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Leavenworth County

K-State Research and Extension News

Knowledge for Life

4th Quarter 2017

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Extension Council

Strong local extension programs are the outcome of a partnership between extension agents and members of the local Program Development Committee (PDC). Leavenworth County has three Extension Agents on staff who represent three out of the four program areas.

The Leavenworth County extension program is guided by locally elected individuals within our community. The 24-member council consists of six elected members representing each of the four Program Development Areas: Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community Development.

To provide for program continuity, 12 members are elected each year. Each member is allowed to hold two consecutive terms. After two terms, they must sit off the council for one year before becoming eligible to run again.

The Extension Council represents the citizens of Leavenworth County, Kansas. They are the "voice" of the community, giving the agents feedback and guidance. They are made up of business people, community leaders, farmers, homemakers, teachers, etc, and have an interest in Extension.

The Leavenworth County Extension Council recently held the annual election for Extension Council members. The following persons were elected to a two year term, commencing in January 2018 (Newly elected or members elected to a second term are italicized):

Agriculture and Natural Resources: Steve Buffo, Dirck Hoagland, Jacob Thomas, *Cale Weihe, Kevin Miller, Diana Tuttle*

Family and Consumer Sciences: Rhonda Berry, Kendra Knight, Tammara VanTuyl, *JoNell Thomas, Stella Green, Cathy Forge*

4-H Youth Development: Linda Coppola, Katy Langford, Austin Reynolds, *Cecil Mashburn, Brian Habjan, Katie Lueck*

Community Development: Joy Kromer, Carol Page, Carrie Ritchey, *Lana Weihe, Tim Goetz, John Bradford*

The 24 member Extension Council will elect the 2018 Executive Board at the annual meeting on Monday, December 4th. The Extension Council annual meeting is open to the public. The Extension Council Executive Board provides oversight to the total Extension program.

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: sonyam@ksu.edu.

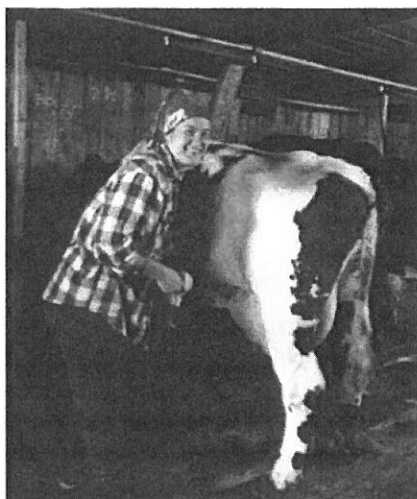
At Home in Norway Catherine Davidson

Velkommen! Jeg heter Catherine Davidson, and I live in Kansas. Last summer I was fortunate enough to travel to Norway as a delegate through the States' 4-H International Exchange program. Although I had some amazing experiences throughout my stay in Norway, such as seeing the sights that Oslo is



fa-
mous for like the Viking Ship Museum, the sculptures in Frogner Park, paintings by renowned artists at the Nasjonalmuseet Museum of Art, and the Holmenkollbakken Olympic ski jump, I would say that the most meaningful part of my exchange was living with my host families and experiencing everyday life with them. I stayed with two families during the exchange: two weeks with the Vøllo family in a small rural village in Uvdal, nestled in a valley surrounded by moun-

tains, and one week with the Mølstad family in a suburb of Oslo. Both families welcomed me into their lives and helped me feel at home as I participated in the daily routines of the families. In addition to the obvious things like helping to cook dinner, I



also helped out in unusual ways, such as helping my host sister in her dad's hotel in Rødberg as a room keeper, making beds and tidying up the guest rooms. I also helped my host sister in her vegetable garden as part of her 4-H project. While staying the weekend

at one of the family cabins, I helped a family friend get his cows ready for milking. We didn't spend all of our time working, though. During my stay with both families, we took lots of long walks, hiking through the countryside and picking strawberries, raspberries and blueberries. Then in the evenings, we talked late into the night, watched a little television, and played cards or marbles. We visit-

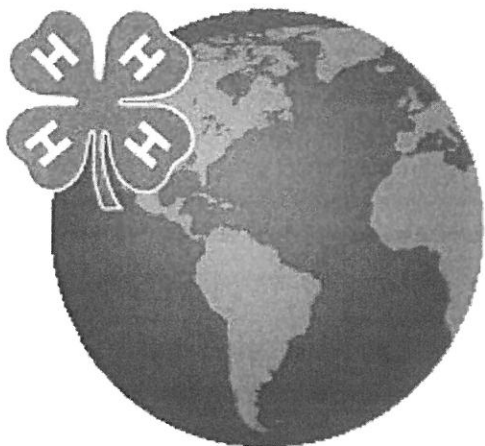


ed the nearby Langedrad Nature Park that features native animals, and we took a scenic road trip to the west coast where I got to see beautiful waterfalls, mountains, and several fjords. We spent some time learning about the culture and history of Norway by visiting the Borgund Stave church and spending a day at the open air museum Nore og Uvdal Bygdetun, where my host brother worked. The Vøllo family brought me to Kongsberg to see the Norwegian musician Kygo in concert and the Mølstad family took me into Oslo for shopping and some sunshine on the beach. I went to the Mølstad grandmother's house to relax at a nearby lake and play volleyball with the cousins. The final week of my stay was spent with my host sister and about 1200 other campers and States' delegates at Norge 4-H camp at the King's Dairy at Landsleir where we slept in tents, play volleyball and cards, and had an overall great time. The entire month that I was there was an adventure that I will cherish for the rest of my life. I would recommend an exchange such as I was blessed with to anyone who is given the opportunity.



Outbound International Exchange Applications Due November 1

By Mary Kay Munson



All applicants for outbound international exchanges representing Kansas 4-H are expected to complete an application packet and submit it to Mary Kay Munson. 4-H'ers under 19 are eligible for exchange programs through our partner, States' 4-H International Exchange Programs (States' 4-H). This year they may travel with a 4-H group to Costa Rica, Japan, Norway or South Korea. These exchanges involve a one-month home stay with a host family. Japan Exchange participants may elect to add another month before the home stay to study language and Japanese culture. The minimum age for Japan and Korea is 12. The other countries require teens be at least 15 by the time of the exchange. Flyers that describe details about each exchange will be found on the State 4-H web site at <http://www.kansas4-h.org/events-activities/global-citizenship/kansas-4-h-international-exchanges/index.html> after Kansas State Fair. The required application and supplements to it will be posted there as well. Adults over 25 may apply to chaperone these groups. Parents may not chaperone an exchange group in which their own child participates. Those who have volunteered with exchanges or 4-H program as well as Extension professionals are preferred.

4-H alumni 19-25 may apply for the IFYE exchange organized by IFYE U.S.A. These exchanges are designed for individuals and go to nearly every continent with multiple home stays in one country, usually for three months, and may involve a second country for another three months. An IFYE flyer and application are found on the same web page cited above.

Application packets are due in Kansas on November 1 to Mary Kay Munson, State Coordinator, 1114 N. Spring Valley Road, Junction City, KS 66441. Mandatory Interviews and

the first Orientation are scheduled for November 19 at Junction City. Mary Kay may be contacted at 785-238-3631 or munson@ksbroadband.net. She will contact applicants about the Interviews and the first State Orientation.

What is Changing in 4-H

Beginning with 2017-2018 enrollment, Kansas 4-H Youth Development will be asking families to invest in the present and future of the program. With a \$15 annual program-enrollment fee, each child will have access to a wide array of development opportunities at the local, regional and state level. These structured, hands-on, relevant educational programs will continue the tradition and history of Kansas 4-H in building, skills, confidence and experiences that 4-H youth will carry with them for the rest of their lives.

How will this investment be put to use?

- Project support and enhancements
- Volunteer Development
- Program Enhancements benefiting community clubs
- Foundational Supports

Why is this necessary now?

People can invest two things: time and treasure. Across Kansas there is already significant investment of time in 4-H youth development—something we are proud and grateful for—but not every challenge can be solved by investment of more time; some require investment of funds. And we have reached the limit of what we can do with declining funds.

What if a family can't afford \$15

We have scholarships available for families who need it. No child who wants to participate in Kansas 4-H will be denied the opportunity. We plan to provide accommodations to enable ALL young people to fully participate.

Preserving Food at Home

Food preservation is a great way to preserve fresh produce for later use. The main concern when preserving food is to do it properly, to prevent foodborne illness. Summer has arrived and gardens are ready for harvest. You can find seasonal produce flooding the local grocery stores and farmers markets. If you are in need of preserving your harvest, K-State Research and Extension can hook you up with the best, most reliable and up-to-date resources. Karen Blakeslee, K-State's Rapid Response Center Coordinator, has developed simple and complete guides to canning all your food safely.

Whether you water bath can, steam can, pressure can, freeze, or dry your fresh produce and foods, there are proper precautions for each process. Water bath canning and steam canning are used for higher acid foods. This includes fruits, sweet spreads, pickled products, tomatoes, salsa, and some other tomato products. Acidity in these foods may be natural, as in fruits, or added, like when pickling foods. Lemon juice, citric acid, or vinegar are the three substance options when lowering a food pH to a more acidic level. The temperature reached when water bath canning is effective for killing yeast and any mold organisms. If the temperature ever drops too low, crank it up to the proper temp and start again. No use in risking bacterial growth in your homegrown foods.

On the contrary, foods with a higher pH, ought to be processed in a pressure canner. These foods include vegetables, vegetable mixtures, red meats, wild game meats, poultry, seafood and fish. Pressure canners may be used to can some high-acid or acidified foods like tomatoes, apples, berries, cherries, purees, citrus fruits, peaches, pears, plums and rhubarb. It is extremely important to process foods accurately so that bacteria does not form and cause food poisoning. A pressure canner's dial gauge ought to be checked for accuracy. If the gauge reads high or low by more than 2 pounds at 5, 10, or 15 pounds pressure, replace it.

Two parts of canning often overlooked are utilizing the correct processing time in correlation to one's altitude and the style of cooktop used. Processing time must be modified for elevation as required by a tested recipe. When water bath or steam canning, the canner bottom must be completely flat with a smooth

surface stove top. Kitchen technology has been extremely innovative, yet has caused some issues when it comes to home food preservation. Some brands of pressure canners are not recommended on smooth cooktops. Excessive heat reflecting down on the surface can damage the cooktop. Discoloration,



burner damage, cracked glass tops, or metal fused to glass top have all happened. Please read the manufacturer's recommendations for your smooth cooktop; no one wants to replace a glass stove top or stove.

Canners are an investment, so take care of this piece of equipment. Clean and store properly. Prior to storing, clean canner efficiently and clean the vent of your pressure canner. Simply draw a clean string or narrow strip of cloth through the opening to rid any debris from hole. When storing your canners, keep in a dry location with clean crumpled paper towels inside. This will help in absorbing any moisture or odors. Place the lid upside down on the canner for ventilation and never seal the lid when storing.

Food preservation is a fun way to keep your garden harvest through the year, be sure to do it safely.

Children & Chores

Chores are often a topic of disdain for many children, or in some cases, children do not do any chores at all. Parents may not give their children chores to avoid their resistance to them, or just because it is easier for parents to do the work themselves. Responsibility is a trait we want our children to develop, yet without consistent practice, they will inevitably fall short in proper development. Work, family activities, personal interests and community responsibilities keep families busier than ever. Planning housekeeping chores for family members can certainly keep the peace at home and the home organized and clean amidst a busy schedule.

According to the K-State Extension fact sheet, "Time, Work & Family: Getting Children to Help," doing family chores helps children:

1. Increase their ability to be responsible
2. Build self-esteem and self-confidence
3. Learn necessary life skills that will help them when they have their own homes
4. Learn to prioritize, organize and use their time wisely

There are nine easy steps for getting children to take on responsibilities at home. Step 1 is to initiate a family discussion. Everyone needs to be well informed and understand what is expected of him or her. It is a great opportunity to talk about which chores someone enjoys doing more than others do, which brings me to step 2:



decide who will do what jobs. Steps 3 and 4 teach children the needed skills of each chore and decipher acceptable standards of work quality. Step 5 is to create a user-friendly home. Teaching children how to organize is like any other skill we want them to cultivate as an adult. Step 6 is potentially one of the most important parts we forget as parents; set a deadline for the work to be completed. Often, we want the work done immediately, yet if there is a time-line, the child can learn time management and self-motivate for the chore. Step 7 has two parts, rewards can be determined for a job well done and consequences if the tasks are not completed. This ought to be chosen with the child so they know what to expect either way. Step 8 is to set the standard. No one wants to do all the work, including your child, so set a good example of hard work. Lastly, step 9 will help family dynamics flourish. Make sure everyone has time for fun and enjoyment, and time to pursue his or her own interests. All work and no play is no kind of childhood, or adulthood for that matter. Find time to have fun individually or as a family.

Daily chores are an integral part of childhood development and routine, they benefit the whole family, so start this healthy habit today.

value of fluids to our health is greater than most people realize.

Here are three important facts about the body to keep in mind:

- The most abundant compound in our body is water.
- Every system in our body utilizes water.
- Water is the most important, yet most forgotten nutrient.

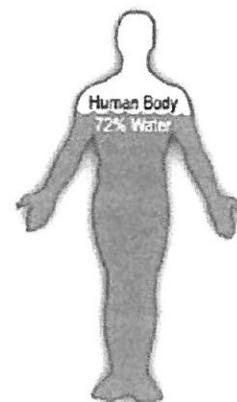


The human body consists of 55 to 75 percent water. Children's body percentages are even higher, which may explain why kids are constantly asking for a drink of water at bedtime. Water percentages vary from body to body, mainly because of body fat composition. Muscle tissue is about 70 percent water while fat is 25 percent water. Therefore, the more muscle mass a body has, the more water.

Fascinatingly enough, bones are 22 percent water.

Water utilizes every one of our 11 major organ systems. Transportation of everything, including oxygen, nutrients, hormones, and enzymes, happens through our blood, which is 83 percent water. Water lubricates our organs and joints creating easier function with more movement and less friction. Digestion uses mucus, salivary juices and digestive juices to breakdown food, which you guessed it, are mostly water! This incredible material plays a role in keeping our bodily systems functioning. If you are experiencing headaches, dizziness, depression, or fatigue, your brain may just need more water. Muscles tend to cramp or lose coordination when dehydrated. Kidneys, which remove toxins and waste products from urine, can work too hard when not properly hydrated.

We all need food and water to survive. Consuming fluids, specifically water, is the most important part of our health. The average human can only survive three days without water, while most of us could go over three weeks without food; water is key to survival.

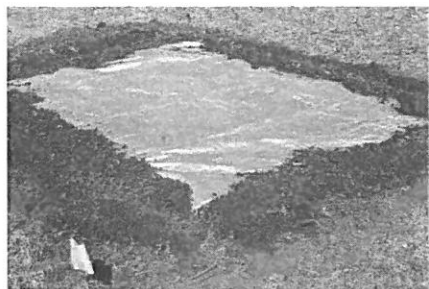


Liquid Assets

Downing fluids is a health benefit known by many, but how many of us actually drink the recommended amount of water verses other beverages daily? The

Fruit Planting Preparation

If you plan to develop or add to your fruit garden next year, now is a good time to begin preparing the planting site. Grass areas should be tilled so grass



does not compete with the fruit plants for soil moisture and nutrients. Have the soil analyzed for plant nutrients. Your local K-State Research and Extension agents have

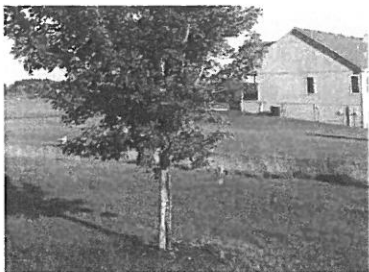
information to guide you in taking the soil sample. From that sample, the agent can provide recommendations on what and how much fertilizer to add to correct nutrient deficiencies. Organic materials such as compost, grass clippings, leaves, hay, straw or dried manure, can be tilled into the soil to help improve its condition. Time and weather conditions generally are more suitable in the fall than in the late winter and spring for preparing soil. If fruit plants can be set by early April, they will have developed a stronger root system to support plant growth than they would if planted later.

If there are only a few plants to be planted, consider tarping each planting area to guard against a wet spring, delaying planting after plants are shipped and received.

Also, fruit tree planting can be done in the fall but plants may need to be watered during the winter if the weather is warm and dry.

ORNAMENTALS

Preventing Sunscald on Thin-Barked Trees



Many young, smooth, thin-barked trees such as honey-locusts, fruit trees, ashes, oaks, maples, lindens, and willows are susceptible to sunscald and bark cracks. Sunscald normally develops on the south or south-

west side of the tree during late winter. Sunny, warm winter days may heat the bark to relatively high temperatures.

Research done in Georgia has shown that the southwest side of the trunk of a peach tree can be 40 degrees warmer than shaded bark. This warming action can cause a loss of cold hardiness of the bark tissue resulting in cells becoming active. These cells then become susceptible to lethal freezing when the temperature drops at night. The damaged bark tissue becomes sunken and discolored in late spring. Damaged bark will eventually crack and slough off.

Trees often recover but need TLC — especially watering during dry weather. Applying a light colored tree wrap from the ground to the start of the first branches can protect recently planted trees. This should be done in October to November and removed the following March. Failure to remove the tree wrap in the spring can prove detrimental to the tree.

Questions on Ornamental Grasses

We are starting to receive questions on whether it is best to cut back ornamental grasses in the fall or



spring. As a rule, ornamental grasses should not be cut back while green because they need time to move the energy found in the foliage into the

roots. Even when browned by cold weather, most gardeners will leave the foliage until spring because of the interest it adds to winter landscapes. Early March is the preferred time to cut back these plants. However, dry foliage is extremely flammable and should be removed in the fall from areas where it is a fire hazard.

Another question we often receive is whether we can divide ornamental grasses in the fall. Spring is the preferred time because divisions done in the fall may not root well enough to survive the winter.

Planting Trees in the Fall



The fall season can be an excellent time to plant trees. During the spring, soils are cold and may be so wet that low oxygen levels inhibit root growth.

The warm and moist soils normally associated with fall encourage root growth. Fall root growth means the tree becomes established months before a spring-planted tree and is better able to withstand summer stresses. The best time to plant trees in the fall is early September to late October. This is early enough that roots can become established before the ground freezes. Unfortunately, certain trees do not produce significant root growth during the fall and are better planted in the spring. These include beech, birch, redbud, magnolia, tulip poplar, willow oak, scarlet oak, black oak, willows, and dogwood. Fall-planted trees require some special care. Remember, that roots are actively growing even though the top is dormant. Make sure the soil stays moist but not soggy. This may require watering not only in the fall but also during the winter months if we experience warm spells that dry the soil. Mulch also is helpful because it minimizes moisture loss and slows the cooling of the soil so root growth continues as long as possible.

as peat moss, compost, or aged bark is mixed in. For example, a heavy clay can be amended by mixing in one-third to one-half organic material. Soil pH should be between 6.0 and 7.0.

Bulbs need good aeration as well as good drainage for proper development. It is best if the bulbs are given 12 inches of prepared soil. If one-third organic material were added, this would require mixing 4 inches of organic material with 8 inches of soil. Incorporate about 3 pounds of a complete fertilizer such as a 5-10-5 per 100 square feet during preparation or fertilize according to soil test.

Planting depths vary depending on the size of the bulbs. For example, tulips and hyacinths are set about 6 inches deep, and daffodils are put 6 to 8 inches deep. Smaller bulbs are planted shallower. As a rule of thumb, bulbs are planted two to three times as deep as their width. Planting depth is the distance from the bottom of the bulb to the top of the soil. Large bulbs are normally spaced 4 to 6 inches apart, and small bulbs about 1 to 2 inches. Planting in clumps or irregular masses produces a better display than planting singly.

After placing the bulbs at the proper depth, replace half the soil and add water. This will settle the soil around the bulbs and provide good bulb/soil contact. Add the remaining soil and water again. Although there will be no top growth in the fall, the roots are developing, so soil needs to be kept moist but not soggy. Mulch can be added after the soil has frozen to prevent small bulbs from being heaved out of the soil by alternate freezing and thawing.

FLOWERS

Time to Plant Spring-flowering Bulbs

Late September through October is an excellent time



to plant spring-flowering bulbs such as crocus, tulips, and daffodils. These plants need to develop roots in the fall and must meet a chilling requirement over the winter

in order to bloom in the spring.

Choose a planting site that has full sun to partial shade. The ideal soil would be a sandy loam, but even poor soils can be used if organic material such



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Leavenworth County Extension Office

Leavenworth Master Gardeners

Kansas 4-H

October 2017

- 06 Knowledge @ Noon "Tastes of the World: French Cuisine"
- 09 LV CO Extension Executive Board Meeting 6:00pm
- 10 LV CO Livestock Committee Meeting 7pm
- 11 LV CO Master Gardeners Meeting 10:30am—Riverfront Comm Cntr
- 20 "The Opioid Epidemic" Training 9am—4pm @ Riverfront Comm Cntr
- 26 Tonganoxie Public Library: Children 4-5pm & Adults 6-7pm

November 2017

- 03 Knowledge @ Noon "Health Trip: Sweetattle"
- 06 LV CO Extension Executive Board Meeting 6:00pm
- 10 **Extension Office Closed** in observance of Veteran's Day
- 14 LV CO Livestock Committee Meeting 7pm
- 15 LV CO Master Gardeners Meeting 10:30am—Riverfront Comm Cntr
- 24-25 **Extension Office Closed** in observance of Thanksgiving
- 30 Tonganoxie Public Library: Children 4-5pm & Adults 6-7pm

December 2017

- 01 Knowledge @ Noon "Holiday Food Stars"
- 04 LV CO Extension Executive Board Annual Meeting
- 12 LV CO Livestock Committee Meeting 7pm
- 13 LV CO Master Gardeners Meeting 10:30am—Riverfront Comm Cntr
- 25-26 **Extension Office Closed** in observance of Christmas Day

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