

# Wichita County

## K-State Research and Extension News

[www.wichita.ksu.edu](http://www.wichita.ksu.edu)

*Knowledge  
for Life*

**December 2015**

**January 2016**

### Wichita County Extension Office

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CEA, Agriculture and  
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### **2016 Wichita County Extension Council**

The following individuals will serve on the Wichita County Extension Council during 2016. The names in bold are the new members recently elected to the council.

#### **Agriculture PDC**

Luke Smith  
**Jason Koehn**  
Lauren Wedel  
**Steven Marcy**  
Steve Graff  
Craig Berning

#### **FCS PDC**

Ann Wiles  
**Morgan Morefield**  
**Susan Wedel**  
Tammy Simons  
Rita Simons  
**Shelly Graff**

#### **4-H and Youth PDC**

Courtney Young  
Dorene Reimer  
Misty Gardner  
Tori Koehn  
Janee Porter  
Tara Biermann

#### **Community Development PDC**

Tyler Graff  
**Eryka Smith**  
**Diana Kirk**  
**Jenny Long**  
Rhei Thurman  
Burce Leisy

### **Extension Council elected the following members to serve on the 2016 Executive Board:**

Bruce Leisy– Chairman  
Tori Koehn– Vice Chairman  
Ann Wiles– Secretary  
Dorene Reimer– Treasurer

Luke Smith– Member  
Lauren Gooch– Member  
Rita Simons– Member  
Eryka Smith– Member  
Diana Kirk– Member

### **Jeff and Stefanie Perry honored at Extension Annual Meeting**

It is with great pleasure that the Wichita County Extension Council present their Appreciation Award to Jeff & Stefanie Perry.

For many years, Jeff and Stefanie have been a very strong supporter of Extension programming including 4-H where Jeff is a Shooting Sports leader and great help around fair, and Stefanie has helped both her mom and now her daughter with the 4-H dog project. Stefanie is also very active in the Prairie Pals FCE group.

Jeff and Stefanie are true supporters in the Community, Extension and 4-H programs. We thank ou for your willingness to support our mission.



**Thank you Jeff and Stefanie Perry for your contribution to  
Wichita County Extension.**



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# Family and Consumer Sciences

**Aimee Baker CEA, FCS**



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## It's About the Leftovers!

For some people, the best meal of the holiday season is the leftovers. So here are some ideas to savor the meal again.

- **Turkey Soup**—Save the turkey carcass and simmer it with aromatic vegetables to make savory soup base.
- **Casseroles**— combine the turkey or ham with the vegetables and make a casserole, pot pie or even a Shepherd's pie.
- **Turkey Chili**—Use white beans, onions, celery, corn, chilies, and broth to make this hearty soup.
- **Sandwiches**—Slice the turkey, add cranberry sauce, and other toppings on a whole wheat bread for a tasty sandwich.
- **Enchiladas**—Find your favorite chicken enchilada recipe and substitute turkey for a festive meal.

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## ***Peanut Butter Kiss Cookies***

### **Ingredients**

½ cup Peanut Butter  
½ cup Butter  
½ cup Sugar  
½ cup Brown Sugar  
1 tsp Vanilla  
1 Egg  
1½ cup Flour  
1 tsp Baking Soda  
½ tsp Salt  
24 Hershey Kisses  
(unwrapped)

### **Instructions**

1. Preheat oven to 350.
2. Cream together peanut butter, butter, sugar and brown sugar until smooth.
3. Add egg and vanilla and beat together.
4. Whisk together flour, baking soda and salt in a separate bowl.
5. Slowly add dry ingredients to the creamed mixture, beating until incorporated.
6. Roll into 24 1" balls and place on cookie sheet several inches apart.
7. Gently make an indentation in the center of each cookie.
8. Bake 12-14 minutes.
9. Place a Hershey Kiss in the center of each cookie.



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## ***Gifts of Cookies!***

It's the holiday season so spread some cheer with a box of cookies. Here are some tips for mailing cookies from the kitchens of King Arthur Flour.

- Bar cookies or crisp cookies ship well. Bar cookies retain moisture longer. Crisp cookies have low moisture. Both need to be wrapped well.
- Use a sturdy box with soft packing material like bubble wrap.
- Put each cookie in a cupcake liner to help prevent damage.

## Wichita County FCE Sponsors Fourth Annual Holiday Festival

All was festive on November 14, 2015, at the Wichita County Community Building! Beginning at 9:00 am, twenty different vendors from Leoti and the surrounding area, including Sharon Springs, Tribune, Scott City, Ness City, and Garden City, offered their wares, talents, and expertise to approximately 150 area shoppers. Six different demonstrations were presented throughout the day, providing learning and hands on opportunities. Each vendor donated a product for a door prize for lucky shoppers whose names were drawn every hour. Door prize winners included Martha Myers, Terry Elder, Lanna Kreutzer, Belinda Oldham, Marge Elder, Abby Meese, Angel Fetty, Kathy Mullen, Mary Ann Knowlton, Lynn Lewis, Betty Watt, Liz Arkfeld, Linda Scheel, Pat Arfsten, Bernice Crouch, Heather Price.

Demonstrations given were given by: Arlene Clark-Chalky & Company; Belinda Oldham-Table Runners; Chasity Fritzmeier-See It & Believe It; Sheryl Carson (Kearney County FACS Agent)-Antiqued Holiday Pendant: To Dress Up the Tree or You; Laura Berning-Simply Clean With Norwex; Nikki Bjurstrom-Healthy Meal Planning Options.

Prairie Pals FCE sold two different desserts in a jar-Brownies and Oatmeal Peanut Butter Cup Cookies for \$6.00 each and Chai Tea Mix for \$5.00 a bag. A soup buffet of Southwestern Cheese Soup, Bouja, and Potato Soup—homemade by FCE members—crackers, a dessert buffet featuring 19 different desserts, and drink was offered for \$5.00 with proceeds going to the FCE Scholarship Fund. The group rewards a scholarship to a Wichita County graduating High School senior or a Wichita County college student attending any two year or four year college or university studying Family & Consumer Sciences and/ or Allied Health Fields. The 2015 \$500 scholarship was awarded to Hannah Fairchild, now attending Washburn University.

Prairie Pals FCE (Family and Community Education) has a meeting once a month which includes an educational presentation on a variety of topics. Watch the County Happenings Guide in the Leoti Standard for dates, times, and topics!



# CULTIVATING THE COUNTY

Allen Baker, CEA, Agriculture & Natural Resources

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## Supplement Cows to Improve Calf Performance

Can you feed your pregnant cows so their calves gain more weight and more heifers get pregnant? Recent research suggests that proper supplementation pays off.

As winter forage quality declines and cow nutrient demands increase, wise operators feed protein supplements to assure healthy calves plus cows that will rebreed rapidly. But protein supplements are expensive, so we usually feed only what the cow needs to stay healthy.

New research, though, suggests that this strategy of minimizing input costs may overlook the impact supplements have on the future performance of the calf.

Recent research has shown that properly supplementing the cow can increase profitability of the calf she's carrying. In one study, steers born from cows that received protein supplement while grazing winter range produced an extra 60 pounds of carcass weight per animal compared to steers from non-supplemented cows.

In other studies, the pregnancy rate of heifers from cows that received protein supplements while grazing corn residue or winter range was higher than heifers from non-supplemented cows. And steers from these supplemented cows graded choice more often.

This outcome, where supplementing protein to the cow improves the performance of her calves later in life is called fetal programming. It is thought to occur partly because cow nutrition affects development of fetal organs and muscles, which is highest during the last third of gestation. Since most winter feeding and grazing programs use forages that are low in protein, adequate supplementing can pay big dividends.

As cows approach calving time, don't scrimp on the protein. Feed what is needed, both for the cow and her calf. You'll be money ahead.

## Conservation Trees from the Kansas Forest Service

The Kansas Forest Service offers low-cost tree and shrub seedlings for use in conservation plantings. Plants are one to two years old and sizes vary from 5 to 18 inches, depending on species. Orders are accepted from now through the first full week in May each year, but order early to insure receiving the items you want.

Orders are shipped from the second week of March through May 5. Approved uses for these plants include wind-breaks, wood lots, riparian plantings, wildlife habitat and Christmas trees. They may not be used for landscape (ornamental) plantings or grown for resale.

All items are sold in units. Each single species unit consists of 25 plants. For example, a unit of Eastern red cedar has 25 trees per unit. Though a single species unit is most commonly purchased, four special bundles are also available including a songbird bundle, quail bundle, pheasant bundle and wildlife mast bundle.

Tree planting accessories are also available including marking flags, root protective slurry, rabbit protective tubes, weed barrier fabric and tree tubes. If there have been problems with deer browsing on young trees, the tree tubes are a must.

For details and an order form, go to: [https://www.kansasforests.org/public\\_saps/Welcome.aspx](https://www.kansasforests.org/public_saps/Welcome.aspx). Order forms are also available from our office.

## Poinsettia Care

Modern poinsettia varieties stay attractive for a long time if given proper care. Place your poinsettia in a sunny window or the brightest area of the room, but don't let it touch cold windowpanes. The day temperature should be 65 to 75 degrees F. with 60 to 65 degrees at night. Temperatures above 75 degrees will shorten bloom life, and below 60 degrees may cause root rot. Move plants away from windows at night or draw drapes between them to avoid damage from the cold.

Poinsettias are somewhat finicky in regard to soil moisture. Avoid overwatering because poinsettias do not like "wet feet." On the other hand, if the plant is allowed to wilt, it will drop leaves. So how do you maintain proper moisture? Examine the potting soil daily by sticking your finger about one inch deep into the soil. If it is dry to this depth, the plant needs water. When it becomes dry to the touch, water the plant with lukewarm water until some water runs out of the drainage hole, then discard the drainage water.

# Ag Profitability Conference

**January 6, 2014, 8:30am to 3:30pm**

**City Limits Convention Center**

**2227 S. Range (I-70 & Hwy 25)**

**Colby, KS**

**Registration Deadline: January 5, 2016**

**Lunch Included. \$15 if pre-registered, \$20 at the door**

**Register Online: [www.thomas.ksu.edu](http://www.thomas.ksu.edu)**

or send registrations to:

Thomas County Extension

350 S Range, Suite #16 Colby, KS 67701



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## K-State Leasing Workshop

**January 26, 2016, 9:00am to 3:00pm**

**Wm. Carpenter 4-H Building**

**Scott City, KS**

**Registration Deadline: January 20, 2016**

**Lunch Included. \$10 if pre-registered, \$15 at the door**

To Register:

Wichita County Extension

Allen Baker



620.375.2724 or [abaker@ksu.edu](mailto:abaker@ksu.edu)

Scott County Extension

John Beckman

620.872.2930 or [jbeckman@ksu.edu](mailto:jbeckman@ksu.edu)

# Wichita County Extension December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Community Meltdown Mtg. 12:00pm Extension Office</i>	2	3 <i>Allen &amp; Aimee 4-H Update Garden City</i>	4	5
6	7 <i>Fair Board Mtg. 12:00p.m. Ext. Office</i>	8 <i>Exec. Board Mtg. 9:00a.m. @ Milian &amp; Dorene Reimer's Home</i>	9 <i>Aimee Scott City</i> <i>FCE Council Mtg. At Dorene's 12:00pm</i>	10	11 <i>Aimee SW Area FCS Meeting Dodge City</i>	12
13	14 <i>Aimee FCS Block Mtg. 10:00am Garden City</i>	15 <i>Allen NW Agronomy Update @ Hays</i>	16 <i>Allen SW Agronomy Update @ Garden City</i>	17	18	19
20	21	22 <i>Aimee 4-H Empowering Women Scott City</i>	23	24	25 <i>Merry Christmas</i> 	26
Extension Office Closed						
27	28	29	30	31		
Extension Office Closed						

# Wichita County Extension January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  <div style="border: 1px solid black; padding: 2px; text-align: center;">Extension Office Closed</div>	2
3	4	5	6 <i>Allen Ag Profitability Conference Colby</i>	7	8	9
10	11	12	13	14 <i>Allen &amp; Aimee Camp Planning Wakeeney</i> <hr/> <i>SW 4-H KAP Screening Cimarron</i>	15	16
17	18 <i>Office Closed</i>  <i>MLK - Day</i>	19	20	21	22	23
24	25	26 <i>Allen Lease Workshop Scott City</i> <hr/> <i>Aimee SW Partnership Garden City</i>	27	28	29	30
31	<div style="border: 1px solid purple; padding: 10px; display: inline-block;"> <i>Knowledge for Life</i> </div>					

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# Events Coming in 2016

## January

**COMMUNITY MELTDOWN IS BACK!** Check our Facebook page and newspaper for more information, or call the Extension office 375.2724.

## February

Board Leadership Series (February 23, 25 March 1, 3) The series is to help make meetings and members more effective.

## March

Walk Kansas (March 20 - May 14)