IN THIS ISSUE:

Page 2  Central Kansas Ag Showcase and Job Fair
Page 3  Wildland-Urban Interface
Page 4  Tour a Wildland Fire Prepared Home
Page 5  Tour a Wildland Fire Prepared Home
Page 6  Reading Skills and Speed Reading Program
Page 7  Barn Quilt Workshop
Page 8  Do You Have Radon in Your Home
Page 9  Walk Kansas
  Sugary Beverage Consumption
  What Does “FDA Approved” Mean?
Page 10 Account Recovery Questions – What You Should Know

Page 10 Unlimited Data Plans – Read the Fine Print
Page 11 Severe Weather Season and Important Data
  Pot Roast and Change
Page 12 Growing and Using Herbs
  Attracting Beneficial Insects
Page 13 Attracting Beneficial Insects
Page 14 Hands-On Mushroom Cultivation Workshop
  Newton
Page 15 Hands-On Mushroom Cultivation Workshop
  Emporia

Tractor Safety Class
Saturday, March 25th
Central Livestock Sale Barn
9:00-3:00 (lunch will be furnished)
CALL TO RESERVE YOUR SPOT  662-2371

Pamela Paulsen  ppaulsen@ksu.edu
County Extension Agent - Horticulture

Darren Busick  darrenbusick@ksu.edu
County Extension Agent - Agriculture

Jennifer Schroeder  jenj@ksu.edu
County Extension Agent - Family & Consumer Sciences

Joan Krumme  jkrumme@ksu.edu
County Extension Agent - 4-H

Jan Steen  jmsteen@ksu.edu
County Extension Agent - Technology & Community Development

County Extension Director

“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.”
This event was created for the many facets in the Central Kansas Ag community. The first being to promote awareness of agribusiness in Central Kansas. While showcasing businesses and services there will be a great opportunity for networking. This event is also designed to educate the public about the agribusiness industry in this region as well as provide an outlet for businesses to feature current and future job openings. The general public is invited and farmers/ranchers, and students from the area are highly encouraged to attend. There will be booth spaces available, as well as a stage for companies to talk about their product or services on a first come, first served basis. We have divided the Ag industry into 18 areas: Technology, Education, Finance, Manufacturing, etc., and we plan on offering tours to multiple sites within some of these categories. Should you be interested in being a tour site, vendor, or a speaker please contact us via the information listed below. The Central Kansas Ag Showcase and job fair will be held on Friday March 24th, 2017 at Memorial Hall in Hutchinson.

Please RSVP by March 20th

Mail this in to: 2 West 10th South Hutchinson 67505 or email it to darrenbusick@ksu.edu

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Contact Name</th>
<th>Phone Number</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

K-State Research and Extension is an equal opportunity provider and employer. K-State Research and Extension is also committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to physical, vision, or hearing disability, or a dietary restriction, please contact the Reno County Extension Office at 620-662-2371 or rn@listserv.ksu.edu
Wildland-Urban Interface
Wildfire Awareness & Preparedness Public Meeting
March 28, 2017 @ 6:00 PM

We know and have seen that the Sandhill's, extending North and East from the City of Hutchinson, are vulnerable for catastrophic wildfire. Know what you can do to progressively prepare your property for the next wildfire event. Hear from local experts on how you can take measures to reduce your risk of wildfire damage or loss.

- Natural vs. Invasive Land Cover/Fuel
- Land Management Practices — Brush Management, and Prescribed Burning
- Fire Departments and Wildfires in Wildland-Urban Interface
- Homeowner fire prevention recommendations
- Local Prescribed Burn Associations

Plan to Attend

Be Prepared for "WHEN" not "IF"

Hutchinson Fire Department
Command & Training Center
8201 E 4th Ave, Hutchinson, KS
Here is a link to a publication that pertains to all of us no matter where we live in the county. If we don't take action the wildfires will happen again! Give this Ready Set Go a read and come to the meeting on the 28th. Thank you to all the Firefighters, EMT, First responders and anyone else that helped with the fires the past few weeks.

http://www.kansasforests.org/fire_management/fire_docs/ReadySetGoGuide.pdf
Chimney: Cover chimney and stovepipe outlets with a noncombustible screen of 1/2-inch wire mesh to reduce the size and energy of embers leaving the chimney. Make sure that tree branches are at least 10 feet away from the chimney.

Walls: Wood, vinyl, and other plastic siding and trim products are combustible. Consider building or remodeling with ignition-resistant or noncombustible building materials, such as brick, cement, masonry, or stucco.

Gutters: Screen or cover rain gutters with a flat, noncombustible device. If possible, the device should follow the slope of the roof.

Eaves: Box in eaves with a noncombustible or ignition resistant material.

Fencing: Use noncombustible fencing within 5 feet of your home.

Water: Have multiple garden hoses that are long enough to reach any area of your home and other structures on your property. If you have a pool, pond, or irrigation ditch, consider a pump.

Garage: Install weather stripping around and under the vehicle access door. This will reduce the intrusion of embers. If the garage is attached to the home, install a solid door with self-closing hinges between living areas and garage. Do not store combustibles and flammable liquids near combustion equipment (e.g., hot water heater).

Driveways and Access Roads: Driveways should be designed to allow fire and emergency vehicles and equipment to reach your house. Access roads should have a minimum 10-foot clearance on either side of the traveled section of the roadway and should allow for two-way traffic. Ensure that all gate openings are wide enough to accommodate emergency equipment. Trim trees and shrubs overhanging the road back to a minimum of 14 feet to allow emergency vehicles access.
GET THE **FACTS** FROM JENNIFER SCHROEDER, Family & Consumer Science Agent

**READING SKILLS AND SPEED READING PROGRAMS**
Online this Summer for Preschool through High School

Individualized programs include engaging instruction, independent reading in great books, and a skilled and encouraging teacher.

**Program for 4-Year-Olds**
Program for Entering Kindergartners
In these fun summer programs, your child will learn to read. Children learn letter recognition, beginning phonics and easy sight words. Your child will learn to read simple words and short sentences and will be excited about books and reading.

**Program for Entering 1st Graders**
In this fun summer program, your child will learn to read independently. Children learn phonics and sight words, build fluency and comprehension and develop a love of books and reading. Your child will be excited about reading and get off to a great start in first grade.

**Program for Entering 2nd Graders**
In this fun summer program, your child will become a fluent, confident reader. Children build solid phonics and word attack skills and develop reading fluency and strong comprehension. Your child will be excited about books and reading and get off to a great start in second grade.

**Program for Entering 3rd Graders**
In this fun summer program, your child will become a fluent, confident reader. Children develop long-word decoding skills, reading fluency and excellent comprehension. Your child will develop a lifelong love of books and reading and get off to a great start in third grade.

**Program for Entering 4th Graders**
Program for Entering 5th Graders
In these fun and effective summer programs, your child will become a skilled, enthusiastic reader. Students develop strong comprehension skills in both fiction and non-fiction and learn how to read and study textbooks. Your child will gain confidence and develop a lifelong love of books and reading.

**Program for Entering 6th-8th Graders**
Program for Entering 9th-12th Graders
In these effective and enjoyable summer programs, your child will improve comprehension in both fiction and non-fiction and learn to read twice as fast. Students learn the best way to read and study textbooks and take notes. Your student will complete homework more quickly and easily and enjoy reading more.

**FOR MORE INFORMATION OR TO REGISTER**
Call 800-903-0942
Monday-Friday 7 a.m.–8 p.m. and Saturday 7 a.m.–4 p.m.
Teachers

Programs are offered through Kansas State University Global Campus. Programs are designed and taught by instructors from the Institute of Reading Development. Tuition varies by program level. Please ask about our family discount.

Exciting Results!

“My daughter is sounding out words on her own, and she is so excited about reading to us! She loved this program, and I was very impressed with the books and materials.”

— Parent of kindergartner

“Thanks to this program, my son is now reading independently and his confidence is through the roof. I cannot express how grateful I am for this program.”

— Parent of 1st grader

“Allison loved doing the long-word decoding lessons. Her reading skills have improved tremendously, and she is reading more challenging chapter books.”

— Parent of 3rd grader

“Patrick’s comprehension has really improved, and he loved the books. I’ve recommended this to other parents.”

— Parent of 5th grader

“The lessons were fun and easy to follow. It is much easier for me to study and take notes now. I don’t put off studying until the last day because I know I can get through it fast.”

— 7th-grade student

“I liked tracking my reading speed and seeing it go up from week to week. I used to not like to read because it was too time-consuming, but now it’s easier to finish.”

— 9th-grade student

Online reading programs begin every week throughout the summer.

KANSAS STATE UNIVERSITY

Global Campus

FOR MORE INFORMATION OR TO REGISTER

Call 800-903-0942

Monday-Friday 7 a.m.–8 p.m. and Saturday 7 a.m.–4 p.m.

Notice of Nondiscrimination

Kansas State University is committed to nondiscrimination in admissions, programs, and employment. Inquiries and complaints: Contact Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-4801; (Phone) 785-532-5220; (TTY) 785-532-4109; www.k-state.edu/nondiscrimination.

Special Assistance

A conference or noncredit program participant who needs accommodations due to a disability or who has special dietary requirements should indicate services needed at the time of registration. If you have further questions please contact the Conference Registration Office at 785-532-5569 or 800-432-3222. Early notification is requested to ensure that accommodations can be provided in a timely manner.

INQUIRE EARLY! ENROLLMENT IS LIMITED.
DO YOU HAVE RADON IN YOUR HOME?

The Environmental Protection Agency (EPA) estimates that approximately 1 in 4 homes in Kansas will test at or above the EPA’s radon action level.

Brian Hanson, Radon Program Coordinator from Kansas State University will be at Salt City Land & Title on April 13, 2017 at 7pm to discuss radon in the home. Some of the topics to be discussed are: health issues related to radon, testing for radon, and radon mitigation.

Salt City Land & Title
2612 N. Main
Hutchinson, KS 67502
Use the South side entrance.

K-State Research & Extension-Reno County
2. W. 10th Ave.
South Hutchinson, KS 67505
Phone: (620) 662-2371
E-mail: jenj@ksu.edu

Knowledge for Life

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State, County Extension Councils, Extension Districts, and U.S. Department of Agriculture Cooperating. All educational programs and materials available without discrimination on the basis of race, color, religion, national origin, sex, age or disability
DATES: March 19 – May 13
COST: $8 per person. T-shirts available for extra charge.

One team check payable to Reno County Extension or pay online.

New t-shirt colors available for purchase. Color choices will be heather sapphire (blue), gravel (medium gray) or purple.

REGISTRATION: Deadline is March 17.

Walk Kansas is an 8 week, team based fitness challenge. You’ll be motivated to increase physical activity, try new exercises, and make better nutrition choices.

www.walkkansas.org

Sugary Beverage Consumption

The data backs the message. Sugar sweetened beverages contribute calories and added sugars to the diets of U.S. children.

Studies have suggested a link between the consumption of sugar-sweetened beverages and dental caries, weight gain, type 2 diabetes, dyslipidemia, and nonalcoholic fatty liver disease in children.

The 2015–2020 Dietary Guidelines for Americans recommend reducing added sugars consumption to less than 10% of calories per day and, specifically, to choose beverages with no added sugars.

Data from the National Healthy and Nutrition Examination Survey shows the following:

- Almost two-thirds of U.S. youth consume at least one sugar-sweetened beverage a day.
- Calories from sugar-sweetened beverages increased with age for both boys and girls.
- Boys consumed an average 164 kilocalories (kcal) from sugarsweetened beverages, which contributed 7.3% of total daily caloric intake. Girls consumed an average 121 kcal from sugar-sweetened beverages, which contributed 7.2% of total daily caloric intake.

Learn more at www.cdc.gov/nchs/products/databriefs/db271.htm

What Does “FDA Approved” Mean?

You see it in commercials, the news, websites and more for new products. Companies say their products are “FDA approved,” but how can you know for sure what the U.S. Food and Drug Administration approves?

FDA is responsible for protecting public health by regulating human drugs and biologics, animal drugs, medical devices, tobacco products, food (including animal food), cosmetics, and electronic products that emit radiation.

Some products do not undergo premarket approval — that is, a review of safety and effectiveness by FDA experts and agency approval before a product can be marketed. In some cases, FDA’s enforcement efforts focus on products after they are already for sale. Even when FDA approval is not required before a product is sold, the agency has authority to act when safety issues arise.

Learn more at www.fda.gov/ForConsumers/ConsumerUpdates/ucm047470.htm
Account Recovery Questions – What You Should Know

Many online services - from banking to e-mail - offer account recovery options for those of us who forget their passwords. Sometimes it’s just a click of the button and a reset link is sent to the e-mail address the service has on file. Convenient, yes, but if someone already has access to your computer or e-mail account, it’s very easy for them to reset your password, thus allowing them to gain ownership of your account and its details.

Online services have been moving away from this “easy access” method of password recovery to a more secure process of having the user answer account recovery questions to prove they are the actual owner of the account in question. Usually these questions are selected and answered during the initial setup of the account, but if the account has been active for some time, a user may receive an alert at some point asking them to make their account more secure by answering some of these questions.

Some of these online services have a block of questions that you can choose from – questions they wrote in advance and users would answer. Questions such as: “What is your mother’s maiden name?” “What high school did you graduate from?” or “What’s your favorite baseball team?”. If the person attempting to access your account knows even a little about you, these don’t seem like very safe questions to protect your account. The best account recovery option is to write your own question, or choose from the pre-written options questions that would be difficult for others to answer. Choose questions that may have an answer that is more than one word, and avoid questions that would have a number as an answer (“What year did you graduate from high school?” “How many siblings do you have?”).

If you have the option to write your own questions, be creative. Some examples of good recovery questions might be:

- In what city does your favorite novel take place?
- What was the name of your grandpa’s dog?
- What was your favorite restaurant in college?
- Where was your first trip without your family?

Questions that cannot easily be answered by searching Google or your Facebook profile are best.

Have you ever noticed a Facebook contact share one of those “Answer and share these 20 questions so we can learn more about each other/your marriage/your friends” posts? They answer about their favorite food, color, football team, what city they were born in, etc., then encourage you to do the same – pretty soon millions of people around the world are finding out cool information about their friends and colleagues. It’s likely an innocent post from your friend, a fun way to get to know more about people, but it’s a gold mine of information for others looking to steal account access by answering recovery questions that might easily be addressed in those shared posts.

Think twice before participating in shared “Answer these questions” posts. If your only account recovery option is to choose from pre-written questions, pick the ones that are the most difficult to answer. If you have the option of writing your own questions, be unique, choose hard to answer questions that may have more than one word as the answer, and don’t choose a question that has numbers for the whole answer.

Unlimited Data Plans – Read the Fine Print

Cell phone providers across the country are touting new unlimited data plans to entice new customers and current customers to switch their current offerings to bigger and better things. Be
sure to read the fine print before signing up for any of these unlimited plans. Examples seen have been plans that offer unlimited data, but cut your access speed once you hit 10gb or 22gb worth of data during your billing cycle. How much is the speed cut? Normal data download speeds on a 3G to 4G LTE network range from 4Mbit/second to 15Mbit/second. In the fine print on a few of these plans, speeds are cut to the 2G rate for the remainder of the billing cycle once the “unlimited” data cap is reached. This speed is equivalent to 0.1Mbit/second to 0.3Mbit/second. If you plan on using your smartphone as a hotspot, or to tether another device to in order to access the internet, additional restrictions may apply. Definitely check your current month’s usage to see if you actually come close to needing an unlimited plan. Many single phone accounts would not, but families with multiple phones may see a benefit.

Severe Weather Season and Important Data

‘Tis the season for severe storms – tornadoes, floods, lightning, high winds, and hail. All of these things can cause damage to property, and in some cases, loss of important information. This is an excellent time of year to evaluate your data backup plans. Are your important documents, pictures, and other files backed up to an external hard drive or flash drive? If so, where is that external drive kept? If it’s in your home, would you be able to recover that backed up data if your home caught on fire, was hit by a tornado, or damaged by floods? If the backup would be destroyed along with the computer itself, consider other options for saving your files in case of emergency.

- Take your external drive to another location. This could be a safe deposit box at your bank, your desk or file cabinet at work, or even a relative’s house across town. If your home is damaged, there’s a good chance the external storage site will be safe.
- Use a cloud storage service online. Google Drive, Drop Box, One Drive, and many more options exist. Some charge a monthly fee, others are free up to a certain amount of stored data. Data stored online can be downloaded to another computer, or replacement computer when needed.

Pot Roast and Change

Some may have heard this story before, for others it will be new. One day a little girl was watching her father prepare a pot roast for their Sunday dinner, and she noticed that he cut about an inch off of each end of the roast before placing it in the pan with the carrots and potatoes. She asked “Dad, why did you cut the ends off of the roast?” Her father replied “Grandma makes the best pot roast, and that’s how she always did it, so I do it, too.”

The girl wanted to know more, so the next time she was with her grandma, she asked “Grandma, why do you cut the ends off of your pot roast before putting it in the pan?” To which Grandma replied, “That’s the way my mom taught me how to do it, and I’ve always done it that way.”

The little girl’s great grandmother was still around, so she called her on the phone and asked “Great Grandma, I was told you always cut the ends off of a pot roast before you put it in the pan, but why?” Great grandma chuckled and said “I did that only because my roasting pan was too small for the roast to fit!”

The little girl got her answer. There was an original, very valid reason for cutting the ends off of the pot roast. The pan wasn’t big enough and this solved the problem. Over time it became habit, and those who came later to carry on the work of meal preparation, used the method they saw and were familiar with, even though the original problem no longer existed.

If you’re a member of an organization, whether it be as an employee, board member, or volunteer, what work and projects do you see going on in an effort to meet the organization’s mission statement or purpose? It’s sometimes important to ask “Why?” and seek out the “Because we’ve always done it this way!” moments. Encouraging questions and being open to change within an organization can improve client satisfaction, reduce wasted funds and resources, even cause the organization to re-evaluate whether it is still truly working towards its intended mission, or if it is in need of some redirection to get it back on track.
Growing and Using Herbs
Thursday, April 20
6:30pm – 8:00pm
Emanuel Lutheran Church
140 E 30th, Hutchinson

Kay Neff of Neff Family Farms will be presenting information on a wide variety of herbs that grow well in Kansas. She will share not only growing information but how to cook with them and provide some of her tried and true herb recipes. Attendance is free but please pre-register by contacting the Reno County Extension Office at 620-662-2371 by March 17. Light refreshments will be served.

Attracting Beneficial Insects

Got bugs? Good for you! Not all bugs are detrimental in the garden. There are a number of beneficial insects, such as ladybugs, lacewings, damsel bugs, and predatory wasps, which eat those pesty insects that attack your garden. There also many insects such as butterflies, native bees, honeybees and flies that carry out the important job of pollination in the garden.

Many mail order garden catalogs now sell beneficial insects but it’s better if you attract them to your garden naturally:

1. Grow a diversity of plants in the landscape. Include annual and perennial flowers, native grasses and wildflowers, ground covers, shrubs and trees. Try to avoid some of the newer, hybridized flowers and stick to the old-fashioned ones. Many of the newer varieties have been bred for large, colorful blooms at the expense of pollen and nectar. In general, the more scent a flower has, the more nectar it will have.

2. Plant a variety of flowers types to ensure blooms throughout the entire growing season. Pollen and nectar from flowers (especially wildflowers) attract beneficial insects and encourage them to lay their eggs nearby. Include plants with small flowers such as sweet alyssum, catnip, dill, fennel, garlic chives, lovage, and parsley. Other popular plants for beneficials include: aster, chrysanthemum, blanket flower, coneflower, coreopsis, cosmos, yarrow, goldenrod, sunflowers, sweet clover, buckwheat and lavender.

Most of these flowering plants need a minimum of full sun for 6 to 8 hours a day.

3. Provide water using shallow dishes or shallow areas filled with pebbles. You might even attract some of the larger good guys, such as toads, to help in the garden.

4. If possible, leave some garden areas a little “wild” to provide protection during the warm months and for shelter during the winter. Hedges and wooded areas help with this too. It helps to leave some areas of the ground bare, meaning no plants or mulch so ground nesting bees and wasps have access to build their nests.

5. Minimize or eliminate the use of insecticides as these not only kill insect pests, but kill the good ones as well. Even natural, organic insecticides can kill beneficial insects. Remember, the beneficials need those harmful insects for a food source so it helps to tolerate a bit of feeding damage on your plants. If that food source is no longer available, the beneficial insects will not have reason to remain in your garden. Should the use of insecticides become necessary, use selective insecticides. Selective insecticides are toxic to specific pests and will not directly harm beneficial insects. An example is the microbial insecticide Bt, sold as Dipel, Thuricide, Caterpillar Attack, and other trade names, which is toxic only to caterpillars that feed on the sprayed plants.
The following table provides a list of beneficial insects, the pests they prey on, and the plants or habitats that will attract them.

<table>
<thead>
<tr>
<th>Beneficial</th>
<th>Pests Controlled</th>
<th>Plants/Habitat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assassin Bug</td>
<td>Many insects including flies and large caterpillars</td>
<td>Permanent plantings for shelter (e.g., windbreaks)</td>
</tr>
<tr>
<td>Bees &amp; Butterflies*</td>
<td>None but important for pollination</td>
<td>Pea, borage, parsley, and aster families, milkweeds, butterfly bush, many others</td>
</tr>
<tr>
<td>Braconid Wasp</td>
<td>Armyworm, cabbage worm, codling moth, gypsy moth, European corn borer, aphid, caterpillars, and other insects</td>
<td>Nectar plants with small flowers, yarrow, sunflower</td>
</tr>
<tr>
<td>Damsel Bug</td>
<td>Aphids, thrips, leafhopper, treehopper, caterpillar</td>
<td>Aster family, yarrow</td>
</tr>
<tr>
<td>Ground Beetle</td>
<td>Slug, snail, cutworm, Colorado potato beetle, gypsy moth, caterpillars, weed seeds</td>
<td>Amaranth, bunch grasses, permanent plantings for shelter</td>
</tr>
<tr>
<td>Hover Fly</td>
<td>Aphids</td>
<td>Carrot and aster family (coreopsis, sunflowers, goldenrod)</td>
</tr>
<tr>
<td>Lacewing</td>
<td>Soft bodied insects including aphid, thrips, European corn borer, mealybug, scale, mites</td>
<td>Carrot and aster family (coreopsis, sunflowers, goldenrod)</td>
</tr>
<tr>
<td>Ladybug Beetle</td>
<td>Aphid, spider mite, European corn borer, mealybug</td>
<td>Aster family, butterfly weed, native grasses, giant hyssop, yarrow, black locust</td>
</tr>
<tr>
<td>Minute Pirate Bug</td>
<td>Thrips, spider mite, leafhopper, corn earworm, small caterpillars and other insects</td>
<td>Carrot and aster family (daisies, sunflowers, yarrow, goldenrod), elderberry, potentilla, giant hyssop, willows</td>
</tr>
<tr>
<td>Rove Beetle</td>
<td>Aphid, nematode, flies</td>
<td>Native grasses, permanent plantings for shelter</td>
</tr>
<tr>
<td>Spider</td>
<td>Many insects</td>
<td>Carrot and aster family, giant hyssop</td>
</tr>
<tr>
<td>Spined Soldier Bug</td>
<td>Armyworm, sawfly, Colorado potato beetle, Mexican bean beetle</td>
<td>Aster family (sunflowers, yarrow)</td>
</tr>
<tr>
<td>Tachinid Fly</td>
<td>Cutworm, armyworm, May beetle, gypsy moth, squash bug</td>
<td>Carrot and aster family, amaranth</td>
</tr>
<tr>
<td>Tiger Beetle</td>
<td>Many insects</td>
<td>Amaranth, bunch grasses, permanent plantings for shelter</td>
</tr>
<tr>
<td>Chalcid Wasps</td>
<td>Spruce budworm, cotton bollworm, tomato hornworm, corn earworm, corn borer, codling moth</td>
<td>Carrot and aster family (daisies, sunflowers, yarrow, goldenrod), potentilla, giant hyssop</td>
</tr>
</tbody>
</table>

* Attracting specific species of butterflies to your garden can require planting specific species of plants. Most adult butterflies will feed on nectar from a wide variety of plant species but their larva will only feed on specific plant families. These should be placed in a somewhat protected area from wind and away from bird feeders to prevent feeding on the butterfly larva. Some of the more common butterfly species in Kansas and their larval host plants include:

- Buckeye Butterfly: Plantain (Plantago sp.), Snapdragons
- Cabbage White Butterfly: Cabbage Family (includes cabbage, radish, kohlrabi, broccoli, cauliflower)
- Clouded Sulfur Butterfly: Legume Family (includes clover, peas, beans, redbud trees)
- Monarch Butterfly: Milkweed Family
- Mourning Cloak Butterfly: Cottonwood, Elm and Willow trees
- Painted Lady Butterfly: Sunflowers, Hollyhock, Thistles
- Pearl Crescent Butterfly: Asters
- Swallowtail Butterflies: Carrot Family (includes carrot, dill, fennel, parsley)
- Viceroy Butterfly: Poplar and Willow trees

Common perennial and biennial nectar plants for the adult butterflies include:

- Aster
- Butterfly Bush
- Coneflower
- Gayfeather
- Goldenrod
- Hollyhock
- Joe Pye Weed
- Tickseed
- Viburnum

Common annual nectar plants for the adult butterflies include:

- Cosmos
- Flowering herbs such as basil, mint and sage
- Lantana
- Mexican Sunflower
- Pentas
- Salvia
- Verbena
- Zinnia
Hands-On
Mushroom Cultivation Workshop
~ Newton ~

Discover easy, low-cost methods for growing delicious gourmet mushrooms such as shiitake, wine cap, and oyster. Learn how to inoculate logs and wood chip beds so that you can harvest and sell your own mushrooms year after year!

Topics Covered:
Growing oyster mushrooms on straw and sawdust
Inoculating shiitake mushroom logs (hands-on)
Growing winecap and blewit mushrooms in woodchips or straw mulch
Log selection and harvest

Each participant will receive:
Oyster Mushroom Production Bag
Inoculated Shiitake Log

Wednesday, March 29, 2017
9:00am to noon
Harvey County Fairgrounds
800 West 1st
Newton, KS 67114

Cost of the workshop is $25
Space in workshop is limited

Please bring a hand drill to the workshop
(Corded is better than cordless. If bringing cordless, bring extra charged batteries) Some extra drills will be available

For more information, contact:
Scott Eckert
seckert@kau.edu
316-284-8930
or
Pam Paulsen
ppaulsen@kau.edu
620-662-2371

Return with $25 payment to:
K-State Research & Extension - Harvey County
P.O. Box 583, Newton, KS 67114

NAME __________________________

ADDRESS __________________________

PHONE __________________________ EMAIL __________________________

Mushroom Cultivation Workshop
Please return registration by March 24
Hands-On
Mushroom Cultivation Workshop
~ Emporia ~

Discover easy, low-cost methods for growing delicious gourmet mushrooms such as shiitake, wine cap, and oyster. Learn how to inoculate logs and wood chip beds so that you can harvest and sell your own mushrooms year after year!

Topics Covered:
Growing oyster mushrooms on straw and sawdust
Inoculating shiitake mushroom logs (hands-on)
Growing winecap and blewit mushrooms in woodchips or straw mulch
Log selection and harvest

Each participant will receive:
Oyster Mushroom Production Bag
Inoculated Shiitake Log

Friday, March 31, 2017
10am to noon
K-State Research & Extension – Lyon County
2632 W US Hwy 50
Emporia, KS 66801

Cost of the workshop is $25
Space in workshop is limited

Please bring a hand drill to the workshop
(Corded is better than cordless. If bringing cordless, bring extra charged batteries) Some extras drills will be available

For more information, contact:
Travis Carnichael
trcarnic@ksu.edu
620-341-3220
or
Pam Paulsøen
ppaulsøen@ksu.edu
620-662-2371

Return with $25 payment to:
K-State Research & Extension - Lyon County
2632 W US Hwy 50, Emporia, KS 66801

Mushroom Cultivation Workshop
Please return registration by March 24