



# Meadowlark District

## K-STATE RESEARCH AND EXTENSION NEWS

meadowlark.ksu.edu

Fall 2022

### Holton Office

114 W 5th St.  
Holton, KS 66436-1778  
785-364-4125

### Oskaloosa Office

P.O. Box 326  
100 E Washington  
Oskaloosa, KS 66066-0326  
785-863-2212

### Seneca Office

1500 Community Drive  
Seneca, KS 66538-1921  
785-336-2184

### District Office Hours:

Open Monday-Friday  
8:00 AM-noon, 12:30-4:30 PM

Closed for designated  
holidays

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**Maximize Nutrient Efficiency**

- Take an adequate # of samples
- Zone soil sampling?
  - Pull 12 samples
  - Mix all samples together in bucket
  - Need 2 cups of mixed soil to test

**Grazed Winter Cover Crops**

Are we affecting the ability of cover crops to **suppress weeds**?

**Grazing Plant "t"**

- Upper 1/3 for livestock
- Middle 1/3 for plant
- Lower 1/3 for soil

**2022 Tailgate Talk**

## 2022 Tailgate Talk

The annual Meadowlark Extension District Tailgate Talk stop was hosted by Matthew and Marley Hamon in September at their farm NW of Valley Falls. Forage growers heard about forage and livestock management prior to dormancy as well as the effects on weed control when cover crops are utilized as a forage crop. The program was sponsored by the Jefferson County Conservation District with speakers from the Meadowlark Extension District, NRCS, and KSU Agronomy.

Couldn't make the meeting but want to learn a little more? Handouts from the meeting plus the links to YouTube videos featuring each of our topics can be accessed on the Meadowlark Extension District website at: [https://www.meadowlark.k-state.edu/talking-ag/tailgate\\_talks.html](https://www.meadowlark.k-state.edu/talking-ag/tailgate_talks.html). Ross Mosteller, District Livestock and Natural Resources Agent, discusses body condition score and how forages can help meet the animal's nutritional needs. In the second video David Hallauer, District Crops & Soils/Horticulture Agent, discusses fall forage management considerations while video three takes fall management to the next level, with an explanation by NRCS Range Conservationist Dustin Schwandt of fall forage evaluations and utilizing a grazing stick to make decisions. K-State Agronomy Weed Science Graduate Student Lily Woitaszewski's Master's Degree thesis work is the focus of the fourth video, focusing on grazed cover crops and the weed suppression attributes of those grazed covers. Check them out today!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



David Key, District Extension Director

## Making Meetings Manageable

Are you responsible for planning meetings and want to make certain that the participants don't mistake it for a funeral? The tips presented here are helpful for ensuring that meetings start off in the right direction and continue toward the established goal.

### What Makes a Meeting Successful?

The key to a successful meeting is *thoughtful* planning.!

#### Step 1 - Determine the purpose of the meeting.

Why is this meeting being scheduled and what needs to be accomplished?

#### Step 2 - Determine the outcome.

When the meeting has concluded, what will the product be? "Determine whether you are planning the meeting out of habit or necessity. Habit is never a good reason for a meeting; it only devalues the idea of a meeting for participants and can expend valuable resources.

#### Step 3 - Ask the question: Do we need to have a meeting?

To accomplish the stated purpose and objective(s), is it necessary for people to come together for a meeting? What alternatives are available for accomplishing the same result? Instead of a meeting, consider a conference call, having one on one contact either in person or by telephone.

#### Step 4. Who needs to participate in this meeting?

Noting the purpose of the meeting and the desired outcome, consider the people who need to come together to make this happen. Are there people who attend meetings who have no input in the work being done? Perhaps just keeping them informed by means of the agenda and the minutes is sufficient. Most people will be pleased to cross another meeting off their calendar. As an added bonus, these same people are more likely to attend when their input is needed.

#### Step 5. Select the meeting place.

Build on what is to be accomplished and who is to attend by selecting a functional meeting place that ensures active participation and input.

*Adapted from "Making Meetings Manageable" Extension Fact-Sheet LC-01-02 The Ohio State University Extension Service.*



## Helpful Tips

### Facilitation Skills

Develop your facilitation skills and learn how to keep a meeting moving to harvest the energy of the group. Look for information on activities, tools and skills that help build your facilitation skills.

### Use the Agenda

- The agenda is the map of the meeting.
- Following the agenda will get you to the desired outcome.
- Remember, the agenda should be posted so as the meeting progresses everyone has the opportunity to refer to it in order to stay on task.

### Closing the Meeting

- Review open items created during the meeting, determine their future and how they will be handled.
- Assign tasks for items that need to be accomplished with a specific due date.
- End on time. People fade quickly when a meeting goes past stated ending time.

- Items that have not been covered on the agenda should be moved to the front of the next meeting's agenda.

Say "Thanks!" And end meetings on a positive note.

### Tools for the Meeting Participants

- **Be Present** - You were included in the meeting for the talent and energy you bring to the group.
- **Be Prepared** - Do your homework. Study the agenda. Read the materials provided in advance.
- **Follow up on assignments.**
- **Be Purposeful** - Treat the meeting like it matters. Participate and help keep the meeting on task.

### Tools for All Connected with the Meeting

- Be adaptable.
- If you don't know, say so.
- Trust the resources of the group.
- Honor each group member.
- Be yourself.



**David Hallauer, District Extension Agent**

**Rental Rate References**

Tis the season for rental agreement renewal, renegotiation, and review to determine if they still fit current conditions. As you do, check out the resources from our KSU Agricultural Economics Department.

Under the Farm Management tab at [www.agmanager.info](http://www.agmanager.info) is a drop down menu with access to Land Rental Rates: <https://www.agmanager.info/farm-management/land-rental-rates> . Here, you'll find rental rate numbers from the Kansas Agricultural Statistics Service (survey) and KSU Ag Economists (budget based) to help you evaluate fair and equitable cash rental arrangements. If looking at share leases, current crop budgets are available as are results of a share lease structure survey entitled 2020 Non-Irrigated Crop Leasing Arrangements in Kansas.

Looking for written agreements? See the Land Rental Rates tab and select Forms for suggestions. Contact me at any District Office for assistance with the navigation process.

**Thinking Ahead to Spring Forage Production**

Last fall's combination of armyworms and drought sent many cool season forage stands into a tailspin. Conditions since haven't improved much requiring continued attention to what the next growing season may look like for cool season grass stands.

Start with a look back. How did the season 'end' for your cool season grass stand? Was there adequate regrowth in advance of dormancy? The chart below illustrates what happens when we graze a little longer than we'd like. It shows how heavy removal without adequate recovery could leave plants in a bind.

We've had plenty of *days* to recover from hay harvest, but did drought provide us the opportunity to recover from a *foliage* growth standpoint? Until a grass plant has four to five true leaves, it relies mostly on root energy to keep it going. If that root energy wasn't replaced appropriately, we can delay green-up next spring.

In the present, what does your fertility program look like? Keep these thoughts in mind:

1. Cool season grasses *do* respond to fertilizer. Removing fertilizer altogether is a recipe for disaster –from a yield standpoint, but also weed pressure, etc.... Even higher priced Nitrogen will often provide an economical yield response.
2. Balanced fertility programs – pH/Phosphorous/Potassium levels – are essential to getting the best response from Nitrogen applications. Consider a soil test to provide direction.

Near-term Climate Prediction Center forecasts don't show improvement until possibly next spring. Spring rains make cool season grass production. The longer current conditions persist into spring, the greater the production risk to cool season forage stands – and the greater the need to consider alternative forages. Drop me a line if you want to discuss some of those options.

**Bush Honeysuckle**

One of the few brushy species still alive right now is an invasive known as bush honeysuckle. Increasingly a problem in NEK, the shrub's bright red berries and leaves that stay green well in to fall are a dead giveaway. Once a landscape shrub, it is now a serious invader of forest understories, crowding out other woodland species, desirable shrubs, and wildflowers.

Bush honeysuckle needs controlled for desirable forest species to survive. Control small patches by hand pulling when soils are damp. For foliar applications, consider spot treatments of glyphosate in late summer/fall (when honeysuckle is green and other species are dormant). Applications of other products might be an option as well, but avoid use near desirable species to avoid root/foliar injury. Mowing or cutting without chemical treatment results in re-sprouting. Treat stumps using a concentrated (20 – 50%) glyphosate treatment. Basal bark applications with 2,4-D/picloram products work well, using an oil carrier to penetrate bark. Cut stump/basal treatments can be done to non-frozen soils. Always read and follow label directions to avoid desirable species damage.

For more information, see *Economical Control of Bush Honeysuckle* available at <https://bookstore.ksre.ksu.edu/pubs/MF3222.pdf> or via request from a District Office.

% Leaf Removed	% Root Growth Stopped
10	0
20	0
30	0
40	0
50	2 to 4
60	50
70	78
80	100 ← Stops root growth 12 days
90	100 ← Stops root growth 18 days

To remain healthy, 30% of grass root systems must be replaced annually



Ross Mosteller, District Extension Agent

### Grazing Corn Residue - What's It Worth?

In some of my past articles I've hinted around about the topic of grazing crop residue and how it is a practice that probably under-utilized and likely under-valued. Is grazing corn residue a cost or benefit to your operation? Depends on what side of the fence you stand on, but there is definitely value! Let's take a look at corn residue as an example and try to find a value that crop farmer and livestock grazer find to be equitable.

The pounds of residue per acre (DM basis) at harvest is roughly equal to the pounds of grain produced (*to use round numbers*) 50 pounds per bushel of grain. For the livestock producer; location of fields from home, the lack fencing/shelter, and water availability often prevent grazing of many fields or adds additional cost/barriers. Nutrient/residue removal and compaction can be deterrents for the crop producer, although I could argue with the nutrient removal side when I see stalk bales leaving fields as rapidly as I have this fall! Livestock do a much better job of nutrient recycling than what a baler does, without the diesel needed to do it!

One Animal Unit Month (AUM) is the amount of forage required to sustain a 1,000-pound cow or equivalent for one month. One acre of corn stalks will provide approximately 1.5 to 2 AUM of grazing. Cornstalk fields

grazed shortly after harvest are higher in nutrient content than fields grazed 60 days after harvest, due to weathering loss, mainly in husk and leaves. Cows grazing cornstalks will consume 25 to 30 percent of the available residue in 30 to 100 days, depending on stocking rate. This can leave enough material to prevent soil erosion and get to the higher nutritive value portion of the residue.

Cattle will select and eat the grain first, followed by the husk and leaf, and finally the cob and stalk. Salt, phosphorus, calcium, & vitamin A supplements are recommended for all cattle grazing crop residues. Protein supplementation to dry, pregnant cows generally is required after the first 30 days of the grazing period and nearly always for livestock in the growing or lactation phases of production.

One reason crop producers give for not using corn residue grazing is soil compaction and negative effects on future yield. Normal grazing practices in dry soil conditions and/or while the ground is frozen, have little noted effect on compaction. (*outside of trailing and around water sources*) Work summarized from 13 years of research in Nebraska (*Nebraska Beef Cattle Report MP95*), actually reported a slight numerical increase in subsequent soybean yields when following corn residue grazing compared to ungrazed fields.

Another common concern is nutrient removal. Research from the University of Nebraska found that a pregnant cow grazing for 90 days on a 230 bu/ac cornfield will remove approximately half a ton of fodder, and 2 lbs of nitrogen (N) per acre. Potassium, Phosphorus and Calcium removal is negligible and often these nutrients are increased through manure due to additional mineral

supplementation to cows. Overall, no significant changes in the status of nitrogen (N), phosphorus (P), potassium (K), and organic matter (OM) in studied fields that were properly grazed compared to un-grazed.

So, what is the "fair" value of corn residue? As I write this, corn stalk bales are selling for right around \$100/ton in North Central Kansas. One-hundred-bushel per acre corn would produce about 2.5 tons of fodder, which is \$250 per acre using the baled value, but keep in mind the loss of nutrients and organic matter in this baled scenario. If cows utilize 25% of the total, that equates to \$62.50 per acre, leaving soil cover and majority of nutrients. Using a 60-day grazing window, that is \$31.25 a month or applying some cowboy math, \$1 per head per day gets you in the neighborhood. Historical rates have hung around levels half these values - no matter on a per head or acre basis, so the "old rules of thumb" may not be in play this year, given the changing economics of production agriculture. A great tool that can help evaluate values can be found in the UNL Corn Stalk Calculator, <https://beef.unl.edu/learning/cornstalkgrazingcalc.shtml>

To summarize, the grazer and the row crop farmer may look at corn residue from very different perspectives. Hopefully each can see where the other stands and work together to come to acceptable arrangements and values which benefit both. With forage supplies in such tight supply and areas with dry conditions limiting crop production revenue, push the pencil and see what might be amenable to both parties this fall. Hopefully this has given you something to chew on and allows cows the opportunity to do what they do best as they crew on crop residues.



Clay Roland, *District Extension Agent*

### 4-H Sows the Seed of Success

October 1<sup>st</sup> marked the new year for 4-H, and this means that families are enrolling in the Meadowlark District 4-H program.

Some people recognize the benefits of the 4-H experience, but does everyone? You should not only consider enrolling your youth in 4-H, but you should do it! 4-H, like most things in life, you get out what you put in. If you want a bountiful outcome of leadership, success, and everything 4-H has to offer, you must first begin with sowing the seed by enrolling and participating. Here is a quick overview of what the 4-H program is and what we believe in.

Kansas 4-H is a vibrant youth development program for K-State Research and Extension. 4-H is delivered in partnership with local volunteers and resources, Kansas State Research and Extension, Kansas State University, and the larger National Cooperative Extension system — a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. In the case of youth in Jackson, Jefferson, and Nemaha counties, 4-H is offered by the Meadowlark Extension District, the local K-State Research and Extension partner. We have offices in Holton, Oskaloosa, and Seneca – with a fulltime District 4-H agent and three 4-H Program Managers

(one in each office) dedicated to coordinating the 4-H program, alongside of our screened, adult volunteers. In the Meadowlark District, there are 30 community clubs scattered through nearly every community in our three counties. There is also a rich and vibrant school enrichment program through schools, too.

4-H is the nation's largest youth development organization empowering nearly six million young people across the U.S. and over 88,000 youth in Kansas with the skills to lead for a lifetime. There are 100 public universities that reach youth in every corner of America, including urban neighborhoods, suburban schoolyards, and rural farming communities. The national network consists of 500,000 volunteers and 3,500 4-H professionals that provide mentorship to all 6 million 4-H'ers. In Kansas, over 6,000 adult volunteers and professionals in all 105 Kansas counties grow life skills in youth who make valuable social and economic contributions in their communities.

In 4-H programs, kids and teens complete hands-on, research-based projects. Youth will guide their own pathway through 4-H as they will select projects and programs from a broad docket which has an interest for everyone. Youth will be assisted by mentors and adult volunteers as they complete their projects and programs. Most importantly, 4-H youth are commonly put in leadership roles to help develop skills that will serve them for a lifetime.

There is a common misconception of 4-H. There are more projects than just livestock and foods! Past the cooking and animal projects, 4-H offers STEM projects like rocketry and

LEGOs, geology, entomology, and clothing construction. To see all of the projects offered please visit our website at [https://www.meadowlark.k-state.edu/docs/4h/resources/MED Project Selection Guide.pdf](https://www.meadowlark.k-state.edu/docs/4h/resources/MED_Project_Selection_Guide.pdf) and on the state website at <https://bookstore.ksre.ksu.edu/pubs/4H1065.pdf>.

In 4-H, we believe in the power of young people. We see that every child has valuable strengths and real influence to improve the world around us. All young people have potential, and we are invested in developing them to become empowered, confident, hard-working, determined, responsible, and compassionate. This will ultimately set the young people up with the life-long skills to succeed in their future endeavors whether that be in college or their career.

4-H is committed to youth engagement using positive youth development. Positive Youth Development (PYD) engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances young people's strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.

Ready to get started? There is no better time than now! Find a 4-H Club near you by visiting our website <https://www.meadowlark.k-state.edu/4-h/> and clicking on "Find a Meadowlark 4-H Club Near You" or go to <https://www.meadowlark.k-state.edu/docs/4h/new-to-4h-info/Club Maps-1.pdf>, or contact any of our Extension Office locations for more information about 4-H!



Cindy Williams, District Extension Agent

### Holiday Baking Tips

One of the dilemmas that first time and even veteran bakers encounter is in determining when a baked product is done.

Recipe directions generally provide estimated cooking or baking times, but such times can vary with oven temperature or the number of times the oven door is opened. Note: to take a peek, switching on an oven light (which doesn't affect baking temperature) is preferable to repeatedly opening the oven door.

Instead of using toothpicks, pull out a food thermometer to help determine when baked goods are done. These are general recommendations for doneness in holiday baked products:

- **Yeast breads:** When fully baked, yeast breads will typically sound hollow when tapped. The type of flour and other recipe ingredients (molasses, for example) will affect the color of the finished loaf. For example, a baked Swedish Tea Ring will be light golden brown; a Honey-Wheat Bread will be more golden brown and Swedish Rye Bread a darker brown. To check doneness, insert the probe of an instant-read food thermometer in the center of the loaf (but not touching the bottom of the baking pan). When the yeast bread is done, the thermometer should register 195° to 210°F.

- **Quick Bread:** Quick bread relies on baking soda, baking powder (or both) and eggs, rather than yeast, for leavening. When done, quick breads are typically nicely browned, but often will have a break or crack down the center. The break in the dough allows steam to escape during baking and is normal for quick bread. To test doneness with a food thermometer, insert the probe of an instant read food thermometer in the center of the loaf (but not touching the bottom of the baking pan). When the quick bread is done, the thermometer should register 210°F.

- **Cookies:** Baking times for cookies can vary with the diameter and thickness of the cookie, density of the dough and the type (shiny or dark) pan. Most types of cookies are done when the edges turn a pale golden brown. When making drop cookies, using a cookie scoop or two spoons to position the dropped dough 2 inches apart (unless the recipe directs otherwise) will ensure that cookies on the same baking sheet bake evenly. Lining the baking sheet with parchment paper will help prevent sticking and make the baked cookies easier to remove from the pan.

A little pre-planning can help reduce stress and make for a more fun and carefree season. Here are a few hints to start getting ready:

- Take inventory of your pantry. Holiday grocery sells will start soon. If possible, stock up on shelf stable items such as flour, chocolates, cereals and sugars. If you have freezer/refrigerator space, stock up on butter, sour cream and cheeses.

- Make a list of favorite recipes you know you will be making and shop accordingly.
- Start making gift lists. Shop early to avoid last minute shopping stress.
- Budget your holiday spending.
- Don't let the holidays overwhelm you! Slow down and enjoy the special moments. Children will learn from the adults in their lives how to appreciate traditions and special family time!

### Turkey Labels

Are you shopping for your holiday meal or soon will be? Choosing a turkey can be the most important item on the menu. Here's some label definitions to help pick the best turkey for you.

- **Basted or Self-Basted** - These are injected or marinated with a fat solution containing broth, stock, water, spices, flavor enhancers or other ingredients. These ingredients must be listed on the label.
- **Free Range or Free Roaming** - The birds must have access to the out-of-doors for at 51% of their lives.
- **Fresh** - Stored at a temperature no lower than 26°F.
- **Frozen** - Stored at 0°F or below.
- **Hen or Tom** - designated sex and size only, no indication of tenderness.
- **Organic** - Must meet requirements of the National Organic Program for the farm and how the poultry was fed and raised.





Teresa Hatfield, District Extension Agent

### Medicare Open Enrollment is Underway

The Medicare Open Enrollment Period, which runs from October 15 to December 7, is when Medicare beneficiaries can join, switch, or drop a Medicare Part D or Part C plan. It is important to compare your Medicare Part D every year. Plans can change the monthly premium, the annual deductible, the co-pays, the co-insurance, and the list of medications they cover. Insurance plans must send you an Annual Notice of change letter (ANOC) every year by September 30. This notification will inform you of the changes to your current plan. Review the information to decide if the plan still meets your needs for the following year. Plan changes will go into effect on January 1, 2023.

You can compare plans on the Medicare website located at [www.medicare.gov](http://www.medicare.gov). The plan finder tool allows you to enter your medications. It sorts the plans in order of least expensive to most expensive. If you have set up a Medicare account, your medication list can be populated directly into the Medicare Plan Finder. In 2023 plans range in monthly premiums from \$2.80 to \$112.60. Also, consider what pharmacy you use. Some plans have preferred pharmacies which may cost you less when you pick up your medications.

If you need help considering your Medicare options, call the Meadowlark Extension District at 785-364-4125 to make an appointment for free unbiased Medicare Counseling.



### Scams Common During Medicare Open Enrollment Period

Insurance agents are required to follow rules when contacting Medicare beneficiaries. Sometimes they break the rules – like cold calling or approaching beneficiaries with no prior relationship. In the last few weeks, I have heard of several instances of people showing up at people's homes uninvited and unannounced in our local area.

Insurance agents are allowed to call beneficiaries who have expressly given advanced permission, make unsolicited contact with potential enrollees using conventional mail and other print media (e.g., advertisements) and by email provided it contains an opt-out function, and conduct marketing/sales activities in common areas of health care settings. So, for example, if you have filled out a card requesting more information about an insurance product, the agent would be allowed to contact you. If you have made no effort to reach out to the insurance company, they cannot show up uninvited at your home.

Be aware that insurance agents cannot:

- Conduct marketing or sales activities at an educational event
- Require participants to provide contact information to attend an event
- Sell door-to-door or leave information like leaflets, flyers, door hangers, etc., on someone's car or at their residence (unless the beneficiary is a "no show" for a prescheduled appointment)
- State that they are approved, endorsed, or authorized by Medicare; are calling on behalf of Medicare; or that Medicare asked them to call or see the beneficiary
- Send unsolicited text messages, make unsolicited phone calls, or leave voicemail messages for potential enrollees
- Approach beneficiaries in public areas (i.e., parking lots, hallways, lobbies, or sidewalks)
- Provide information that is inaccurate or misleading

Beneficiaries who think they may have been wrongfully enrolled in a plan or those who see other potentially suspicious activity can call the Senior Medicare Patrol (SMP) program for help.

SMP provides you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. To report Medicare marketing concerns, contact Teresa Hatfield, your SMP contact, with the Meadowlark Extension District at 785-364-4125.

**Meadowlark Extension District**

114 W 5th St.  
Holton, KS 66436

Address Service Requested

# Offices Closed

**Veterans Day** - November 11  
**Thanksgiving** - November 24 & 25  
**Christmas** - December 23 & 26

## Publications and Resources For Sale

Family Account Book  
Farm Account Book  
Radon Kits  
Predator Calls  
IMR Calving Books  
Pesticide Manuals

Geo Textile Fabric (12 1/2' wide - sold per linear ft.)

Neutroleum Alpha®

Soil Tests - Crop, Pasture, Lawn & Garden

Water Test Kits (pay SDK Labs, not us)

Field Record Books (free)

## Items to Check Out

Soil & Hay Probes  
Ear Taggers  
Mole Trap  
Freeze Branding Irons  
Pesticide Manuals  
PA System  
LCD Projector  
Microphone  
Buzzers

## OFFICE PROFESSIONAL OSKALOOSA OFFICE

The Meadowlark Extension District is seeking to hire a full-time office professional for our Oskaloosa office. Responsibilities include:

- Customer service to all Extension program users
- Provide a wide variety of clerical duties to support district and local staff

Benefits:

- Base hourly pay starts at \$16.00 per hour
- Paid holidays, vacation and sick leave
- Blue Cross and Blue Shield Health Insurance
- KPERS Retirement

For an application and/or additional information, including a full position description, go to [www.meadowlark.k-state.edu](http://www.meadowlark.k-state.edu). Contact David Key, District Director, at 785-336-2184 or by email, [dkey@ksu.edu](mailto:dkey@ksu.edu), with any questions. Applications are also available at the Oskaloosa office. Screening will continue until a suitable applicant is hired.



### Would you like some extra cash???

Our offices are looking for temporary help for when our Office Professionals need to be gone.

If interested, contact your local extension office.