Doniphan County
K-State Research and Extension News

4-H NEWS

CALENDER OF EVENTS

JULY

5 - Extension Office Closed
3 - 4th of July Breakfast fundraiser at the fairgrounds
8 - Fair Registrations Due!
15 - Cloverbud Camp
15 - KSF Livestock Entries Due
23 - Overnight permission forms due in office for livestock exhibitors
23 - Fair Set Up, 6:00 p.m.
24, 26-30 - County Fair

AUGUST

11 - Pre-entries due for Kansas State Fair
16 - 4-H Council, 7:00 p.m.

SEPTEMBER

6 - Extension Office Closed
7 - Entries due in office for Kansas State Fair
10-19 - Kansas State Fair
18 - Tractor Pull, Concessions

MONEY SKILLS

We will not be doing the Count Back Change Challenge this year as far as the Friday night recognition. We do however want to continue to practice this skill. Also encourage the 4-H members to “Face” the dollar bills when putting them in the money boxes.

JULY/AUGUST 2021

GREEN CARDS (4-H entries), White cards (open class entries), Entomology labels and pins (100 in pkg. $6.80 + .58 tax), Foods & Food Preservation labels, Photography mat boards ($1.15 + tax/ board), and photo bags (.23 + tax/bag) are available at the Extension office. Please stop by and pick up what you need.

Please make sure to fill out both sides of your entry card.

Use your 4-H exhibitors number and your name on each card. Your number is inside your fairbook.

*Open class exhibitors (White cards) do not have an exhibitor number.
GET READY FOR THE FAIR!
*Watch for Deadlines & Times.
*Get green cards filled out ahead of time for less stress.
*Read the fair book for entry instructions.
*Thank the volunteers and fair supporters.
*Invite buyers to the livestock premium sale.
*4-H Exhibitor numbers are on the inside front page of your fair book, put them on the green cards.
*Fill out both sides of the green card!
*4-H entry cards are green, open class are white!
*Cloverbuds have special instructions in the fair book, page 10, it’s all about having fun! *
*Smile, these are the best times of your life! *
*Don’t wait till the last minute!
*Relax! most issues can be dealt with in a happy and humorous way!

*Remember what’s important - ribbons get lost, trophies get dusty, money gets spent- experience last forever!

CONSULTATION JUDGING
The Fair Board has stated that the 4-Her must be present at the time of judging. If they are unable to be there, they will be dropped one ribbon placing.

The 4-Her will learn so much more when they interact with the judges. The judges are able to make constructive suggestions which they may not have time to write out.

Proper etiquette for consultation judging is the 4-Her interacting with the judge while the parent remains quietly behind the 4-Her.
***(Help your child grow - let them do the interaction.)

*Clothing Construction Judging will be at the Troy Masonic Lodge basement.

STAY HEALTHY AT THE FAIR!
Stay Home if you are sick
Wash Your Hands Often
Wearing a Mask is your Choice

ROTATION OF DUTIES
Set Up Friday, July 23rd from 6:00 - 7:00 p.m.
Midway Meadowlarks and Circle B
Fair Take Down, Friday, July 30th from 7:00 am - 9:00 am Doniphan Star, Highland
Cloverpatch and Bendena
Clean Up after the Band/Movie, Midnight-Wathena Sunflower and Troy Triangle

AREAS TO KEEP CLEAN - Please Do Not Ignore your club responsibilities - These tasks are needed each day

INSIDE THE EXHIBIT BUILDING - Circle B - sweep floors and empty trash cans, DISINFECT HANDLES
RESTROOMS - Midway Meadowlarks - clean sinks, toilets, sweep floor, empty trash, DISINFECT HANDLES
AROUND CONCESSION STAND - Wathena Sunflower - empty trash cans, pick up trash
AROUND HORSE ARENA - Highland Cloverpatch - empty trash cans, pick up trash
OUTSIDE SHEEP - Doniphan Star - empty trash cans, pick up trash
OUTSIDE SWINE BARN - Bendena
OUTSIDE BEEF BARN - Troy Triangle - empty trash cans, pick up trash

NEW Fair T-Shirts
Fairboard has requested that all 4-H youth wear their new t-shirts when being judged.
*Exception - horse show and buymanship.

*Cloverbud Camp, Thursday July 15th - $15
REGISTER by July 6th at the Extension office.
www.https://www.doniphan.k-state.edu/4-h
FRIDAY, JULY 23, 2021
6:00 p.m. Set up Fair Grounds

SATURDAY, JULY 24, 2021
8:00 a.m. Entry cards for all 4-H Horse Show entries must be turned in to superintendents
9:00 a.m. Judging of 4H Horse Show
1:00 p.m. Enter & Judge 4H Visual Arts (open class to follow)
3:00 p.m. Enter & Judge 4H Photography (open class to follow)

MONDAY, JULY 26, 2021
6:30 a.m.—9:30 a.m. Weigh in Swine
8:30 a.m.—10:30 a.m. Enter & Judge 4H Foods & Food Preservation (open class to follow)
11:00 a.m. Commissioner's Cookie Jar
1:00-2:00 p.m. Check in Sheep & Meat Goats
3:00 p.m. Judging of Decorated Haybales
4:00 p.m. Prince & Princess Judging
6:00 p.m. Coronation of Prince & Princess, Auction Champion Food Exhibits, Presentation of Commissioner’s Cookie Jar, Auction Remaining Cookie Jars
6:30 p.m. Judging of Swine

TUESDAY, JULY 27, 2021
8:00-10:00 a.m. Weigh in Steers
8:00-10:00 a.m. Enter Poultry and Rabbits
9:00 a.m. Enter of Banners, Reading, Home Environment, Shooting Sports, Space Tech, and Miscellaneous
10:00 a.m. Judge Banners, Reading, Home Environment, Shooting Sports, Space Tech, Entomology and Miscellaneous
8:00 - 11:00 a.m. Enter Beef & Dairy Cows
Give livestock entry cards to superintendents
9:00-11:00 a.m. 4-H Clothing Construction Judging & Style Revue (Clothing Construction Style Revue held at the Masonic Lodge) (open class to follow at Fairgrounds)
12:00-1:00 p.m. Enter all remaining inside exhibits

Tuesday continued:
1:00 p.m. Judging 4H Horticulture & Field Crops (open class to follow)
2:00 p.m. - 3:00 p.m. Judge Electricity and Wood Working, Ag Mechanics (open class to follow)
3:00 p.m. - 4:00 p.m. Judge 4H Fiber Arts (open class to follow)
3:30 p.m. - 4:30 p.m. Judge Geology, Wildlife, Forestry, & Entomology
6:30 p.m. Judging of Meat Goats & Sheep

WEDNESDAY, JULY 28, 2021
9:00 a.m. Judging of Rabbits
10:00 a.m. Judging of Poultry
11:30 a.m. 4-H Small Pet Show
2:00 p.m. Buymanship Style Revue
6:30 p.m. Judging of Dairy Goats & Dairy
7:00 p.m. (or immediately following dairy) Judging of Bucket Calf & Beef

THURSDAY, JULY 29, 2021
10:00 a.m. Livestock Judging
1:30 p.m. 4-H Place Setting Judging
2:00 p.m. 4-H Demonstration Contest
7:00 p.m. Ladies & Shepherd’s Lead
7:30 p.m. Livestock Sale

FRIDAY, JULY 30, 2021
7:00 a.m. All exhibits released—inside exhibits must be picked up by 9:00 a.m. *Livestock exhibitors must help clean barns
9:00 a.m. Style Show Practice
10:00 a.m. Dog Show
7:00 p.m. Top 4-H Demonstrations
7:30 p.m. Public Style Revue & Awards Presentation
9:00 p.m.—11 p.m. Band/Movie
July/August 2021

Summer is a busy time! We have so many activities to keep us busy and happy! I am looking forward to the County Fair!

Sincerely,

Kathy Tharman
County Extension Director


**Doniphan County 4-H Fair - Back to “Traditional” schedule.**

Included in this newsletter is the County 4-H Fair schedule. Several time changes are listed.

*There will be open class contests this year. Please use white entry cards.

*Concession stand hours are from 7:00 am till 10:30 pm. It will be open for breakfast, lunch, supper and evening shows.

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**Doniphan Homemakers Council**

met in June to discuss upcoming events. Please reserve on your calender:

October 14th - Mental Health Van Trip

No details yet but stay tuned!

November 5th - Fall Event

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**SCIENCE OF FREEZING FOODS**

Freezing food can be quick and convenient. But there is a lot of science behind how food freezes that can affect the outcome. After harvesting fruits and vegetables, chemical changes still occur due to enzymes naturally within the food. These enzymes can change color, texture, flavor, and some nutrients. To stop enzymatic changes, there are key steps to take.

For most vegetables, blanching is effective to inactivate enzymes. This exposes the vegetables to boiling water or steam for a brief amount of time, then rapidly chilled in ice water. Blanching is essential for high quality vegetables. It also helps destroy any microorganisms.

Blanching time varies by vegetable. For light colored fruit, such as peaches and apples, enzymes can cause browning and loss of vitamin C. Instead of blanching, fruit can be treated with ascorbic acid (vitamin C) to interfere with the chemical reaction that causes the color changes. Use pure ascorbic acid or commercial ascorbic acid mixtures.

Texture of frozen food can depend on the rate of freezing. Don’t overload your freezer as that will slow the freezing process and result in poor quality food. Typically, freezing 2 to 3 pounds at a time is best.

For more information on freezing, see the National Center for Home Food Preservation website. [https://nchfp.uga.edu/how/freeze.html](https://nchfp.uga.edu/how/freeze.html)

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**VINEGAR AND SHELF LIFE**

When preserving food, fresh is best. This is also true for pickling. Vinegar is the acid of choice to pickle foods. But if vinegar is past its “Best By” date, is it still safe to use?

Vinegar has an “almost indefinite” shelf life. It’s acidic nature is selfpreserving. It does not require refrigeration, just a cool, dry, dark storage location. Over time, there may be slight visible changes. They include:

Cloudiness—After opening the container, vinegar is exposed to other harmless bacteria that can create cloudiness. It does not affect the flavor of quality. Try straining it through a coffee filter to clear away the cloudiness.
Color—Sulfites help protect the color of red wine vinegar, but color can also change due to Maillard browning reactions. Color changes can also signal flavor changes.

Sediment—Less filtered, or unfiltered, vinegar may form a sediment layer over time. Place a coffee filter in another strainer and strain out the sediment before using.

Mother—Most vinegars are pasteurized. But, if a slimy, amorphous blob or substance forms and floats, the vinegar has been re-inoculated with bacteria after opening. The Mother means some sugars or alcohol were not completely fermented when that vinegar was made. For pickling, use vinegar that has 5% acidity

Create a Grab-and-Go Box
If you had only a few moments to evacuate your home, would you have access to the cash, banking services and the personal identification needed to conduct your day-to-day financial life? Consider keeping the following items in a secure place in your home, in a waterproof, fireproof container that can be taken with you at a moment’s notice:
- Identification and other key documents that may be needed to restore your financial records, including copies of your driver’s license, passports, social security cards
- Insurance cards, policies, or other proof of insurance coverage
- Household inventory
- Immunization records

• Bank account numbers, cash
• Copies (front and back) of ATM, debit, and credit cards
• Phone numbers and account information for all financial service and insurance providers
• Important telephone numbers (family members, doctors, veterinarians)
• Names and prescription numbers for medications
• Safe deposit box key
• Pocket notebook and pen or pencil
If the following items are not kept in a safe deposit box, these should also be kept in your grab-and-go box. It is a good idea to make copies of safe deposit box contents in case the originals are damaged by water.
• Family records (birth, marriage, death certificates)
• Will, contracts, deed

CONDITIONING DEHYDRATED FRUIT
Dehydrating fruit is a great way to make tasty snacks or to add fruit to a quick breakfast. When dehydrated fruit, how do you know when the fruit is dry?
Different fruits take different amounts of time to dry. The fruit pieces should be pliable but not tacky when touched. This is a visual clue that there is <20% moisture content remaining in the fruit. Cut open a piece and squeeze it, there should not be any remaining moisture. Let the fruit cool completely and package in an airtight container.
Allow the fruit condition about 7-10 days.
This helps distribute the 20% moisture evenly. Shake the package each day and look for any visible moisture.
MANHATTAN, Kan. — Many home gardeners understand a sad truth about the corn earworm: the little critter loves sweet corn just as much as humans do.

It creates a yearly battle to fight back the pesky insect. The adult corn earworm moth lays eggs on developing corn silks and as soon as the eggs hatch, larval cornworms go to work.

"Feeding starts at the tip of the ear and works down," said Kansas State University horticulture expert Ward Upham.

Corn earworms feed on each other as well as the corn, so handpicking the larva is not recommended, Upham said. Multiple eggs may hatch on a single silk, but there may not be many earworms present at harvest time.

"Though several earworms may hatch and attack a single ear, usually only one is present at harvest due to the cannibalistic nature of the insect," Upham said.

Protecting sweet corn from earworms comes with a couple time-dependent challenges. As corn silks continue to grow, any new silk that is left untreated can be targeted by earworms. Upham recommends applying insecticides every 2 to 3 days in order to be effective, "especially in early July, when peak flight of these moths usually appears," he said.

Additionally, adult earworm moths prefer juicy silks instead of dry silks, so insecticide only needs to be applied the first two weeks of silking.

What insecticides are most effective? Upham recommends cyfluthrin for home gardeners. If an organic insecticide is preferred, Spinosad is another option.

Another organic choice is mineral oil or other light horticultural oils.

To treat the corn, fill a medicine dropper ½ to ¾ full of the oil, then apply inside the silk end of the corn's ear — where the tips of the silk begin to wilt and brown. Upham said the oil will kill any earworms present and prevent more earworms from entering the ear.

However, he said, take note that applying oil before the silk has begun to brown may lead to partially unfilled ears, as the oil will interfere with pollination.

Upham and his colleagues in K-State's Department of Horticulture and Natural Resources produce a weekly Horticulture Newsletter with tips for maintaining home landscapes. The newsletter is available to view online or can be delivered by email each week.

K-State's Turf and Ornamental Field Day is happening! It will be held at the Rocky Ford Turfgrass Research Center, 1700 Barnes Road, on Thursday, August 5. Due to the pandemic (which is receding for now!), we will have a change of structure for our tour of research plots and conversations with faculty and graduate students. Please note that the format and guidelines are subject to further change or cancellation, based on KSU and state/local health policies. For a copy of the program and exhibitor information, go to http://www.kansasturfgrassfoundaion.com/ You can register online at https://2021turfday.eventbrite.com C Online advanced registration is strongly recommended. C Parking at Faith E Free Church - 1921 Barnes Road, Manhattan, KS. C There will be no formal welcoming session this year. Tours will leave from the registration area about every 15 minutes beginning at 8:30 a.m. and running until 10 a.m. You can arrive anytime between about 8:15 am (or earlier) and 9:45 am to join one of the tours. C 8 stops with different presenters, each running about 15 minutes. C No donuts or coffee will be provided, but a boxed lunch will be available when your plot tour finishes. Take your boxed lunch and find your own space to eat - there will be some chairs spaced out in shaded areas. Or, feel free to take it "to go." C Vendors will be present from 8 a.m. until about 1 p.m.
Salmon Pasta Salad  
*Submitted by Rita Baker*

1 1/2 cups tri-colored spiral pasta  
1/2 cup sour cream  
1/2 cup mayonnaise  
1/4 cup green pepper (chopped)  
1/4 cup sweet red pepper (chopped)  
2 T fresh dill minced or 2 tsp dill weed  
7 1/2 oz can salmon, drained & bones & skin removed  
Cook pasta according to package directions. Drain and rinse in cold water. Mix sour cream, mayonnaise, peppers, onion and dill. Add to pasta. Stir in Salmon. Cover and refrigerate.  
*8 servings*  
Calories 264; Total Fat 10.7g; Sodium 137mg; Sugars 1.2g

24 Hour Coleslaw  
*Submitted by Mary Linn Johnson*

3 lbs. cabbage, shredded  
1 onion cut fine  
1 green pepper, cut fine  
Celery (optional)  
Combine in a large bowl. Sprinkle 2 cups of sugar over the mixture.  
Combine in a saucepan:  
1 cup salad oil  
1 cup vinegar  
1 tsp. dry mustard  
1 tsp. celery seed  
1 tsp. salt  
1 tsp. pepper  
Bring to a boil and pour hot liquid over sugar. Mix a little. Cover tightly.  
*12 servings*  
Calories 326; Total Fat 18.4g; Sodium 216mg; Sugars 37.7g

BLT Dip  
*Submitted by Bev Franken*

8 oz. cream cheese, softened  
1/2 cup ranch dressing  
1 medium tomato (3/4 cup). Be sure to pat juice out of tomato with a paper towel  
6 bacon slices or 6 T real bacon pieces  
2 T chopped green onion  
1 tsp. sugar.  
Mix together and chill several hours or overnight. Serve with crackers.  
*8 servings*  
Calories 185; Total Fat 15g; Sodium 498mg; Sugars 1g

Frozen Fruit Cup  
*Submitted by Bev Franken*

1 1/2 cup sugar  
2 cups water  
1 6 oz. frozen orange juice  
3 6 oz. can water  
1 12 oz. can apricot nectar  
6 bananas, sliced  
2 10 oz. frozen strawberries w/ sugar  
1 medium can crushed pineapple & juice  
Bring sugar and water to boil to dissolve and cool. In a large bowl mix remaining ingredients. Add cooled sugar and water mixture. Use clear 8 oz. cups and fill 1/2 to 3/4 full. Cover each with foil and freeze. Set out at least 1/2 hour before eating.  
*16 servings*  
Calories 163; Total Fat .2g; Sodium 4mg; Sugars 32.8g

Jamaica Cake  
*Submitted by Rosalie Dorrell*

3 cups flour  
1 tsp. salt  
1 tsp. soda  
1 tsp. cinnamon  
2 cups sugar  
1 1/2 cups oil  
3 eggs beaten  
1 cup crushed pineapple with juice  
2 – 3 banana, mashed  
1 cup chopped walnuts  
1 cup coconut  
1 tsp. vanilla  
Preheat oven to 350 degrees. Grease and flour bundt. Sift together flour, salt, soda, and cinnamon three times. Cream together the oil, sugar and eggs. Add vanilla. Add dry ingredients. Mix well. Add pineapple, bananas, coconut, and nuts. Thoroughly mix. Pour cake into pan and bake 1 hour. Check for doneness by poking it with a toothpick. If it comes out clean, its done.  
*12 servings*  
Calories 538; Total Fat 28g; Sodium 316mg; Sugars 39g

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Recipes are due  
August 15, 2021  
from Happytime Homemakers.