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RENO COUNTY FAIR
JULY 22-27, 2015
Kansas State Fairgrounds

Blue Ribbon BBQ
Sunday, July 26, 2015
6:00 PM
Pride of Kansas Bldg.
Kansas State Fair
Catered by Stretch’s BBQ
Sponsored by:
Reno County Farm Bureau
& American Ag Credit

Tickets sold by any Reno County 4-H member and at the Reno County Extension Office.

Adults (11 and up) $8.00
Youth (5-10 years old) $5.00

For more information contact:
Reno County Extension
2 West 10th Ave.
South Hutchinson KS 67505
620-662-2371
www.reno.ksu.edu

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“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.”
Improved Management, Improved Nutrition, Improved Profit’ Focus of the 2015 K-State Beef Conference

The conference will take place in four meetings Aug. 11 and 13 at various locations across Kansas.

MANHATTAN, Kan. – Many cattle producers have experienced record returns on their calves the past year, but even times of high profitability demand a search for opportunities to enhance the management of a beef operation.

Several of these opportunities will be discussed at the upcoming K-State Beef Conference, hosted Aug. 11 and 13 at various locations across Kansas.

“The idea of continuous improvement is an important management principle beef producers should employ, even when the cow-calf sector is profitable,” said Bob Weaber, cow-calf specialist for K-State Research and Extension and one of the conference presenters. “Profitable times are good ones for managers to evaluate their operation and deploy new profit-improving practices, recognizing at some point ahead we’ll experience leaner times.”

The goal of the conference is for extension professionals and industry thought leaders to have a conversation with profit-minded cattle producers about different timely and economically impactful production and management topics. This year’s focus is “Improved Management, Improved Nutrition, Improved Profit.”

Rancher and author Rich Porter of Reading, Kansas, will provide the keynote address. Porter will discuss building successful personal and professional relationships. He has operated a cattle ranch in Kansas for a third of a century. The ranch has expanded to include about 6,000 head of cattle and 2,800 acres of corn and soybeans.

Porter has degrees in chemical engineering, law and a master’s of agribusiness. His background includes a clerkship with the Environmental Protection Agency enforcement division, work for Bethlehem Steel in pollution control and being a part-time flight instructor. He was named BEEF magazine’s 2010 National Stocker Award winner, 2008 Distinguished Alumnus Award winner from the Kansas State University College of Agriculture and the 2006 Distinguished Alumni Award winner from the K-State Department of Agricultural Economics.

Joining Porter at this year’s conference meetings will be speakers from K-State Research and Extension, including Justin Waggoner, beef systems specialist, and Chris Reinhardt, feedlot specialist. Waggoner will discuss low-stress cattle handling principles and techniques through the development of enhanced stockmanship skills. Reinhardt will address the benefits of a year-round mineral supplementation strategy. He will cover motivations for supplementation, practical feeding advice and cost containment methods.

The conference speakers will be followed by a “town hall” style question-and-answer session. Attendees are encouraged to bring their questions and pose them to the expert panel of speakers and extension specialists.

Hosting locations by date include:

Aug. 11: Melvern Community Center, Melvern, 9 a.m. – 1 p.m.
Aug. 11: 4-H Center, Pratt County Fairgrounds, Pratt, 5 – 9 p.m.
Aug. 13: American Ag Credit, Salina, 9 a.m. – 1 p.m.
Aug. 13: Nemaha County Community Building, Seneca, 5 – 9 p.m.

Registration fees and payment forms vary by site, and registrations should be completed with the hosting county or district office by Aug. 5 for the Aug. 11 meetings and by Aug. 7 for the Aug. 13 meetings. A meal is included in the registration fee.

For more information, visit Upcoming Beef Events and look for K-State Beef Conference.

Canola Educational Opportunities for Producers This Summer

MANHATTAN, Kan. - Four in-depth educational opportunities for area producers on winter canola production and marketing are on tap for this summer.

July 14 and 15 – The 11th Annual Winter Canola Conferences are scheduled for:
- July 14 in Enid, Oklahoma at the Enid Convention Center, and
- July 15 in Vernon, Texas at the Wilbarger County Auditorium.

These conferences are hosted by K-State Research and Extension, Oklahoma State University Extension Service, and Texas A&M AgriLife Extension. Registration begins at 8 a.m., with the program starting at 8:50 a.m. Topics include:

- What to do and what not to do in canola production;
- Variety and hybrid performance;
- No-till stand establishment and winter survival;
- Soil fertility and nutrient uptake;
- Canola seed handling and storage; and
- Updates from the Great Plains Canola Association, the U.S. Canola Association, and a grower panel

There is no RSVP required for either of the July conferences in Enid and Vernon.

Aug. 5 and 6 – K-State Research and Extension will host two pre-plant canola risk management schools. The first is at 10 a.m. on Aug. 5 in Wichita at the Sedgwick County Extension Center. The second will be Aug. 6 in Garden
City at the Southwest Research-Extension Center beginning at 9 a.m.

“We want to give new and experienced producers the information needed to make an informed decision about planting winter canola this fall,” said Mike Stamm, K-State Research and Extension canola breeder.

Topics at the pre-plant meeting on Aug. 5 include drill calibration, insect management, canola varieties and winter survival, on-farm establishment research, and marketing. Topics at the Aug. 6 meeting include planting date and establishment methods, intensive management under limited irrigation, variety performance and winter survival, insect management, and marketing.

Lunch will be provided at each venue. Participants are asked to RSVP by Aug. 3 for the Wichita school by contacting Jackie Fees, Sedgwick County Extension office, at jfees@ksu.edu or 316-660-0143 or online at Canola School. For the Garden City school, participants are asked to RSVP by July 30 to Ashlee Wood, awood22@ksu.edu or 620-276-8286.

The risk management schools fulfill the requirements of a USDA-Risk Management Agency sponsored grant titled “Extending Risk Management Education to New and Experienced Canola Producers in Kansas and Colorado.”

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**Summer Dairy Herd Challenges**

**Managing Price and Production Risk**

**Friday, July 31st, 2015**

**Amish Community Center**

**Hutchinson, KS**

10:00 am—2:00 pm

**Topics:**

- Dairy Margin Protection Program Basics and 2016 election decisions
- Relationships between Heat Stress and Reproductive Performance in Kansas Dairy Herds
- Reducing Heat Stress on Transition and Post-Fresh Cattle
- Improving Transition and Post-Fresh Performance with Feed Additives
- Culling in the First 60 Days of Lactation and Transition Cow Challenges in Kansas Dairy Herds

**Presented by:**

Dr. Gregg Hadley  
K-State Research & Extension Assistant Director

Dr. Mike Brouk  
K-State Research & Extension Dairy Specialist

Dr. Luis Mendonca  
K-State Research & Extension Dairy Specialist

**Register by calling the Reno County Extension Office at 620-662-2371 by July 24th. If not pre-registered, meal will not be provided.**

**Sponsored by:**

Kansas Dairy Commission  
K-State Research & Extension  
Kansas Farm Service Agency
Finding Hidden Sugar

Sugar come in many forms, including naturally in some foods and added in others. It is proposed by the U.S. Food and Drug Administration to limit added sugars to no more than 10 percent of daily calories. So where are some hidden sugars?

Tomato Sauces—the more “ready to eat,” the more sugar included, such as 10-15 grams per half-cup. Barbecue sauces are also high in sugar. Consider making your own, starting with plain tomato sauce or paste.

Salad Dressings—"Reduced fat” type dressings are typically high in sugar content. Make your own vinaigrette with healthy oils, flavored vinegars, herbs, and spices.

Baked Beans—While beans are a healthful food, some canned beans contain 20 grams sugar per cup.

Cereal—This goes beyond the kids cereal. Some oat brans, wheat squares, granolas and others have added sugar. Read the label!

Frozen Entrees—Look past the frozen desserts! Frozen chicken pot pies or honey-roasted turkey breasts will have extra sugar added.

Bottom line? Read the label. If sugar is the first or second item in the ingredient list, leave it at the store. Consider making more foods at home to reduce sugar intake.

Source: Tufts Health & Nutrition Letter, June 2015

Peanut Allergy in Infants

A ground-breaking study has shown that introducing peanut products to infants with a high risk of developing a peanut allergy can be beneficial. In the study, the early introduction of peanuts reduced peanut allergy development by 81 percent.

The study included 600 high-risk infants that were randomly assigned to consume 6 grams of peanut protein per week or no peanut protein. The children were monitored until they reached the age of five. They visited their health care professional regularly and parents completed dietary surveys. At age five, they were given an oral food challenge with peanuts. The results showed an 81 percent reduction of peanut allergy onset by beginning peanut consumption early in life.

Up until these findings, children at high risk of development food allergies were told to avoid those foods. Follow up studies will determine if continued peanut consumption is needed to maintain tolerance.


Peanuts are the number one food that causes food allergies.

Get Kids in the Garden!

Whether it’s a school garden, community garden, or in the backyard, getting children involved in gardening encourages them to eat more fruits and vegetables.

Tulane University Prevention Research Center evaluated five garden and kitchen-based school programs. They found the children were excited to eat what they grew and were more willing to try new foods. The gardens also increased family cooking at home.


Gardens in a Flood

Many vegetable gardens have become waterlogged with recent rains causing concern about the safety of the produce. How “clean” the water is depends on what the water picked up on the way to the garden. It may be contaminated with sewage, farm run-off, industrial pollutants or other contaminants. Here are some points to consider:

- Discard all produce that has been in the flood water.
- Cook any produce that has been in the flood water. Cooking will not eliminate industrial pollutants.
- Discard all produce that is normally consumed raw such as leafy greens and uncooked berries.
- Produce above the water should be safe.
- Underground produce early in their growth should be safe.


Wheat Weaving

August 4th

1:00 pm

Reno County Extension Office

2 W. 10th Ave.

South Hutchinson, KS 67505

Join us for a fun afternoon of learning about the history of wheat weaving and construct your very own wheat weaving. Cost to attend is $3. Class is limited to 20. Please RSVP by July 30th.

To Sign Up Call (620) 662-2371 or Email jenj@ksu.edu
Many of us grew up with certain rules of thumb about how to manage our money. Along the way, the financial landscape has changed and so have our expectations of what constitutes a “good life.” This lesson will revisit those rules of thumb and expectations, and update them for how we live our lives today. It will review data on how families actually spend their money; re-view, and challenge the assumptions behind learned rules of thumb; encourage participants to clarify their vision of the “good life”; and challenge participants to create a realistic family budget for the way they live their lives today. The intended audience is anyone who has wondered if their spending, saving, and sharing is on track to support their goals.

DATE: September 22nd

TIME: 6:00 pm to 7:00 pm

LOCATION: Reno County Extension Office

PLEASE RSVP BY September 18th.
(620) 662-2371 or jenj@ksu.edu
2015 Extension Master Gardener Classes to Begin in September

If you enjoy gardening, want to learn more about it and have some spare time on your hands for volunteer work, then the Master Gardener program might be for you. The Reno County Extension Master Gardener program is currently in need of new volunteers for the 2014-2015 season. Training for new volunteers will begin on September 10. Classes will be held every Thursday until December 10 except on Thanksgiving Day. Class time will be from 9:00 a.m. to 3:30 p.m. A one-time fee of $110.00 will be charged to cover the cost of a class reference book and other materials.

The Master Gardener Program is for those individuals who are interested in plants and gardening and enjoy sharing their knowledge for the benefit of others. Prior knowledge of gardening is not necessary to be in the Master Gardening Program. Volunteers will be given approximately 40 hours of college level training in home horticulture. Class subjects include landscaping, soil fertility, insects and diseases, plant problem diagnosis, fruits and vegetables, annual and perennial flowers, native plants, herbs, trees, shrubs, turf and plant propagation. Classes will be taught by Kansas State University faculty and local horticulture industry experts. In return for the training, Master Gardeners are asked to volunteer a minimum of 40 hours to Reno County Extension Master Gardener educational programs during the following growing season.

Anyone interested in becoming a Master Gardener can pick up an application at the Reno County Extension Office, located at 2 W. 10th in South Hutchinson, by calling 620-662-2371, or on the internet at www.reno.ksu.edu. Deadline to submit an application is August 28.

Fall Gardening- It’s About Time (by Chuck Marr)

We can grow most of the cool season crops that we enjoyed in the spring again in the fall. We can also make some late plantings of summer crops for ‘one last fling’. The way this process works is that crops that require a longer time to develop are planted first- followed by crops that take a shorter time to develop. It is a little early to plant any of the cool season crops yet but you can make a final planting of warm season crops such as cucumbers, squash, and sweetcorn now. What do you have to do to get ready? The answer is ‘not much’. Just clear the areas where you had spring crops growing, where you harvested your potatoes and onions, or any other vacant space you have. After the residue dries for a few days you can chop and shred it and till it into your plot or add it to your compost pile. Don’t attempt to till unchopped, green residue- it will make a glob on the tiller blades that will be difficult to clean out. Next, till your soil and allow it to settle for a few days. You don’t need to fertilize heavily now and you don’t need to work in more compost if your crops were green and vigorous. If your crops were a little pale, you can add some compost but don’t get carried away. Only about half as much as you used in the spring is needed.

Planting Fall Potatoes: In a few weeks it will be time to start planting several fall crops and one of them is potatoes. You can plant old potatoes with some pretty good results. What you can’t do, however, is to plant potatoes that have just been dug. Potatoes have a built in ‘dormancy’ that will not allow them to sprout for up to 6 weeks after they are dug. So, if you want to plant fall potatoes you can’t plant some of those that you have just harvested this year unless you wait a couple of months after harvesting to plant them.

Tomato Diseases

There are several diseases of tomato which result in leaf spots and fruit rots. Typically, these diseases do not kill the plants, but result in significant loss in fruit quality and numbers. Two of the most common fungal leaf diseases of tomato are early blight and Septoria leaf spot. Both diseases may occur anytime during the growing season, but they generally become more severe after blossom-set. Both diseases result in the formation of leaf spots. These spots typically develop first on the older leaves nearest the ground. Under favorable conditions for disease development, these diseases can cause extensive defoliation, resulting in sunscalding of fruit and reduction in the numbers of fruit produced. Early blight and Septoria leaf spot are fairly easy to distinguish from one another in the field. Early blight results in the formation of irregular, brown leaf lesions or spots that range in size up to 2 inch in diameter. The most important diagnostic feature of early blight is the formation of dark, concentric rings within the lesion, giving the spots a target-like appearance. Often, several lesions coalesce, causing the leaf to turn yellow, dry up, and fall off the plant. Defoliation weakens the plant and exposes the fruit to sunscald injury. Although early blight primarily is a foliage disease, lesions may develop on both stems and fruit. Fruit lesions are tan to brown, leathery and typically originate at the stem end of the fruit.
Symptoms of Septoria leaf spot first appear as small, water-soaked spots on the lower leaves. The leaf spots generally are smaller and more numerous than those resulting from early blight. Eventually the center portion of the Septoria lesion turns light tan or gray, while the margin remains dark. Small black fruiting structures (pycnidia) of the fungus, readily visible with a 10X hand lens, are formed in the center portion of the lesion.

Causes
Both the early blight (Alternaria solani) and the Septoria leaf spot (Septoria lycopersici) fungi overwinter in plant debris, on seed, or on weeds such as nightshade and horse nettle. Spores of these fungi may be splashed or blown to tomato leaves. Disease development is favored by relatively warm temperatures, abundant rainfall, and a high relative humidity.

Control
Sanitation measures in the fall will reduce the amount of inoculum available for infection the following year. In the fall, till plants into the soil or remove them from the garden. This will help prevent the fungal inoculum from surviving through the winter.

Avoid planting tomatoes in the same area year after year. Be sure to purchase clean seed or healthy transplants. When planting, stake or cage plants. This allows for better air movement. Place straw or plastic mulch around the base of each plant to reduce water splashing. Avoid overhead irrigation of plants. Instead, use, irrigation tapes, drip lines or soaker hoses.

Currently, none of the tomato varieties have resistance to both early blight and Septoria leaf spot. Therefore, it may be necessary to control these diseases with routine fungicide applications. For best results, begin applications between the time of flowering and first fruit set. Repeat applications at 7- to 21-day intervals. Several fungicides, including azoxystrobin, copper-based products, mancozeb, and chlorothalonil are recommended for the control of both early blight and Septoria leaf spot.

<table>
<thead>
<tr>
<th>Fungicide</th>
<th>Typical Application Interval</th>
<th>Examples of Trade Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>chlorothalonil</td>
<td>7 to 14 days</td>
<td>Daconil, Fungi-Gard, Encore, Monterey Bravo</td>
</tr>
<tr>
<td>copper products</td>
<td>7 to 14 days</td>
<td>Copper Fungicide, Bordeaux</td>
</tr>
<tr>
<td>mancozeb and maneb</td>
<td>7 to 14 days</td>
<td>Mancozeb, maneb</td>
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</tbody>
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Landscape Maintenance Activities for August

- Water all plantings thoroughly unless rainfall has been adequate.
- The fall vegetable garden is planted now.
- Divide and replant spring blooming perennials.
- Irrigated warm-season lawns may be fertilized again.
- Hedges and shrubs can be pruned, if needed, in mid-August.
- Young trees and shrubs may be fertilized again.
- Discontinue dead-heading roses by mid-August to help initiate winter hardiness.
- Watch for Brown patch disease of cool-season grasses.
- Meet water requirements of turf.
- For areas being converted to tall fescue this fall, begin spraying bermudagrass with glyphosate products in early August.
- White grub damage can become visible this month. Apply appropriate soil insecticide if white grubs are a problem. Water product into soil.
- Watch for 2nd generation of fall webworm in late August/ early September.
- Pre-emergent herbicides for winter-annual weed control in warm-season grasses can be applied in late August. Water in the product after application.
Social Media Tips: Facebook

**The New “See First” Feature**

If you are a Facebook user you may have noticed that the service changes from time to time. The look, the feel, what types of stories you see in your news feed, and when you see them. It used to be whenever a friend or followed page made a post, it could be seen immediately. A redesign later made it so you had to choose between seeing top stories or most recent posts, and marking friends with a star to get notifications whenever they posted so their updates didn’t get lost in the mix of other content which was selected to be pushed to your screen.

Facebook now has a feature to allow you to always see what users and official pages post – See First. To activate See First, click on your friend’s or “liked” page’s name to view their timeline. Next, click on the “Following” drop down button and choose “See First”. Posts from this person should now be at the top of your news feed. You can switch back to the old way of getting updates by choosing “default”.

Navigating with Keyboard Shortcuts

Facebook has shortcuts for people who use their keyboards to navigate, rather than a mouse. Shortcut keys can differ depending on the browser you use. Find your browser in the list below, and replace the # with the shortcut key below.

- **Internet Explorer for PC**: Alt + #, then Enter
- **Firefox for PC**: Shift + Alt + #
- **Safari for Mac**: Ctrl + Opt + #
- **Firefox for Mac**: Ctrl + Opt + #
- **Chrome for Mac**: Ctrl + Opt + #
- **Chrome for PC**: Alt + #

**Access Keys**

0 - Help  
1 - Home  
2 - Timeline  
3 - Friends  
4 - Inbox  
5 – Notifications  
6 – Settings  
7 - Activity Log  
8 - About  
9 - Terms

**Keyboard Shortcuts**

**News Feed**

- j and k - Scroll between News Feed stories  
- enter/return - See more of the selected story  
- p - Post a new status  
- l - Like or unlike the selected story  
- c - Comment on the selected story  
- s - Share the selected story  
- o - Open an attachment from the selected story  
- / - Search  
- q - Search chat contacts  
- ? - Open a list of these keyboard shortcuts while in News Feed

**Choosing Apps to Make Healthy, Easy!**

There are many health and nutrition apps available for download and use on your smartphone or tablet. They can help you find healthy recipes, use leftovers, track your food and physical activity, and manage diseases, such as diabetes. Before downloading any app, consider these SMART tips:

- **What is the Source of the app?** Try to find information about the person or organization that created it.
- **Does it Meet your needs?** Do the recipes or workouts require equipment or skills that you do not have?
- **What Actions will you take?** Does the app provide information that is easy to understand and use?
- **What do Reviewers say?** Read online reviews that tell you how well the app works.
- **Do you have the Time?** If the app involves tracking what you eat or your physical activity, will you use it regularly?

If you find an app that is available for one type of phone or tablet, but not your specific brand, contact the developer of that app and ask if they have plans to make it compatible with your device. Most app stores have contact information for the developers of each app.

*Source: University of Missouri Extension, K-State Research & Extension Reno County*
Join us, August 29, to learn all about barbecue! This will be an instructional and hands-on workshop where participants will be smoking a cut of meat for the dinner to cap off the event. You’ll learn about: rubs, sauces, and injections; fuels and smokers; cutting meats; garden-to-grill; food safety; cold smoking; desserts; different cuts of meat.

Lunch and dinner provided. Reserve your spot now—space is limited! Want to know more? Give us a call at 620-662-2371 or email Darren at darrenbusick@ksu.edu.

Program Sponsors:

K-State Research and Extension Reno County

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Reno County BBQ Clinic Registration

NAME(S): ____________________________ NUMBER ATTENDING: ________

ADDRESS: ___________________________________ AMOUNT ENCLOSED: ______

EMAIL: ____________________________________ $45/Individual $70/Team of up to 4

PHONE: ____________________________________ Make checks payable to:

Reno County Extension

Register by August 24. Mail or drop off registration and fee to:

Reno County Extension Office, 2 W 10th Ave, South Hutchinson, KS 67505