



# Wichita County

K-State Research and Extension News

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*Knowledge  
for Life*

## April 2015 Wichita County Extension Office

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## 4-H Council Receives \$2500 Donation



From left: Dustin Fritzmeier-CPS, Chris Irvin-Monsanto, Steven Marcy, Mike Marcy, Kelsie Conard-4-H Council President, Allen Baker-County Ag Agent

America's Farmers Grow Communities is sponsored by the Monsanto Fund to support local farming communities. The program, which launched in 2010, engages farmers in entering to win a \$2,500 donation for their favorite community nonprofit organization, such as 4-H, FFA, schools, fire departments and other civic groups. One winner is selected in each of 1,324 eligible counties in 40 states.

Mike and Steven Marcy, Marcy Farms, was the Wichita County Winner. They chose the Wichita County 4-H Council as the nonprofit organization to receive the \$2500 donation.

4-H helps youth to learn by doing and to lead by example. Wichita County 4-H is committed to providing a positive experience for as many young people as possible. Not just with the belief that 4-H grows great kids, but the belief that by preparing our youth for school, work and life that we are contributing to a vibrant economy for years to come.

The funding will be used in many ways – help provide academic and activity scholarships to our 4-H members and help fund a new livestock barn facility. The 4-H Motto says it all – To make the Best Better, when 4-H is involved in the community, things get done and our 4-H members are better citizens for it.

We want to thank Marcy Farms for their continued support. They have been wonderful supporters of the 4-H program for many years and we want them to know this means everything to us.



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Kansas Association For  
Family & Community Education

Next meeting will be the Spring Tea .

Spring Tea will be April 28th at 2:00pm at the Community Building. Dorene Reimer will be presenting a review of the book Clara and Mr. Tiffnay. Tea ,scones and other delicacies' will be served. Attendees are encouraged but not required to wear a hat.

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## Keep Your Wealth & Good Health!

### High on Fiber ... Low on Cost

Did you know that adults are advised to eat 21 to 38 grams of dietary fiber each day? The average adult in the U.S. eats just 16 grams of fiber each day. Dietary fiber provides many benefits, including lower cholesterol levels and improved heart health. Here are three foods that would be easy to add to your and your family's diet to increase fiber intake. They're both tasty and inexpensive.

#### Oatmeal.

At just 13 cents per 1/2 cup, a bowl of old-fashioned rolled oats provides 4 grams of dietary fiber. Add fruit for even more heart-friendly nutrition!

#### Apples.

They're a perfect on-the-go snack, for 55 to 95 cents a serving. Naturally portable, one apple provides about 4 grams of dietary fiber.

#### Beans.

Black beans, kidney beans, pinto beans ... Take your pick! Not only are these nutritional powerhouses full of dietary fiber (about 6 grams in 1/2 cup), beans also are very economical sources of protein. Canned varieties cost about 28 cents per serving, and the ones that you home-cook from dry are even less expensive. Keep cooked beans on hand to make quick dinners and to pack into brownbag lunches. One to two cups of beans a week are recommended for adults.

### Make Less-Meat Meals

Meats are usually the most expensive portion of a meal. Most adults eat more than the five to six and one-half ounces they need each day of cooked protein-rich foods. To stretch your food dollars, use smaller portions of red meats and poultry, and add plenty of vegetables, fruits and grains to the dish. For instance, think eggplant lasagna or a hearty stew with vegetables, rice, beans and meat or poultry. For more ideas, visit the websites:

[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov) and [www.ksre.ksu.edu/HumanNutrition/p.aspx?tabid=198](http://www.ksre.ksu.edu/HumanNutrition/p.aspx?tabid=198)

### Eat In & Cash In

Working-age adults in the U.S. buy a meal from a restaurant about four times per week on average, according to the USDA. The costs for those can add up fast! These habits are mostly at your health's expense, though, since foods eaten away from home typically are higher in calories, added sugars, sodium, cholesterol and unhealthy saturated and trans fats compared to meals eaten at home. What to do? Limit the number of times you eat out. Instead, enjoy a heart healthy meal at home featuring fruits, vegetables, whole grains, lean protein and low-fat dairy foods. For example, see page 4 for a meal suggestion and the recipe for *Simple and Quick Red Beans & Rice*. Your family's hearts — and wallet — will benefit!

# Cultivating the County

Allen Baker, CEA, ANR

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## Asparagus Time

Asparagus is one of those vegetables where freshness is incredibly important. If you have never eaten asparagus fresh out of the garden, try it. It may convince you to grow some of your own. For those who have an asparagus patch, the new spears should be appearing soon. The first asparagus that comes through the ground always seems to take a long time to reach harvest size. That is because asparagus growth is temperature dependent. The higher the day and nighttime temperatures, the faster it grows. Also, the longer the spear, the quicker the growth. As the season progresses and spears get longer, the growth rate increases.

Harvest asparagus by snapping or cutting. Snapping is quick and easy. Simply bend the stalk near the base until it breaks. Snapped ends dry quickly so refrigerate or use soon after harvest. If you cut asparagus, use a sharp knife to detach the spears slightly below ground level. This base is woodier than snapped asparagus, so it doesn't lose water as quickly. Cut off woody ends before cooking.

## Care for Spring-Flowering Bulbs

As spring-flowering bulbs go through the flowering process, keep three care tips in mind:

1. If practical, remove spent flowers with a scissors or a hand pruner. This allows the plant to conserve its energy for bloom the next year rather than using it to produce seed.
2. Allow foliage to die naturally — it is needed to manufacture food that will be stored in the bulb and used for next year's flowers.
3. Don't fertilize. The roots of these plants start to shut down after flowering. Fertilizer applied at this time is wasted. Instead, fertilize during the fall at the time bulbs are normally planted and again in the spring when new growth pokes out of the ground.

## Starting Tomatoes Early

If you would like to have your tomato plants produce earlier in the year, there are certain things to keep in mind. Most people who try to get a jump on the season set their tomatoes out early and hope they do well. However, that is often not a good plan, as tomatoes have to have certain requirements before they will grow well. Those requirements are an acceptable soil temperature for root growth and an acceptable air temperature for both plant growth and fruit set.

**Root Growth:** Tomatoes need a soil temperature of at least 55 degrees to do well. Plastic mulch is most commonly used to warm the soil. Several days may be needed to raise the soil temperature. Check the soil temperature 2.5 inches deep in the soil at about 11:00 a.m. You may wish to lay a drip irrigation line before installing the plastic to make watering more convenient.

**Air Temperature:** Plants must be protected from frost. Hot caps or water teepees are placed over the young plants to provide protection as well as a higher average temperature to encourage growth. Eventually the plants will outgrow the cover and start to develop flowers. But if the temperature goes below 55 degrees at night, tomato flowers may not set. The plant is not hurt, but the blossom will not set fruit or, if it does set fruit, the fruit is often misshapen.

How early can you transplant? Start with a date about 2 weeks earlier than normal.

## Setting Up Water Teepees

If you use water teepees to get your tomatoes off to an early start, you have probably struggled with their tendency to fall over as you try to fill them. An old trick is to use a 5-gallon plastic bucket to make the process easier.

The bucket works much better if it is modified by taking the handle off and drilling a hole (use a hole saw bit) in the bottom of the bucket. Place the bucket upside down over the plant you wish to protect and place the water teepee over the bucket. Now the bucket will support the teepee as it is filled. Once the teepee is filled, the bucket can be removed by sticking your finger into the hole and pulling straight up. You may also want to support the teepee after it is filled by using a metal rod (rebar or an electric fence post) on the inside of the teepee. The metal rod is pushed into the soil to keep the teepee from collapsing from high winds.

## Proper Timing for Crabgrass Preventers

Crabgrass preventers are another name for preemergence herbicides that prevent crabgrass seeds from developing into mature plants. Many people have a somewhat foggy idea of how they work. They do not keep the seed from germinating but kill the young germinating plant. Crabgrass preventers are just that - preventers. With few exceptions they have no effect on existing crabgrass plants, so they must be applied before germination. Additionally, preventers do not last forever once applied to the soil. Microorganisms and natural processes begin to gradually break them down soon after they are applied. If some products are applied too early, they may have lost much of their strength by the time they are needed. Most crabgrass preventers are fairly ineffective after about 60 days, but there is considerable variation among products. (Dimension and Barricade last longer. See below.)

For most of Kansas, crabgrass typically begins to germinate around May 1 or a little later. April 15 is a good target date for applying preventer because it gives active ingredients time to evenly disperse in the soil before crabgrass germination starts. The April 15 target works well for most of the state, but for southeast Kansas April 1 is more appropriate, and for northwest Kansas, May 1 is best. Additionally, weather varies from one spring to the next, and with it the timing of crabgrass germination. It is often better to base timing on the bloom of ornamental plants. The Eastern Redbud tree is a good choice for this purpose. When the trees in your area approach full bloom, apply crabgrass preventer. A follow-up application will be needed about 8 weeks later unless you are using Dimension or Barricade. Products that do require a follow-up application include pendimethalin (Scotts Halts) and Team (Hi-Yield Crabgrass Control). Dimension and Barricade are the only two products that give season-long control of crabgrass from a single application. In fact, they can be applied much earlier than April 15 and still have sufficient residual strength to last the season. Barricade can even be applied in the fall for crabgrass control the next season.

Dimension can be applied as early as March 1. Because of the added flexibility in timing, these products are favorites of lawn care companies who have many customers to service in the spring.

Though Dimension cannot be applied as early as Barricade, it is the herbicide of choice if it must be applied later than recommended. It is the exception to the rule that preemergence herbicides do not kill existing weeds. Dimension can kill crabgrass as long as it is young (two- to three-leaf stage). Dimension is also the best choice if treating a lawn that was planted late last fall. Normally a preemergence herbicide is not recommended unless the lawn has been mowed two to four times. But Dimension is kind to young tall fescue, perennial ryegrass, and Kentucky bluegrass seedlings and some formulations can be applied as early as two weeks after the first sign of germination. However, read the label of the specific product you wish to use to insure that this use is allowed. Lawns established in the fall can be safely treated with Dimension the following spring even if they have not been mowed.

Note that products containing Dimension and Barricade may use the common name rather than the trade name. The common chemical name for Dimension is dithiopyr and for Barricade is prodiamine. Remember, when using any pesticide, read the label and follow instructions carefully.

We recommend crabgrass preventers be applied before fertilizer so that the grass isn't encouraged to put on too much growth too early. However, it may be difficult to find products that contain preemergents without fertilizer. Those that don't contain fertilizer are listed below. I didn't find any products containing Barricade that did not also have a fertilizer. If anyone knows of other products that should be listed, let us know and we will publish them in a later newsletter.

Pendimethalin

Team (Benefin + Trifluralin)

- Hi-Yield Crabgrass Control

Dimension

- Hi-Yield Turf & Ornamental Weed and Grass Stopper
- Bonide Crabgrass & Weed Preventer
- Green Light Crabgrass Preventer

## **Winterkill and Follow-up Management**

There have been several reports of winterkill injury of wheat in Kansas this year, mainly in the northern half of the state but also in parts of southwest Kansas. This injury has been compounded by very dry topsoil conditions in many areas. As wheat greenup progresses, any winter injury will become more apparent. Injured wheat may initially green up, then go backwards.

Producers need to contact their crop insurance representative before making any management decisions on fields that have had partial or complete winterkill injury. It would not be feasible to replant these fields to wheat at this time of year - either winter wheat or spring wheat. The chances of getting any yield from wheat planted this late are negligible.

If there are large areas of the field with winterkill, but other areas are fine, it would be best to avoid applying topdress fertilizer to the bare areas where the wheat has died. If fields are completely dead, it might be possible to plant these fields to a summer row crop or forage crop later this spring, depending on plant-back restrictions from any residual herbicides that have been applied to the wheat.

Many of the commonly used sulfonylurea herbicides, including Ally, Ally Extra, Finesse, Glean, Amber, Peak, Rave, Maverick, Olympus, and PowerFlex are very persistent and have fairly long crop rotation guidelines.

In general, the most tolerant summer crop to residues of these herbicides is STS soybeans, followed by grain sorghum. Product labels tend to specify grain sorghum, but forage sorghum and sudangrasses would likely have similar levels of tolerance. One major exception to this guideline is sorghum and Maverick herbicide. Sorghum is extremely susceptible to Maverick and should not be planted for at least 22 months after application.

Producers who want to recrop to sorghum on their wheat acres that have received one of these sulfonylurea herbicides should wait as long as possible to plant. Ideally, sorghum should not be planted on these fields until mid-June.

Corn, sunflowers, canola, and alfalfa tend to be the most susceptible crops to the sulfonylurea herbicides and have rotation guidelines of 12 months or longer. Corn is very susceptible to residues of these herbicides. Several herbicide labels make reference to shorter recrop intervals if planting IR corn. However, IR corn has been obsolete for many years and current Clearfield corn hybrids do not have the same level of cross resistance to sulfonylurea herbicides as did the IR corns.

Wheat fields that have been treated with Beyond herbicide can be recropped in the spring with any type of soybean or Clearfield sunflowers, but not to sorghum or corn.

Most other commonly used wheat herbicides in Kansas have very short crop rotation restrictions. In fields where herbicide carryover is a concern, it would be best to wait until later in the spring before planting to allow as much time as possible for herbicide dissipation. Tilling the soil to try to "dilute" the herbicide residue likely will not have a great benefit and could offset the benefits of not tilling the soil.

Always refer to the specific herbicide label regarding crop rotation guidelines and restrictions. Label guidelines for crop rotation are often complicated by soil pH and geography. Some product labels have very rigid crop rotation restrictions, while other labels allow shorter intervals in the case of catastrophic crop failure, as long as the producer is willing to accept the risk of crop injury. Another confusing issue may be the existence of supplemental herbicide labels with shorter crop rotation guidelines than the regular label, or special footnotes to crop rotation tables in the label.

## **Effects of Possible Late Spring Freeze**

Where wheat has been growing for a couple weeks or more, producers may wonder whether a return to freezing temperatures may hurt the wheat.

In the tillering stage, the growing point is near the soil surface during this stage and is protected against injury. Most damage at this stage occurs to leaves, which become twisted and light green to yellow in color and are burned at the tip within one or two days after freezing. A strong odor of dehydrating vegetation may be present after several days. Injury at this stage slows growth and may reduce tiller numbers, but growth of new leaves and tillers usually resumes with warmer temperatures.

In the jointing stage, wheat can usually tolerate temperatures in the mid to upper 20's with no significant injury. If temperatures get into the low-20's or lower for several hours, there can be some injury to the lower stems, the leaves, or the developing head. If it is windy during the nighttime hours when temperatures reach their lows, this increases the chance of injury.

Whether actual freeze injury takes place depends on the low temperature reached, how long the temperatures stayed that cold, temperatures gradients in the field, wind speed, canopy density, and other microclimate factors. Soil moisture is another factor that is usually important in determining freeze injury.



# 4-H News



## 4-H Calendar 2015

### April

- 10 Camp Signup deadline
- 15 Discovery Days Registration
- 29 Sheep, goat, & bucket calf weigh & tag  
@ fairgrounds from 4:00p.m. to 6:00p.m.

### May

- 1 Deadline to add or drop projects,  
Horse & Dog papers due.
- 2 Shutterbug Workshop
- 26-29 Discovery Days in Manhattan

### June

- 9-12 4-H Camp at Rock Springs

## Small Animal Weigh & Tag

For Sheep, Goats, & Bucket Calves  
April 29th at Fairgrounds from 4:00 to 6:00p.m.

Swine tags may be picked up at the Extension  
Office any time after April 7th.



## Discovery Days

Discovery Days, "Be MARVELous and make  
an IMPACT", Registration will be opening  
soon! Please be watching your e-mail for the big an-  
nouncement. Registration will be opening during  
March and will close on April 15 at midnight.

## Wind and Wheels Rocket Launch

There will be a Rocketry Display  
and Launch at the Wind and Wheels event  
April 18, 2015.



The format has changed this year.  
Instead of a contest, we will have a rocket  
display from 10:00am to 2:00pm. In order to display  
your rocket, it must be mounted on a stand to keep it  
in an upright position.

Any person that displays their rocket will re-  
ceive a new rocket kit sponsored by Wichita County  
4-H Council.

At 2:00pm, those that displayed their rockets,  
have the opportunity to launch them for the public.  
(Weather permitting)

## Shutterbug Workshop

The Photo Action Team has scheduled  
Shutterbug workshop event. Shutterbug events  
provide opportunities for youth to participate in  
hands-on sessions covering a variety of topics,  
such as lighting, composition, portraits and posing,  
camera Q & As, etc. Youth may choose from 7-8  
sessions at each location. Dates and details are as  
follows:

### Shutterbugs at the Garden City Zoo,

May 2, 2015, 9:00 am - 12:30 pm

Location: Lee Richardson Zoo,

Finnup Center for Conservation Education

312 E. Finnup Drive, Garden City

Cost: \$5.00 per person,

maximum \$20 per family

Workshops offered at sites around the  
zoo. Topics include: Costumes and Props,  
Frames, Kaleidoscopes, Mirrors, Making Photos  
Unique, a Camera Q and A Table, Photo Scaven-  
ger Hunt and more.

Questions: Contact Pansy Fryman

620-272-3012 or pbeef@wbsnet.org

## 4-H Camp

County Camp at Rock Springs 4-H Ranch is  
June 9 -12, 2015. The camp signup deadline is April  
10.

County Agent Allen Baker has a schedule  
conflict and is not able to take 4-H'ers to camp this  
year, so we will need an Adult volunteer to take our 4-  
H'ers to camp. If we do not have a volunteer come  
forward, then we will not send any 4-H'ers to camp  
this year.

If you are interested in taking 4-H'ers to camp,  
please contact the Extension office asap. The Exten-  
sion Board will pay the camp fee, mileage and per  
diem to the volunteer.



# Wichita County Extension

## April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			<i>Good Friday</i>			
5	6	7	8	9	10	11
<i>Easter</i>			<i>Allen Engaging PDC's @ Garden City</i>	<i>Exec Bd. Mtg. Ext. Office 8:30am</i> <hr/> <i>Fair Bd. Mtg. Ext Office 12:00pm</i> <hr/> <i>Gardening 101 Comm. Bldg. 5:30pm</i>		
12	13	14	15	16	17	18
						<i>Wind &amp; Wheels</i>
						<i>AIM 5K Walk / Run</i>
19	20	21	22	23	24	25
	<i>Allen Entomology Workshop At Garden City</i>					
			Allen at KACAA Spring Workshop at Concordia, KS			
26	27	28	29	30		
			<i>Small Animal Weigh &amp; Tag 4pm-6pm At Fair Grounds</i>			

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# Tractor Safety Training



**May 26, 2015**

**Wichita County Community Bldg.**

**Registration Deadline : May 22, 2015**

**For more information or to register**

**Contact Wichita Co. Extension**

**At 620-375-2724**