

**November 2017
Wichita County
Extension Office**

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In this issue:

- Pruning Trees for the Fall
- Winter Care of Houseplants
- Soil Prep
- All About the Turkey
- Baking Perfect Sweet Potatoes



FCE Holiday Festival

Vendors:

3 Cats & Me- Marilyn Fischer
Rustic Rebel- Mary Wright
Norwex-Laura Berning
Usborned Books & More- Kelsey Berning
Gold Canyon Candles & Home Decor- Carlie Gant & Aimee Baker
Preimer Designs/ LD's Sew Original- Linda Duphorne
Tupperware, Rada Cutlery, Homeade Items- Carmen Selzer
A Creative Touch- Jerilynn Bloedorn
Scentsy, Lipsense, Bows & Crafts- Nickie Baker & Christy Marcy
Mary Kay- Aidalicia Diaz
Kathy's Paparazzi Bling- Kathy Wilson
Baked Goods & FCE Marketing- Dorene Reimer
LuLaRoe- Mecia Luebbers
DeMar's Design-Marilyn Luebbers
Ashley Kay Designs- Burlap Wreaths
And More!!!

Demos:

10:00- Place Settings- Carol Ann Crouch
10:30- Belinda Oldham
11:00- Simply Clean Interactive Demo- Laura Berning
11:30- LuLaRoe- Mecia Luebbers
12:30- Sheryl Carson
1:00- Linda Duphorne

Sponsored By:

Wichita County FCE Members





Family and Consumer Sciences

Aimee Baker CEA, FCS



Happy Thanksgiving to You!

The Thanksgiving meal is the largest meal many cooks prepare each year. Getting it just right, especially the turkey, brings a fair amount of pressure whether or not a host is experienced with roasting one.

Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal.

A good resource to plan for the holiday meal is www.foodsafety.gov/keep/events/thanksgiving/.

All About the Turkey

The holidays are here! And that means plans are being made to gather around the holiday table with family and friends. Keep food preparation safe by using these tips from the USDA Food Safety and Inspection Service:

- Thaw frozen turkey in the refrigerator, in cold water, or the microwave.
- Use a thermometer to check done-ness of turkey and dressing. The key temperature is 165°F.
- Thanksgiving leftovers are safe for 4 days in the refrigerator. They're safe forever in the freezer.
- When you go after those Thanksgiving leftovers, make sure heat them to 165 °F before you start eating.
- Keep tomorrow's sandwiches safe! When storing leftover turkey, cut it into smaller pieces to chill faster.

LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

- NATURAL
- KOSHER
- ORGANIC
- WHOLE
- ROASTED
- FROZEN

**For more information about each type of turkey, visit fsis.usda.gov.*

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- Refrigerator:** Safe to store the turkey for another 1 - 2 days in the refrigerator. This is the USDA recommended thawing method. How to thaw: Allow approximately 24 hrs. for every 4-lbs of bird.
- Cold water:** Cook immediately after thawing. How to thaw: Submerge the bird in cold water & change every 30 mins.
- Microwave:** Cook immediately after thawing. How to thaw: Use defrost function based on weight.

For more information on safe thawing methods, visit fsis.usda.gov

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils, Plates, Countertops, Cutting boards SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.

DO NOT WASH YOUR TURKEY!

SEPA RATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Thickest part of breast
Innermost part of wing
Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge: 3-4 days

Safe frozen: Use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling. Reheat thoroughly to a temperature of 165 °F.

FOR MORE INFORMATION: Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKern.gov. Visit PreguntasAlKern.gov for questions in Spanish.

USDA Ad Council

Storing Holiday Leftovers

Plastic food containers are great ways to save leftovers or other foods. But over time, plastic can warp, stain, or remain greasy.

Many types of plastic containers are available, but many are designed for one-time use only. This includes takeout containers and dairy food cartons.

For reusable containers, wash them with hot soapy water or on the top rack of your dishwasher. Use the low- or no-heat drying cycle in the dishwasher.

To remove stains, let the empty container sit in the direct sun a few hours. Or, soak in a mild bleach solution of 2 teaspoons plain bleach per gallon of water.

For smelly plastic containers, soak them in a solution of 1 teaspoon baking soda per cup water or fill with undiluted vinegar.

For more tips, see www.cleaninginstitute.org/clean_living/plastic_food_containers.aspx



Baking Perfect Sweet Potatoes

Have you ever baked a sweet potato and it remains hard? Time and temperature are important. So try this method.

Wash and scrub the potato. Poke it with a fork or knife several times. Jump-start the baking in the microwave until the internal temperature reaches 200°F, about 6 to 9 minutes, flipping every 3 minutes. Then, place on a wire rack set in a rimmed baking sheet to allow air circulation. Bake at 425°F for one hour to finish cooking.

The finished potato should be creamy and flavorful. Enjoy!

For more recipe ideas, see: www.ncsweetpotatoes.com/sweet-potato-recipes/



INGREDIENTS:

4 sweet potatoes, scrubbed	1 teaspoons ground cinnamon
1/4 cup unsalted butter, melted	1/2 teaspoon vanilla extract
1/4 cup brown sugar, packed	1/4 teaspoon ground nutmeg
1 cup mini marshmallows	

DIRECTIONS:

1. Preheat oven to 425 degrees F. Line a baking sheet with foil.
2. Place potatoes in a single layer onto the prepared baking sheet. Place into oven and bake for 45-50 minutes, or until soft and caramelizing.
3. In a small bowl, whisk together butter, brown sugar, cinnamon, vanilla and nutmeg.
4. Cut the potatoes down the center lengthwise. Top with butter mixture and marshmallows.
5. Preheat oven to broil. Place potatoes into the oven again and broil until the marshmallows just start to brown, about 2-3 minutes.
6. Serve immediately.

Cultivating the County

Allen Baker, CEA, Agriculture & Natural Resources

Pruning Trees and Shrubs in the Fall

Though light pruning and removal of dead wood are fine this time of year, more severe pruning should be left until spring. Consider pruning to be “light” if 10% or less of the plant is removed. Dead wood does not count in this calculation. Keep in mind that even light pruning of spring-blooming shrubs such as lilac and forsythia will reduce flowers for next year. We normally recommend that spring-bloomers be pruned after flowering.

Shrubs differ in how severely they can be cutback. Junipers do not break bud from within the plant and therefore should be trimmed lightly if you wish to keep the full shape. Overgrown junipers should be removed. On the other hand, there are certain shrubs that can be pruned back severely during the spring. Rejuvenation is the most severe type of pruning and may be used on multi-stem shrubs that have become too large with too many old branches to justify saving the younger canes. All stems are cut back to 3- to 5-inch stubs. Just remember that spring is the correct time to do this, not now.

Work Garden Soil in the Fall

Fall is the preferred time to prepare garden soil for next spring’s vegetable garden. Spring is often wet making it difficult to work soil without forming clods that remain the rest of the season. Fall usually is drier allowing more time to work the soil when it is at the correct soil moisture content. Even if you work soil wet in the fall and form clods, the freezing and thawing that takes place in the winter will break them down, leaving a mellow soil the following spring.

Insects often hide in garden debris. If that debris is worked into the soil, insects will be less likely to survive the winter. Diseases are also less likely to overwinter if old plants are worked under. Also, the garden debris will increase the organic matter content of the soil.

Working the debris into the soil is often easier if you mow the old vegetable plants several times to reduce the size of the debris.

Fall is an excellent time to add organic matter. Not only are organic materials usually more available in the fall (leaves, rotten hay or silage, grass clippings) but fresher materials can be added in the fall than in the spring because there is more time for them to break down before planting. As a general rule, add 2 inches of organic material to the surface of the soil and till it in. Be careful not to overtill. You should end up with particles like grape nuts or larger. If you work your garden into the consistency of dust, you have destroyed the soil structure.

Winter Care of Houseplants

During the short days of winter, houseplant growth slows, resulting in a need to change how we care for them. Although frequent watering may have been necessary during the long days of summer, the same amount now could cause problems. Excess water fills air spaces within the soil resulting in roots that receive less oxygen than they need. Water by touch, not by calendar. If the soil is dry an inch deep, it is time to water. Be sure to add enough so that some water flows out the bottom of the pot. This will help wash out excess salts that tend to accumulate within the potting soil. Fertilization also should be reduced. Normally, it is best to apply half the amount of fertilizer for flowering houseplants and one-fourth the amount for foliage houseplants. Too much fertilizer results in plants that become leggy and weak.

Location is another factor that should be considered this time of year. Since day length is so short, houseplants may be helped by being moved to areas of the room that receive more light, such as a south- or east-facing window.

Avoid placing plants where drafts from doors or direct output from heating ducts may contact them. Relative humidity also tends to be low during the winter. If you do not have a humidifier, frequent misting of the plants or placing them on water-filled trays of pebbles can help raise the humidity.

Draining Hoses and Irrigation Lines

Hoses and shallow irrigation lines may be damaged over the winter if water is not drained. If there is a main shut-off valve for the system, close it and then run through the zones to make sure any pressure has a chance to bleed off. Lawn irrigation systems usually have shallow lines. Though some lines may be self-draining, check to be sure there are no manual drains. If manual drains are present, they should be opened. Be sure to map them so they can be closed next spring before the system is pressurized. If there are no manual drains the system should be blown out with an air compressor. Lawn irrigation companies often offer this service.

Newly Emerging Volunteer Wheat and The Risk of Wheat Streak Mosaic

In some areas of the state, recent rains have stimulated yet another flush of volunteer wheat (Figure 1). Volunteer wheat is known to be an important reservoir for wheat streak mosaic and wheat curl mites that spread this disease. Many growers are asking if this newly emerged volunteer elevates the risk for problems with wheat streak mosaic becoming established this fall.

While volunteer wheat is known to be an important reservoir for wheat streak mosaic, all volunteer wheat is not equal in its contribution to disease outbreaks. The greatest risk comes from volunteer wheat that emerged shortly after harvest and was left all summer long. This volunteer wheat is rapidly colonized by the curl mites and infected with viral diseases. When this volunteer wheat is removed, the risk is reduced because the virus and curl mites do not survive more than a few hours without a living host. If new volunteer wheat emerges during the summer or fall, the risk of disease returns but not to the same degree. The risk is lower relative to the initial flush because there is less time for it to be colonized by curl mites and infected with virus prior to wheat planting. Volunteer wheat that emerges at planting, or just as the new wheat crop is emerging, is less likely to become a reservoir for disease than volunteer wheat that has been present all summer. In fact, the late emerging volunteer wheat may pose no more risk than early planted wheat fields.

The need to control this volunteer wheat depends on the density of the stand and rotational plans for individual fields. A thin stand of sparse volunteer wheat may be able to wait until other planned herbicide applications are made in the spring. In contrast, a heavy or thick stand of volunteer wheat or other winter annual grasses like jointed goatgrass, downybrome, or other brome species may necessitate some action this fall. Glyphosate is our best herbicide for controlling these winter annual grasses. Glyphosate can be tank-mixed with other residual herbicide programs that often are used to manage winter annual broadleaf weeds such as mustards, henbit, or marehail.

Effects of a Freeze on Forages

A freeze can cause hazards for using some forages.

When plants freeze, changes occur in their metabolism and composition that can poison livestock. But you can prevent problems.

Sorghum-related plants, like cane, sudangrass, shattercane, and milo can be highly toxic for a few days after frost. Freezing breaks plant cell membranes. This breakage allows the chemicals that form prussic acid, which is also called cyanide, to mix together and release this poisonous compound rapidly. Livestock eating recently frozen sorghums can get a sudden, high dose of prussic acid and potentially die. Fortunately, prussic acid soon turns into a gas and disappears into the air. So wait 3 to 5 days after a freeze before grazing sorghums; the chance of poisoning then becomes much lower.

Freezing also slows down metabolism in all plants. This stress sometimes permits nitrates to accumulate in plants that are still growing, especially grasses like oats, millet, and sudangrass. This build-up usually isn't hazardous to grazing animals, but green chop or hay cut right after a freeze can be more dangerous.

Alfalfa reacts two ways to a hard freeze, down close to twenty degrees, cold enough to cause plants to wilt. Nitrate levels can increase, but rarely to hazardous levels. Freezing also makes alfalfa more likely to cause bloat for a few days after the frost. Then, several days later, after plants begin to wilt or grow again, alfalfa becomes less likely to cause bloat. So waiting to graze alfalfa until well after a hard freeze is a good, safer management practice.

Frost causes important changes in forages so manage them carefully for safe feed.

Soil Prep Now for Peas Next Spring

Peas can be planted earlier in the spring than just about any other vegetable crop because they can grow well at a soil temperature of 40 degrees. Though other crops such as lettuce, parsnips and spinach can sprout at lower temperatures (35 degrees), they don't start growing well until the soil reaches about 45 degrees. However, soils are often too wet to work in the spring. Therefore, you may wish to prepare the soil now rather than next spring so that planting can take place as early as possible even if those spring soils are wet. Wait until soil temperatures reach 40 degrees next spring and sprinkle the seeds on the soil and push them in with your finger. Protection from rabbits and deer will probably be needed as they will be attracted to anything green coming up so early.



4-H News



4-H Calendar 2017

November	
21	4-H Officers Training, 6:00pm
December	
1	Enrollment Due
18	Officers Training Make-up, 12:00pm
January	
11	SW KAP Screening
24	SWYLF
February	
??	Model Meeting Night
24	Regional Club Day
March	
2	Beef Weigh & Tag at CSA Cattle
April	
25	Sheep & Goat Weigh & Tag
May	
29-31	Discovery Days
June	
1	Discovery Days
19-22	County Camp
??	Day Camp
July	
21	4-H Horse Show, 9:00am

4-H Officers Training

There will be an 4-H Officers training at the Community Building on Tuesday, November 21. We will provide supper at 6:00pm then start the training at 6:30pm. Please RSVP by November 17th so we can make sure to have enough food for everyone. There must be at least 10 RSVP in order to hold the training.

If needed, there will be another Officers Training on Monday, December 18 at Noon at the Community Building. Lunch will be provided. Please RSVP by December 18th. There must be at least 10 RSVP in order to hold this training, but do not plan for this date. If there are enough to hold the first training, then that will be the only officer training held.



Congratulations to Kelsie Conard for receiving the 4-H Key Award.

Green & White Banquet Sponsors

The 4-H'ers of Wichita County would like to say a big "Thank You" to the businesses who sponsored the 2107 Green & White Banquet. The generous donations given by the following businesses are used to buy certificates, frames and awards for the 4-H'ers and leaders and the rolls, drinks and place settings for the dinner.

- American Implement**
- Family Dynamics**
- Farm Bureau Financial Services**
- First Insurance of Leoti**
- Great Plains Family Dentistry**
- Helena Chemical**
- Heritage Meats**
- KT Tire**
- Leoti Ag Supply**
- Northside Automotive**
- Scott Coop**
- Security State Bank**
- Wells As**
- Western State Bank**
- Wichita County Pharmacy**

**Thank You for your
continued support of
our 4-H Program!**

Wichita County Extension November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i>	<i>2</i>	<i>3</i> <i>WCED</i> <i>Chili Cook-Off</i>	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i> <i>Executive</i> <i>Board Meeting</i> <i>8:30 am</i>	<i>10</i> <i>Observance of</i> <i>Veteran's Day</i> <i>Office Closed</i>	<i>11</i> <i>FCE Holiday</i> <i>Festival</i>
<i>12</i>	<i>13</i>	<i>14</i> <i>Allen-ANSCI</i> <i>Update-</i> <i>Montezuma</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i> <i>4-H Officers</i> <i>Training-</i> <i>Community</i> <i>Building</i> <i>6 pm</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>
				Office Closed for Thanksgiving		
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i> <i>Wind &</i> <i>Wheels 6 pm</i>	<i>30</i>		

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Have a happy and
safe Thanksgiving!!

