

Doniphan County

www.doniphan.ksu.edu

K-State Research and Extension News

Doniphan County Extension Service

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4-H NEWS

September/October 2023

GOOD LUCK

TO ALL WHO ARE PARTICIPATING at THE KANSAS STATE FAIR– Best of Luck!! We are very Proud of you!

*Bring KSF projects into the office by September 5th! The earlier the better! All Food entries must be in the office by Wednesday the 6th.

CALENDER OF EVENTS:

SEPTEMBER

4- Office Closed for Labor Day
29- Deadline for Record Books to the office **AND Achievement Level Pin forms**

OCTOBER

1 - On-line Re-enrollment Open
11 - **Record book judging, 4:00 p.m. at the 4-H building.**

18 & 19—**4-H Fall Invitational.**

9— **Office closed for Columbus Day**

16- 6:00 p.m. - Officers Training
7:00 p.m. - Council Meeting

NOVEMBER

19- Achievement Night, 6:00 pm
18 & 19-KYLF and Leadership Forum
30 - 4H Enrollment Completed
On-line

2023 Kansas Youth Leadership Forum and Leaders Forum

What: Build your leadership skills and potential through workshops, consulting groups, inspirational speakers and more. In addition, the 2022 State 4-H Youth Leadership Council will be elected at KYLF.

When: November 18-19, 2023

Where: Rock Springs Ranch

Who: Youth 14-18 years of age before January 1, 2023

*4H Council pays half cost!

2023 Fees: \$200 and additional optional \$50 for Friday overnight and breakfast.

Registration:
Will open in August

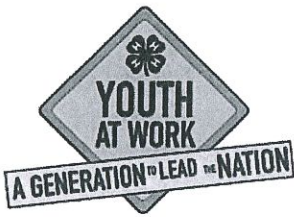
Deadline - Monday October 16, 2023 by 11:59 p.m.

4-H ACHIEVEMENT

NIGHT will be Sunday, November 19th, at 6:00 p.m. Council will serve meal. This meal will be catered.



**RECORD BOOKS AND
ACHIEVEMENT AWARDS DUE IN
THE OFFICE
BY SEPTEMBER 29TH**



There are 9 different levels of Achievement Awards that 4-H members can earn. These awards are earned by a 4-Her's involvement in the program. The beginning pin levels have simple requirements, as you increase in years the requirements become more challenging. (They must be completed in order, one per year). I strongly urge every 4-H member to fill out the application for an Achievement pin, it is your reward for a job well done. :)

Member Achievement Plan 1 - (Membership Pin)
Member Achievement Plan 2 - (Bronze Pin)
Member Achievement Plan 3 - (Clover Pin),
Member Achievement Plan 4 - (Emerald Pin)
Member Achievement Plan 5 - (Silver Pin)
Member Achievement Plan 6 - (Silver Guard Pin)
Member Achievement Plan 7 - (Leadership Pin)
Member Achievement Plan 8 - (Gold Pin)
Member Achievement Plan 9 - (Gold Guard Pin)

The *4-H Key Award*, the highest pin a 4-H member can earn, is also due by **SEPTEMBER 29TH**. You must be 16 by January 1st of the current year before applying for this award.

These plans can be picked up at the office or downloaded from the 4-H website:

www.kansas4-h.org/resources/4-h-library/awards-and-recognition/index.html or <https://bit.ly/3278Lgd>

***ALL FORMS ARE ALSO ON OUR WEBSITE:**

<https://www.doniphan.k-state.edu/>

**4-H Record books will be judged
Wednesday, October 11th, starting at 4:00**

p.m. at the 4-H building. All Club leaders are needed to help judge.

RECORDBOOK'S will be due in the office by September 29th

We will be using the project report forms listed below. Please go to this website and click on the fillable pdf for your age.



Go to: www.kansas4h.org –
<https://www.kansas4-h.org/resources/awards-and-recognition/ProjectRecognition.html>

Permanent Record (fillable Word)

Project Record Report Forms

revised January 2022 versions

- Junior General Project Report Form (ages 7-9)
fillable PDF
- Junior Animal Project Report Form (ages 7-9)
fillable PDF
- Intermediate General Project Report Form (ages 10-13)
fillable PDF
- Intermediate Animal Project Report Form (ages 10-13)
fillable PDF
- Senior General Project Report Form (ages 14-18)
fillable PDF
- Senior Animal Project Report Form (ages 14-18)
fillable PDF

*****You will still fill out the Kansas 4-H Personal Information Page and Permanent Record sheet that begins your recordbook. These fillable pages are on the same site.**

*****Tip: If you did not complete a project, have no project work to show, then do not take time to fill out a record on that project. Focus on the project work that you completed.**

*** You can purchase 4-H Recordbook binders at the Extension office for \$3.83**

ON-LINE ENROLLMENT BEGINS OCTOBER 1!!

Kansas State 4-H will be continuing on-line enrollment for the **new 2023 - 2024 4-H enrollment year.**

What you need to know now:

*You cannot start the 2023 enrollment **until October 1st.**

*Please re-enroll, on-line by November 30th.

*Each 4-H family will be submitting one enrollment, listing children and their projects

* *Kansas Participation forms will be part of the online system.*



2023- Kansas 4-H has a \$15 enrollment fee for each

4-Her. The fees will be used for program

enhancement, project support, and volunteer development. While the funds are collected at the state level, the state office intends to get input from counties across the state to set priorities for the funds, to ensure that everyone benefits.

4-H STIMULUS PACKAGE!!

EARLY BIRD SPECIAL! 4-H COUNCIL IS PAYING ALL ENROLLMENT FEES FOR THOSE WHO ENROLL BY NOVEMBER 30TH

YOU WILL HAVE TO CALL THE OFFICE TO GET THE WAIVER CODE!

Paying for the fee is done during annual re-enrollment on 4-H Online. Towards the end of the enrollment process, you will be asked how you intend to pay. Options list: use a credit or debit card online, mail in a check to the state office, no fee (for Cloverbuds), request a waiver, or USE A COUPON CODE IF SPONSOR IS paying your fee. (ONLY FOR THOSE WHO ENROLL EARLY, BY November 30th.)

Our office will send a check in for all enrolled. Both the local and state offices approve enrollment, and enrollment is not complete

(you won't be an "active" member) until payment is received.

The 4-H Year begins October 1st, 2023. National 4-H Week is the first week of October. What a wonderful time to ask a friend to join the Doniphan County 4-H

2023 4-H FALL INVITATIONAL WILL BE HELD ON

OCTOBER 18th and 19th.

We will need 4-H members to bring to the building inside exhibits to be displayed. Please bring them to the office or the 4-H building on Tuesday October 17th from 4-7 p.m

*If you would like to do a demonstration during the rotations, please talk to Kathy.

*This event will be open to all Doniphan Public Schools, ages K-5.

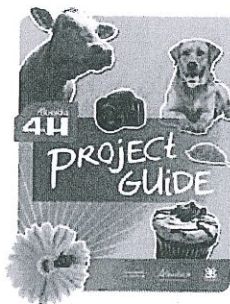
Doniphan County 4-H Club Officer's Training

Please mark your calendar for October 16th at 6:00 p.m. at the 4-H Building. Learn and have tons of fun, so make sure your officers can make it!

4-H PROJECT GUIDE

<https://www.kansas4-h.org/projects/project-guides/ProjectSelectionGuideColor.pdf>

Exploring your interests through 4-H project work is an excellent way to discover new skills and potential careers. While projects can vary depending on your local program and availability, this guide offers a starting point for each of the official state 4-H projects. Resources for each project can be ordered through your county or district



extension office.

Enjoy your 4-H project experience!



K-State
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September/October 2023

Dear Friends,

The beauty of Autumn is just around the corner. We are looking forward to harvest, apple cider, football and all Extension programs! Have a Great Season!

Sincerely,

Kathy Tharman

County Extension Director



SWEETS & YOU!



Doniphan County
Homemakers Club Council is
excited to bring all EHU club
members a new social event:
Sweets & You!

All club members are invited to
attend our get together at
Star Diner 36 in Wathena on
Wednesday, September 27th
at 2:30 p.m.

Our afternoon will be a chance to meet new
people in other clubs, play a game and treat
yourself to the diners many dessert choices.

DRIVE BY FLU VACCINATIONS will be
offered by the Doniphan County Health
Department on Friday, October 6th back alley of
Healthy Dept., enter from the South. 9 a.m. -
6 pm. Forms can accessed on-line by middle of
September at www.dpcountyks.com
There will also be consent forms at area banks,
post offices and senior citizen sites.



FALL EVENT "COLOR ME AUTUMN" FRIDAY, OCTOBER 29TH

All EHU members and guests are welcome to join
us for a morning of fun lessons and laughter! We
will start the morning at 9:30 a.m. with
registration, coffee, juice & cookies.

We will also be having Holiday craft/food booths.
Please call the office to reserve a table if you
would like to set one up.

*Guest Speaker - Annika Franken

Annika will be teaching us how to make a
beautiful flower centerpiece. This will cost
\$10/person. *Optional but we need to let Annika
know how many will be making centerpieces.

Amy Masters will teach us a Make n Take Craft.
*Each Club needs to provide a \$10 door prize.

We will have a noon potluck luncheon.

Club Duties:

Moray - Table Decorations

Bendena - Morning cookies & juice

Pollyanna- Drinks

Happy Time - Registration & Name tags

Helping Hands - Set up Lunch- table/paper
products

VACUUM AND REDUCED OXYGEN PACKAGING

Whether you want to sell vacuum packed foods, or
vacuum package foods at home, vacuum packaging
can offer some benefits to storing food.

But there are also some food safety concerns to
know about when using this type of packaging.
A new publication from K -State Research and
Extension called Vacuum and Reduced Oxygen
Packaging is now available to inform you about
the benefits and food safety concerns.

Removal of oxygen can reduce growth of some
spoilage microorganisms, reduce rancidity and
color changes, and extend shelf life of cold-stored
foods. But, just as in canning, vacuum packaging
produces an anaerobic environment because air is
removed from the package. This can allow
Clostridium botulinum to form spores that can
develop a deadly toxin if proper storage conditions
are not met. Therefore, refrigeration and freezing,
among others, are two key barriers to prevent *C.*
botulinum growth.

Learn more in Vacuum and Reduced Oxygen
Packaging-MF3639.





4-H FALL FESTIVAL will be Wednesday, October 18th and Thursday, October 19th at the Troy Fairgrounds. All Elementary Schools are invited

to this Fun Filled Activity Field Trip.

One of the rotation spots for the kids will be the concession stand where they watch a short movie and have a treat and water.

If you can volunteer your time to be at the concession stand and help with that rotation spot, please contact Kathy at the Extension office.

Thank You for being such Wonderful Volunteers and supporting Youth Development in Doniphan County!

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.

LEFTOVERS



*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.

Dining on a Dime’s Cooks’ Corner

Spicy Serrano Salsa (Makes about 1 1/2 cups)

Ingredients

- 3 or 4 tomatoes (the fleshy Roma type is preferred)
- 1 serrano pepper, stem removed
- 1 garlic clove, finely chopped
- 1/4 fresh onion, finely chopped
- 1/4 cup finely chopped fresh (or 2 tablespoons dried) cilantro



Directions

1. Place an oven rack at the highest position possible. Preheat oven to 450 degrees F.
2. Place tomatoes and pepper on a cookie sheet. Bake on the upper rack for 10 minutes or until skins start to blacken.
3. Use tongs to turn the tomatoes and peppers over. Roast for 10 more minutes or until blackened. Remove from oven.
4. Put all ingredients into a blender or food processor. Blend to desired consistency.
5. Refrigerate leftovers within 2 hours.

Each serving (2 tablespoons) provides 5 calories, 0g fat, 0g saturated fat, 0g trans fat, 1g carbohydrate, 0g protein, 0mg cholesterol, 0mg sodium and 0g dietary fiber. Daily Values:

4% vitamin A, 4% vitamin C, 0% calcium, 0% iron.

If desired, serve salsa with baked potatoes.



KSRE Horticulture Newsletter

Our Horticulture Newsletter is a weekly publication put out by our extension specialists. Timely information on basic plant care is covered in addition to any disease or pest issues that may be appearing throughout the state. Go to our newsletter website to read the most current issues and explore our newsletter archives.

<https://hnr.k-state.edu/extension/horticulture-resource-center/horticulture-newsletter/>

Fall Planting Time is Approaching for Turfgrass: Buyer Beware!

Not all grass seed is created equal. Lower quality seed can introduce unwanted weeds and a lot of extra work to eradicate it later.

Orchardgrass and/or rough bluegrass (*Poa trivialis*) are the names to watch for when preparing to overseed. These perennial grassy weeds cannot be selectively controlled once introduced to a lawn.

Orchardgrass grows more rapidly and is lighter green than our turfgrasses. It doesn't spread but creates unsightly tufts of light green bunch grass in the lawn. Rough bluegrass creates fine-textured, circles in the lawn. Initially it can blend in with the other grasses, but turns brown quickly with the summer heat. When temperatures cool it greens up again.

Understanding the contents printed on the label of the grass seed bag will save you from introducing unwanted species. Look for the percent "Other Crop Seed" or "Other Crop" printed on the label. "Other Crop" includes any species grown intentionally such as turfgrasses and pasture grasses. Unfortunately, orchardgrass and rough bluegrass fall into this category. By law, seed labels must identify the percentage, by weight, of "Other Crop Seed" in the bag. However, the species does not have to be named unless it constitutes 5% or more of the contents.

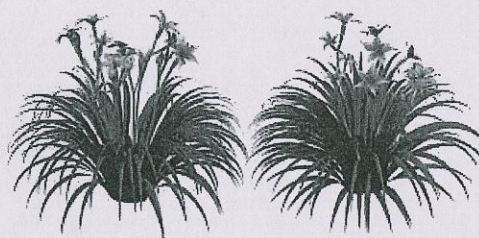
Knowing what percentage of "Other Crop" is too much depends on what the "Other Crop" is comprised of as well as the buyer's preference. "Other Crop" could include small amounts of a species that will not significantly impact your lawn such as perennial ryegrass in a bag of tall fescue. On the other hand, it could include orchardgrass or rough bluegrass. Since the homeowner has no easy way of knowing what is included in the "Other Crop," look for a bag of seed where the percentage of "Other Crop" is as close to zero as possible. Quality seed may have 0.01% "Other Crop" or less. "Weed Seed" listed on the label should also be 0.01% or less.

(Cynthia Domenghini)

Dividing Daylilies

Every three to five years daylilies should be divided to promote flowering. This task is sometimes done during the spring but it is preferable to complete it in September.

Because of the extensive root system, a sharp knife may be



required. However, cutting the roots with a knife can cause more stress to the plant and should only be done if necessary. Alternatively, use a shovel to dig up the entire daylily clump. Remove the soil from the roots by shaking it or spraying the roots with water. Separate the plants into clumps of two or three. Cut the leaves to about half their height. This will enable the roots to better support the plant without falling over while also reducing the water lost through transpiration.

Replant the divided clumps at the same depth 24 to 36 inches apart. Flowering will be limited next year but will become more vigorous until it is time for dividing again. (Cynthia Domenghini)



Are Crabapples Safe to Eat?

Crabapple trees are favored in the landscape for the multiple seasons of interest they provide. From the spring flowers to the colorful foliage and fruit, crabapples are typically grown for their ornamental value. Size is the main difference between crabapples and traditional apples. Fruit that are two-inches in diameter or larger are classified as apples while those smaller than two-inches are crabapples. The fruit is edible regardless of size, though crabapples are too bitter for most people when eaten straight from the tree.

Crabapples naturally contain pectin making them suitable for preserves as well as pies, cider and vinegar. The size of the fruit ranges from ¼-inch to two-inches and may be more work than it's worth to harvest and process. Choosing not to harvest crabapple fruit should not be considered a waste, however, as they provide a great food source for birds and other wildlife.

Spring Flowering Shrubs

Spring-flowering shrubs typically establish buds for next year in August and September. Avoid pruning these shrubs now as it will negatively affect next year's bloom. Water, as needed, this time of year to support the plants' new growth.

Examples of spring-flowering shrubs include Forsythia, Flowering Quince, Almond, Beautybush, Deutzia, Pyracantha, Lilac, Mock Orange, Cotoneaster, Weigela, Viburnum and Witchhazel. (Cynthia Domenghini)

