



# Wichita County

## K-State Research and Extension News

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### *Knowledge for Life*

#### **February 2015 Wichita County Extension Office**

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Allen Baker  
CEA, Agriculture and  
Natural Resources

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### **Can I Can in a Multi-Cooker?**

Electric multi-cooker appliances advertise their use in canning, but be aware that this may not be a safe practice. These appliances perform functions such as a cooking rice, pressure cooking, frying, and slow cooking.

No USDA thermal process recommendations have been done with any electric multi-cooker. What matters is the temperature that is reached inside the appliance as well as inside the jars of food. A manufacturer may say it reaches the pressure required for canning, but that does not prove the food in the jars heats at the same rate as recommended canners for canning.

Other concerns with these appliances include how the user adjusts for altitude changes and how the appliance responds to power changes.

Remember that food preservation is a science, not an art. Using safe procedures and equipment will help ensure the best safety of the canned foods.



### **SuperTracker is now Mobile**

SuperTracker is a food and fitness program to help you track the foods you eat and your physical activity.

Now, there's an App for that! SuperTracker is now available on your Apple phone. Create your own personal profile or use the general plan.

The program has over 8,000 foods. It can also help you set personal goals and get support from a virtual coach.

For more information about SuperTracker see

[www.supertracker.usda.gov](http://www.supertracker.usda.gov)





Next FCE meeting will be February 11, 10:30 am at the Community Building.

FCE will present a program on "Wok Cooking" at Noon on February 11, at the Community Building. Bring a salad to share. RSVP by calling the Extension office at 620-375-2724

## Slow Cooker Pork Chili

Serving size: 1¼ Cups

Serves 6

### Ingredients:

- 2 pounds boneless pork butt, roast, or shoulder
- 1 cup bell pepper, diced (1 medium pepper)
- 1 cup onion, diced (1 medium onion)
- 1 1/2 cups salsa
- 1 can (15 ounces) low-sodium pinto beans
- 1 can (14.5 ounces) low-sodium diced tomatoes
- 



### Instructions:

1. Trim visible fat from the pork. Cut into 2 inch chunks. Place in slow cooker.
2. Add pepper, onion, and salsa.
3. Cook on a low setting for 6 hours or a high setting for 3 hours.
4. Pull the meat apart into shreds with a fork. (You should have about 4 cups.)
5. Put half (2 cups) of the shredded pork in the refrigerator or freezer. (This could be used for the February recipe, pork sandwiches.) Freeze pork if it will not be used within 4 days.
6. Return the rest of the pork to the slow cooker. Add pinto beans and diced tomatoes.
7. Cook another 30 minutes until hot.

### Tips:

- Pork chops, boneless pork rib, or pork loin can be used. They will be more expensive but have less fat.
- Trim fat from pork with a clean knife on a clean cutting board.
- This recipe freezes well.
- Other beans can be used.

Nutrition Facts	
Serving Size 1 1/4 cups	
Servings Per Recipe 6	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 4g	
<b>Protein</b> 23g	
Vitamin A 15%	Vitamin C 50%
Calcium 8%	Iron 10%

## Annual Youth Entrepreneurship Fair Set for February 18

The second annual Wichita County Youth Entrepreneurship Fair (E-Fair) is set for February 18, 2015 and will be held in the Wichita County High School Gymnasium. Students from Wichita County and Greeley County in grades 7-12 are eligible and encouraged to participate. The E-Fair is a science fair for business ideas. Students create their own business idea, write a business plan and compile their research, financial data (yearly projections – profit/loss) and create a business booth the day of the E-Fair.

Wichita County Economic Development will be providing \$1,000 total in scholarship awards to the top 3 places (\$500, \$300, \$200). Greeley County Community Development will be offering \$500 total in awards for most creative business and best rural-based business.

Our hope is to plant a seed in the students which will at some point grow into the realization that their projects can become reality. We encourage students to go to college and further their education, and remind them that they have the opportunity to come back home when they're ready to plant their roots.

The public is invited to attend. The Youth Entrepreneurship Fair will begin 1:00 pm. Area business resource partners will be available to answer questions and connect with students and local businesses, including **Kansas Department of Commerce, Kansas Small Business Development Center and NetWork Kansas.**

At 2:15 PM, Michelle Foote, owner of Oscar's, in Hoxie, KS will share her knowledge and experiences of being an entrepreneur in a rural community.

Here are some activities to help a teen or young adult in your life think more entrepreneurial and business-like:

- When using a specific product, ask them to think of substitute products or competition for that item.
- When watching commercials, ask them who that company and/or product's target market is or who do they want as customers.
- When baking or cooking a meal in the kitchen, help them to understand the costs that go into the meal. You'll quickly learn that it's cheaper to cook at home.
- When they're frustrated with something they're doing, challenge them to think about how they can make it better. What can they invent?
- Think about customer service, when you experience bad customer service point it out as an example. Same with great customer service.

Helpful Entrepreneurial Skills to Teach Kids		
Problem Solving	To Ask Questions	To Be Creative
To Lead Others	To Learn Form Mistakes	How to Save Money
To Want To Make Money	How To Sell	To Ask For Help
Public Speaking	To Never Give Up	To See Solutions

For more information about this event, please  
contact the Wichita County Economic Development  
Office at 620-375-2182

# Cultivating the County

Allen Baker, CEA, ANR

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## Use a Planting Calendar

If you start vegetable plants indoors, it is often helpful to list seeding dates on a calendar so that plants are ready for transplanting at the proper time. To do this, choose your transplant date and count back the number of weeks necessary to grow your own transplants. For example, cabbage, broccoli, and cauliflower are usually transplanted in late March to early April. It takes 8 weeks from seeding to transplant size. Plants should be seeded in early February. Below are some common vegetables grown for transplants and a recommended date for seeding. Dates are Saturdays as this is when many homeowners have the most free time. The dates are not set in stone, and a week earlier or later will not ruin the plants. Keep notes on how well the transplants did so you can tweak the planting schedule. Your conditions may result in plants that need a bit more or a bit less time.

<u>Crop</u>	<u>Seeding Date</u>	<u>Transplant Date</u>
Cabbage, Broccoli & Cauliflower	February 9	April 6
Lettuce	February 9	April 6
(if you grow transplants)		
Peppers	March 23	May 18
Tomatoes	March 30	May 11

## Lawn Calendar for Cool-Season Grasses

The following suggestions are for cool-season grasses such as Kentucky bluegrass or tall fescue. Zoysiagrass, bermudagrass, and buffalograss are warm-season grasses and require a different maintenance regime. A warm-season grass calendar will be covered in a later newsletter.

### March

Spot treat broadleaf weeds if necessary. Treat on a day that is 50 degrees or warmer. Rain or irrigation within 24 hours of application will reduce effectiveness.

### April

Apply crabgrass preventer when redbud trees are in full bloom, usually in April. The preventer needs to be watered in before it will start to work. Remember that a good, thick lawn is the best weed prevention and may be all that is needed.

### May

Fertilize with a slow-release fertilizer if you water your lawn or if you receive enough rainfall that your turf normally doesn't go drought-dormant during the summer. If there are broadleaf weeds, spot treat with a spray or use a fertilizer that includes a weed killer. Rain or irrigation within 24 hours of application will reduce effectiveness of the weed killer, but the fertilizer needs to be watered in. If you are using a product that has both fertilizer and weed killer, wait 24 hours after application before watering in.

### June through Mid-July

Apply second round of crabgrass preventer by June 15 – unless you have used Dimension (dithiopyr) or Barricade (proflam) for the April application. These two products normally provide season-long control with a single application. Remember to water it in. If grubs have been a problem in the past, apply a product containing imidacloprid during the first half of July. This works to prevent grub damage. It must be watered in before it becomes active.

### Late-July through August

If you see grub damage, apply a grub killer that contains Dylox.

Imidacloprid is effective against young grubs and may not be effective on late instar grubs. The grub killer containing Dylox must be watered in within 24 hours or effectiveness drops.

### September

Fertilize around Labor Day. This is the most important fertilization of the year. Water in the fertilizer.

### November

Fertilize. This fertilizer is taken up by the roots but is not used until the following spring. Water in fertilizer. Spray for broadleaf weeds even if they are small. Broadleaf weeds are much easier to control in the fall than in the spring. Spray on a day that is at least 50 degrees. Rain or irrigate within 24 hours reduces effectiveness. Use label rates for all products!

# **Vegetable Gardening 101**

**"Feeding that Urge to Get Out and Do Something"**

February 12:	Getting Started
February 26:	Root Crops
March 12:	Tomatoes
March 26:	Vine Crops
April 9:	Other Vegetables



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**Bring your supper and Enjoy!**

**Every other Thursday starting February 12th  
5:30pm  
Community Building, Leoti, KS**

**Presented by Allen Baker,  
K-State Research & Extension, Wichita County**

For more information contact KSRE, Wichita County - (620) 375-2724



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# 4-H News



## 4-H Calendar 2015

### February

13 Regional Club Day Sign-up Deadline

21 Regional Club Day at WCHS

### March

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

### April

10 Camp Signup deadline

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.

26-29 Discovery Days in Manhattan

### June

9-12 4-H Camp at Rock Springs

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## Congratulations Kelsie Conard

Kelsie's Photography KAP has qualified for State KAP  
judging in March.

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## Regional Club Day

Regional Club Day will be held on Saturday,  
February 21 at the United WCHS in Leoti. Please park  
on the west side and use the west doors, as there is a  
6th Grade Basketball tournament also in the building  
that day. If you would like to enter in a individual event,  
the deadline to sign up is Friday, February 13, 5:00pm.

Wichita County 4-H Clubs will present their  
Model Meetings on this day also.

A schedule will be available a few days prior to  
the 21st.

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## 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

## 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.

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## 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)

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## Welcome New 4-H'ers

We would like to welcome all of our new  
4-Her's for 2015

Leo Alvarado  
Abby Bishop  
Zane Gerstberger  
Ciera Hernandez  
Mariah Keeton  
Jose Magadan  
Jentri Porter  
Alyssa Troutman  
Elise Warden

Marcy Baker  
Brayden Bollwinkel  
Alyha Heredia  
Hailey Keeton  
Ana Lamaster  
Hannah Martin  
Israel Pulido  
Dominic Troutman  
Tadyn West

**Good luck to all the 4-Her's  
We look forward to a great year!!!**



# Wichita County Extension

## February 2015

Knowledge  
forLife

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Bread in a Bag At WCES 1:00pm</i>	4 <i>Allen Wheat Show Meeting Hutchinson</i>	5 <i>Allen Planning for The Future Garden City</i>	6	7
8	9 <i>Exec Board Meeting 8:30am @ Ext. Office</i>  <i>Fair Board Meeting 12:00 pm @ Ext. Office</i>	10	11 <i>FCE Meeting at Community Building @ 10:30am</i>  <i>Wok Cooking Presented By Peggy Schimanek @ 12:00pm</i>	12 <i>Horticulture Program at Community Building @ 5:30pm Presented By Allen</i>	13 <i>Allen Camp Planning at Hill City @ 10:00am</i>	14
15	16  <i>Office Closed</i>  <i>Presidents Day</i>	17	18  <i>Allen Prescribed Burn Workshop Scott City 12:00-4:30pm</i>	19  <i>Allen Administration Update in Garden City</i>	20	21  <i>Regional Club Days</i>
22	23	24	25	26  <i>Horticulture Program at Community Building @ 5:30pm Presented By Allen</i>	27	28



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# MARIENTHAL MEADOWLARKS MARCH

## 2015 Marienthal Meadowlarks March 5K and 1 Mile FUN Walk/Run Registration

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email (will be used for updates on the race) \_\_\_\_\_

Date Of Birth \_\_\_\_\_ Age On Race Day \_\_\_\_\_ Sex M F

(for official use only)

**Bib #**

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

(Circle size of shirt desired)

**\*(T-shirts will NOT be guaranteed for those who register after Mar. 5<sup>th</sup>)\***

**Event:** 5K = 10 AM start 1 Mile = 10 AM Start (Not Timed)

**5K Medal Age Divisions:** 0-12yrs. 13-19yrs. 20-29yrs. 30-39yrs. 40-49yrs. 50-59yrs. 60+yrs.

**Registration Fees:** Adult \$20 SWFTR Member \$18 Kids (12 years and under) \$15

\_\_\_\_ My Payment is enclosed (**Make checks payable to Marienthal Meadowlarks**)

**Registration Date/Time:** 9:00 – 10:00 AM, March 14<sup>th</sup>, 2015 at the Marienthal Grade School  
Race Starts at 10:00

**Mail Registration Form To:** Marienthal Meadowlarks, c/o Kara Ayers, 1449 N CR 13, Leoti, KS 67861

**\*ONE ENTRY PER APPLICATION \* THIS MAY BE REPRODUCED \***

**EVERY PARTICIPANT MUST SIGN THIS WAIVER! Parent/Guardian for anyone under 18 must sign the waiver.**

*In consideration of the acceptance of my entry in the Marienthal Meadowlarks race, I, the undersigned and, if less than 18 years of age, my parent or guardian, do so at my own risk. I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of weather, conditions of the road, and encounters with animals. I understand I am solely responsible for my own safety while traveling to and from or participating in this event.*

*Knowing these facts, I hereby for myself, my heirs, executors, administrators, or anyone else who may sue on my behalf covenant not to sue, and waive release, and discharge the sponsors, or contributors to this event, any race officials, volunteers, their representatives, successors, or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. I also give permission for the free use of my name and/or pictures in broadcasts, telecasts, newspapers, poster, advertising, etc. I understand that the entry fees are non-refundable.*

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date