

K-State Research and Extension

NEWSLETTER

Doniphan County

January/
February 2026

www.doniphan.k-state.edu

4-H NEWS

Doniphan County Extension Services

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K-State Research &
Extension /4H in
Doniphan County

Welcome Back to 4H Online! Kansas 4-H welcomes you to another year of convenient online enrollment!

Visit: <https://v2.4honline.com/>

****Enrollment will stay open throughout the winter** but after November 30th points will no longer be earned for your clubs Standard of Excellence and you can no longer get the discount code for early enrollment.

4-H COUNCIL

2026 4-H Council books were sent out to all County Council members. Our first meeting will be Monday, January 12th at 7:00, at the 4-H building.

We have many decisions and dates to set at this first meeting. I look forward to seeing all of you!

4-H FUNDRAISER

Monday, February 2nd is the Conservation Annual Banquet, 6:00 . We have been asked to make Chili & Chicken and Noodle Soup plus cinnamon rolls for the evening. If you can help with this meal please let me know asap.

4-H empowers young people with the skills to lead for a lifetime.

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. We are America's largest youth development organization—empowering nearly six million young people across the U.S. and over 70,000 youth in Kansas with the skills to lead for a lifetime.

4-H Day with the K-State Women's Basketball Team

4-H Day with the K-State Women's Basketball Team has been set for Sunday, March 1st at 1:00 pm against Iowa State. Due to the game being later than usual, we are still finalizing a few details for registration. As soon as that is finalized we will get out flyers, and registration information to you all. Please feel free to advertise and save the date. Thanks!





K-State

Research and Extension

Doniphan County Office

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January/February 2026

Dear Friends,

Happy New Year! As we begin 2026, we wish you Health and Happiness!

The New Year brings excitement for upcoming events for you to enjoy!

Sincerely,

Kathy Tharman

County Extension Director



Preparing for 4-H Club Day

Each spring, we host our local Doniphan County 4-H Club Day that is open to all Doniphan County 4-H youth to participate and compete. This year County 4-H Day is March 7, 2026.

What is 4-H Club Day? 4-H Club Day is an event which gives participants an opportunity to tell others about their 4-H projects and demonstrate their talents and abilities. Presentations such as talks, demonstrations, speeches, skits, music and dance are judged and awarded ribbons.

4-H Club is the opportunity for your child to work on their public speaking abilities. 4-H youth that participate in Club Days are more likely to exhibit stronger public speaking and communication skills essential for them later in life.

Who can participate? 4-H Club Day is open for 4-H youth aged 7 years or older. Clubs can participate in group divisions.

How do I know what my child can participate in? A letter will come out in January. Depending on your 4-H member's interests, it is best to work with them to select a topic to share. Definitely help them develop something that is age appropriate.

What are the divisions?

- Project Talks (0-7 min) 11 -13 yr. olds
- Demonstrations/ Illustrated Talks (Jr 0-10 min; Sr 0-15 min)
- Public Speaking (0-15 min speech; outline needed) 14+ years
- Chorus
- Vocal Ensemble
- Vocal Solo
- Orchestra/Band
- Instrumental Ensemble
- Instrumental Solo
- Piano Solo
- Dance
- Drama: Creative Drama (5-15 min), Skit (0-5 min), Reading (0-5 min)

For the music divisions, original copies of the music must be included with measures numbered (same as school copyright requirements).

Not sure where to start? Contact your Extension agent or 4-H Club Leader! I would gladly be willing to help a parent and child determine how to prepare for an upcoming 4-H Club Day.



Citizenship in Action 2026

from Beth Hinshaw, State 4-H:

Would you like to have more influence in laws and rules that affect your life? Then you'll want to go to Kansas 4-H Citizenship in Action! This two day event is sponsored by the State 4-H Youth Leadership Council. The purpose of the event is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their local communities. The legislative visit will not only familiarize youth with the capitol building, but will also show them how they can affect the legislative process.

When: February 15-16, 2026

Where: Topeka KS - Hotel Topeka at City Center (formerly Capitol Plaza)

Who: Youth 13-18 years old by January 1 of the current year

Registration: Coming Soon

K-State Junior Producer Day 2026 – March 7th & April 11th

Parents! Are you and your 4-H youth member serious about showing livestock? Then this event on K-State's Manhattan campus is for you. This year will be focused on Beef and Sheep. There is no better way to make great memories with your children than to visit Manhattan and learn some new skills in livestock showing. This is a family event! All attendees must register, which includes both youth and adults. Registration must be submitted by the appropriate deadline to receive a t-shirt. Registration is online via the links below. I will post a link on the Doniphan County 4-H Facebook Group.

K-State Junior Beef Producer Day

Date – Saturday, March 7, 2026

Registration Deadline – February 13

Cost - \$20/person by February 13 (\$30/person after February 13)

*Only those who register by February 13 will receive a t-shirt.

**Both youth and adults attending (including parents) need to register.

Online Registration - <https://bit.ly/BeefJrProducer>

K-State Junior Sheep Producer Day

Date – Saturday, April 11, 2026

Registration Deadline – March 20

Cost - \$20/person by March 20 (\$30/person after March 20)

*Only those who register by March 20 will receive a t-shirt.

**Both youth and adults attending (including parents) need to register.

Online Registration - <https://bit.ly/SheepJrProducer>

K-State Horse Panorama

Get ready for one of the premier 4-H horse events of the year! Kansas 4-H Horse Panorama is back, and registration is now open. The 2026 K-State Horse Panorama will be February 21–22, 2026 at Rock Springs Ranch Camp.

Horse Panorama gives youth the opportunity to demonstrate their knowledge of equine science, structure, movement, and more in a competitive yet supportive environment that emphasizes learning, fairness, and fun. This event also helps determine which youth will represent Kansas 4-H at the national Horse Bowl, Hippology, Horse Public Speaking and Horse Demonstration contests.

Who Should Register?

All 4-H members ages 9–18 who are interested in:

Horse Bowl

Public Presentations

Hippology

All participants, adults, and attendees must register. Coaches are responsible for registering all teams.

Registration opens: December 22

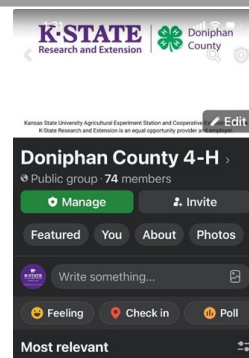
Early bird deadline: January 30th, 2026 (Only youth registered by this date will receive a t-shirt)

Late registration accepted until: February 6th

Register here: <https://bit.ly/25HorsePanorama>

Doniphan County 4-H Facebook Group

This past year, we created a Doniphan County 4-H Facebook Group. This Facebook group is to help our Doniphan County 4-H community connect and share. It will be easier for **parents to go back and find items needed for their 4-H member. If you have not joined it yet, please do! We encourage parents to use the group to post and share memories within our community. Alumni are also welcome!**





Doniphan Ag Talk Series

Save the Dates

Crop Diseases, Weeds, and Lunch
January 22nd - 11:00 AM

Wathena Community Building
303 E. St. Joseph St. Wathena, KS 66090

Grain Marketing Workshop
February 17th - 9:30 AM

Clifford W. Hawk Ag Building
606 W. Colorado, Highland, KS 66035

KANSAS STATE
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Extension
Doniphan County

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact Katharine Sharp four weeks prior to the start of the event at 785-985-3623. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

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Doniphan County

Agriculture & Natural Resources News

Katharine Sharp
Doniphan County Agriculture Agent



Doniphan Ag Talk Series: January 22 & February 17

As part of a three-part series, I am excited to bring the last two parts to our community. In December we hosted a talk on "Integrated Pest Management in Hay and Pasture" which was about the fall armyworm pest that have decimated brome fields across Kansas.

January 22: Crop Diseases, Weeds, and Lunch: will start at 11 am and conclude with a lunch. Dr. Sarah Lancaster, Weed Specialist will present on current weed updates and soybean weed data. Dr. Tina Sullivan, Area Agronomist will discuss crop diseases specifically Southern Rust which impacted the 2025 corn crop in our area. Please bring your questions and a neighbor to attend this lunch located at the Wathena Community Building (303 East St. Joseph Street, Wathena, KS 66090). Please RSVP by Wednesday January 21st so we can have a head count on lunch.

February 17: Grain Marketing Workshop: will begin with registration at 9:30 am and begin sharply at 10:00 am. Dr. Dan O'Brien, Extension Agricultural Economist will join Doniphan and Brown County Extension Agriculture Agents to hold a Grain Marketing Workshop. This workshop is to help crop producers to develop crop budgets, marketing stored grain, and how to look at crop prices to improve their operations. Please bring your questions, and a neighbor to attend this located at the Clifford Hawk Ag Building at Highland Community College (606 W Colorado St, Highland, KS 66035). A lunch will be provided and we will plan to conclude around 2 pm. Please RSVP by Monday February 16th so we can have a head count on the lunch.

Contact Katharine at the Extension office for more information or with questions you may have.

Kansas Corn and Soybean School: January 7

Save the date on January 7th to attend the 2026 Kansas Corn and Soybean School located in Hiawatha. More details should be on their website or via postcards mailed out soon.

Local Food Producer Workshop in Holton: February 20

There will be a Northeast Kansas regional Local Food Producer Workshop held in Holton at the Jackson County Fairgrounds. These workshops are put on in collaboration with the Kansas Department of Agriculture and the Kansas Center for Sustainable Agriculture & Alternative Crops. These workshops are an opportunity for aspiring producers and small food businesses to learn more about selling their products through farmers markets, direct-to-consumers sales, and other local market opportunities. Participants can connect with other producers and learn from their peers to improve their business success.

More information and an agenda will be shared once available. If you are interested please contact the Doniphan County Extension Office for more information.

Upcoming items to look for in 2026:

2026 Northeast Kansas Sheep and Goat School

4-H Small Animal and Project Days

YQCA for Doniphan County 4-H youth



DONIPHAN COUNTY FAMILY CONSUMER SCIENCE NEWS

HYPERTENSION AWARENESS AND PREVENTION PROJECT (HAPp) Self-Monitored Blood Pressure and Nutrition Education

What is HAPp?

HAPp blends the American Heart Association awareness campaigns with CC Healthy Heart Ambassador Blood Pressure Self-Monitoring Program. HAPp will include blood pressure and nutrition education.

HAPp Extension agents (Kathy Tharman) are trained Healthy Heart Ambassador coaches who close the loop on referrals by encouraging participants to share blood pressure readings with their healthcare team.

Participants use blood pressure tracking to inform lifestyle change.

HAPp Extension programs offer walk-in office hours in convenient and accessible locations (Doniphan Extension office).

WHO IS ELIGIBLE?

- *Age 18 or older**
- *Hypertension diagnose or on anti-hypertensive medicine**
- *Interest in and readiness for the program**

All HAPp activities are conducted by a KSRE agent trained as a Healthy Heart Ambassador Coach.

GOALS:

- *improve hypertension health literacy**
- *become advocates for their own health**
- *Help participants to make connections between lifestyle/behavior and their blood pressure readings.**
- *Connect with community resources**
- *Cooperate with their providers for blood pressure readings.**

**DONIPHAN COUNTY HAPp Program will
begin March 10th 2026
at the 4-H Building in Troy KS.
5:00 p.m. One hour time commitment**

**We will meet once a month on the 2nd
Tuesday for four months; March - June.
*You will receive a free blood pressure
cuff and nutrition education.
You must commit to the program for the
four months. You will attend a one hour
monthly lesson plus check in with Kathy
to discuss your program progress.**

**CLASS LIMIT OF 8
No Cost**

**Register by calling the Doniphan
County Extension office,
785-985-3623.**

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Stay Strong, Stay Healthy



Stay Strong Stay Healthy Program March 17th - May 7th, 2026

I will be starting a new Spring class for Stay Strong Stay Healthy, Aging Adults.

Classes will be on Tuesday & Thursday mornings,
from 9:30-10:30 a.m.

Classes will begin on March 17, 2026.

Classes will be held at the Troy 4-H Building at the fairgrounds.

Cost will be \$15.

SSSH Program is 16 sessions. Twice a week for 8 weeks.

You will need to register at the Extension office by March 11, 2026

*These classes are for anyone ages 55-100!

You need not be an exercise enthusiast to participate!! The program is built around your individual abilities.

This program focuses on 3 objectives.

1. Increasing strength.
2. Increasing flexibility.
3. Increasing balance.

Join us and give yourself the chance to improve your overall health!

WHICH POTATO SHOULD I BUY?

There are many varieties of potatoes in the grocery store, so how do you choose which potato to buy? While many shoppers choose potatoes based on personal preference, there are some guidelines to help choose the right potato for the right recipe.

Potato preparation is based on two quality characteristics, starch and moisture content. These two components can determine the best way to cook them.

High starch/low moisture – The russet potato fits in this category. The high solids content yields a dry, fluffy, mealy texture well suited for baking, mashing, frying, or pureeing. They also make good French fries.

Low to medium starch/high to medium moisture – Red and yellow potatoes fit in this category. They have a waxy texture which makes them good for boiling, steaming, braising, stewing, in salads, or any other recipe where potatoes need to remain intact. They don't absorb much water during cooking, so they have a smooth, creamy texture.

Here are some common varieties and their uses:

Russet – baking, mashing, frying, roasting

Whites – boiling, steaming, mashing, baking, roasting and in casseroles (scalloped and au gratin), soups and salads.

Reds – boiling, roasting, steaming and in casseroles (scalloped and au gratin), soups and salads.

Yellows – baking, boiling, mashing or roasting.

Blue/Purple – bake or mash, French fry, steam, or boil.