KANSAS STATE UNIVERSITY | Extension
Meadowlark District

August 2026 News

Cindy Williams – Food, Nutrition, Health and Safety Agent

Fruit Leather is a Tasty Treat

Fruit leather is essentially a homemade fruit roll. Try this pumpkin leather recipe for a treat that includes the amount of sugar you choose.

Ingredients:

2 cups of fresh pumpkin, cooked & pureed
1/2 cup honey
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon powdered cloves

Directions:

1. Place the pumpkin in a bowl. Add the honey, cinnamon, nutmeg and powdered cloves. Blend all of the ingredients together.
2. Spread the mixture evenly-about 1/8-inch thick-on a tray lined with plastic wrap or a nonstick drying sheet that fits on a dehydrator tray.
3. Dry at 140°F. If you're drying the leather in a dehydrator, it will take 6 to 8 hours; if you're using an oven, it'll take up to 18 hours. The leather will dry from the outside in. It's ready to peel from the sheet when it's not shiny or when you touch the center and it's not tacky.
4. Peel the leather from the tray while it's still warm and flexible and make roll-ups the size you want to serve.
5. Wrap in plastic wrap once they have cooled.

Fruit leather can be stored for up to one month at room temperature, or up to one year in the freezer.

Source: Preserve It Fresh, Preserve It Save newsletter, K-State/University of Missouri Extension

August is National Sandwich Month

The sandwich has a long history and its origins are unclear—but regardless of when and why they came about, there are many ways to make them healthy. Try these tips for making nutritious sandwiches without compromising on taste.

Opt for whole grain bread. What makes a sandwich a sandwich? The bread of course. Carbs have a bad reputation, but they are an important part of your diet. Whole grain breads, rolls, wraps, pitas, and English muffins are some of the healthiest their refined grain counterparts.

Pick your protein: Lean proteins such as turkey, chicken, lean roast beef, and tofu all work great on sandwiches. While cold cuts provide a quick and easy protein option, check the nutrition facts on your favorites to get an idea of their fat and sodium content. Also, processed meats may not be healthy when consumed daily.

Bonus tip: Make your dinner work double duty. Roast a slightly larger chicken, turkey, pork loin, or lean cut of beef than you would normally. Slice extras to use for sandwiches. This can save you money and provide a healthier option for your sandwich.

Choose your cheese: Cheese isn't always a sandwich necessity, but it can add good flavor, another source of protein, plus calcium and Vitamin D. Opt for low-fat cheeses and make sure you don't add too much.

Bonus tip: Cheese can serve as your protein if you like to go meatless.

Don't forget the vegetables: Vegetables are a great addition to any sandwich. Add sliced tomato, lettuce leaves, sliced peppers, sliced mushrooms…whatever suits your fancy. Vegetables are high in nutrients but low in calories and fat, so don't hold back when adding them to your sandwich.

Conclude with condiments: Mayo also has a bad reputation when it comes to nutrition. However, if you look at the nutrition label, you'll find most brands are high in healthy monounsaturated and polyunsaturated fats. That being said, it still should be consumed in moderation. If you're looking for new ways to add flavor to your sandwich, try toppings like whole grain mustard, banana peppers, hummus, smashed avocado, light salad dressing, and wasabi. Hold the salt, especially if you're using processed or deli meats.

Ross Mosteller – Livestock and Natural Resources Agent

Forage Sampling

One of the simplest ways to optimize feeding performance is by testing the forages that will be used in rations. Without this accurate information, the only way to estimate feed value is to work from averages, which may or may not reflect the actual value of your feedstuffs. To determine the nutrient content of forages, a sample representative of the total needs to be taken. There are many benefits to taking an accurate sample and several ways to collect samples based upon the feedstuff. Following are some of the proper ways to collect a forage sample.

General Rules:

1. The sample should be at least one quart, representative of the total forage, and should be chopped to a length of 3 inches or less.
2. Pack sample tightly to exclude air and place in a sealed plastic bag.
3. Use a certified lab and send samples as quickly as possible.
4. Make sure all instructions, checks, and letters are accurate and ready to be mailed/received.

Hay:

With a forage sampler take core samples from 15-20 bales or sights in the stack. You may choose to separate samples by lots including; cutting, intended use, or field location. Square bales sample from the end of bale, round bale sample across the bale at the center. Mix cores together and sub-sample the amount needed from this mix.

Silage:

Clean off any spoiled silage. Take a column of 6-12 inches of silage at several locations. Mix thoroughly and pack tightly in a plastic bag. If silo is not open, make sure to seal sampling holes to prevent further spoilage. Another option would be to grab random samples from a day's feeding while unloading, if already feeding silage. Remember to let the silage ferment completely before taking samples from the silo or other storage source.

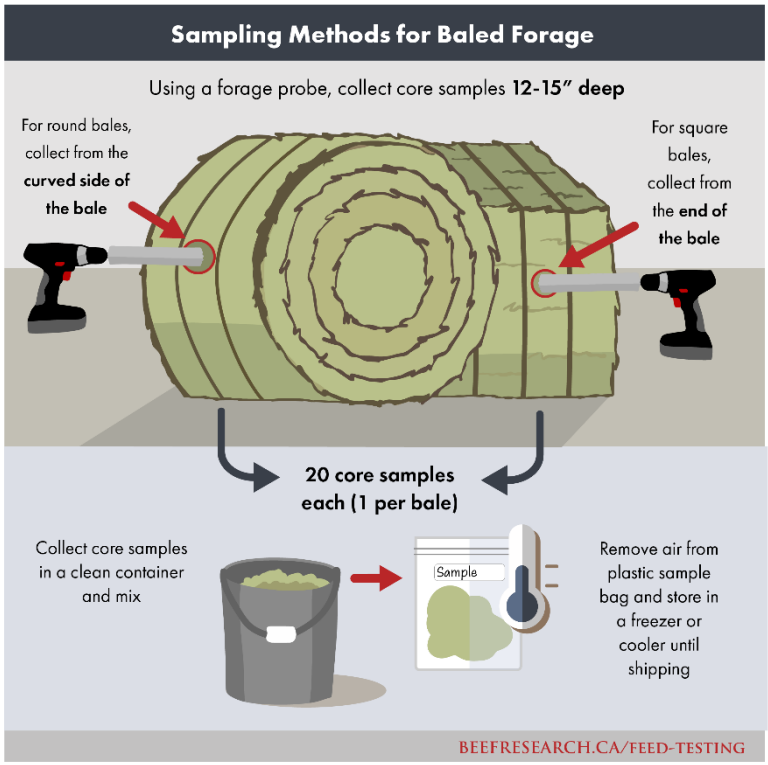
Green Chopped Forages:

These forages can be sampled by randomly grabbing handfuls of material from the cutter, blower, or wagons/trucks. Place a plastic bag, pack tightly, and seal. A more exact analysis can be gained if the sample is frozen before sending.

Pasture/Forage Crops for Grazing:

Take 8-10 random samples throughout the pasture or field. Recognize fertility, moisture and the contour of land may vary for each sample site and may need to be tested separately. Remove one square foot area to the grazing/harvest height. Nitrates and Prussic acid can be tested for in suspect forages. Hydrogen cyanide (prussic acid) escapes quickly from a cut plant, so an accurate test for this will need to be frozen quickly and shipped with dry ice.

In summary; a good representative sample and reputable testing laboratory can make feed analysis pay dividends. The forage analysis can test for such things as: moisture, dry matter, crude protein, acid detergent fiber, neutral detergent fiber, calcium, phosphorous, relative feed value, trace minerals, calculated TDN, NEI, Neg, Nem, and other possibilities. Know what you want to test for and select the appropriate test. Balance rations based on the forage test. Ask questions if you don't know how to interpret the data. Knowing what your feedstuffs are composed of will allow for correct formulations of rations that can maximize returns.



David Hallauer – Crops and Soils Agent

Online Fall Armyworm Counts

For the last three growing seasons, a fall armyworm moth trapping network has been in place in Kansas. Weekly moth counts were shared informally via an internal reporting system with information shared locally and in the KSU eUpdate. While those communication channels will still be in use for 2026, a new online system is in place as well.

Working with the Great Lakes and Maritime Pest Monitoring Network, growers can now access reports at: https://experience.arcgis.com/experience/7164d23d488246d198dcf7a07d8c9021/page/Home?views=Welcome. From the menu bar, choose *Moth Counts* then use the pest filter icon (upper right-hand corner) and select *Fall Armyworm* from the dropdown. Dots where reports are being shared will be highlighted on the map, including three different sites across the Meadowlark Extension District.

Keep in mind: moth trap numbers don't necessarily translate to damage. Their purpose is simply to detect moths as early as possible in order to know when to initiate scouting. Moths have already been detected in all three traps, but so far at very low levels. The 'typical' increase in numbers often occurs sometime in late July into August. Scouting should be on your radar in the very near future.

Need help navigating the system or just want to visit about what numbers look like? Drop me a line and we can discuss further.

Tailgate Talk Summer YouTube Series

The humidity this summer has made haying a bit of a grind. Combine that slowdown with the laundry list of other things you might want to fit in this summer, and it can make attending another meeting tough to fit in. If this scenario describes your summer, check out the *2026 Tailgate Talks* – on YouTube.

District Livestock and Natural Resources Agent Ross Mosteller and I are again teaming up for some timely forage and livestock-based videos as we make our way through the summer. We'll hit on some old topics like the fall armyworm mentioned above and touch on some new ones (screwworm…ugh…) as well. Watch us while you're waiting for hay to dry – or listen while you're baling – on our Meadowlark Extension District YouTube channel: https://www.youtube.com/@meadowlarkextensiondistrict.

Got a topic you want to hear about? Drop Ross or I a line and we'll see what we can do!

Kansas River Valley Experiment Field 2026 Fall Field Day

The annual Kansas River Valley Experiment Field Fall Field Day will be held **Tuesday, August 11** starting at **5:00 p.m.** at the field at Rossville (one mile east of Rossville on U.S. Highway 24; south side of the road). This year's agenda will include a discussion on mapping and spraying with drones from KSU Extension Precision Ag Specialist Dr. Deepak Joshi. Extension Row Crops Pathologist Dr. Rodrigo Onofre will provide a disease update and if AMS questions related to glufosinate applications are on your mind, Dr. Sarah Ganske will be on hand as well. She'll discuss AMS rates plus AMS alternatives for these glufosinate applications.

RSVP for the tour/meal by contacting the Shawnee County Extension Office (785-232-0062, extension 100) by **5:00 p.m.** on **Monday, August 10**.

Southern Rust Confirmed in Kansas

The first confirmation of Southern Rust in corn in Kansas was confirmed on **July 20** in Stafford County. With additional confirmations in west central and central Missouri, it's a good reminder to NEK corn growers that disease season isn't over yet. Check out the most current map – and fungicide management guidelines – at: https://cropprotectionnetwork.org/maps/southern-corn-rust.

Sericea Lespedeza Control

Some weeds pop up early and go away. Sericea seems to be one that just keeps coming and coming.

Mowing, burning, and even grazing has been tried for sericea control, and while they are a part of an integrated weed management program, herbicide applications are our most common control method. In fact, an entire page (the last one…) in the KSU Chemical Weed Control Guide (https://bookstore.ksre.ksu.edu/item/2026-chemical-weed-control-for-field-crops-pastures-rangeland-and-noncropland_CHEMWEEDGUIDE) is devoted to it. Check it out at the link above or pick up a hard copy at any District Office.

Don't forget the helpful staff at your local County Noxious Weed Department. They bring a wealth of knowledge and resources to the table that can help as well.

Your Organization Has a Story to Tell

Every nonprofit organization, community celebration, museum, festival committee, and volunteer group has something in common—they all have a story worth sharing.

Many organizations assume everyone already knows who they are and what they do. In reality, new residents, potential volunteers, sponsors, and grant reviewers may know very little about the organization's purpose or impact. Learning to tell your organization's story is one of the most valuable skills a board can develop.

Boards that learn to tell their story clearly are often more successful at attracting volunteers, securing sponsorships and grants, and building long-term community support.

Laura Phillips - Horticulture Agent

Become a Master Gardener

Calling all gardeners! This September the Meadowlark District will resume our Extension Master Gardener (EMG) program. If you love to garden, or if you have never gardened but always wanted to, this is the program for you.

The Extension Master Gardener program, or EMG, is a staple of K-State Research and Extension. The program offers extensive horticulture training on topics ranging from lawn care and to soil fertility, to common plant diseases. These topics are supplemented with hands-on gardening practice and volunteer work. Beyond the learning experiences, EMG programs actively work to embed themselves in their communities and create collaborative and welcoming environments.

The EMG training runs from September through November with a total of 40 hours of training. Each session is taught by different specialists from K-State who share their expertise with our groups. All trainings are recorded and posted online for those who cannot participate in real time. After training, all Master Gardeners complete 40 hours of volunteer work, focusing on educating and inspiring others in their community.

You can email me at lauraphillips@ksu.edu or call any of our offices to learn more about the program or sign up.

Look Out for Iron Chlorosis

This time of year, it is really easy to spot trees with iron chlorosis. Take a drive through any neighborhood, and you will usually see at least one or two trees with this ailment – generally pin oaks. Iron chlorosis is the term we use for iron deficiency in plants. Chlorosis refers to a lack of chlorophyll, the part of the leaf responsible for its green color, and trees need iron to create chlorophyll, Iron chlorosis means that the leaf is turning yellow because it does not have enough iron to form all the chlorophyll it needs. Since trees rely on chlorophyll to photosynthesize and produce food for them, a tree with iron chlorosis will slowly starve, weaking the tree and possibly leading to death of the tree.

Iron chlorosis is easy to spot because the veins of the leaves usually stay green while the rest of the leaf turns yellow. It can affect all types of plants, but it is most common on pin oaks. If you notice your tree has this issue, you may think that your soil needs more iron. Generally, our soils have sufficient iron; the problem is that plants cannot access it. When your soil pH is higher than 7.2, the iron becomes insoluble and plants cannot pick it up.

To remedy iron chlorosis, there are several things you can try. If your tree needs immediate rescue, you will want to spray the leaves with iron sulfate or iron chelate solution. We call this a foliar application, and it is fast acting but temporary. After you spray the tree, the leaves should absorb the iron and turn a darker green. However, the iron will not move beyond the leaves that you spray it on. That means when the leaves fall off in autumn, new growth next spring will have the same issue. Therefore, we only recommend a foliar application if you are worried about your tree surviving the season.

For a longer-term solution, you can do either a soil treatment or a trunk injection. While lowering the pH of the soil would be ideal, it is unlikely that you can lower the soil pH significantly to depths of 18-24 inches, where tree roots are. Instead, you can add iron sulfate or chelated iron to the soil around it. In most of the Meadowlark District, chelated iron will be superior as it works in higher pH soils. If your soil is above 7.2, you will want chelated iron with EDDHA, which, although more expensive, will not become immobile in high pH soils.

If you have bare ground around your tree, you can add the chelated iron to the soil. If you have a lawn, you will want to deep feed the iron either with liquid injection using a hydraulic sprayer, or by drilling holes 15 to 18 inches deep around the canopy and adding the iron. This soil treatment is usually effective for 2 to 3 years.

The last option is trunk injection. This is best done by a professional arborist who can use the proper drill to minimize tree injury and knows the right depth to drill the holes. These applications usually last several years as well.

It is Important to Say Thank-You

Thank you notes are a vital means of expressing our gratitude to individuals or businesses that support our endeavors. As members of 4-H, we will have numerous opportunities to extend our appreciation to our sponsors. This may include expressing thanks to trophy sponsors, sale buyers, or community members who assist with our projects. Crafting a simple thank-you note should not be a daunting task. The following "How-To" guide is designed to facilitate the creation of thank-you letters and can be used by members of all ages.

Why Is It Important to Send Thank You Letters?

It is essential to reflect on the reasons behind sending thank-you letters. The genuine appreciation for a kind gesture should serve as motivation. While some may assert that a face-to-face conversation and visible expressions of gratitude are sufficient, a written thank-you note conveys that you have continued to reflect on the recipient's contributions, even after the initial acceptance of their donation, whether in the form of time or a monetary gift. Consider how you would feel if you were the recipient of a donation; would you desire acknowledgment for your generosity?

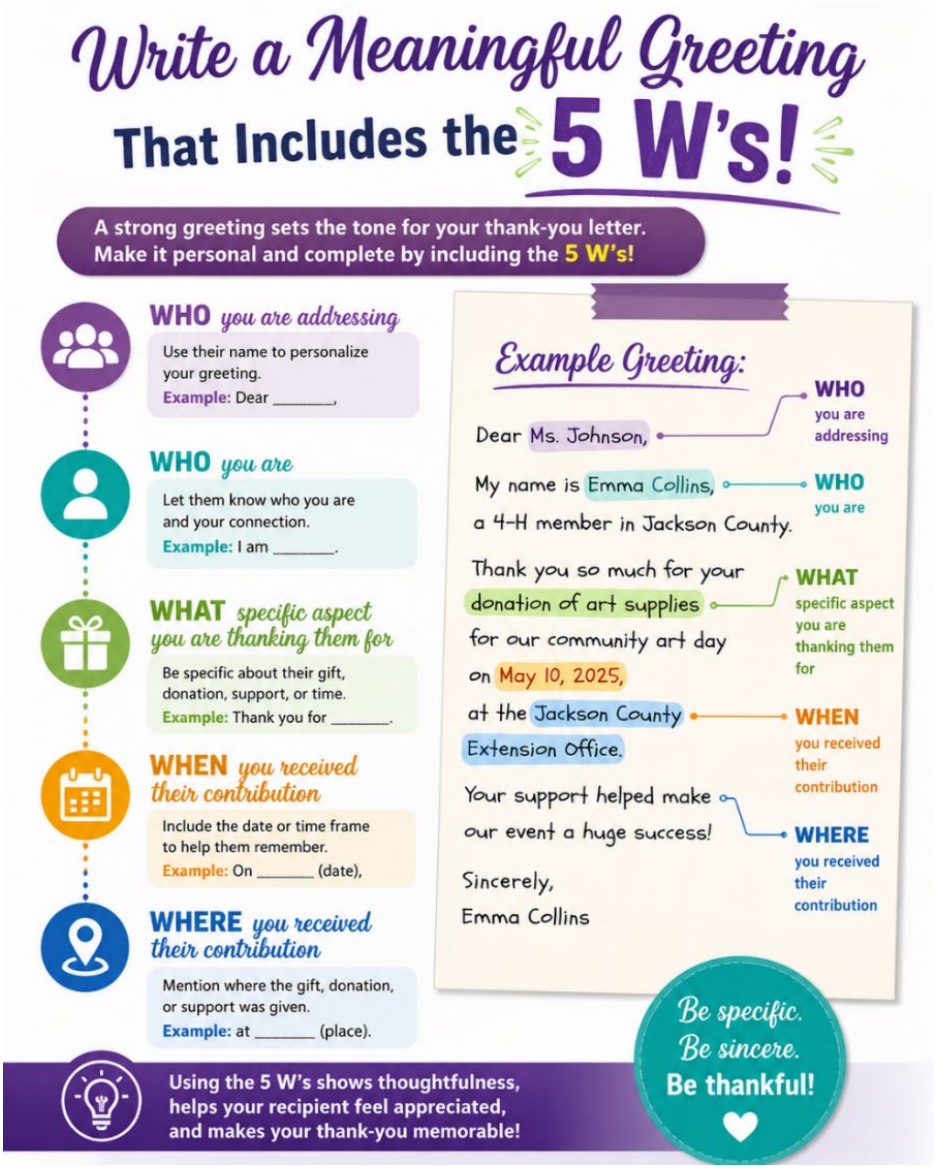
"Sandwich" Structure

When composing any letter, it is beneficial to adopt a "sandwich" structure. This consists of a greeting, the main content, and a closing statement. It is advisable to draft a preliminary version before preparing a final copy for your supporter.

The main body of the letter should be personal. This section is where you address the "why" and "how" of your gratitude. It may be composed of several sentences. Share your 4-H experience, elucidate how you intend to utilize their gift in the future, and express the emotions you experienced upon receiving their support.

The closing statement should provide a concise summary of the previous content. Reiterate your gratitude, invite the recipient to participate in future endeavors that benefit the community, and end with a formal closing, followed by your signature and printed name.

In summary, sending thank-you notes is an essential practice that fosters gratitude and acknowledges the support we receive from sponsors and community members. By leveraging the "sandwich" structure to compose thoughtful letters, we can effectively convey our appreciation, share our 4-H experiences, and invite continued engagement. Remember that a handwritten note not only honors the generous contributions of others but also strengthens our relationships within the community. Let's make it a priority to express our gratitude and recognize the impact of those who support us on our journey.



Teresa Hatfield - Family and Community Agent

We've all heard that we should watch how much fat we consume, but not all fats are bad for us. In fact, some fats are essential for good health. Omega-3 and Omega-6 fatty acids are two types of healthy fats that our bodies need but cannot produce on their own. Because of this, we must get them through the foods we eat. Without enough of these essential fatty acids, our bodies cannot function properly, which may lead to various health problems.

Omega-3 and Omega-6 fatty acids are classified as polyunsaturated fats. These healthy fats can help lower levels of LDL ("bad") cholesterol, reducing the risk of heart disease and stroke.

Food Sources of Omega-3 and Omega-6 Fatty Acids

Many nutritious foods contain these beneficial fats, including:

- Fatty fish such as salmon, trout, sardines, tuna, herring, and mackerel
- Vegetable oils such as safflower and canola oil
- Flaxseed and flaxseed oil
- Walnuts and chia seeds
- Tofu
- Eggs

Health Benefits

Omega-3 fatty acids offer numerous health benefits, especially for heart health. They are an important component of cell membranes and play a key role in supporting brain, heart, eye, and skin health. Omega-3s also help reduce chronic inflammation throughout the body.

Research shows that Omega-3 fatty acids can lower triglyceride levels and may help increase HDL ("good") cholesterol, contributing to a lower risk of heart disease and stroke. They may also help reduce inflammation associated with conditions such as rheumatoid arthritis, inflammatory bowel disease, and asthma. Eating just one 3-ounce serving of fish each week can support heart health and reduce the risk of cardiovascular disease.

The benefits extend beyond heart health. Omega-3 fatty acids support healthy vision and may help lower the risk of age-related eye conditions such as macular degeneration, cataracts, glaucoma, and diabetic retinopathy. They can also promote healthier skin by helping reduce inflammation associated with conditions such as psoriasis, dermatitis, and eczema.

Small Changes, Big Benefits

Making a few simple changes to your diet can have a significant impact on your overall health. Including foods rich in Omega-3 and Omega-6 fatty acids is an easy and delicious way to support your heart, brain, eyes, skin, and overall well-being. Healthy fats are an important part of a balanced diet—and they are fats.

Tuna Noodle Skillet (University of Illinois-Extension) - Servings 6

Ingredients

- 6 oz. wide egg noodles
- 1 Tablespoon oil
- 1 cup chopped onion
- 1 cup chopped celery
- 3 Tablespoons all-purpose flour
- 2 1/4 cups non-fat milk
- 1/2 cup frozen green peas
- 1 teaspoon grated lemon rind
- 1 Tablespoon fresh lemon juice
- 1 teaspoon dry mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (5 oz.) can chunk albacore tuna packed in water, drained
- 1/3 cup whole wheat panko crumbs
- 1/4 cup grated Parmesan cheese

Directions

1. Cook noodles according to package directions. Meanwhile, in a large skillet, heat oil over medium heat.
2. Add onion and celery; sauté until onions are translucent.
3. Stir in flour and cook for 45 seconds.
4. Pour in milk, stirring constantly until flour is dissolved.
5. Add peas, lemon rind and juice, mustard, salt, pepper and tuna and cook until warm.
6. Stir in noodles.

Nutrition Facts

Calories: 270; Fat: 7 g; Saturated Fat: 2 g; Sodium: 380 mg; Carbohydrate: 35 g; Fiber: 2 g; Protein: 17 g

KANSAS STATE UNIVERSITY | Extension
Meadowlark District

Meadowlark Extension District
Holton Office
114 W 5th St.
Holton, KS 66436

Address Service Requested

Some 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
- Bonding Through Board Games
- School Enrichment
- Butterflies
- Chick Embryology
- Glo-Germ Hand Washing
- Wheat Science

Taking Appointments for
Medicare Open Enrollment which is
October 15 through December 7.

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

Oskaloosa Office
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

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