

# NEWSLETTER



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## From the Director's Desk

The year is officially halfway over! Just when we were thinking that everything was hot and dry, Mother Nature turned the tables and the skies opened up. If only we could have spaced some of that rain out over the course of the summer! Despite the Flash Flood disaster, good things did happen.

I have heard from many and echo the same thoughts that we are blessed with an excellent emergency response community in our County. Quick response kept people safe in rapidly rising water. There is no doubt that we saw unprecedented flooding. Following the flooding, agencies came together to provide support to those impacted. Our office was no different. Our office professional created a link on our website that hosts all of the disaster resources we compiled during the event. The resources can be found on our [K-State Extension Butler County Website](#). We have an excellent set of Extension Agents that can pull a lot of resources in a short amount of time.


Beginning July 1<sup>st</sup>, we are elevating Extension and changing our name. We are now K-State Extension, formerly known as K-State Research and Extension. While our name has changed, this does not impact our community outreach and programming efforts. Our signs and logo will also remain the same for now. "Research" will be reserved for the stations focused on doing research. If you would like to learn more, I encourage you to visit the [Elevate Extension website](#).

July also brings us the Butler County Fair! Make plans to attend this community event and help celebrate the amazing youth in our 4-H program. From foods, photography, and visual arts to rabbits, chickens, cattle, pigs, and so much more, your family is sure to find it an enjoyable experience. A concession stand will also be available, and all proceeds benefit our County 4-H program.

Before we know it, summer will be over. Embrace your last full month of summer before school activities start back up and fall is knocking on our door. From grilling and swimming to camping, gardening, farming and ranching, have a safe and fun summer!

~ Charlene

# Upcoming Events

						
		① Extension Council Board Meeting 6:30 p.m. Choose Health, Food, Fun, & Fitness - Leon Library 11 a.m.	② Garden Hour 12 p.m.	③	④ 4 <sup>th</sup> of JULY <b>CLOSED</b>	⑤
⑥	⑦ Cool Art with Math & Science - Whitewater Library 2-3 p.m.	⑧ Choose Health, Food, Fun, & Fitness - Leon Library 11 a.m.	⑨ Lunch & Learn - Andover Public Library 12:15 p.m. Fall Gardening - Benton Community Building 5:30 p.m.	⑩	⑪ Mug Mingle 7:45 a.m. Butler County Fair Public Revue 1:30 p.m. - El Dorado High School	⑫
⑬ Butler County Fair Horse Show 6 p.m. - 3 Wooden Crosses Arena, Augusta	⑭	⑮	⑯ Annual and Perennial Flower - Bradford Memorial Library El Dorado 6 p.m.	⑰ Butler County Fair Check-In	⑱ Butler County Food Auction 6 p.m.	⑲
<b>Butler County Fair</b>						
⑳ Pedal Pull Special Champions Goat Show	㉑ Butler County Fair Project Auction	㉒ Butler County Fair Project Release and Clean-Up	㉓	㉔ <b>CLOSED</b>	㉕ <b>CLOSED</b>	㉖
㉗	㉘	㉙ Choose Health, Food, Fun, & Fitness - Leon Library 11 a.m.	㉚	㉛		

**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.

\*During the week of July 13<sup>th</sup> - 26<sup>th</sup>  
 Office Hours will be 8 a.m. - 5 p.m.

Join Us For Our 2025 Quarterly Extension Connection


## Mug Mingle



Grab a mug and mingle with your local  
 Butler County Extension Staff  
 Friday, July 11th from 7:45-9:00 a.m.

Save the date for October 10th

K-State Research and Extension is an equal opportunity provider and employer.

						
					①	②
③	④	⑤ Extension Council Board Meeting 6:30 p.m.	⑥ Garden Hour 12 p.m.	⑦ 4-H Kansas Wheat Expo Butler County Baby Jubilee 4-7 p.m.	⑧	⑨
⑩	⑪	⑫	⑬ Lunch & Learn - Andover Public Library 12:15 p.m.	⑭	⑮	⑯ 4-H Kansas State Horticulture Judging Contest
⑰	⑱ Lunch & Learn - Lori's EMPORIUM!, Augusta 12:15 p.m.	⑲	⑳	㉑	㉒	㉓
㉔	㉕	㉖	㉗	㉘	㉙	㉚



# Upcoming Events



**BUTLER COUNTY** **wic KANSAS** **KANSAS MATERNAL & CHILD HEALTH** **KIDS SAFEsleep™ COMMUNITY BABY SHOWER**

## Baby Jubilee

**FREE COMMUNITY BABY SHOWER**

**THURSDAY, AUGUST 7, 2025**  
**4-7 PM**

**BUTLER COUNTY COMMUNITY BUILDING**  
**200 N GRIFFITH**  
**EL DORADO, KS 67042**

Scan to register for the Safe Sleep Class & receive a **FREE** pack-n-play!



For expectant parents, families with an infant, and their support persons.

Learn about the importance of Infant Safe Sleep and celebrate World Breastfeeding Week with the Butler County Health Department.

**Giveaways**  
**Door Prizes**  
**Vendors**  
**Educational Materials**  
**Family Support**  
**Come & Go**

Call or text (316) 452-1434 for more information.



## SCHOOL SUPPLY Drive

Help empower young minds and support education by participating in our School Supply Drive

Join us in making a positive impact on students' lives in Butler County by providing them with the tools they need to succeed in their academic journey this fall.

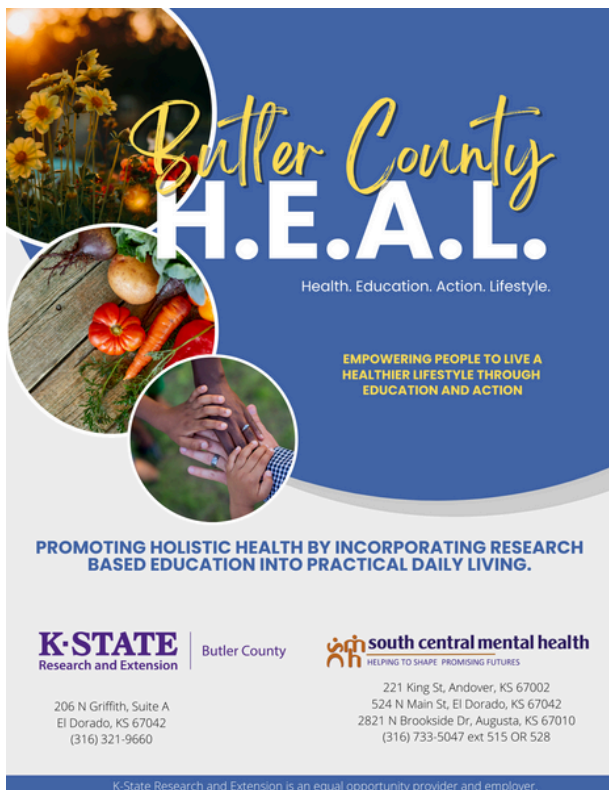
**L** Kickoff during Mug Mingle on Friday, July 11<sup>th</sup> at 7:45 a.m.  
**ENDS MONDAY, JULY 28<sup>TH</sup>**

**K-State Extension**  
**Butler County**  
**206 N GRIFFITH SUITE A**  
**EL DORADO, KS 67042**



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

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE  
K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



## Butler County H.E.A.L.

Health. Education. Action. Lifestyle.

**EMPOWERING PEOPLE TO LIVE A HEALTHIER LIFESTYLE THROUGH EDUCATION AND ACTION**

**PROMOTING HOLISTIC HEALTH BY INCORPORATING RESEARCH BASED EDUCATION INTO PRACTICAL DAILY LIVING.**

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

206 N Griffith, Suite A  
El Dorado, KS 67042  
(316) 321-9660

**south central mental health**  
HELPING TO SHAPE PROMISING FUTURES  
221 King St, Andover, KS 67002  
524 N Main St, El Dorado, KS 67042  
2821 N Brookside Dr, Augusta, KS 67010  
(316) 733-5047 ext. 515 OR 528

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## 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](http://go.illinois.edu/StrongCouples)





# Upcoming Events

**K-STATE**  
Research and Extension



## Cool Art with Math & Science

JUNE 9 JUNE 16 JUNE 23 JUNE 30 JULY 7

2:00 P.M. - 3:00 P.M.

Whitewater Memorial Library  
Origami, Tessellations, String Art, Optical Illusions, and Structures

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. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact Madeline Wallace four weeks prior to the start of the event (May 5, 2025) at 316-321-9660 or mgwallac@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  
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JOIN US FOR

## CHOOSE HEALTH: FOOD, FUN, & FITNESS

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

July 1 - Replace Sugary Drinks  
July 8 - Color Your Plate  
July 29 - Power Up Your Day



TUESDAYS, JULY 1<sup>ST</sup>, 8<sup>TH</sup>, & 29<sup>TH</sup>, 2025  
11:00 A.M. - 12:00 P.M.  
AGES 8-18 YEARS OLD

LEON PUBLIC LIBRARY  
703 N. WEST ST.  
LEON, KS 67074

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. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact Madeline Wallace four weeks prior to the start of the event at 316-321-9660 or mgwallac@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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## K-STATE GARDEN HOUR

### A Look at KS Demonstration Gardens

Wednesday, July 2nd 12:00PM -1:00PM CST

For this special edition of the K-State Garden Hour, join Extension agents Mathew McKernan, Markis Hill, Jason Graves, and Jay Harris, alongside Johnson County Master Gardener Coordinator Mary Mathew, as they highlight demonstration gardens across Kansas. Discover how these gardens serve as hubs for education, sustainability, and community engagement. Don't miss this unique opportunity to learn from leaders helping shape the future of gardening in Kansas.



Register Here!

Please register for this free Zoom Webinar at:  
[ksre-learn.com/KStateGardenHour](https://ksre-learn.com/KStateGardenHour)



## K-STATE GARDEN HOUR

### Innovations in Horticulture Research at Kansas State University

Wednesday, August 6th 12:00PM -1:00PM CST

As a land-grant university, Kansas State University's core missions are Teaching, Research, and Extension. This session will share recent and emerging horticultural research across the state and beyond. Join Dr. Cheryl Boyer, Professor and Extension Specialist, as she highlights research projects addressing horticultural specialty crops such as ornamentals, fruits and vegetables, and turfgrass.



Register Here!

Please register for this free Zoom Webinar at:  
[ksre-learn.com/KStateGardenHour](https://ksre-learn.com/KStateGardenHour)



### Garden Hour Webinars:

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

July 2025

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# Upcoming Events

## STRIVE TO THRIVE Butler County Fair July 17-21 2025 IN 2025

### BUTLER COUNTY FAIR

### KIDS PEDAL PULL

*Sunday July 20th*

-  REGISTRATION AT 130PM
-  PULL STARTS AT 2PM
-  AGES 4-12 WITH WEIGHT CLASSES RANGING FROM 30-90 LBS
-  KANSAS STATE SANCIONED PULL
-  TOP 3 PLACES IN EACH AGE DIVISION WILL GO ON TO THE KANSAS STATE FAIR IN SEPTEMBER!



Butler County Fair  
EL Dorado, KS

## SPECIAL CHAMPIONS *Goat Show*

**SUNDAY, JULY 20TH**

- Show open to participants ages 14 and older with I/DD
- Participants will be paired with a 4-H/FFA goat exhibitor
- Entries are due by June 16
- More Information Coming Soon!!



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Butler County

## LUNCH & LEARN

Bring your lunch and join Horticulture Agent, Calla Edwards, over the lunch hour during our monthly Lunch & Learn Program. This will be held over the lunch hour and will cover a variety of horticulture topics.

**August 18<sup>th</sup>**  
**12:15-12:45 p.m.**

**Lori's EMPORIUM!**  
1604 Custer Ln.  
Augusta, KS

**August Topic: Squash & How to Use It**

Squash is a very fragile vegetable in the garden. Learn tips on preventing insect issues & recipes to use your surplus of squash this season.

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

## LUNCH & LEARN

Bring your lunch and join Horticulture Agent, Calla Edwards, over the lunch hour during our monthly Lunch & Learn Program. This will be held over the lunch hour and will cover a variety of horticulture topics.

**July 9<sup>th</sup>**  
**12:15-12:45 p.m.**

**Andover Public Library**  
1511 E. Central Ave.  
Andover, KS

**July Topic: Troubleshooting Issues in the Garden**

Learn how to identify and treat common vegetable garden issues.

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# Available Services

## Bad Odor?

We have a breath of fresh air for you! K-State Research and Extension - Butler County offers Nilodor cotton balls to help eliminate the odor in your most desperate areas. Just 1 drop can neutralize the air in a 10'x10' room. Costing only \$0.10 per cotton ball, this is an extremely cost effective solution to your most smelly situations.



## Soil Testing

Whether you are preparing your garden for spring planting or wanting to make sure your fields are ready to produce a bumper crop, we can help.

Bring your soil into the K-State Research and Extension - Butler County Office today and we will ship it to K-State Soil Labs for testing. Each test comes with personal recommendations put together by our Agriculture and Horticulture Professionals. Cost will vary depending on tests requested.

For more information on Horticulture Soil Testing, visit our website here: <https://www.butler.k-state.edu/horticulture/Soil%20Tests.html>

For more information on Agriculture Soil Testing, visit our website here: <https://www.butler.k-state.edu/agriculture/soiltest/untitled.html>

## Coffee Mugs Now Available!

Get yours today at the K-State Research and Extension - Butler County Office  
206 North Griffith, Suite A  
El Dorado, KS 67042



**\$10.00 Each**

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Butler County

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# Butler County Fair

## Butler County Fair Returns with Family Fun and 4-H Talent on Full Display

**By Erin Burden, Fair Board President**

The sights, sounds and spirit of summer are set to return as the Butler County Fair kicks off Friday, July 18, running through Monday, July 21 at the Butler County Fairgrounds in El Dorado. The festivities begin early with pre-fair events starting Friday, July 11<sup>th</sup>, featuring the always popular 4-H/FFA Fashion Revue and the 1st Annual Fair Queen Contest (El Dorado High School at 1:30 p.m.), sponsored by The Beauty Barn, Walter's Flowers, and Erin Burden, followed by the 4-H/FFA Horse Show on Sunday, July 13<sup>th</sup> (3 Wooden Crosses Arena at 6 p.m.). The remaining 4-H events are scheduled through the third weekend in July so there will be plenty of opportunity to come out and see the talented youth of Butler County compete in livestock shows, crafts, cooking, woodworking and more.

Keep an eye out for our amazing 4-H/FFA youth proudly wearing their Lime Green Fair Shirt, generously donated by Community National Bank! These bright shirts represent more than style – they symbolize youth leadership and hard work. A huge thank you to Community National Bank for supporting our future leaders!

Sunday, July 20<sup>th</sup> is designated as Sunday Funday. Join us for a fun-filled afternoon. Special thanks to Mark Johnson with Farm Bureau Financial Services Johnson Agency for sponsoring the Kids Tractor Pedal Pull. Registration for the pull starts at 1:30 p.m. and the pull starts at 2p.m. Event is open to kid's ages 4-12, weighing between 30-90lbs and the top 3 winners in each age division will move on to complete at the Kansas State Fair in September. We are excited to bring this event to our community – come cheer on the kids and enjoy the fun!



Stick around after the Pedal Pull for a heartwarming and inspiring event sponsored by Susan B. Allen Memorial Hospital. This year, the Fair Association is proud to partner with Flinthills Services, Inc. to present a Special Champions Goat Show featuring some amazing participants from Flinthills Services. Come cheer on these incredible individuals as they showcase their hard work and love for animals. It's a celebration of community, inclusion and the spirit of the fair!

The fair concludes with a highlight event: the Annual Premium Auction, held Monday, July 21<sup>st</sup> at 7 p.m. at the Butler County Fairgrounds. This special evening gives the public a chance to support 4-H/FFA youth by purchasing a market animal or project at the auction, buyers are directly invested in the future of a 4-H/FFA youth – helping fund their education, future projects and personal growth. For those unable to attend in person the auction will also be available online at the same time through Sundgren Realty.

Supporters can also contribute through “add-on” donations to any participating youth. These donations can be made in any amount and are a meaningful way to show encouragement. Simply visit the sale clerk table after the auction to make your contribution.

None of this would be possible without the generous support of our County Commissioners, local businesses, and individuals. Their continued commitment to the fair ensures that this cherished event remains a vibrant part of our community. Your support of the Butler County Fair is deeply appreciated.

For a full schedule of events and updates, follow the Butler County KS Fair on Facebook.

# Butler County Fair



**CALLING ALL SWEET-TOOTHS**

*Want to Support  
Butler County 4-H?*

Cakes and Pies and Bread, OH MY!

**COME OUT TO THE BUTLER COUNTY 4-H COUNCIL FOOD  
AUCTION DURING THE BUTLER COUNTY FAIR!**

Friday, July 18th at 6:00 p.m.  
200 North Griffith, El Dorado

**K-STATE**  
Research and Extension



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 for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Madeline Wallace four weeks prior to the start of the event June 21, 2024 at 316-321-9660 or mgwallaceksu.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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# 4-H

## Madeline Wallace

4-H Youth and Development Agent

[mgwallac@ksu.edu](mailto:mgwallac@ksu.edu)

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

## A Minute with Madeline

### What's After the Fair?

As the dust settles and the animals head home, you might be wondering—what happens after the county fair? While the county fair is one of the biggest events of the 4-H year, there are still several important steps and exciting opportunities ahead for 4-H members and families. Here's what comes next:

#### **Record Books**

Now's the time to reflect on all your hard work this year! Record books help 4-H members track their growth, set goals, and build valuable life skills. Whether you're new to record keeping or a seasoned pro, every member is encouraged to complete their records.

Attend the upcoming **record book workshop** on August 27 to help guide you through the process. Need forms or help figuring out what to complete? Contact the Extension Office—we're here to support you!



#### **Achievement Pins & Awards**

Completing your record book opens the door to receiving annual recognition pins and other awards. From first-year members to senior leaders, there's a pin for every step of your 4-H journey. Members interested in earning an achievement pin should make sure to submit the proper forms by Monday, September 22 at 5 p.m.

# What's After the Fair? Cont.

## Achievement Celebration

Mark your calendar! The annual Butler County 4-H Achievement Celebration is a time to recognize the effort, leadership, and dedication of our members, volunteers, and clubs. It's a night full of celebration and inspiration—details will be announced soon!

## Kansas State Fair

If you have qualifying exhibits, don't forget the Kansas State Fair is right around the corner in September. Projects selected for the State Fair must be confirmed and entered by Wednesday, August 6, at 5 p.m. Watch for details from the Extension Office on how to prepare, transport exhibits, and attend.



## Stay Involved Year-Round

After the fair, many clubs gear up for new officer elections, service projects, and community events. Fall is also a great time to try new projects, recruit friends to join, or set goals for the year ahead. Leadership opportunities like the Butler County 4-H Council and Ambassadors will also open soon!

The county fair may be the highlight of summer, but it's not the finish line. It's the starting point for reflection, recognition, and re-energizing for the new 4-H year. Thank you for making this fair season a success—we can't wait to see what you'll do next!



# Ag Talk

**Charlene Miller**

Director/Agriculture Agent

[cmmiller1@ksu.edu](mailto:cmmiller1@ksu.edu)

<https://www.butler.k-state.edu/agriculture/>

## Clean Clothes Contribute to On-Farm Safety

**Larson shares tips on caring for clothes exposed to contaminants on the farm**

MANHATTAN, Kan. — Clean clothes might not top the list when thinking about farm safety, but proper hygiene can play a vital role in preventing the spread of disease and chemical exposure, according to Tawnie Larson, program manager for the Kansas Agriculture Safety and Health Program at Kansas State University.

“Workers can become contaminated with different substances as they work out in the field and around animals,” Larson said. “So we want to be aware of limiting cross-contamination.” She recommends taking special care of clothing items that are used on a regular basis because they can be the most exposed to contaminants.



## Clean Clothes Contribute to On-Farm Safety Cont.

“Boots, coveralls, jackets and hats that you might put on every day are some of the items that we need to take some special care of and think about washing them on a regular basis,” Larson said. Larson said producers are often aware when illness is circulating among their herd, making it even more important to avoid spreading pathogens through clothing.

“If you do get extremely soiled clothing, take it off so that you're not working around that disease and you're not spreading it amongst your animals, or to other people that you're working with,” she said.



When it comes to laundering soiled clothes, Larson recommends the hottest water available, plenty of agitation, and not overloading the machine. Good detergent, bleach or disinfectant, and presoaking can all aid in cleaning effectively.

Similar principles apply when working with pesticides and herbicides. Larson said it's always a good idea to review the labels on chemicals to check the specific washing instructions. Also, according to Larson, the sun is an amazing natural disinfectant. After cleaning in the washing machine, laying clothes out in the sun to dry can help kill even more bacteria.

“If you are using pesticides that are granules, dust or powder, shake the clothing outside,” she said. “Don't forget about your pockets and your cuffs; get as much loose stuff as you can off, and if it is a spray pesticide, then just get them into the washing machine as soon as possible.”

“Think about safety and health anytime that you're dealing with possible contaminants. Extra caution should be taken around those with compromised immune systems, and during pregnancy. If you have been working around chemicals and sick animals, avoid any interaction with your family, children and pets until you have a chance to change clothes and shower if possible.”

June 13, 2025

*By Madeline Drake, K-State Research and Extension news service*

<https://www.ksre.k-state.edu/news-and-publications/news/stories/2025/06/agriculture-farm-clothes-safety.html>



## Kansas Department of Ag Custom Rates

With the rising cost of machinery and the uncertainty of local workers, custom agricultural work has become a staple for today's farm. This publication reports the average rates for Kansas agricultural custom work in the period of 2022-2024. Since 2016, the survey has been conducted by the Land Use Survey Office (LUSO)<sup>1</sup> in the Department of Agricultural Economics at Kansas State University in conjunction with the Kansas Department of Agriculture (KDA). Since 2018, the survey has been available online for Kansas custom operators across the state to complete. Previous versions of this survey and report were written and conducted by the National Agricultural Statistics Service-Kansas office (NASS).

This report details the average rates paid by Kansas farmers and ranchers for custom work performed in their operation. This report is updated every 2 years, with the last report being released in 2024. Rates reflect fair market value for custom services either rendered or hired and can be used by Kansas farmers and ranchers as they make decisions about rate charges. This report is also valuable for custom operators. For complete information and access to the report, please visit [Kansas Custom Rates 2024](#) on the Ag Manager website.



## Slow Down and Share the Road

Soon, the rain will slow down, and the farmers will be full speed ahead. There are crops still to plant, wheat to harvest, and hay to swath and bale. That means you will see an increase in farm equipment and implements on the road. As a farmer/rancher myself, I have experienced near misses due to drivers not slowing down and taking their time to ensure safe passing conditions. I have also read recent articles where farmers on tractors have died as a result of other drivers not paying attention. Farmers have just as much right to the road as other vehicles. They just travel at a much slower speed.



This year, let's aim to keep our eyes up, share the road, and slow down for farm implements and equipment out on the roads. Here are some key tips:

1. Follow the law and do not use your cellphone while driving
2. SLOW DOWN for farm equipment. Attentive driving and scanning the road ahead will allow you to be better prepared to spot slow-moving vehicles, and you can slow down accordingly.
  - a. Watch for the orange/red slow-moving vehicle emblem and flashing lights
  - b. Increase your following distance.
3. Do not pass into oncoming traffic, on the shoulder, or in no passing zones. Never pass while approaching curves, hills, bridges, intersections, or railroad crossings.
4. Be Patient, cautious, and courteous! Being a safe driver not only keeps you safe and gets you home to your family, but also keeps our farmers safe as well.



# Ag Talk



## HPAI: Highly Pathogenic Avian Influenza

Highly pathogenic avian influenza, or HPAI, is a rapidly spreading viral disease that can infect many types of birds. Avian influenza, often called avian flu or bird flu, can be common, but some strains are highly pathogenic, which means they are more deadly. Introduced by migrating wild birds, HPAI can spread through spring migration and affect **all** domestic poultry — small and backyard flocks as well as commercial industries.

Poultry with HPAI **do not** survive the illness. Vaccines for HPAI are not readily available.

### Signs of Avian Influenza

- Coughing and sneezing
- Difficulty breathing
- Extreme depression
- Lack of energy
- Decrease in feed or water intake
- Swelling or purple discoloration of head, eyelids, comb, wattle and legs
- Decrease in egg production
- Sudden unexplained death

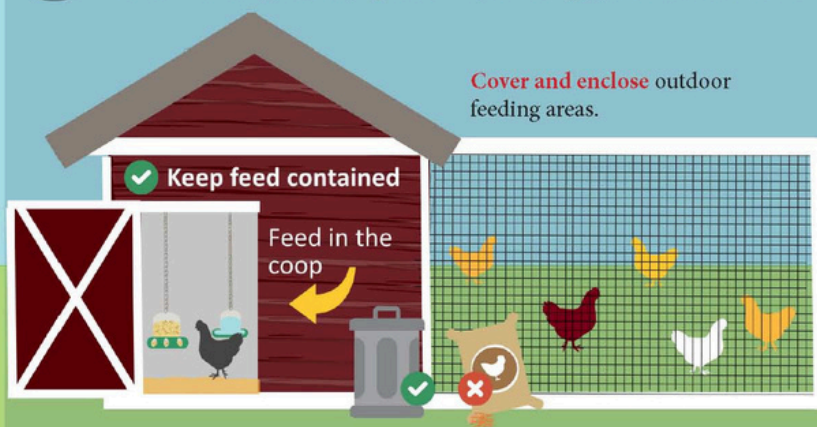
Biosecurity is your best option to prevent HPAI from entering your small or backyard poultry flock.

### Here is what you can do:

## Protect Your Small Flock from Avian Influenza

1

**Avoid** attracting wild birds and waterfowl to your home or farm. Song birds, sparrows, starlings, etc. are **low risk**.



- Clean up feed spills.
- Reduce puddles and standing water.
- Avoid visiting ponds and streams, especially with pets.
- Do not move birds from farm to farm.
- Isolate new birds.

2

**Limit or halt** travel with your birds to sales, shows and swaps.

Ensure you have clean hands, clothes, and footwear before handling your birds if you attend events. **Do not** allow others to handle your birds.



3

**Limit** your birds' visitors.

If someone must visit your birds: discuss where they have been. Have them wash their hands and wear clean clothes and footwear.



Call your veterinarian if your flock shows signs of influenza or you suspect exposure. No veterinarian? Call the Kansas Department of Agriculture's Division of Animal Health at 785-564-6601.





# Ag Talk

**Charlene Miller**

Director/Agriculture Agent

[cmmiller1@ksu.edu](mailto:cmmiller1@ksu.edu)

<https://www.butler.k-state.edu/agriculture/>

K-State Agricultural Economics presents

## Finances and the Farm: An online class to enhance your farm management skills

An applied approach to developing and using farm financial statements  
for management decision-making for farmers and ranchers of all types

**This is a self-paced course you can take when  
it is convenient for you!**

This course can be taken for education only or to fulfill FSA borrower's requirements.

**Seven Lessons: Recordkeeping, Balance Sheet, Income Statement, Enterprise  
Budgets, Cash Flow, Goal Setting and Managing Family Living Expenses**

**Participants will:**

- Understand the structure of a balance sheet, income statement, enterprise budgets, and cash flow
- Choose either Cattle & Crops or CSA & Farmers Market case farm to complete quizzes to check understanding and practice using these financial statements in a real-world setting
- Be prepared to use financial management techniques for their own operation
- Set goals for their operation

- Learn how to make changes to avoid financial difficulties

**Registration Fee:**

- \$300 for FSA credit class
- \$100 for education only



**Approved for FSA Borrower's Training  
Credits in Colorado, Illinois, Iowa, Kansas,  
Missouri, Montana, Nebraska, North Dakota,  
Oklahoma, South Dakota, and Wyoming**

Taught by Robin Reid, K-State Extension Farm Economist, and LaVell Winsor, K-State Farm Analyst

**Register online for FSA Credit or Education Only:  
[www.AgManager.info/Events](http://www.AgManager.info/Events)**

**KANSAS STATE**  
Agricultural Economics

**USDA** National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



**K-STATE**  
Research and Extension

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K-State Agricultural Economics Presents:

## Risk Management on the Farm

Online, on-demand course to take when it is convenient for you.

Taught by Robin Reid, Extension Farm Economist, and LaVell Winsor, K-State Farm Analyst

**Five Lessons: Determining Cost of Production, Crop  
Insurance, Crop Marketing, Farm Programs (ARC/PLC), and  
Beef Cow/Calf Risk Management**

Register online by using the link below:

**[www.AgManager.info/Events](http://www.AgManager.info/Events)**

**Course Description:**

- Learn principles of determining cost of production, developing a marketing plan, evaluating crop insurance options, and participating in farm programs (ARC/PLC)
- Participants will work with a case farm to apply these topics to a real-world farming operation through hands-on activities.
- The goal of this class is to acquire risk management skills that can be applied directly to a farming operation.
- The bulk of the course focuses on risk management for row-crop farming operations but also includes principles for beef cow/calf operations.

**Special Topics:**

- Managing stress and being resilient in tough times
- Communicating effectively with family members

**Registration Fees:**

- \$100 education only

**Other information:**

- Have 6 months from registration to complete
- This course is a replica of the 5-part Risk Management Series delivered by KSRE in 28 locations across the state from January-February 2022 in which 340 producers participated in-person

**KANSAS STATE**  
Agricultural Economics

**K-STATE**  
Research and Extension

# Find Your Balance

WITH BONNIE BREWER  
FAMILY CONSUMER SCIENCES AGENT  
K-STATE RESEARCH & EXTENSION



FAMILY LIFE - MENTAL WELLNESS - NUTRITION - RELATIONSHIPS - SELF-CARE

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## Blue Zones Lifestyle

It is common to think that health and longevity are genetic traits. While genes do determine 20 to 24% of your overall health quality, lifestyle habits and the environment have a much greater influence on how well or long you live. This is great news, since you have some control over your environment and habits.

What do long-lived people have in common with one another? Scientists have determined that it is not education, income, or profession. Dan Buettner, a National Geographic Fellow and multiple New York Times bestselling author, was able to pinpoint longevity hotspots around the world and identified them as Blue Zones®, reflecting the lifestyle and environment of the world's longest-lived people.

Source: [www.bluezones.com](http://www.bluezones.com)

### POWER 9®

*Nine healthy lifestyle habits shared by people who have lived the longest.*



#### DOWN SHIFT

Improve your overall wellness by finding a stress relieving strategy that works for you.



#### PURPOSE

Wake up with purpose each day to add up to 7 years to your life.



#### PLANT SLANT

Put less meat and more plants on your plate.



#### WINE @ 5

Responsibly enjoy a glass of wine with good friends each day.



#### FAMILY FIRST

Invest in spending time with family and add up to 6 years to your life.



#### 80% RULE

Eat mindfully and stop when 80% full.



#### MOVE NATURALLY

Find ways to move more! You'll burn calories without thinking about it.



#### RIGHT TRIBE

Surround yourself with people who support positive behaviors.



#### BELONG

Belong to a faith-based community and attend services 4 times a month to add 4 – 14 years to your lifespan.



# Blue Zones Lifestyle Cont.

**Okinawa, Japan** — where females over 70 are the longest-lived population in the world.



**Loma Linda, California** — Seventh Day Adventists view health as central to their faith. They live almost a decade longer than other Americans.



**Ikaria, Greece** — where residents have half the rate of heart disease as Americans and almost no dementia.



**Nicoya Peninsula, Costa Rica** — where elders have a strong reason to live and a positive outlook, which helps keep them active; also, the world's lowest rates of middle age mortality.



**Sardinia, Italy** — home to the world's longest living men. They follow a very traditional healthy lifestyle.

Buettner and his research team discovered that the blue zones areas of the world share and benefit from a set of habits that we call the Power 9 — practices that, together, increase longevity, health, and happiness.



# Find Your Balance

## *Making Jelly? The Pectin You Use Makes a Difference*

**K-State food scientist says acid content may determine whether product gels properly**

MANHATTAN, Kan. – Experienced jelly-makers will tell you one enduring fact: All pectin is not created equal.

There are two types of pectin, liquid and dry. Which one to use, says Kansas State University food scientist Karen Blakeslee, depends on the recipe you're following.

"Jam and jelly recipes will tell you which pectin to use," said Blakeslee, who is coordinator of K-State's Rapid Response Center for Food Science. "Both have equal success when ingredients are measured properly and you follow the recipe's instructions."

Pectins are a group of pectic polysaccharides, or long-chain carbohydrate molecules, and are key to helping jams and jellies to gel. Blakeslee said some fruits do not need added pectin, while others do. Liquid and dry pectin are not interchangeable in recipes.

"Dry pectin is usually made from citrus fruit; liquid pectin is made from apples," Blakeslee said. "Those products have different natural pH values, or acid content."

Citrus has a natural pH value of 2-3. Apples have a natural pH of 3-4.



# Find Your Balance

## *Making Jelly? The Pectin You Use Makes a Difference Cont.*

“Pectin also has other types of acid added,” Blakeslee said. “So this can affect the gelling properties of the jam or jelly if the balance between the acid, sugar, fruit and pectin is incorrect. Some recipes recommend adding extra lemon juice to help balance the mixture and improve gelling properties.”

Before using pectin to make jam or jelly, “pay attention to the (use-by) date on the package for best results,” Blakeslee said. “Old pectin can cause weak gel formation, resulting in a syrupy product. Powdered pectin can be stored in the freezer to extend its shelf life.”

To make jam or jelly with low- or no-sugar, Blakeslee urges home cooks to be sure to use the pectin and recipes designated for those products. This pectin is formulated to create a gel with a lower amount of sugar. Some artificial sweeteners, such as sucralose, can be used with this type of pectin. Do not lower the sugar content when using regular commercial pectin.

If jam or jelly doesn’t gel properly after canning, Blakeslee said it is still possible to re-make the product, depending on the type of pectin used. More information on doing this is [available online from the National Center for Home Preservation](#).

But if the product still won’t gel, Blakeslee says, all is not lost: “Simply use it as a syrup for pancakes, waffles or ice cream,” she said.

“If a jam or jelly turns out stiff, it cannot be remade. But it could be warmed up and used as a fruit syrup topping or a meat glaze. Learn more from the [National Center for Home Food Preservation](#).”

Blakeslee publishes a monthly newsletter called [You Asked It!](#) that provides numerous tips on being safe and healthy. More information is also available from [local extension offices](#) in Kansas.

June 13, 2025

K-State Research and Extension news service

<https://www.ksre.k-state.edu/news-and-publications/news/stories/2025/06/food-safety-pectin.html>

# Garden Gossip

**Calla Edwards**

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## Japanese Beetles Have Arrived

These imported beetles originated in Japan (hence the name), where they were only minor pests in their environment. Unfortunately, in the US, they are one of the most destructive pests of lawns, gardens, and ornamental plants that gardeners deal with. These beetles have a one-year life cycle with the adults hatching in May and laying eggs in July. Adults are less than ½” long, with a metallic green head and a bronze-colored body. The larvae or grub



form is white and shaped like a “C”. The grubs feed on the roots of grasses underground during the fall before burrowing deeper in the soil to overwinter. They eventually pupate in late spring before hatching into adults. The adults are equal opportunity feeders but prefer roses, maple trees, grapes, elms, and crabapples.

Most healthy plants can withstand a small number of Japanese beetles, so general watering and fertilizing will help reduce the impact; however, younger plants or vegetable crops can be quickly desiccated if numbers become too high



# Garden Gossip

## Japanese Beetles Have Arrived Cont.

(Like the grapevine in the picture, Photo courtesy of Nancy Gordon). If you have a small number of beetles on your plants, you can pick them off and throw them into a bucket of soapy water. Larger populations of beetles may require some chemical treatment. Neem Oil is an organic option; however, it only discourages the beetles from eating the plant and needs to be reapplied frequently. Spinosad is another organic option that kills the adults, but again, it needs to be reapplied frequently. Products containing permethrin, pyrethrin, or carbaryl will all provide a couple of weeks' control but must be reapplied. Any spraying should be done early



in the morning or late in the evening to prevent harm to pollinators. Traps are not recommended as they attract more insects than enter the traps and can worsen feeding in the area rather than help control the issue.

Grubs are a significant issue in some lawns. Most grasses can tolerate up to 10 grubs per square foot; however, any number above that will cause dieback and browning of the grass. In heavily infested lawns, the grass can be peeled up like a carpet due to grub feeding or torn up by wildlife searching for the grubs. Control of the grubs should begin soon after they start to hatch in the late summer. Preventative herbicides can be applied up to four weeks before the eggs hatch, and a wide variety of chemical options are available. A biological option called Milky Spore Disease has shown

limited effectiveness against high populations and can take a while to establish. Still, it only impacts Japanese Beetles and is an organic option. For more information on Japanese Beetles, check out this publication:

<https://bookstore.ksre.ksu.edu/pubs/MF3488.pdf>

# Garden Gossip

## Renovating June-Bearing Strawberry Beds

Healthy strawberry plantings will be productive for three to four harvest seasons; however, after that, they will need renovation to stay productive. The best time to renovate strawberries is after you have finished harvesting, which is probably right now for June-bearing strawberries. If your strawberry patch was flooded, discard any strawberries, even if they are an everbearing variety. Everbearing strawberries should not be renovated at this time. The renovation process involves several steps, including reducing the row size, removing leaves, and



fertilizing. One of the main goals in renovation is to provide a high level of sunlight to plant leaves so they can manufacture the food the plant needs. If leaves have disease spots, remove all the leaves in the bed. Removing these diseased leaves and weeds will cause new, non-diseased



leaves to develop and remove competition from weedy plants. Till or hoe each row of strawberries, leaving a band of plants about 8 to 10 inches wide, or remove small, weak plants throughout the bed, leaving a healthy plant every four to six inches. You can remove all the leaves about 1 inch above the crowns with a lawn mower or cut them off with hedge shears. Follow the mowing by covering the crowns with about one inch of soil. Care for the plants the rest of the summer as you would a new planting by watering regularly and not letting the strawberries dry out in the heat of the summer. It's best to fertilize strawberries in August to encourage growth.

The mother plants will form runners or daughter plants throughout the summer. These daughter plants will root down, storing food and setting bloom buds for the following spring. Remove the flowers of these daughter plants in the spring to allow the plants to produce more fruit the following year. For more information on growing strawberry plants in Kansas, [check out this publication.](#)



# Garden Gossip

## Mosquitos Are Coming!!

With all the rain we have had over the last few weeks and the flooding last week, these flying pests have started to make their presence known. Mosquitos are unfortunately a common issue in our area, especially when we have lots of moisture. While a mosquito bite is usually a temporary irritation, it can transmit a variety of human and animal diseases, which we should avoid. Mosquitoes are small, primitive flies that breed near standing water. In their first few life stages, they depend entirely on water as they grow. The entire process from egg to adult can take as little as 7 to 10 days, depending on the species. Female mosquitoes are the only mosquitoes that feed on blood, and usually, they must have a meal before being able to lay eggs.

Many mosquito breeding sites can be traced to backyard containers filled with water, ponds, and other standing water. There is quite a bit of standing water from last week's rain. One of the easiest ways to reduce your mosquito population is to dump out toys, pots, bird feeders, etc, every couple of days to prevent mosquitoes from using them as a breeding ground. Unfortunately, this must be a community effort as mosquitoes can travel up to a half mile looking for a meal. If you can't get rid of all the standing water in your backyard, water treatment can prevent mosquito larvae from growing. There are



a variety of products that are available to reduce the mosquito population. Mosquito foggers can temporarily relieve mosquitoes for an evening; there are also bug zappers and other mosquito trapping devices that can reduce the population. Use sprays with caution because they can harm beneficial insects as well. When outside, try to wear long sleeves, especially early in the morning or at night, and use a repellent.





# Garden Gossip

**Calla Edwards**

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## July Gardening Calendar

### Vegetables and Fruits

- Harvest fruits of your labor and enjoy
- Control weed growth to preserve water and nutrients
- Fertilize vegetables to encourage plant development
- Watch for foliar disease development on lower tomato leaves and treat with a fungicide
- Prepare for fall gardening. Plant potatoes, broccoli, and other fall crops
- Spray sweet corn to control corn earworms as silks emerge
- Be on the lookout for pests of the garden and control
- Remove old raspberry canes after harvest



### Flowers

- Remove faded flowers from annuals to stimulate more flowers for late summer color, and from perennials to prevent reseeding
- Keep gardens well mulched
- Lightly fertilize annuals to promote growth
- Dig, divide, and replant crowded irises
- Fertilize roses for fall blossoms
- Fertilize and water container gardens
- Complete the final pinching of chrysanthemum tips for bushier plants



# Garden Gossip

## July Gardening Calendar Cont.

### Lawns

- Fertilize zoysia to encourage summer growth with a high-nitrogen fertilizer. Let grass clippings fall to return nutrients to the soil and grass
- Be on the lookout for summer diseases such as brown patch
- Watch for grubs. If they begin to hatch, an insecticide may be required. Apply in late July or early August.
- Keep mower blades sharpened
- Replace lawn mower air filter and change lawn mower oil per the owner's manual
- Prepare to control perennial grassy weeds such as zoysia, fescue, and nimblewill
- Water deeply and less often for deep roots and a healthy lawn



### Trees and Shrubs

- Water newly planted shrubs and young trees (planted within the last three to five years) during dry weather
- Keep plants mulched to conserve moisture and cool roots
- Remove sucker growth from the base of trees and along branches
- Prune diseased, dead, or hazardous limbs

### Miscellaneous

- Water weekly by deeply soaking the soil. Use surface irrigation and avoid watering late at night to help reduce disease development.
- Take photos of gardens

