

# Wichita County

K-State Research and Extension News

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

*Knowledge  
for Life*

## November 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

### In this issue:

- \* Holiday Money saving Meals
- \* Managing the Holiday "Calorie Budget"
- \* Apply Late-Season Nitrogen Application in November
- \* Perennial Garden Clean-Up
- \* Control Broadleaf Weeds in Lawns in Late October-Early November
- \* Winter Mulching of Vegetables
- \* Natural Needle Drop on Conifers
- \* Hardiness of Cool-Season Vegetables
- \* Tree Leaves and Turf
- \* Winter Care of House



## 2015 Green & White Banquet

Dean Wieggers was honored at the annual 4-H achievement banquet for his 50 years of 4-H leadership.



Pictured above: Allen Baker, CEA and Dean Wieggers. Thank You Dean for everything you do and you continued support of 4-H!



Pictured above are the 2014-15 4-H'ers



Prairie Pals FCE Council will meet on November 10, 2015 at the Community Building .

Holiday Festival will be November 14, 2015 at the Community Building from 9:00a.m. to 3:00p.m.

## The Holidays Are Merrier with Money-Saving Meals

### Stretch Your Savings

Plan your menu early. Look in store flyers for pre-holiday food sales.

### Delay Your Festive Meal to Get Day-After Deals

The day after a holiday can be a great time to find festive food bargains at the store. Consider delaying your holiday meal by several days to take full advantage of sales. Special-event foods may be marked down to half price. Look for reduced prices on certain meats, such as turkey and ham; baked goods, such as holiday rolls and pumpkin pie; and traditional fresh or canned fruits and vegetables, such as pumpkin. Be sure to check the “sell-by date” for freshness before purchasing any food.



### Plan Your Portions

Limit costs by buying only as much food as your family need s. For example, do you want to serve enough turkey for just 1 meal? If so, buy 1 pound per person. Want a few leftovers for sandwiches? If so, plan to bake 1 1/2 pounds per person. To provide for an entire extra meal, buy 2 pounds per person. Each pound of a bone-in ham will provide 2 to 3 servings. A pound of semi-boneless ham will yield 3 to 4 servings. One pound of a boneless ham will provide 4 to 5 servings.

### Designate Some Dishes

Inviting guests? Save money and add so me surprises to your menu by asking them to bring beverages, bread or a non-perishable dessert.

### Compare the Costs of Prepared Convenience Foods

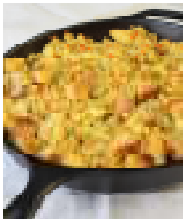
Compare costs per serving. Some convenience foods are money-savers. Canned sweet potatoes and frozen fruits may be a better buy than fresh ones. Pre-baked “brown and serve” rolls can often be found for a low price per package. Similarly for pies, canned pumpkin pie filling mix on sale is usually less expensive than buying canned pumpkin and adding spices, evaporate d milk and eggs. Some prepared foods are more expensive. For example, you can make gravy and stuffing inexpensively with foods that you probably already have at home. Never made your own stuffing? Check the recipe on the next page for Savory Skillet Stuffing that’s easy to make and delicious!

## Managing the Holiday “Calorie Budget”

A popular belief is that most adults living in the U.S. gain 5 to 10 pounds between Thanksgiving and Super Bowl Sunday. Not true, according to research. The good news? The average weight gain during the winter holiday season is less than 2 pounds. The bad news? The amount gained varies a lot between individuals. And body weight gained over the holidays typically is not lost during the rest of the year. So over the years, extra weight accumulates. You can prevent unwanted weight gain! How? Increase your physical activity. And take a look at the calorie “costs” of your holiday feasts. Below, shows you the calories in some favorite U.S. holiday foods. The suggested alternatives that are more healthful will save you more than 1,000 calories and may save your waistline!

Traditional Holiday Food	Calories	More Healthful Versions	Calories
3 ounces roasted turkey, with skin	161	3 ounces roasted turkey, no skin	135
½ cup mashed potatoes	119	½ cup baked potato	99
½ cup candied sweet potatoes	172	½ baked sweet potato	90
A 2½ inch homemade biscuit	212	A 2 inch square dinner roll	78
½ cup green bean casserole	71	½ cup boiled green beans	22
A frosted sugar cookie	135	An oatmeal raisin cookie	65
1 slice (⅛ pie) pecan pie	424	1 slice (⅛ pie) pumpkin pie	302
1 slice (⅛ pie) apple pie	296	1 cup applesauce, not sweetened, with cinnamon	102
1 slice (⅛ pie) banana cream pie, prepared from a boxed mix	231	1 cup fresh banana slices	134
2 ounces marshmallow cream chocolate fudge candy	257	1 cup hot cocoa, made with non fat milk	163
12 ounces regular soft drink	150	1 cup diet soft drink	0

### Savory Skillet Stuffing (Makes 4 servings, each 1/2 cup)



3 tablespoons Vegetable Oil  
 ⅓ medium onion  
 ⅓ cup finely chopped celery  
 1 teaspoon ground or crumbled dried sage leaves

3 tablespoons fresh or (1 tablespoon dried) chopped parsley  
 ¼ teaspoon ground black pepper  
 ⅓ cup chicken or turkey broth  
 5 slices stale bread, cubed or crumbled

#### Directions

1. Wash your hands and work area.
2. In a skillet, heat oil over medium heat. Add onion, celery, sage, parsley and pepper. Cook for 3 to 5 minutes, stirring occasionally, or until vegetables are softened but not browned.
3. Stir in broth and bread. Remove from heat.
4. Serve warm.
5. Cover and refrigerate leftovers within 2 hours.

# Cultivating the County

Allen Baker, CEA, ANR

---

## **Apply Late-Season Nitrogen Application in November**

November is the time to give cool-season lawns the last nitrogen application of the season. Why November? Because while top growth slows in response to cool temperatures, grass plants are still making food (carbohydrates) by photosynthesis. A November nitrogen application helps boost the photosynthesis rate. Carbohydrates that are not used in growth are stored in the crown and other storage tissues in the plant. These carbohydrate reserves help the turfgrass green up earlier in the spring and sustain growth into May without the need for early-spring (March or April) nitrogen. Those early-spring nitrogen applications are less desirable because they can lead to excessive shoot growth and reduced root growth. Other benefits of November-applied nitrogen for cool-season grasses include improved winter hardiness, root growth and shoot density.

How much should you apply? One to 1 to 1 ½ pounds actual nitrogen per 1,000 sq. ft. of lawn area is sufficient. Following the recommended spreader setting on the fertilizer bag should apply the correct amount of fertilizer. In order for this application to be effective, the nitrogen must be readily available to the plant, because the growing season is nearly over. Therefore, for a November application, use a soluble (quickly-available) nitrogen carrier such as urea or ammonium sulfate.

Many turfgrass fertilizers sold in garden centers and other retail outlets also contain soluble nitrogen. Avoid products that contain water-insoluble nitrogen (slow-release) for this application. As always, sweep up any fertilizer that gets on driveways, sidewalks, or streets and reapply it to the lawn.

## **Perennial Garden Clean-Up**

Fall is traditionally a time for cleaning up gardens. Normally, we recommend clear-cutting dead stems to help control insect and disease problems. With herbaceous perennials that have been pest free, you might want to consider leaving some to provide structure, form, and color to the winter garden. For example, ornamental grasses can be attractive even during the winter months. But those near structures should be cut to the ground because they can be a fire hazard. Perennials with evergreen or semi-evergreen foliage can provide color. Of course, some perennials are naturally messy after dormancy and should be cut back in the fall.

Foliage can be left for other reasons. For example, foliage left on marginally hardy plants such as tender ferns helps ensure overwintering of plant crowns. Also, seed heads on some perennial plants can provide seed for birds.

## **Control Broadleaf Weeds in Lawns in Late October - Early November**

Late October to early November is the most effective time to control broadleaf weeds in lawns. Dandelions usually produce a flush of new plants in late September, and the winter annual weeds henbit and chickweed should have germinated in October. These young plants are small and easily controlled with herbicides such as 2,4-D or combination products (Trimec, Weed-B-Gon, Weed-Out) that contain 2,4-D, MCPP and Dicamba. Even established dandelions are more easily controlled now than in the spring because they are actively moving materials from the top portion of the plant to the roots in the fall. Herbicides will translocate to the roots as well and will kill the plant from the roots up.

Choose a day that is 50 degrees or higher. The better the weed is growing, the more weed killer will be moved from the leaves to the roots. Cold temperatures will slow or stop this process.

Weed Free Zone (also sold under the name of Speed Zone) contains the three active ingredients mentioned above, plus carfentrazone. It will give a quicker response than the other products mentioned especially as temperatures approach 50 degrees.

## **Winter Mulching of Vegetables**

We can extend the harvest season of some root crops such as beets, carrots, parsnips, and turnips by mulching to slow down soil freezing. Mulching allows harvest to continue much later than usual (usually mid- to late-December) when even mulched areas freeze hard.

Rhubarb is a shallow-rooted perennial crop that can also benefit from mulching to help stabilize soil temperatures. Plants that are not mulched may be heaved out of the ground by alternate freezing and thawing through the winter. Mulching moderates these temperature shifts and helps protect the plant. Mulch should be removed by mid-March so soil warming can encourage early emergence.

## Natural Needle Drop on Conifers

You may starting to see very noticeable natural needle drop on some evergreens such as pines and spruce. This is a process where 2- to 4-year-old interior needles turn yellow, then brown, and eventually drop off. Those who aren't familiar with this process often are concerned about the health of the tree. This is a natural phenomenon that occurs every year and does not hurt the tree.

However, some years it is much more noticeable than others. Be sure to check that only the older needles are affected --the needles on the tips of the branches should look fine--and that there is no spotting or banding on the needles that are turning yellow. If spotting or banding is noted, take a sample to your local county extension office for diagnosis.

## Hardiness of Cool-Season Vegetables

Cool-season vegetables vary in cold tolerance, with some able to take colder temperatures than others. Semi-hardy crops can take a light frost but are damaged by temperatures in the mid- to upper-20s. Examples include beets, Chinese cabbage, collards, Irish potatoes, Bibb lettuce, mustard, radishes, spinach, Swiss chard, and leaf lettuce. Covering these plants when cold weather threatens can help extend the harvest season. Plants termed "hardy" can take lower temperatures but are damaged when the temperature drops to the low 20s. These include cabbage, broccoli, cauliflower, Brussels sprouts, carrots, turnips, and kale.

Certain root crops can essentially be stored outside even after the leaves have been damaged or killed by frost. Beets, carrots, potatoes and turnips can be mulched and harvested as needed until the soil starts to freeze in late November to December.

Growing vegetables in Kansas can be a challenge, but we have an extremely long gardening season. We can harvest from early April (asparagus) to early December. Winter is a good time to plan and prepare for next year's crops.

## Tree Leaves and Turf

It's that time of year again. Leaves are rapidly falling from deciduous trees so it's a good time to stop and think about options for handling the litter. Although a scattering of leaves won't harm the lawn, excessive cover prevents sunlight from reaching turfgrass plants. Turf left in this state for an extended period will be unable to make the carbohydrates needed to carry it through the winter.

There are options for dealing with the fallen leaves other than bagging them up and putting them out for the trash collector. Composting is a great way to handle the refuse. Compost can then be used in the vegetable garden and flowerbeds. If you do not compost, you can mow leaves with a mulching mower and let shredded leaves filter into the turf canopy. (A side-discharge mower also will work, but it won't shred the leaves as thoroughly.) This method will be most effective if you do it often enough that leaf litter doesn't become too thick. Mow while you can still see grass peeking through the leaves.

You may wonder whether this practice will be detrimental to the lawn in the long run. Research at Michigan State University in which they used a mulching mower to shred up to about one pound of leaves per square yard of lawn (one pound is equal to approximately 6 inches of leaves piled on the grass) for five consecutive years, found no long-term effects of the shredded leaves on turf quality, thatch thickness, organic content of the thatch, or soil test results (pH, nutrients, etc.). If you mow leaves and have a cool-season lawn, it makes sense to be on a fall nitrogen fertilization program and core-aerate in the fall )things you should be doing anyway(. If you have a warm-season lawn, you can still use this technique but wait to fertilize and core-aerate until next late May or early June.

## 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 a 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.



# 4-H News



## 4-H Calendar

### December

1 Enrollment Deadline

### January

Area KAP Screening

### February

27 Regional Club Day at Greeley Co.

### March

4 Beef Weigh & Tag @ CSA Cattle

### April

27 Sheep and Goat Weigh & Tag

## Kansas 4-H Ambassador Training

The 2016 Kansas 4-H Ambassador Training will be February 19-20 at the Rock Springs 4-H Center. It is open to all county/district 4-H Ambassadors, ambassador advisors and Extension staff.

The theme is **“Rockin’ and Rollin’ with 4-H Ambassadors.”** There will be workshops, speakers, fun and fellowship. Full details will be posted on the Kansas 4-H web site by December 15th. The Kansas 4-H Ambassador Action Team accepts members (teens, volunteers and Extension staff) year-round. For more information, please call Deryl Waldren at 785-462-6281, or e-mail him at [dwaldren@ksu.edu](mailto:dwaldren@ksu.edu).

## 4-H Enrollment Online

4-H enrollment online will begin on October 1, 2015. Youth must be 7 yrs old by January 1, 2016 to enroll.

If you have problems enrolling online or do not have internet access, please contact the Extension Office at 620-375-2724.

To enroll go to: <https://ks.4honline.com>

**Enrollment deadline is  
December 1, 2015**

## 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 2015 Green & White Banquet. The generous donations given by the following businesses are used to buy the certificates, frames, and awards for the 4-H’ers and leaders, and the rolls, drinks, and place settings for the dinner.

American Implement  
Auto Express  
Dairy King  
Eagle Store #13  
Family Dynamics  
Farm Bureau Financial Services  
First Insurance of Leoti  
Great Plains Family Dentistry  
Helena Chemical  
Heritage Meats  
KT Tire  
Leoti Ag Supply  
Midwest Agency  
Security State Bank  
Scott Co-op  
Western State Bank  
Wichita County Pharmacy  
Carquest Auto Parts

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

## Join the Club!



# Wichita County Extension November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Extension PDC Elections</i>	4 <i>Exec. Board Mtg. 8:30a.m. at Ext. Office</i> <hr/> <i>Fair Board Mtg. 12:00p.m. at Ext. Office</i>	5 <i>Allen Animal Science Update in Garden City</i>	6	7
8	9	10 <i>Allen 4-H Update Scott City</i>	11 <i>Veterans Day</i>  <i>Office Closed</i>	12	13	14 <i>FCE Holiday Festival Community Bldg 9:00a.m to 3:00p.m.</i>
15	16	17	18 <i>Reception for Amiee Baker Comm Bldg 10:00a.m.-11 :00a.m.</i> <hr/> <i>Ext. Annual Mtg. Community Bldg 11:00a.m.-12:00p.m.</i>	19	20	21
22	23	24	25	26  <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;">Office Closed</div>	27	28
29	30					

U.S. POSTAGE  
CAR RT SORT  
STD  
**PAID**  
LEOTI, KAN.  
PERMIT NO. 38  
ZIP CODE 67861



**Welcoming Reception for Aimee Baker**

November 18, 2015

At Community Building

From 10:00a.m. to 11:00a.m.

**Extension Annual Meeting**

November 18, 2015

11:00am

At Community Building

Lunch will be prepared and served by  
Prairie Pals FCE