

Jody G. Holthaus
District Extension Agent
Livestock and Natural Resources

Lease Termination

For all leases, except written leases signed by the parties that provide otherwise, Kansas law provides that notice to terminate farm and pastureland leases must be given as follows: Must be in writing, at least 30 days prior to March 1, and must fix March 1 as the termination date of the tenancy.

Any notice to terminate which does not comply with the above requirements is inadequate, and the tenancy will continue. The Kansas legislature has amended the previous law to now clearly state that pastureland leases and farm leases must be terminated in this manner except when the parties agree otherwise in writing.

It is important to note that a termination notice may be effective in two instances, but the termination date will be modified by statute. First, where proper notice is given more than 30 days before March 1, but the land has already been planted to a fall-seed crop, the notice will be construed as fixing the termination as to that ground on the day after the fall-seeded crop is harvested or August 1, whichever comes first.

Second, during a year in which a fall-seeded crop has been or will be harvested on the leased land and written notice is given after 30 days before March 1, but before the new fall-planted crop is sowed, a slightly different rule applies. Specifically, if the crop ground has already been prepared for fall sowing in conformance with normal practices in the area, the notice of termination will be construed as fixing termination as to that ground in the following year, either on the day after the yet-to-be sowed fall-seeded crop is harvested or August 1, whichever comes first.

When the day of termination of the tenancy is started in a written contract, a notice to vacate the premises is not necessary. When a notice of termination is needed, the termination notice may be served: on the tenant; if the tenant cannot be found by leaving a copy at the tenant's usual place of residence; by delivering a copy to a person over 12 years of age residing on the leased premises; if no person is found upon the premises, by posting a copy of the notice of the termination in a conspicuous place; by sending the notice by registered mail addressed to the tenant at the tenant's usual place of residence.

The best way to serve notice of termination is probably by registered mail because the tenant must sign a receipt for the notice. If notice is given by mail, it must be done by registered or certified mail, and it is important that the landowner keep the return receipt for proof of notice of termination.

David G. Hallauer
District Extension Agent
Crops & Soils/Horticulture

ARC/PLC Decision Resources

For producers making their ARC/PLC selections for the 2021/2022 marketing year cycle of the Farm Bill, the K-State Ag Economics Department is again providing informational resources to help. For those that attended the informational meetings before the previous signup, a tradeoff spreadsheet was often used under what price/yield scenarios each program would (potentially) be the most valuable. If a graphic representation would help you, check it out at: <https://www.agmanager.info/ag-policy/2018-farm-bill/tradeoff-between-20212022-arc-and-plc> . Instructions are available with the download. Contact me if you need assistance.

What should you select? Great question. Everyone has their own approach to county level yield and national level price prediction, but looking all the way to the 2021/2022 marketing year is a challenge for even the best market economists. To better understand where program prices come from, check out the monthly Marketing Year Price Outlook published by the Ag Econ Department. It explains the current price situation that will eventually dictate program payments. Access it online at: <https://www.agmanager.info/ag-policy/2018-farm-bill/marketing-year-average-mya-price-outlooks-arcplc> .

There are other decision tools as well. One from the University of Illinois allows some nice comparisons. If you would like a link to it, drop me a line.

Landscape Design Starts NOW

Planning a project often takes more time than I think it should. Such is often the case with landscape design. There are so many different design ideas and adapted plant materials available to us, that we can make a lot of things work – with a little planning.

To get started, consider some of the publications available through the Horticulture Department at K-State. With titles such as Residential Landscape Design, Naturalistic Landscaping and even Low-Maintenance Landscaping, you're sure to find one that gives a little insight in to planning a landscape you can be happy with. Downloads are free at <http://hnr.k-state.edu/extension/publications/landscaping.html> or request a copy from any District Office.

Plant materials are always a question as well. Your local garden store is always a great resource. You can also find a list of recommended plants from our KSU Horticulture Information Center at <http://hnr.k-state.edu/extension/info-center/recommended-plants/index.html> .

Cindy Williams
Meadowlark Extension District
Food, Nutrition, Health, and Safety

Dry Beans—The Perfect Staple for Every Pantry

Dry beans are always a good companion to beef, pork, chicken, or fish, but they are also a great protein source on their own. And now more than ever dry beans are the perfect staple for any pantry.

Dry beans, the mature form of legumes, include great northern beans, pinto beans, black beans, kidney beans, garbanzo beans, black-eyed peas, split peas, and lentils. Here is some reason to serve beans every week.

Beans are nutrient-dense. In addition to high-quality protein, beans provide zinc, iron, potassium and folate. They are high in fiber and low in fat. Beans can be counted for a protein or a vegetable food to meet dietary –guideline recommendations. The 2015-2020 Dietary guidelines for Americans recommend eating 1 ½ cups of beans each week. A 1/2 –cup serving of cooked beans provides 7-10 grams of protein.

Beans have a long shelf life. Dried beans can be stored at room temperature for one to two years. Cooked beans should be used within four days, or they may be frozen for up to six months for best quality. They are also available canned or frozen.

Dry beans are inexpensive, so they fit in any budget. A half-cup serving of cooked beans costs about 17 cents. They require so time to prepare, but very little hands-on time.

Beans are delicious and easy to prepare. One cup of dry beans will yield about 2 cups of cooked beans for four servings. Prepare a large batch and freeze the extra beans for later use. Here are a few ideas for adding beans to your meal plan:

- *Beans can be used to make vegetable dip such as hummus or “beanut” butter.

- *Beans are great in salads, such as cowboy caviar and 3 bean salad or add a handful to any vegetable salad for a protein boost.

- *There are a variety of delicious bean soups. Consider black bean soup, minestrone and calico bean soup, or starting with a 15-bean soup mix and adding seasonings, vegetables, and meat if desired.

- *With their high nutritional value, beans are great as a main course in dishes such as red beans and rice, bean burritos, chili, ham and beans, or as in addition to a favorite casserole. Try adding a cup of cooked white beans to macaroni and cheese.

- *Beans make a great side dish, such as baked beans or refried beans.

Nancy Nelson
Meadowlark Extension District
Family Life

Rethink Acts of Kindness

Giving food to others is a way of expressing love and kindness, and food plays a key role in many celebrations.

Because of cost and convenience, the food shared with neighbors, friends, co-workers, and during celebrations is often a grain dessert such as cakes, cookies, donuts or candy. If it is sweet, or sweet and high-fat, the treat seems special. The problem is that most people get plenty of sweet or high-fat treats, known as “empty calorie” foods, on a regular basis.

To change this trend, learn to view food treats in a different way. Here are a few ideas to rethink acts of kindness:

1. Make it healthful. Fresh fruit really is a treat. When baking, use whole-grain ingredients, and reduce the fat and sugar whenever possible.
2. Offer smaller portions. Cut brownies into half the size you usually do. Offer a brownie bite with fruit.
3. Take a vote. Decide as a group how often empty calorie treats can be shared.
4. Freeze leftover candy and goodies. This can help you avoid overdoing it with empty calorie foods. Use a chocolate candy later by adding small chunks to homemade granola bars or oatmeal cookies.
5. Stuff it for later. Use leftover Valentine and Easter candy to fill a piñata and crack it open during the next holiday or for your child’s birthday.
6. Choose beverages carefully. The top single category of empty calories in the diet is sugar-sweetened beverages such as soda, fruit drinks, energy drinks, and sports drinks.