio State University and Louisiana State University, asked consumers were asked about how they decide to discard or keep food. A majority used odor, looks safe to eat, or passed date on package as deciding factors. Those who cleaned their refrigerator regularly

often wasted more food, and in many cases could keep some of those foods.

There continues to be a lot of confusion about what date labels mean in reference to 'use by', best by' and others. There is a proposal in U.S. Congress to simplify labels to "best if used by" which translated to "follow your nose" and "use by" which would mean "toss it."

## The Science of Freezing

Freezing food is an easy way to preserve high quality food with maximum nutritional value. But food in the freezer doesn't last forever as changes will occur during storage.

Freeze food as soon as possible after harvest to stop chemical compounds, called enzymes, that cause deterioration and spoilage. Enzymes are naturally in foods and must be inactivated to stop loss of color and nutrients, as well as flavor changes. Blanching vegetables is an important step to inactivate enzymes. In fruit, color changes are prevented by using pure ascorbic acid (vitamin C) or a commercial ascorbic acid mixture such as Fruit Fresh®.

Because of high water content in fruits and vegetables, texture changes occur. Water expands when frozen which ruptures food cell walls. Freezing food quickly will help reduce texture damage. Don't overload the freezer with unfrozen food and keep the freezer as cold as possible, at least 0°F or below.

Over time, food loses moisture during freezing which leads to freezer burn. Use packaging designed for freezing to reduce this problem.

Freezing does NOT kill bacteria; it only slows it down. When food thaws, any bacteria present will become active again. Always label and date food and check packages carefully before use.

## Slow Cooker Pasta Sauce (A great slow cooker meal especially when flavors cook all day!)

1-pound lean ground beef or pork  
½ medium onion, chopped  
½ green pepper, chopped  
3 carrots, sliced  
1 zucchini, sliced and quartered  
2 cloves garlic, diced  
2 cans (15-ounce) tomato sauce

1 can (15-ounce) diced tomatoes  
½ teaspoon dried basil\*  
½ teaspoon dried oregano\*  
½ teaspoon dried thyme\*  
Cooked pasta

\*Or substitute 2 tsps dried Italian seasoning for the 3 spices



### **Directions:** (Don't forget to wash your hands!)

- Cook meat on stovetop until browned thoroughly. Drain off liquid and place meat in slow cooker.
- Add vegetables and herbs and stir to combine ingredients.
- Cook on low setting 6 to 8 hours or high 3 to 4 hours.
- Serve over cooked pasta and top with shredded cheese, if desired.

**Helpful Hints:** Get a head start on this dish by preparing the vegetables the day before, cover and store it in the refrigerator overnight. You can also brown the meat the day before and keep it covered in the refrigerator. In the morning, put all ingredients in the slow cooker.

Other ingredients may be added to the sauce for extra flavor. Try mushrooms, broccoli, celery or pepperoni.

If tomatoes are in season, substitute fresh for canned. Two large or 3 medium size tomatoes would equal one 15-ounce can.

**Food Safety Tips:** Refrigerate or freeze leftovers within 2 hours of cooking. Divide pasta sauce into shallow containers no more than 2 inches deep; refrigerate or freeze immediately. This is important so the sauce cools quickly, limiting bacterial growth. Reheat all leftovers to 165° to make sure food is safe to eat.

Source: K-State Extension Family Nutrition Program-Kids a Cookin' serves 6-1 cup servings.





**Laura Phillips, Extension Agent**

## Emerald Ash Borer Continues to Spread

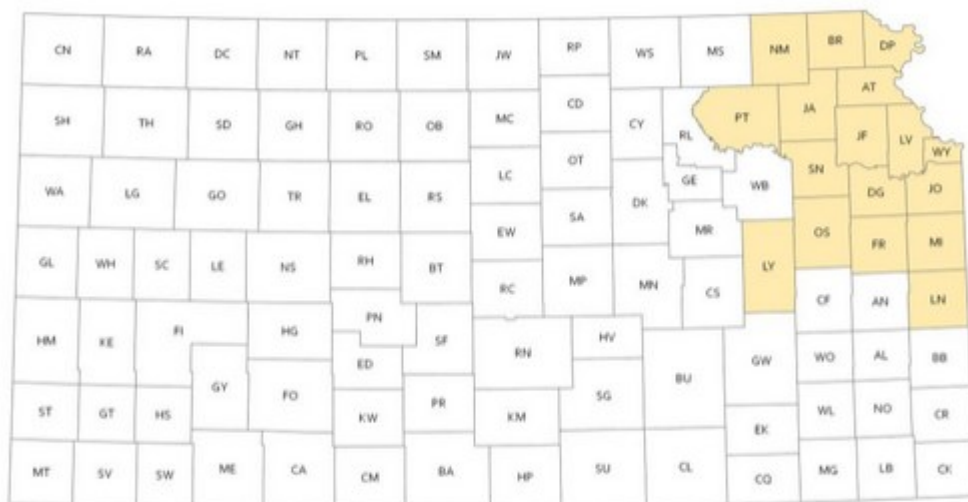
Last October we confirmed that the highly invasive and destructive Emerald Ash Borer is in Nemaha County Kansas. Within the last two months, Emerald Ash Borer was confirmed present in two more Kansas Counties – Linn County and Pottawatomie County. These discoveries mean 17 counties have confirmed Emerald Ash Borer presence. Emerald Ash Borer is most likely already spread to other surrounding counties.

Once infected, the Emerald Ash Borer is a death sentence for ash trees unless you treat the tree for the rest of its life. To determine if the Emerald Ash Borer is in your tree, look for symptoms on the bark and in the canopy. Woodpeckers eat Emerald Ash Borer larvae, so look for light patches of bark and woodpecker holes. The larvae tunnel under the bark and feast on the cambium, the layer just below the bark responsible for water and nutrient movement in the tree. Their feeding can cause splits in the bark with S-shaped tunnels underneath. When the larvae exit the tree, they leave behind small, D-shaped holes about 1/8 of an inch in diameter.

If you notice the Emerald Ash Borer in your ash tree, act quickly to save it. Once a tree has lost over 40% of its canopy, the odds of survival even with treatment are very low. Treatments for the Emerald Ash Borer include trunk injection, soil drench, or bark spray. These treatments will need to be applied on a regular basis for the rest of the tree's life. We recommend talking to a licensed pesticide applicator. The treatments you can find over the counter will not be as effective as those provided by a licensed applicator.

Even if your ash trees currently do not have the Emerald Ash Borer, anyone with an ash tree should make a treatment or replacement plan. It is only a matter of time before Emerald Ash Borer targets your tree. If you are unsure whether your ash tree is infected, it is best to contact either the Kansas Forest Service, Kansas Department of Agriculture, or your local extension office to get more information and have your tree evaluated.

### Emerald Ash Borer Detections



#### EAB Detection



Updated: 6/13/2025



## Connect with our Local Food Fellow!

This summer the Meadowlark District has a Local Food Fellow, Lily Thompson, working with us to support farmers markets and local producers across the district. Her goals are to:



- Work with the community to learn how K-State Extension can best support our local food system. This includes surveying local market managers, vendors, producers, and market goers to learn more about what resources KSRE can provide.
- Create a directory of farmers markets and vendors within the Meadowlark District to help connect producers with consumers. This will help connect vendors, markets, and consumers across our district.
- Connect farmers markets, vendors, and consumers with programs, resources, and trainings to support our local food systems.

If you manage a market, sell at a market, or are involved in our local food systems, we want to hear from you! You can reach Lily at 785-364-4125 or via email at [meadowlarklocalfoods@gmail.com](mailto:meadowlarklocalfoods@gmail.com).



**Teresa Hatfield, Extension Agent**

## Arthritis and the Benefits of Walking

Walking is a great exercise for people of all ages. Still, it can be especially beneficial for those who have Arthritis. The pain, swelling, and stiffness in your joints may make you think that moving less is best, but this is far from the truth. Walking, however, can be one of the best things you can do to ease the pain of Arthritis. Taking regular walks can improve your quality of life.

There are many benefits to walking if you have Arthritis. Walking improves the blood flow to joint cartilage and lubricates joints to help you feel better and improve your range of motion. Walking will improve the strength of the muscles surrounding the affected joints. Strong, supportive muscles help to ease pressure and pain.

Even though it may seem challenging to start, take your time with a new exercise routine. Walking will also help with weight management. If you are overweight, extra weight puts a strain on your joints. Walking will help you burn excess calories and move you one step closer to a healthier weight. Walking is also good for your heart. Getting just 30 minutes of walking on most days can decrease your chances of heart disease.

Starting **August 6**, Valley Falls, Meadowlark Extension District, and the Delaware Township Library will offer the Arthritis Foundation Walk with Ease program. We will meet for 12 sessions to learn how walking can improve your arthritis symptoms and walk with friends. The program costs \$5.00, and you will receive a "Walk with Ease" book. If you would like to join us, contact the Delaware Township Library at 785-224-9811 to reserve your spot in the program, or for questions about the program, contact Teresa Hatfield at [thatfield@ksu.edu](mailto:thatfield@ksu.edu) or 785-364-4125.

## Need Help Paying For Your Prescription Drugs?

If you are on Medicare and are struggling to pay for your prescription medication, there is a program that can help you with your drug costs. Extra Help is a federal program that helps people with limited income and assets reduce their out-of-pocket cost of Medicare prescription drugs.



Some people automatically qualify for the program, including those eligible for full Medicaid coverage, those who receive help paying for their Part B premium through the Medicare Savings Program, and who receive Supplemental Security Income (SSI). All others must apply through Social Security to see if they qualify.

Eligibility is based on income and asset levels. If your monthly income in 2025 is up to \$1,976 (\$2,664 for couples) and your assets are below \$17,600 (\$35,130 for couples) with a burial plot and \$16,100 (\$32,130 for couples) without a burial plot, you may qualify for this program. Assets include bank accounts, stocks, bonds, and retirement accounts.

Extra Help offers the following benefits to those who qualify.

- Help to pay for your Part D premium.
- Help to lower the cost of your prescription drugs.
- Allows you to have a Special Enrollment Period (SEP) once per month to enroll in a stand-alone Part D plan. If you have a Medicare Advantage Plan, you can switch back to Original Medicare with a stand-alone Part D plan. You cannot use the SEP to enroll in a Medicare Advantage Plan with drug coverage.
- You will not have to pay any late enrollment penalties you have incurred.

If you receive Extra Help or apply and qualify, Medicare will automatically enroll you in a Part D prescription drug plan. If you are already enrolled, you can choose to stay with your plan or select a different plan. Some Part D plans are available with a \$0 monthly premium and a \$0 plan deductible. Prescriptions you fill at the pharmacy will cost up to \$4.90 for each generic drug and up to \$12.15 for each brand-name drug. Once your total drug costs (including certain payments made on your behalf, like through the Extra Help program) reach \$2,000, you will pay \$0 for each covered drug.

If you qualify for Extra Help, you will keep it for the rest of the calendar year, even if your income changes.

To apply for Extra Help, visit the Social Security website at [www.ssa.gov](http://www.ssa.gov). If you have questions about the program or need assistance, please get in touch with Teresa Hatfield at 785-364-4125 or email [thatfield@ksu.edu](mailto:thatfield@ksu.edu).

## Effective Group Communication

group success. It not only facilitates the exchange of information but also builds trust, respect, and a positive environment. Communication in groups is complex—messages can be misunderstood at multiple levels—so being intentional about how we listen and speak is vital. Research shows that retention improves dramatically when individuals actively engage with content, especially by saying and doing something related to the message.

One framework for better communication is the Conversational Feedback Process, which includes:

- Non-verbal cues—like facial expressions, gestures, and posture—are also powerful forms of communication. Understanding body language, especially across cultural differences, helps support effective interactions.

- Address conflict constructively.
- Focus on one topic at a time.
- Encourage contributions from all members.
- Provide clear decisions and feedback mechanisms.

- **Round Robin:** Each member responds to a question in turn, ensuring everyone has a voice.
- **Brainstorming:** Generates a large volume of ideas without judgment, encouraging creativity.
- **Nominal Group Technique:** Combines individual thinking with group discussion to prioritize ideas, using written input and sticker-based voting to rank priorities.

- Use clear subject lines.
- Be mindful of tone and audience—never send messages you wouldn't want shared.
- Avoid sarcasm or humor that may be misinterpreted.
- Clarify the group's expectations for email use and ensure all members have access to the same information.
- Include key details directly in the message body rather than in attachments.

*From a recent article from South Dakota University Extension titled "Leadership Today-Effective Group Communication"*





**Meadowlark Extension District**

114 W 5th St.  
Holton, KS 66436

Address Service Requested



**4th of July**

In observance of the holiday, our offices will be closed on Friday, July 4.

Normal office hours will resume at 8:00 AM on Monday, July 7.

<https://www.meadowlark.k-state.edu/>

facebook

<https://www.facebook.com/Meadowlarkextensiondistrict>

**Publications & Resources For Sale**

Caregiver Helpbook  
Family Account Book  
Farm Account Book  
Radon Kits  
Predator Calls  
IMR Calving Books (Red)  
Pesticide Manuals  
Geo Textile Fabric (12 1/2' wide-sold per linear ft.)  
Neutroleum Alpha®  
Mosquito Briquets  
Soil Tests - Crop, Pasture, Lawn & Garden  
Water Test Kits (pay SDK Labs, not us)  
Forage Tests  
Grazing Sticks  
911 Signs  
Pesticide Application Field Record Book (free)  
Cow/Calf Record Book (free)  
Body Condition Record Book (free)  
K-State Publications (free)

**Items to Check Out**

Soil & Hay Probes  
Pesticide Manuals  
Mole Trap  
Freeze Branding Irons  
Buzzers

**Upcoming Events**

**Medicare Consulting—Any Date**—Any Time, call for appointment  
—Holton, Oskaloosa, Seneca  
**4th of July**—District offices closed for holiday  
**Jefferson County 4-H County-wide Blood Drive—July 7—**  
1:00-5:00 PM—Delaware Township Hall, Valley Falls  
**Jackson County Fair—July 14-18; Carnival—July 15-19**, Holton  
**Stay Strong, Stay Healthy—July 22-Sept. 18** (Tues. & Thurs) —  
10:30-11:30 AM—Seneca  
**Nemaha County Fair—July 24-28**, Seneca  
**Jefferson County Fair—July 28-31**, Valley Falls  
**Walk with Ease—Aug. 4-Sept. 17** (Mon. & Wed.) - 10:00-11:00  
AM—Valley Falls  
**Extension Master Gardener Training—Sept. 4-Dec. 4** (Thurs.) -  
1:00-4:00 PM—Zoom

**Some of the Programs That We Offer**

- A Matter of Balance
- Dining With Diabetes
- Gray for a Day
- Master of Memory
- Stay Strong, Stay Healthy
- Walk With Ease
- School Enrichment
  - Butterflies
  - Chick Embryology
  - Glo-Germ Hand Washing
  - Wheat Science