



Cottonwood Extension District K-State Research & Extension News

Cottonwood Extension District #17

Winter Edition 2019

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What's Happening

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Family & Consumer Science

Donna Krug

ServSafe Food Handlers Workshop Set

The Cottonwood and Midway Extension Districts are hosting a ServSafe Food Handlers workshop on **Friday, February 8th, from 1:30 – 4:30 p.m. at the hospital in Ellsworth.** Whether you serve food as your job or as a volunteer, safe food handling is crucial. This workshop will reinforce the importance of handwashing, correct storage temperatures and proper food preparation techniques. There is a \$15 charge which includes the most recent food handler manual and snacks. The flyer included in this newsletter has the link for on-line registration. Or you may give Donna a call at: (620)793-1910 to sign up

Healthy Choices When Eating Out

Let's face it; Americans eat out often. The fast paced life-style for singles, couples and families often mean a quick trip through the drive through on the way home from work. Is there a way to make healthier choices when eating out? Join Donna Krug, Cottonwood District FCS Agent, as she shares a publication she recently helped update titled, "Healthy Choices When Eating Out." Simple things like opting for broiled or baked instead of fried foods can help. Choosing water instead of a sugary drink also makes good sense. The free program, "Healthy Choices When Eating Out" will be presented three times during March which is designated as National Nutrition Month. **Join Donna on Wednesday, March 6th at noon at the Great Bend Activity Center, 2715 18th Street; Thursday, March 14th, at 5:30 p.m. at the Ellis County Extension Office meeting room, or Friday, March 22nd, at 1:00 p.m. at the Great Bend Senior Center.**

StoryWalk Activity Set

Join Donna Krug for the StoryWalk Activity set for **Wednesday, March 20th, from 10-11 a.m. at the Great Bend Activity Center.** The book, "Handa's Surprise" will engage your children and introduce them to some fun fruits. After reading the story which will be placed on white boards, participants will be treated to a fruit snack. This activity is free and targets toddlers and pre-school age children.

Seasonal Soups

It's definitely soup weather! In a recent program at the Hays library I shared several hearty soup recipes with participants. This Black Bean and Corn Soup will definitely hit the spot on a wintery day. Enjoy!

Black Bean and Corn Soup

This soup makes a nice meal on a cold day. Serve with a big green salad.

Ingredients

- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 6 cups vegetable stock
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 cans black beans, rinsed and drained
- 2 cups whole kernel corn
- 1 28-ounce can crushed or diced tomatoes
- Pepper to taste

Preparation

- In a large saucepan, braise onion, garlic, and carrots in about a quarter cup of broth for 5 minutes or until softened.
- Add the rest of the vegetable stock, seasonings, one can of the beans and corn. Bring to a boil.
- In a food processor or blender, puree tomatoes and remaining can of beans. Add to the pot.
- Reduce heat, cover, and simmer for 10 to 15 minutes.
- Serve hot.

Makes 10 servings

*Brenda Davis, R.D., -Registered Dietitian and Nutritionist,
Author www.brendadavisrd.com*

Choose Wisely: For Health and Wealth

Choices...Choices...Choices. Everyone makes choices every day. Some of these choices include deciding what to eat, how much to eat, and whether to include physical activity in the day. The news is full of information – some of it conflicting – about nutrition and health. When all is said and done, do nutrition and health choices really make a difference?

Research indicates a definite link between food and physical activity habits, and the quality of a person's healthy. So, yes, the choices you make are very important and can make a significant difference in quality of life. Since health is influenced by the choices you make each day, an upcoming program titled, "Choose Wisely: for Health and Wealth" can offer some great suggestions.

Join Donna for this free educational program on **Wednesday, January 9th, at noon**, at the Great Bend Activity Center, 2715 18th Street. The same information will also be presented **Friday, January 24th, at 1 p.m.** at the Great Bend Senior Center.



Agriculture

Alicia Boor & Stacy Campbell

Calving School-Russell, KS

January 9 @ 6pm

Dole-Specter Conference Center
1430 S. Fossil, Russell, KS

Kansas State University Animal Sciences and Industry and Midway District Extension is hosting a Calving School on January 9th in Russell, KS

The program will outline the normal calving process as well as tips to handle difficult calving situations. A.J. Tarpoff, K-State Extension Beef Veterinarian, explains the goals of the event are to increase knowledge and practical skills, and to increase the number of live calves born.

The schools will also share tips on when and how to intervene to assist the cow and how those times may be different when dealing with young heifers. Presenters will also demonstrate proper use of calving equipment on a life-size scale.

Clinton Laflin, Midway District's Livestock Agent will also discuss bull and heifer selection, EPDs, and genetic tools to improve your operation.

There is no cost to attend this meeting, but RSVP's for a meal count are requested by January 4th by calling 785-483-3157 or 785-472-4442

Cover Your Acres Winter Conference, Gateway Inn-Oberlin, KS

This popular and well attended program by growers from several states will be held once again in Oberlin, KS. On January 15-16, 2019. It is the same program both days with concurrent sessions to pick and choose from. [See attached flyer for Registration details.](#)

2019 K-State Soybean School – Great Bend

These K-State Soybean Production Schools will provide in-depth training targeted for soybean producers and key-stakeholders. The schools will be sponsored by the Kansas Soybean Commission.

Hoxie, KS

January 25 (Friday) from 8:30 am to 12:30 pm (Keith VanSike, kvan@ksu.edu)

Great Bend, KS

January 25 (Friday) from 3:00 to 7:00 pm American Ag Credit, 5634 10th St. Great Bend (Stacy Campbell, scampbel@ksu.edu), Alicia Boor aboor@ksu.edu)

Beloit, KS

January 28 (Monday) from 9:00 am to 1:00 pm (Sandra Wick, swick@ksu.edu)

Topics & Speakers:

3:30 Soybean Weed Control Update - Dallas Peterson

He will review new herbicides and trait technologies for soybeans, integrated weed management, new dicamba application requirements, and the impact of non-target dicamba injury to non-Xtend soybeans.

4:30 Soybean Pest Problems for 2018 & Prospects for 2019 - Sarah Zuckoff

This talk will focus on early-season defoliators, mid/late-season defoliators, and pod/seed feeders with some focus also on Dectes stem borers.

5:00 Break

5:30 Crop Production/Soil fertility considerations for soybean production –Lucas Haag

Discussion of diagnostic tools for nutrient management and fertilizer considerations in soybean, with emphasis on the main limiting nutrients in Kansas. Also current soil fertility issues for soybean in Kansas and fertilizer options for increased productivity and nutrient use efficiency.

6:00 Markets - Dan O'Brien: "Soybean Market Outlook for 2019"

Market prospects for soybeans in Kansas will be provided in this session. Market factors such as South American crop production, U.S. production and export prospects, U.S.-China trade discussions, and other factors will be discussed.

6:30 Dinner

Will be provided courtesy of the Kansas Soybean Commission. There is no cost to attend, but participants are asked to **pre-register one week prior to the school they plan to attend**. Online registration is available at K-State Soybean Schools (<http://bit.ly/KSUSoybean>) or by emailing/calling the nearest local K-State Research and Extension office for the location participants plan to attend.

Planning for the Future

January 29 9am-4pm

Knights of Columbus Hall

114 N Main St., Hoisington, KS

The past several years have been a challenge to be in agriculture to say the least. Farmers and ranchers are currently experiencing one of the biggest downturns in history with many parallels to the 1980's. Planning for the future is critical for the short-term viability of the farm business but also for the long-term growth and sustainability of the farming legacy.

The Cottonwood District along with the South Central Kansas Farm Management Association will be hosting a program that will offer a variety of outlook talks to assist in planning for the upcoming years. Having a grasp of input costs and projected prices can assist in making equipment purchasing decisions, land rental arrangements, cattle and grain marketing plans, and more. Managing a farm's financials will also be discussed, as it pertains to the current economic times.

You must RSVP at 620-793-1910 or by email at aboor@ksu.edu by January 22 to ensure that enough materials will be available.

K-State Sorghum School – Hays

The schools will cover a number of issues facing sorghum growers: risk management, marketing opportunities, weed control, crop production practices, nutrient and soil fertility, and insect management.



Garden City, KS

February 5, Tuesday, 8:30 am to 1:00 pm

Jennifer Stoss - jstoss@ksu.edu

Hays, KS

February 6, Wednesday, 8:30 am to 1:30 pm

Agricultural Research Center-Hays

Stacy Campbell - scampbel@ksu.edu

- 8.30 a.m. Registration
- 9 a.m. Meeting starts- Welcome from K-State and Kansas Sorghum
- 9.15 a.m. **Crop production, Dr. Lucas Haag/ Ignacio Ciampitti, K-State Univ.**
- 10 a.m. **Fertility, Dr. Dorivar Ruiz Diaz, K-State Univ.**
- 10:45 a.m. Break
- 11:00 a.m. **Insects, Dr. Sarah Zuckof, K-State Univ.**
- 11:30 a.m. **Weed control, Mr. Marshall Hay, K-State Univ.**
- Noon Lunch
- 12:30 p.m. Sorghum Checkoff/USGC speaker
- 1:00 p.m. **Markets, Dr. Dan O'Brien, K-State Univ.**
- 1.30 p.m. Adjourn

Salina, KS

February 7, Thursday, 8:30 am to 1:00 pm

Carl Garten - cgarten@ksu.edu

Lunch will be provided, courtesy of the Kansas Grain Sorghum Commission. There is no cost to attend, but participants are asked to pre-register by **January 29**.

Online registration is available at K-State Sorghum Schools (<http://bit.ly/KSUSorghum>) or by emailing/calling the nearest local K-State Research and Extension office nearest the location participants plan to attend.

Farm Land Lease Workshop

February 12, 2019 1-3pm

Agricultural Research Center - Hays (auditorium) 1232 240th Ave.

1:00 p.m. Registration and program starts at 1:30 p.m.

Topics:

- Explaining the differences and similarities of various leasing arrangement, crop share, fixed cash rent, flexible leases, AUM pasture leases.
- Active management of the landowner-tenant relationship through effective communication and recongnition of incentives.
- Calculating an equitable lease using cost of production budgets, price and yield expectations, and other market based information.

2:45 Questions

3:00 Conclude

Presenter: Mykel Taylor, K-State Extension Ag Economist.

There is no cost to attend, but we ask you to RSVP by Feb. 11th. Please call Cottonwood District Extension-Hays office at 785-628-9430 or email Theresa at tam3@ksu.edu All interested people are invited to attend.

Soil Fertility Meeting – Strip-Till Irrigated & Variable Rate Nutrient Management

February 14th (Thursday)

American Ag Credit, 5634 10th Street, Great Bend, KS.

Registration 1:30 p.m. Program starts at 2:00 p.m. & concludes at 4:00 p.m.

- Strip-till irrigated fertility management – Dorivar Ruiz, Ext. soil fertility specialist
- Variable rate nutrient management – Lucas Haag, NW Ext. area agronomist.
- Q & A

Snacks & refreshments will be provided.

There is no cost to attend, but we ask you to RSVP by Feb. 14th call 620-793-1910 or email Brenda bwalton@ksu.edu

Weed Control Update for Field Crops – Hays

February 19th from 8:30 to 12:00 pm

Extension Office Mtg. Room, 601 Main, Hays

Topics:

- Weed control research in Western Kansas
- Herbicide resistant weed mgt.
- Herbicide control updates for field crops
- Q & A

Presenters: Dallas Peterson & Kumar Vipan K-State Research & Extension Weed Control specialist.

RSVP for free meal by Friday, Feb. 15th. Call 785-628-9430, email tam3@ksu.edu

A minimum of 10 RSVP's is required in order to hold this program.

Beef Producers-Management and Profit Strategies

February 19, 2019 @ 5:30pm
Township Hall

220 Union Street-Rush Center, KS

Kansas State University will host a series of

meetings to help beef producers focus on management and profit strategies for the new year.

Bob Weaber, a K-State Research and Extension cow-calf specialist, said this year's Winter Ranch Management series is titled "Production strategies to mitigate environmental factors impacting conception and pregnancy." The meetings will be held at four sites in Kansas and will feature presentations and comments by extension educators on profit-enhancing strategies.

The meetings will also feature a popular 'town-hall' style question-and-answer session between Kansas' cattle producers and extension specialists. Weaber said the series has a history of being a successful stretch of meetings.

Weaber, along with other state, district and local extension staff, will take part in the series to help answer producers' questions. The specialists will answer a wide range of questions on beef cattle issues including animal health, nutrition, management, and reproduction.

Meeting topics include forage quality and availability impacts on beef cow-nutrition during late gestation and pre-breeding and also environmental factors affecting conception rates.

Participants are asked to **RSVP by either calling the Great Bend office of the Cottonwood District at 620-793-1910 or the Lacrosse office of the Walnut Creek District at 785-222-2710.**



Prescribed Burnings Workshop-Russell, KS

February 20, 2019

9am to 2:30pm

Dole-Specter
Conference Center

1430 S Fossil,
Russell, KS

The past several years we have re-

ceived a better than average amount of precipitation in the fall creating a large amount of grasses late in the season. These forages are now dry and have the ability to create the perfect storm for a wildfire. Prescribed burnings can reduce the amount of fuel that a fire has access to and help mitigate a massive wildfire.

K-State Research and Extension, the Midway District and the Cottonwood District are hosting a burn workshop on February 20th at Dole-Specter Conference Center, 1430 South Fossil in Russell, Kansas to help educate producers on burning. The program will begin with registration at 9 and will run until 2:30.

Participants will learn the basics of burning, and be able to run through scenarios to gain experience and confidence for creating their own burn plan to implement on their land.

This workshop is designed to help with the understanding of the nature and behavior of fire. Some of the topics that will be covered are reasons for burning, wildlife and prescribed burning, local and state regulations, fire weather, safety, liability, use of burn contractors, planning and conducting a burn. The workshop is designed to either prepare the participants to begin using prescribed burning or to update their knowledge and abilities.

To enroll for this workshop or for more information, please contact either the Midway District at 785-483-3157 or email Clint Laflin at claflin@ksu.edu or the Cottonwood District at 620-793-1910 or email Alicia Boor at aboor@ksu.edu.



Save the date: Pond Management Program March 13 or 14

6 to 8 p.m.

Extension Office Mtg. room, 601 Main St., Hays

- Aquatic Weed Control & Management
- Pond problems & solutions
- Q & A

Presenter: Charlie Lee, Extension Wildlife specialist

Keep spreading the word about the Extension Agronomy eUpdate!

We would like to remind our readers about all the great delivery options for receiving the Agronomy eUpdate, and to encourage all recipients to share this valuable publication with as many interested people as possible.

If you are on our email list, you receive the weekly eUpdate in its entirety along with any special editions that we send out in between regular issues. If you follow @KStateAgron on Twitter, you will receive a tweet with a link to the weekly eUpdate plus additional tweets during the week about individual eUpdate articles and special editions. Some of you may receive the eUpdate by both email and Twitter.

Every now and then we hear from a producer, consultant, or extension agent who just started getting the Agronomy eUpdate by email or via Twitter and wished they had known about it sooner. You can help! We encourage all eUpdate recipients to promote the eUpdate to interested parties and to forward or retweet it to your email lists and followers.

We believe, and we've heard from many others who agree, this weekly electronic newsletter is the best of its kind in the world! And it's free. We'd like everyone to take advantage of our fantastic product, and give us your feedback if you'd like.

To get on our email list to automatically receive the eUpdate as soon as it is released, contact either: Kathy Gehl, Agronomy eUpdate Editor kgehl@ksu.edu at 7585-532-3354 or Troy Lyn Eckart at sprite@ksu.edu 785-532-5776

And don't forget to follow us on Twitter at: twitter.com/KStateAgron Thanks to all our readers! *Dallas Peterson, State Leader Extension Agronomy*

Dryland Grain Sorghum Demonstration Plot

To view the results of the Barton Co. sorghum demo. Variety plot go to our web site at www.cottonwood.ksu.edu

Happy New Year from the Cottonwood Extension District

I hope that your year is off to a great start! It is the perfect time to set some goals for the coming year.

Don't forget to include the wonderful educational opportunities available through the Cottonwood Extension District as you plan your goals. Perhaps this is the year to enroll your kids in the 4-H and Youth program. Or perhaps you will find an upcoming program about health and wellness is just what you need. Maybe you have questions related to agriculture that can be answered by our capable staff. And when the weather warms up a bit we will have Master Gardener's in the Hays office manning a help desk to answer your horticulture questions.

The best part of my career as an Extension Educator is that I can be a lifelong learner and pass that opportunity on to others. Take some time for yourself as we begin a new year and join us at any of our educational opportunities.

To bring you up to date on staffing in our Cottonwood District, we have interviews set for late January to fill the Family and Community Wellness position. Soon after that we hope to open the District Horticulture position for applicants.

Let me know if you have any questions or programming needs as we move forward. I'm always happy to visit.

Donna Krug,
District Director – Cottonwood Extension District





4-H Youth Development

Susan Schlichting & Berny Unruh



Volunteers Make a World of Difference to OUR Youth . . . OUR Future



4-H is growing. With that growth comes a need for caring adults to join the 4-H leadership team to help these youth learn and grow. This is the time of the year when clubs are organized and members are busy doing the important 4-H work. Project meetings are getting underway to help youth learn new skills. I encourage you to consider reaching out, sharing your time and talents with the youth of YOUR community.

Many times youth are interested in developing a skill, but there is not an adult in the group with that particular skill. Becoming a club or county-wide project leader allows opportunities to share your skills with youth in your community. Consider visiting with us about the possibilities. YOU can make a World of Difference for OUR youth!

Ways to Volunteer

Community Club Leader

Guide a diverse group of 4-H members, enrolled in a variety of projects working in a 4-H club.

Club Project Leader

Work with members in a community club to share your skills, talents and special interests in a single project area. For example: clothing, dogs, rabbits, horses, bicycle, computers, woodworking, photography, crocheting, etc.

County-Wide Project Leader

Work with members from across the county to share your skills, talents and special interest in a single project area. For example: beef, robotics, aerospace, gardening, sportsfishing, electricity, entomology, geology, etc.

Short Term Volunteer

Teach a special interest program, and/or assist a 4-H group with a special project.

Teen Volunteers

Serve as a teen leader, camp counselor, and/or as a junior leader.

4-H Volunteers must



- enjoy working with youth
- have a positive attitude
- be caring and nurturing
- embrace the mission of 4-H and K-State University
- complete the KS 4-H Volunteer Service application process

How to Become a 4-H Volunteer

To learn more about becoming a 4-H volunteer, contact the 4-H Agent in your local Extension Office.

In Ellis Co. visit with Susan Schlichting - 785-628-9430

In Barton Co. visit with Berny Unruh - 620-793-1910

To prepare you for your responsibilities as a 4-H volunteer, you will be invited to special training meetings for 4-H volunteers and receive newsletters and other written materials to help you with your job. District Extension agents and other volunteers will provide personal help throughout the year. Ask for the name of an experienced 4-H volunteer who lives near you, to call if you have any questions or need help.

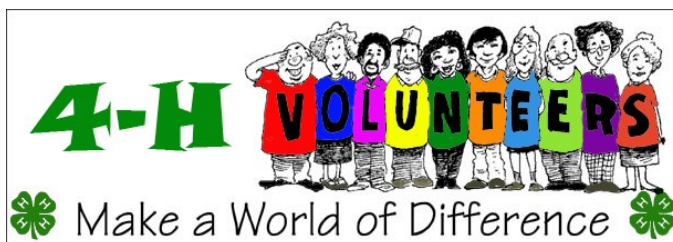
Volunteer's 4-H Pledge

I pledge my Head to give children the information I can, to help them see things clearly and to make wise decisions.

I pledge my Heart to encourage and support children no matter whether they have success or disappointments.

I pledge my Hands to help children's groups; if I cannot be a leader, I can help in many equally important ways.

I pledge my Health to keep children strong and will for a better world through 4-H, for children's groups, our community, our country, and our world.



K-STATE
Research and Extension



Many area and state events coming soon!

Will you be involved in these amazing learning opportunities? Don't miss out! Plan ahead and register on time for some learning of your lifetime!

4-H Horse Panorama

This state event will be held January 25-27, 2019 at Rock Springs Ranch, our state 4-H Center near Junction City. There are a variety of contests all relating to the horse project as well as some educational activities. **Registration is due January 15, 2019.**

Citizenship in Action

What: Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the State Capitol, but will also show them how they can affect the legislative process.

When: February 17 -18, 2019

Where: Topeka, KS

Who: Youth 13-18 years old by January 1 of the current year

Registration Deadline: February 1, 2019

SUPER 4-H SATURDAY Coming to Hays – March 23

March 23 is a day filled with great 4-H activities for the whole family! There will be 6 judging contests—Crops, Entomology, Horticulture, Life Skills, Livestock & Photography for youth 7 -18. You can judge at 1 or all of these great contests. There will be several workshops in the afternoon to help members explore project learning.

There will be a leadership opportunity for adult volunteers at the same time. Mark this date on your calendar and watch for more information as these activities are finalized.

Citizenship Washington Focus

This is an amazing trip to Washington DC June 13-24, 2019 with 4-H members from across the state of Kansas. Meet, learn, share and tour with youth from other states and respected resource people. Walk among places that have made history and places that are making news today.

Registration is due January 15, 2019

Discovery Days—May 27-31, 2019

Discovery Days is held on K-State Campus and is a chance for teens age 13-18 to discover new things. The registration for Discovery Days is sometimes open as soon as April 1—and many teens sign up immediately after the site is open to get the classes they want. Watch for more information about this awesome state event on the State 4-H Website www.kansas4-h.org

4-H Day - Share your Talent!

- ◆ **Sunday, February 24 in Hoisington for Barton County**
- ◆ **Sunday, March 3 in Hays for Ellis County**

4-H Day is a chance for 4-H members to showcase their project learning through public presentations. If you ask a 4-H alumni what one of the most important things they gained through their 4-H experience, they'll most likely tell you it is public speaking!

Some clubs have already started working on skits, project talks, or music presentations. Make a plan early and start gathering the information you will need.

There are resources available from the Extension Office and on our website www.cottonwood.ksu.edu

The public is invited to attend and learn more about 4-H!

Cover Your Acres

January 15 and 16, 2019



Winter Conference

The Gateway in Oberlin, KS

Register Online at www.northwest.ksu.edu/CoverYourAcres

	Room 1	Room 2	Room 3	Room 4
7:45 8:15	Registration			
8:15 8:20	Welcome			
8:30 9:20	Financial Status of NW KS Farms ¹ (J. Steele)	Managing Insect Resistance in Corn ^{1,2} (S. Zukoff)	Remediating eroded high pH soils with manure ¹ (M. Vigil)	Adjuvant Technology (EGE Products)
9:30 10:20	The When, Where, Why, and How of Spray Adjuvants ^{1,2} (R. Zollinger)	Palmer Amaranth Management ^{1,2} (R. Currie)	Top 3 Mistakes Made in Wheat Production ¹ (J. Falk Jones)	(Sims Fertilizer & Chem)
10:20 10:50	View Exhibits			
10:50 11:40	Getting Peak Performance from Paraquat ^{1,2} (M. Hay)	Land Values and Rental Rates ¹ (M. Taylor)	High Plains Irrigated Soybean Management ¹ (S. Stepanovic)	(Bayer Crop Science)
11:50 12:40	Hybrids, Plant Dates, and Seeding Rates for Dryland Corn ¹ (L. Haag)	The When, Where, Why, and How of Spray Adjuvants ^{1,2} (R. Zollinger)	Lunch	
12:50 1:40	Land Values and Rental Rates ¹ (M. Taylor)	Getting Peak Performance from Paraquat ^{1,2} (M. Hay)		
1:50 2:40	Remediating eroded high pH soils with manure ¹ (M. Vigil)	Top 3 Mistakes Made in Wheat Production ¹ (J. Falk Jones)	Hybrids, Plant Dates, and Seeding Rates for Dryland Corn ¹ (L. Haag)	Creating a Drought Resilient Farm (Green Cover Seed)
2:40 3:10	View Exhibits			
3:10 4:00	Producer Panel: Canola, Field Pea, Dry Beans as Alternative Crops	High Plains Irrigated Soybean Management ¹ (S. Stepanovic)	Managing Insect Resistance in Corn ^{1,2} (S. Zukoff)	Spray Applications and Palmer Amaranth Mgt. (Corteva Agriscience)
4:10 5:00	Palmer Amaranth Management ^{1,2} (R. Currie)	Financial Status of NW KS Farms ¹ (J. Steele)	Sunflower Industry Update (National Sunflower Assoc.)	

Platinum Sponsors:

Pioneer
Hoxie Implement
Nutrien Ag Solutions
Lang Diesel

Bayer
National Sunflower Assoc.
Plains Equipment Group
SureFire Ag

2019 SPEAKER TOPICS

A fresh look at High Plains irrigated soybean management: Recent field-scale trials in Southwest Nebraska has evaluated seeding rates, row spacing, and in-season nitrogen applications. Information from these trials will be shared along with considerations for management.

Adjuvants and their effects on Herbicides and Tank Mixes: Many products are on the market. This session will focus on placement of those products to maximize herbicide and tank-mix efficacy.

Current financial status of NW Kansas farms: Using data from northwest Kansas farms, we take a look at opportunities for profitability and where producers should be alert for possible concerns.

Dryland corn hybrids, seeding rates, and planting dates: Research in northwest Kansas has evaluated over 30 hybrids for optimal seeding rate and differences in ear flex. Additionally, hybrid maturity x planting date combinations have been evaluated in another study. This session will discuss the results and their implications for dryland corn management.

Getting peak performance from paraquat - Rates, adjuvants, droplets and more: Paraquat is a valuable tool in management of resistant weeds such as Kochia and Palmer Amaranth. This session will look at how environment, application methods, and various other factors play a role in the efficacy of paraquat.

Land Values and Rental Rates - Where are we going? There are a lot of moving pieces in the land market and the many factors that drive rental rates. We'll take a look at the most recent data and discuss potential future directions and what it might mean to your business.

Managing Insect Resistance in Corn: This session will address the current resistance situation and discuss the various management options to control resistant insect populations and minimize the development of additional resistance.

Palmer Amaranth Management: A discussion of what makes Palmer Amaranth different than many of the weed species we face, the latest performance results from Western Kansas herbicide trials, and recommendations for developing an overall weed control strategy.

Remediation of eroded high pH hill-top soils with manure: A long-term study in Eastern Colorado started in 2006 to evaluate using beef manure at various rates, timings of application, and incorporation methods. Results and management recommendations will be shared.

Top 3 Mistakes in Northwest Kansas Wheat Production: We'll step through the growing season and discuss the most common production problems observed in the field and consider the management practices that can improve yields and profitability in wheat production.

Producer Panel Discussion: A producer panel will discuss various alternative crop options in the region. Potentially included in the discussion will be winter canola, dry edible beans, field peas, barley, and triticale.

Tuesday: Bull session with hours d'oeuvres begins at 5:00

¹ CCA CEUs applied for.

² Commercial Applicator

CEUs applied for.



Preserving the Family with Estate Planning

Save the date and register now!

February 21st - Colby, KS

5:30 p.m. - 9:00p.m.

February 22nd - WaKeeney, KS

10:00 a.m. - 4:00p.m.

Workshop topics include:

- Getting Started with Estate Planning
- Farm & Business Transition
- Elder and Long Term Care
- Living Wills
- Social Security



Cost of registration for both locations:
\$20/each, with a \$15 family member discount price

Meal and materials included. Late registrations (after Feb 15th or on site) are not guaranteed meal or handouts.

**Find registration information on the
back!**

Kansas State University and Cooperative Extension Service
K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age, or disability.



February 21st
Colby, KS

February 22nd
WaKeeney, KS

*Save the date
and register now!*

To register online go to:
[www.northwest.ksu.edu/
events/estate_planning](http://www.northwest.ksu.edu/events/estate_planning)

**For questions, contact the
Thomas County Extension
Office at: 785-460-4582**

K-State Research and Extension

Thomas County

350 S. Range, Ste. 16

Colby, KS 67701-2901

BOARD LEADERSHIP SERIES



Community Board Leadership Series *You are serving on a board-now what?*

Sponsored by:

K-State Research and Extension

February 5	Roles & Responsibilities of Board Members/Effective Meetings
February 12	Fiscal Responsibilities, Fundraising and Legal and Ethical Issues
February 19	Understanding Fellow Board Members/Conflict Resolution
February 26	Strategic Planning

All 2019 sessions will be from 6 - 8 p.m. and will be conducted through a "high tech/high touch" approach at K-State Research and Extension offices across the state for interactive participation!

Registration Fee: Contact the extension office hosting the site you want to attend. Each registration buys a seat which can be rotated by participants!

The Board Leadership Series provides an opportunity to give community-based boards — elected, appointed, or recognized by local units of government — affordable training necessary to be most effective and efficient with their responsibilities.

Registration deadline will be final January 10, 2019. To register at one of the host sites contact:

- Colby: Sheryl Carson, scarson@ksu.edu (785) 460-4582
- Elkhart: Crystal Bashford, cbashfor@ksu.edu (620) 697-2558
- Great Bend: Donna Krug, dkrug@ksu.edu (620) 793-1910
- Pittsburg: Amanda Marney amarney@ksu.edu (620) 724-8233
- Ottawa: Fran Richmond, frichmon@ksu.edu (785) 828-4438
- Meadowlark District: David Key, dkey@ksu.edu (785) 336-2184
- Hugoton: Nancy Honig, nhonig@ksu.edu (620) 544-4359
- Kansas City: Bruce Chladny, bchladny@ksu.edu (913) 299-9300
- Olathe: Tara Markley, tmarkley@ksu.edu (913) 715-7000
- Salina: Carl Garten, cgarten@ksu.edu (785) 309-5850
- Washington: John Forshee, iforshee@ksu.edu (785) 325-2121
- Topeka: Shawnee County; Cindy Evans, cevans@ksu.edu (785) 232-0062

Kansas State University, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. K-State Research and Extension is an equal opportunity provider and employer, and is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision, or hearing disability or a dietary restriction please contact your local extension office.



K-STATE
Research and Extension



FARMERS' MARKETS

2019 Regional Workshop: Hays

Farmers' markets are growing across the state and continue to be an important source of fresh fruit, vegetables, meat, dairy and other agricultural products from small towns to large metropolitan areas. In 2018, 95 farmers' markets were registered with the Kansas Department of Agriculture's Central Registration of Farmers' Markets.

HAYS REGIONAL WORKSHOP

FRIDAY, FEBRUARY 22 • 9 A.M. - 3 P.M.

Registration begins at 8:30 a.m.

Who: Current and prospective farmers' market vendors

What: The Hays regional workshop will cover the following topics:

- Making a Profit as a Market Vendor
- Pest control methods, cover crops, and soil health
- Regulations on Selling Meat, Eggs & Poultry Direct to Consumer
- SNAP Program and Sales Tax for Vendors
- Kansas Specialty Crop Association
- Specialty Crops and Produce Safety
- Farm to Institution (restaurants, groceries, schools, etc)
- Food Safety Update
- Kansas Senior Farmers' Market Nutrition Program

Certified Farmer Training*

**An interactive training session for the Kansas Senior Farmers Market Nutrition Program is required for all new farmers who wish to participate. Interactive training may occur online or during a training (such as hosted during these Farmers Market Workshops). Returning farmers may complete their training and annual agreement online or at an in-person training. All farmers must submit an annual agreement to KDHE. Visit www.kdheks.gov/sfmrnp*

Where:

K-State Agricultural Research Center
1232 240th Ave.
Hays, KS 67601

Registration:

Register online at

FromtheLandofKansas.com/FMWorkshop

or fill out the attached registration form and return to the address listed on the form.

Registration is \$20 per participant, which includes lunch. Lunch cannot be guaranteed for those registering after February 14.

For more information, contact Lexi Wright at lexi.wright@ks.gov or (785) 564-6755.

Vendors can also bring their sales scale to get tested and certified for FREE by the Kansas Department of Agriculture.

To support Kansas' farmers' markets, we are pleased to offer the following workshops in addition to this workshop: Olathe, February 1; Parsons, February 2; Dodge City, February 8; Wichita, February 9; Manhattan, February 15; Hays, February 22.

For more information, please visit FROMTHELANDOFKANSAS.COM/FMWORKSHOP



ServSafe Food Handler Class

Friday, February 8, 2019

1:30 p.m. – 4:30 p.m.

Ellsworth Co. Medical Center

1604 Aylward Ave, Ellsworth KS



Instructor Donna Krug, Family and Consumer Sciences Agent – Cottonwood District will provide food safety training for food handlers. This basic Food Handlers class is great for anyone who handles food. We always think of food establishments and nursing facilities first, but church workers who have regular pot lucks or soup suppers or food concession stand managers are welcome as well.

Registration is also available through the Kansas Restaurant and Hospitality Association website. The url address is: <https://www.krha.org/page/ServSafe>.

\$15 per person

Includes booklet and snacks

Make check payable to “Cottonwood District” prior to class

RSVP by Wednesday, January 30, 2019

Donna Krug 620-793-1910 dkrug@ksu.edu

Ashley Svaty 785-524-4432 asvaty@ksu.edu

Jessica Kootz 785-472-4442 jessicak@ksu.edu

K-STATE
Research and Extension

Cottonwood, Midway &
Post Rock Districts



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, or a dietary restriction please let our office know when placing your RSVP.

*Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.*

Cottonwood Extension District Staff

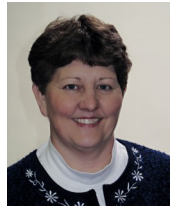
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Keep up on all the latest programs and research resources by visiting
www.cottonwood.ksu.edu



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Ellis County 4-H — It's Legit!
Barton County Extension Master Gardeners
Ellis County Extension Master Gardeners