Exciting News!

Darren Busick will be joining our staff as Agriculture County Agent in July. I know our friendly citizens of Reno County will make him feel welcome and value his wisdom. Learn more about Darren in the July Newsletter.

Reno County Fair will soon be here. Come check us out July 23rd-28th at the Kansas State Fair grounds. You can look at the fair book at our website www.reno.ksu.edu.

We would like to take this opportunity to thank you for the wonderful turnout on the Master Garden tour.

Thanks too all who generously shared your lawn and gardens with the public. It was a fun time to be had by all.

Happy Summer!
Hello! My Name is Margi Nisly and I will be the intern this summer at the Reno County Extension office. Reno County is close to home for me; I grew up in McPherson and spent a lot of time in Hutchinson in high school. In fact I was a member and graduate of the Reno County Home School Group. I was a born and raised 4-Her and was incredibly active on the county and state wide levels, some of the projects I most enjoyed included rabbits, photography, food, and leadership, of course. I graduated from K-State this May with a degree in Family Studies and Human Services with an emphasis in Women’s Studies. After this internship I hope to work in a career that works with the community, in particular women and families. I still keep up with those 4-H roots when it comes to hobbies; I love to spend time cooking, scrapbooking, and reading when I find a spare moment, as well as spending time with my husband and our friends and family.

Each year, K-State Research and Extension offers a summer internship program, assigning 5-15 applicants to different departments at KSU and counties throughout the state. This year, KSRE has named 14 students as 2014 summer interns. The interns are able to assist extension professionals in planning and implementing educational programs for Kansas residents. As a graduate from the Human Ecology department at KSU I will be working more specifically with 4-H, FACS, and Community Development considering my education and abilities. As the summer progresses, I will be working on a few different projects in the county. I anticipate more information being available throughout the summer. I am excited to be a part of Reno County KSRE this summer and getting to know more of the community! Stop by the office and say hi anytime, I’d be happy to talk to you about my role as the KSRE Reno County Intern.
CANNING WORKSHOP

July 10, 2014
9 am to 4 pm
50+ Center
400 East Avenue E
Hutchinson, Kansas 67501

Registration Deadline June 30th!!

No walk in registration will be offered. Class size is limited to 20.

Please mail registration to
Dillon Nature Center
3002 E. 30th Ave
Hutchinson, KS 67502
Registration forms may also be filled out online at:
www.hutchrec.com
Registration cost is $25 and is required PRIOR to the class.

For those who have never preserved food at home or those that need a refresher course, this workshop is for you! Sponsored by K-State Research and Extension and the Hutchinson Recreation Commission, a one day hands-on workshop will help you get started in preserving food at home safely. Learn about the equipment, ingredients needed, safe handling and processing methods. You will work with your classmates to can several products. Topics covered include dehydrating, freezing, pressure canning and water bath. Please bring a sack lunch the day of the workshop. Bring your canner if you wish to have the gauge tested.

For more information contact:
Stephanie Carlson
at
(620) 663-7411
Canning Previously Frozen Tomatoes

Recommendations for home canning tomatoes are developed using fresh food. The processing procedures are specific to the fresh food characteristics. There are cases, however, when the home canner does not have enough tomatoes to justify a canning session. So the tomatoes are frozen for later use. So are they safe to can after freezing?

Frozen tomatoes could pack into jars differently than freshly prepared tomatoes and cause overfilling of jars since they are softer when thawed. Overfilling can result in under-processing (and therefore possible spoilage on the shelf) and possibly under-acidification with more tomatoes in the jar than expected. Process times are dependent on food being prepared as described in the preparation steps printed with the time. The best recommendation is to use these tomatoes in something that is well cooked like stewed or crushed tomatoes.

The gut contains lactic acid bacteria and *Bifidobacterium* which are considered good bacteria. They consume the dark chocolate and ferment it resulting in anti-inflammatory compounds. They are absorbed into the body and reduce cardiovascular tissue inflammation. This reduces the risk of having a stroke.

The study showed that the cocoa powder in chocolate contains antioxidants and a small amount of dietary fiber. Once these compounds reach the colon, the good bacteria converts them into the beneficial anti-inflammatory compounds.

While this preliminary study was done on a model digestive tract, it is promising research for heart health.

Source: [http://bit.ly/1gGO3bi](http://bit.ly/1gGO3bi)

Delamination in Cookies

Delamination sounds scary, but it is a term used in the cookie industry to describe a defect. It can also occur in home baked cookies. So what is it?

Delamination is a separation in the cookie structure that leaves an open gap inside the cookie. It happens when there is too much chemical leavening, such as baking powder or baking soda.

It may also occur if the leavening is not mixed into the batter evenly leaving sporadic amounts in the dough. When baked, the dough rises too much, sets, and causes pockets.

Magnesium: The Forgotten Mineral

If you are at risk of developing diabetes, magnesium in your diet can reduce the onset of this disease. At least half of U.S. consumers eat enough magnesium each day. The recommendation is to consume 400-420 milligrams for adult men and 310-320 for adult women. So what foods are good sources of magnesium?

Source: [http://bit.ly/1gGO3bi](http://bit.ly/1gGO3bi)
Seeds—pumpkin, squash, sesame
Ready-to-eat cereals such as bran and shredded wheat; whole grains
Nuts and nut butters
Dark chocolate—70% or more cocoa content
Beans—white beans, black beans, soybeans

Pre-Sterilizing Canning Jars

Whether brand new or re-used many times over, you should always clean jars just prior to filling them when canning. Wash jars in a dishwasher or by hand, using detergent and rinsing well. Clean jars should then be kept warm prior to filling. You can leave them in the closed dishwasher after the cycle, or use your canner as it is preheating, or create a separate water bath that will keep the jars both clean and warm.

Washing is also a good time to inspect jars for any cracks or chips, discarding or re-purposing those jars for non-canning uses if any imperfections are found. If you see scales or film from hard water left on your jars, then remove this by soaking jars for several hours in a solution containing 1 cup of vinegar (5% acidity) per gallon of water. Learn more at http://bit.ly/1ieJiae.

Canning on Portable Burners

If you have a smooth cooktop and the manufacturer says not to can on it, then you might find yourself looking for an alternative. The alternatives for canning (if you have one of these no-canning recommended smooth cooktop ranges) are either to purchase and install a permanent set of electric coil or gas burners as a range top (without an oven) or to purchase a portable electric coil or gas burner.

And that is where important decisions come in to play. An installed range top requires the utilities to support it and can be quite expensive as a second range top. As for portable burners, they are not all alike and not all portable burners are appropriate for canning. First of all, check the burner manufacturer's specifications and directions or contact their customer service department for more specific information about the appropriate use of a particular burner for canning.

For more details, see http://bit.ly/1q819oE.

Food Judges Training

Please return RSVP by June 16th with $5 per person fee to the Reno County Extension Office
2 W. 10th Ave. South Hutchinson, KS 67505
Name:____________________________________________________
Address:__________________________________________________
Phone Number:_______________________________
Number attending x $5___

Are you interested in helping educate 4-H youth through judging foods and/or food preservation at the fair? This training is for you! Whether you are new or returning judge, come learn about judging a variety of foods entered by talented 4-Hers.

INSTRUCTOR: KAREN BLAKESLEE, M.S.
RAPID RESPONSE CENTER COORDINATOR

Date: June 23rd
Time: 5 pm meal, meeting to follow
Location: Trinity United Methodist Church
1602 N. Main St, Hutchinson

For more information: Reno County Extension at (620) 662-2371 or email: jkrumme@ksu.edu or jenj@ksu.edu

K-STATE
Research and Extension
New Potatoes
Many gardeners look forward to harvesting new potatoes this time of year. New potatoes are immature and should be about the size of walnuts. Pull soil away from the base of the plants to see if the tubers are the desired size. If they are, dig entire plants and allow the skins of the exposed tubers to dry for several hours before gathering. These young potatoes are very tender and prone to the skin “slipping” unless they are given a few hours to dry. Even then these immature potatoes will not store well. Red-skinned varieties are often preferred as they are the earliest to produce.

Mulching Garden Crops
Now is a good time to mulch garden vegetables if you haven’t done so already. Mulches provide several benefits including weed prevention, reduced watering due to less evaporation and cooler soils that enhance root growth. Straw and hay are popular mulches in Kansas due to their availability. However, both may contain weed seeds that will germinate if the thatch layer is not thick enough. Grass clippings can also be used if the lawn has not been treated with weed killers. Add only a thin layer of clippings at a time and allow to dry for 2 to 3 days before adding more. A thick layer will form a mold that is almost impervious to water. A mulch layer one-half to three-quarters inch thick is about right for grass clippings but hay or straw should be at a depth of 2 to 4 inches.

Do Not Over-Fertilize Tomatoes
Though tomatoes need to be fertilized to yield well, too much nitrogen can result in large plants with little to no fruit. Tomatoes should be fertilized before planting and sidedressed with a nitrogen fertilizer three times during the season. The first sidedressing should go down one to two weeks before the first tomato ripens. The second should be applied two weeks after the first tomato ripens and the third one month after the second.

Common sources of nitrogen-only fertilizers include nitrate of soda, urea, and ammonium sulfate. Blood meal is an organic fertilizer that contains primarily, but not exclusively, nitrogen. Use only one of the listed fertilizers and apply at the rate given below.

Nitrate of soda (16-0-0): Apply 2/3 pound (1.5 cups) fertilizer per 30 feet of row.
Blood Meal (12-1.5-6): Apply 14 ounces (1.75 cups) fertilizer per 30 feet of row.
Urea (46-0-0): Apply 4 ounces (½ cup) fertilizer per 30 feet of row.
Ammonium Sulfate (21-0-0): Apply 0.5 pounds (1 cup) fertilizer per 30 feet of row.

If you cannot find the above materials, you can use a lawn fertilizer that is about 30 percent nitrogen (nitrogen is the first number in the set of three) and apply it at the rate of 1/3 pound (3/4 cup) per 30 feet of row. Do not use a fertilizer that contains a weed killer or weed preventer.

Onions Developing
This is the time of year that onions grow and develop rapidly. Regular watering (if needed) and a light fertilization are helpful to maximize growth. Onions develop so that as much as 2/3 of the bulb remains out of the soil. This is normal and there is no need to cover the bulb with soil. Onions are nearing harvest time when the tops begin to fall over. You may wish to break over the tops that haven’t fallen to encourage drying of the neck. Allow a few days to pass and then dig the onions to insure they don’t sunburn. Temporarily store them in a dry, well-ventilated area for a week or two before cutting the tops to insure the necks are completely dry. Remove the foliage (or braid the leaves) and store in a cool, dry location.

Now Is Time To “Nail” Those Bagworms
It is now time to “do battle with that infamous” of insect pests known as the bagworm (Thyridopteryx ephemeraeformis). Throughout most of Kansas, bagworm eggs have hatched and the young caterpillars have expanded their host range to include a number of broadleaf plants including rose, honeylocust, and flowering plum. At this time of year, what is the best way to deal with bagworm caterpillars and thus prevent them from causing damage? Handpicking any small caterpillars (along with their accompanying bag) and placing them into a container of soapy water will kill them directly.

Bagworms were first considered a pest of primarily conifers but over the years they have expanded their host range to include a number of broadleaf plants including rose, honeylocust, and flowering plum. At this time of year, what is the best way to deal with bagworm caterpillars and thus prevent them from causing damage? Handpicking any small caterpillars (along with their accompanying bag) and placing them into a container of soapy water will kill them directly.

For those less interested in the pleasures of
handpicking, there are a number of insecticides labeled for use against bagworms including those with the following active ingredients (trade name in parentheses): acephate (Orthene), Bacillus thuringiensis subsp. kurstaki (Dipel/Thuricide), cyfluthrin (Tempo), lambda-cyhalothrin (Scimitar), trichlorfon (Dylox), indoxacarb (Provaunt), chlorantraniliprole (Acephryn), and spinosad (Conserve). Many of these active ingredients are commercially available and sold under different trade names or generic products. However, several insecticides may not be directly available to homeowners.

The key to dealing with bagworms when using insecticides is to make applications early and frequently enough in order to kill the highly susceptible young caterpillars that are feeding aggressively on plant foliage. Older caterpillars that develop later in the season, in the bags, may be 3/4-inches long, and are typically more difficult to kill with insecticides. In addition, females tend to feed less as they prepare for reproduction, which reduces their susceptibility to spray applications and any residues.

The bacterium Bacillus thuringiensis subsp. kurstaki is active on young caterpillars; however, the active ingredient must be consumed to be effective, so thorough coverage of all plant parts and frequent applications are required to avoid having to deal with later stages. This compound is sensitive to ultra-violet light degradation and rainfall, which reduces any residual activity. Spinosad is the active ingredient in a number of homeowner products (including Borer, Bagworm, Tent Caterpillar & Leafminer Spray; Captain Jack’s DeadBug Brew; and Monterey Garden Insect Spray) and works by contact and ingestion (stomach poison); however, it is most effective when ingested and it can be used against older or larger bagworm caterpillars. Cyfluthrin, lambda-cyhalothrin, trichlorfon, chlorantraniliprole, and indoxacarb may be used against both the young and the older caterpillars. However, thorough coverage of all plant parts, especially the tops of trees and shrubs, where bagworms commonly start feeding, and frequent applications are required. The reason why multiple applications will be needed when bagworms are first detected is because bagworms “blow in” (called ‘ballooning’) from neighboring plants. If left unchecked, bagworms can cause significant damage, thus ruining the aesthetic quality of plants. In addition, they may actually kill plants, especially evergreens since they don’t usually produce another flush of growth, and newly transplanted small plants.

Little Barley in Lawns
Many people mistake little barley (Hordeum pusillum) for a little foxtail because the foxtail and little barley seedheads are similar. However, little barley is a winter annual that thrives in the cooler spring temperatures but dies out in the summer. Foxtail, on the other hand, is a summer annual that does well in hot weather. Also, foxtail will not produce seedheads until mid- to late-summer.

At this point there is no control for little barley other than a glyphosate product such as Roundup. However, Roundup will kill whatever it hits and cannot be used in a lawn situation. The only preemergence herbicide that I know is labeled for lawn situations is Surflan. Monterey Lawn and Garden also sell it under the name of Weed Impede. Surflan can only be used on warm-season grasses (bermudagrass, buffalo grass, zoysiagrass) and tall fescue grown in warm-season areas. Because little barley is a winter annual, apply the preemergence herbicide in September.

Sidedressing Annual Flowers
Modern annual flowers have been bred to flower early and over a long period of time. They are not as easily thrown off flowering by high nitrogen levels as vegetables are. As a matter of fact, providing nitrogen through the growing season (sidedressing) can help maintain an effective flower display for warm-season flowers.

Apply a high nitrogen sidedressing four to six weeks after flowers have been set out. Additional fertilizations every three to four weeks can be helpful during a rainy summer, or if flower beds are irrigated. Common sources of nitrogen-only fertilizers include nitrate of soda, urea, and ammonium sulfate. Blood meal is an organic fertilizer that contains primarily, but not exclusively, nitrogen. Use only one of the listed fertilizers and apply at the rate given below.

Nitrate of soda (16-0-0): Apply 1/3 pound (.75 cup) fertilizer per 100 square feet.
Blood Meal (12-1.5-.6): Apply 7 ounces (7/8 cup) fertilizer per 100 square feet.
Urea (46-0-0): Apply 2 ounces (1/4 cup) fertilizer per 100 square feet.
Ammonium Sulfate (21-0-0): Apply 4 ounces (½ cup) fertilizer per 100 square feet.

If you cannot find the above materials, you can use a lawn fertilizer that is about 30 percent nitrogen (nitrogen is the first number in the set of three) and apply it at the rate of 3 ounces (3/8 cup) per 100 square feet. Do not use a fertilizer that contains a weed killer or weed preventer.
Sponsorship Opportunity!
Reno County Extension is currently looking for businesses or organizations to sponsor our monthly board meeting meal. If you’re interested and would like to know how you can help support Extension education, contact Jan Steen: 620-662-2371 or via email at jmsteen@ksu.edu.
A special thanks to People’s Bank and Trust for sponsoring our May 2014 Reno County Extension Board meeting meal! We’re grateful for your support of Extension education here in Reno County.

How Strong is Your Password?
When you select a new password for your banking website, email, or application/website requiring a password, you may or may not be prompted on what constitutes a good password.
Some websites or applications will not let you proceed through password setup steps until you have selected a “strong” password.
So, what qualifies as a strong password?

Usually, the strongest passwords include both uppercase and lowercase letters, special characters, and numbers. They do not include words that are found in the dictionary, and they should not include numbers like your date of birth or Social Security number.

Specifically, a strong password:
Has at least 15 characters
Has uppercase and lowercase letters
Has numbers and symbols
Is not like your previous passwords
Is not your name
Is not your login
Is not your friend’s name
Is not your family member’s name
Is not a dictionary word and not a common name
Is not a keyboard pattern (e.g., qwerty, asdfghjkl, or 12345678)

Another schematic for password generation is to create a passphrase. Many times, these are phrases that mean something to you (and easy to remember) but not famous quotes. Additionally, you can create passphrases of words and eliminate all vowels in the words to make them even stronger.

If you need help generating a strong password, visit Strong Password Generator (www.strongpasswordgenerator.com) and click on [Generate strong password]. Once generated, the password will be displayed with a mnemonic to help you remember the actual password. You will need it!

Test your own password(s) by visiting How Big is Your Haystack? …and how well hidden is YOUR needle? (https://www.grc.com/haystack.htm)

Then, if your password can be “cracked” in a short amount of time, add an uppercase letter and see what happens. If that one is still risky and easily determined, add a special character or symbol.

Source: Strongpasswordgenerator.com; West Virginia Univ. Extension

10 Cyber Security Tips for Small Business
Broadband and information technology are powerful factors in small businesses reaching new markets and increasing productivity and efficiency. However, businesses need a cybersecurity strategy to protect their own business, their customers, and their data from growing cybersecurity threats.
1. **Train employees in security principles**

Establish basic security practices and policies for employees, such as requiring strong passwords, and establish appropriate Internet use guidelines that detail penalties for violating company cybersecurity policies. Establish rules of behavior describing how to handle and protect customer information and other vital data.

2. **Protect information, computers and networks from cyber attacks**

Keep clean machines: having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats. Set antivirus software to run a scan after each update. Install other key software updates as soon as they are available.

3. **Provide firewall security for your Internet connection**

A firewall can be a hardware device or a set of related programs that prevent outsiders from accessing data on a private network. Make sure the operating system's firewall is enabled or install free firewall software available online. If employees work from home, ensure that their home system(s) are protected by a firewall.

4. **Create a mobile device action plan**

Mobile devices can create significant security and management challenges, especially if they hold confidential information or can access the corporate network. Require users to password protect their devices, encrypt their data, and install security apps to prevent criminals from stealing information while the phone is on public networks. Be sure to set reporting procedures for lost or stolen equipment.

5. **Make backup copies of important business data and information**

Regularly backup the data on all computers. Critical data includes word processing documents, electronic spreadsheets, databases, financial files, human resources files, and accounts receivable/payable files. Backup data automatically if possible, or at least weekly and store the copies either offsite or in the cloud.

6. **Control physical access to your computers and create user accounts for each employee**

Prevent access or use of business computers by unauthorized individuals. Laptops can be particularly easy targets for theft or can be lost, so lock them up when unattended. Make sure a separate user account is created for each employee and require strong passwords. Administrative privileges should only be given to trusted IT staff and key personnel.

7. **Secure your Wi-Fi networks**

If you have a Wi-Fi network for your workplace, make sure it is secure, encrypted, and hidden. To hide your Wi-Fi network, set up your wireless access point or router so it does not broadcast the network name, known as the Service Set Identifier (SSID). Password protect access to the router.

8. **Employ best practices on payment cards**

Work with banks or processors to ensure the most trusted and validated tools and anti-fraud services are being used. You may also have additional security obligations pursuant to agreements with your bank or processor. Isolate payment systems from other, less secure programs and don’t use the same computer to process payments and surf the Internet.

9. **Limit employee access to data and information, limit authority to install software**

Do not provide any one employee with access to all data systems. Employees should only be given access to the specific data systems that they need for their jobs, and should not be able to install any software without permission.

10. **Passwords and authentication**

Require employees to use unique passwords and change passwords every three months. Consider implementing multi-factor authentication that requires additional information beyond a password to gain entry. Check with your vendors that handle sensitive data, especially financial institutions, to see if they offer multi-factor authentication for your account.

Small business owners can create a cyber security plan using the FCC’s Cybersecurity Planner 2.0 online: http://www.fcc.gov/cyberplanner

Source: Adapted from Federal Communications Commission

**Park Quest**

It’s not too late to sign up for Park Quest! Visit six communities in Reno County and go geocaching along the way. Go to http://renoparkquest.eventbrite.com to sign up for this free event.
# Reno County Extension

## June 2014, Issue 6

### K-State Research and Extension

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service


All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age or disability.

"Knowledge for Life"

Return Service Requested

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K-State Research and Extension