

### 4-H Youth Development



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. I think it is important we touch on a quick history of 4-H and how the fairs came to be! 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 featured livestock judging, displays of new agricultural implements and techniques, as well as competitions in plowing and sheep shearing.

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 afterschool 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. 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-Her's 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

I was able to source advertising posters for each of our District's counties at [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 6th annual fair in 1888. The posters highlighted numerous things, including horse races, floral halls, farm and ranch exhibits.



# July 2024

### 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.ksu.edu](http://www.meadowlark.ksu.edu)



David Key, Extension Agent/Director



## Ideas for Recruiting New Leaders

### 1. Ask the Question: "Who's Not Here"

What groups or individuals should be involved in order to have a truly representative community organization, event or project? Making sure a group is inclusive is the best way to build in cooperation from the beginning.

### 2. Look for Skills, Not names

One of the problems caused by relying on the same people for the same tasks over and over again is that those people will eventually tire of making the same contribution. A simple way to identify new people to recruit is to focus on the skills needed for the task and not the person.

### 3. Try Involvement by Degrees

One of the most successful techniques for helping new leaders develop is to offer ways in which individuals can become involved on a limited basis then "grow" into a larger and more prominent role. Asking for help with a small and simple task makes it easier for an individual to respond with a yes while presenting the chance to increase the commitment as time goes by.

### 4. Appeal to Self-Interests

A standard approach to recruiting new volunteers is to try to understand the personal motivation of others. The realization that others see rewards in community service is a vital step to both identify and recruit new leaders. Individuals may wish to help others, to pay

back a debt to the community that fostered them, or to receive the approval of friends or neighbors.

### 5. Use a Wide-Angled Lens

While the effort to bring new people into the leadership arena is important it's also important to recognize that even the smallest and most limited volunteer contribution can be part of the leadership activities of a community. What is important is seeing how each contribution fits into the whole picture. And, by never discounting any effort, no matter how small, the door to increased involvement remains open.

### 6. Define the Task

Recruiting new leaders by asking for help becomes most effective when a task is very clearly defined. This means describing the skills needed, describing the task in terms of what the expectations are as well the time commitment required. Finally, defining the task should also cover some ideas about how this role fits into the whole scheme of community improvement.

### 7. Use Current Leaders to Recruit New Leaders

One of the signs of a healthy and vital community is a leadership group that recognizes the need to recruit new members into the leadership role. The most successful recruitment efforts are conducted by the people already in leadership positions. Example is perhaps the most powerful tool available to current leaders. Recognition of effort, friendly interest and encouragement go a long way to ensure a good supply of leaders for any community.

### 8. Create a History of Efficient Use of People's Time

There's nothing so encouraging to a volunteer as a meeting that's well run. Group members who are convinced that the organization or community project is worthwhile and that the effort is well-managed are much more likely to take on a leadership role.

### 9. Offer Membership "Premiums"

What are the advantages of assuming leadership? By offering some sort of "premium" to newcomers, emerging leaders can often be persuaded to try out a new role. "Premiums can be anything from discounts on memberships, trips to conventions or workshops, or a letter of recognition sent to an employer highlighting the community service or an employee.

### 10. Market Your Wares

Making sure that the community is aware of the results of local efforts is an important technique for attracting potential leaders. Be creative in the way your organization is presented to the community. Build on the reputation of your group as both effective and important.

*Excerpts taken from "10 Ideas for Recruiting New Leaders" by the Heartland Center for Leadership Development*



David Hallauer, Extension Agent

## Kansas Wheat Variety Guide

While wheat doesn't occupy a huge acreage in our cropping systems, it is important enough to deserve attention when it comes to variety selection and management. For example, in the Kansas Crop Performance Test Central Kansas Wheat Variety Trial in Saline County last year, the lowest yielding variety came in at just 75% of the top yielding variety and the 10<sup>th</sup> place variety just 85% of the top one (40 varieties tested). It's a good reminder that varietal differences *do* exist and *do* make a difference.

It's not out yet, but the Kansas Wheat Variety Guide 2024 will hit offices soon. It includes information on agronomic characteristics, including disease and insect resistance ratings, plus profiles highlighting some of the more common *and* new varieties for Kansas. Ratings represent field and greenhouse evaluations by public and private researchers at multiple locations over multiple years.

If wheat is in your rotation, check it out. Hard copies are available (when published) via District Offices or e-mail to [dhallaue@ksu.edu](mailto:dhallaue@ksu.edu). An electronic version can be found at: <https://www.bookstore.ksre.ksu.edu/pubs/MF991.pdf>.



## Tar Spot Update

Tar Spot has now (06/25) been confirmed in four Northeast Kansas Counties, including Jefferson and Nemaha Counties in the Meadowlark Extension District (<https://corn.ipmpipe.org/tarspot/> - updated as confirmations occur). Since that list *will* grow, continue to scout fields for Tar Spot into the reproductive stages and have a plan in place should a fungicide be needed. Get regular updates on Tar Spot on the Meadowlark Extension District Agronomy blog at: <https://blogs.k-state.edu/meadowlarkagronomy/>.



## Hemp Dogbane

It's already up and growing and while we'll cut it off at harvest, hemp dogbane typically returns with a vengeance in our cool season hay fields. Plants start as a single taproot that can grow to a depth of almost six feet plus spread laterally as much as ten feet in a single season. Its vigorous growth and long growing season (it flowers from May-September) makes it a formidable foe in forage stands.

Often confused with milkweeds (fresh plants will have a milky sap when leaves are removed or stems cut), this perennial may grow to three to five feet with reddish tinted stems with a woody base at maturity. For identification, see the Kansas Wildflowers and Grasses website: [https://www.kswildflower.org/flower\\_details.php?flowerID=112](https://www.kswildflower.org/flower_details.php?flowerID=112).

A thick, healthy grass stand can help keep Hemp dogbane at bay, but once established, control programs are often needed. According to work out of the University of Missouri, a mid-August mowing could help to reduce patches the next season. More frequent mowing can help reduce plant vigor and seed production, but isn't likely to eliminate it.

Chemical control options include many of our common active ingredients: 2,4-D, dicamba, fluroxypyr, and triclopyr. Missouri research suggests 2,4-D or fluroxypyr. Limited research in Kansas shows an advantage to products containing fluroxypyr. Always read and follow label directions.

Herbicide efficacy can be enhanced (and forage injury reduced) when good growing conditions are present during applications. Always use an appropriate surfactant and apply when plants are in the 12 to 15-inch range or shorter.

**NOTE:** 'dogbane' is said to refer to the plant being poisonous to dogs with the same plant resins also potentially harmful to other classes of livestock, as well. If fields containing dogbane are grazed or harvested for hay, keep in mind that consumption of this weed species has the potential to cause toxicity issues. Please contact us if you have any additional questions.



**Teresa Hatfield, Extension Agent**



## Dining with Diabetes Self-management education program to be offered by K-State Research and Extension—Meadowlark Extension District

**Approximately one in every nine adults in Kansas in 2020 has been diagnosed with the disease that can lead to stroke, blindness, and kidney failure.**

Imagine a gathering with nine friends and family members. Imagine that at least one of you has a disease that can lead to blindness, heart attack, amputation, or a stroke. The prospect is not at all far-fetched.

Approximately one in nine Kansan adults has been diagnosed with diabetes, a chronic disease characterized by elevated blood sugar (blood glucose). High blood glucose levels result from inadequate insulin production or resistance to the effects of insulin, a hormone produced by the pancreas.

K-State Research and Extension offers Dining with Diabetes, a national extension program designed to boost the health and wellness of Kansans with prediabetes and type 2 diabetes and help educate their family members, caregivers, and others who support them.

“Learning strategies to control blood sugar levels through changes in diet and exercise is important to improve your health and reduce the risk of developing other chronic health conditions,” said Christina Holmes, K-State Research and Extension Family and Consumer Science specialist and coordinator of the program in Kansas. Diabetes increases the risk of stroke, heart disease, kidney disease, retinopathy that can lead to blindness, and neuropathy that can lead to lower limb amputation.

The vast majority of adults diagnosed with diabetes – 90 to 95 percent – have Type 2 diabetes, which occurs when cells in the body become resistant to the effects of insulin. Unlike Type 1, which occurs when the body cannot produce insulin and cannot be prevented, the onset of Type 2 can be prevented.

The prevalence of diabetes is greater in African Americans and Hispanic Americans and among older adults and those with a family history of Type 2 diabetes. Some risk factors, however, can be modified, including being overweight or obese, physical inactivity, high blood pressure, high blood cholesterol, and smoking.

According to the National Institute on Health, an estimated \$412 billion was spent on diagnosed diabetes in 2022 in the United States alone. People with diabetes spend an average of 2.3 times the amount of money on their health every year that people without diabetes spend. That works out to an average of \$16,750 a year per person, about \$9,600 directly attributed to diabetes.

Dining with Diabetes is a series of two-hour classes held once a week for four weeks. Lessons focus on the best ways to care for yourself if you have the disease; healthful food choices, including familiar foods; low-impact physical activity; food sampling; cooking techniques using herbs, spices, reduced-fat foods, and artificial sweeteners.

The Meadowlark Extension District will host the Dining with Diabetes class series, starting July 25<sup>th</sup> through August 15<sup>th</sup>, 2024, at the Woolsoncroft Event Center, 1615 Branch St, Seneca, Kansas. Attending all four sessions costs \$25; pre-registration is required by July 18, 2024. To register, contact the Meadowlark Extension District office at 785-336-2184 or visit <https://tinyurl.com/DWDMED>. For more information about the Dining with Diabetes Program, visit: <https://www.k-state.edu/diningwithdiabetes/>.

### Strawberry Spinach Salad



#### Ingredients:

- 8 cups fresh spinach, torn into pieces
- 2 cups fresh strawberries, sliced
- 2 Tbsp. finely chopped onion
- 3 Tbsp. sunflower seeds, toasted (optional)
- 1 tsp. sesame seeds, toasted (optional)
- 2 Tbsp. canola oil
- 2 Tbsp. red wine vinegar
- 1 Tbsp. sugar
- 1 tsp. mustard
- ½ tsp. dried dill
- ¼ tsp. salt
- ⅛ tsp. garlic powder

#### Directions:

1. In a salad bowl, combine the spinach, strawberries, onion, sunflower kernels and sesame seeds.
2. In a jar with a tight fitting lid, combine the remaining ingredients to make the dressing, shake well. (Dressing can also be whisked together in a small bowl.)
3. Pour dressing over salad and toss gently. Serve immediately.
4. Makes about 8-1 cup servings

Total Fat 5g; Sodium 110mg; Total Carbohydrate 7g; Dietary Fiber 2g, Total Sugars 4g (incl. 2g added sugars); protein 2g

Source: *Dining with Diabetes—W. Virginia Univ. Ext. Service, 2003*



**Laura Phillips, Extension Agent**

## Become a Master Gardener

This September the Meadowlark District will resume our Extension Master Gardener (EMG) program, and we are looking for garden lovers who want to engage with their community to join us. 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 an educational volunteer program coordinated by K-State Research and Extension. It works to provide research-based horticultural training to participants, who then work

to educate and support their communities' garden and landscape needs.

The first portion of the program is called basic training, where we provide 40 hours of horticulture training on topics ranging from soil fertility to common plant diseases. Training sessions take place on Thursdays from 1:00-4:00 PM, September 5<sup>th</sup> to December 5<sup>th</sup>. Each session is taught by a different member of K-State Research and Extension's team, offering a wide range of expertise.

The trainings are held over Zoom, and our offices will host watch parties so we can gather and learn together. These will be held in Oskaloosa, Holton, and Seneca. All trainings are recorded and posted online for those who cannot participate in real-time. You will also have access to our Master Gardener Handbook which serves as excellent reference material.

After basic training, all Master Gardeners have a year to complete 40 hours of volunteer work, focusing on educating and inspiring others in their community. We will work to provide multiple types of volunteer opportunities across our district. Service projects include (but are not limited to):

- Answer questions at a garden hotline
- Participate in citizen science projects
- Maintain demonstration gardens
- Create educational materials
- Host garden workshops
- Participate in vegetable trials

After completing the 40 hours of training in the fall, and the 40 hours of service the following year, you will be an official member of our EMG program - but we hope that your involvement in our program does not end there.

Master Gardeners are encouraged to stay in our program and continue learning and serving their communities after the initial training. Each subsequent year, master gardeners complete 10 hours of advanced training and 30 more hours of service work. Advanced training opportunities are based around each participant's interests and offer you the opportunity to delve deeper into your particular horticultural interests.

As more gardeners join, we can create more opportunities for both our community and our program. Master Gardeners are encouraged to form an executive board with monthly meetings, where they coordinate larger community service projects, mentor future master gardeners, and plan events, such as plant sales or field trips to gardens in other counties.

While this program may sound overwhelming at first, we are committed to providing a program that is accessible to all, and we will work to support participants with divergent schedules and other commitments. After the initial weekly commitment for basic training in the fall, the program is slower-paced and allows you a full calendar year to do service work.

To join the program, you will need to fill out an application and return it to us before August 9<sup>th</sup>. You can pick up an application at one of our offices (Holton, Seneca, or Oskaloosa), or go online to [www.meadowlark.k-state.edu](http://www.meadowlark.k-state.edu), and navigate to the Horticulture tab, then the Master Gardener tab. The program costs \$60 which covers registration in K-State's basic training courses and a printed copy of the materials. There is no fee for subsequent years. If cost is a barrier, please reach out to me about financial assistance.

If you have any questions or concerns about our program, need help with the application, or want to talk about how the program will work with your schedule, please reach out to me by calling or texting me at 785-230-4028 or emailing me at [lauraphillips@ksu.edu](mailto:lauraphillips@ksu.edu).





**Cindy Williams, Extension Agent**

## It's Melon Season!

Summer and fresh, juicy melons are a perfect match! Whether you grow them or buy from somewhere else, handling and prepping them safely at home is important.

It is easy to forget that melons grow on the ground. They are exposed to pests and microorganisms from the soil. Here are some tips to safely prepare your melon.

- Select a melon with no imperfections. Damage to rinds can cause mold growth or other bacteria to travel to the inside of the melon.
- Before cutting the melon, wash your hands. Be sure equipment and utensils are clean and sanitized, including your sink.
- Place the melon under running water and scrub the outside rind with a produce brush.
- Cut the melon and rinse the pieces as you go. Serve immediately. Store any cut melon leftovers in the refrigerator.



## Little Charges that Add Up

Who cares about an ATM charge here or there—right? Well, all of those “here or there” charges can add up over time. Let’s imagine a typical scenario for a year:

- **ATM:** \$1.50 for 4 times a month = **\$72** a year
- **Credit Cards** (on a \$2,000 balance with 18% interest rate): \$360 in interest charges, plus three \$30 penalty fees for late payments = **\$450**
- **Checking Accounts:** \$20 monthly fee, plus \$10 charge for special services (certified checks, new checks, etc.) 4 times during the year = **\$280**
- **Grand Total:** **\$802**

Before you know it, you’ve shelled out more than \$800 for the “little things”. Wouldn’t you rather have that in your account at the end of the year?

## Reusable Water Bottles...Fill'em Up But Keep'em Clean

As the weather heats up, so does our need to stay hydrated. Experts suggest drinking at least eight 8-ounce glasses of water per day, and more if you’re exercising. The reason is that liquids consumed are vital for keeping all bodily systems functioning properly including our brain which is 85% water. One of the least expensive, easiest and most environmentally responsible ways to get all that water is by using a refillable water bottle.

Reusable water bottles come in metal, glass, and safe plastic, not to mention a variety of shapes, sizes and designs. But the one thing all water bottles have in common is that you need to keep them clean. Bacteria can build up in water bottles if left full, especially if you are using them for beverages other than water. You can get sick if the bottles are not kept clean. Here are some key points to good, clean (healthy) drinking!

- Wash and disinfect your water bottle at least every few days, if not more often. It’s simple---just add a few drops of dish soap to your water bottle, fill about half full with warm water, screw on the top and shake! Rinse the bottle thoroughly and leave open to air dry.
- If your bottle is in need of a deeper cleaning (to remove an odor?) after you wash with soap and water, use a vinegar soak of 1/5 white vinegar to 4/5 water. Let it sit in the bottle overnight, then rinse thoroughly with water in the morning.
- Disposable plastic water bottles aren’t designed to be used more than once. Continuously reusing and washing disposable water bottles may begin to break down the plastic exposing the user to harmful chemicals which can pose a health risk. So, use disposable plastic bottles as they are intended. Remember to protect our environment by recycling them after use.

## Purple Power Smoothie

### Ingredients:

- 4 teaspoons lemon juice
- 1 cup water
- 2/3 cup grape juice concentrate
- 1 cup instant nonfat dry milk
- 2 cups ice cubes

### Directions:

1. Put lemon juice and water into blender and mix well. (Don’t forget to put the lid on!)
2. Add the grape juice and dry milk; blend
3. Slowly add ice, one cube at a time. Turn off blender while adding each cube of ice.
4. Blend well and divide into glasses.



Nutrition Facts: Serves 4/1 cup serving size; calories 150; calories from fat 0, cholesterol 5mg; total carbohydrate 30g; protein 6g

Source: *KSU Kids a Cookin’*



**Ross Mosteller, Extension Agent**

### USDA Moving to Electronic Identification Tags

The United States Department of Agriculture (USDA) is responsible for animal disease traceability. This is defined by knowing where diseased and at-risk animals are, where they've been, and when. The main premise of having a disease traceability system is not to prevent disease, but provides the framework for a response during an animal disease outbreak.

In the primary system used in the United States is the National Uniform Ear tagging System (NUES). The system is decades old and is utilized when USDA

official tags are required, such as when adult breeding animals are moved interstate or for specific program disease purposes such as brucellosis vaccination or tuberculosis testing.

Historically this system used primarily metal visual tags, commonly called "Bangs tags" or "Silver Brite" tags. In more recent years, both the traditional metal visual tags and certain electronic radiofrequency (EID) tags have been accepted as official identification. Official USDA EID tags are a 15-digit usually round/button tag that begin the tag number with the digits 840. EID tags can be read visually and with electronic readers.

For several years, USDA has been discussing the revision of rules around animal disease traceability to move to sole use of EID tags. Significant input was received from industry leaders and animal health officials, with the rule recently being revised to reflect this change. This rule moves USDA official identification to exclusively EID tags that can be read both visually and electronically starting in November 2024.

This rule change does not in any way require the mandatory tagging of all livestock. This only moves USDA official identification tags from the metal option to EID tags. Remember, the two current, primary situations requiring official identification are program disease testing and interstate movement. USDA maintains a complete list of all ages, classes and situations requiring disease traceability for all species. This information can be found at: <https://www.aphis.usda.gov/livestock-poultry-disease/traceability>.



### What is Your Biosecurity Plan?

Having come through the major disruption of COVID in recent years, along with the continued situation of "Bird Flu" (HPAI) wreaking havoc on domesticated poultry operations and more recently the disruption this virus is causing with dairy operations; it seems timely to discuss biosecurity. So, what does the term biosecurity mean?

Simply stated biosecurity measures are those practices taken to prevent the introduction of disease into an animal population and spread of disease within an existing group. Biosecurity focuses on both infectious and non-infectious concerns. Many farms and ranches may have incorporated biosecurity practices for decades, but not necessarily considered those practices under the umbrella of biosecurity. The foundation of good biosecurity is good animal husbandry and care.

Livestock producers, veterinarians, and animal health officials have long known the benefits of good biosecurity practices in relationship to overall health for individual animals as well as state and national herds or flocks. Food safety, profitability, marketability, business continuousness, and consumer demands are all reasons to consider developing or reevaluating a biosecurity plan. Additionally, biosecurity is important for animal welfare, environmental stewardship, and judicious use of pharmaceuticals.

Biosecurity plans can apply to national plans to prevent emerging diseases just as they apply to an operation with a small number of animals. However, biosecurity plans are not one size-fits-all. Three key principles are found in every biosecurity plan: 1) identification of a biosecurity administrator, 2) a written, operation-specific plan, and 3) the establishment of a line of separation for the operation. These three principles provide the foundation of a customized plan for a specific operation.

Many times, operational best practices use biosecurity efforts that simply just need to be put down on paper and reevaluated as necessary. It may be helpful to have a veterinarian or another individual familiar with biosecurity take a fresh look at the plan annually. The Beef Quality Assurance program, Pork Quality Assurance Plus and several other state and national programs, including USDA Animal Plant Health Inspection Service (APHIS), offer good reference materials for those writing and reevaluating a plan's effectiveness.

**Meadowlark Extension District**

114 W 5th St.  
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Address Service Requested

## Publications & 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**

## Upcoming Events

**July 15-18:** Jackson County Fair—Holton  
**July 16-20:** Jackson County Carnival—Holton  
**July 9 Noon-6:00 PM:** County-wide Blood Drive—Delaware Township Hall, Valley Falls  
**July 13 Noon:** House Plant Diagnostic Workshop—Nortonville Library  
**July 25-29:** Nemaha County Fair—Seneca  
**July 25-Aug, 15** (Thurs.) 10:30 AM: Dining with Diabetes  
**July 29-Aug. 1:** Jefferson County Fair—Valley Falls  
**Aug. 7-Oct. 11** (Wed. & Fri.) 9:30 AM: Stay Strong, Stay Healthy—Meriden  
**Sept. 5-Dec. 5** (Thurs.) 1:00 PM: Master Gardener Training—Online



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