



# Meadowlark District

K-STATE RESEARCH AND EXTENSION NEWS

meadowlark.ksu.edu

November  
2023

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## District Office Hours:

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

Closed for designated  
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## 4-H Youth Development



Clay Roland, *Extension Agent*

## 4-H Camp Registration Opens November 15

4-H Camp will look much like it did last year. For those of you who did not attend camp last year, this will give you an overview of how it is structured.

The 4-H camp model has shifted from a couple years ago, but the same quality overnight camping experience will be available to all youth across Kansas. The major changes are how campers register for camp, shift to adult staff counselors for campers, removal of local Extension staff from program delivery at camp and the added opportunities for all youth ages 8-17. In addition

to this, Rock Springs Ranch (RSR) plans to offer pick-up points across the state for youth.

“County Camps” are no longer happening. Rock Springs Ranch will be organizing and coordinating all aspects of the 4-H overnight camping experience. This means that those of you who are used to “Pioneer Trails” 4-H camp, will not see that as an option and we will not be collecting camp registration as in the past.

Youth/Families can now select the time frame to attend 4-H Camp at the time that works best for you. You can go to [www.rockspringsranch4hcamp.org](http://www.rockspringsranch4hcamp.org) to register and pay for 4-H Camp. Three-night and six-night options are available. Other options for camp outside of the “traditional” camper ages follow:

- **Explorers – Ages 8-10** (Rising 3rd-5th graders) This is the youngest campers. They will work on gaining their independence, making new friends and discovering the larger world around them. While at camp they will enjoy archery, swimming, intro to horses, BBs, Corcls, the giant swing and many other fun activities. This group will also have the highest staff to camper ratios.
- **Trailblazers – Ages 11-13** (Rising 6th-8th graders) This group has greater access to activities and will spend time with more campers in their age group and work on skills development. Activities include aerial archery, swimming, horses, rifles, canoes, climbing wall and more.
- **Adventurers – Ages 14-17** (Rising 9th-12th graders) The oldest group in or “traditional” camp. Adventurers spend most of their time at activities they choose along with other campers in their group. Activities are at the top tier of RSR offerings including 3D archery, swimming, horses, trap shooting, kayaks, high ropes and zip line.
- **Leaders-In-Training – Ages 14-16** (Rising sophomores and juniors) This immersive experience empowers youth to find their voice and transition into leaders ready to serve their communities. Teens participate in camp activities and challenges while also learning leadership development and civic engagement skill. During the week teens bond and find a sense of belonging through teambuilding, leadership skill development, and generosity.
- **Counselors-In-Training – Ages 16-17** (Rising HS seniors) They will be given responsibility over a group of younger campers from breakfast to bedtime. These teens will receive camper care training and counselor experience, but they will also have “camp” time with their peers built into each day. The CIT program is a fun and wonderful way to explore what it means to be a beginning leader and a mentor and is a good fit for young people who may want to explore a career in education, early childhood care or other related fields. The program also covers important skills such as learning how to give and receive feedback, set and achieve goals, resolve conflict, plan and lead activities and build confidence. Time in this program also looks good on college applications.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



**Teresa Hatfield, Extension Agent**

## Medicare Open Enrollment Begins October 15

Medicare Open Enrollment is October 15-December 7, 2023. Open Enrollment is when you can enroll in or change your Medicare Part D or Medicare Advantage plan (Part C). Review your current plan, even if you are completely happy. Your plan can change yearly, including co-pays and co-insurance, premiums, deductibles, and the list of covered medications.

Last year, we saw the cost of a one-month supply of Part D-covered insulin capped at \$35 per month, with no required deductible. Starting July 2023, those who use Part B to pay for their insulin also saw a drop in cost to \$35. In 2023, vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), including the shingles vaccine, were available to people with Part D at no cost share.

Beginning on January 1, 2024, people with Medicare Part D who fall into the catastrophic coverage level of the prescription drug benefit won't have to pay any co-insurance or co-pays for their medications. Also, people who receive partial low-income subsidy (LIS or Extra Help) under Medicare Part D will receive the full subsidy instead of just the partial subsidy.

Your choice of pharmacy can make a difference in the amount you pay for your drugs. A preferred pharmacy may cost less than a standard pharmacy. You will pay the total medication cost if a pharmacy is out of the network. The cost of generic medications generally costs less than brand-name medication, but not always. Plans can also place restrictions on medication, such as prior authorization, quantity limits, and step therapy.

Medicare Part D plans for 2024 include monthly premiums ranging from \$.50 to \$106.70. The maximum Part D deductible for 2024 will increase to \$545 annually. Certain insurance companies will discontinue some Medicare Advantage and Part D plans in 2024. If your plan is discontinued, your plan will notify you of the change. Some plans automatically enroll you in a new plan for the upcoming year; however, not every insurance company will do this. If your plan is discontinued and your insurance company does not enroll you in another plan, you must choose another drug plan during Medicare Open Enrollment.

If you have a Medicare Advantage plan and your plan is leaving Medicare, or your plan stops giving care in your area. In that case, you can purchase a plan Medicare Supplement policy A, B, C, F, K or L sold in Kansas by any insurance company. You only have this right if you switch to Original Medicare rather than joining another Medicare Advantage plan. You can do this as early as 60 calendar days before your healthcare coverage ends but no later than 63 days after. If you have any questions about how this pertains to your situation, please contact me at 785-364-4125.

### Meadowlark District Plan Changes (Jackson, Jefferson, Nemaha Counties)

Discontinued Medicare Advantage Plans	County	Type of Plan	New Assigned Plan
Aetna Medicare Elite (H1608-09)	Jackson, Jefferson	PPO	Aetna Medicare Premium Plus 2 (H1608-024)
Blue Medicare Advantage Comprehensive (H7063-002)	Jackson, Jefferson	PPO	Blue Medicare Advantage Comprehensive (H7063-007)
Humana Gold Choice (H2944-197)	Nemaha	PFFS	No assigned plan
Humana Gold Choice (H8145-120)	Jackson	PFFS	No assigned plan
Humana Gold Choice (H8145-122)	Jefferson	PFFS	No assigned plan
HumanaChoice (H9070)	Jefferson	PPO	HumanaChoice (H5216-3128)
Lasso Healthcare Growth (H1924-001)	Jackson, Jefferson, Nemaha	MSA	No assigned plan
Lasso Healthcare Growth Plus	Jackson, Jefferson, Nemaha	MSA	No assigned plan

Discontinued Medicare Part D Plans	New Assigned Plan
Clear Spring Health Premier Rx (S6946-050)	Clear Spring Health Value Rx (S6946-021)
Elixer RxSecure (S7694-024)	No assigned plan

Contact the Senior Health Insurance Counseling for Kansas (SHICK) program to explore your plan options. If you wish to make an appointment with a SHICK counselor, call the Meadowlark Extension District, Teresa Hatfield, at 785-364-4125 to schedule a time to review your plan. You can also call the SHICK call center at 1-800-860-5260 or visit [www.medicare.gov](http://www.medicare.gov).



David Hallauer, Extension Agent

### Rental Rate References

Rental income/expense is an important budget item for landlord and tenant alike. The 2023 KSU Soybean production budget ranks cash rent as the top (total) expense item, accounting for 26% of the total expense line. Because of different production costs associated with corn, it's a lower percentage, but still ranks as the second highest expense (behind fertilizer costs). For landlords, the revenue generated from a property may be 100 percent from rental income, making the 'right' number important to *both* parties. Coming to that number can take some effort. Some resources from the KSU Ag Economics Department might help.

Under the Farm Management tab at [www.agmanager.info](http://www.agmanager.info) is a drop down menu named "Land Rental Rates". For tenants/landlords in row crop production, the first three references will be the most useful. Two are budget-based cash rent calculations from Gregg Ibandahl and Dan O'Brien, Department Economists. The third is a Kansas Agricultural Statistics Service survey. All can help with reviewing cash rent agreements.

Even if you have seen them before, check them out again. Numbers have changed slightly since last fall's reports. Need help navigating, or just want to talk through available options, contact me at any District office.

### Lease Arrangements: Oral vs. Written

There are many reasons some leases are written. There are an equal number of reasons some have remained oral or as handshake only agreements. Whether updating a current written lease or simply considering one, visit two links at the bottom of the *Land Rental Rates* page referenced above.

Of particular interest on the *Papers and Presentations* page is a publication entitled *Kansas Farm Lease Law*. It outlines the parameters of an oral lease agreement in Kansas and what that really means.

On the *Forms* page, you'll find resources to help you formulate or update a written lease agreement. Examples range from simple to complex, all providing options to consider when implementing a written lease agreement.

#### Did you know?

For non-written leases, Kansas law provides that notice to terminate leases must be given:

1. in writing
2. at least 30 days prior to March 1
3. must fix March 1 as the termination date of the tenancy.

Notice to terminate which does not comply with the above is inadequate and tenancy continues.

Source: <http://www.ksre.ksu.edu/bookstore/pubs/c668.pdf>



### Brush Control Season—Switching Gears

Most analyses of rangeland production lost due to woody encroachment would suggest we are not winning the battle. A 2019 study (Fogarty, University of Nebraska-Lincoln) suggested forage production losses have been steadily increasing over the time frame of his study (early '90's), with significant reductions occurring between 2012 and 2015. While numbers differ depending on source, all agree rangeland productivity continues to be challenged by woody species encroachment.

Much of our battle against deciduous species occurs during the spring and summer with multiple products and practices used to keep brush species at bay. Sometimes it works well. Sometimes, we need a little more time. Fortunately, some brush control efforts can be implemented during the dormant season as well.

In the KSU Chemical Weed Control Guide (the 2023 version is available upon request from any District Office or online at <https://bookstore.ksre.ksu.edu/pubs/chemweedguide.pdf>), sections on basal bark and cut stump applications list products to consider for application when trees are cut at ground level, or if you are trying to kill smaller trees while standing. If you want to extend your brush control efforts a little longer, check out the options available. They might not allow you to control brush all the way through the dormant season (always read and follow label directions for product use restrictions), but they might allow you a longer window to get rid of some problematic species, particularly while it's cooler and other desired vegetation has a reduced chance for injury.





Ross Mosteller, *Extension Agent*

### Fetal Staging Benefits

Dry conditions, reduced forage inventories and high feed costs likely has producers considering changes to normal grazing and management this fall. When determining which cows need to stay in the herd through winter the first on the cull list are the old, open and ornery cows. If further reductions in cow numbers are needed, knowing not only pregnant cows, but stage of pregnancy can be helpful.

Cows that are pregnant early in the breeding season will have older, heavier calves at weaning the next year. It only takes a few days of feed savings per cow to pay for the cost of pregnancy diagnosis. Rectal palpation is the most commonly available tool for pregnancy determination and staging. As the fetus grows and the pregnant uterus drops over the pelvic rim, the accuracy of staging decreases. The most detailed information from staging via palpation comes when pregnancies are under 100 days. Estimates on stage of pregnancy made past this point are less accurate, yet still valuable.

Ultrasound technologies are becoming more accurate and commonplace. Ultrasound to evaluate fetal size and development in a gestation range of 32 to 110 days is very accurate in trained hands. Embryos can be identified as early as 25 to 28 days of age, but more skill and time is required. Ultrasound allows a fetal heartbeat to be observed, so there is no question of viability. Fetal sexing requires additional experience to attain a higher level of accuracy. The earliest time to fetal sex is around 55 days, but due to variation in development, 60 to 100 days is generally targeted.

Commercial blood tests detect one of several pregnancy-specific proteins produced by the placenta. The earliest detection date varies from 28 to 30 days of gestation and proteins remain in the system from 73 to 90 days after calving. A disadvantage of the blood test is the proteins remain in the body after fetal loss occurs, so a positive test indicates the female is or has been pregnant. Pregnancies can be roughly staged with blood pregnancy tests if they are repeated for two or more cycles.

Fortunately, there are good tools available to detect and stage pregnancies. Timely use can identify cows that will calve early when deeper culling decisions are needed or when trying to group cattle on different feed resources for management purposes. As the national cow herd inventory continues to reach new low levels, bred cows likely will have higher value. This may create a marketing situation for bred cows that fall outside of your calving window, who might ordinarily have been sold as cull cows. This added value, should more than economically offset the cost of pregnancy check.

### Geotextile Fabric

Livestock congregation areas around feed and water sources can lead to deep mud (when it rains again!) in



places that it might not be feasible to invest in concrete. Utilizing this relatively inexpensive method of placing a layer of fabric down on a prepared soil bed, followed by rock or gravel, leads to a more stable and durable feeding pad, waterer apron or pond access - to name a few. If used in tandem with other practices that help to reduce runoff, pollutant loading and other less than favorable environmental effects from livestock production.

Often the issue that arises for livestock producers is that you need a small amount of this product around a stock tank, feed bunk or similar project, but to get it at an affordable price, you have to purchase a roll of several hundred feet. Meadowlark District has been a local go-to supplier of geotextile for many smaller projects, and we continue to help meet this need by keeping a roll of geotextile in our Holton office that is available for sale by the running foot.

I'd be remiss to not address the fact that we are in the education business and not retail. This is not a primary function for Extension, but when coupled with education and technical advice, it becomes a logical service component for us. The "one stop shop" on education and information for many of these geotextile related projects can be referenced at: <https://www.kcare.k-state.edu/pubs/index.html>. Some of the publications found here specifically mention geotextile fabric, others discuss operations where it could very easily be applied.



David Key, *Extension Agent/Director*

### The Top 3 Documents Every Nonprofit Needs

Nonprofits engage in various activities all across our District and the country. There are more than 1.6 million tax-exempt nonprofit organizations in the US alone-this includes all Internal Revenue Service 501c designated organizations. The biggest problem for this multitude of nonprofit organizations is when the Internal Revenue Service moves the goal posts for tax-exempt status making it more difficult to determine your status when you first apply. If you are setting up a nonprofit for the first time, there are three key documents you need to be familiar with and have dealt with before you can feel relaxed and certain about your nonprofit's future and status.

The three documents are articles of incorporation, corporate bylaws and organizational meeting minutes and they provide details of the important rules you need to follow in order to operate your nonprofit include:

#### 1. Articles of Incorporation

The articles of incorporation include the basic information about your nonprofit, including the nonprofits name, its registered agent (main contact) and address and the membership structure of your nonprofit corporation. You can also include the reason for your tax-exempt status and include where the assets would end up if your nonprofit no longer existed. When you set up your nonprofit, the articles of incorporation must be filed at the Secretary of State's Office in your state. Be sure you do a name search of businesses in your state before assigning a name.

#### 2. Corporate Bylaws

The second most important document is your nonprofits' corporate bylaws. Bylaws are there to provide an operating manual for the organization. The following provisions should be included your nonprofit bylaws: Governing Structure-describes whether the nonprofit is either member-driven or board driven and what rights members of the corporation have.

- **The Role of Directors**-The bylaws should list the conditions of office for the directors and include their term limit and how they are appointed, removed or replaced.
- **Officers in a Nonprofit**-The bylaws should include how officers are appointed, what their duties are and how long they are appointed for and how they can be removed and replaced.
- **Voting Rules**-The bylaws should include the number of directors who need to be present so that a valid meeting can take place and what the voting rules are.
- **Committee Formation**-The bylaws should show how a committee is formed and abolished so that the difficult process of amending your bylaws is not necessary to change the committee formation.

#### 3. Organizational Meeting Minutes

When a nonprofit starts operation for the first time, a meeting is usually held so that approval can be given for business items that are fundamental to the nonprofit. This is called the corporation's organizational minutes. The meeting minutes are a formal record of the proceedings and actions taken. They should include setting up an accounting time period for your nonprofit, approving the membership, establishment of the board and other committees, appointment of officers, approval of bylaws, deciding on the tax exemption status and when it is to commence and giving approval for the first transactions to take place like opening an official bank account.

It is better if you have the opportunity to include important materials in your bylaws and not your articles of incorporation as changing them, if required is far simpler. Often, a startup nonprofit is created without paying attention to taking minutes from the first meeting. If this has happened, then you can write the minutes from memory to include in your record, but you have to state that have been created after the meeting and not at the time of the meeting.

The bylaws must include how amendments are made and whether it is through the board, the membership, or by getting approval from a third party. Often more than a simple majority is required before a bylaw amendment can take place. You will also need to create a file to store your corporate documents. This could be a hard copy such as ring binder and perhaps an electronic copy as well. Included in your long term storage file should be the following:

- The articles of incorporation, the bylaws and the organizational meeting minutes.
- The nonprofit's directors' names and addresses (or the members' names and addresses if your nonprofit is a membership organization).
- Written agreements for any actions taken by the board of directors or members.

All your nonprofit's records should be kept securely at the business's main base so they can be accessed when necessary. If your nonprofit is subject to an IRS audit, then keeping all of your documents close by and easily accessible ensures such disputes are far more easily resolved if your file is up to date and accurate.



Cindy Williams, Extension Agent

### How Old is That Turkey?

Dig around in your freezer. Is there a turkey in there that you just didn't get around to cooking throughout the year. So, you wonder about dinner for this year. In general, the answer is "YES".

There are a couple of things to consider:

1. Was the bird frozen solid the entire time? Did the temperature in the freezer stay the same during the year and the wrappings kept intact? Did you have any major outages during this time that the turkey may have partially or completely thawed? Since it takes several days for a turkey to thaw, it is probably unlikely the bird was kept below 40°F the whole time power was off.
2. A turkey kept for a year in a freezer will be safe. But (always a disclaimer) it might have some quality loss and off-flavor. You might not want to risk it on the big day. It might be a good idea to buy a new turkey bird for a family meal earlier in the month.

Here are some tips to get you started:

- When buying a whole turkey allow for about 1 pound per person. This will give you plenty of leftovers.
- It takes a day for each five pounds of turkey to thaw in the refrigerator.
- Do not rely on the pop-up thermometer in the turkey. If you don't have an instant read thermometer, treat yourself to one. If you have one, this would be a good time to calibrate it.
- The lowest oven temperature you should use to cook a turkey is 325°F.

Lower than that will be in the "temperature danger zone" for a long period of time and may result in a food borne illness.

- Consider not stuffing the bird. An unstuffed turkey will cook faster and maybe safer.
- If you decide to stuff, allow about 3/4 cup stuffing for each pound of turkey. Stuffing the bird is just before the day before is just asking for food safety problems.
- Allow at least 20 minutes a pound for roasting and then some resting time before serving.
- Check the temperature of the turkey in several spots. You'll hear lots of temperatures being suggested by several chefs. Some people like the texture of turkey when it is cooked to at least 165°F. If you do stuff the turkey, make sure the stuffing (deep down inside the cavity) reaches 165°F.

Getting that frozen turkey out of the freezer will free up some space for leftovers or another turkey! Perhaps this year you'll get around to cooking turkey more often. But at least do it safely and enjoy.

### Planning for Black Friday

Some people consider it the start of the holiday shopping season; others avoid it like the plague. Black Friday shopping is not for the timid. Whether you are a seasoned veteran or a newcomer, here are some ideas.

- Check out the not-so-secret ads. It's easy to scope out the ads early by typing "Black Friday" with the current year into your favorite search engine. The actual ad pages are scanned in as soon as they are available. Stores often leak them on purpose to create buzz.
- Make a list and check it twice. The list is all-important, starting with the must-have items.
- Have a plan. Figure out which stores to visit first, starting with the ones that open earliest.

- Leave your little ones at home. This goes for the spouses who hate to shop, as well. Enlist the help of friends to help with this shopping adventure.
- Plan your parking. Carpool and look for parking across the street at a closed business, if permitted.
- Don't take up three parking spots in your rush for bargains and never park illegally. Handicap spaces are for people who really need them.
- Dress warmly. Many stores won't open until the exact moment, and you may have to stand in line.
- Go cartless. Unless you are looking for a gigantic flat screen or an 80 lb. drill, skip the cart.
- Speed but don't trample. You can move quickly, but outright running is discouraged and attracts the attention of security, which is tripled during high density shopping.
- Manners count, even during Black Friday shopping. Don't take someone's cart parked outside the bathroom just because they scored the latest toy or appliance.
- Don't take more than your share, thinking to score online or in the Classified. Some people really need the savings to make Christmas special for their children.
- Patience is a virtue. Once you grab your deals, you may have to stand in line. If allowed, see if you can check out through less busy registers or through the courtesy counter. Self-checkouts are an option, but often take longer because prices aren't entered correctly or coupons don't scan.
- Keep your sense of humor. Black Friday is all about scoring the deal, but it helps to have some fun along the way. Some of the most memorable times are chatting with others waiting in line or shuffling along an inch at a time to get to the back of the store where all the deals are.







Laura Phillips, *Extension Agent*

## Why Test Your Soil in the Fall

The biggest step in caring for your garden is performing a soil test in the fall once your garden is dormant. The standard gardener soil test through K-State can tell you about your soils' pH, organic matter, phosphorus, potassium, and nitrates. While these numbers might not seem significant, they can easily dictate your garden's success or failure.

The first thing to consider is your soil pH. Even if you have sufficient nutrients, an extreme pH level will essentially lock those nutrients in place, making them inaccessible to plants. Most, vegetables and ornamentals will grow well with a pH somewhere between 6.0 and 7.0. In Northeast Kansas, many gardeners have slightly basic soils (a pH just above 7.0) and need to adjust their pH.

If your soil test indicates that your pH is too high for your plants, you can incorporate sulfur to lower it. If your soil pH is too low, you can incorporate lime to raise it. Changing your pH is not instant, and it can take over a year for these amendments to fully react with your soil. Make those changes in the fall so they can start taking effect before the spring.

Next is organic matter content. Organic matter refers to decaying plant materials or animal waste. Beyond providing nutrients, it can improve the soil structure, and increase water infiltration and retention. If you have low organic matter content, consider applying a thin layer of organic matter to your garden in the fall. This will allow it to breakdown and incorporate into your soil over the winter. Remember that different sources of organic matter will have different properties, so make sure you are adding organic matter that is suited for your soil.

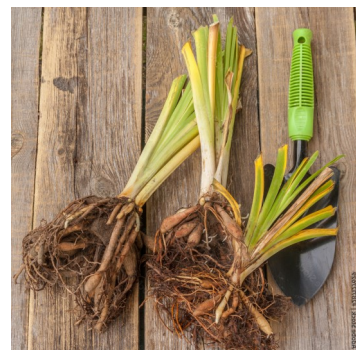
Lastly, you want to look at your soil's nutrient values. You can compare your soil nutrient results to our K-State Fertilizing Gardens in Kansas to determine how much phosphorus, potassium, and nitrogen your specific plants will need. You can apply these fertilizers in the spring either before planting or as you plant, and make sure to water them into the soil. Knowing your soil nutrient levels now lets you utilize the winter months to better plan your garden and spring fertilizing tasks.

For instructions on soil test and information on where to send them, visit <https://www.agronomy.k-state.edu/outreach-and-services/soil-testing-lab/>.

## Fall Garden Checklist

Fall is officially here, but that does not mean you cannot start preparing for the spring! There are several steps you can take now to increase your garden's success this next growing season.

1. **Map your current garden:** If you haven't already, map out where your annuals are. When spring comes, you will want to refer back to this map to ensure you are rotating your plants to curb disease that may overwinter in the soil. Ideally, you should not put plants from the same family in the same location.
2. **Split up perennial flowers:** Many of our spring-blooming perennials can be divided up in October. You want them back in the ground well before the frost hits so their roots can re-establish before the winter.
3. **Clear out the weeds:** Do one last round of weeding, and make sure to get those weeds that have gone to seed. This will help lower the number of weeds you need to deal with next spring.
4. **Clear out debris:** Remove debris from plants with disease or insect issues. Diseases and insects can overwinter in debris from infected plants. Rather than compost diseased or infected material, either add it to a burn pile or disposed of it in the trash.
5. **Take care of the leaves:** If you have leaves on your lawn, rather than rake them, go over them with a mower a couple times. This prevents them from smothering the lawn and helps provide nutrients for the soil and material for birds to nest with.
6. **Mulch tender plants:** After plants loose their foliage, apply mulch to tender or recently planted perennials. A layer of 4-6 inches of mulch will help prevent frost injury during the winter. These protective layers of mulch should be removed in early spring so that the plants can pop back up.
7. **Work on your soil health:** Your soil does a lot of work for you by providing your plants with all the water and nutrients they need to survive. If you want your soil to support your plants well, you have to treat it well. Take the time to cover bare soil so it does not erode or add amendments based on soil testing.



**Meadowlark Extension District**

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Address Service Requested

## Publications & 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®**  
**Mosquito Briquets**  
**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**  
**Buzzers**

<https://www.meadowlark.k-state.edu/>

### Perfect Pumpkin Pancakes

2 c. flour	1 egg
2 T. brown sugar	1/2 c. canned pumpkin
1 T. baking powder	1 3/4 c. low fat milk
1 1/4 tsp. pumpkin pie spice*	2 T. vegetable oil
1 tsp. salt	

Directions:

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl. Set aside.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil. Mix well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy (For a thinner batter, add more milk.)
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Use a 1/4 c. measuring cup to pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

\*Can substitute 3/4 tsp. cinnamon, 1/4 tsp. nutmeg, 1/8 tsp. each of ginger and cloves for pumpkin pie spice.

Source: *K-State Kids A Cookin', Family Nutrition Program*



The Meadowlark Extension District Offices will be closed Friday, **November 10** in observance of Veterans Day.

We will reopen at 8:00 AM on Monday, **November 13**.