**Horticulture**

Asparagus is a well-loved vegetable and is one of the first signs of spring. In the spring, it’s important to clean out all the leaves, debris and other plant material that might be left over from last year. Weed control can be one of the biggest issues with an asparagus patch and spring is a vital time to prevent weed issues. If the spears haven’t started to sprout you can spray the area with a glyphosate product to kill any weeds and then go back over the area with trifluralin weed preventer granules. There are several products on the market that would work but no matter the product, make sure you use check the label to ensure that asparagus is listed as one of the plants the product is safe around. Spring is not the best time to fertilize asparagus, in fact, you might do more harm than good as the fertilizer will help the weeds get ahead of the asparagus. In an established asparagus bed, it’s best to wait to apply a fertilizer till after you have finished harvesting for the season.

**Family Consumer Sciences**

Get into Nature

Spring is nearly here, and the call to the wild is strong in my heart! My inner child longs to play in mud puddles, explore the flowers, go on long walks. Trees are growing, plants are no longer dormant, there are insects everywhere and other parts of the natural environment are starting to emerge! Did you know that being outside is not only great for physical activity, but it is also very valuable for our minds? Outdoor time is especially crucial for the developing mind of a child. Here are some reasons why:

- **It promotes physical health** – improving motor skills, lowering obesity rates and myopia risk.
- **Allows for vitamin D absorption** (as well as absorption of other vitamins and minerals for better health and immunities).
- **Promotes curiosity, creativity, and critical thinking.**
- **Promotes better sleep.**
- **Gives an opportunity to learn self-determination and self-efficacy, in turn building self-esteem**
- **Anchors children to the real world**
- **Promotes mental health.**

Going outside is its own reward. So put the screen down, tie on some sneakers, and get into nature!

**4-H & Youth Development**

**Why 4-H?**

The North Butler 4-H Club recently held a meeting that is known as “Parent’s Night”. In this meeting, the parents run the meeting in their child’s place. The roll call question was “Why is your family in 4-H?” Here are just a few of their answers:

“**Our family is in 4-H because it teaches responsibility, pride in one’s work, and a strong work ethic.**”

“**Our family is in 4-H because it teaches our kids public speaking and interview skills.**”

“**Our family is in 4-H because of the strong, lifelong relationships they are building.**”

“**Our family is in 4-H because they are learning to become strong leaders.**”

4-H is so much more than showing livestock or baking cookies. 4-H is developing life skills and leadership in our next generation.

It’s not too late to sign up for 4-H, call our office at (316) 321-9660 to learn more!
1st ANNUAL BUTLER COUNTY Lawn & Garden Show

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APRIL 23 | Noon to 5pm

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