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***Planting Time Aid: Kansas Mesonet***

For most crops, there is a ‘minimum’ soil temperature below which planting problems may result due to cooler than optimal conditions. For field corn, 50 to 55 degrees F (and trending upwards) is that range. Cucumbers and muskmelons should wait until soil temperatures approach 60 degrees F, while peas do well with soil temperatures at 40 degrees F. Waiting to plant until soil conditions are in these ranges provides the opportunity for plants to quickly germinate and begin growing with less potential for growth and development issues occurring when plants germinate in conditions that are less than desirable for optimum growth.

For individual sites, a thermometer can be a great tool to check temperature. If you don’t have a thermometer – or just don’t want to have to (or can’t...) mess with testing at mid-morning every day and then remembering results to see if there are trends, consider the soil temperature tool available from the Kansas Mesonet.

With stations in Silver Lake, Oskaloosa, Hiawatha, and Corning, data can be accessed to help us make sound planting decisions. For example, the Friday March 25 2:15 p.m. afternoon soil temperatures at those sites (respectively) are 43, 43, 42, and 44 degrees F. A deeper dig, however, shows soil temperatures in a *downward* trend since earlier in the week. Cool days plus moisture caused a drop in temperatures that will require some level heat for recovery before we get too excited about planting again. If you’re a real weather buff, you can even get charts at the site showing hour by hour changes as well.

Soil temperatures are just one part of the seed germination and early growth equation, but it is one we can account for with information from the Kansas Mesonet. Access the general mesonet page at: <https://mesonet.k-state.edu/>. From there, you’ll be able to see wind, air temperature, and 24-hour precipitation totals (also a good tool). Accessing the menu in the upper left hand corner takes you to additional options. Choose the Weather tab then Soil Temperature. The current soil temperature at each site will be in the circle on the map. Click on that circle to get specific mesonet site information and data sets. Want a ‘tour’? Give me a shout. I’m happy to walk you through what the Kansas Mesonet can do to aid in your planting decisions.

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### **How 'bout them Apples and Managing GERD**

There is the saying that an apple a day, keeps the doctor away, but do we really know why?

The truth is, there's probably a lot of reasons why apples and other non-acidic fruits, in particular, are good for human bodies. One especially strong reason is to reduce the effects of Gastroesophageal reflux disease, or GERD, a condition thought to affect up to 27% of consumers in North America, with an estimated 3 million new cases per year in the United States.

Over time, research has found that for some people, changes in diet are beneficial to reduce the symptoms of GERD. Common symptoms include heartburn---usually after eating and sometimes worse at night---as well as chest pain, difficulty swallowing, regurgitation of food or a sensation of a lump in your throat.

Apples are not as acidic as citrus fruits like grapefruit and oranges. Apples allow the muscles at the bottom of the esophagus to relax so that food digest more easily. But citrus fruit, fatty and fried foods, caffeinated beverages, alcohol and spices cause the stomach to create more acid, which can wash up the esophagus and cause heartburn.

In addition to apples, other fruits that are less meddlesome in the esophagus include grapes, cranberries, bananas and pears. Consumers can also steam, roast or stir-fry vegetables instead of frying them in fat or adding a cream sauce.

Making good food choices to reduce GERD includes reading the Nutrition Facts labels to look at the fat content of food. High fat foods can aggravate GERD. Read the ingredient statements to look for types of fat, caffeine and alcohol.

It's also helpful to know how a restaurant prepares certain foods. For example, choose steamed or roasted vegetables instead of fried. Choose smaller portions of food to avoid overeating and to help with weight control.

GERD can affect people of all ages, including infants, children and pregnant women. Food and lifestyles choices can help to manage the condition without the help of medication. Discuss symptoms with your health care provider to determine the treatment options.