



## NEWSLETTER



### From the Director's Desk

Hello Friends of Extension!

I hope 2024 is off to as good of a start as possible for your situation and you are all staying warm. Mother Nature has sure blessed us with some much-needed moisture, but not in the warmest of packages! February tends to be more unstable on the weather front, so stay tuned for the February weather.

On a warmer note, The Butler County Extension Council voted to make Sundgren Realty the 2023 *Friend of Extension* recipient. Sundgren Realty has supported Butler County 4-H consistently for a number of years. They volunteer their time and efforts to serve as the auctioneers for the Butler County 4-H Council Food Auction, along with the Butler County 4-H/FFA Livestock/Project auction. In addition to the auctions, they have supported numerous 4-H'ers throughout the years at Livestock/Project auction as well as the county-wide 4-H program through the food auction. We are warmed by their generosity and support of Butler County 4-H. Please join us in saying THANK YOU!

Another note of highlight is on two Butler County 4-H'ers selected to represent Kansas at National Conferences. We are proud of our 4-H'ers and all they accomplish and do inside out outside of 4-H!

- 4-H'er Kylee B. was selected to represent Kansas at the National 4-H Conference this spring in Arlington, Virginia.
- 4-H'er Cami M. will be attending Washington D.C. this spring to represent Kansas in the AgriScience track at that Ignite By 4-H Conference.

I would also like to say Thank You to those that attended our first Mug Mingle! We look forward to each Mug Mingle growing. Make sure and save the date for our next mingle on April 12th at 7:45 a.m. Bring a mug and we will have coffee, hot chocolate, and tea to fill your cup!

Our agents are pushing out great information on our social media sites. If you are not already, make sure you follow our Facebooks pages K-State Research and Extension - Butler County, Butler County 4-H, and K-State Research and Extension Butler County Master Gardeners.

One final note before closing out! We are on the search for a 4-H & Youth Development Agent! There are also other openings across the State so if you happen to be reading our newsletter from outside of Butler County, take a look! You may find a job or know someone who would be great at a job while making a difference in the lives of others! Information can be found online at: <a href="https://www.ksre.k-state.edu/about/careers/">https://www.ksre.k-state.edu/about/careers/</a>

Until next time, stay safe, warm and let us know if we can be of assistance to you!

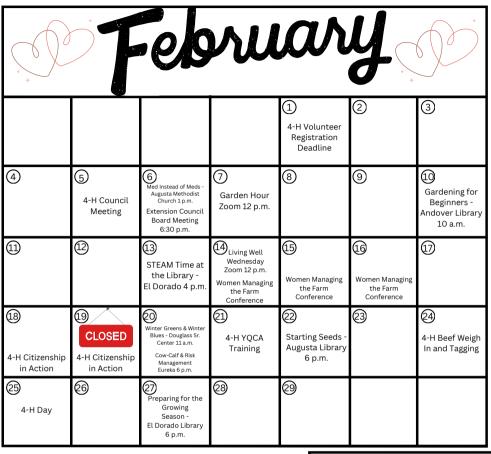
#### ~Charlene

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# **Upcoming Events**



Butler County Extension Office 206 North Griffith Suite A El Dorado, Kansas 67042 (316)321-9660

#### Hours

Monday - Thursday 7:30 a.m. - 5:00 p.m.

Friday 7:30 a.m. - 11:30 a.m.

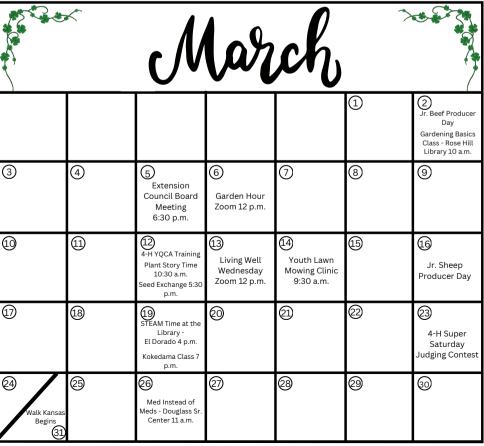
### LIVING WELL WEDNESDAY

### Women's Health & Functional Medicine

Wednesday, Feb. 14th 12:10 - 1:00pm CST







# **Upcoming Events**



### Special Storytime

Learn how to make SEED BOMBS with K-State Horticulture Agent Calla Edwards!



TUESDAY, MÄRCH 12TH
10:30 A.M.
IN THE STORY LABORATORY
AGES: 3-8 YRS.
FAMILIES WELCOME!





Saturday, February 10th 10AM - 11:30 AM Andover Public Library

Prepare your garden for a season of vibrant blooms and bountiful harvests. Join us for an informative and inspiring garden class led by Master Gardener, Calandria Edwards.

TO REGISTER, PLEASE EMAIL: TLARSEN@ANDOVERLIBRARY.ORG





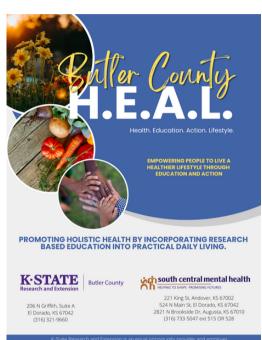
#### **Garden Hour Webinars**

- February 7th Gardening for a Changing Climate
- March 6th Selecting and Planting Fruit Trees
- · April 3rd Companion Plants in the Garden
- May 1st Understanding Water Sources for the Garden

These class are offered online via Zoom at Noon. For more information on the Garden Hour series or to register visit here: <a href="https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/">https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/</a>

# **Upcoming Events**







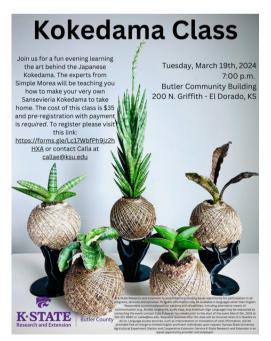
### The Strong Couples Project

- √ Participate in a 6-session online program scientifically shown to strengthen relationships
- √ Video calls with trained coach to help maximize program impact
- No cost to enroll and chance to win \$25 Amazon gift card for completing program surveys

To learn more and enroll, please visit go.illinois.edu/StrongCouples



K-STATE





#### Keynote Speakers:

- · Mark Mayfield, The Corporate Comedian
- · Matt Roberts, Terrain
- · Kim Bremmer, Ag Inspirations

As well as MANY action-packed breakout sessions and a celebration on Thursday

See the full agenda at:

womenmanagingthefarm.com

KANSAS STATE
UNIVERSITY
Agricultural Economics

#### REGISTER

Early Bird Registration & Hotel Block Deadline Jan. 18th, 2024

sign-up early as they can fill up! Rise and Renew: Wellness & Resetting in Agriculture The Sunflower State Showcase! - Get a ride to the conference and see some neat stops along the way! Pickup Locations:

> Hays Kinsley El Dorado

If you have any questions or need assistance in registering, please contact

### LIVING WELL **WEDNESDAY**

Navigating Diets, Supplements, and Women's Health in a **Confusing World** 

Wednesday, March 13th 12:10 - 1:00pm CST

Vith so much information on health, it's hard to know what is true. This session vill cover the keys to a healthy and balanced diet, discuss when and how to use supplements, and explore wellness tips for women. We'll cut through the confusion of trendy diets and focus on science-backed advice for sustainable nutrition. We will discuss whether medications that facilitate weight loss ork for long-term wellness. Join us to learn simple, effective ways to enhance our well-being and embrace a balanced lifestyle.



Extension Assistant Professor, State Extension Specialist Department of Food, Nutritior Dietetics, and Health



## Ag Talk

### **Charlene Miller**

Director/Agriculture Agent <a href="mailto:cmmiller1@ksu.edu">cmmiller1@ksu.edu</a>
<a href="https://www.butler.k-state.edu/agriculture/">https://www.butler.k-state.edu/agriculture/</a>



Brrrrrr – it's cold outside! If you're a farmer or rancher or know a farmer/rancher, this last week has been trying and a good reveal of true grit and determination. Chopping ice, feeding, calving/lambing/kidding and embracing the elements aren't for the faint of heart. If you're a social media user, you may have seen the "If you're cold, they're cold bring them inside." Not all animals are meant to be inside! Some may require more protection than others, additional bedding and shelter may need to be provided and feed rations too may need to be adjusted. Animals can thrive outside in adverse conditions if the appropriate care is given and steps taken. I'm confident the arctic blasts are not over with yet. We posted some resources on our Facebook page on January 10th you can refer to or reach out to me and I can send them your way! KSU also has an animal comfort tool you can check take a look at: <a href="https://mesonet.k-state.edu/agriculture/animal/">https://mesonet.k-state.edu/agriculture/animal/</a>

Another helpful tool, especially considering the drought we have been in and the adverse winter weather conditions, is the hay inventory calculator. This tool helps assess how much hay will be needed for the cowherd and then how much hay is available based on inventory on-hand and expected tonnage to be bailed. <a href="https://www.agmanager.info/hay-inventory-calculator">https://www.agmanager.info/hay-inventory-calculator</a>

Calving season has either started, is knocking on your door, or just around the corner. Make sure you have chains or straps, lube, pullers and your veterinarians phone number readily available. If you need additional resources on how to prepare for calving, reach out and we can put information in your hands.

It's time for our Farmer's to start making their ARC and PLC selections! Did you know that Soybeans have never had a PLC payout? Historically, Sorghum and Wheat have had large PLC payments. Corn has had some PLC payments but relatively smaller. There are some great resources on K-State's Ag Manager page to help you navigate ARC and PLC selections. <a href="https://www.agmanager.info/ag-policy/2018-farm-bill">https://www.agmanager.info/ag-policy/2018-farm-bill</a> If you have questions, or need help walking through the worksheets, let me know.

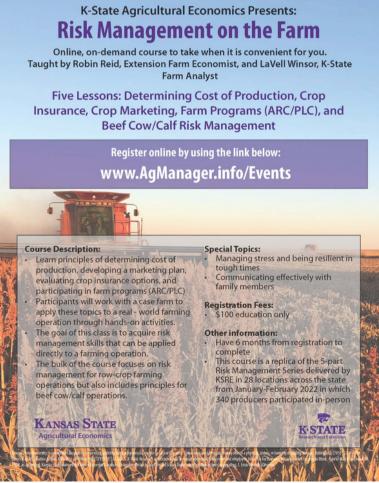
Who knows what February weather will bring, but if I was the betting type, I'd bet it's going to be cold and wet!

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No Cost to Attend.

RSVP by February 15th to Greenwood Co. Extension Office at 620-583-7455 or benjam63@ksu.edu

#### **Presenters:**

Dr. Jason Warner KSRE Cow-Calf Specialist Dr. Jennifer Ifft KSU Dept. of Ag Econ

### Topics include:

- Herd bull selection
- Cow-Calf Management
- · Risk management tools
- FSA programs & FAQ's







Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Ag Agent, Ben Sims, at 620-583-7455. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.

### Just the FCS

### **Bonnie Brewer**

Family & Consumer Sciences Agent

<u>bjbrewer@ksu.edu</u>

https://www.butler.k-state.edu/fcs/



Winter is here! This season ushers in cold winds, shorter days, winter blues and the risk of unwanted sick days. It's crucial to prioritize self-care and assess your needs for a healthy winter season. Building a winter wellness arsenal involves preparing yourself physically and mentally to navigate the challenges of the colder months. Here are twelve tips to help you create a comprehensive winter wellness plan, shared by Nutrition and Wellness Extension Educator, Kristin Bogdonas.

- 1. Focus on a Nutrient-Rich Diet: Before relying on natural remedies, supplements, or vitamins, it's crucial to pay attention to the food you eat and the products you use on your body. Nutrients are often synergistic and more potent in nature's packaging.
- 2. Consider Vitamin Supplements: Winter can bring feelings of isolation or seasonal affective disorder (SAD) winter blues. Since sunlight exposure may be limited in winter, consider taking vitamin D supplements to support your mood. Additional supplements to consider this time of year include zinc, vitamin C and echinacea.
- 3. Get Regular Exercise: Engage in regular physical activity to support your immune system and improve mood. Choose indoor exercises like home workouts, or fitness classes to stay active during cold weather. Take it outdoors and enjoy a brisk walk in the fresh air.
- 4. Get Adequate Sleep: Prioritize quality sleep by maintaining a consistent sleep schedule. This is vital for a strong immune system. If you have trouble falling asleep, consider including more foods rich in magnesium, vitamin D, C, and omega-3 fatty acids.

### Just the FCS

### **Bonnie Brewer**

### Family & Consumer Sciences Agent

<u>bjbrewer@ksu.edu</u> <u>https://www.butler.k-state.edu/fcs/</u>

- 5. Wear Winter-Appropriate Clothing: Exposure to cold and wet conditions can compromise your health. To combat the wintery mix, invest in warm and weather-appropriate clothing.
- 6. Practice Hand Hygiene: It's estimated we touch our face 23 times an hour! This is especially problematic during cold and flu season. Wash your hands often with soap and water to prevent the spread of germs.
- 7. Develop a Skin Routine: Moisturize your skin regularly, as cold and dry air can lead to dry skin. Balms and salves made with all-natural ingredients and oils will lock in the moisture longer than a lotion. The latter is water-based and will need to be applied more often.
- 8. Plan Relaxation Time: Amid the hustle and bustle of the holiday season, make sure to schedule downtime for relaxation. Whether it's reading a book, taking a bath, or practicing a hobby, find moments to unwind and find peace in the present.
- 9. Engage in Winter Hobbies: Find winter activities you enjoy, to stay active and embrace the season. Plan indoor hobbies like crafting or cooking to keep yourself engaged during colder days.
- 10. Remember to Hydrate: Despite the colder weather, continue to stay well-hydrated. The dry air can quickly lead to dehydration. Consume warm beverages like herbal teas or soups to stay hydrated and mend sore throats.
- 11. Respiratory Health: Be proactive in supporting respiratory health. Use a humidifier to add moisture to the air and prevent dryness in your living space.
- 12. Stay Informed: Stay updated on weather forecasts and be prepared for any extreme weather conditions. Have a plan in place and keep your car stocked with an emergency kit for the unexpected.

Remember, everyone's winter wellness needs are unique, so tailor these tips to suit your individual preferences and health requirements. Always consult with a healthcare professional for personalized advice.

## Garden Gossip

### Calla Edwards

Horticulture Agent

callae@ksu.edu

https://www.butler.k-state.edu/horticulture/

### **Winter Burn on Evergreens**

Winter can be hard on any plants but it can be especially hard on our

evergreens since they keep their foliage. When evergreens are damaged in the winter it is referred to as "winter burn". We most commonly see winter injury on pine or juniper trees however boxwood, holly, magnolia, and azalea shrubs can also be damaged. Winter injury is caused by the desiccation of the leaves and needles, usually when cold winter



winds blow by the needles causing them to lose moisture faster than the plant can replace it. The needles or leaves then dry out and die. This happens often during dry winters, prolonged cold spells, or when the ground is frozen so the plant can't take up enough water. There are a few ways we can prevent winter injury, the first is to water during warm spells to help keep the plants hydrated (if there has been adequate moisture this is not necessary). The second option is to wrap smaller, delicate plants with burlap to prevent damage by the wind. Finally, Antidesiccant sprays can be applied in midwinter if desired and may provide some



protection through the winter. Winter injury can also be caused by salt applications on sidewalks. The salt dries out the needles and leaves of the plants and causes similar damage. Often this damage doesn't show up till spring when the plants start to grow again. Most of the time plants will grow out of the injury, but they may look sad for a while. Happy Growing!

## Garden Gossip

### Calla Edwards

Horticulture Agent

callae@ksu.edu

https://www.butler.k-state.edu/horticulture/

### **Caring for Your Holiday Plants**

The holidays have come and gone but the plants we purchased during that time are still around. While some plants purchased for the holidays are only around for a short time, for example Christmas trees, others can bring us joy for many years if cared for properly.

Poinsettias are one the most common and probably the most popular of the plants sold around the holidays. They can make an easy-to-care-for, gorgeous houseplant if you decide to keep them after the holidays. In their native range, poinsettias develop woody stems and grow to be the size of small trees, so one of the first steps to their indoor care is to transplant them into a larger pot to allow the roots room to grow. Water them when the top inch of soil gets dry and provide plenty of light. Trim the poinsettias back around Valentine's Day to prevent them from becoming leggy and start fertilizing them at half-strength. Once the weather warms up they can be moved outside and slowly transitioned to full sun for the summer. Water and fertilize regularly through the summer till September when you bring them back indoors. To encourage a bushy plant with more blooms prune them back about Father's Day for the final time.





<u>Holiday cacti</u> are probably the longest-lived of the plants you can purchase for the holidays with some living to be well over 100 years old or longer. Holiday cacti are tropical cacti that prefer to be watered when the top two inches of the soil get dry. Similar to the poinsettia, wait to fertilize them till February and then fertilize regularly throughout the growing season till they set blooms in the fall. These cacti can be moved outside once nighttime temperatures are above 50 degrees, but keep them in an area where they get morning sun and afternoon shade only. They will burn in full afternoon sun in our area. The plants should be brought inside in the fall when the weather is cool and treated like a houseplant. Holiday cacti prefer to be pot bound and should only be transplanted every couple years into slightly larger pots.

Amaryllis are the final holiday plant to talk about. While not as long-lived as the others, amaryllis can provide years of enjoyment in the home. The secret to getting them to rebloom is to have healthy plants. Once they have finished blooming,

cut off the blooms but leave the bloom stalk. A green stem will continue to promote photosynthesis, which creates energy that is stored in the bulb for future leaf growth and flowers. Start fertilizing at half strength in February and continue fertilizing through the summer. Move the amaryllis outdoors in the summer and treat it like any other outdoor plant till fall. If you bought a bulb wrapped in wax you must remove the wax or the plant will die. Take a sharp knife and cut a "v" in the wax at the base then slowly peel the wax off the bulb, leaving as much of the brown papery covering as possible. Place the bulb on a damp paper towel for 4 to 6 weeks till the bulb has 3 to 4 roots that are three inches long. Transplant the bulb into a pot about two inches larger than the diameter of the bulb. This process may take several months but the bulb should live. If your amaryllis does not bloom in the spring, it didn't store enough nutrients the previous growing season.



### 4-H

### https://www.butler.k-state.edu/4-h/

Butler County has some pretty special kids! 4-H can take youth as far as they want to go. The sky is truly the limit for youth who embrace 4-H to the fullest.



Kylee B. is a member of the Purple Heart
4-H Club in Andover. She is actively
involved in shooting sports, selfdetermined (Honey Bees), photography,
foods and nutrition, leadership, fiber arts,
plant science and visual arts. Kylee was
elected to the Kansas 4-H Council and
also 1 of 6 selected to represent Kansas
at National 4-H Conference this spring.

Cami M. is a member of the Cassoday
Boosters 4-H Club. She is actively involved
in beef, communications, leadership, sheep
and photography. Cami was selected as 1 of
2 Kansas 4-H Youth to represent Kansas in
the AgriScience track at the National Ignite
by 4-H Conference this spring in
Washington, D.C.



As you can tell, whether it is non-livestock or livestock projects, there is something for everyone and 4-H will take you places!