



Wichita County

K-State Research and Extension News

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*Knowledge
for Life*

March 2015 Wichita County Extension Office

Courthouse
206 S 4th, PO Box S
Leoti, KS 67861
Phone: 620-375-2724
Fax: 620-375-4815

Allen Baker
CEA, Agriculture and
Natural Resources

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Walk Kansas 2015

An 8-week healthy lifestyle challenge!
March 15 – May 9



Walk Kansas is a team-based program that will help you and others lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

You can participate by gathering a team of 6 people, register the team in your local program, and start your journey toward a healthier life!

For more information Call the Extension Office at 620-375-2724. To register a team stop by the Extension Office and pick up a packet by March 13th.



Kansas Association For
Family & Community Education

Next FCE meeting will be March 10, 10:30 am at the Community Building.

Allen Baker will present a program on "Herb Garden" March 10, 2015 at noon at the Community Building. Herb kits will be available for \$5/kit (Must be present to purchase a kit).

Please RSVP by 5:00pm Friday, March 6th by calling the Extension Office at 620-375-2724. Bring a salad to share.



Garlic- and Herb- Infused Oils at Home

New research from University of Idaho describes how to safely prepare flavored oils at home.

Putting garlic or fresh herbs in oil can lead to botulism when improperly handled and stored. Commercial products like these are acidified or have microbial inhibitors for safety.

To make these oils safely at home, a 3 percent solution of citric acid is used to immerse the garlic or herbs for 24 hours. This time allows the acid to fully penetrate the ingredients and produce a high acid product. This eliminates the growth of botulism bacteria. Citric acid adds minimal flavor. It is important to measure accurately for safest results.

This procedure is for garlic, basil, oregano, and rosemary only. While these oils can be safely stored at room temperature, oil quality is extended with refrigeration.



Southwest Spicy Fish Sandwich

6oz. Tilapia Filets	4Tbs Chipotle Mayonnaise (Recipe below)
4 Large Sesame Seed Buns	1Tbs Soft butter
4 Large Leaves Romaine Lettuce	1 Tbs Southwest Seasoning
4oz Sliced Cheddar Cheese	2 Tbs Extra Virgin Olive Oil



Heat olive oil on medium high in a large frying pan. Sprinkle tilapia filets liberally with southwest seasoning. When oil is hot, add filets. Cook 3 minutes on each side. Remove fish from frying pan and place on a plate.

Heat grill pan to medium high. Lightly butter the buns and grill, buttered side down until browned. Add sliced cheese to the bottom of each bun. Melt the cheese under a broiler or toaster oven and remove from oven. Add a fish filet to each bun. Place a romaine lettuce leaf on top of the fish. Add 1 tablespoon of chipotle mayonnaise to each bun top and place bun on top of lettuce.

Chipotle Mayonnaise

1 7 or 8oz can Chipotle peppers in adobe sauce	1Cup Mayonnaise
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Pour peppers into food processor and pulse until peppers are well chopped. Add 3 tablespoons of chipotle sauce to mayonnaise and mix well. Freeze or refrigerate remaining chipotle sauce.

YOUTH ENTREPRENEURSHIP CHALLENGE



**\$5,000
In
prizes**

MAY 6 | Leoti, KS (NW)

Students from across northwest Kansas will compete for \$5,000 in total prizes in the NetWork Kansas Youth Entrepreneurship Challenge competitions in Leoti!

SAVE THE DATE! APRIL 18, 2015



Mark your calendars for the premier wind event in Southwest Kansas! Join us for a day of kites, cars, food & fun at the 3rd Annual Wind & Wheels Festival in Leoti.

Get event updates at our website

www.windandwheels.org or
find us on Facebook!

Cultivating the County

Allen Baker, CEA, ANR

Planting Asparagus

Though it is too early to plant asparagus, it is not too early to make plans and prepare soil. This crop is a perennial and will survive for many years if given proper care. It prefers full sun and a well-drained soil and is usually placed on the edge of the garden area so that there is no need to till around the area to plant other crops.

Proper soil prep is especially important for perennial crops. Take a soil test to insure proper levels of nutrients. Work the soil as early in the spring as possible but do not work wet soil as clods will form. Then add two inches of organic matter to the surface and the fertilizer and work again so the organic matter and fertilizer are blended into the soil.

Asparagus can be propagated from seed but is more often started from 1-year-old crowns. These crowns are planted deeply; about 8 inches deep either in a hole for each crown or in a trench. Space plants 18 to 24 inches apart. Fill in the trench gradually over the growing season to encourage growth. March 15 to April 15 is the best planting time.

Adapted varieties include Jersey Giant, Jersey King, Jersey Knight, Jersey Supreme and Purple Passion. These are all male hybrids that will produce three times as much as our old Martha or Mary Washington varieties. Males have a number of advantages over females in that they live longer, emerge earlier in the spring, are more productive and eliminate potential volunteer plants that can reduce the productivity of a planting.

Weed control is very important. Competition with weeds results in slow establishment. A shallow hoeing should be all that is needed.

Cut Back Ornamental Grasses

March is a good time to remove dead foliage from ornamental grasses. Grasses green up earlier if foliage is removed and are more attractive without a mixture of dead and live leaves. A number of tools can be used including hand clippers, weed whips (if the foliage is of a small enough diameter), weed whips with a circular blade, or even a chain saw. Use the top of the chainsaw bar to cut so the saw doesn't pull in debris and clog. Also, it is often helpful to tie foliage together before cutting so it doesn't interfere and is easier to dispose of. Burning is another option — but only if it is safe and legal to do so. Note that these grasses may not burn long, but they burn extremely hot. Even so, the crown of the plant is not damaged and new growth appears relatively quickly.

If the center of the clump shows little growth, the plant would benefit from division. Dig up the entire clump and separate. Then replant the vigorous growth found on the outer edge of the clump.

Fertilizing Perennial Flowers

Most flowering perennials are not heavy feeders, and once established, may not need fertilizing every year. However, a soil test or visual symptoms will help determine plant needs. Weak plants with light green to yellowish foliage will probably benefit from a nitrogen-containing fertilizer. In the absence of a soil test, apply a 10-10-10 or similar fertilizer at the rate of 1 pound per 100 square feet.

Fertilizer should be applied as growth begins in the spring. Perennials that tend to need more fertilizer than the average perennials include astilbe, chrysanthemum, delphinium, lupines, and summer phlox. A second application during summer may be helpful for these plants.

Don't Work Too Wet Soil

We have gone from very dry conditions earlier in the winter to many areas being quite moist due to winter storms. Resist the temptation to work any soil if it is wet. Doing so destroys the structure of the soil resulting in clods that may not break down all summer. To determine if a soil is too wet to work, grab a handful and squeeze. If water comes out, it is much too wet. Even if no water drips out, it still may not be dry enough to work. Push a finger into the soil you squeezed. If it crumbles, it is dry enough, but if your finger just leaves an indentation, more time is needed. Be sure to take your handfuls of soil from the depth you plan to work the soil because deeper soils may contain more moisture than the surface.

If tree planting is in your future, you may want to work the soil as soon as it is dry enough to work. You may then protect that area from becoming too wet by covering with a tarp if rain is forecast near the planting date.

Lawn Calendar for Buffalograss

Buffalograss has become more popular in recent years due to its reputation as a low-maintenance grass. Buffalograss does require less water and fertilizer than our other turfgrasses but often has problems competing with weeds in eastern Kansas. Buffalograss is an open growing grass that will not shade the soil as well as most of our other turfgrasses. Weeds are often the result. A regular mowing schedule can reduce broadleaf weed problems as most broadleaves cannot survive consistent mowing. Those that do either have a rosette growing pattern (dandelions, shepherds purse) or are “creepers” (henbit, chickweed, spurge). Annual grasses such as crabgrass or foxtail can also be a problem. A good weed preventer (proflam, pendimethalin or dithiopyr) may be needed prevent problems.

March

Spot treat broadleaf weeds if necessary. The most important treatment for broadleaf weeds should be in late October to early November well after the buffalograss is dormant. Treatments are much more effective then than in the spring as the weeds are smaller and the weeds are sending energy, as well as the herbicide, to the roots. Treatments in March are to take care of any “escapes” missed in the fall spraying. Spray early enough in March that the buffalograss is still dormant. Look at the base of the plants to make sure there is no green. Treat on a day that is 50 degrees F or warmer. Rain or irrigation within 24 hours of application will reduce effectiveness. Use a combination product such as Trimec, Weed-B-Gon or Weed-Out. Weed Free Zone is also good and will give quicker results under cool conditions.

April

Apply crabgrass preventer between April 1 and April 15, or apply preventer when the eastern redbud is in full bloom. If using a product with proflam (Barricade), apply two weeks earlier. Crabgrass preventers must be watered in before they will work. Avoid using broadleaf herbicides as the buffalograss is greening up as injury can result. The buffalograss will not be killed but growth will slow making the buffalograss less competitive with weeds.

June

Fertilize with 1 lb. of nitrogen per 1,000 square feet during June. More applications will give a deeper green color, but will encourage weeds. If it is felt that a second application is needed, apply in July.

July

If grubs have been a problem in the past, apply a product containing imidacloprid by mid July. Imidacloprid can be applied as early as mid May if there are problems with billbugs or May beetle grubs. These products kill the grubs before they cause damage. They are effective and safe but must be watered in before they become active. Again, I would only treat if grubs have been a problem in the past. Note that the whole area may not need to be treated. The beetles that lay the eggs for the grubs are attracted to lights and moist soil and those areas are most likely to be infested.

Late-July through August

If you see grub damage, apply a grub killer. If imidacloprid has been applied or if grubs have not been a problem in the past, this should not be necessary. Grub killers must be watered in immediately.

Late October to Early November

Spray for broadleaf weeds if they are a problem. Look carefully as our winter annuals such as chickweed and henbit are small and easily overlooked. Use a product that contains 2,4-D as it increases effectiveness on dandelions. Treat on a day that is at least 50 degrees F. Rain or irrigation within 24 hours reduces effectiveness.

Always use the rates listed on the label for all products mentioned.

Core Aeration of Cool-Season Lawns

If you are planning to core-aerate your tall fescue or Kentucky bluegrass lawn this spring, reserve a machine now so you can get the job done in March or early-April. Coring early in the spring gives cool-season lawns a chance to recover before crabgrass and other warm-season annual weeds start to germinate.

Core-aerating is one of the best things you can do for your lawn. It relieves compaction, hastens thatch decomposition, increases water infiltration and helps promote better root growth. Pay attention to the soil moisture level when coring. The soil should easily crumble when worked between the fingers. If it is too wet, the machine's tines will plug and it will merely punch holes in the wet soil, which increases compaction. If it is too dry, the tines will not be able to penetrate very deeply.



4-H News



4-H Calendar 2015

March

6 Beef weigh & tag @ CSA Cattle , 4-6pm

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

Heartland Meat Goat Clinic

Instructor:

Glen Martin
April 4, 2015, 9:00 a.m.—4:00 p.m.
Kearny County Fairgrounds, Lakin, Kansas

Schedule of events:

Selection/ Feeding & Facility / Day to Day Care /
Fitting / Showmanship

Cost:

\$35 / person (youth & adults pay)
Bring your goats for the showmanship clinic.

RSVP by:

Monday, March 30, 2015
Kearny County Extension
Bill Haney, Agent
620-355-6551
haney@ksu.edu



Discovery Days

Discovery Days, "Be MARVELous and make an IMPACT", Registration will be opening soon! Please be watching your e-mail for the big announcement. 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 receive 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)

Beef Weigh & Tag

Beef weigh & tag will be Friday March 6 from 4:00pm to 6:00pm at CSA Cattle north of Leoti. This is for all 4-H Beef projects except bucket calves.

If you are not able to weigh & tag your beef at this time, please call the Extension Office at 620-375-2724 and schedule a time with Allen before March.

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 Extension Board will pay the camp fee, mileage and per diem to the volunteer.

More information will be in next month's newsletter

Wichita County Extension

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 <i>Allen Plant Pathology & Entomology Update @ Garden City</i>	6 <i>4-H Beef Weigh & Tag @ CSA 4-6pm</i>	7
8	9 <i>Exec. Board Mtg 8:30am @ Ext. Office</i> <hr/> <i>Fair Board Mtg. 12:00pm @ Ext. Office</i>	10 <i>FCE Mtg. 10:30am @ Comm. Bldg.</i> <hr/> <i>Allen Herb Gardening Program 12:00pm @ Comm. Bldg</i>	11	12 <i>Allen Gardening 101 Comm. Bldg @ 5:30 pm</i>	13	14
15  <i>Walk Kansas Begins!!!</i>	16	17	18	19	20	21
			Spring Break			
22	23	24	25	26 <i>Allen Gardening 101 Comm. Bldg @ 5:30 pm</i>	27	28
29	30	31				

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A.I.M. for the Track 5K and 1 Mile Fun Run/Walk

April 18, 2015 9:00 a.m.

Wichita County High School Track

\$25 - Adults, \$20 - S.W.F.T.R. members,

\$10 - Ages 6-12, 5 & under – free

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip Code _____

Phone (____) _____ Date of Birth _____ Age on Race Day _____ Gender M F

Age Division: 0-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65+

Shirt Size: Youth S M L XL or Adult S M L XL XXL XXXL

(T-shirts will **NOT** be guaranteed for those who register after April 8th)

Tech shirts will be available for an extra \$10

Event: 5K = 9 AM start 1 Mile = 9 AM start

Registration Fees prior to race day: \$25 \$20 \$10 **With Tech Shirts** \$35 \$30 \$20

(Make checks payable to AIM Coalition)

Registration: 8:30 AM, April 18, 2015 at the WCHS Track, East entrance

Race day registration fees increase by \$5

Mail registration forms to: Wichita County Health Department, 104 S. Indian Road, Leoti, KS 67861

Email to: wced@wbsnet.org

Participant Consent

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, waive and release any and all sponsors, their representatives and successors, from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of

this event for any purpose. Minors accepted only with a parent or guardian's signature.

Signed _____ (waiver must be signed to participate)

Date: _____

Return form and fee to Wichita County Health Department by April 8th. Forms and fees can also be mailed to 104 S. Indian Road, Leoti, KS 67861. Checks should be made to: *AIM Coalition*