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The Reno County-South Hutchinson Food Policy Council is looking for information and community input as they work to bring a grocery store to South Hutchinson. A survey has been prepared as part of this information gathering stage, which can be found at the following website:
http://www.renocountyfpc.com/

4-H ENROLLMENT

NEW RULE!!!!

***Returning 4-H members must enroll by 11:59 pm, January 5, 2015 to be eligible to exhibit at the County Fair***

Members new to 4-H (only youth whose family has NOT been in 4-H before) will be allowed to enroll by May 1, 2015.

4-H online has been up and running for a month now. Most have found it to be fairly easy to navigate. Go to https://ks.4honline.com/ Don't forget we have computers here at the office to use if you do not have access to one. Please feel free to contact us if you have questions.

Happy Holidays

“K-State Research and Extension is an equal opportunity provider and employer”
“K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Jan Steen by phone at (620) 662-2371 or by email at jmsteen@ksu.edu.”
Hello,
This past month we had the second of two deer processing workshops. We had a meat science specialist from K-State come and talk about safe handling and proper ways to process your food. We had 20 people come to the first one that was at the K-State Research and Extension office. The second one was at Kauffman Seeds new location on Halstead road just north of Yoder. That workshop was presented by Yoder Meats. They came and talked about several topics covering proper and safe ways to field dress a deer and where certain cuts come from. Both nights we had door prizes that where given away and we had 40 people come to the last workshop. Remember if you’re needing help with K-State’s Farm Bill decision tool to call the office and make an appointment to come see me.
We also had a great turn out for the Reno County Cattleman’s Association Fall meeting.

We have several workshops to look forward to in the near future.
- Jan 6th at 5:30 Calving School
- Jan 10th Farm & Ranch Succession
- Feb 12th Sorghum School

Call the extension office for more information at 620-662-2371.

**Cold Temperatures Expected to Affect Wheat in Kansas**

*Drought-stressed plants more likely to suffer from cold temperatures.*

MANHATTAN, Kan. – The sudden sharp drop in temperatures across Kansas during the week of Nov. 10-15 will certainly cause the wheat crop to go into dormancy. Whether it will injure the wheat to any degree depends on several factors, said Jim Shroyer, K-State Research and Extension crop production specialist.

“The moisture level in the topsoil will be important. Soil moisture was generally good in most of the state going into October. But the warm temperatures in October caused some of the wheat in the state to put on excessive amounts of top growth, which dried out the soil,” Shroyer said.

The cold weather will be more likely to cause injury to wheat if the plants were showing drought stress symptoms, he said. Also, dry soils will get colder more easily than wet soils.

Another important factor in wheat’s response to the cold is whether the wheat had time to become properly cold hardened, he added.

“Although the weather was warm overall in October and early November, there may have been enough cold nights to have allowed the wheat to develop cold hardiness,” Shroyer said.

The extent of the unusually large and rapid drop in temperatures from well above normal to well below normal is a concern, he added. If the wheat did not develop sufficient cold hardiness, it would become more susceptible to injury from the recent cold snap.

“We likely won’t know for sure about cold injury until next spring as the wheat comes out of dormancy,” he said.

The first thing producers will be seeing is a lot of burn down of the wheat from these cold temperatures, Shroyer explained. If the wheat was bigger than normal, the plants may look “rough” with a lot of brown dead-looking foliage on the soil surface, he said.

“That doesn’t mean the plants are dead, however. The important factor will be whether the crown below the soil surface remains alive. Having a well-developed secondary root system will help the plants survive,” Shroyer said.
Kansas State Research & Extension presents:

Calving Schools 2015

Area Dates:

**Inman**
Jan. 6th, 5:30 pm
@ Inman Community Bldg
Darren Busick,
darrenbusick@ksu.edu
620-662-2371
Jonie James
jjames@ksu.edu
620-241-1523

**Protection**
Jan. 7th, 11:30 am @ Legion Hall
Aaron Sawyers, asawyers@ksu.edu
620-582-2411

**Johnson**
Jan. 7th, 5:30 pm @ 4-H Building
Jeff Wilson, jjwilson@ksu.edu
620-492-2240

**Atwood**
Jan. 8th, 11:30 am @ 4-H Building
Jo Argabright,
joargabright@ksu.edu
785-626-3192

**Wakeeney**
Jan. 8th, 5:30 pm @ 4-H Building

Dr. Dave Rethorst, DVM
Beef Cattle Institute

- Recognizing normal and abnormal presentations
- How to manage a difficult birth

Plus

Q & A on topics of your choice and
Location specific topic

Plan to join us at one of the locations and increase the number of calves you have at weaning.

Registration $10 at Inman
Meal served at 6:00 p.m.
RSVP by Jan. 2, 2015

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Michelle White-Godinet, Assistant Director of Affirmative Action, Kansas State University, (TDD) 785-532-4807.
Planning Successful Holiday Meals

Planning ahead can make holidays easier and less stressful.

Invite guests, asking everyone to RSVP so you know how much food to prepare. Find out if your guests have special dietary requirements.

Plan the menu and recipes. Select a few recipes that serve well at room temperature. Calculate the cooking time and temperatures (plus cooking order). Prepare three shopping lists: one for food prep safety items, one for perishable food and one for non-perishables.

Hardy vegetables such as onions, carrots and potatoes can be purchased one week ahead, while, salad greens and perishable vegetables should not be purchased until the day before.

Wash, trim and cut fresh vegetables on a clean cutting board. Wash leafy greens, spin, dry, and store by packing in paper towels in a sealable plastic bag in the refrigerator for no longer than one day.

Chill the beverages in a cooler filled with ice.

Check to make sure your food thermometer is in working order and calibrated. Use a food thermometer to check the internal temperature of meat.

Divide all leftovers into smaller portions and store in shallow containers in the refrigerator within two hours.

Source: www.holidayfoodsafety.org/

Dishwasher Safety Tips

An automatic dishwasher can save time. Here are some tips for best use from the American Cleaning Institute®.

1. Place sharp items point end down.
2. Place glassware to prevent breakage and rattling.
3. Avoid overloading for best cleaning.
4. Let the machine cool before unloading.
5. Close the door after loading or unloading.
6. Use a child safety lock if small children are present.
7. Store detergent out of the reach of pets and kids.
8. Follow detergent instructions for best use.
9. Don’t mix detergent with other cleaning products.
10. Keep detergent in original container. Do not reuse the container.
11. Avoid direct contact of gel detergent and skin or clothes.

Storing Canning Supplies

Canning equipment can last for years with proper care and maintenance.

With frost on the pumpkin, many home food preservers are storing canning equipment until spring. Take time now to maintain your equip-
ment. You will be glad you did next year when you see those first signs of vegetables in the garden and fruits beginning to ripen.

- Pressure canners—clean the vent and safety valve. Remove the gasket. Clean well and check for wear and cracks. Buy replacement parts if needed.
- Clean darkened surfaces of aluminum canners by boiling a mixture of 1 tablespoon cream of tartar and 1 gallon of water.
- Store canners with crumpled paper towels or newspaper to absorb moisture. Place lids upside down for air circulation.
- Examine empty jars for damage. Wash and dry jars and rings completely before storing.

For more tips, see [http://nchfp.uga.edu/tips/fall/store_canning_supplies.html](http://nchfp.uga.edu/tips/fall/store_canning_supplies.html)

### Freezing Pie and Pastry

Save time during the holidays by preparing pie pastry ahead and freezing for later use.

For unbaked crust, make the recipe and fit into pie pans. Place in a freezer bag for freezer storage. Or, store flat rounds of dough on freezer paper lined pieces of cardboard. Stack in freezer bags for storage.

For baked crust, make and bake as usual. Cool completely and package for freezer storage.

Nut pies, such as pecan, freeze well. Make as usual. Cool rapidly. Freeze before packaging. Let stand at room temperature 15 minutes. Then heat in a 350°F oven about 30 minutes or until warm.


### New App for Restaurant Health Inspections

Before going to a restaurant, check the HD Scores app to see how they rated on their health inspections.

This new app for iPhones can show inspections within the last 12-24 hours of the health department’s filing. It shows your area and the percentage score for the restaurant. The app focuses on cleanliness and foodborne illness factors.

Currently, information is available from the state of Kansas, some other states, and major cities such as Seattle, Chicago, and San Francisco. An Android version is coming soon.

For more information, see [http://bit.ly/1v0GYf5](http://bit.ly/1v0GYf5) and [http://bit.ly/1u7xBrX](http://bit.ly/1u7xBrX)

### Preserving Nuts

Nuts store very well by properly drying and storing in air-tight containers in a cool location. Refrigerated (at 32-45°F) nuts will maintain quality for one year and frozen (at 0°F) nuts will maintain quality for 1, 2, or even 3 years depending on the type of nut. The University of California has more specific information about harvesting and storing different types of nuts.

It is no longer recommended to can dry nuts.

This is due to risk of condensation from the canning process leading to bacterial growth. A better option is to vacuum pack dry, shelled nuts.

Holiday Tech Tips

It’s 4:00 AM, you’re up early to get the holiday meal together and you’ve got questions. How long do I cook the turkey? What if it gets done too soon? Do I really need to wash my hands after handling raw poultry? You can get these answers, and more, on the web, or on your smartphone or tablet. Go to www.askkaren.gov in your browser, or download the free Ask Karen app for your iOS (iPhone, iPad) or Android device. Ask Karen is a free service from the USDA connecting you to food safety information you need 24/7.

If you’ll be cooking any recipes you’ve found online, or just want to watch a video of your favorite chef make mashed potatoes one last time before you give it a shot, use a plate stand or cookbook holder to prop your tablet computer up near your cooking area. Be sure to wash your hands before touching the screen, and don’t get it too close to the hot stovetop! Not finding any recipes you like online? Scan or type your family recipes on your laptop or desktop computer, then email them to yourself, or send them to an online storage service. You can then view them on your tablet while you cook – and you’ll have a digital record of your recipes in case of fire or other disaster.

We can’t always spend the holidays together, so if your loved ones can’t make it to dinner, or you’re the one stuck on the other side of the country, schedule a session with an online video chat app such as FaceTime or Skype. It won’t be quite the same as having that person sitting at the table, but it will be a chance to catch up and at least spend a few minutes together virtually.

Snow & Ice: Extension Disaster Education Network Resources

Like it or not, we’re in the season where there is the potential for ice and snow. Preparation is the key to being safe this winter, and the Extension Disaster Education Network has compiled a bit of helpful information to get you through the season. Please note that any website links are case sensitive and must be typed exactly as they appear to arrive at the correct website:

Introduction

Heavy snow, freezing rain, and extreme cold can have a tremendous impact on individual communities or an entire region. Storms can last for days, resulting in power outages, blocked or closed roads, and flooding. Being prepared (http://goo.gl/IkYD8i) for winter storms includes understanding weather-related terms, winterizing homes and vehicles, and taking action to protect family members, pets, livestock, and neighbors. The Centers for Disease Control (http://goo.gl/VXFUVF) has created winter weather public service announcements (PSAs) and Podcasts to address safety before, during and after storms.

Living in regions where snow, ice, or low temperatures are common, winterizing the home is a good first step in preparing for the winter months. Along with making sure that homes are well-insulated and the plumbing is protected from freezing, it is important to:

• Make sure there is an adequate amount of fuel
available for heating during the winter months.

- Prepare a Family Disaster Plan (http://www.ready.gov/make-a-plan) to be sure everyone knows what to do during a storm.
- Assemble a Disaster Supplies Kit (http://www.ready.gov/build-a-kit) to survive a power outage of several days.
- For information formatted in a child friendly coloring book from NOAA, click here to download Owlie's Winter Storms (http://goo.gl/NbzLqP).

As winter approaches, having vehicles serviced and winterized involves potential life-saving measures. Vehicles should have snow tires or all-weather tires with good tread. In mountainous regions, tire chains are highly recommended and may be mandatory. Always keep the vehicle's fuel tank at least half-full during the winter months because being stranded in a blizzard and running out of fuel presents an extremely life-threatening situation. The windshield washer fluid reservoir should be checked regularly, and be sure to have a snow/ice scraper in every vehicle. Each vehicle should be equipped with a winter car kit including a shovel, blankets, extra mittens, socks, hats, booster cables, flashlight and batteries, first aid kit, bright colored cloth to use as a flag, snacks, and water.

Predicting Snow and Ice Conditions

A significant number of resources are available at the local, regional and national levels to help citizens predict snow and ice conditions. Paying close attention to developing weather patterns can assist individuals and communities in preparing for serious snow and ice impacts. Close monitoring of TV and radio weather-related news, specifically winter storm alerts, is a very important part of being prepared. Purchasing a weather-alert radio which can be battery or crank operated is also recommended. These radios are readily available at many types of retail stores. The National Oceanic and Atmospheric Administration (http://www.weather.gov) is a very reliable source for winter storm warnings. NOAA also provides information on wind chills (http://goo.gl/6BIR8n) which can be a major factor in determining many activities such as school closings or whether or not an elderly person or someone with a chronic health condition should go outdoors. Being able to access real-time severe weather (http://goo.gl/q1KC0L) information directly for your state through an interactive website has been recently developed at the University of Kentucky.

Personal, Home and Farm Safety Issues

PERSONAL - Winter storm preparedness (http://goo.gl/s2qygO) includes measures that people should take at home, outside clearing snow and/or during recreational activities. Survival outside during the winter begins with dressing adequately for the conditions and anticipating changes. Appropriate clothing involves wearing loose, lightweight, layers plus boots, hats, and mittens. Mittens are a better alternative to gloves because by allowing fingers to be together, they will stay warmer. Jackets or outer garments should be tightly knit, hooded and water repellant. Much of the body's heat escapes through a person's head, therefore it is important to wear a hat. Covering the mouth and nose with a scarf to warm the air entering the lungs is recommended for people who need to be outdoors in extreme cold or wind chill conditions.

When working outside or shoveling during a winter storm, avoid overexertion. Cold weather puts an added strain on the heart. Performing activities that the body is not used to will add to the possibility of heart attack or aggravating other chronic health conditions. Take frequent breaks and drink water to stay hydrated.

Hypothermia and cold injuries (http://goo.gl/fmlvM3) are two winter health hazards to be concerned about. Hypothermia occurs when the core body temperature drops to a level at which normal muscle and brain functions are impaired. Symptoms of hypothermia include uncontrollable shivering, slow/slurred speech, disorientation, and exhaustion. While actual body temperatures may differ in individuals, a core temperature lower than 95 degrees F. is a common indicator of hypothermia. Cold injuries oc-
cur when the body has a reaction to the cold by reducing blood flow to extremities such as the hands or feet. The most serious condition, frostbite, has the following symptoms: loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately as frostbite can cause permanent damage.

HOMES - Occasionally, there may be a power outage (http://goo.gl/OPVkPG) in homes for a period of time during an ice or snow storm. It is important to be prepared for this by knowing how to safely deal with food (http://goo.gl/BwleJM), drinking water and alternate heating sources. When choosing to use a portable generator during a power outage, safety is an important concern. A portable generator safety alert (http://goo.gl/864Ruy) has also been created by the U.S. Consumer Product Safety Commission. If using alternate heat sources, carbon monoxide (http://goo.gl/n3m5TF) poisoning is a dangerous health risk as well as fires from unattended units. There are additional home issues that may need to be addressed such as roof ice dams and attic condensation.

PETS - It is also important to provide extra care for pets' safety (http://goo.gl/swdHPd) during a winter storm. Pets that live outside need extra calories to stay warm, so provide them with more feed than during warmer temperatures. Also, make sure their water does not freeze. If indoor pets do go outside, check the temperature prior to letting them outdoors and do not leave them out for long periods. Pets can get frostbite on their ears, tails and paws.

FARMS - Planning for winter includes preparing for the care and safety of livestock (http://goo.gl/eLNdf8). During a winter storm proper preparedness may mean the difference between life or death for farm animals. In addition to issues involving dairy cattle and livestock, the North Dakota State University site which is referenced above provides fact sheets on preparedness for farm facilities and dealing with potential crop damage. After a heavy snowfall or prolonged snow accumulation, snow loads (http://goo.gl/aMTjI5) on barn roofs may become an issue.

Travel Considerations

It should be stressed that traveling during a winter storm (http://goo.gl/x7qAqT) can be very hazardous and it is best to drive only if absolutely necessary during the storm. Statistics indicate that 70 percent of injuries occurring during snow and ice conditions involve motor vehicle crashes. Multiple vehicle crashes are more common during sleet, freezing rain and dense fog conditions, so it is important to be aware of the weather and realize that a change in the air temperature can quickly deteriorate road conditions. As mentioned earlier, winterizing personal vehicles and carrying emergency supplies are part of being prepared for winter storms even if only traveling to and from work. Carrying a cell phone is an excellent safety measure but it is important to make sure the phone is always fully charged before leaving home.

It is also highly recommended that long-distance travel plans be shared with family members or friends and serious consideration must be given to revising or cancelling a trip, when a winter storm warning has been issued. It is best to travel during daylight, on the main roads and avoid "shortcuts". During a storm, snow plows will work first to keep the main roads open; snow removal on secondary roads may not be as consistent. If caught in a storm or blizzard during a trip, it is important to pull off the highway, turn on your hazard lights and stay with the vehicle. It is very easy to become disoriented when trying to walk in an unfamiliar area during a heavy snowfall with high winds.

Flooding conditions may occur after a winter storm and can be the result of ice jams on rivers/streams or a sudden thaw. Under no circumstances should anyone try to drive through water pooled or moving over a road. The water may be deeper than it appears and levels can rise quickly. In as little as 6-12 inches of water, a vehicle may float causing loss control.
Tree Damage Recovery

Do you try to save your tree after it has been damaged by an ice storm, or should you remove it? Is this a job you can do yourself, or is it a task for a professional? A good resource on ice storm tree damage recovery can be found at the University of Illinois Extension site: http://urbanext.illinois.edu/icedamage/

Adapted from EDEN “Snow/Ice”

Seven Tips to Keep Your Money Safe When Shopping Online

Holiday shopping is in full swing. According to a study conducted by the National Retail Federation (NRF), the average person will spend around $800 when celebrating Christmas, Hanukkah or Kwanza this year. Additionally, NRF states that approximately 44 percent of shoppers will shop online for gifts. Creating a holiday spending plan will help shoppers stay on budget during the holidays. However, when it comes to shopping online, it is important to be cautious; holiday scams are already making headway this season. It is important for consumers to shop at trusted sites.

The Consumer Federation of America (CFA) offers the following tips to help consumers stay protected when shopping online:

• **Research unfamiliar sellers** – if you are anticipating buying from a company you have not heard of or conducted business with, check the Better Business Bureau (BBB) to see if they have any complaints. You may also want to consider trying to find the item with a well-known company.

• **Pay with a safe method** – although it is important to watch credit card spending during the holidays, credit card companies usually offer buyer protection. Services such as PayPal may offer buyer protection as well; research your options.

• **Make sure your browser is secure** – websites should start with shttp/https where the “S” is for secure. Websites also often have a padlock in the URL bar indicating it is a secure site.

• **Do not use a money transfer service (i.e. Western Union)** – legitimate retailers will not ask you to use a money transfer service to purchase goods or services.

• **Be careful of “phishing” and “smishing”** - scammers will imitate companies by sending emails and/or text messages (“phishing” if it is an email or “smishing” if it comes as a text message) requesting consumers confirm information such as account numbers.

• **Keep records of your purchases.**

• **Watch CFA’s Buyer Beware (http://goo.gl/03FJnO) video for more information.**

• **If you have not created your holiday spending**
We would like to thank these sponsors for their help and support to our 4-H and Extension programs.