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Leavenworth County

K-State Research and Extension News

Knowledge for Life

3rd Quarter 2017

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opportunity provider and employer.

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Welcome New Extension Employees

Chelsi Myer, Family & Consumer Sciences Agent



In May 2017, Chelsi Myer joined the staff as the K-State Research and Extension - Leavenworth County's Family and Consumer Sciences Agent. Myer grew up in Kansas and graduated from McPherson High before earning degrees in Public Health Nutrition and Dietetics from Kansas State University. Prior to graduation, Myer interned in Nome, Alaska at a children's camp and worked as a live-in caretaker at an assistant care facility in Wisconsin. She began her extension career in Dickinson County for the past 4 and a half years as their Family and Consumer Sciences Agent. Chelsi and her husband have

recently moved to Tonganoxie where they are enthusiastic about planting roots and calling home with their two soon-to-be adopted daughters. Myer is most looking forward to programming within the county and getting acquainted with community members. Health, nutrition, food safety, Medicare counseling, and parenting skills are the focus areas she is most excited to advocate.

Sonya Murphy, Office Professional

Sonya Murphy is our newest hire at the K-State Research and Extension office, beginning July 2017. Murphy will serve as our full-time office professional. She brings experience in customer service, Human Resources, and office management. She graduated from Lansing High School, holds a bachelors degree in Psychology and Business from Pittsburg State University and a masters degree in Industrial/Organizational Psychology from The Chicago School of Professional Psychology. She lived in Ohio for 10 years where she worked as a Human Resource Manager in Distribution. Sonya and her husband were excited to relocate with their two daughters back to Leavenworth County. They are happy to be back home and close to family. Sonya is excited to be a part of an organization that made such a big impact on her life growing up. After being involved with 4-H for most of her childhood, she is excited to be a part of the program again, as well as all the extension programs.

If you would be interested in receiving this newsletter via email, you can call our office at 913-364-5700 or send an email to: chelsim@ksu.edu.

Organized sports not enough to fulfill activity requirements

Manhattan— *Tiffany Roney, K-State Writer/Editor*

Organized sports don't provide children with nearly as much exercise as many parents might expect, according to a Kansas State University study.

Katie Heinrich, associate professor of exercise behavioral science and director of the kinesiology department's Functional Intensity Training Lab, said children need 60 minutes of moderate to vigorous physical activity each day, including bone and muscle strengthening activities. Some parents might think enrolling their children in organized activities or structured sports with hour long classes or practices would fulfill this need, but research finds they do not.

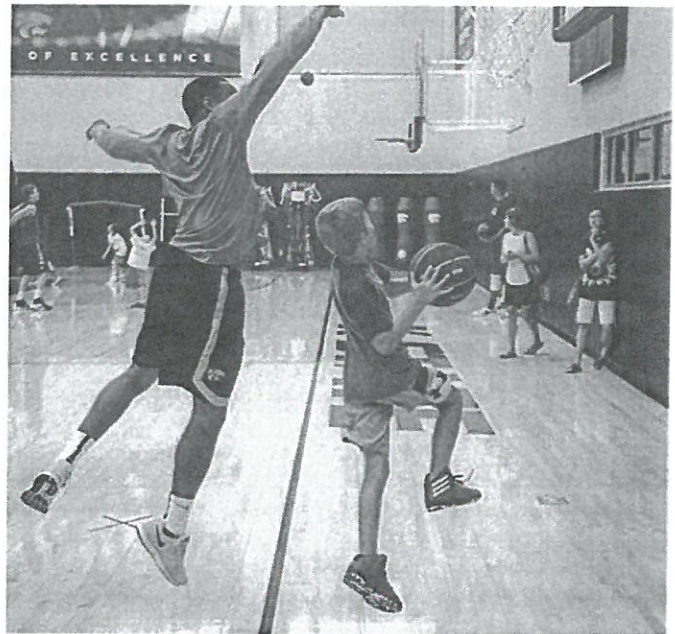
In a study published in the *Journal of Sports Sciences and Medicine and Science in Sports and Exercise*, Kansas State University researchers found that between sitting while listening to instructions, standing in line while waiting their turn and other parts of practices, only about 30 percent of practice time is actually spent in moderate to vigorous exercise.

"In an hour long practice, the children are still getting about a third of the physical activity they need for the day, but it's still a little bit less activity than people would expect," Heinrich said.

Despite not providing the full amount of needed exercise, organized sports are still beneficial because they provide structure, companionship and character-building opportunities, along with some exercise, Heinrich said. To help children get the amount of daily physical activity they need, Heinrich advises parents to make sure children have at least 40 minutes outside of practice to play freely.

Unstructured playtime can include visiting a playground, jumping on a trampoline, playing catch in the yard, hula-hooping or whatever activity the child enjoys most, Heinrich said. Benefits of unstructured play include developing independence, creativity, leadership, collaboration and problem-solving skills. Heinrich said parents can encourage free play by having sports toys — anything from basketballs to flying discs — readily available.

"Organized sports are valuable, but free play activities are needed as well," Heinrich said. "It's important to provide children with opportunities for both."



New Recipe Cards from Ball®

In an ongoing effort to make home food preservation easy and to appeal to those who can foods in small quantities, Ball® now has six new mixes for pickles and tomato products.

They are a recipe card with six seasonings attached to the card. On the back are instructions with additional ingredients to add and processing instructions. Each recipe card makes two quarts or four pints. The recipe cards include three types of pickles, two types of salsa, and a pasta sauce.

Learn more at www.freshpreserving.com/mixes/.



Salads provide healthy, refreshing summertime meal

Manhattan— Randall Kowalik,
K-State Video Production Specialist

When some people hear the word “salad,” they think of a small bowl of leafy greens and creamy dressing that must be struggled through before the arrival of their steak or chicken.

While a salad often precedes the main course in restaurants, a salad can also serve as the main course – or the only course. Chefs, dietitians, even bloggers and “foodies” are taking on salads these days, and pushing them in new directions. “I think we’re seeing some new trends and ideas out there that really are widening our view of what a salad is, and what the components of it might be,” said Sandy Procter, K-State Research and Extension nutrition specialist.

For many, the base of a salad continues to be vegetables, usually one of the many varieties of lettuce. Add other vegetables, maybe some protein, and a dressing and you have a basic salad. Procter says this is a great way to add vegetables and fruits to your diet. “Even those of us that already make an emphasis on that probably aren’t going to suffer if we have a few more,” she said. Procter said there are four healthy reasons for adding more salads to our nutrition plan:

Fiber — “Most of us don’t get enough fiber in our diet, and it works together with exercise to keep our digestive systems healthy and prevent some of the common chronic diseases of the day, including cancer,” Procter said.

Phytonutrients — These natural, plant-derived chemicals aren’t as critical as vitamins and minerals (also found in plants), but things like carotenoids and flavonoids help make us resistant to diseases and can slow down the aging process.

“Volumetrics” — If you’re one of those people that could stand to shed a few pounds, a properly designed salad can help you do this. The concept of volumetrics is that by eating larger portions of healthy foods, you’ll feel more satisfied. As an example, two apples have roughly the same number of calories as one candy bar, but the apples have more fiber and are bigger, therefore helping you feel fuller.

Great source of “smart fats” — We often think of “fat” as something that should be avoided in our diets, but not all fats are equal. Plant-based fats such as olive oil, nuts and seeds are good fats, and it’s not uncommon to find them in a salad. “So many of the salads we see featured now in restaurants have the option of adding avocado,” said Procter. “Avocado has a really nice sense of satiety because it’s kind of creamy, but yet it’s not like sour cream which is a saturated fat — avocado has this healthy plant-based fat that can really add a lot of nutrition to your diet.”

“Also, the glass doesn’t absorb flavors as many plastics do, so you can carry balsamic vinegar one day and blue cheese the next, and those flavors aren’t going to be blended. Glass is easy to wash up and use the next day.”

“Research has proven that vegetables and fruits are well received when a child has a chance to choose their favorites, to go through something like a salad bar and make those selections themselves.”



Salads also provide an impetus for frequenting local farmers markets to take advantage of locally grown produce. “Seasonal vegetables can be found at a really good price, and they’re really fresh,” said Procter. “And try to take the kids with you, let them pick some things out. That’s a great way to get kids interested in adding vegetables and fruits to meals, by letting them think that they got away with something.”

VEGETABLES

Do Not Over-Fertilize Tomatoes



Though tomatoes need to be fertilized to yield well, too much nitrogen can result in large plants with little to no fruit. Tomatoes should be fertilized before planting and sidedressed with a nitrogen fertilizer three times during the season.

The first sidedressing should go down one to two weeks before the first tomato ripens. The second should be applied two weeks after the first tomato ripens and the third one month after the second. Common sources of nitrogen-only fertilizers include nitrate of soda, urea, and ammonium sulfate. Blood meal is an organic fertilizer that contains primarily, but not exclusively, nitrogen. Use only one of the listed fertilizers and apply at the rate given below.

Nitrate of soda (16-0-0): Apply 2/3 pound (1.5 cups) fertilizer per 30 feet of row.

Blood Meal (12-1.5-.6): Apply 14 ounces (1.75 cups) fertilizer per 30 feet of row.

Urea (46-0-0): Apply 4 ounces (½ cup) fertilizer per 30 feet of row.

Ammonium Sulfate (21-0-0): Apply 0.5 pounds (1 cup) fertilizer per 30 feet of row.

If you cannot find the above materials, you can use a lawn fertilizer that is about 30 percent nitrogen (nitrogen is the first number in the set of three) and apply it at the rate of 1/3 pound (¾ cup) per 30 feet of row.

Mulching Garden Crops

Now is a good time to mulch garden vegetables if you haven't done so already. Mulches provide several benefits including weed prevention, reduced watering due to less evaporation and cooler soils that enhance root growth. Straw and hay are popular mulches in Kansas due to their availability. However, both may contain weed seeds that will germinate if the thatch layer is not thick enough. Grass clippings can also be used if the lawn has not been treated with weed killers. Add only a thin layer to dry for 2 to 3 days before adding more. A thick layer will form a mold that is almost impervious to water. A mulch layer one-half to three-quarters inch thick is



about right for grass clippings but hay or straw should be at a depth of 2 to 4 inches.

New Potatoes

Many gardeners look forward to harvesting new potatoes this time of year. New potatoes are immature and should be about the size of walnuts. Pull soil away from the base of the plants to see if the tubers are the desired size. If they are, dig entire plants and allow the skins of the exposed tubers to dry for several hours before gathering.



These young potatoes are very tender and prone to the skin "slipping" unless they are given a few hours to dry. Even then these immature potatoes will not store well. Redskinned varieties are often preferred as they are the earliest to produce.

Slime Mold in your Garden & Yard

Slime molds are primitive organisms that are common on turf and mulch. Slime molds are not fungi and are no longer classified as such. They belong to the Kingdom Protista rather than Kingdom Fungi. On turf, you might often see large numbers of small gray, white or purple fruiting structures, called sporangia on leaf blades during cool and humid weather throughout spring, summer, and fall. Affected areas are often several inches to 1 foot in diameter. During wet weather, the fruiting structures may appear slimy. As the structures dry out in hot weather, they become ash gray and break up easily when touched.

Homeowners often are concerned that this is a disease organism that will kill the grass, but slime mold feeds on bacteria, other fungi, and dead organic matter. It simply uses the turf as a structure on which to grow. However, slime mold can damage turf by completely covering leaf blades and interfering with photosynthesis. Chemical control of slime molds is not necessary. Use a broom or a heavy spray of water to dislodge the mold.

Slime molds on mulch often attract attention because of their bright colors and disgusting appearance. Common names are often quite descriptive. For example, the "dog vomit" slime mold is a bright, whitish color that resembles its namesake. It eventually turns

Slime Molds cont'd

brown and then into a hard, white mass. There is also the "scrambled egg" slime mold, "the yellow blob"



slime mold and the "regurgitated cat breakfast" slime mold. Slime molds do not hurt anything, but most people do not find them attractive and want to get rid of them. Simply use a shovel to discard the offensive organism and then stir up the mulch for aeration.

Leavenworth Master Gardeners

Did you know ???



In the
Spotlight

- Master Gardeners host a "HOTLINE" for community questions on Monday's 9am to 1pm and Thursday's 1pm-4pm.
Call the Extension Office 913

-364-5700 to talk to one of the experts on your lawn and garden questions.

- Master Gardeners present programs at the Leavenworth, Lansing and Basehor Libraries on a regular basis on all types of topics relating to gardens! Check the libraries for exact times!
- Master Gardeners have 7 project gardens throughout our community that they lovingly care for and that are open for the public to enjoy!
 - ⇒ Rose Garden @ Carroll Mansion Leavenworth
 - ⇒ Herb Garden @ Carroll Mansion
 - ⇒ Butterfly Garden @ Leavenworth Library
 - ⇒ Butterfly Garden @ Eisenhower EMS corner
 - ⇒ Butterfly Garden @ Lansing Library
 - ⇒ Magnatech Park @ Tonganoxie
 - ⇒ Memorial Garden @ Basehor Library

Master Gardeners meet monthly at the Riverfront Community Center on the 2nd Wednesday of the month at 10:30 am!

Visitors are WELCOME!



AG Hall of Fame Day Camp Outreach

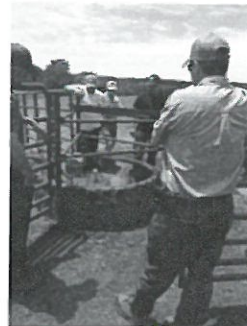
On June 5th K-State Extension participated with our partners at AG Hall to help teach youth living in our communities about livestock stewardship! For many of the campers this was the first experience that they ever had being up close to a farm animal and learning about proper care and handling! We will be back to the AG Hall in July partnering with the Conservation District and the hands on "stream trailer" teaching the campers about water conservation and erosion practices! Our LV Extension is excited to be able to participate in this great outreach opportunity!



LV 4-Hers Mable Mestagh and Audrey Bracken sharing their animal projects with AG Hall of Fame day campers.

Lower Kansas WRAPS field day

The mission of the WRAPS (Watershed Restoration and Protection Strategy) is to promote watershed management. There are many stakeholders in the WRAPS program - LV & Jefferson Co. Conservation Districts, K-State Research & Extension, Audubon Society, KS Forest Service, KDHE, KAW Riverkeeper, along with our Farmers and Ranchers in the watershed district. The field day June 23rd was hosted by Heim Family Farm of Easton showcasing what they have done with geotextiles and filter strips to manage livestock waste drainage along with watering systems for their livestock. This was a very productive day for our local producers learning about methods to be better stewards of the environment!





Survey shows American youth feel today's leaders have a different agenda: they lack skills to lead themselves

As leadership is brought to the forefront of national dialogue, a new survey asks America's youth to weigh in on the topic – finding that today's leaders are believed to have their own agendas and demonstrate weak leadership. Additionally, young people would like better preparation as leaders.

90% of young people say they are concerned about the future leadership of America, and two-thirds are more confident in the next generation of leaders than in the leaders they see today. This is according to the 4-H National Youth Survey on Leadership conducted online by a Harris Poll among 1,501 9th through 12th grade students.

National 4-H Council released the survey findings to kick off the 4-H Grows True Leaders Campaign – giving young people across the country a forum to put their voices into positive action and rally the nation to invest in the next generation of true leaders.

More than 1,500 youth nationwide responded to the survey which revealed:

- Most youth (81%) think leaders today are more concerned with their own agendas than with achieving the goals of their organizations.
- Seventy-six percent (76%) say leaders are focused on different priorities than what matters most to them.
- Half of youth rate government and political leaders as having weak leadership (51%), among the highest relative to other groups of leaders examined in the survey. Overall, weak leadership is related to not accomplishing what is promised (59%); not working collaboratively (56%); and not offering new solutions (53%).
- Most youth (96%) think leadership is important to addressing the country's most pressing issues; but only one in three young people says they have the skills they need to be prepared to lead.

"America is facing a critical need for more leaders – true leaders – who are prepared with the skills to deal with the problems of today and the challenges of tomorrow," said Jennifer Sirangelo, president and CEO, National 4-H Council.

"A true leader leads by example, works well with others, tackles tough challenges head-on and sticks with a job until it's done. This campaign is giving youth a platform to ask for more support in preparing them to lead and to be recognized for their positive contributions."

More than 300 youth gathered at the 4-H Grows True Leaders Rally where they identified specific areas they want more support from adults:

- hands-on experience in leadership roles
- programs to build confidence
- regular encouragement to lead.

They asked adults to offer positive encouragement of young people by participating in the True Leaders Shout Out online – sharing positive messages and photos or videos using #TrueLeaders to shout out a young true leader who exemplifies a positive example of courage, responsibility and resilience.

Youth also shared action platforms for the issues identified in the survey as most important to America's youth: (1) Access to College; (2) Jobs & The Economy; (3) Bullying and (4) the Environment.

They were joined by Grammy award-winning music artist and 4-H National Spokeswoman Jennifer Nettles and 2-16 Miss America Betty Cantrell; both are 4-H alumna. Other notable 4-H alumni are participating in activities and voicing their support of the campaign, including CNN host Nancy Grace, Facebook executive Andrew Bosworth, U.S. Congresswoman Terri Sewell, and Weekend TODAY host Craig Melvin.

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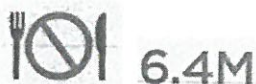
State of Youth Health in America

From obesity to mental health, today's teens face multiple challenges that impact their health and well-being not just now, but for years to come. 4-H believes in the power of young people to take action and lead positive health outcomes in their lives and communities. Check out the newly-released infographic on the state of youth health in America, and how today's True Leaders are taking the lead.

Action Needed: State of Youth Health

From obesity to mental health, today's teens face multiple challenges that impact their health and well-being not just now, but for years to come. 4-H believes in the power of young people to take action and lead positive health outcomes in their lives and communities.

Youth Health Report Card



6.4 million children live in households that lack access to affordable, nutritious food.



Lack of access to affordable nutritious food can be inter-related to other issues, for young people including chronic health conditions, depression and poor self-esteem.



Less than 3 in 10 high school students get at least 60 minutes of physical activity every day.

30%



30% - Depression is the most common mental health disorder in the U.S. among teens and adults. 30% of teens with depression also develop a substance abuse problem



Lack of adequate consumption of specific foods such as fruits, vegetables or dairy products is associated with lower grades among students.



12.5M

Approximately 12.5 million U.S. youth are obese and about 11 million more are overweight. This is the first time in our history that a generation of American children may face a shorter expected lifespan than their parents

Teens Taking the Lead on Health



2.5M

4-Hers participate in 2.5 million healthy living projects that include nutrition, bullying prevention, health and fitness, safety and food science each year.



600,000 + - To-date, 4-H Healthy Living Programming such as Food Smart Families (FSF) and Youth Voice, youth Choice has reached more than 600,00 youth and their families with information on how to live healthier lifestyles. The FSF Program alone has a goal of reaching 250,000 kids and 650,000 family members by 2020.



2X

4-Hers are nearly 2 times more likely to make healthier choices.



92%

92 per cent disapproved of risky behavior such as alcohol and tobacco use.



86%

86 per cent now eat fruit for a snack over unhealthier options

Check out our website at
www.leavenworth.ksu.edu



Leavenworth County Extension Office

Leavenworth Master Gardeners

Kansas 4-H

July 2017

- 04 **Extension Office closed** in observance of Independence Day
- 07 Knowledge @ Noon, Leavenworth Public Library 12-1:00pm
- 10 LV CO Extension Executive Board Meeting 6:00pm
- 12 LV CO Master Gardener Talk. Basehor Public Library 7:00pm
- 20 LV CO Master Gardener Talk. Leavenworth Public Library 7:00pm
- 24-28 **Extension Office Closed** and relocated at the LV CO Fairgrounds

August 2017

- 04 Knowledge @ Noon, Leavenworth Public Library 12-1:00pm
- 7 LV CO Extension Executive Board Meeting 6:00pm
- 9 LV CO Master Gardener Talk. Basehor Public Library 7:00pm
- 15 State Fair Volunteer Entries Due Online
- 17 LV CO Master Gardener Talk. Leavenworth Public Library 7:00pm

September 2017

- 01 Knowledge @ Noon, Leavenworth Public Library 12-1:00pm
- 04 **Extension Office Closed** in observance of Labor Day
- 11 LV CO Extension Executive Board Meeting 6:00pm
- 13 LV CO Master Gardener Talk. Basehor Public Library 7:00pm
- 08-17 Kansas State Fair, Hutchison KS

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