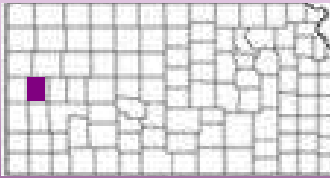


Wichita County

K-State Research and Extension News



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*Knowledge
for Life*

October 2015 Wichita County Extension Office

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Allen Baker
CEA, Agriculture and
Natural Resources

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State Fair 4-H Results



Thank you to all the 4-H'ers who went the extra mile to prepare and send their qualifying projects to the Kansas State Fair. The results for these entries are as follows:

- Trevor Biermann** - Woodworking - Red
- Abby Bishop** - Photography - Blue
- Kelsie Conard**-Foods – Blue
- Kelsie Conard** - Photography - Blue
- Melissa Fierro**-Foods-Purple
- Madison Gould**-Clothing and Textiles-White
- Amelia Koehn**-Patchwork Quilting-Blue
- Amelia Koehn**-Photography-Blue
- Abigail Meese**-Clothing and Textiles-Red
- Abigail Meese**-Photography-Purple
- Cody Meese**-Photography-Blue
- Tristen Porter**-Woodworking-Red
- Tristen Porter**-Foods-Red
- Brandon Price**-Woodworking-Red
- Abigail Ridder**-Patchwork Quilting-Purple
- Summer Smades**-Woodworking-Blue

The photographs of Abby Bishop, Kelsie Conard, and Amelia Koehn have also been chosen to be displayed at the Kansas 4-H Foundation for the next year.

The following were awarded participation ribbons as their divisions are “Participation” and were not judged:

- Maya Dorantes**-Visual Arts-Participant
- Gavin Fischer**-Visual Arts-Participant

**Extension Elections will be held from 8:00am to 5:00pm
At the Extension Office November 3, 2015.**



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Prairie Pals FCE Council will meet on October 12, 2015 at the Extension Office for a planning meeting at 9:30am.

New Life for Leftovers

Many people have a difficult relationship with leftover foods. Throwing away good food wastes the time, money and other resources spent to get it. (Note: If your leftovers have spoiled, discard them immediately, and remember the old adage, "When in doubt, throw it out.") A great meal could be made from small amounts of this and that, but how? Read on for ideas on how to reincarnate yesterday's best, and last night's remainders, and to gain new love for your leftovers.

Recipes for five of these ideas can be found on page 2.

- **Too-ripe fruits.** "Going bananas" with too many too-ripe bananas? Freeze then blend them with cocoa for a Chocolate Monkey Treat, which tastes amazingly like chocolate ice cream. Banana bread is a good stand-by, too. Cook over-ripe peaches, apples or pears with oatmeal. Just put the fruit in with the water and let apples boil for up to five minutes (less time for softer fruits). Then cook the oatmeal as normal.
- **Extra pasta, protein foods and vegetables.** Dice, label and freeze extra bits of cooked foods, such as pasta, vegetables, fish, poultry, pork and beef. When you have enough to feed the family, thaw them in the refrigerator and make a stir fry, pot pie, casserole or soup.
- **Stale bread.** You can make delicious French toast from stale bread. Less-than-fresh bread is also perfect for making breadcrumbs or croutons.
- **Leftover plain rice.** Reheated rice is never as good the second time around, so don't just reheat it reinvent it! Rice pudding makes an excellent breakfast food or dessert. Or, try a red beans and rice dish or a lentil and rice casserole for a nutritious and filling meatless meal. Or, combine leftover rice, cooked vegetables, low-sodium broth or vegetable juice, and chopped meat to make a comforting bowl of soup.

These ideas can help you get a second life for your leftovers. No matter how you plan to serve them, remember to use or freeze refrigerated leftovers within four days. Date foods before you stow them in the refrigerator, then follow a "first in, first out" rule. When reheating foods, heat them quickly to an internal temperature of 165 degrees F. Reheat only what you think your family will eat for that meal. Discard all leftover reheated leftovers.



Day-Old “Do-Overs”

Are you ready to transform over-ripe bananas, stale bread and leftover rice into make-over mavel?



Chocolate Monkey Treat. For one serving, peel 1 over-ripe banana. Remove bad spots, break it into chunks, and freeze. Place frozen chunks in a food processor with 2 table-
spoons unsweetened baking cocoa. Process on medium speed until no large chunks are present. Serve immediately. Nutrition Facts per serving: 150 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 33 g carbohydrate, 3 g protein, 0 mg cholesterol, 0 mg sodium and 5 g dietary fiber. Daily Values: 2% vitamin A, 15% vitamin C, 0% calcium, 10% iron.



Croutons and Breadcrumbs. For six servings, cube 3 slices of stale whole wheat or white bread and place them in a baking pan. Add 1/4 teaspoon garlic powder, 1teaspoon dried Italian seasoning herbs and 2 tablespoons cooking oil. Mix well to coat cubes. Bake at 325 degrees F. for 7 minutes. Stir and bake for 7 more minutes. Store in a covered container and use within 1 week. To make breadcrumbs, process croutons in a food processor on medium speed. Freeze in covered containers until ready to use. Nutrition Facts per serving: 80 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 6 g carbohydrate, 2 g protein, 0 mg cholesterol, 80 mg sodium and 1 g dietary fiber. Daily Values: 0% vitamin A, 0% vitamin C, 2% calcium, 2% iron.



French Toast. For one serving, beat together 1 raw egg and 1/4 cup fat-free milk. Add two slices of stale whole wheat or white bread and soak until thoroughly coated on each side. Spray a skillet with non-stick cooking spray. Cook over medium heat, turning until both sides are lightly browned. Nutrition Facts per serving: 230 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 27 g carbohydrate, 16 g protein, 210 mg cholesterol, 370 mg sodium and 4 g dietary fiber. Daily Values: 8% vitamin A, 0% vitamin C, 15% calcium, 15% iron.



Rice Pudding. For four servings, bring 2 cups water to a boil. Remove from heat. Whisk in 2/3 cup non-fat dry milk powder and stir for 2 minutes. Stir in 1 cup plain cooked leftover white or brown rice, 1/4 cup granulated sugar, 1/4 cup (packed) seedless raisins, 3/4 teaspoon ground cinnamon and 1/2 teaspoon vanilla flavoring. Slowly stir in 1 raw beaten egg. Spray a 2-quart baking dish with non-stick cooking spray. Pour mixture into the dish. Bake at 350 degrees F. for 20 minutes. Stir and bake for 20 more minutes. Pudding will thicken as it cools. Serve warm or cold. Nutrition Facts per serving: 200 calories, 1.5 g fat, 0 g saturated fat, 0 g trans fat, 41 g carbohydrate, 7 g protein, 55 mg cholesterol, 85 mg sodium and 1 g dietary fiber. Daily Values: 6% vitamin A, 2% vitamin C, 15% calcium, 6% iron.

Cultivating the County

Allen Baker, CEA, ANR

Time to Plant Spring-flowering Bulbs

Late September through October is an excellent time to plant spring-flowering bulbs such as crocus, tulips, and daffodils. These plants need to develop roots in the fall and must meet a chilling requirement over the winter in order to bloom in the spring.

Choose a planting site that has full sun to partial shade. The ideal soil would be a sandy loam, but even poor soils can be used if organic material such as peat moss, compost, or aged bark is mixed in. For example, a heavy clay can be amended by mixing in one-third to one-half organic material. Soil pH should be between 6.0 and 7.0.

Bulbs need good aeration as well as good drainage for proper development. It is best if the bulbs are given 12 inches of prepared soil. If one-third organic material were added, this would require mixing 4 inches of organic material with 8 inches of soil. Incorporate about 3 pounds of a complete fertilizer such as a 5-10-5 per 100 square feet during preparation or fertilize according to soil test.

Planting depths vary depending on the size of the bulbs. For example, tulips and hyacinths are set about 6 inches deep, and daffodils are put 6 to 8 inches deep. Smaller bulbs are planted shallower. As a rule of thumb, bulbs are planted two to three times as deep as their width. Planting depth is the distance from the bottom of the bulb to the top of the soil. Large bulbs are normally spaced 4 to 6 inches apart, and small bulbs about 1 to 2 inches. Planting in clumps or irregular masses produces a better display than planting singly.

After placing the bulbs at the proper depth, replace half the soil and add water. This will settle the soil around the bulbs and provide good bulb/soil contact. Add the remaining soil and water again. Although there will be no top growth in the fall, the roots are developing, so soil needs to be kept moist but not wet. Mulch can be added after the soil has frozen to prevent small bulbs from being heaved out of the soil by alternate freezing and thawing.

Rotation of Vegetable Crops

Rotating vegetable crops is a standard way of helping prevent disease from being carried over from one year to the next. Rotation means that crops are moved to different areas of the garden each year. Planting the same crop, or a related crop, in the same area each year can lead to a build-up of disease. Also, different crops vary in the depth and density of the root system as well as extract different levels of nutrients. As a rule, cool-season crops such as cabbage, peas, lettuce and onions have relatively sparse, shallow root systems and warm-season crops such as tomatoes, peppers and melons have deeper, better developed root systems. Therefore, it can be helpful to rotate warm-season and cool-season crops.

As mentioned earlier, it is also a good idea to avoid planting closely related crops in the same area as diseases may be shared among them. For example, tomatoes, potatoes, peppers and eggplant are closely related. Also, broccoli, cauliflower, cabbage and brussels sprouts share many characteristics in common. Therefore, do not plant cabbage where broccoli was the previous year or tomatoes where the peppers were.

So, why is this important to bring this up in the fall? Now is the time to make a sketch of your garden so that the layout is not forgotten when it is time to plant next year.

Lawn Seeding Deadline Nears

September is the best month to reseed cool-season lawns such as tall fescue and Kentucky bluegrass. However, you can get by with an early to mid-October planting for tall fescue. October 15 is generally considered the last day for safely planting or overseeding a tall fescue lawn in the fall. If you do attempt a late seeding, take special care not to allow plants to dry out. Anything that slows growth will make it less likely that plants will mature enough to survive the winter.

Seedings done after the cut-off date can be successful, but the success rate goes down the later the planting date. Late plantings that fail are usually not killed by cold temperatures but rather desiccation. The freezing and thawing of soils heave poorly rooted grass plants out of the ground, which then dry and die. Keeping plants watered will help maximize root growth before freezing weather arrives.

Why Do Houseplants Lose Leaves After Being Brought Inside?

Newly bought houseplants or those brought in from outside often lose their leaves. In order to understand why this occurs, we need to look at how these plants are grown and what the plant needs to do to adapt to its new environment. Houseplants are normally produced either under shade outdoors in southern states or in greenhouses. Also, many homeowners move their houseplants outside during the summer.

Regardless, the plants receive much more sunlight than they do in an indoor environment. Research done in Florida in the late 1970s revealed that tropical plants grown under high light conditions produce "sun leaves" while those grown under low light conditions have "shade leaves." These leaf types differ structurally in that sun leaves have less chlorophyll (the substance that plants use to convert sunlight to energy) and the chlorophyll that is present is located deeper inside the leaf. Sun leaves also tend to be thick, small and numerous while shade leaves are more thin, larger, and fewer in number.

When plants are moved from one light condition to another they need time to adjust. This process is known as acclimatization. If they are forced to acclimatize too quickly, they will drop their sun leaves and produce a new set of shade leaves. If the acclimatization process is slower and less drastic, the plant can convert their sun leaves to the shade leaves that do better under low light. If going from shade to sun, this process is reversed. Some houseplants are acclimatized before they are sold but many are not.

So how do we help our new houseplants or those moved inside acclimatize to their new home environment? Houseplants should start out in an area of the home that receives plenty of light and then gradually moved to their permanent, darker location. This process should take 4 to 8 weeks depending on the degree of difference in light levels between the initial and final location of the plant.

Remember, plants need to be acclimatized whether they are moved from a sunny location to one that receives less light or from shade to sun. Understanding plant processes allows us to anticipate potential problems. Acclimatization gives our houseplants a greater chance of retaining leaves and avoiding the stress of completely replacing them.

Last Tomatoes of the Season

Cold nights are increasing in frequency now that we are into October. If you have tomatoes, you may have some that are approaching maturity. Leave them on the vine until mature or until a frost is forecast.

Tomatoes will ripen off the vine but must have reached a certain phase of maturity called the 'mature green stage.' Look for full-sized tomatoes with a white, star-shaped zone on the bottom end of the green fruit.

When harvesting fruit before a frost, separate tomatoes into three groups for storage: those that are mostly red, those that are just starting to turn, and those that are still green. Discard tomatoes with defects such as rots or breaks in the skin. Place the tomatoes on cardboard trays or cartons but use layers of newspaper to separate fruit if stacked. Occasionally a tomato may start to rot and leak juice. The newspaper will keep the juice from contacting nearby or underlying fruit. Store groups of tomatoes at as close to 55 degrees as possible until needed.

Peppers from the Garden

Peppers are able to be stored fresh much longer than tomatoes. They can usually keep in a crisper drawer of a refrigerator for several weeks if kept moist but not wet. For longer storage, freezing works well. Though mushy when thawed, the flavor still comes through in cooked foods. Try dicing them into small pieces and then freezing on a cookie sheet. The frozen pieces can then be poured into a plastic bag for later use. Measuring is much easier as the pieces are not frozen together in a clump. This methods works equally well for hot peppers.

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.



4-H News



4-H Calendar 2015

October

- 1 New 4-H Year Begins
- 4 4-H Sunday
- 7 4-H Promotion @ WCES
- 4-10 4-H Week
- 27 Green & White Banquet, 6:30pm

November

- 6 Shooting Sports Instructor Certification Workshop in Ulysses

Kansas Youth Leadership Forum

The Kansas 4-H Youth Leadership Forum is designed for youth ages 14-18. Come and build your leadership skills and potential through workshops, consulting groups, inspirational speakers and more. In addition, the 2016 State 4-H Youth Leadership Council will be elected at KYLF.

When: November 20-22, 2015

Where: Rock Springs 4-H Center

Who: Youth 14-18 years of age before January 1, 2016

Registration: Now

Registration Deadline: October 15, 2015

New 4-H Year Begins October 1st

There are several things to keep in mind as the new 4-H year begins:

- Participation forms should be filled out and returned to the Extension Office by January 1, 2016
- This is a good time to invite a non 4-H friend to a meeting. Tell them how much you enjoy 4-H.
- Online Enrollment will begin October 1st.

Join the Club!



4-H Green & White Banquet Tuesday October 27th 6:30 pm

Plan to join in the celebration of 4-H accomplishments from the 2014-2015 4-H year.

4-Hers who have excelled in their fair exhibits and record books will be honored for their achievements. The evening will also include well-deserved recognition for community and project leaders.

The meal will be potluck, so bring your favorite dishes to share with the 4-H community. Dinner rolls, drinks, place settings and cups will be furnished.

The work rotation for the banquet is as follows:

Marienthal Meadowlarks: Set up and Decorate

Pleasant Valley Boosters: Buy & make drinks, get rolls, butter, etc., & cleanup kitchen

Lydia Jayhawkers: Entertainment

All Clubs: Clean-up, put away tables & chairs.

Hope to see you there!

Shooting Sports Instructor Certification Workshop

The dates for the Fall 2015 Kansas 4-H Shooting Sports Instructor Certification Workshop are **November 6-8, 2015 at Ulysses, KS.**

We are only offering Archery, Coordinator, and Rifle discipline. There needs to be at least 20 participants for us conduct the training with at least five people in each.

The instructor workshop begins with check-in at 12:30 p.m. and concludes on Sunday afternoon at approximately 3 p.m. Only full time participants will be allowed.

The **cost is \$80.00** which covers training materials only. Make check payable to **Kansas 4-H Foundation.**

Register at the following link:
<http://www.cvent.com/d/drq6m0>

Mileage and Registration Fees will be Reimbursed.

Wichita County Extension

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <i>Hunters Education Live Shoot</i>	5	6	7 <i>4-H Promotion At WCES at 3:00pm</i> <i>Community Garden Tours 5:00pm – 6:00pm</i>	8 <i>4-H Record Book Judging At Ext. Office 9:00am – 2:00pm</i>	9 <i>Exec Board Mtg. @ Ext. Office at 8:30am</i> <i>Fair Board Mtg. @ Ext. Office at Noon</i>	10
11	12 <i>FCE Planning Meeting 9:30am @ Ext. Office</i>	13	14	15 <i>Allen City Planning Commission Mtg. @ 7:00pm</i>	16	17
18	19	20	21	22	23	24
Allen Annual Conference in Manhattan						
25	26	27 <i>4-H Green & White Banquet Community Bldg. @ 6:30pm</i>	28	29	30	31

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Holiday Festival

November 14, 2015

10:00a.m. to 4:00p.m.

At Community Building

**If you are interested in being a vendor,
call the Extension Office at 375-2724 or
Dorene Reimer at 620-874-5062.**

