



March 2024

## 4-H & Youth Development

4-H is America's largest youth development organization and we empower young people with the skills to lead for a lifetime. Kids build life skills by leading hands-on projects in areas like science, health, agriculture and, civic engagement – helping them to grow confidence, independence, resilience, and compassion. Adult mentors provide a positive environment where they learn by doing.

If you want to get your youth involved in a program that will empower them with life skills or if you have a passion to teach youth and would like to explore being a volunteer, give our office a call!

## Family Consumer Sciences

### **Walk Kansas is Back!**

Each year about this time, I get very excited about a program that rallies thousands of Kansans and their friends to have fun and improve their mental and physical health. It is a program I have participated in since I was in the 8th grade, and am excited to implement this year in Butler County. This program is called Walk Kansas.

Walk Kansas is a team-based challenge that encourages people to walk, jog, run, bike, swim or move their body however they prefer, to live more healthfully. The program will kick off on March 26 and will run eight weeks through May 20. Registration is available online beginning March 1st, and cost per person is \$10.

Sharolyn Jackson, K-State Research and Extension's state leader for the Walk Kansas program, shares that the program was founded on the principle that if teams of six people would meet the minimum guidelines for physical activity over eight weeks, they could collectively and virtually walk across the state of Kansas, which is 423 miles. The minimum guidelines are those recommended by the U.S. Center for Disease Control and Prevention that individuals should aim for at least 150 minutes of moderate to vigorous physical activity each week – or about 30 minutes a day, five days a week.

Walk Kansas is an adaptable program where you can participate as a team or solo. You can choose between different challenges, and set personal goals for fruit, vegetable, and water consumption. Participants are also encouraged to add in some type of strength exercise. Throughout the program, tips, tricks, and instructions are shared each week with participants in a newsletter.

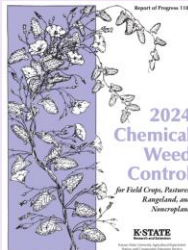
This year there is the additional benefit that will be offered from April 2 through May 14 where organizers will offer a weekly webinar on healthy eating. The course is called 'Med' rather than 'meds,' to reflect the goal to help participants learn ways to potentially replace medications with healthy eating.

Holistically, Walk Kansas is a chronic disease prevention program, and a way to delay the onset of chronic disease. The reality is that two-thirds of chronic diseases can be prevented or delayed by the lifestyle changes demonstrated in the Walk Kansas program.

So, gather your team, tie on your sneakers, and register at [www.walkkansas.org](http://www.walkkansas.org) to start your journey to better health this March.

## Agriculture

Chemical Weed Control Guidebooks are available FREE at the Butler County Extension Office! Not licensed to apply restricted pesticides? No problem! You can purchase the book/study guide from our office for \$8.50, and schedule a time to take it at our office. Give us a call for more information or drop in and grab a guidebook!



## Horticulture

### **Importance of Soil Temperatures**

February is almost over and the itch to start gardening is upon us. Many people plan to get in the vegetable garden starting St. Patrick's weekend which, is the traditional time to plant potatoes in Kansas. While March 17th has been the historical start to the gardening season, it's far more important to go off of soil temperatures rather than using a date on the calendar. We all know that our weather doesn't understand how a calendar works, check this week's beautiful weather, and every gardening year is different from the one before. It's best to use a digital meat thermometer to check the soil in your vegetable garden prior to planting to ensure that the seed or potato you put into the ground will grow. If the temperatures are too cold and the soil is wet, you may have just wasted your time and money with rotting seeds. The easiest way to check the soil temperature is to use a digital thermometer (check that the temperature goes low enough) and check the soil temperature at two and four inches in the ground in several spots in your garden. Check the temperature over several days to a week to see what the average is before planting. You can also use the KS Mesonet system (<https://mesonet.k-state.edu/agriculture/soiltemp/>) to get an idea of how soil temperatures are fluctuating across the area. Check the soil temperature for those early plants but also check for those warm-season vegetables as well.

While the trusty potato is often thought of as the first plant to go into the garden several plants can go in the ground when the soil temperatures are even colder. You could be planting in your garden right now with our current soil temperatures if you wanted to. Below are some of the soil temperatures at which various vegetables can be planted and successfully grown.

- 40 Degrees Fahrenheit Group- arugula, beet, broccoli\*, Brussel sprout\*, cauliflower\*, kale, lettuce, pak choi\*, parsnips, peas, radicchio, radishes, and spinach seed. (\* indicates transplants, not seeds)
- 50 Degrees Fahrenheit Group- Chinese cabbage, leeks, onions, swiss chard, potatoes, turnips, and cilantro.
- 60 Degrees Fahrenheit Group- Beans, corn, cucumber, eggplant\*, pepper\*, and \*tomato. (\*indicates plants to transplant outside)
- 70 Degrees Fahrenheit Group- Basil, okra, melons, pumpkin, squash, and sweet potato.

### Contact us:

Phone: (316) 321-9660

Facebook: @ksrebutlerco

Web: Butler.K-State.Edu

Twitter: @ButlerExtension

Address: 206 N Griffith St, Ste. El Dorado, KS 67042

See our full Newsletter at <https://www.butler.k-state.edu/newsletter.html>

For KSRE publications and information,

visit [www.ksre.ksu.edu](http://www.ksre.ksu.edu)



# Kokedama Class

Join us for a fun evening learning the art behind the Japanese Kokedama. The experts from Simple Morea will be teaching you how to make your very own Sansevieria Kokedama to take home. The cost of this class is \$35 and pre-registration with payment is *required*. To register please visit this link:

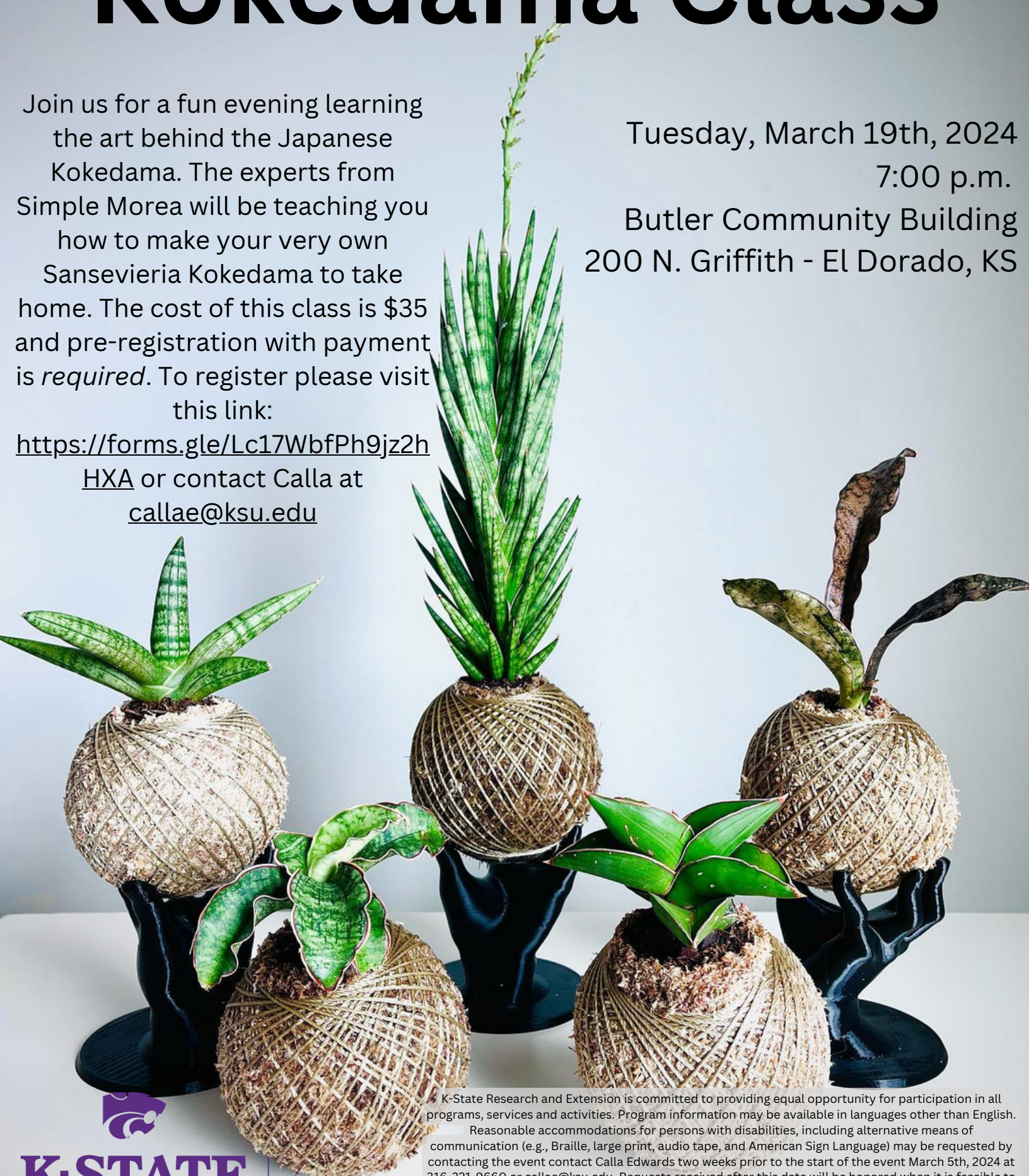
<https://forms.gle/Lc17WbfPh9jz2h>

HXA or contact Calla at [callae@ksu.edu](mailto:callae@ksu.edu)

Tuesday, March 19th, 2024

7:00 p.m.

Butler Community Building  
200 N. Griffith - El Dorado, KS



**K-STATE**  
Research and Extension

Butler County

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English.

Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Calla Edwards two weeks prior to the start of the event March 5th, 2024 at 316-321-9660 or [callae@ksu.edu](mailto:callae@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.



**FUN NIGHT**  
**TUESDAY**



A Gardeners'  
Get-Together,  
where seeds  
are the currency  
of connection!

# SEED EXCHANGE

Organized by Master Gardeners & Friends of the Library



**Tuesday**  
**March 12th**  
**2024**

**5:30 PM**  
**7:00 PM**



**ANDOVER  
PUBLIC  
LIBRARY**

**K-STATE**  
Research and Extension  
Butler County

**Bring a variety of seeds – vegetables, flowers, trees – in small, clearly labeled bags. Also, bring extra bags and markers for labeling the seeds you collect and trade with others. Let's make this exchange diverse and organized!**

FOR MORE INFORMATION CONTACT: [tlarsen@andoverlibrary.org](mailto:tlarsen@andoverlibrary.org)

# Special Storytime

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



**TUESDAY, MARCH 12TH**

**10:30 A.M.**

**IN THE STORY LABORATORY**

**AGES: 3-8 YRS.**

**FAMILIES WELCOME!**





# YOUTH LAWN MOWING CLINIC

Thursday, March 14th, 2024  
Butler Community Building  
200 N. Griffith - El Dorado, KS  
Registration Begins at 9:20 a.m. Clinic Will Be 9:30 - 11:30 a.m.

## You Will Learn:

- ✓ Lawn Mower Safety
- ✓ Lawn Mower Maintenance
- ✓ Proper Care for Various Types of Turfgrass
- ✓ Business Skills Necessary to Run Your Own Lawn Mowing Business

**PRE-REGISTRATION IS REQUIRED**

**CLINIC COST IS \$10**

This clinic is designed for youth in 5th through 9th grade

**REGISTER NOW**

☎ 316-321-9660  
✉ [callae@ksu.edu](mailto:callae@ksu.edu)

  
**K-STATE**  
Research and Extension

Butler County

K-STATE RESEARCH & EXTENSION  
  
**Master Gardener**

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Calla Edwards two weeks prior to the start of the event February 29th, 2024 at 316-321-9660 or [callae@ksu.edu](mailto:callae@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

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