

June 4, 2021

Jody G. Holthaus
District Extension Agent
Livestock and Natural Resources

No news from Jody.

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

Early Summer Sericea Control

A 2019 survey of sericea lespedeza acres in Kansas estimated upwards of 75,000 acres of grassland in the Meadowlark Extension District with some level of the noxious weed present. Because of the plant's ability to shade desirable forages (it can grow to three feet or more in height), a high water use requirement that steals from other forages, and allelopathic chemicals reducing forage germination rates (Oklahoma State research suggests up to 15 percent reductions in germination of tall fescue), sericea lespedeza has become a formidable foe in our grasslands.

There are various control options for sericea lespedeza (mowing, prescribed fire, grazing with different livestock species) but chemical control is the most common. Summer is a great time to initiate control efforts while sericea is in the vegetative stage and susceptible to herbicides like Remedy Ultra and PastureGard HL. Broadcast applications (one to two pints per acre Remedy Ultra or three fourths to one and a half pints per acre PastureGard HL) should be applied in spray volumes of 10-20 gallons/acre for best results. Surmount at two pints per acre is also an option. For spot application, mix a half ounce per gallon of PastureGard HL or a one percent solution of Remedy Ultra in water. Aerial applications should be done at a minimum spray volume of three (more is better) gallons per acre.

Repeat treatments will be necessary, even as initial treatments should reduce stands. Left untreated, sericea lespedeza takes over, earning it a prominent spot on the state's noxious weed list, and requiring its control.

Whether just getting started or continuing a longer-term battle against sericea, there are lots of good resources available to assist. One of the most important is your local noxious weed director, a great resource for information on everything from product purchases to rates and timing. A second is your applicator. Good communication with them can enhance control efforts greatly. A third is the 2021 KSU Chemical Weed Control Guide, available from any District Office. One page of the book is devoted entirely to sericea lespedeza chemical control options. It can help you determine products to use now as the plants are vegetative as well as other options as the growing season progresses. Request a copy by contacting a District Office or e-mail me at dhallaue@ksu.edu.

Anthracnose on Shade Trees

Two of our common landscape species – sycamore and maple – are prone to a fungal disease known as anthracnose, and this year has been perfect for it. Be on the lookout for it as the growing season continues.

Favored by cool, wet weather, young leaves may wither and turn black while older leaves may have brown areas along the veins. In severe cases, leaves may even drop, but don't panic. Healthy trees will leaf out again in a few weeks with this defoliation doing little to affect the overall health of the tree. Fungicides don't 'cure' affected leaves. The damage is done and chemical control is unnecessary.

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

No news this week.

Nancy Nelson
Meadowlark Extension District
Family Life

Eat Some Water – Hydrate with Food

Water is essential to the survival of all living things. It helps to regulate your body temperature, lubricate your joints, and helps transport nutrients to provide energy and keep you healthy.

The best beverage to hydrate your body is water. Eating water-rich fruits and vegetables can also help with hydration.

On average, 1 cup of fruits and vegetables (chopped or sliced) will yield 1/2 cup of water. In addition, eating fruits and vegetables will add fiber, vitamins, minerals, and phytochemicals to help keep you feeling energized.

Cucumbers have one of the highest water contents and are 95% water. Enjoy them raw, added to a salad, or add them to water for a refreshing flavor. Tomatoes hold almost the same amount of water inside their skins. Of course, watermelon is a great choice and is made up of 91% water. Other water-logged fruits include cantaloupe, grapefruit, peaches, and oranges.

With summer just around the corner, make sure you pay attention to signals from your body that you need water. Thirst is not always a reliable way to tell if you need water, as many people don't feel thirsty until they are already dehydrated. Other symptoms include a dry or sticky mouth, headache, dizziness, not urinating very much, dark yellow urine, muscle cramps, irritability, and fatigue.

If you feel any symptoms of dehydration, work to replenish fluids by drinking water. Other healthy beverage options include 100% fruit juice, fruit or vegetable smoothies, low fat milk, and electrolyte water. Avoid alcoholic beverages as these tend to pull water from your body, increasing the chance for dehydration.