

Wichita County

K-State Research and Extension News

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*Knowledge
for Life*

September 2015

Wichita County Extension Office

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In This Issue:

- * New Fact Sheet on MSG
- * Watermelon 101
- * Caprese Pasta Salad
- * Twenty Seconds that Could Save Your Life
- * Give Cool Grasses a Boost
- * Harvesting Winter Squash
- * Dividing Daylilies
- * Kentucky Bluegrass Variety Selection for Cool-Season Lawns
- * Fertilize Strawberries
- * Little Barley in Lawns

**The Wichita County 4-H'ers would like to express their appreciation to all the purchasers who supported this year's premium sale.
Thank you!!!**

American Implement	Leoti Foods
Auto Express	Lewis Farms
Baker Boys Haying	Laura Lewis
Bar B Feeders	Lonnie Lewis
Cargill Cattle Feeders	M&J Baker
Carpenter Carpet Cleaning	Marcy Farms
CPS	Mark Berning
CSA Cattle	Northside Automotive
Cooley Farms	Phillip Weilert
Dean Wigers	Porter Signs & Designs
Doug Weilert Farms	Ridder Cattle
Elmer Gerstberger	Scott Coop
Family Dynamics	Scott Pro
Farm Bureau-Berta Binns	Seaboard Farms
Farmers State Bank of Oakley	Security State Bank
First Insurance of Leoti	Sheppard Cattle Co.
First National Bank	Stevens Vet Services
Gropp Farms	Syracuse Commission
Hackberry Creak Ranch	Trenton Weilert
Heritage Meats	TW Koeger Trucking
James Myers, CPA	Watt Bros. Farms
Jeff & Terri Ridder	Wade & Rhonda Bangerter
Joe Biermann Farms	Western Hardware
Kenneth Gerstberger Farms	Western State Bank
Koehn Compost	Whit-Crop
KT Tire	Whitham Farms Feedyard
Leoti Agri-Supply	
Leoti Grain Service - Health West	

Special Thanks to:

Berning Auction for conducting the Premium Sale
Colby Livestock for flooring the swine,
Western Kansas Lamb for flooring the sheep, and goats
Ray Tankersley for hauling the swine to Colby
Craig Sheppard for providing the means to have a beef carcass show



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New Fact Sheet on Monosodium Glutamate

The International Food Information Council has developed a new fact sheet on Monosodium Glutamate (MSG). This much discussed ingredient used in many foods provides that fifth taste, called “umami” or savory flavor.

MSG contains the amino acid glutamate, a building block of protein. It is naturally present in plant and animal proteins. The more protein content, the more glutamate present. Some foods also contain “free” glutamate, along with the sodium, in the form of MSG which provides that umami taste. Tomatoes, Parmesan cheese, and walnuts are examples. Other packaged and prepared foods with MSG include a variety of condiments, snack chips, and crackers, seasoning mixtures, and more.

MSG is not considered an allergen. But some people, however, may experience symptoms similar to allergic reactions. No scientific research, to date has proven the symptoms are from MSG.

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Watermelon 101

Did you know that 100 percent of watermelon is usable? The average watermelon has 70 percent flesh and 30 percent rind. It is also 92 percent water, which makes it a tasty choice to keep hydrated.

Don't toss the overripe watermelon! Turn it into juice or puree to drink or add to a smoothie.

Remove the flesh to make into a salad, but use the hollowed out rind as a bowl. When done using it, compost the bowl.

Watermelon rind is edible. It can be stir-fried, stewed or pickled.

Picking a watermelon is easy. Examine the melon for bruises, cuts, or dents. Choose a firm melon that feels heavy for its size when you lift it up. The underside should have a creamy yellow spot where it sat on the ground.



Caprese Pasta Salad



- 1 (13.25 oz) box whole-wheat penne (or any shape) pasta
- 4 medium tomatoes chopped or 1 pound grape tomatoes halved
- ½ pound fresh low fat mozzarella cheese cut in ½ inch cubes
- ⅓ cup chopped fresh sweet basil
- ¼ cup olive oil
- 1 tablespoon Italian seasoning
- 1 tablespoon balsamic vinegar
- ½ teaspoon salt (optional)

Cook pasta according to package directions. Rinse with cold water and drain. Add tomatoes, cheese and sweet basil.

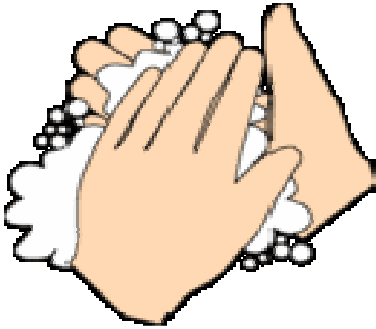
In a separate small bowl, combine oil, seasoning, vinegar and salt (if using). Add to pasta mixture and chill.

Twenty Seconds that Could Save Your Life

Want to avoid getting sick. Did you know that the best way to protect your health and prevent spreading germs that can cause infections and disease is inexpensive, easy and quick? It's as simple as washing your hands with soap and water for the next 20 seconds! Many people could benefit from washing their hands more often.

Dirty Business

When should you and your family wash your hands? The United States Centers for Disease Control and Prevention recommends hand washing in these situations:



- Before eating, or feeding a baby
- Before, during and after handling or preparing food
- After using the toilet or changing a diaper
- After sneezing, coughing or blowing your nose
- Before and after attending to someone who is sick
- After touching a pet and a pet's waste, leash, toys, or food
- After touching garbage or anything dirty or contaminated
- Whenever they look dirty

Hand Washing Tips

Turn on the faucet and wet your hands. Turn off the faucet. Use soap. Rub your hands together for 20 seconds (about the time it takes to sing the "Happy Birthday" song two times). It takes that long to remove the germs. Rinse off the soap well with running water. Do not touch the sink with your hands. If possible, shut off the faucet using a clean towel. Dry your hands with a clean towel or air dry them. Do not rub your hands on your clothes.

Hand Sanitizers

If your hands are not visibly dirty or greasy, and soap and water are not available, use a disposable wipe or a hand sanitizing gel with at least 60% alcohol to clean your hands. They are not as effective as soap and water, particularly when your hands are visibly dirty or greasy, and they don't eliminate all types of germs. You can use hand sanitizers anywhere, and if your hands are not visibly dirty, they can quickly reduce the number of germs on your hands. The amount of gel needed varies by product, so follow the instructions on the label. Rub the sanitizing gel all over your hands and fingers until your hands are dry.

Wash Often and Well

Use soap and water frequently. Clean the backs of your hands, fingertips, fingernails, thumbs, and in between your fingers. Wash well to get rid of the germs that can make you sick and spread to other people.

Cultivating the County

Allen Baker, CEA, ANR

Give Cool-Season Grasses a Boost

September is almost here and that means it is prime time to fertilize your tall fescue or Kentucky bluegrass lawns. If you could only fertilize your cool-season grasses once per year, this would be the best time to do it.

These grasses are entering their fall growth cycle as days shorten and temperatures moderate (especially at night). Cool-season grasses naturally thicken up in the fall by tillering (forming new shoots at the base of existing plants) and, for bluegrass, spreading by underground stems called rhizomes. Consequently, September is the most important time to fertilize these grasses.

Apply 1 to 1.5 pounds of actual nitrogen per 1,000 square feet. The settings recommended on lawn fertilizer bags usually result in about 1 pound of nitrogen per 1,000 square feet. We recommend a quick-release source of nitrogen at this time. Most fertilizers sold in garden centers and department stores contain either quick-release nitrogen or a mixture of quick- and slow-release. Usually only lawn fertilizers recommended for summer use contain slow-release nitrogen. Any of the others should be quick-release.

The second most important fertilization of cool-season grasses also occurs during the fall. A November fertilizer application will help the grass green up earlier next spring and provide the nutrients needed until summer. It also should be quick-release applied at the rate of 1-pound actual nitrogen per 1,000 square feet.

Harvesting Winter Squash

Summer squash such as zucchini and scallop are harvested while immature but winter squash such as acorn, hubbard and butternut are harvested later, in the mature stage, after the rind is tough and seeds have developed. We normally think September is the time that winter squash are harvested. Harvesting too early leads to fruit that shrivels and rots.

There are two main characteristics that help tell us when winter squash are mature: color and rind toughness.

Winter squash change color as they become mature. Butternut changes from light beige to deep tan. Acorn is a deep green color but has a ground spot that changes from yellow to orange when ripe. Gray or orange is the mature color for hubbard.

A hard, tough rind is another characteristic of mature winter squash. This is easily checked by trying to puncture the rind with your thumbnail or fingernail. If it easily penetrates the skin, the squash is not yet mature and will lose water through the skin -- causing the fruit to dry and shrivel. Also, immature fruit will be of low quality. The stem should also be dry enough that excessive water doesn't drip from the stem.

Winter squash should be stored cool with elevated humidity. Ideal conditions would be 55 to 60 degrees F and 50 to 70 percent relative humidity. Under such conditions, acorn squash will usually last about 5 to 8 weeks, butternuts 2 to 3 months and hubbards 5 to 6 months.

Dividing Daylilies

Daylilies need to be divided every three to four years to maintain vigor. Though they may be divided in early spring before growth starts, it is more common to divide them at this time of year. Many gardeners cut back the tops to about half their original height to make plants easier to handle.

Daylilies have a very tough root system that can make them difficult to divide while in place. Dividing in place is practical if it hasn't been long since the last division. In such cases, a spading fork can be used to peel fans from the existing clump. If the plants have been in place longer and are well grown together, it is more practical to divide them after the entire clump has been dug.

Use a spade to lift the entire clump out of the ground. Although it is possible to cut the clump apart with a sharp spade, you'll save more roots by using two spading forks back-to-back to divide the clump into sections. Each section should be about the size of a head of cauliflower.

An easier method involves using a stream of water from a garden hose to wash the soil from the clump, and then rolling the clump back and forth until the individual divisions separate.

Space divisions 24 to 30 inches apart, and set each at its original depth. The number of flowers will be reduced the first year after division but will return to normal until the plants need to be divided again.

Kentucky Bluegrass Variety Selection for Cool-Season Lawns

Though Kentucky bluegrass is not as heat and drought tolerant as tall fescue and the warm-season grasses, it is commonly used in northeastern Kansas, where there is sufficient annual rainfall. It is also grown under irrigation in northwestern Kansas where the higher elevation allows for cooler summer night temperatures. The following cultivars have performed well compared to other bluegrasses in this region. Use this list as a guide. Omission does not necessarily mean that a cultivar will not perform well.

Recommended cultivars for high-quality lawns, where visual appearance is the prime concern, include Alexa II, Aura, Award, Bewitched, Barrister, Belissimo, Beyond, Diva, Everest, Everglade, Excursion, Ginney II, Granite, Impact, Midnight, NuChicago, NuGlade, NuDestiny, Rhapsody, Rhythm, Rugby, Skye, Solar Eclipse, STR 2485, Sudden Impact, Washington and Zifandel. Such lawns should receive 4 to 5 pounds nitrogen per 1,000 square feet per year and would typically be irrigated during dry periods to prevent drought stress.

Cultivars that do relatively well under a low-maintenance program with limited watering often differ from those that do well under higher inputs. Good choices for low maintenance include Baron, Baronie, Caliber, Canterbury, Dragon, Eagleton, Envicta, Kenblue, North Star, and South Dakota. Instead of the 4 to 5 pounds of nitrogen per 1,000 square feet per year, low-maintenance program would include 1 to 2 pounds of nitrogen per 1,000 square feet per year. Obviously, a low-input lawn will not be as attractive as a higher-input lawn, but you can expect the cultivars listed above to look fairly good in the spring and fall, while going dormant in the summer.

Fertilize Strawberries

An August application of nitrogen on spring-bearing strawberries is important in order to increase the number of strawberries produced next spring. Plenty of daylight and warm temperatures during June, July and August promotes the growth of new runner, or daughter, plants. As daylight hours dwindle and temperatures grow cooler in September and October, fruit buds for the next year's fruit crop develop. To get a good berry crop next spring, it is important for strawberry plants to be vigorous during this period of fruit bud development.

Nitrogen, applied mid August, will help promote fruit bud development. A general application rate is $\frac{1}{2}$ to $\frac{3}{4}$ pound of actual nitrogen per 100 feet of row. The nitrogen may be in the form of a fertilizer mixture such as ammonium phosphate or 12-12-12, or in a fertilizer containing only nitrogen such as urea or ammonium nitrate.

Some specific examples would include:

Iron + (11-0-0) at 6 pounds per 100 feet of row.

12-12-12 at 5.5 pounds per 100 feet of row.

Nitrate of Soda (16-0-0) at 4 pounds per 100 feet of row

Ammonium sulfate (21-0-0) at 3 pounds per 100 feet of row

Urea (46-0-0) at 1.5 pounds per 100 feet of row

On sandy soils, the rate may be increased by about a half. After spreading the fertilizer, sprinkle the area applying at least a half-inch of water to move the nitrogen into the strawberry root areas.

Little Barley in Lawns

Many people mistake little barley (*Hordeum pusillum*) for a little foxtail because the foxtail and little barley seedheads are similar. However, little barley is a winter annual that comes up in late September - October and spends the winter as a small plant. It thrives in the cooler spring temperatures, forms seed heads and dies out usually by July. Foxtail, on the other hand, is a summer annual that does well in hot weather. Also, foxtail will not produce seedheads until mid- to late-summer.

So, why are we talking about little barley now? Because now is the time to control it for next year. The best control for little barley is a thick lawn that is mowed high enough that sunlight does not hit the soil. Little barley seed will not germinate in such conditions. Overseeding now can thicken up a tall fescue lawn and prevent a little barley infestation. However, if you do not plan to overseed, preemergence herbicides can be used to provide at least partial control of this weed.

The only preemergence herbicide that I know is labeled specifically for little barley is Surflan. It is also sold under the name of Weed Impede by Monterey Lawn and Garden. Surflan can only be used on warm-season grasses (bermudagrass, buffalograss, zoysiagrass) and tall fescue grown in warm-season areas such as Kansas. However, Dimension (dithiopyr), is labeled for barley (*Herodium* spp.) which would include little barley and therefore can be used to keep this weed under control. Because little barley is a winter annual, apply the preemergence herbicide now and water in to activate. If overseeding, do not apply any preemergence herbicide as it will interfere with the germination of tall fescue.



4-H News



4-H Record Books Due September 25

Allen will be providing help with record books by appointment only. Call the Extension Office 375-2724 to schedule an appointment.

Remember you must turn in a **completed** Record Book to receive your 4-H ribbon premiums.

The following must be filled out and included for your book to be considered "completed":

- Personal Page
- 4-H Story
- Permanent Record
- Kansas Award Portfolio (KAP) for each project.

(Be sure you are using the new KAP forms)

- All forms must be signed by the appropriate people before turning in your book.

**Forms may be found online at:
www.kansas4h.org**

4-H Promotion

4-H Sunday is October 4th and also kicks off 4-H Week. 4-H Promotion at the WCES will be October 7th at 3:00pm.

We will be putting 4-H Promotion packets together in the Extension Office September 30 thru October 2nd.

If you can not participate in the promotion please feel free to stop by and help put packets together. If you want to participate in the promotion: elementary age 4-H'ers will be called to the office, JR/SR High 4-H'ers need to bring a note to the office that Allen will pick you up for promotion at 3:00pm on Oct. 7th.

4-H Calendar 2015

September

10 State Fair Exhibits due by 4:00pm

11-20 Kansas State Fair

25 Record Books Due

October

1 4-H New Year Begins

7 4-H Promotion 3:00pm @ WCES

TBD 4-H Green & White Banquet 6:30pm
@ Community Building

4-H Council Raffle Winners

1/2 Beef - Keith Higgins
(Ticket sold by Abby Bishop)

1/2 Beef - Ernie Torres
(Ticket sold by Gavin Fischer)

Whole Pig - Landon Schneider
(Ticket sold by Kolton Sheppard)

**Thank You to all who purchased
tickets and for your continued
support of our
4-H Program.**




Congratulations

Gavin Fischer
For selling the most raffle tickets.
Gavin sold 133 tickets!!!


JOIN THE CLUB

Wichita County Extension

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Allen Meeting @ 1:00pm at NRCS Office</i>	2 <i>Community Gardens Tour 5-6pm</i>	3	4	5
6	7 <i>Office Closed</i> 	8 <i>Exec Board Mtg. @ 8:30am at Ext. Office</i> <hr/> <i>Comm.Develop. PDC Mtg. @ Noon at Ext. Office</i>	9 <i>Fair Board Mtg. @ Noon at Ext. Office</i>	10	11 <i>Allen Take 4-H Exhibits to State Fair</i>	12
13	14	15	16	17	18	19
20 <i>Allen Pick up 4-H Exhibits</i>	21	22 <i>Allen KACAA Spring Planning Mtg. In Dodge City</i>	23	24	25 <i>4-H Record Books Due by 5:00pm</i>	26
27	28	29 <i>4-H PDC Meeting @ Noon at Ext. Office</i>	30			
		<div style="border: 1px solid gray; padding: 5px; display: inline-block;"> Hunter Safety Education 6:00pm @ Community Building </div>				

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Hunter Safety Course

A Kansas Hunter Safety Course will be given at
the Community Building in Leoti on
September 29th and 30th at 6:00 p.m.

If you have any questions regarding the course,
please contact the

Wichita County Extension Office at 620-375-2724

