



Meadowlark District

K-STATE RESEARCH AND EXTENSION NEWS

meadowlark.ksu.edu

September
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**Closed for designated
holidays**

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Community Vitality/Economic Development



**David Key, Extension
Agent/Director**

Neighboring Has Both Personal & Community Benefits

Real Community Improvement Occurs One Neighbor at a Time

How well do you know your neighbors? Can you name each of the neighbors that adjoin your property or apartment? Do you know a personal fact about each one? Do you speak to your neighbors? It turns out that less than two percent of Americans can say yes to all three of these questions. Mean-time, our culture seems angrier and much less forgiving. We are becoming more isolated and part of that reason is that we have forgotten the art of neighboring. Neighboring does take some effort and time. It requires some purposeful planning because there are both personal and community benefits from being neighborly. Don't feel that you should be neighborly with everyone in your town but think about what your town would look like if you made an effort to be more neighborly to those living near you. Your neighbor may be starved for a friend. On the other hand, your neighbor might have amazing skills or insights to contribute to your neighborhood.

Real Relationships

Take some time to get to know the widow next door, the single mom, the grandparents raising their grandchildren or the new family to the area. People can be challenging. We all have our messes. However, we also need relationships and your neighbors are the perfect place to start. Current social research shows that many in American culture suffer from a lack of personal relationships, which leads to isolation, depression, anger and more. Watching what people do on social media is not a real relationship.

Neighboring Is Different

Many times in small cities residents expect the city government to fix their neighbor problems. Residents are quick to call the city about a code violation but never consider helping a neighbor. An example shared with me was one about a neighbor's overgrown lawn that turned out to be a single mom taking care of her terminally ill mother and the yard was the least of her concerns. Consider checking on the neighbors and offer to help and strengthen your neighbor to neighbor relationship.

Neighbors can complain about things they don't understand particularly in rural farming communities. Showing neighbors what you do on your farm and why those activities are necessary can help your neighbor realize that you are not running farm equipment in the middle of the night or applying animal manure to your crop fields just to annoy them.

Getting Started

One great step is to plan a simple get together and invite your neighbors over. Extend an invitation to each neighbor who has a home bordering you (this includes across the street neighbors, rural non-farming neighbors and back fence neighbors!) Get acquainted and work on staying connected. Your actions show kindness to others and has the power to improve our community one family relationship at a time.



Teresa Hatfield, Extension Agent

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

Bite by tasty bite: Self-management program aims to help cut diabetes risks.

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.

K-State Research and Extension offers Dining with Diabetes, a national extension program designed to boost the health and wellness of Kansans with prediabetes, 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.

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.

More information can be found at <https://www.k-state.edu/diningwithdiabetes/>. To register for Dining with Diabetes classes, starting September 6, 2023, at 10:00 a.m. at the Meadowlark Extension District office in Oskaloosa, contact Teresa Hatfield at 785-364-4125 or thatfield@ksu.edu.

Are you Pre-Diabetic? Take the Prediabetes Risk Test

1. How old are you?
 - a. Younger than 40 years (0 points)
 - b. 40-49 years (1 point)
 - c. 50-59 years (2 points)
 - d. 60 years or older (3 points)
2. Are you a man or a woman?
 - a. Man (1 point)
 - b. Woman (0 points)
3. If you are a woman, have you ever been diagnosed with gestational diabetes?
 - a. Yes (1 point)
 - b. No (0 points)
4. Do you have a mother, father, sister, or brother with diabetes?
 - a. Yes (1 point)
 - b. No (0 points)
5. Have you ever been diagnosed with high blood pressure?
 - a. Yes (1 point)
 - b. No (0 points)
6. Are you physically active?
 - a. Yes (0 points)
 - b. No (1 point)
7. What is your weight category? (See Chart)

If you scored 5 or higher, you are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes. Talk to your doctor to see if additional testing is needed.

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
You weigh less than the 1 Point column (0 points)			



David Hallauer, Extension Agent

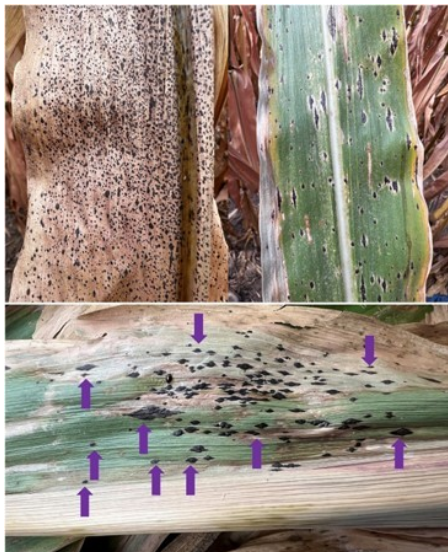
Late Season Tar Spot

While most of our corn is well past the stage where treatment of Tar Spot is of value, knowing what the disease looks like and the levels it might be at in your fields is important, for a couple of reasons.

First, Tar Spot can stick around in residue. Even if Tar Spot comes on late in the season, it's presence in residue could be a source of earlier onset of the disease in the future.

Second, it gives you a first look at the potential for some hybrids to respond better to others than the disease. Particularly in fields where two hybrids can be compared side by side, it's a great opportunity to see if Tar Spot was worse on one than the other.

For more information about Tar Spot, see the KSU e-Update at: https://eupdate.agronomy.ksu.edu/article_new/update-on-tar-spot-of-corn-august-10-2023-557-9.



Wheat Variety Disease and Insect Ratings

Still looking for a wheat variety – or already have one but wonder what you might expect from it? Check out the *Kansas Wheat Variety Guide 2023* (MF991 found online at: [https://](https://www.bookstore.ksre.ksu.edu/pubs/MF991.pdf)

www.bookstore.ksre.ksu.edu/pubs/MF991.pdf). It includes agronomic characteristics, disease, and pest resistance information for many of our common varieties as well as profiles that highlight some more common or new varieties for the state of Kansas. Ratings in this publication represent results from field and greenhouse evaluations by public and private wheat researchers at multiple locations over multiple years.

Want a hard copy? Request one from any District Office.

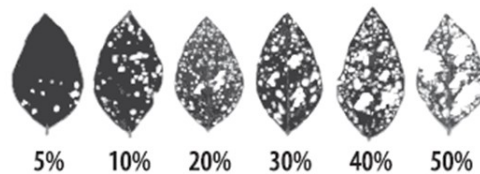
What About Pod Feeders?

Foliage feeding soybean insect pests are one thing – pod feeders are a whole different ballgame. Stink bugs seem to be at pretty low levels at current, but certainly deserve some attention since they feed directly on the marketable product, resulting in shrunken and deformed seeds. Treatments should be considered when one bug is found per three feet of row.

Soybean podworm (corn earworm) can cause pod feeding injury as well. Shake plants over a cloth. If you find one small worm (one half inch or less) per foot of row after multiple counts, feeding injury may warrant treatment.

Pod feeders are generally of greater concern than foliage feeders. If treatment thresholds are reached, check out the KSU Soybean Insect Management Guide link above for more information.

Soybean Insect Mgmt.



Bean leaf beetle feeding damage

As the label states, this picture from KSRE publication MF743 Soybean Insect Management shows various defoliation levels resulting from feeding of Bean Leaf Beetles (BLB). This time of year, it's not uncommon to see damage like this from BLB, or other defoliating pests as well. Japanese beetles are feeding now and it's not uncommon to find Green Cloverworms feeding in the canopy as well.

While they do deserve attention, keep in mind that the soybean plant can actually withstand quite a bit of defoliation before treatment is necessary. For BLB to be of much concern during the reproductive phases, treatment typically isn't warranted unless defoliation reaches 20 percent and insects are actively feeding with defoliation expected to increase. For Green Cloverworm at full pod, insecticides likely aren't justified until there are six to seven larvae per foot of row – and that's assuming the entomopathogenic fungus which often kills many of them hasn't started wreaking havoc on them.

If you haven't scouted yet, it's a great time to do so. Defoliation levels are difficult to estimate and are almost always over estimated. For insect damage thresholds based on insect numbers, check out the KSU Soybean Insect Management Guide at: <https://bookstore.ksre.ksu.edu/pubs/MF743.pdf>.



Ross Mosteller, *Extension Agent*

Buying Hay??? Ask Questions!!!

2022 was a year that stretched hay inventories thin, across a wide region. For the most part, grass hay season for 2023 is in the books and folks likely will be looking to buy or sell hay soon, if they've not already done so. All hay is not created equally, so regardless of the hay source, the following questions are important to consider before making hay purchases.

1. Ask for a **Feed Analysis Report** before agreeing to buy forage. Consider the moisture, protein, energy and relative feed value of what you are purchasing. Also consider the nitrate levels if you are purchasing feeds known to accumulate nitrates, like sorghums.
2. Purchase by the ton, not by the bale. Some bales may be of lower density depending on baler settings, forage type and moisture at harvest. In order to get what you are paying for, base purchases on tonnage. Remember, all hay bales are not of equal weight or quality.
3. Ask how the hay has been stored, especially if it is old crop. Inside barn storage equates to less spoilage. Hay stacked elevated in rows is better than stacked on the ground. Covered is better than uncovered. Substantial spoilage losses can occur in improperly stacked hay.
4. Confirm the type of wrap bales have. Net wrap results in less spoilage than twine wrap.
5. Inquire when the hay was baled and conditions at harvest. Determine the maturity, if hay was baled dry, etc... Bales harvested a year or two ago are more subject to spoilage.
6. Determine where hay is located. Some areas may have undesirable issues that would cause you to avoid the purchase. This can be problematic insects, weeds, invasive qualities and other properties that are not worth the risk.
7. Decide what is a fair, current, market price. There are many sources of information, but the Kansas Hay Market report is a good reputable source for the current market. The Hay Market Report is available at <https://www.ams.usda.gov/market-news/hay-reports>

How to Control "Moss"???

A common question in the Extension office, but the issue is that not all aquatic plants are "moss". There are effective control measures for most of the common aquatic weeds, but the first step is knowing what problem specie is present. An excellent resource is K-State's [Aquatic Plants and Their Control C667](#). A control measure that works well on one type of aquatic plant, might have little to no effect on another. Generally speaking, a combination of prevention; along with mechanical, biological and chemical control, will be needed to appropriately manage waterbodies successfully.

Many ponds have more than one type of aquatic plant, and care must be taken to identify all the aquatic plants dwelling in the pond. Some pond plants may be beneficial to local or migratory wildlife, and therefore, these plants may want to be encouraged or at least not eliminated. Aquatic plants are generally divided into four groups for management purposes. These groups are:

- **Algae and Other Plankton:** Algae are very primitive plants. Some algae are microscopic (planktonic algae). Others are thin and stringy or hair-like (filamentous algae). While still others are large and resemble higher plants but without true roots, chara as an example.
- **Floating Plants:** True floating plants are not attached to the bottom. Floating plants come in sizes from very small (duckweed) to over a foot in diameter (water hyacinth). Most, but not all, have roots that hang in the water from the floating green portions.
- **Submerged Plants:** Submerged plants are rooted plants with most of their vegetative mass below the water surface, although some portions may stick above the water. One discriminating characteristic of submerged plants is their limp or soft stems, which is why they do not usually rise above the water's surface. Examples are: pondweeds, coontail and watermilfoil.
- **Emergent and Marginal Plants:** Emergent plants are rooted plants often along the shoreline that stand above the surface of the water. The stems of are somewhat stiff or firm and don't change position with water level. Examples are: cattails, water primrose & bulrush.





Clay Roland, *Extension Agent*

4-H Sows the Seed of Success

October 1st marks the new year for 4-H. This means that families are enrolling in the Meadowlark District 4-H program.

Some people recognize the benefits of the 4-H experience, but does everyone? You should not only consider enrolling your youth in 4-H, but you should do it! 4-H, like most things in life, you get out



what you put in. If you want a bountiful outcome of leadership, success, and everything 4-H has to offer, you must first begin with sowing the seed by enrolling and participating. Here is a quick overview of what the 4-H program is and what we believe in.

Kansas 4-H is a vibrant youth development program for K-State Research and Extension. 4-H is delivered in partnership with local volunteers and resources, Kansas State Research and Extension, Kansas State University and the larger National Cooperative Extension system — a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. In the case of youth in Jackson, Jefferson and Nemaha counties, 4-H is offered by the Meadowlark Extension District, the local K-State Research and Extension partner. We have offices in Holton, Oskaloosa and Seneca – with a fulltime District 4-H agent and three staff members (one in each office) dedicated to coordinating the 4-H program, alongside of our screened, adult volunteers. In the Meadowlark District, there are 30 community clubs scattered through nearly every community in our three counties. There is also a rich and vibrant school enrichment offering through schools, too.

4-H is the nation's largest youth development organization empowering nearly six million young people across the U.S. and over 88,000 youth in Kansas with the skills to lead for a lifetime. There are 100 public universities that reach youth in every corner of America, including urban neighborhoods, suburban schoolyards and rural farming communities. The national network consists of 500,000 volunteers and 3,500 4-H professionals that provide mentorship to all 6 million 4-H'ers. In Kansas, over 6,000 adult volunteers and professionals in all 105 Kansas counties grow life skills in youth who make valuable social and economic contributions in their communities.

In 4-H programs, kids and teens complete hands-on, research-based projects. Youth will guide their own pathway through 4-H as they will select projects and programs from a broad docket which has an interest for everyone. Youth will be assisted by mentors and adult volunteers as they complete their projects and programs. Most importantly, 4-H youth are commonly put in leadership roles to help develop skills that will serve them for a lifetime.

There is a common misconception of 4-H. There are more projects than just livestock and foods! Past the cooking and animal projects, 4-H offers STEM projects like rocketry and LEGOs, geology, entomology and clothing construction. To see all of the projects offered please visit our website at [https://www.meadowlark.k-state.edu/docs/4h/resources/MED Project Selection Guide.pdf](https://www.meadowlark.k-state.edu/docs/4h/resources/MED%20Project%20Selection%20Guide.pdf) and the state website at <https://bookstore.ksre.ksu.edu/pubs/4H1065.pdf>.

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. All young people have potential, and we are invested in developing them to become empowered, confident, hard-working, determined, responsible and compassionate. This will ultimately set the young people up with the life-long skills to succeed in their future endeavors whether that be in college or their career.

4-H is committed to youth engagement using positive youth development. Positive Youth Development (PYD) engages youth within their communities, schools, organizations, peer groups and families in a manner that is productive and constructive; recognizes, utilizes and enhances young people's strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships and furnishing the support needed to build on their leadership strengths.

Ready to get started? There is no better time than now! Find a 4-H Club near you by visiting our website, <https://www.meadowlark.k-state.edu/4-h/> and clicking on "Find a Meadowlark 4-H Club Near You", [https://www.meadowlark.k-state.edu/docs/4h/new-to-4h-info/Club Maps.pdf](https://www.meadowlark.k-state.edu/docs/4h/new-to-4h-info/Club%20Maps.pdf) or contact any of our Extension Office locations for more information about 4-H!



Cindy Williams, Extension Agent

Raw Sugar in Baking

Raw sugar is a trendy sweetener found in many specialty food stores. Examples include Demerara and Turbinado sugar. It is light brown in color and comes in a crystalized form. It is primarily sucrose and a small amount of molasses. Raw sugar contains about the same number of calories per teaspoon as table sugar.

Can they be used in place of traditional granulated sugar in baked goods?

Yes, although, it may impart a slightly different flavor because it contains molasses. For wetter batters, such as cake batter, the moisture in the recipe can help dissolve the raw sugar to produce a good cake texture (moist and uniform crumb and fluffier than cakes made with refined sugar). For a dryer batter or dough, such as muffins, cookies and shortbread, the finished texture is poor (denser and slightly squatter and tougher). The low amount of moisture will not completely dissolve the large sugar crystals.

To use raw sugar in baked goods, grind the sugar until fine and powdery before adding to batters. This will help the sugar dissolve and improve results.



Mediterranean Diet?

There's some confusion about what the Mediterranean Diet really is. It has been criticized for giving the public a seemingly free license to overindulge on endless amounts of olive oil, cheesy pastas and wine. This isn't healthy.

According to the American Heart Association, a Mediterranean Diet consists of:

- High consumption of fruits, vegetables, bread and other cereals, potatoes, beans, nuts and seeds.
- Olive oil is an important monounsaturated fat source.
- Dairy products, fish and poultry are consumed in low to moderate amounts; little red meat is eaten.
- Eggs are consumed zero to four times a week.
- Wine is consumed in low to moderate amounts.

The nutritional magic of the Mediterranean diet lies in its emphasis on consuming lots of plants: vegetables, fruits, whole grains and legumes. The cuisine contains very little saturated fat.

After World War II, people began to take notice of the Mediterranean Diet when a "Study" examined the diets and health of almost 13,000 middle-aged men in the U.S., Japan, Italy, Greece (including Crete), the Netherlands, Finland and Yugoslavia. Surprisingly, well-fed American men had higher rates of heart disease than those in countries whose diets had been restricted by the deprivation of the war. Resident of Crete enjoyed the best cardiovascular health, a difference scientist largely ascribed to their diet—based on fruits and vegetables, grains, legumes and fish."

Today, the Mediterranean way can have a positive impact on reducing one's high blood pressure, risk for cancer and obesity along with other chronic diseases.

Harvest Time Apple Relish

8 pounds apples (crisp cooking variety such as Honey Crisp, Cameo, or Pink Lady), peeled & cored
3 cups distilled white vinegar (5%)
2 ½ cups sugar
2 cups water
2 teaspoons ground cloves
8 pieces stick cinnamon (3-inches ea.)
1 Tablespoon ground allspice
4 teaspoons ground ginger
4 Tablespoons (1/4) finely chopped red Serrano pepper (about 4-6 peppers as purchased)

1. Immerse prepared apples in a solution of 1 tsp. ascorbic acid and 4 qts. of water to prevent browning. Coarsely shred with food processor or dice by hand. Return to ascorbic solution until ready to use.
2. Combine vinegar, sugar, water, cloves, cinnamon sticks, allspice, ginger and red pepper. Heat while stirring to dissolve sugar; bring to a boil.
3. Drain apples and add to hot syrup. Bring back to a boil, stirring occasionally for about 5 minutes or until apples are mostly translucent. Turn off heat. Remove cinnamon sticks & place 1 piece in each "hot" pint or half-pint canning jar.
4. Fill hot fruit with syrup into "hot" jars, leaving 1/2" headspace, making sure fruit is completely covered in syrup. Remove air bubbles. Wipe rims of jars and apply and adjust prepared canning lids.
5. Process in water canner for 10 min. in 0-1,000 ft. altitude, 15 min. for 1,001-6000 ft or 20 min. for above 6,000 ft.
6. Let cool, undisturbed, 12-24 hrs. and check seals.

For the complete recipe and instructions, see <https://nchfp.uga.edu/publications/nchfp/factsheets/HarvestAppleRelish.pdf>.



Laura Phillips, *Extension Agent*

Help Prevent Insect Decline

Mail Dead Butterflies and Moths to the USGS



While the dead butterfly on your patio might normally prompt you to reach for a broom, the U.S. Geological Survey is asking that you reach for an envelope instead.

The agency is calling on Kansas residents to mail in dead butterflies, moths, or skippers to help them find out why our insect populations are declining.. (Learn about skippers at <https://naturemuseum.org/2020/06/what-are-skippers/>)

Place dead specimens in a resealable plastic bag, and mail them to USGS LRC, 1217 Biltmore Drive, Lawrence, KS 66049. You do not need to put your return address or any other personal information. All specimens should be dead when collected, and not killed, but they can be partially intact or damaged. If you are not able to mail the insect within three days of finding it, place it in the freezer until you get the chance to mail it. The initial deadline is November 1st, but based on the current response, the agency may extend their collection efforts into 2024. Visit www.usgs.gov to learn more about the USGS's research efforts.

Reduce Light Pollution

We all know that moths are attracted to porch lights. But why? It turns out many of our insects use light for hunting, navigation, and courtship. When we add our own lights to the mix at nighttime, it confuses the insects, and they gather around the light instead of hunting or looking for a mate. This might seem like a small issue, but when insects are unable to find food or reproduce, their numbers dwindle fast. You can help us support insects by simply turning off lights at night, or switching to motion activated lights in places where light is needed for safety.

Rethink your lawn

Lawns might seem like a fact of life, but they are not that old. Cut, manicured lawns first took off in 18th century Europe. Low cut green grass was perfect for showing off large castles and manors, and meant you did not need the land to produce your own food. Back then, without the modern lawn mower, only the wealthy could afford the human labor needed to cut their lawns. Pristine lawns quickly became a status symbol.

When Europeans came to America, they brought with them grass seed and the idea of lawns. Lawns, however, did not take off here until the 1830s, with the invention of the lawn mower. Over the following decades, advances in mowers, fertilizers, irrigation, and herbicides led to a boom in lawns. Today, the U.S has over 40 million acres of lawns.

From this brief history, we can see our lawns are not natural to Kansas. We brought the idea of lawns with us to the Americas, planted non-native grasses, and killed off any other plants that tried to grow in our yards. In doing so, we snuffed out biodiversity, reduced habitat for insects, and curated a monoculture of non-native grass. Without biodiversity, our lawns cannot support themselves, and we spend nearly \$100 billion per year in our pursuit of maintaining an artificial ecosystem.

There is now a growing movement to rethink our lawns. Allowing native plants to take over creates habitat for wildlife and beneficial insect populations. It reduces pollution, requires less maintenance, and costs less. For those who want a short, green lawn, allowing clover to grow can be a good middle ground. Clover helps add nitrogen to your soil and its flowers will attract insects that desperately need habitat. Reach out to our office for more information on transforming lawns into flourishing diverse ecosystems.

Plant Natives

We spend a lot of time trying to get plants to grow. One of the easiest ways to do this, is by choosing a plant adapted to your ecosystem. Native plants have spent thousands of years getting accustomed to our weather, soils, and water availability. In response, the insects in our area have spent thousands of years getting accustomed to living off of those plants. By incorporating native flowers into your garden, threatened insects will find a safe haven to live and reproduce. And as a bonus, you will find that your garden is easier to maintain.

For more ideas on helping insects, see www.pnas.org/doi/10.1073/pnas.2002547117

Meadowlark Extension District
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Holton, KS 66436

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

2023 Kansas State Fair

One of the largest events in Kansas will be happening **September 8-17** in Hutchinson. This is the Kansas State Fair. The State Fair is the capstone event for many 4-Hers in their project work, but the Fair offers something for everyone.

For information visit the State Fair website, www.kansasstatefair.com.



The Meadowlark Extension District Offices will be closed Monday, **September 4** in observance of Labor Day.

We will reopen at 8:00 AM on Tuesday, **September 5**.

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