

K-State Research and Extension

NEWSLETTER

Doniphan County

May/June 2025

www.doniphan.k-state.edu

4-H NEWS

Doniphan County Extension Services

Kathy Tharman
County Extension
Director, FCS & 4H Agent
ktharman@ksu.edu

Katharine Sharp
Ag & Natural Resource &
4H Agent
kgsharp@ksu.edu

Angela Stock
Office Professional
astock@ksu.edu

105 S Liberty
Troy KS 66087

Phone: 785-985-3623



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

RODEO CONCESSION STAND

The Thirteenth Annual Doniphan County Rodeo will be **Friday, June 13th and Saturday, June 14th**. We will have the concession stand open as a council fund raiser. **This is a Very Busy Concession Stand!**

4H Club Schedule:

Friday, June 16th - 6:00 - 10:00

Highland Cloverpatch (5:45 -7:00)

Midway Meadowlarks(7:00-8:30)

Doniphan Star (8:30-close).

Saturday, June 18th - 5:30-10:00

Bendena & Troy Triangle (5:45 -7:00)

Circle B (7:00-8:30)

Wathena Sunflower (8:30 till close)

**Fourth of July Fundraiser for 4-H
Council, Friday the 4th!**

Breakfast at the Fairgrounds!

Serving 7:00 - 10:00 am.

SUMMER SWIM PARTY

**Saturday, July 12th from 7:15 pm—
9:15 p.m. Hiawatha Fisher Center
Pool. FREE! All 4-H Families
invited!! Bring Snacks!**

2025 COUNTY FAIR SCHEDULE

It is the decision of the fair board to keep the horse show, craft judging and photography judging on Saturday prior to the fair.

2025 Livestock Schedule

Friday, July 18—Set Up 6:00

**Saturday, July 19th —Horse, Crafts and
Photography project judging**

**Monday, July 21st - Swine Show, 6:30
p.m.**

**Tuesday, July 22nd - Sheep & Meat Goat
Show, 6:30 p.m.**

**Wednesday, July 23rd Dairy Goats, Dairy
& Beef Show, 6:30 p.m.**

**Thursday, July 24th - Premium Sale, 7:30
p.m.**

**Friday, July 25th - Awards Night &
Dance**

When you get your fairbook in June, highlight your project judging times!

4-H CLOVERBUD CAMP

Tuesday, July 8th at the fairgrounds.

Registration Deadline is July 3rd. Cost \$15.

Time: 9:00 a.m.—3:00 p.m. Lunch provided.

Stop by the Extension office to register and pay. Fun ,Fun Day for the Cloverbuds!





FAIR SET-UP/CLEAN UP on Friday Evening

Horse Show, Crafts & Photography on SATURDAY!

With the horse show on Saturday morning, we will be setting up for fair Friday evening from 6:00 - 8:00 p.m. .

Set Up Friday -Highland Cloverpatch and Bendena

Fair Take Down, Friday, from 7:00 am -9:00 a.m. Wathena Sunflower and Troy Triangle and Midway Meadowlarks

Clean Up after the Dance, 11:00 pm Circle B and Doniphan Star

****Duties are rotated. Please make time to show up for your shifts!**

Please Read Your NEW Fair Book!!

Every year there are changes to the rules in many projects. It is your responsibility to read through the Fair book when you get it to be sure you are aware of those changes. We don't like disqualifying the youth, but it is important to comply by the rules of the state.

***The fairbook will be completed and available by mid-June. Highlight your project areas and class numbers!**

Again, we stress that you read your Fair book carefully to ensure that the project is meeting every guideline so everyone has a positive experience.

4-H Club County Fair Contest will be Trash cans! Judging will be based on design, construction and creativity.

"4-H Theme"

NEW FAMILIES IN 4-H

As we approach the summer months of 4-H activities, you may be a little overwhelmed with questions and concerns.

We are here for you! Don't be shy to ask questions of your club leaders, other experienced parents and of course the

Extension agents! We work together as a team to make sure the children have a positive and rewarding experience in 4-H events and activities.

***FOOD PRESERVATION**



All Fair Food Preservation entries will be subject to strict guidelines. Please use www.rrc.ksu.edu as a resource site. Click on Home Preservation link.

*Use only recommended recipe resources: "So Easy To Preserve", current Ball Canning book, USDA Complete Guide to Home Canning, or any Extension Publication recipe resource.

*Check on your altitude and make processing time adjustments.

*Use the new canning labels available at the Extension office, or label templates may be found at www.kansas4h.org/p.aspx?tabid=46 or <https://bit.ly/2PqS3Dx>



CONGRATULATIONS TO OUR HIGH SCHOOL GRADUATING SENIORS!

We are so proud of you!

McKenna Gatz

Macy Grable

Gracie Grable

Sara Houghton

Logan Blevins

Hannah Drake

It has been wonderful watching you grow up in the Doniphan County 4-H Program!

We wish you the best of luck on your future endeavors!

Remember to sign up as a 4-H Alumni when you are too old for 4-H!!

FOODS/FROSTINGS

Kansas 4-H State Fair Rule Change

For food safety purposes, any entries with frostings and fillings must calculate the amount of sugar in the frosting/filling recipe only. Calculation must be attached to entry, or the placing will be lowered one ribbon when judged. Frosting and fillings need to contain more than 65% sugar for safety. Examples on how to calculate this percentage are included in the publication located at: <https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>.

While the concept has been encouraged and taught in recent years, it has not been a required item or stated in the rules. It has been added to the 2025 4-H Kansas State Fair book. Please continue to stress the importance of the safety of frostings and fillings at all fairs and clarify that this new rule will be enforced at the 2025 County and Kansas State Fair in the 4-H Foods Division. Questions may be directed towards Karen Blakeslee at kblakesl@ksu.edu.

Note:

*Refrigerator frostings are not allowed at all; example- cream cheese frostings.

WELCOME OUR SUMMER 2025 EXTENSION & 4-H INTERN: Carlie Windmeyer

Carlie Windmeyer, a Junior at Kansas State University will be our summer 2025 Intern at K-State Research and Extension – Doniphan County. Carlie is majoring in Agriculture and Natural Resource Communications with a minor in Animal Science and Industry. Being an alumni from the Doniphan County 4-H community, Carlie is super excited for the opportunity to work alongside

the community and extension agents. Carlie begins her internship mid- June. Please welcome her as our intern!

4-H Shooting Sports

We are pleased to announce that we will begin offering one Shooting Sports event within Doniphan County. We will begin with shotgun for the 2024 to 2025 4-H year. Matt Symns has agreed to be our trained volunteer. Please thank him for stepping up to train our youth safely in the sport of shotgun.

If your 4-H youth is interested in doing Shooting Sports they must be enrolled in 4-H Online and select the Shooting Sports – Shotgun option as of May 1st. Our Council requires the age of 12 – this is a county specific rule.

More information on this program will follow so please be on the look-out.

4-H Project Day 2025

Please plan on attending the 2025 4-H Project Day. This year we are highlighting several projects:

- Swine
- Sheep
- Dairy Goats
- Photography
- Veterinary Science

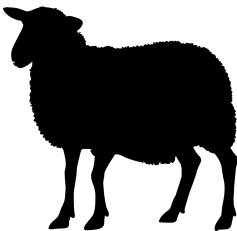
You do not have to be enrolled in these projects to attend, this is to help share ideas, rules, and education about these 4-H projects. Please check out the inner AGNR insert for more details. Please let Katharine know you are planning on coming on Saturday June 21st.



4-H PROJECT DAY 2025

DONIPHAN COUNTY 4-H FAIRGROUNDS

SATURDAY, JUNE 21, 2025



PROJECT TOPICS

8:00 AM – SWINE

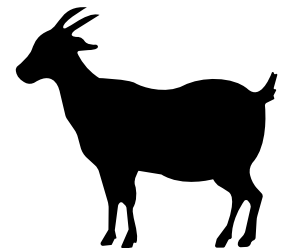
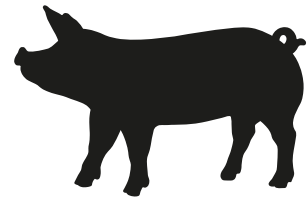
9:15 AM – SHEEP

10:30 AM – DAIRY GOATS

11:00 AM – PHOTOGRAPHY

12:15 PM – VETERINARY SCIENCE

12:45 PM – Q & A ABOUT 4-H & FAIR



COME LEARN ABOUT:

BASIC SHOWING

BRACING

SHOWMANSHIP

CONFIDENCE

PHOTOGRAPHY SKILLS FOR EACH AGE DIVISION

VETERINARY SCIENCE PROJECT HIGHLIGHT

LET US KNOW YOUR 4-HER

IS ATTENDING:

CALL: (785) 985-3623 OR

QR CODE:





Doniphan County Office

P.O. Box 487

105 S. Liberty

Troy, KS 66087-0487

~~May~~ June 2025

Spring is here with Summer Activities right behind!

It is time to get busy with outdoor fun!

Sincerely,

Kathy Tharman

County Extension Director





PLEASE JOIN US FOR THE

14TH ANNUAL *Women* IN AG



THURSDAY, JULY 10, 2025 AT 5:30 PM

TROY COMMUNITY CENTER

1225 LAST CHANCE RD, TROY, KS 66087

Registration begins - 5:30 pm

Introductions and Meal - 6:00 pm

Program - 6:30 pm

What are Kansas Agricultural Mediation Services?

Presented by Kansas Agricultural Mediation Services

Perennials and Fall Planting in the Garden

Presented by Selena Smith, Extension Master Gardener

Please bring canned food items for the Annual Food Drive



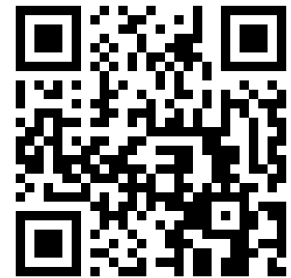
Free event, thanks to our local sponsors!

Please RSVP by July 3rd:

Doniphan County Conservation District

785-985-2221 x 3, QR code, or email:

patricia.griffin@ks.nacdnet.net



K-STATE
Research and Extension

Doniphan
County



**Doniphan County
Conservation District**



Natural Resources Conservation Service
U.S. DEPARTMENT OF AGRICULTURE

Persons with disabilities who require accommodations to attend in this meeting/ event should contact Chris Griffin at Doniphan County Conservation District at (785)-985-2221 x 3 or Patricia.Griffin@ks.nacdnet.net by July 3, 2025.
USDA and K-State Research and Extension are an equal opportunity provider and employer.



Doniphan County

Agriculture & Natural Resources News

Katharine Sharp

Doniphan County Agriculture Agent



Upcoming Events of Interest

- 2025 4-H Project Day June 21st @ Fairgrounds

Doniphan County Corn Plot 2025

The agriculture and natural resources PDC (Programming Development Committee) is pleased to announce we will be conducting a 2025 Corn Variety Plot. This will be the 4th annual corn variety plot. The plot is located in Sparks, Kansas. Thank you to our cooperator, Mr. Kyle Jeschke. We have 21 entries this year. Thank you to NEK Ag Services and Luke Rush for their assistance at this year's planting on April 18th. 2025 participants include:

Luke Rush

Rhett Pierce

Ag Partners – Joyce Rush & Nicholas Blevins

Rick Hoffman

Taylor Seed Farms – Jason Rockhold

NEK Ag Services – Dustin Libel & Blair Martinez

RM Seed Solutions – Ryan & Megan Grable

Renk Seed – Garrett Meng & Vernon Kettelhake

Riverbend Ag – Brent Hickman & Gage

Emmendorfer

Nutrien Ag – Andrew Demaranville

Doniphan County Extension Master Gardener Interest

I have been working to get our Extension Master Gardener Program revived here in Doniphan County as I have been appointed a county program coordinator. I would like to introduce the Extension Master Gardener Program to you! The Master Gardener program is a volunteer program in which K-State Research and

Extension "trades" classroom training for volunteer time. Training consists of 40 to 50 hours of instruction in all aspects of horticulture. Instructors include state specialists from Kansas State University, local extension agents and local experts in specific subject matter. The main program requirements are that you have a passion for gardening and the ability to volunteer your time to assist with horticultural education and projects in northeast Kansas. This is a great program for those interested in making an impact in our communities!

We currently have one Extension Master Gardener, Selena Smith. Selena has been certified since 2020, and has served as an excellent Extension Master Gardener resource for Doniphan County ever since! She most recently helped with a community native garden in Highland, KS. If you are interested, please contact Katharine Sharp at the Doniphan County Extension office or sign up via the QR Code. More information and program requirements can be found via the link too:



Doniphan County Homemakers Council

The DCHC is a vital communication source for all Extension Homemaker Units. The DCHC representatives meet every other month to discuss current FCS programs and activities.

Club Representatives are:

Amy Masters, Chairman
Bev Kentzler, Treasurer
Jeannie Berry
Dorothy Diveley
Darla Bletscher

Get Ready Now for Canning Season!
Older All American Canner. The petcock on the right can be replaced with a weighted gauge. Contact Wisconsin Aluminum Foundry.

Now is the time to get dial gauges tested on pressure canners. Here are some reminders.

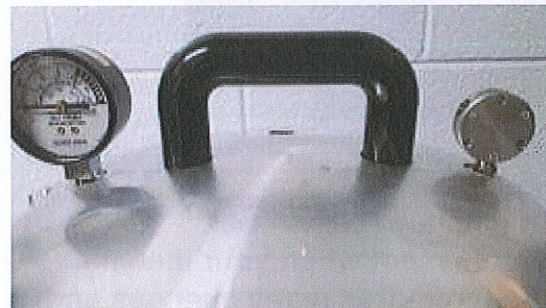
Most Extension offices have the Presto Gauge Testing Unit. This can test pressure gauges on the brands Presto, National, Maid of Honor, and Magic Seal.

This testing unit cannot test All American pressure gauges. Newer models of the All American canner have both regulator weights (weighted gauge) and the dial gauge. (See bottom picture.)

Newer All American Canner

The weight is more accurate than the gauge and customers should use the weight in order to determine if they are at the needed pressure. If the weight begins to rock at the desired pressure and the

gauge is off by more than 2 psi the company recommends replacing the gauge. The gauge is now used as a reference to know when the unit is at 0 psi and can safely be removed.



Getting Started with Home Food Preservation

Pressure canning

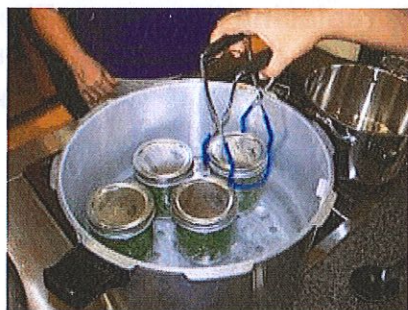
Starting with fresh food will give the best quality and flavor after canning. In home canning, botulism illness from *Clostridium botulinum* bacteria, is rare, but it can happen if unsafe methods and untested recipes are used. Foodborne botulism does not spread from person to person, it comes directly from food. Get started on the path to safe home canned foods with these tips:

Learn how to use equipment properly. Practice by canning water to learn how your stovetop works with the canner. Read canner and stove manufacturer instructions. Follow reliable recipes. They will safely guide you through the steps and also tell you how to adjust processing for your elevation.

Use the proper canning method for the food being canned. High acid foods can be safely canned in a water bath canner. Low acid

foods must be canned in a pressure canner.

Learn more with the resources in Preserve it Fresh, Preserve it Safe.



Changing Money Habits

Making ends meet when your income drops often requires many changes and adjustments. Reducing expenses is a major change. Pay particular attention to transportation, food, household expenses, entertainment, recreation, and clothing.



Look for ways that you and family members can use time, energy, talents, and knowledge to reduce other expenses. Take better care of things you already have.

Recycle clothing. Swap items and services with a friend or neighbor. Plant a garden or produce items normally purchased. Use community resources available to you such as SNAP, the Supplemental Nutrition Assistance Program (formerly known as food stamps), utility assistance, and health clinics. These suggestions will decrease the amount of money that must be spent on necessary items. They will not help you continue your normal style of living but they will help you through the hard times.

Better Banana Bread

There they are, sitting on your countertop.

Bananas no one will eat because they are dark and

over ripe. Don't throw them away, make banana bread or muffins!

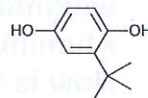
In fact, very ripe, dark skinned bananas are the best for banana bread. They will give a deep banana flavor and moist texture to the bread.

As bananas ripen, the starch turns to sugar quickly. The sugar fructose is about triple the amount in green bananas. The more fructose the better! What's more is that sugar acts like water when heated. This will add moisture to the bread along with sweet flavor.



What is TBHQ?

There's an acronym for just about anything. So when you read an ingredient statement on a package of food, you may see the letters TBHQ. What is it? Tertiary butylhydroquinone, or TBHQ, is a common preservative or antioxidant that prevents fat deterioration and slows staling. This ingredient is commonly used in crackers, fats and oils, chips, donuts, some breads, popcorn, other snacks, pre-made frozen foods and packaged dinners.



Since 1972, TBHQ has been classified by the U.S. Food and Drug Administration as Generally Recognized as Safe or GRAS. As a food additive, it has gone through rigorous research and testing to justify its safety. TBHQ content cannot be more than 0.02 percent of the fat and oil content in the food. TBHQ helps provide quick, affordable food options, and reduces food waste. Remember to balance these foods with more nutrient-dense foods being the first choice.

PRESERVE IT FRESH, PRESERVE IT SAFE

JUST BECAUSE THE LID SEALS DOES NOT MEAN IT IS SAFE!

1 Adjust processing for altitude of residence



2 Use researched/
tested recipes



3 Fight Bac with Pressure Canning
and Boiling Water Canning



4 Acidify
tomatoes



5 Follow
canning
instructions
for proper
headspace

Grow a garden? Buy produce at your local farmers market? Put away old recipes and methods. Respect the past and use up-to-date recipes and methods to preserve these fresh foods safely. For questions, information, and recipes, contact your local county/district extension office or go to www.rrc.ksu.edu and click on "Food Preservation."