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Soybean Seed Treatments

It doesn't seem right to be discussing soybean seed treatments before we even get far in to corn planting season, but with increasing interest in earlier soybean planting, an understanding of soybean seed treatments is even more important. This is particularly true when we annual attribute average losses of around two or more bushels per acre from seed rots/seedling blights.

In most years, Pythium, Rhizoctonia, and Fusarium are the primary culprits. While technological advances in seed treatments have allowed us to 'stay ahead' of many diseases, nothing is 100 percent effective, making understanding your seed treatment important.

For example, metalaxyl and mefenoxam seed treatments have activity against Pythium and Phytophthora, but not Fusarium or Rhizoctonia. Even within a disease species, seed treatment efficacy can differ.

Rate can be important, too. Fields with a history of Phytophthora, for example, may require higher rates of seed treatment to be effective.

Weather has huge influences on how well seeds emerge, but they affect seed treatment efficacy as well. Seed treatments typically provide some level of protection against disease for approximately three weeks after planting. If disease pressure occurs after that window, seed treatments will likely not reduce damage as well as they would have earlier in the window.

All these factors underscore the need for an understanding of seed treatments combined with a good scouting program after planting to help better manage soybean seedling diseases. For an overview of our four most common soybean diseases, check out the Crop Protection Network: <https://cropprotectionnetwork.org/resources/publications/seedling-diseases> . With any luck, it will help reduce that two-and-a-half-bushel loss to something much less.

Henbit and Chickweed in Lawns

Both henbit and chickweed are becoming increasingly prevalent as spring weather starts to settle in, but they didn't get here overnight. They actually started growing last fall, spending the winter as small plants we didn't even notice until they started flowering.

Unfortunately, that time we spent *not* paying attention to them is when we might have had *some* luck controlling them. Trying to do so now is a lot more difficult – and often a waste of time and money. We might get a little bit of a 'revenge kill', but plants are typically only burned back and rarely completely killed.

What now? They're winter annuals, so they'll die as soon as weather gets hot. Until then, keep the lawn mowed and let nature take its course. In the meantime, mark the calendar for late October/early November. That's when henbit and chickweed will be mostly germinated, yet relatively small and easy to control, especially when daytime temperatures in the 50's speed control. A bonus: you might catch some dandelions as well.

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Moving More Throughout the Day

As a child, I loved to play outside. I would have chores to do with my 4-H projects, enjoyed making dirt pies out in the sandbox and more. It seemed that we were always on the move. As an adult, I find myself sitting and working, sitting and driving, just sitting all the time. And I am not alone—the CDC says that in the United States, we have what is called a sedentary lifestyle, where most adults spend a lot of time sitting down. One way to combat that is to add small bits of activity throughout the day.

You can:

- Park further away to add steps to your day
- Take the stairs
- Park and go inside instead of using the drive thru
- Wash your car at home instead of the automatic wash
- Walk with children after school

According to the American Heart Association, adults should get 2 ½ hours per week of moderate physical activity. Here are some tips from them about adult activity recommendations:

- *Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.
- *Add moderate-to high-intensity muscle-strengthening activity (such as resistance or weights) on at least two days per week.
- *Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- *Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- *Increase amount and intensity gradually over time.

The recommendations for children vary by age:

- *Children 3-5 years old should be physically active and have plenty of opportunities to move throughout the day.
- *Kids 6-17 years old should get at least 60 minutes per day of moderate- to vigorous-intensity Physical activity, mostly aerobic.
- *Include vigorous-intensity activity on at least three days per week.
- *Include muscle- and bone-strengthening (weight-bearing) activities on at least three days per week.
- *Increase amount and intensity gradually over time.

Remember, check with a doctor before starting any new exercises. Choose to add more activity throughout your day in small increments---it all adds up. Don't let the absence of a 30-minute block of time stop you from getting your heart rate up---studies show that 5 to 10 minutes at a time, spread throughout the day, are just as effective as long blocks of exercise. Get out there and get moving!!!

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