



## NEWSLETTER



## From the Director's Desk

The long-awaited fall season is upon us. Leaves changing colors, days and nights are getting cooler and the days are getting shorter. If you're a pumpkin spice or campfire and hoodie fan, then this is your season! For me, this is the perfect time of year...not too hot...not too cold!

With less than two months left in the year, now is a great time to think about the year ahead. What went well and what would you like to do different from this year. Where can you make changes for the next year. We can't control everything that is dealt to us. If the change to be made is within our control, then highlight what you can do to make that change and set your goals to see it come to fruition. Those items beyond on our control are best handled by the way we control our thoughts, emotions and reactions to it.

Hurricane Helene is a prime example of situations that happen beyond our control. Catastrophic beyond catastrophic spanning several states. Response is and no doubt recovery will be complicated at best. What those states do not need right now is a second disaster. Yes, another tropical system looks to deliver them a second punch, but that's not what I am referring to. I'm talking about donations. Everyone wants to help and no doubt disasters bring out amazing citizens and volunteers wanting to do everything they can to help.

Unwanted donations during a disaster are truly a second disaster and also can hamper recovery efforts. Many items are not needed nor relevant. Or there's so many items there is no where to go. Donations can also add additional financial burden to all ready strapped governments/organizations by having to dispose of them. Storage is typically a problem to keep it free from weather, bugs, provide necessary and adequate temperature control. While giving "items" is very thoughtful and kind, your best bet for meaningful donations is cash for non-profits. The Federal Emergency Management Agency (FEMA) has a website where you can visit to get more information. <a href="https://www.fema.gov/disaster/current/hurricane-helene">https://www.fema.gov/disaster/current/hurricane-helene</a>

The giving human nature is good for the heart and soul. Seeing citizens so willing to help others out can sure put a smile on your face. There will be more disasters to come; it's the nature of the beast. If you are willing to help others, make sure you are doing it in the best way possible. Help in ways that do not create additional hardships.

Until next time, enjoy the charm of October: flannel shirts, hoodies, caramel apples, pumpkin spice, pumpkin patches, hay rides, and all the fun things in between!

~Charlene

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# **Upcoming Events**



Butler County Extension Office 206 North Griffith Suite A El Dorado, Kansas 67042 (316)321-9660

Hours

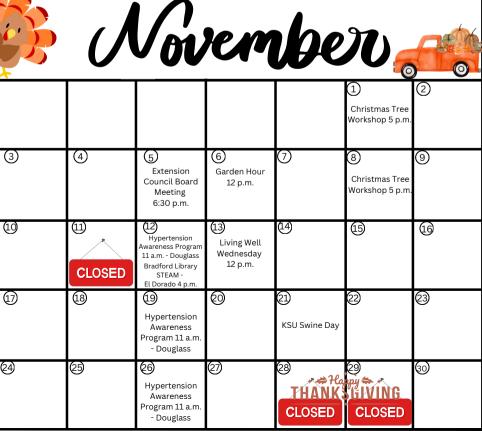
Monday - Thursday 7:30 a.m. - 5:00 p.m.

Friday 7:30 a.m. - 11:30 a.m.

Mingle

K-STATE
Research and Extension
Butler County
206 N. Griffith, El Dorado

Grab a mug and mingle with your local
Butler County Extension Staff
Friday, October 11th from 7:45-9:00 a.m.



# **Upcoming Events**



#### September 10th - October 17th

Every Tuesday & Thursday for 6 weeks

9:00-10:00 a.m. @ Andover Public Library 1511 E. Central Ave, Andover, KS 67002

- · Meeting at the library to walk around Andover Central Park
- · Gathering in the library after the walk for educational information:
  - Understand the many benefits of walking
  - Learn how to exercise safely and comfortably

**Register at the Andover Public Library** Cash or check made payable to KSRE Butler County





K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting Bonnie Brewer - two weeks prior to the start of the event at 316-321-9660 or e-mail bjbrewer@ksu.edu.

## · Cooking demonstrations



#### Garden Hour Webinars:

- October 2nd Evergreens in Kansas
- November 6th Rabbit, Mole, and Deer Mitigation
- December 4th Home Hydroponics

**Hypertension Awareness &** Prevention program (HAPp) **Kick-Off Meeting!** 



Join us for the HAPp Kick-Off Meeting! You will meet your coach and learn how the program can help you manage and lower your blood pressure.

#### **Event Details:**

DATE: Tuesday, October 29th

TIME: 11:00 A.M.

LOCATION: Douglass Senior Center
124 W 4th St Douglass, KS 67039

#### What to **Expect:**

- · Learn more about the
- · Connect with other HAPp participants.
- Meet your coach.



Information:

**Bonnie Brewer** 

Family & Consumer Sciences Agent K-State Research & Extension

bjbrewer@ksu.edu Phone: (316) 321-9660









#### SAVE THE DATE FOR LIVING WELL WEDNESDAY'S FALL 2024 LINE UP!

October 9th - Who Gets Grandma's Yellow Pie Plate

November 13th - Fall Proof Your Life: A Guide to **Better Balance** 

December 11th - Simplifying Your Space: A Guide to **Downsizing and Decluttering** 

12:10 - 1:00 CST

These class are offered online via Zoom at Noon. For more information on the Garden Hour series or to register visit here: https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/

# **Upcoming Events**



# **NOSTALGIC CHRISTMAS TRI** K-STATE WORKSHOP

Paint, Wire, and Light-Up Your Very Own Nostalgic Christmas Tree!

Registration and Payment Due Prior to Start of Workshop.

\$60

Glaze colors: White, Dark Green, or Pink

Master Gardener

Peg light colors; crystal (clear) or multi colored lights

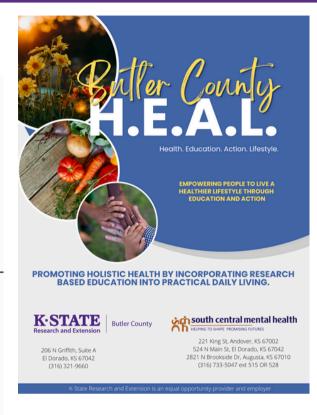
Topper colors; crystal or red Ask about other color options when you register!

Friday, November 1st & 8th Beginning at 5 p.m.

**Butler County** Community/4-H Building 200 N. Griffith El Dorado, KS

For more information or to register, contact Calla at callae@ksu.edu or call 316-321-9660

mmitted to providing equal opportunity for participation in all programs, services and activities, one for persons with disabilities, including alternative means for communication (e.g., Sraillor, act Calls Edwards four weeks prior to the start of the event at 316-321-960 or callale@ksu.edu. cices, such as interpretation or translation of vital information will be provided free of charge to Research and Extension is an equal opportunity provider and employer.





#### The Strong Couples Project

- Participate in a 6-session online program scientifically shown to strengthen relationships
- Video calls with trained coach to help maximize program impact
- No cost to enroll and chance to win \$25 Amazon gift card for completing program surveys

To learn more and enroll, please visit go.illinois.edu/StrongCouples





#### **Charlene Miller**

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## Fall Soil Testing of Hayfields and Pastures



Knowing the soil nutrients is a requirement to establish an adequate soil fertility program for forages. Soil testing can be done in either spring or fall on hayfields and pastures. Given a choice, fall would be the preferred time because it allows more time for any needed lime applications to have an effect before the main growing season begins, and it gives the producer some flexibility for planning nutrient applications.

Soil sampling is typically recommended at least every 3-4 years, but more frequent sampling (every 2 years) can keep you from applying

excessive and unnecessary amounts of fertilizer or manure, and can increase yields by revealing exactly which soil nutrients are too low for optimum productivity, this is particularly important given the high fertilizer prices.

#### Tips for collecting a representative soil sample

It is best to use a soil probe to take accurate soil samples. You can borrow a probe from many county extension or NRCS offices. A shovel or spade can be used, but make sure to dig a hole first and then take a nice, even slice to the correct depth. A shovel or spade that angles to a point at the bottom can easily result in misleading soil test results because the sample is biased by having more soil from the surface and less from lower depths.

When taking soil samples, it is important to have a representative composite soil sample from the field by combining several soil cores (in a clean container, avoiding contamination) and mixing thoroughly. Ideally, one composite soil sample should represent a uniform and treatable area, not exceed 40 acres, and for more variable fields, no more than 10 acres. On these areas, take 15 to 20 cores or subsamples to make up your representative composite sample. If the field has areas where different forages or crops have been grown or has different soil types, then soil sampling from these areas should be done separately.

# Fall Soil Testing of Hayfields and Pastures Cont.

Sampling depth for pastures and hayfields should be 3 to 4 inches for pH evaluation. For phosphorus and potassium, a 6-inch depth is preferred when submitting samples to the K-State Soil Testing Laboratory since that is the depth we have used to calibrate recommendations.

#### Soil pH is important

One key soil property for forage production, especially with legumes, is soil pH. The optimal pH level is 6 to 7, depending on the forage species. Grasses such as brome or fescue do well at lower pH than legumes, especially alfalfa which requires a near-neutral pH (~pH 7). If the soil pH is too low or too high, nutrient uptake can be reduced. Especially important for legumes such as alfalfa and clover is the impact of pH on nodulation and nitrogen fixation. At low soil pH, aluminum toxicity can also be an issue.

When you lime a new pasture, it is important to apply the lime 6 to 12 months before planting. If you want to get a more rapid response from liming, use fine-ground liming materials with a high effective calcium carbonate (ECC). Fields that will be planted to alfalfa next spring should also be evaluated for phosphorus and potassium levels and make corrections before planting. Sulfur and boron may also be a limiting nutrient for legumes, especially in eastern Kansas.



For more information on soil sampling visit the K-State Research and Extension Butler County Extension Office website. www.butler.ksu.edu//agriculture/soiltest/untitled.html

The above timely information was released in the October 13th, 2022 Agronomy eUpdate. Information found below is provided by: Dorivar Ruiz Diaz, Nutrient Management Specialist and Bruno C. Pedreira, Area Agronomist, Southeast Research-Extension Center.

## **KSU Swine Day to be Hosted November 21**

Registration is now open for KSU Swine Day, to be hosted at the K-State Alumni Center in Manhattan, Kansas, on Thursday, November 21. The trade show, with more than 30 exhibitors, will begin at 8 a.m., followed by a great program with updates on K-State Applied Swine Nutrition Research, and featuring a presentation from PJ Corns and Kyle Coble with JBS on "Creating Opportunities in a Large Production System."

#### The schedule is as follows:

**8:00 am** Technology Trade Show

The trade show will conclude at 4 pm

**9:15 am** Welcome - Dr. Mike Day, K-State

9:30 am Innovation Update - Dr. Marshall Stewart, K-State

Senior VP Executive Affairs and Chief of Staff

9:45 am Latest Update on K-State Applied Swine Nutrition Research

11:30 am Lunch with Technology Trade Show

1:30 pm Latest Update on K-State Applied Swine Nutrition Research

2:30 pm Creating Opportunities in a Large Production System

Dr. Kyle Coble and PJ Corns, JBS Live Pork LLC

3:15 pm Question-and-Answer Session

3:30 pm Reception with K-State Call Hall Ice Cream

Pre-registration is \$25 per participant and due by November 13. On-site registration is \$50 per participant. There is no charge for any students if they are pre-registered. The complete schedule and online registration information can be found at <a href="KSUswine.org">KSUswine.org</a>. For more information, contact Katie Smith (katiesmith@ksu.edu or 785-532-1267).





#### **Charlene Miller**

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## Just the FACS

#### **Bonnie Brewer**

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# The Science of Family Meal Time

Why focus on family meal time? There are multiple reasons to focus on family meals!

- Family meals are linked to children having better eating habits across their lifespans.
- Family meals occurring more often (more than five times per week) are linked to better mood and better mental health from ages 6 to 10.
- Teens who regularly have meals with their families are less likely to get into fights, think about suicide, smoke, drink, and use drugs. They are also more likely to delay sexual activity and have higher academic achievement than adolescents who do not.
- For teens, frequent family meals predict lower substance use rates, fewer depressive symptoms, fewer suicidal thoughts, and better grades.
- Children under 13 also have fewer behavioral problems, and fewer emotional outbursts when they have more frequent family meals.
- Adolescents especially girls who had frequent and structured family meals and a positive atmosphere at family meals were shown to be less likely to have disordered eating.
- Adults engaged in the family meal times also receive the benefits in terms of social and emotional well-being.

In short, there is a tremendous and wide-ranging body of knowledge supporting the importance of family meal times as beneficial for all involved.

## Just the FACS

## Living Well Wednesday Webinar Series

Living Well Wednesday is a virtual learning series hosted by K-State Research and Extension, Family and Consumer Sciences (FCS) professionals from across the state of Kansas. The Fall 2024 series kicks off in October and we invite you to join us!

Webinars will be offered the second Wednesday of each month, from 12:10-1 pm. There is no charge to participate, however, registration is required. All webinars will be recorded and posted below along with supporting resources.

Register for all webinars in this series here: bit.ly/3zvWWGQ

#### 2024 Fall Series

#### October 9, 2024

#### Who Gets Grandma's Yellow Pie Plate?

Speakers – Melinda Daily, KSRE Extension Agent, Sunflower Extension District; Teresa Hatfield, KSRE Extension Agent, Meadowlark Extension District

While it may seem simple, decisions about who gets non-titled personal property may appear minor and easy, but in reality it can be very difficult and can lead to serious family conflicts. This program provides research-informed practical strategies to protect your family relationships when passing on personal possessions.

#### **November 13, 2024**

#### Fall Proof Your Life: A Guide to Better Balance

Speaker: Erin Martinez, PhD; KSRE Extension Specialist and Associate Professor, Adult Development and Aging

Discover practical tips and exercises to improve your balance, reduce your risk of falls, and live a more independent and active life.

#### **December 11, 2024**

#### Simplify Your Space: A Guide to Downsizing and Decluttering

Speaker: Carol Ann Crouch, KSRE Extension Agent/Director, West Plains Extension District

Learn practical strategies for sorting through your belongings, making informed decisions about what to keep, and creating a more organized and peaceful living environment.

#### Calla Edwards

Horticulture Agent

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Holiday cacti and poinsettias are relatively easy to help rebloom every year and holiday cacti will often bloom twice a year if conditions are right. It's time to provide these plants with the needed conditions to get beautiful blooms this winter.

Poinsettias and holiday cacti are short-day plants and require long nights to bloom. To get them to bloom you need to provide them with 13 hours of darkness over 6-8 weeks for the blooms to initiate. If you want your holiday plants to bloom for Thanksgiving or Christmas start providing those hours of darkness in late September or early October to encourage blooms. An easy way to do this is to use a cardboard box or black plastic trash bag over the top of the plants. Unlike poinsettias, there is another way to get holiday cacti to bloom. If holiday cacti have 6-8 weeks of cool night temperatures (55-65 degrees F) that will also encourage our cacti to initiate bloom buds. A cool garage, outside on a covered porch (be sure the temperatures don't get too cold) or a basement can provide the needed temperatures to encourage bloom buds.

Once you have bloom buds initiated be careful not to "shock" your plants as cool drafts, getting too dry, or too little humidity can cause the plant to drop their buds. The buds will last longer if kept in cooler temperatures; however, they will still provide a beautiful display under most home conditions.

Poinsettias and tropical cacti can be kept for decades, I have one Christmas cactus in my home that is well over 100 years old, and can provide a beautiful bloom display year after year. Once they are done blooming, treat them like a houseplant with bright indirect light and water when the top few inches of the soil dry out. Once our temperatures warm up in the spring, move the plants outside to an area that gets partial sun (3-6 hours of sunlight) and fertilize regularly.

#### Calla Edwards

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Fall is one of the most beautiful seasons as the leaves turn brilliant colors and the trees start to shed their leaves for the growing season. Have you ever wondered why leaves change color in the fall? Let's find out!

Most of the year the leaves on trees are green because of the green pigment in chlorophyll. This pigment allows the trees to produce the energy that they need to grow, bloom, and produce fruit.

The other colors, except red and purple, needed for leaves to color in the fall are in the leaves already, masked by chlorophyll. The red and purple pigments are produced after the chlorophyll is destroyed. As fall progresses and certain weather conditions are met the leaves will develop an abscission layer at the base of the petiole, where the leaf attaches to the stem, which prevents sugars from being transported down the trunk to the roots for storage. As the sugars accumulate in the leaves the high concentration causes



more intense colors. Certain trees, such as oaks and maples, naturally have more fall color than others and these types of trees tend to be more common in Michigan, New England, and other parts of the country than in Kansas. This makes it appear our native trees do not color as well however they simply have a different range of colors.

Weather does play a role in how well a tree colors in the fall. In years where we have cooler summers with adequate moisture, we have better fall color than in years with hot dry summers. Other weather conditions such as cloudy days and warm nights, heavy rains in the spring or fall, and frosts will also impact the amount of fall color we have and how long it hangs around.

#### Calla Edwards

Horticulture Agent callae@ksu.edu

https://www.butler.k-state.edu/horticulture/

## October Gardening Calendar

#### **Vegetables and Fruits**

- Plant garlic cloves for next summer's harvest
- After a light frost, dig sweet potatoes and cure for two weeks in a warm location. Store in a cool dry location for longer keeping.
- Harvest peanuts and roast for a homegrown snack
- Pick pumpkins and winter squash. Keep in a warm area for a couple of weeks then store in a cool dry location
- Till the garden at the end of the season and add organic matter such as compost or manure
- Make notes of successes and failures in the garden for next year
- Continue to harvest apples
- Remove hulls from black walnuts to retain the color of the kernels
- Pick up and discard fallen fruit to reduce disease next year.





#### **Flowers**

- Plant spring flowering bulbs, tulips, daffodils, and others
- Remove dead annuals from the garden
- Trim perennial stalks to tidy the garden for winter
- Pot bulbs for indoor forcing
- Clean up the dead iris and peony foliage and destroy to decrease the spread of disease
- After a light frost, dig canna, gladiolus, dahlias, and other tender bulbs for winter storage

## October Gardening Calendar Cont.

#### Lawns

- Continue to mow the lawn if necessary
- Core aerate tuft to reduce soil compaction, improve drainage, break up thatch and help nutrients move into the soil
- Control dandelions, henbit, and chickweed with a broadleaf herbicide when seedlings are young
- Sharpen the mower blade for a clean cut
- Check the oil level in your mower
- Keep fallen leaves removed from the lawn to prevent shading and dieback of grass





#### **Trees and Shrubs**

- Plant trees and shrubs, deciduous and evergreen and keep them watered
- Once the leaves have fallen, transplant trees and shrubs
- Trim dead, broken, or diseased branches from trees and shrubs
- Enjoy fall leaf color which normally hits peak about the third week of October

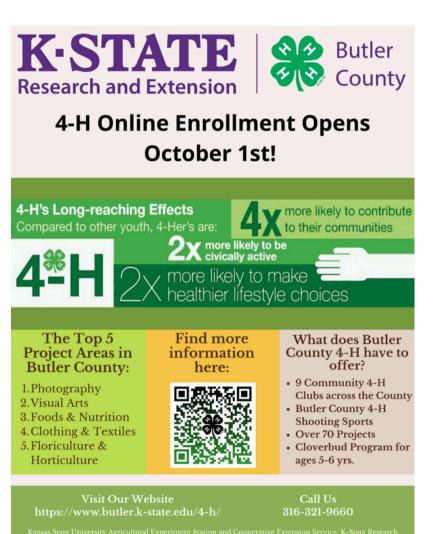
#### Miscellaneous

- Drain and store garden hoses and sprinklers for winter
- Prepare the compost for winter. Add new materials and turn
- Store unused seeds in a cool, dry location



#### **Madeline Wallace**

4-H Youth and Development Agent <a href="mgwallac@ksu.edu">mgwallac@ksu.edu</a>
<a href="https://www.butler.k-state.edu/4-h/">https://www.butler.k-state.edu/4-h/</a>



The new 4-H year will begin on October 1st, 2024! From hands-on exploration to project-based skill building, young people thrive through participation in 4-H and find their way to success in life and future careers. We are excited to offer over 35 projects, ranging from Foods and **Nutrition, to Robotics and Geology,** to Livestock. There truly is something for everyone! We focus on exploration, learning, and experiencing the world around us through hands-on activities lead by our qualified volunteers and mentors. Any Butler County youth ages 7 to 18 is eligible to join 4-H! Our learning pathways support 21st century learning skills to help our youth grow and develop into productive citizens within their community! I encourage you to visit our website: https://www.butler.kstate.edu/4-h/ to learn how to enroll in 4-H!





## **BUTLER COUNTY 4-H**

Kansas State Fair Results



#### **Static Projects**

Champion Senior Shopping in Style **Fashion Review** 

#### Open Class

- ☑ Brenna 1st in Class. Photography
- ☑ Kenzie Division Champion, Foods
- ☑ Jackson Dairy Goats, Champion Sr. Showman, Best in Show Youth Division

#### Chosen for Display

- Madelynn Photo selected for State 4-H Office
- ☑ Brenna Photo selected for Rock Springs Ranch
- Madison Photo selected for Director of Extension
- Madison Fine Arts selected for Kansas 4-H Foundation

#### Livestock

- Addison Rabbits. Best of Breed Senior Buck
- ☑ Janelle Horse Show, Champion Stock Type Mare
- ☑ Cally Market Meat Goat, Res. Division II

#### **Judging Contests**

- ☑ Int. Photography Judging - 2nd Place

  - M Ella 18th Indiv.
  - ☑ Lorelai 21st Indiv.
- ☑ Sen. Photography Judging - 16th Place
  - ☑ Mikalyn 35th Indiv.
  - ☑ Taylor 57th Indiv.
- ☑ Kaleb 71st Indiv. ☑ Int. FCS Judging - 1st
  - Place
  - ✓ Ella

  - M Allison
  - ✓ Valerie
- ☑ Sen. FCS Judging -9th Place

  - ✓ Jadon
  - ☑ Grace
- ☑ Rabbit Judging
  - ☑ Madelynn Blue
  - ☑ Lane Blue
  - ☑ Cole Blue

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#### **Madeline Wallace**

4-H Youth and Development Agent <a href="mgwallac@ksu.edu">mgwallac@ksu.edu</a>
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## 4-H PROUD, 4-H GROWN!

OCTOBER 6-12, 2024

Sunday Selfie Sunday

Monday Monday Motivation

Tuesday Tuesday Trivia

Wednesday 4-H Spirit Day!

Thursday Throwback Thursday

Friday Friday Night Lights

Saturday Saturday Service- #484H





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# SCHOOL ENRICHMENT PROGRAMS



- Farm to Plate
- STEM
- Financial Literacy
- · Choose Health: Food, Fun, and Fitness
- · Team Building and Bonding
- Robotics

Don't see what you're looking for? Contact us to see if we offer it!



Madeline Wallace
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