



# Meadowlark District

K-STATE RESEARCH AND EXTENSION NEWS

[meadowlark.ksu.edu](http://meadowlark.ksu.edu)

July  
2023

## 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

1500 Community Drive  
Seneca, KS 66538-1921  
785-336-2184

## District Office Hours:

**Open Monday-Friday**  
8:00 AM-noon, 12:30-4:30 PM

**Closed for designated  
holidays**

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## *New Agent in the District*



Laura Phillips, originally from rural Perry, started serving in the Meadowlark Extension District as the Horticulture Agent on June 12. Phillips earned her bachelor's degree in ecology, evolution, and organismal biology, as well as her bachelor's and master's degrees in classical languages from the University of Kansas. While at KU she was a finalist for the Rhodes, Marshall and Truman Scholarships.

Phillips, as a program coordinator for the KU Center for Community Outreach, managed the KU Campus Garden for four years. In this role, she started the KU Student Gardener Program and produced over two thousand pounds of fruits and vegetables for KU students. She expanded her garden management as the Garden Naturalist for the Douglas County Health Department, where she ran the Lawrence Community Health Garden, where she created a seed donation program, hosted seedling giveaways, and taught the community about sustainable food production.

While at KU, Phillips gained a wide array of research experiences. Phillips worked as a lab assistant at KU Monarch Watch, where she reared monarch butterflies and learned about pollinator gardens and monarch migration patterns. She also managed the Monarch Waystation Network website to increase access to educational resources. In Dr. Wagner's lab, she focused her research on the impact soil microbiomes have on drought tolerance in agricultural fields and earned honors in her degree for her work. She later completed post-bachelorette research at The Land Institute, spearheading the Kansas portion of a USDA study on GMO presence in feral alfalfa populations. Phillips was most recently employed as a Nature Action Crew leader and Conservation Coordinator at Heartland Conservation Alliance in Kansas City, Missouri.

The Meadowlark District has offices in Holton, Oskaloosa, and Seneca. Horticulture agents develop and deliver educational programs related, but not limited, to horticulture crop production; marketing and economics; conservation of natural resources; horticulture waste management; and landscape maintenance and improvement.

Phillips is based out of our Oskaloosa office. She can be reached by calling 785-863-2212 or any of the Meadowlark Extension offices. Her email is [lauraphillips@ksu.edu](mailto:lauraphillips@ksu.edu). More information about K-State Research and Extension Meadowlark District is available online at <https://www.meadowlark.k-state.edu/>. Follow us on Facebook, [www.facebook.com/Meadowlarkextensiondistrict](http://www.facebook.com/Meadowlarkextensiondistrict).



David Key, *Extension Agent/Director*

### Why Conduct a Neighborhood Cleanup Program?

By early summer most communities have conducted an organized community wide clean up and in other communities there maybe interest but no action. Here are some “whys” to conduct a community wide cleanup program:

- **A neighborhood cleanup program can instill neighborhood pride.** A neighborhood that looks good, that’s free of trash and clutter and that allows children to play without fear of being injured by debris is on that residents and businesses can be proud of. A clean up encourages residents to take ownership of the neighborhood and keep it clean and healthy.
- **It can break a cycle of helplessness and promotes accomplishment.** Sometimes neighborhoods can lose hope and a desire to keep things cleaned up. Once neighborhood volunteers and other residents see how much can be accomplished, even in a half a day, with many hands and a minimal level of organization.
- **A cleanup program enhances neighborhood quality of life.** Living in a clean environment makes life healthier, less stressful and more pleasant.
- **It can improve the self-image of residents and their neighborhood as a whole.** A neighborhood that looks like a dump is an undesirable place to live and work. When that neighborhood is cleaned up, its reputation will improve as well as the quality of life.
- **A neighborhood cleanup program could improve neighborhood health.** Excess trash, abandoned buildings and cars, items that hold water can become a breeding grounds for

insects and rodents, cause pollution and create unsanitary conditions. Such an environment also makes it difficult for children to find a safe place to play.

- **It makes the neighborhood more attractive to business and residents.** New businesses and potential new residents always prefer to set up in neighborhoods that are attractive and well cared for. A neighborhood clean-up program can initiate economic development and attract new shops and services for residents.
- **It can serve as a springboard for other neighborhood actions or activities.** A neighborhood cleanup program can produce a list of future volunteers who may be ready to turn out for other activities in your community. The simple realization of what can be done may make residents more willing to address other issues in their community

In a shared work for a common cause, people get to know one another and form bonds from their experience. These projects can form a web of social capital that can unite a community and making it stronger. A community wide cleanup is also the ideal time for local government to review or establish codes or policies relating to community appearances and upkeep.

For more information on conducting a community wide cleanup look for the following publication from K-State Research and Extension titled *MF-931 Conducting a Community Cleanup Fix-up Campaign*.





### David Hallauer, *Extension Agent* Corn Disease Monitoring

Anticipating disease pressure in our corn crop is difficult at best. Weather, previous crop, weather, hybrid characteristics, and yes...weather...all play a role in what diseases may – or may not show up in any given year. It can make decision making a big challenge.

For diseases like Gray Leaf Spot and even Tar Spot, we might be looking a lot at previous crop residue and weather factors (see GLS list below). For diseases like Southern Rust, we're looking to where it will 'blow in' from. That's where a monitoring system like Corn ipmPIPE can become invaluable. The ipmPIPE program is a pest mapping and

forecasting system developed by the National Institute for Food and Agriculture (NIFA) and its land-grant partners, along with Animal Plant Health Inspection Service and Risk Management Agency. It tracks various disease and insect pests through the growing season, providing regular updates as they 'spread' across the country. The network isn't perfect – there are 'holes' in the monitoring system - but particularly for diseases that spread up from the south like our rust pathogens, or even new diseases like Tar Spot, it can be a helpful tool for making disease management decisions in season as well as for the upcoming year.

Check out the corn ipmPIPE site at <https://corn.ipmpipe.org/>. For disease tracking, select Diseases from the menu along the top and then the disease you want to follow. Below is the 2023 map for Southern Rust (don't worry...it will fill in way too quickly...).

## What Makes Gray Leaf Spot Tick?

Gray Leaf Spot can be a huge problem under certain conditions, with disease losses reaching 20 percent with a susceptible hybrid and conditions favoring disease. What are those conditions?

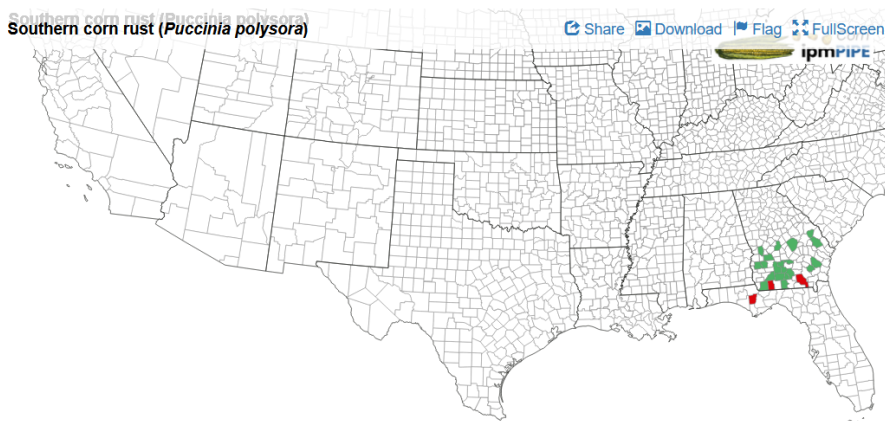
- Periods of leaf wetness (11 to 13+ hours) and high relative humidity (greater than 90%). This can occur with heavy dews or fogs. Cloudy days are more important to disease development than is actual rainfall.
- Low areas in the field where cooler air results in longer leaf wetness periods or in fields bordered by trees or streams where air drainage is poor.
- Temperatures of 70 to 85°F (if morning dew/fog is present, it can thrive in higher temperatures.
- Previous crop corn residue, particularly high levels on the soil surface.
- Susceptible hybrids

## Bagworm Hatch

If you've ever fought bagworms, you know how quickly they go from hatch to damaging. While they're relatively easy to control when young, they're difficult to find.

If you haven't found them yet – look again. New hatch bags were found the third week of June in the northern part of the Meadowlark Extension District with at least some level of hatch likely having occurred across Northeast Kansas already. For information, see our bagworm resource at: <https://bookstore.ksre.ksu.edu/pubs/MF3474.pdf>.

## Southern Corn Rust







Ross Mosteller, *Extension Agent*

### Cow Benefits to Early Weaning

Many cattle producers are weathering another dry grazing season and may be considering early weaning calves. Many discussions about early weaning focus on managing lightweight calves but there are benefits to the cow, that may be as important, if not more so. Weaning calves 30-60 days earlier than normal (approximately 120-150 days of age) is an excellent management tool that reduces the nutrient requirements of the cow and reduces daily demand for forage resources.

A 450 lb. spring-born calf is capable of consuming approximately 7 lbs. of forage per day. A dry 1400 lb. cow can easily consume 28 lbs. of dry forage per day (2% bodyweight). Divide the 28 lbs. of forage needed to maintain the cow by the 7 lbs. spared in a pasture by removing the calf, that means for every 4 days that a calf is not grazing with the cow one grazing day is gained for the cow. Weaning calves 30-60 days early, gains an additional 1-2 weeks of cow forage.

Additionally, research at Kansas State University (*Bolte et al, 2007*) documented that weaning calves at 100 to 145 days of age increased body condition scores of cows grazing native pastures from an average of 5.46 to 5.85 in 120 days - with forage quality declining in that timeframe. The change in cow body condition score ranged from 0.25 to 0.50.

The results of this study demonstrate that the optimum time to improve body condition on cows is immediately following weaning as the nutrient requirements of pregnant cows are lowest during this time. Furthermore, the value of improving cow condition at a more optimal time of year can be a lot, especially when the benefits may include less feed/supplement during the winter and improved breed up in the subsequent production year. Visit KSU Beef, <https://www.asi.k-state.edu/extension/beef>, to view recorded webinars on early weaning.

### BMP's, TMDL's, WRAPS and more!

Did you ever stop and wonder what could be in the water around us? Most of us don't give it a second thought, like when we fertilize lawns or spray fields, walk the dog or feed livestock, or even wash our car in the driveway. Yet these seemingly harmless activities could be hurting the quality of our water. It's our responsibility to do our part to keep Kansas waters clean. Making minor changes in how we do things, can greatly help Kansas waters.

Every property is part of a watershed, or an area that drains into a water body by surface or subsurface flow. Meadowlark District contributes to the Lower Republican and Missouri river basins. Within these basins there are priority areas where Best Management Practices (BMPs) are being implemented to improve water quality. Much of this work is being done through Watershed Restoration and Protection Strategy (WRAPS) program areas. Our District fits mostly into the Middle Republican, Lower Republican and Delaware WRAPS areas. The Kansas WRAPS process offers a framework that engages citizens and other stakeholders in protecting and restoring Kansas watersheds.

Focus is given to Total Maximum Daily Loads (TMDL) or the maximum amount of pollution a surface water body can receive without violating water quality standards. It also is a detailed water quality assessment that provides the foundation for a water quality management plan, outlining the steps necessary to reduce a pollutant and meet water quality standards. The most common TMDL in Kansas streams is fecal coliform bacteria, which can have impacts on human health. Other pollution concerns in Kansas relate to phosphorus, eutrophication, atrazine, and sedimentation.

Whether you own 1,000 acres or one tenth of an acre, what you do on your property can affect water quality for all of Kansans. Simple actions, such as following fertilizer or herbicide application guidelines, properly disposing of car oil or animal wastes, can be helpful to Kansas waters, especially when repeated by homeowners all over the state. The Kansas Center for Agricultural Resources and the Environment (KCARE), <https://www.kcare.k-state.edu>, has additional information and resources.



Clay Roland, *Extension Agent*

## The History Behind County Fairs

### Background on Fairs

We are approaching county fair season, and I always take time to reminisce on how the county fair played an integral role in my development and summers. Jefferson County is celebrating its 75<sup>th</sup> anniversary fair this year, so I thought it would be more fitting to highlight the history of county fairs, and their original purpose. Additionally, I think it is important we touch on a quick history of 4-H!

American county fairs were developed early in the nineteenth century by agricultural reformers. They developed local exhibitions to promote modern farming. Farmers would collaborate with others to find methods, genetics, and practices that best worked for the local area. Typical events included livestock judging, exhibits of new agricultural implements and techniques, and plowing and sheep shearing contests.

As county fairs began to grow and became a more centralized location for rural and town folk to attend, there were new attractions including: horse-powered merry go rounds, horse

racing, car racing, foods, carnivals, and games.

### 4-H and Fairs

Although 4-H had not officially been developed, in the late 1800's the idea was beginning to form in some ways. Researchers at Universities recognized that new agricultural developments were not readily accepted by the general farming population. Youth, however, were receptive to these new ideas, and these new agriculture technologies were introduced to communities through rural youth clubs.

1902 marked another development in 4-H. A.B. Graham of Clark County, Ohio started a youth program club called The Tomato Club, and this is considered the birth of 4-H in the United States. That same year, T.A. Erickson of Douglas County, Minnesota started local agricultural after-school clubs and fairs. The clover pin with H's was developed by Jessie Field Shambaugh in 1910, and by 1912 they were called 4-H clubs.

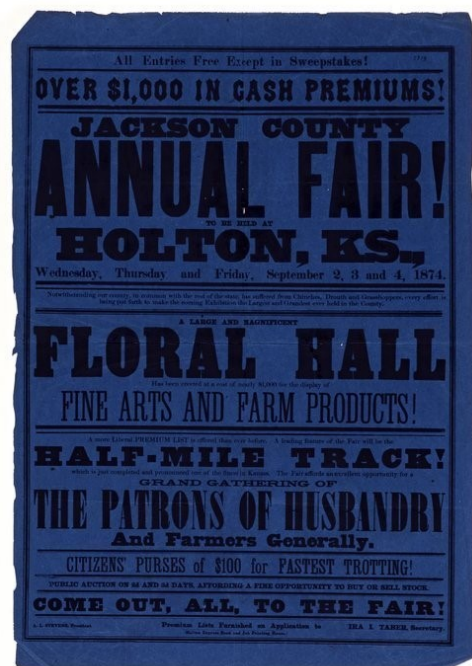
The passage of the Smith-Lever Act in 1914 created the Cooperative Extension System at USDA and nationalized 4-H. By 1924, 4-H clubs were formed and the clover emblem was adopted.

Today, 4-H serves youth in rural, urban, and suburban communities in every state across the nation. 4-H'ers are tackling the nation's top issues, from global food security, climate change and sustainable energy to childhood obesity and food safety. 4-H out-of-school

programming, in-school enrichment programs, clubs and camps also offer a wide variety of STEM opportunities – from agricultural and animal sciences to rocketry, robotics, environmental protection and computer science – to improve the nation's ability to compete in key scientific fields and take on the leading challenges of the 21st century.

### Local Fairs

In the Meadowlark District, I was able to source advertising posters for each of the counties on [www.kansasmemory.org](http://www.kansasmemory.org). The earliest posters for Jackson and Jefferson Counties were both from 1874, while I found one for Nemaha County advertising the 6<sup>th</sup> annual fair in 1888. There was a later poster from Jefferson County proclaiming the 1886 fair was the 22<sup>nd</sup> annual Agriculture and Mechanical Fair. The posters highlighted numerous things, including horse races, floral halls, farm and ranch exhibits.





Cindy Williams, *Extension Agent*

### Egg in a Bread Basket (An “egg-sactly” perfect breakfast!)

Makes 1 serving

Ingredients:

1 slice whole wheat bread

1 teaspoon margarine

1 egg

Optional: salt, pepper, shredded cheese or ham.

Directions:

- Make a hole in the center of the bread with a glass or cookie cutter. Save the “hole” for a snack. Spread margarine on both sides of bread.
- Spray a small skillet with cooking spray and heat on medium. Place the bread in the skillet. Break the egg into a small dish and then pour into the hole in the bread. After the egg begins to bubble and cook, flip over the bread and egg.
- Cook until the egg is completely done. (Until the yolk is thickened.)

Nutrition Facts: one serving provides 180 calories, 10g total fat, 215 mg cholesterol, 250mg sodium, 14g total carbohydrate

Source: *Kids A Cookin'*, Kansas State University

## Breakfast—A Healthy Habit

Breakfast means just that—breaking the fast. Research shows that breakfast affects attention span, coordination, and mental performance for both adults and children. Many adults experience a mid-morning “slump” if they skip breakfast. They feel tired, irritable, and hungry. Adults who eat breakfast do better on the job and have fewer accidents.

Breakfast is important for long-term health, too. Research shows that breakfast eaters tend to eat fewer calories and fat throughout the day, which is important for maintaining a healthy weight. Studies also show breakfast eaters are at a reduced risk for heart disease.

Breakfast is important for children too. Those who don’t eat breakfast may be tired and cranky, and if they go to school, they won’t do as well. Studies show that children who eat breakfast do better in school, pay attention longer, and get along better with teachers and friends.

## Using Debit Cards and Teenagers

Using a debit—or check—card can typically simplify transactions whenever credit cards are accepted, but limit spending to the money in your checking account. For all practical purposes, a debit/check card is a plastic check that can eliminate the need to carry your checkbook or a large amount of cash.

Using a debit card usually requires a personal identification—or PIN—number, but there’s no need to provide additional personal information such as your address, telephone number, second form of identification or wait for your check to be approved.

The money will be withdrawn from your account at the time of the transaction, even though some businesses may process debit card purchases as a credit transaction for their own accounting purposes. Spending more than the funds available may result in a refusal or overdraft charge, so it’s important to enter expenditures in a check register and keep tabs on your balance. Many debit cards also function as an ATM (automatic teller machine) card.

Debit card users typically receive a bank statement listing paper checks and debit card transactions, so balancing your account each time you receive a statement is necessary to stay informed about your financial situation.

Parents who are teaching teens about managing money may find a debit card helpful in the process. If a teen is expected to pay for certain expenses, a debit card can offer the opportunity to plan and practice spending without the risk of carrying cash. Spending also will be limited to the account balance.

Teaching your teen, the difference between a debit card and a credit card is essential to financial literacy and can help prevent financial struggles later in life.





Teresa Hatfield, *Extension Agent*

### Dining with Diabetes

This summer, as you get together with friends and family members, consider that there is a possibility that 1 in 9 of those gathered with you has diabetes. About 1 in 9 adults in Kansas has diabetes, a disease that can lead to blindness, limb amputation, stroke, or heart disease.

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. With diabetes, your body doesn't make enough insulin or can't use it as well as it should. Over time, that can cause serious health problems.

K-State Research and Extension Meadowlark District will offer the "Dining with Diabetes" program, a series of four two-hour classes held once a week for four weeks. Lessons will focus on taking care of yourself if you have the disease, including making healthy food choices, participating in low-impact physical activity; food sampling; cooking techniques; using herbs, spices, reduced-fat foods, and artificial sweeteners.

The program begins September 6 at 10:00 a.m. at the Meadowlark Extension District-Oskaloosa Office, 100 E Washington-lower level. The series continues September 13, 20, and 27. The cost of all four sessions is \$25.00.

Registration is required. Follow the QR code or visit: [https://kstate.qualtrics.com/jfe/form/SV\\_eCjGEjER6tZQBo](https://kstate.qualtrics.com/jfe/form/SV_eCjGEjER6tZQBo). For additional information, contact me at 785-364-4125 or thatfield@ksu.edu.



### Rural Childcare Part 2

In April 2023, I discussed the need for rural childcare in Kansas. The lack of childcare in the area significantly impacts the parents of children needing care and local employers. According to Child Care Aware of Kansas, Kansas meets 49% of the needed childcare slots. Currently, Kansas needs 85,000 childcare slots to meet the current demand. Our local area faces similar childcare challenges as the rest of the state. The Meadowlark Extension District, which encompasses Jackson, Jefferson, and Nemaha counties, needs approximately 977 more childcare slots to meet demand.

On May 9th, the Meadowlark Extension District hosted an informational session with Dr. Bradford Wiles, a Kansas State Research and Extension Specialist. Dr. Wiles has been working with rural communities across the state to improve the childcare gap. Dr. Wiles spoke with community members about the district's current childcare situation and answered the group's questions.

One of the first steps Dr. Wiles recommended to the group is to seek community input. With the cooperation of a newly formed childcare task force, we ask that you complete a brief survey on rural childcare in our area. The task force is hoping to find innovative solutions that fit the specific needs of Jackson County. It is crucial to get input from everyone in the community, whether you need childcare or not. Please take the time to complete this short survey. The survey link is listed, or follow the QR code.

English—<https://tinyurl.com/mcjsa6mj>

Spanish—<https://tinyurl.com/5n7e7jpb>



**Meadowlark Extension District**

114 W 5th St.  
Holton, KS 66436

Address Service Requested

## Publications and Resources For Sale

**Family Account Book**

**Farm Account Book**

**Radon Kits**

**Predator Calls**

**IMR Calving Books**

**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)

**Field Record Books** (free)

## Items to Check Out

**Soil & Hay Probes**

**Ear Taggers**

**Mole Trap**

**Freeze Branding Irons**

**Pesticide Manuals**

**Buzzers**

## Benefits of Talking To Yourself

Normally, we talk to ourselves in first person ("I'm angry!", "Why did I say that?"). However, studies done at Michigan State University and the University of Michigan, have shown that talking to yourself in 3<sup>rd</sup> person ("Pat's angry", "Why did Pat say that?"), puts things in a different perspective and it's easier to be objective about your own behavior. Referring to yourself in third person encourages a person to judge their own behavior in a more objective way and to be less judgmental. It helps a person gain a tiny bit of psychological distance which is helpful in regulating and controlling emotions

## 2023 County Fairs

Jackson County—July 17-20

Jefferson County—July 24-27

Nemaha County—July 27-31

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