

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER



CAMPING IN THE WILD WILD WEST!



PICTURED: WEST PLAINS DISTRICT CAMPERS AND COUNSELORS AT CAMP LAKESIDE

WEST PLAINS DISTRICT
OFFICE HOURS
MONDAY - FRIDAY
8 AM - 5 PM

LUNCH HOURS EXCLUDED AND SUBJECT TO CHANGE

FINNEY

☎ 620-272-3692
ANTHONY REARDON
JENNIFER LASALLE
RENEE TUTTLE

SCOTT

☎ 620-872-2930
CAROL ANN CROUCH
JANET HARKNESS
COZETTA O'DEA
KAY HARKNESS

Inside this Issue

- 2 DATES TO KNOW & MASTER GARDENER
- 3 AT HOME WITH CAROL ANN
 - FROM THE DESK OF THE DIRECTOR
 - WE'RE HIRING!
 - SAVE HERBS FOR COOLER SEASONS
- 5 PLANTING THE PLAINS WITH ANTHONY
 - A LITTLE BIRD TOLD ME...
- 7 TOPICS FROM THE TURNROW WITH RENEE
 - POST-HARVEST WEED CONTROL
 - HOW MUCH WATER DO COWS NEED?
- 9 JOYFUL LIVING WITH JENNIFER
 - FOOD AND NUTRITION FAIR PROJECT REMINDERS
 - FOOD PRESERVATION SAFETY FOR FAIRS
 - 4-H QUILTING PROJECT
- 11 4-H DISTRICT ROUNDUP WITH JANET
 - ACTIVITY SPOTLIGHT
- 12 SCOTT COUNTY
 - HERDSMANSHIP CONTEST
- 13 FINNEY COUNTY
 - LIVESTOCK FAIR REMINDERS
 - STATIC FAIR REMINDERS
 - SOUTHWEST SPECTACULAR
 - WINDOW PAINTING
 - CLUB REPORTS
 - TURTLE RACES



WEST PLAINS DISTRICT

DATES TO KNOW: JULY 2021

- **July 5th:** Offices Closed in Observance of Independence Day
- **July 12th-17th:** Scott County Free Fair, Scott County Fairgrounds (Scott City)
- **July 21st-24th:** Finney County Fair, Finney County Fairgrounds (Garden City)

DATES TO KNOW: AUGUST 2021

- **August 4th:** K-State Garden Hour Webinar: Organic Gardening
- **August 18th:** K-State Garden Hour Webinar: Gardening with Beneficial Insects

DATES TO KNOW: SEPTEMBER 2021

- **September 1st:** K-State Garden Hour Webinar: Basics of Growing Berries in Kansas
- **September 2nd:** 2021 Extension Master Gardener Training Begins
- **September 6th:** Offices Closed in Observance of Labor Day
- **September 15th:** K-State Garden Hour Webinar: Composting with Worms - Vermicomposting 101
- **September 10th-19th:** Kansas State Fair in Hutchinson, Ks



Office hours will vary during fair time.
If trying to reach us, please leave a message and we will
get back with you at earliest convenience.

BECOME AN EXTENSION MASTER GARDENER

The Master Gardener program is a volunteer program in which K-State Research and Extension "trades" classroom training for volunteer time.

- VIRTUAL CLASSES THURSDAY AFTERNOONS, 1PM-4PM
- BEGINS: SEPTEMBER 2ND
- ENDS: DECEMBER 16TH
- NO CLASS ON VETERAN'S DAY (LIKELY AN OPTIONAL RECORDING WILL BE AVAILABLE)
- NO CLASS ON THANKSGIVING
- \$50 REGISTRATION FEE
- 40-50 HOURS OF CLASSROOM TRAINING
- 40 HOURS OF VOLUNTEER WORK
- AN OLDER PHYSICAL COPY OF THE STUDY MATERIALS IS AVAILABLE FOR \$25 LOCALLY WHILE SUPPLIES LAST
- AN UP-TO-DATE PHYSICAL COPY CAN BE ORDERED FROM THE KSRE BOOKSTORE



PLEASE CONTACT THE WEST PLAINS EXTENSION OFFICE FOR FURTHER DETAILS
& REGISTRATION



FROM THE DESK OF THE *Director*



Hello West Plains Extension District,

It's that time of year! **County fairs are just around the corner**, and we are gearing up to make 2021 the best year yet. With the formation of the district, and combining our Extension programs, our 4-H programs will remain separate. Our district does share a 4-H agent, with all other agents having 4-H programming (and fair) responsibilities. I am super excited that **we have a full staff of agents to assist our fair boards** in offering the best opportunities for our 4-Hers and people who want to join us at the fair.

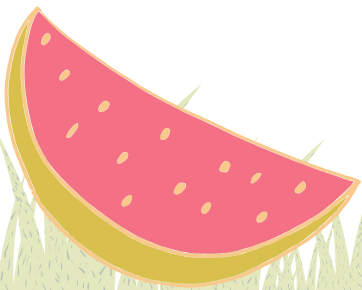
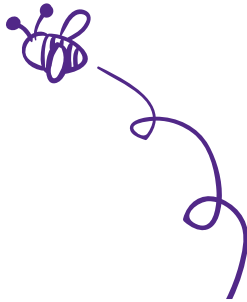
The Scott County Free Fair will kick off their week with the parade on **Saturday, July 10th and will go through Saturday, July 17th**. The Finney County Fair will follow the Scott County's fair, **July 18th-24th**. We would love for everyone to stop by the fairs and see the hard work the kids have done this year or catch some of them in action showing their livestock. **Both county 4-H programs will offer a bake sale** from some of the goodies that are being judged. Check with each extension office for the date and time and location of those bake sales.

Our fairs do take up quite a bit of time in July, but our agents are always available to help with other topics that you might need assistance with. If you have questions, do not hesitate to call. Even though we might be out of the office, **we will check messages and will get back to you as soon as we can**.

With the end of July being the time that we are finishing up with fair duties, we are going to skip the August newsletter. Our agents have several exciting programs coming up in the fall, so **be on the lookout for those in our next newsletter in September**.

Carol Ann 

CAROL ANN CROUCH
DISTRICT DIRECTOR
FAMILY & CONSUMER SCIENCE
CCROUCH@KSU.EDU



WE'RE HIRING

OFFICE PROFESSIONAL/4-H PROGRAM SUPPORT ASSISTANT

FINNEY COUNTY OFFICE
40 HOURS/WEEK
8AM-5PM
\$15+ /HR
KPERS BENEFITS
12 VACATION DAYS, 12 SICK DAYS, NATIONAL HOLIDAYS



PREFERRED SKILLS IN CUSTOMER SERVICE, CLERICAL WORK, SOCIAL MEDIA, EVENT ADVERTISING, MULTI-TASKING, & COMPUTER OPERATION. WILL ADDITIONALLY COORDINATE, ASSIST, COMMUNICATE, AND PARTICIPATE WITH THE 4-H PROGRAM.

**JOB DESCRIPTION: [HTTPS://BIT.LY/3QDNKQT](https://bit.ly/3QDNKQT)
APPLICATION FORM: [HTTPS://BIT.LY/3FYNJHG](https://bit.ly/3FYNJHG)**

K-State Research and Extension is an equal opportunity provider and employer.



SAVE HERBS FOR COOLER SEASONS



Fresh herbs add flavor and presentation to different dishes during the summertime. Carry those great flavors past the lifespan of your plants by drying your excess herbs. Harvest the herbs in the early morning when they are at their maximum flavor, and prepare them by rinsing with cool water, and shaking off the excess moisture. Herbs can be dried in different ways:

DEHYDRATOR

The best practice is to dehydrate herbs with controlled temperature and air circulation. Preheat dehydrator to between 95 and 115 degrees Fahrenheit. Place herbs in a single layer on dehydrator trays and dry between 1 to 4 hours. Be sure to read the dehydrator instruction manual.

AIR DRYING

To air dry, tie sturdy herbs like rosemary, thyme, parsley, and sage together into small bundles and hang them to air dry. Tender leaf herbs (such as basil, oregano, and mint) should be hung inside paper bags to dry due to higher moisture content since they can mold easier. Tear holes in the sides of the bag, suspend the bunch in middle, and close the top with a rubber band.



MICROWAVE DRYING



Microwave drying – only use to dry 1 to 2 cups of herbs at a time. Herbs should be single layered in between two paper towels and dried for 1 to 4 minutes depending on the wattage of the microwave. Check every 30 seconds to prevent scorching.

Herbs are dry when leaves are crispy and crumble easily between the fingers. Store whole or crumpled herbs in an airtight container. They are good for up to 3 months in the cupboard and up to 1 year in the refrigerator or freezer. When substituting dried herbs for fresh herbs in recipes, use 1/4 of the listed amount.

Sources: National Center for Home Food Preservation. 2014. "Drying." <https://nchfp.uga.edu/how/dry/herbs.html>

WANT TO LEARN MORE ABOUT HERBS?

Check out our previous issue of the newsletter! <https://bit.ly/2UfRTVI>

New newsletters are **posted on the first of each month (except August)**! Find them posted across all of our social media platforms.

(Look for our next newsletter available in September).

ISSUE NO. 04 · JUNE 2021

WEST PLAINS DISTRICT

EXTENSION NEWSLETTER

Inside this Issue

- 2 DATES TO KNOW OF WE'RE FRINGING
- 3 AT HOME WITH CAROL ANN
- FROM THE DESK OF THE DIRECTOR
- OPINION: GIVE ME YOUR BEST FRIEND
- TOPICS FROM THE TOWNHALL WITH DENISE
- TEAM UP: OREGO MATTERS
- ROCKY MOUNTAIN COW
- HEALTHY PUBLIC HOUSING FOR CALDWELL COUNTY
- AT THE HEART OF HARVEST: COLUMBIA SAFETY
- 7 JOURNAL LIVING WITH DENISE
- AT THE HEART OF HARVEST: FARM MEALS SAFETY
- HEALTHY COOKING WITH HERBS
- 8 STATE EVENTS
- 9 PLANNING THE PLAINS WITH ANTHONY
- THE HERBALIST IN-TOWN
- MADE IN THE SHADE
- 10 6th DISTRICT ROUNDUP WITH DANET
- ACTIVE SENIORS
- 12 4th FARMFESTS
- WEST PLAINS DISTRICT EVENTS
- FINNEY COUNTY EVENTS
- SCOTT COUNTY EVENTS
- STATE EVENTS
- 13 LIVESTOCK ROUNDUP
- LIVESTOCK REMAINDERS FOR FAIR
- 14 SCOTT COUNTY
- ACTIVITIES
- 15 FINNEY COUNTY
- FINNEY COUNTY
- CLUB REPORTS

WEST PLAINS DISTRICT OFFICE HOURS
MONDAY - FRIDAY
8 AM - 5 PM

FINNEY: 620-272-3692
ANTHONY REAGAN
BONNIE LACELLE
REEVE TUTTLE

SCOTT: 620-872-2930
CAROL ANN CROUCH
JANET HARRNESS
RAY HARRNESS

WWW.WESTPLAINS.K-STATE.EDU | @WESTPLAINSDE | #WESTPLAINSDE

Healthy Cooking with Herbs

Do you want to spice up your cooking? How about cooking with herbs. Adding herbs to your cooking is a quick way to change ordinary meals into extraordinary meals. Herbs not only add flavor to foods, but they also have health benefits of their own. Researchers are finding that many herbs have antioxidants that may help protect against such diseases as cancer and heart disease.

SUBSTITUTING FRESH HERBS FOR DRIED HERBS

When using fresh herbs in a recipe, use 3 times as much as you would use of a dried herb. When substituting, you will be more successful substituting fresh herbs for dried herbs, rather than the other way around.

STORING FRESH HERBS

Fresh herbs can be stored in an open or perforated plastic bag in your refrigerator crisper drawer for a few days. If you don't have access to commercial perforated bags, use a knife or scissors to make several small holes in a regular plastic bag. To extend the freshness of herbs, snip off the ends of the stems on the diagonal. Place herbs in a tall glass with an inch of water. Cover loosely with a plastic bag to allow for air circulation. Place in the refrigerator and change the water daily.

PREPARING HERBS FOR COOKING

Wash herbs thoroughly under running water. Shake off moisture or spin dry in a salad spinner and pat off any remaining moisture with clean paper towels. Most recipes suggest mincing herbs into tiny pieces. Chop with a knife on a cutting board or snip with a kitchen scissors. For sturdier herbs such as oregano, cilantro, sage and thyme, run fingers down the top of the stem to bottom to strip off leaves. For herbs with tender stems, such as parsley and dill, snip the stem in with the leaves.

ADDING HERBS DURING FOOD PREPARATION

Unlike dried herbs, fresh herbs are usually added toward the end in cooked dishes to preserve their flavor. Add the more delicate herbs Basil, chives, dill, lemon, parsley, tarragon and mint a minute or two before the end of cooking or sprinkle them on the food before it is served. The less delicate herbs (sage, oregano, rosemary, thyme and thyme) can be added about the last 10 minutes of cooking. Using fresh herbs instead of salt can give foods a burst of flavor. Oil, salt, and pepper are among a few herbs found to be the most effective when replacing salt.

HERB/FOOD COMBINATIONS

- Basil:** tomatoes, fresh pasta, pizza, pesto, peas, zucchini
- Chives:** dips, potatoes, tomatoes
- Cilantro:** Mexican, Asian and Caribbean cooking, salsa, tomatoes
- Dill:** carrots, cottage cheese, fish, green beans, potatoes, tomatoes
- Mint:** sorrel, fruit salads, peas, tea
- Oregano:** peppers, tomatoes
- Parsley:** cold cuts, fish, lamb, pork, roasted potatoes, soups, stew, tomatoes
- Rosemary:** chicken, fish, lamb, pork, roasted potatoes, poultry, summer squash, tomatoes
- Thyme:** eggs, lima beans, potatoes, poultry, summer squash, tomatoes

Source: Center for Home Food Preservation, www.nchfp.uga.edu

JOURNAL LIVING WITH DENISE - ISSUE NO. 04 - JUNE 2021 | 4



ANTHONY REARDON
AGENT
HORTICULTURE
ANTHON3@KSU.EDU



A LITTLE BIRD TOLD ME...

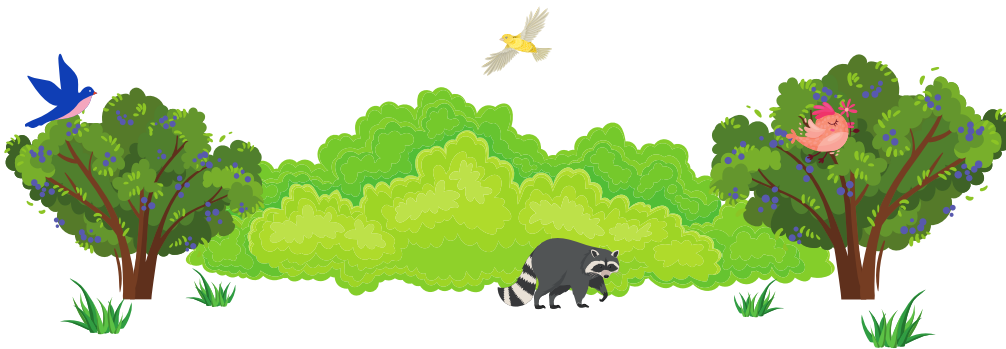


Waking up on a Saturday morning, your window cracked, cool air rushing through, few sounds bring people as much joy as that of songbirds rousing for their morning feast. Lack of trees omitted, the avian class is abundant here in Kansas, as are many a bird watcher. And they have reason to be! As of 2019, there are **481 documented bird species** in the state. These include everything from sparrows, to warblers, to cuckoos, to hummingbirds, to cranes, to herons, to woodpeckers –and the list goes on. And did you know that being selective with the plant life on your property could make the sightings of these birds much easier?

Certain types of trees and shrubs will attract more wildlife and birds based on **their ability to provide food and to provide shelter**. Berrying and nut trees being the most obvious, birds flock to them for the small edible food they produce. These include your crabapples, mulberries, cherries, and hackberries, but there are other, less-notable, options as well.

Many pines are frequented by birds for their **dense foliage and the seeds** within their cones. For the same reasoning, junipers are popular among birds for their thick branches and berries. And squirrels aren't the only wildlife that will feast on an oak's acorns, many birds eat them too.

Even berrying shrubs, such as beautyberry, currant, dogwood, ninebark, plum, serviceberry, and sumac will attract numerous birds to your area. **The key to your success will lay within ensuring your plant's survival and making the overall environment hospitable.**



TREES FOR SONGBIRDS

- Rocky Mountain Juniper
- Eastern White Pine
- Ponderosa Pine
- Southwestern White Pine
- Eastern Redcedar
- Black Hills Spruce
- Blackgum
- Black Cherry
- Flowering Crabapple
- Fringetree
- Common Hackberry
- Cockspur Hawthorne
- Washington Hawthorne
- Sugar Maple
- Red Mulberry
- Black Oak
- Bur Oak
- Chinkapin Oak
- Northern Red Oak
- Post Oak
- Shumard Oak
- Pawpaw
- Persimmon
- Redbud
- Downy Serviceberry
- Sandbar Willow



Source: "Trees and Shrubs That Attract Songbirds and Wildlife" from the Kansas Forest Service

NURTURING YOUR HABITAT

Many a berrying shrub enjoy **a soil pH that usually falls within the acidic range**, a vast contrast to that of what is found here in western Kansas. So, before going out and planting a full row of raspberries thinking that they attract a certain type of bird, you'll need to be sure that they can survive in your conditions. Perhaps consider planting them in a raised bed or potted arrangement, where the soil pH can more-easily be managed. Or, look into methods of amending your soil so that it can at least somewhat **mimic that of an ideal growing environment** for whichever plant you're wanting. This will entail not only pH, but drainage, organic matter, and nutrients as well.

Soil addressed, look to the basics of water, light, and temperature requirements for the plants. Most plants sold in nurseries around here are ones that are known to survive here, and they are **able to be planted within our plant hardiness zone** (zones 6a-7a depending on your location). Be wary of what you may be trying to purchase from large retailers. Often, plants sold in these locations may not be taking plant hardiness into consideration. And then, of course, try to **provide the water and the light that the plants thrive in.**





GIVE THEM A DRINK!



Plants alive, water available for **a different recipient** should also be kept in mind... The birds! The first stopping spot for many a flyover will be a place where birds **spot a reflection** and think they can **cool down or catch a drink**. Larger birdbaths, saucer pools, and even garden ponds would be great options to incorporate in your landscaping if you are serious about attracting bird life.

BIRD FEEDERS AND BIRD SEED

And then it doesn't all just have to be plants! Look at the **types of birdfeeders and the types of bird seed** that you are utilizing in your yard, as they have different shapes and compositions for a reason.

Seed hoppers and bin feeders are meant to hold your **heavier seeds**, like sunflower. These will then in turn attract birds like sparrow, cardinal, and finch. Other feeders then, such as suet sticks and bag feeders, will typically hold a **smaller seed**, that will attract birds like chickadee, blue jay, and woodpecker. **Look to the types of birds you are trying to attract** to your yard (the more specific the better) and then look to what their preferred seeds or food are. Then, look to the type of feeder that is best suited to hold that type of food.

KEEP THEM PROTECTED

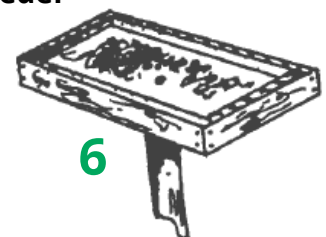
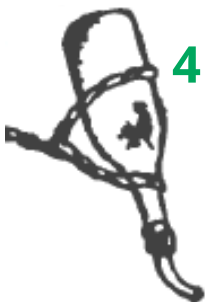
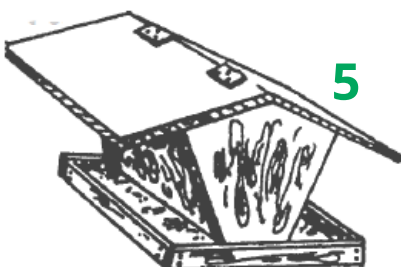
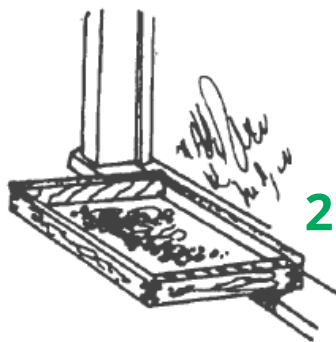
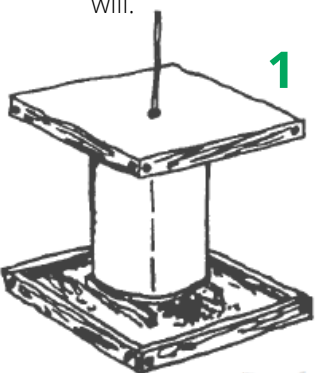
Be willing to **commit to being a stable food source** for the birds in your yard. They may continue to come back to your yard for food, even in the winter months when food is especially scarce for them. And be sure to position your feeders in **an area typically free from predators**. Barn owls, house cats, and coyotes will also enjoy the presence of your birds, and the birds can learn to avoid an area just as humans can. These tips followed, the fauna will be singing you awake at will.

Feeding Suggestions					
Best ● Good ○	Sunflower Seeds	Proso Millet	Cracked Corn	Thistle	Suet
white-crowned sparrow	●	●	○		
song sparrow	○	●	○		
tree sparrow	○	●	●		○
Harris' sparrow	●	○	●		
cardinal	●		○		
purple finch	●	○	○	○	
house finch	●	○	○	○	
dark-eyed junco		●	○	○	○
goldfinch	●	○	●	●	
pine siskin	●	○		●	
black-capped chickadee	●				●
tufted titmouse	●				●
red-breasted nuthatch	●				●
white-breasted nuthatch	●		●		●
blue jay	●		○		●
red-bellied woodpecker	●		○		○
hairy woodpecker	○				●
downy woodpecker	○				●
common flicker			○		●

Source: "Kansas Bird Feeders" from Kansas Wildlife & Parks

TYPES OF FEEDERS

1. Seed Hopper
2. Window-Whelf Feeder
3. Suet Stick
4. Hummingbird Feeder
5. Bin Feeder
6. Platform Feeder
7. Bag Feeder





RENEE TUTTLE
AGENT
AGRICULTURE &
NATURAL RESOURCES
RSTUTTLE@KSU.EDU

POST-HARVEST WEED CONTROL OPTIONS

Post-harvest weed control in wheat stubble is very important to conserve soil moisture and prevent weeds from going to seed and adding to the weed seedbank that must be managed in future years. Weeds can grow quickly once the wheat canopy is removed and can easily become difficult to manage, especially in the hot, dry conditions of summer. The species that are often targeted with post-harvest herbicide applications are often Palmer amaranth and kochia; however, controlling volunteer wheat is also an important objective for these applications (Figure 1).

Historically, the key herbicides for weed control in wheat stubble were glyphosate plus 2,4-D and/or dicamba. However, the development of herbicide resistant weeds has reduced the effectiveness of these products. Higher rates of 2,4-D and dicamba may improve control, but it is important to consider other options, especially those with residual activity on key species like pigweeds and kochia. Some options are described in the next paragraphs of this article.

Gramoxone (paraquat) is a non-selective, contact herbicide that can be used in fallow fields. It should be applied at 0.5 to 1.0 pounds of paraquat/A, which is equal to 2 to 4 pints of GramoxoneSL 2.0 or 1.3 to 2.7 pints of GramoxoneSL 3.0. Thorough spray coverage is important for good control, which means medium to coarse droplet sizes and greater spray volumes (20 GPA or more). Gramoxone should be applied with NIS, COC, or MSO. Because paraquat is a contact herbicide regrowth is common, especially of large weeds. Adding a Group 5 herbicide, such as atrazine or metribuzin can enhance control of larger weeds and add some residual activity. Atrazine will also help control volunteer wheat. It's also important to remember that paraquat is a restricted use pesticide that requires additional training for handling.

Sharpen (saflufenacil) is a Group 14 herbicide that is primarily a contact herbicide but also provides some residual activity. Use 2 to 3 oz/A for larger weeds and residual activity. Sharpen works best with the addition of methylated seed oil. Sharpen requires complete coverage so using 15 to 20 gallons/acre spray solution is important.

Valor (flumioxazin) can provide contact and residual activity of key species like pigweeds. Valor EZ can be applied at 2 to 4 fl oz/A. Crop rotation should be considered when selecting the application rate. The 4 fl oz rate has a 4-month rotation interval for corn, cotton, sorghum, soybean, sunflower, and wheat; but lower rates have fewer restrictions. If targeting emerged weeds, NIS or COC should be included in the application.

All herbicides are most effective when applied to weeds that are actively growing. This means it is necessary to wait for a at least 2-3 inches of regrowth if weeds were cut off by the combine. It may be tempting to wait further delay applications to wait for later weed flushes; however, consider including a product with residual activity, rather than waiting, in order to prevent poor control of large weeds.

Additional information can be found in the 2021 Chemical Weed Control for Field Crops, Pastures, Rangeland, and Noncropland, K-State publication SRP-1162. The use of trade name is for clarity for readers and does not imply endorsement.

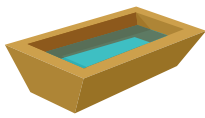


Figure 1: Palmer amaranth and volunteer wheat can quickly emerge once the wheat canopy is removed at harvest. Photo and info by Sarah Lancaster, K-State Research and Extension.

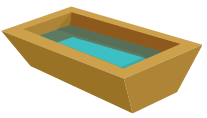
2021 MARKET WHEAT SHOW

RETURN 5# SAMPLE AND COMPLETED CROP DATA CARD TO YOUR LOCAL ELEVATOR OR EXTENSION OFFICE TO ENTER.

SCOTT COUNTY DUE JULY 5TH
FINNEY COUNTY DUE JULY 12TH



HOW MUCH WATER DO THOSE COWS NEED?



Year after year, the summer weather surprises us here in Western Kansas. With the earlier rains, followed by the high temperatures and unusual humidity, **keeping yourself and your cattle hydrated is more important than ever!**

Oftentimes the importance of water for beef cattle is overlooked. Diets are carefully balanced for energy (carbohydrates), protein, vitamins and minerals so that cattle can meet the needs of the producer. Of the aforementioned nutrients, water is arguably the most crucial.

Justin Waggoner, K-State Research & Extension Beef Systems Specialist, puts it this way: **"Got water...but how much do those cows need?"** He says that providing an adequate supply of clean, fresh water is the cornerstone of animal husbandry and that there are few things that compare to the feeling of **finding thirsty cows** grouped around a dry tank on a hot day.

Water is important, and in situations where the water supply is limited, or we are forced to haul water, one of the first questions we find ourselves asking is how to determine actually how much water they need?

The old rule of thumb is that **cattle should consumer 1 to 2 gallons of water per 100 lbs of bodyweight.** Accurately determining the amount of water cows will voluntarily consume is difficult and is influenced by several factors including, but not limited to, ambient temperature, moisture and salt content of the diet, body weight, lactation, etc.

Water consumptions increases linearly as ambient temperature increases above 40 degrees Fahrenheit such that cows require an additional gallon of water for every 10 degree increase in temperature. Additionally, lactation also directly increases the amount of water required by beef cows.

The table below summarizes the **daily water requirements of beef cows of several different body weights**, milk production levels, and ambient temperatures:

Cow weight, lb	Milk Production, lb/d	Average Daily Temperature, °F		
		40	65	90
1100	0	8.2	10.8	13.4
	10	10.5	13.1	15.7
	25	12.8	15.4	17.9
1300	0	9.2	11.8	14.3
	10	12.2	14.8	17.4
	25	14.5	17.1	19.7
1500	0	10.2	12.7	15.3
	10	14.0	16.5	19.1
	25	16.3	18.8	21.4



The above daily water requirements of beef cows represented are estimates and water consumption **varies greatly during summer months when the temperatures exceed 90 degrees Fahrenheit.** Keep in mind that the aforementioned are minimum guidelines and your herd may require more based on environmental factors.

For more information, contact Justin Waggoner, K-State Research & Extension Beef Systems Specialist at the Southwest Research Extension Center, or contact the West Plains Extension District Offices.





JENNIFER LASALLE
AGENT
FAMILY AND COMMUNITY
WELLNESS
JLASALLE@KSU.EDU

FOODS & NUTRITION FAIR PROJECT REMINDERS

It's July and that means it is County Fair time! If Foods and Nutrition is one of your fair projects, here is a **reminder of the fair guidelines** regarding the foods project.

For the safety of all judges, food safety precautions must be followed. **For the Finney County Fair, only non-perishable foods will be accepted.**

Food items that require refrigeration are unacceptable. Those that require refrigeration will be disqualified.



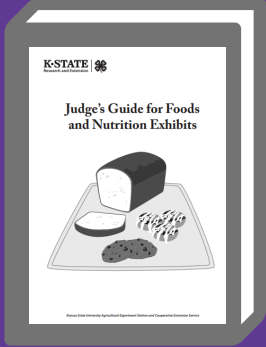
Perishable foods are those with egg custard and cream cheese type fillings and frostings, or foods that require refrigeration. Examples include cream or custard pies, breads with large amounts of fillings, and cream cheese frosting. **They will not be allowed at the Finney County and State Fairs due to a lack of refrigeration.** These products have higher amounts of dairy products and/or eggs that can support the growth of microorganisms at room temperature or warmer. Even though they are baked, they **can still support microorganism growth at room temperature.** Therefore, they need refrigeration for both safety and quality.

Fruit and pecan pies are acceptable. These products have high amounts of sugar and/or acid to suppress the growth of microorganisms at room temperature. German Chocolate cake frosting is also acceptable. **Any food item made with alcohol (i.e. beer, wine, hard liquor, etc.) will be disqualified.** Flavoring ingredients such as vanilla, almond extract, etc. are acceptable.


Items with fresh cut fruits used as garnishes and items with meat incorporated, such as bacon, are not acceptable.

Home-style canned quick breads have been featured in popular magazines and promoted through mail order brochures and specialty shops. They are typically manufactured by small "home-based" operations and the process consists of oven-baking a batter in a wide mouth glass jar. After baking, the lid and ring are added to seal the jar. From a food safety standpoint, **inadequate heat treatment of this type of product coupled with favorable storage conditions could lead to development of botulinum toxins.** Items that are under baked will be lowered one or more ribbon placings.

Also, **make sure you display your food exhibit correctly and you attach a recipe.** If you have question on how to display your food exhibit, contact me at the Finney County Extension Office.



Refer to K-State Research and Extension Publication:
4-H888, Judges Guide for Food and Nutrition Exhibits, for information to help you make informed, safe food exhibit decisions.
<https://bookstore.ksre.ksu.edu/pubs/4H488.pdf>



FOOD PRESERVATION SAFETY FOR COUNTY FAIRS

All canned foods should be prepared and processed according to **tested recipes** from the USDA Complete Guide to Home Canning (2015), So Easy to Preserve (University of Georgia, 6th edition), K-State Research and Extension Food Preservation publications, other extension publications, or the Ball Blue Book. **These books are available to check out at the Extension Office.** All entries must include a recipe. All recipes must include the source and publication date that is later than 1994. Stop by the Extension Office for fair labels.



Refer to K-State Research and Extension Publication, **Food Safety Recommendations for Food Preservation Exhibits** for information to help you make informed, safe food exhibit decisions.

"Food Safety Recommendations for Food Preservation Exhibits." <https://bookstore.ksre.ksu.edu/pubs/4H712.pdf>

4-H QUILTING PROJECT

Finney County 4-Hers had the opportunity to gather for a three-day class June 2nd-4th, constructing a "**Delectable Mountain Quilt**" pattern with Family and Community Wellness Agent Jennifer LaSalle. This was the first time this class has been offered, and for many of the six attendees it was the **first quilt they have ever made.** Additionally, a similar class was offered in Scott County at the same time by District Director Carol Ann Crouch. **Be on the lookout for some of these designs** as entries at the upcoming Finney County Fair!





4-H DISTRICT ROUNDUP



Hello 4-H Families! What an adventure June has been! From Camp Lakeside to Rock Springs Ranch and many adventures in between, the West Plains District 4-H'ers have been very busy!

Check out some photos below and don't forget to "like" @FinneyCounty4H and @ScottCountyKansas4H on Facebook to keep up to date on the latest photos from activities. Also, be sure to read my weekly "4-H Happenings" e-mail for all the latest and upcoming 4-H activities. Hope that you all are enjoying your summer and look forward to seeing you all at fair!

JANET HARKNESS
AGENT
4-H & YOUTH
DEVELOPEMENT
JLP27@KSU.EDU

-Janet 

Our 4-H'ers had a GREAT time at **Rock Springs Ranch** as campers and counselors! Zip-lining, shooting sports, fishing, canoeing, horses, homemade ice cream, new friends and memories were just a small part of what camp had to offer! Thanks to our counselors: Baylee, Jessa, Audrey and Kiley!



Finney County 4-H'ers joined Jennifer LaSalle, Family and Community Wellness Agent, for three **food classes** that helped them prepare for the fair. From baking and measurement tips to recipes and more, 4-H'ers had the opportunity to prepare several yummy treats!



SCOTT COUNTY LIVESTOCK FAIR REMINDERS

>>[Livestock Auction Participant Meeting: Thursday, July, 1st @ 12 PM \(Wm. Carpenter 4-H Bldg.\)](#)<<

4-H Herdsmanship Contest at the Scott County Free Fair

July 13-17, 2021



All Scott Co. 4-H Members exhibiting livestock at the fair will have their display areas judged daily, with considerations made for show days.

Incorporate the fair theme, "Fair Fun in '21", into your display decorations!

Awards for the top Herdsmanship member in beef, goats, swine, sheep, rabbits & poultry!

Herdsmanship Scoring:

Stall cards, banner, decorations	10pts
4-H Member present at exhibit	10pts
Arrangement of Exhibit	10pts
Cleanliness of Stalls and Alleys	50pts
Appearance of Animals	<u>20pts</u>
	100pts



FINNEY COUNTY LIVESTOCK FAIR REMINDERS

>>Livestock Auction Participant Meeting: Tuesday July, 6th @ 7 PM (4-H Building)<<

The following livestock forms are due by **July 6, 2021 5PM** to the Extension Office:

- Finney County Livestock Waiver (1 per exhibitor)
- Finney County Livestock Declaration (1 per family)
- YQCA (1 per exhibitor)
- Livestock Insurance & Stall Request Form/Payment (1 per exhibitor)
- Payment for Tags (1 per family)

Failure to turn in these forms and payments by the deadline will result in disqualification from showing at the Finney County Fair.

Livestock entries must be entered into Fair Entry by **July 13, 2021**. If you have any questions or problems, please contact Janet or Renee.



FINNEY COUNTY STATIC FAIR REMINDERS



Static entries must be entered into Fair Entry by **July 6, 2021**. If you have any questions or problems, please contact Jennifer or Anthony.

FINNEY COUNTY FAIR
4H AMBASSADORS



TURTLE RACES



July 24th | Registration 2 pm
Races Begin 3 pm

ALL TURTLES WELCOME!
YOUTH AGES 5-18 YEARS MAY ENTER
ENTRY FEE .50 CENTS

Guidelines
Turtles will be labeled by race officials before the races begin
Turtles should be dry - Do NOT paint the turtles
Turtles MUST be released in a safe place or will be released by race officials at the end of the race

For More Information Contact the
Finney County Extension Office
(620) 272 -3670




2021 Finney County Fair
Window Painting!!

Fair Dates: July 20-24
The Fair Board would appreciate good quality work that represents the Finney County Fair and 4-H Clubs. Please keep this in mind when painting windows.

Paint will be available at the Extension Office



Each 4-H Club will be paid \$10 per Business Window up to 5 Windows!

Turn in the names of Business windows to get credit



WIDE AWAKE

The May 10 Wide Awake 4-H meeting was called to order at 7:00 PM at the Grandstand Meeting Room. The roll call was what is a fact about your family. There were 31 members, 9 adults, and 3 leaders present. The minutes were read. There were no treasurer's report nor leader's report. Make sure everyone picks up their record book. Turn in your YQCA certificate. The reporter's report was turned in. There was no committee report. No old or new business was discussed. There was no parliamentarian tip. The devotion was read by Aaron Morales. No current event was shared. The project talks were by Katie Lobbmeyer on her clothing construction. Brantley Temple on his goats. Abigail Morales on her quilting. Vivian Witham on her baking project. Jimmy Lobbmeyer on his photography. Corrin Witham on her macromine project. Janera Ardery on her lamb project. Rush Ardery on his lamb project. The recreation was led by Lauren Lightner, Jill Schmeackle and Jade Ardery. The next meeting is June 14, 2021. The meeting was adjourned. Wide Awake 4-H Club Secretary, Jaylee Speer



FINNEY FLYERS

Finney Flyers met June 5th at the 4-H Building. Roll call was summer plans. 5 members and 4 parents were present. 5 members were attending livestock shows. Minutes were read and approved. Travis gave the treasurer's report. There were no bills presented. Connie gave the leader's report which included plans for events at the fair, pending fair board approval. The fair shirts have been approved. Connie reminded parents and members to watch for updates online. Connie asked members to be on the lookout for turtle for races at the fair. Members moved to have the July meeting on the 11th since the first Sunday is July 4th. Members played hula hoop relay. There were no presentations. Meeting was adjourned.



SHERLOCK STRIVERS

The April meeting of the Sherlock Strivers 4-H Club was held April 11, 2021 at 6PM at Holcomb Elementary School. The meeting was called to order by acting President Abby Elam. Club members recited the Pledge of Allegiance led by Jake Knoll and the 4-H Pledge led by Taylor Knoll. Club members reminded that 4-H requirements for exhibiting at the fair started over in October. Aria Smith gave a project talk on rats. Kason Robinson did a project talk on wrapping lamb's legs. Cleaning guns was the topic for Brayden Robinson's project talk. Announcements included Livestock Judging Practice Tuesday evenings at 6:30PM. Camp Lakeside and Heart of Kansas Camp dates. Meeting was adjourned. Submitted by Kayla George, Reporter.

SHERLOCK STRIVERS: CONT.

The May meeting of the Sherlock Strivers 4-H Club held May 2, 2021 at 6PM at Holcomb Elementary School. The meeting was called to order by President Adison George. Roll call was answered with "Are you ready for summer?". Club members recited the Pledge of Allegiance led by Jake Knoll and the 4-H Pledge led by Taylor Knoll. Club members were reminded that 4-H requirements for exhibiting at the county fair started over in October. For new business members discussed what they want to do for the June meeting which is usually the Club Tour. Members decided to try to schedule a tour at the dairy followed by a swim party at the Holcomb Pool. Abby Elam will schedule tour with the dairy. Paislea Cogan did a project talk on baking Chocolate Chip Cookies. Announcements included Livestock Judging Practice on Tuesday evenings at 6:30pm. Camp Lakeside and Heart of Kansas Dates. Meeting was adjourned. Submitted by Kayla George, Reporter.



BEACON BOOSTERS

The May 24th, 2021 Beacon Boosters Business Meeting was called to order at 5:43 PM at the Hutcheson Home by President Baylee Hutcheson. Roll call was name your favorite drink. Those in attendance were Adam Cook, Maggie Deal, Baylee Hutcheson, Kiley Kilgore, Kolter Kilgore, Brogan Sperry, Rustin Sperry. Kaylei Marez was excused. There were 4 parents present. The flag salute was led by Jarica Hutcheson, the 4-H pledge was led by Rustin Sperry. The April 2021 minutes were read and approved as read. Treasurer Report: Brogan shared the treasurer's report with the final total of \$1466.77. Reporter's Report: The Reporter's Report was submitted to the GC Telegram, the Extension Office, and posted on Facebook by Kiley Kilgore. Parliamentarian Report: Jarica Hutcheson discussed why we met as a group. Finney County Council: There will be a meeting tonight. Jr. Leader's/Ambassador's Report: Milking cow/t-shirt. Community Leader's Report: Tammy Hutcheson shared a thank you from Maggie Deal for the succulent plant from the club. Committee Report: There was no committee report. Old Business: There was no old business at this month's meeting. New business: June meeting will be held at the Deal's house for swimming, banner and pizza. Kolter Kilgore made a motion and Maggie Deal seconded. The gavel was not passed. The next Beacon Booster Meeting will be June 20th at the Deal's home at approximately 2PM. There was a motion to adjourn the meeting at 6:06PM by Jarica Hutcheson and seconded by Maggie Deal. Respectfully submitted, Kiley Kilgore, Secretary.

Southwest Spectacular 4-H Horse Show



Saturday, July 10, 2021

9:00 AM

**Finney Co. Fairgrounds Grandstand Arena
Garden City, KS.**

Check -in: 7:30-8:30 AM

Must be a FINNEY COUNTY 4-Her to participate.**

Entry forms are due by July 5th, NO ENTRIES ON DAY OF SHOW!

Flat show fee of \$10 per horse & rider pair

- Make checks payable to “Finney County 4-H Horse Club.”
- This is a ‘warm-up’ show for the Finney Co. Fair. Contestants may wear t-shirts, with their jeans and boots.
- Mail entries to: Sara Brown, 1515 North Shore Circle; Garden City, KS 67846.
- Questions: Sara Brown: 620-271-4925 or Joanna Schmeckle (620)260-5010
- If weather is questionable, exhibitors are asked to please call or text the above number before hauling animals. No reschedule date.
- Prizes will be awarded!

**Kansas 4-H Horse Show Rule Book will be followed.
(NO STALLIONS ON GROUNDS!)**

K-STATE
Research and Extension



K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction, please contact the Finney County Extension Office at 501 South 9th St., Garden City, KS., 67846, 620-272-3670 or fi@listserv.ksu.edu.