



NEWSLETTER



From the Director's Desk



I read a quote recently from an unknown person that said, "My favorite color is October." The month of October is refreshing to me. The rain still continues to fall, but the ever-changing seasons, this one particularly, bring such a beautiful change. There is something nostalgic about October. October is a season of change, falling between the hot summer months and

the cold, dreary winter days. October brings the beauty of freshness. Color-changing leaves, flowers getting their last blast of blooms, and a different level of peacefulness in the early mornings and evening sunsets. I find this month to be refreshing, especially considering the world we live in.

In a world of challenging times, high and lows, and electronic devices where everything is at our fingertips, the beauty of October serves as a good reminder to embrace changes. We cannot control everything that happens in our lives. We can't stop the trees from changing and losing their leaves. We can't stop the shorter days with fewer daylight hours. What we can do, though, is embrace the changes. Take a moment to soak up the beauty, reflect on what was, and look forward to what's ahead. There will always be change. Whether that change is positive or negative, you have complete control over how you respond to it. Find the light and look for the bright side.

As we move into these fall months, take time to embrace the beauty. Like the trees losing leaves, think of what you can let go of that may add stress, headache, heartache, or the like. Embrace the change with a positive, can-do attitude. Enjoy sweater weather, all things pumpkin spice, bonfires with s'mores, curled up with a blanket and a good book, or the other fine adventures of this season. You are sure to find a smile when spending time with family and/or friends.

Wishing you all a wonderful fall! ~Charlene

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Upcoming Events

						
	New 4-H Year Begins! Enrollment Open		① Garden Hour 12 p.m.	②	③	④
⑤	⑥	⑦ Extension Council Board Meeting 6:30 p.m.	⑧ Lunch & Learn - Andover Public Library 12:15 p.m.	⑨	⑩ Mug Mingle 7:45 a.m.	⑪
Kansas Junior Livestock Show						48 Hours of 4-H
⑫	⑬	⑭ 4-H Council Meeting	⑮ Living Well Wednesday 12:10 p.m.	⑯	⑰	⑱
48 Hours of 4-H						
⑲	⑳ Lunch & Learn - Lori's EMPORIUM!, Augusta 12:15 p.m.	㉑	㉒	㉓	㉔	㉕
㉖	㉗ 4-H Open House 6:00-7:30 p.m.	㉘	㉙	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.




Join Us For Our 2025 Quarterly Extension Connection

Mug Mingle



Grab a mug and mingle with your local
Butler County Extension Staff
Friday, October 10th from 7:45-9:00 a.m.

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

						
						①
②	③	④ Extension Council Board Meeting 6:30 p.m.	⑤ Garden Hour 12 p.m.	⑥	⑦	⑧ 4-H Achievement Celebration 4-H Officer Training
⑨	⑩	⑪  VETERANS DAY CLOSED	⑫	⑬	⑭	⑮
⑯	⑰	⑱ Beginning Rancher Series Begins	⑲ Living Well Wednesday 12:10 p.m.	⑳	㉑	㉒
㉓	㉔	㉕	㉖	㉗	㉘	㉙
㉚				㉛  Happy Thanksgiving CLOSED	㉜	㉝

Upcoming Events



K-STATE GARDEN HOUR

Keys to Successful Community Garden Spaces

Wednesday, October 1st 12:00PM -1:00PM CST

Community gardens are vital spaces for growing healthy food, fostering community connections, and enhancing personal well-being. Join Laura Phillips, Meadowlark District Horticulture Agent, as she explores the evolution of community gardens, common pitfalls to avoid, and offers guidance on establishing and sustaining a successful garden in your neighborhood. Bring your questions about creating a public garden space in your community!



Register Here!

Please register for this free Zoom Webinar at:
ksre-learn.com/KStateGardenHour



K-STATE GARDEN HOUR

Climate Resilient Gardens

Wednesday, November 5th 12:00PM -1:00PM CST

Gardening in a changing climate can be a challenge. Join Pam Paulsen, Reno County Horticulture Agent, to explore practical methods to grow gardens that are resilient to tough growing conditions. Some of these methods include native and adapted plants, soil improvement, efficient use of water and nutrients, and attracting beneficial insects.



Register Here!

Please register for this free Zoom Webinar at:
ksre-learn.com/KStateGardenHour



Living Well Wednesday Fall 2025 Series

September 17

One Pill Can Kill: Opioid Crisis in Our Communities

October 15

Scam Smarts: Staying Safe in a Scamming World

November 19

The Buzz on Energy Drinks: Unpacking the Truth

All sessions start at 12:10pm CST.
Sessions will be recorded for later viewing.
Sign up at bit.ly/41E7kqJ

LIVING WELL
WEDNESDAY

K-STATE Research and Extension | Family and Consumer Sciences



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.

October 8th

12:15-12:45 p.m.

Andover Public Library
1511 E Central Ave
Andover, KS

October Topic:

Woody Plant Propagation

Vegetative propagation, cloning, and asexual propagation are all terms used to describe the process of making new plants that are genetically identical to your existing plants. Learn about the basics of plant propagation for the hobby gardener. With a little knowledge and some simple tools, learn how to be successful in propagating your plants.

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Living Well Wednesday Webinars:

Living Well Wednesday is a virtual learning series hosted by K-State Research and Extension, Family and Consumer Sciences (FCS) professionals from across the state of Kansas. Webinars will be offered the second Wednesday of each month, from 12:10-1 pm. There is no charge to participate, however, registration is required. All webinars will be recorded and posted below along with supporting resources. Register for all webinars in this series here: bit.ly/41E7kqJ

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/>

October 2025

Upcoming Events

K-STATE
Research and Extension



Butler
County

4-H Online Enrollment Opens October 1st!

4-H's Long-reaching Effects

Compared to other youth, 4-Hers are:

4x more likely to contribute
to their communities

4-H

2x more likely to be
civically active

2x more likely to make
healthier lifestyle choices



The Top 5 Project Areas in Butler County:

1. Visual Arts
2. Foods & Nutrition
3. Photography
4. Woodworking
5. Fiber Arts (Includes 9 Projects)

Find more information here:



What does Butler County 4-H have to offer?

- 9 Community 4-H Clubs across the County
- Butler County 4-H Shooting Sports
- Over 70 Projects
- Cloverbud Program for ages 5-6 yrs.

Visit Our Website

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

Call Us

316-321-9660

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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.

**October 20th
12:15-12:45 p.m.**

Lori's EMPORIum!
1604 Custer Lane
Augusta, KS

**October Topic:
Bringing Beauty with Bulbs**

Nothing says "Hello Spring" like the cheery smile of a bright yellow daffodil or a bed of colorful tulips. This spring welcome does not just happen, it must be planned. Fall is the ideal time to plant spring flower bulbs in the landscape. Calla will cover everything you need to know to have success with spring-flowering bulbs.

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Research and Extension

 Butler
County

Open House

**LEARN ABOUT OUR 4-H CLUBS,
DIFFERENT 4-H PROJECTS, AND
ATTEND THE NEW FAMILY MEETING**

**BUTLER COMMUNITY BUILDING
200 N GRIFFITH ST, EL DORADO**

MONDAY, OCTOBER 27

BOOTHS OPEN

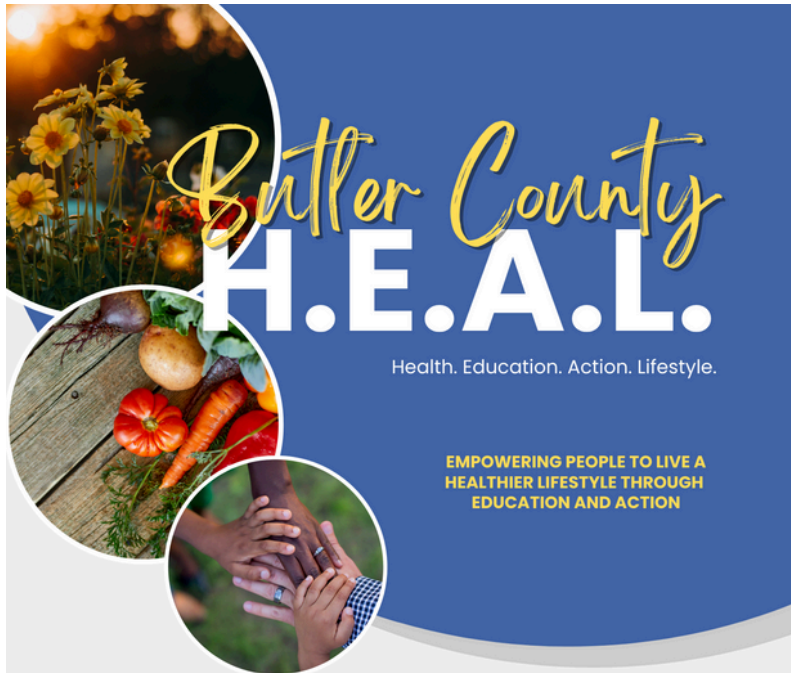
6:00 PM - 7:30 PM

NEW FAMILY MEETING

6:30 PM - 7:00 PM

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Upcoming Events



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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for more happily, ever afters...



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



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

K-STATE Research and Extension
Butler County
butler.k-state.edu

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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>

Free Testing for PRESSURE GAUGES

Do you can?
It is recommended you test
your pressure gauge for
accuracy each year.

Drop your lid off at our office
to get yours tested for FREE!



K-STATE
Research and Extension
Butler County

Ag Talk

Charlene Miller

Director/Agriculture Agent

cmmiller1@ksu.edu

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

Fall Army Worms

Fall Army Worms have made their presence known, not only in our county but in the eastern 1/3 of the State as well. Consistent questions I have been asked range from “Is it worth treating them?”, and “Is my field dead?”, to “What do I treat with?” and “Is it cheaper to treat or replant?”. I recently held a virtual meeting with our area agronomist to answer those questions and more. I encourage you to watch the recording at:
<https://youtu.be/rIJJe0nbeVy8>.
If you have questions, let me know!

FALL ARMY WORMS

Management and Recovery
for Crop and Hay Producers

Join us Online!

Watch the
Recording on our
YouTube Channel
Butler County
Extension!

<https://youtu.be/rIJJe0nbeVy8>

Tina Sullivan, Ph.D. -
Northeast Area
Agronomist,
K-State 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. Language access requests and reasonable accommodations for persons with disabilities, including alternative means for communications (e.g., braille, large print, audio tape, and American Sign Language), may be requested by contacting the event contact Charlene Miller four weeks prior to the start of the event at 316-321-9600 or cmmiller1@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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Ag Talk

Fall Soil Testing of Hayfields and Pastures



Knowing the soil nutrients is a requirement to establish an adequate soil fertility program for forages. Soil testing can be done in either spring or fall on hayfields and pastures. Given a choice, fall would be the preferred time because it allows more time for any needed lime applications to have an effect before the main growing season begins, and it gives the producer some flexibility for planning nutrient applications.

Soil sampling is typically recommended at least every 3-4 years, but more frequent sampling (every 2 years) can keep you from applying excessive and unnecessary amounts of fertilizer or manure, and

can increase yields by revealing exactly which soil nutrients are too low for optimum productivity. This is also helpful with fall army worm damage if you are considering applying a partial application of fertilizer this fall to help get some regrowth and root establishment before our first frost.

Granary Weevils

Have you even seen little bugs crawling around in or on your feed? Recently, I had an insect brought into me for identification that had been crawling on corn used to feed wildlife. The culprit was identified as a Granary Weevil. Weevils are destructive when it comes to grains, seeds and grain products. To learn more about weevils and how to control, visit the article "[Weevils on Stored Grain](#)" on PennState Extension's Website.



Biosecurity

Biosecurity – a word that may not get used enough with operations when it comes to having visitors when you have animals. I like to think of Biosecurity as the plan and process used to protect yourself, your property, your operation, and your animals from being exposed to something potentially harmful. It is keeping your animals and visitors as healthy as possible. Biosecurity is a multi-step process. To learn more about Biosecurity, from agritourism to livestock exhibition, I encourage you to visit the Kansas Department of Agriculture's website on [Biosecurity](#).



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

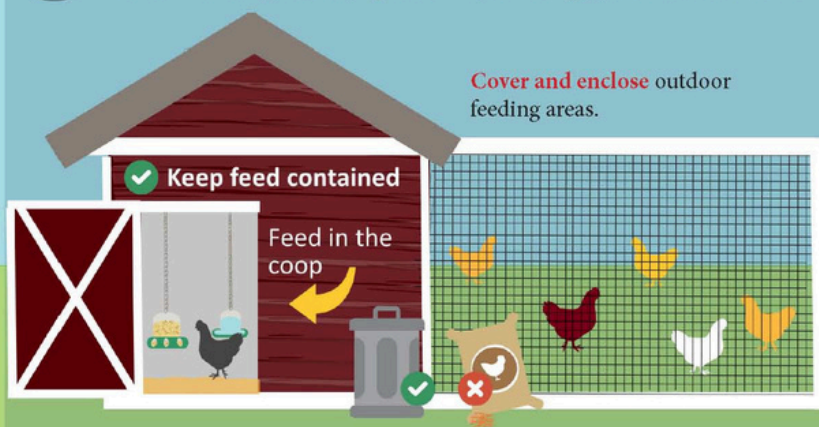
Biosecurity is your best option to prevent HPAI from entering your small or backyard poultry flock.

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

Feed Analysis Reports Before Buying Hay Are Important



Very wet conditions this year has significantly extended the haying season. In fact, as of the 3rd week of September, there are producers still trying to get hay put up. Ideally, Bromegrass hay is swathed and baled end of May to mid-June and native grasses in July. Those times are the most ideal for the highest quality forage. Unfortunately, Mother Nature has created challenges for producers in getting hay harvested at the ideal time. This is problematic if you are looking for quality feed for livestock. Extending the hay season affects the nutritional quality of the hay. Hay is certainly in better supply than it has been in previous years, however, producers should ask for a feed analysis report so they know the nutrient content and any nitrate concerns that may exist within the hay/forage they are intending to purchase.

Testing your hay/forage will help you, as a producer, design winter supplementation programs that fit around the hay/forage you are feeding. A feed analysis will give you information on crude protein, dry matter and moisture content, relative feed value, total digestible nutrients, along with the capability of running tests for nitrates. When running these reports, you can compare one feed/forage sample to another or compare “apples to apples.” Forage quality varies not only from different plant species, but also through the widespread timing of feed harvesting, which results in different maturity levels; forage analysis will look quite different. It is important to know what you are getting before you buy, as it can also save you money.

Forage quality has two important benefits to cows or heifers. First, higher-quality forages contain larger concentrations of important nutrients, so animals consuming these forages should be more likely to meet their nutrient needs from the forages. Secondly, and just as important, animals can consume a larger quantity of higher-quality forages. Higher quality forages are fermented more rapidly in the rumen, leaving a void that the animal can fill with additional forage. Consequently, forage intake increases. For example, low-quality forages (below about 6% crude protein) will be consumed at about 1.5% - 2% of body weight (on a dry matter basis) per day. Higher quality grass hays (above 8% crude protein) may be consumed at about 2.0% - 2.25% of body weight. Excellent forages, such as good alfalfa, silages, or green pasture, may be consumed at the rate of 2.5% of body weight per day. The combination of increased nutrient content AND increased forage intake makes high-quality forage unbelievably valuable to the animal and the producer.

The value of forage testing can best be illustrated by comparing the supplement needed to meet the nutrient needs of cows in the winter. Assume we are feeding hay to a 1200-pound spring-calving cow in late gestation. She needs 1.9 pounds of crude protein to meet her needs and those of the growing fetus. If she consumes 2.0% of her body weight in a low-quality grass hay (4.0% Crude Protein) she will receive 0.96 pounds of protein from the hay, leaving a deficiency of 0.94 pounds of protein needed from the supplement. To meet her protein needs with a 30% crude protein supplement would require 3.13 pounds of supplement each day. However, if the same cow was consuming higher quality grass hay (7.0% Crude Protein), then she receives 1.68 pounds of protein from the hay and must be given enough supplement to meet the 0.22 pounds that is lacking. Now, to meet her needs the cow only needs 0.73 pounds of the same supplement per day. Because of the difference in hay quality, the supplement needs vary by 4-fold! Another cost savings too with increased feed prices!

The Butler County Extension Office has a forage testing probe available to checkout (deposit required) and can provide an instruction sheet on the best method of testing hay.

Ag Talk



Phones Down and Eyes Up!

Scan the road ahead of you and be watching for indicators of -

1. Flashing Lights 🚧
2. Slow Moving Vehicle Emblem



Slow Down and Watch For Oncoming Traffic Before Attempting to Pass!

Do not pass illegally, on hills, curves or near intersections.



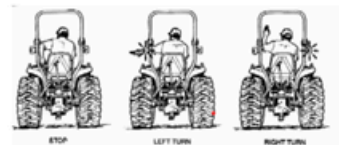
Watch For Hand Signals!

Farmers may use hand signals to alert you to their direction of travel/turns



Beware of Wide Loads!

Some equipment moving down the road will be wide. Share the road and drive carefully and respectfully



Butler County

Kansas State University is an equal opportunity provider and employer.

Changing seasons also bring a change in traffic, especially this time of year. Fall is here, and while the rain keeps falling, harvest will be starting soon! That means, more slow-moving vehicles (tractors, combines, etc) are on the road. Please drive carefully this Harvest season to protect your vehicle occupants and the farmers on the road.

Ag Talk

Charlene Miller

Director/Agriculture Agent

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**

KANSAS STATE
Agricultural Economics

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



K-STATE
Research and Extension

Funding for this project was provided in 2017 by the North Central Extension Risk Management Education Center and the USDA National Institute of Food and Agriculture under Award Number 2017-29027-34604.
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, visual, or hearing disability, contact Robin Reid, (785) 532-0964 or Director of Affirmative Action, Kansas State University, (785) 532-4802. K-State Research and Extension is an equal opportunity provider and employee. Inquiries to the Department of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Council, Extension Districts, and United States Department of Agriculture Cooperating, L. Ernie Masten, Director.

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

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

bjbrewer@ksu.edu

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

Living Well Wednesday

Kansas State University's popular *Living Well Wednesday* webinar series returns this fall! The free webinars are held the third Wednesday of each month from September through November. The sessions begin at 12:10 p.m., with the virtual room opening at noon to allow participants time to log in, grab lunch and get settled. Registration is free and available at bit.ly/41E7kqJ. You also can search 'Living Well Wednesday Extension' and the information will pop right up.

The 2025 fall series kicked off **September 17** with a webinar on fentanyl and opioid awareness, presented by Jenni Ebert, a community health educator with the Riley County Health Department. Jenny explained how one pill can kill. Fentanyl can be lethal even with a first use. It only takes about two milligrams, or five to seven grains of salt. She helps people understand how to be more aware of those dangers and what they can do to protect themselves and their families. You can find this recording on the [website](#).

On **October 15**, the focus turns to recognizing, avoiding and reporting scams, with Ed Burr, an investigator with the Kansas Attorney General's office. He will go into detail about how to recognize and avoid a scam, but also what to do if you are a victim. Scams can have devastating financial and emotional consequences.

November 19, the series will address energy drinks, a timely topic for families, students and health-conscious individuals. Energy drinks are high in caffeine, sugar, and other stimulants. While they may provide a short-term energy boost, they can also lead to heart issues, anxiety, and even insomnia or gastrointestinal problems. Youth, pregnant women, and people on medications should be especially cautious.

Living Well Wednesday continues to show the real breadth and depth of Kansas State University's Family and Consumer Sciences work. We're proud to bring these timely topics to Kansas families.

October 2025

Living Well Wednesday Fall 2025 Series

September 17

One Pill Can Kill: Opioid Crisis in Our Communities

October 15

Scam Smarts: Staying Safe in a Scamming World

November 19

The Buzz on Energy Drinks: Unpacking the Truth

All sessions start at 12:10pm CST.
Sessions will be recorded for later viewing.
Sign up at bit.ly/41E7kqJ

LIVING WELL
WEDNESDAY

K-STATE
Research and Extension
Family and Consumer
Sciences

Find Your Balance

Home Food Preservation Resources

Check out the Home Food Preservation Resources web page here:
<https://www.ksre.k-state.edu/program-areas/food-preparation-processing-and-safety/food-preservation.html>



K-STATE
Research and Extension

PRESERVE IT FRESH PRESERVE IT SAFE

JUST BECAUSE THE LID SEALS DOES NOT MEAN IT IS SAFE!

- 1 Adjust processing for altitude of residence**

- 2 Use researched/ tested recipes**

- 3 Fight Bac with Pressure Canning and Boiling Water Canning**

- 4 Acidify tomatoes**

- 5 Follow canning instructions for proper headspace**


Grow a garden? Buy produce at your local farmers market? Put away old recipes and methods. Respect the past and use up-to-date recipes and methods to preserve these fresh foods safely. For questions, information, and recipes, contact your local county/district extension office or go to www.rrc.ksu.edu and click on "Food Preservation."

Find Your Balance

Freezing Sandwiches Can Help Save Time and Money, Says K-State Food Scientist

Freezing sandwiches can be a great technique for parents packing lunches.

Blakeslee reminds lunch makers to keep tips for freezing sandwiches in mind

By Madeline Drake, K-State Extension news service

MANHATTAN, Kan. – With school back in session, many parents are packing school lunches every day. Kansas State University food scientist Karen Blakeslee said a great way to save time is to freeze sandwiches ahead of time.

The benefits of freezing sandwiches are numerous, she said, as they can help save time and money throughout the week. Some leftover meals can be turned into sandwiches to reduce food waste.

When considering freezing sandwiches, Blakeslee recommends using a hearty bread or day-old bread to withstand freezing temperatures.

“Keep nutrition in mind and choose whole wheat or whole grain bread,” she said. “Also, pack toppings such as tomato, lettuce and pickles separately without freezing.”

Blakeslee shared common sandwich fillings that freeze well, including:

- Peanut and other nut butters.
- Canned tuna and salmon.
- Cooked roast beef, chicken, and turkey.
- Natural or processed hard and semi-hard cheeses, such as Swiss or cheddar.

Some fillings don’t freeze as well. “Freezing toughens hard-cooked eggs, and jelly or jam can soak into the bread and make it soggy,” Blakeslee said.

Another factor Blakeslee said to consider is the dressing or spread. “Salad dressings, such as Miracle Whip, work better as a binder than mayonnaise because mayonnaise tends to separate on thawing.”

Blakeslee recommends experimenting with different spreads before making a freezer full of sandwiches.

When preparing these sandwiches, it’s important to keep in mind food safety practices.

“Wash your hands before preparing the sandwiches. Put frozen sandwiches in the refrigerator the day before to thaw in their sandwich bag,” Blakeslee said. “When packing in a lunch box, use an insulated lunch bag with a small frozen gel pack. If a refrigerator is available, that is a good choice to keep foods cold.”

More food safety tips are available online from the Rapid Response Center for Food Science. Blakeslee also publishes a monthly newsletter, called You Asked It!, with timely tips for safe food in and out of the home.



<https://www.ksre.k-state.edu/news-and-publications/news/stories/2025/09/food-science-frozen-sandwiches.html>

Garden Gossip

Calla Edwards

Horticulture Agent

callae@ksu.edu

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

Myth or Not?: Adding Sand Will Loosen Clay Soils



Clay soils are a common problem in Butler County, and many gardeners are trying to find ways to improve the soil in their yard and garden. Clay soils are made up of tiny clay particles that tend to be flat in shape. This means that clay soil particles can easily stack tightly on top of each other and create a “tight” soil. A tight soil has small pore spaces, which reduces the amount of water that can infiltrate the soil and means that the water that does

infiltrate will hang around longer than other soil types. On the other hand, sand is the largest soil particle we find in our soil. The idea to add sand to heavy clay soils stems from the fact that if clay is the smallest soil particle, leading to poor drainage, and sand is the largest soil particle, causing fast drainage, mixing the two will result in well-drained soil.

Unfortunately, it doesn't work that way. When sand mixes with clay, it creates a concrete-like soil structure. In fact, think about the ingredients of concrete: gravel or sand and a fine particle binding agent (AKA cement, which is derived from limestone and sometimes clay). Similar to how cement binds particles of gravel to create concrete, clay soil can bind with added sand particles to create a denser soil. To make a fundamental change in a clayey soil structure, you would need to add a 1:1 ratio of sand to clay. The actual volume of clay soil underfoot equates to a lot of sand. Using organic matter to help break up clay soil is far more practical. Compost is your best bet, but organic matter can come from other sources like wood mulch, composted manure, shredded leaves, or even cover crops. Unfortunately, adding organic matter to your garden is not a quick fix for heavy clay soils. It will take years of adding organic matter to improve your garden soil drastically.

Rose Rosette Disease



Rose rosette disease is a well-known infection of roses, including cultivated, native, and introduced wild rose species. The disease was first discovered in 1941 in North America – Wyoming, California, Nebraska, and Manitoba, Canada – and is now prevalent throughout most of the Midwest. Roses appear to be the only plant type susceptible to this disease. Although multiflora rose (*Rosa multiflora*) is highly susceptible to rose rosette, different rose types also may be infected, including climbers, hybrid teas, floribundas, miniatures, and antique or “old-fashioned” roses. The causal agent associated with rose rosette was initially considered a virus-like organism or possibly a virus called Emaravirus, but there is currently some confusion and uncertainty about what the true causal agent is at this time. As more research is done, we will learn more about this disease in the future.



Plants infected with rose rosette disease may display the following symptoms:

- rapid stem elongation
- leaf distortion
- leaf reddening
- leaf chlorosis with yellow mosaic patterns
- abnormal, narrow leaflets or smaller leaves than normal
- thickened stems
- premature lateral bud development
- excessive thorn production

The expression of symptoms varies depending on the type of rose or cultivar, plant age, and/or growth stage. Roses exhibiting rose rosette symptoms may resemble plants exposed to herbicides such as glyphosate or 2, 4-D, or those with a nutritional deficiency. Multiflora roses infected with rose rosette are susceptible to damage by late frost compared to noninfected plants, which may contribute to severe dieback. In general, symptoms of rose rosette are less severe on garden roses.

Rose rosette is transmitted by the eriophyid mite, *Phyllocoptes fructiphilus*, native to North America. The mites are typically located in the angles between leaf petioles and axillary buds. Adult mites overwinter on rose canes between partly opened buds and the angles between rose stems and petioles. *Phyllocoptes fructiphilus* most often transmits rose rosette disease to plants from May through July. Most infection symptoms appear in July and August. Adverse conditions, such as drought or stress, may influence the transmission of the rose rosette disease to plants. Infected pruners can spread the disease. To prevent contamination, thoroughly clean pruners with a disinfectant, such as Lysol, between each plant.

There is no cure for rose plants exhibiting rose rosette disease symptoms. Infected or symptomatic plants must be dug up, including the roots, and disposed of immediately. Depending on size, infected plants may die in two to five years. If possible, eliminate all multiflora rose plants from the vicinity. Several insecticides/ miticides may be effective against *P. fructiphilus*, including abamectin, bifenthrin, endosulfan, and/or petroleum-based horticultural oils, if coverage is complete and applications are performed every two weeks from April through September. The most prudent solution for dealing with rose rosette disease is destroying infected rose plants.

Garden Gossip

Why do Leaves Turn Color?

Fall has officially arrived, and surprisingly, it actually feels like fall so far this week. While some very stressed trees are turning colors early, most haven't started changing colors yet. Fall is one of the most beautiful seasons as the leaves turn brilliant colors and the trees begin to shed their leaves for the growing season. Have you ever wondered why leaves change color in the fall? Let's find out!

Most of the year, the leaves on trees are green because of the green pigment in chlorophyll that allows them to produce the energy needed to grow, bloom, and produce fruit. The other colors, except red and purple, needed for leaves to color in the fall are already present, but masked by the chlorophyll. The red and purple pigments are produced

after the chlorophyll is destroyed. As fall progresses and certain weather conditions are met, the leaves will develop an abscission layer at the base of the petiole, where the leaf attaches to the stem, which prevents sugars from being transported down the trunk to the roots for storage. As the sugars accumulate in the leaves, the high concentration causes more intense colors. Certain trees, such as oaks and maples, naturally have more fall color than others, and these types of trees tend to be more common in Michigan, New England, and other parts of the country than in Kansas. This makes it appear our native trees do not color as well; however, they have a different range of colors.

The weather does play a role in how well a tree colors in the fall. In years where we have hot and dry summers, we won't have the fall color when compared to years like this year, when it's been relatively wet with milder weather. Other weather conditions, such as cloudy days and warm nights, heavy rains in the spring or fall, and frosts, will also impact the amount of fall color we have and how long it hangs around. Try to enjoy the cooler days and the start of fall color while you have a chance.



To Clean Up or Not to Clean Up?

As we approach our first frost date it's time to figure out which of your garden and flower beds you can clean up this fall and which ones you can leave till spring. It's ultimately a personal choice but let's take a look.

Flowerbeds are one of the areas where there are differing opinions on whether you should remove the plant debris or leave it for the beneficial insects. Removing your annual flowers from the garden is always recommended as they can harbor diseases or may reseed in areas you don't want them to. They also usually don't have the type of stems that beneficial insects can overwinter in. On perennial flowers, you can either remove the stalks or leave them in the garden. The exception is if you have disease issues then the plant debris should always be removed. I tend to leave my perennial plants standing over winter as a place for beneficial insects to overwinter. I tend to leave the stalks standing till the temperatures in the spring are consistently over 50 degrees so the good bugs can hatch for the spring. The other reason to leave your flower stalks on your perennials is that the leaves can protect the crown of the plant from extreme weather conditions and keep them alive for the winter.



It's important to always clean up your vegetable garden for the fall, especially if you have leaf spot diseases on tomatoes or other plants. One of the best ways to reduce the disease load in your soil is to remove the spores from plant debris in the garden. I also prefer to remove the plants from my vegetable garden in the fall to reduce the chances of insects such as squash bugs and other undesirable insects overwintering and causing issues in the spring.

Garden Gossip

Calla Edwards

Horticulture Agent

callae@ksu.edu

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

October Gardening Calendar

Vegetables and Fruits

- Plant garlic cloves for next summer's harvest
- After a light frost, dig sweet potatoes and cure for two weeks in a warm location. Store in a cool dry location for longer keeping.
- Harvest peanuts and roast for a homegrown snack
- Pick pumpkins and winter squash. Keep in a warm area for a couple of weeks then store in a cool dry location
- Till the garden at the end of the season and add organic matter such as compost or manure
- Make notes of successes and failures in the garden for next year
- Continue to harvest apples
- Remove hulls from black walnuts to retain the color of the kernels
- Pick up and discard fallen fruit to reduce disease next year.



Flowers

- Plant spring flowering bulbs, tulips, daffodils, and others
- Remove dead annuals from the garden
- Trim perennial stalks to tidy the garden for winter
- Pot bulbs for indoor forcing
- Clean up the dead iris and peony foliage and destroy to decrease the spread of disease
- After a light frost, dig canna, gladiolus, dahlias, and other tender bulbs for winter storage

Garden Gossip

October Gardening Calendar Cont.

Lawns

- Continue to mow the lawn if necessary
- Core aerate tuft to reduce soil compaction, improve drainage, break up thatch and help nutrients move into the soil
- Control dandelions, henbit, and chickweed with a broadleaf herbicide when seedlings are young
- Sharpen the mower blade for a clean cut
- Check the oil level in your mower
- Keep fallen leaves removed from the lawn to prevent shading and dieback of grass



Trees and Shrubs

- Plant trees and shrubs, deciduous and evergreen and keep them watered
- Once the leaves have fallen, transplant trees and shrubs
- Trim dead, broken, or diseased branches from trees and shrubs
- Enjoy fall leaf color which normally hits peak about the third week of October



Miscellaneous

- Drain and store garden hoses and sprinklers for winter
- Prepare the compost for winter. Add new materials and turn
- Store unused seeds in a cool, dry location



4-H

Madeline Wallace

4-H Youth and Development Agent

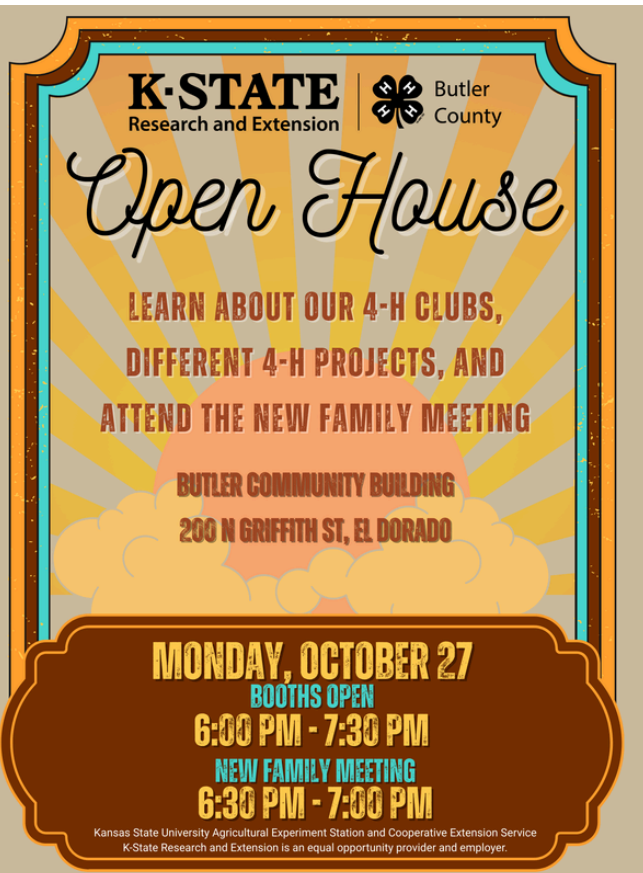
mgwallac@ksu.edu

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

A Minute with Madeline

Start the New 4-H Year Strong!

The beginning of a new 4-H year is always exciting—it's a fresh start filled with possibilities! Whether you're a returning member, brand new to 4-H, or a parent looking for ways to help your kids grow, now is the perfect time to jump in. Getting involved early helps youth discover new projects, build leadership skills, and make friendships that last a lifetime. And with 4-H's new national campaign, Beyond Ready, we're reminded that 4-H is more than just activities—it prepares young people with the skills and confidence to succeed in life.



4-H Open House – October 27, 6:00 p.m., Community Building

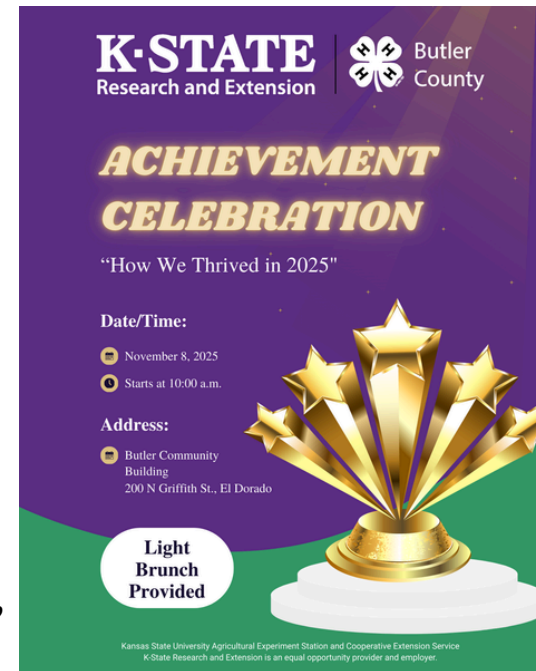
Bring the whole family and see what 4-H is all about! Our Open House will feature project showcase booths, interactive activities, and a chance to meet 4-H members and leaders. It's the perfect event for families curious about joining or those looking to explore new opportunities in the program.

4-H

Start the New 4-H Year Strong! Cont.

Achievement Celebration – November 8, 10:00 a.m., Community Building

Celebrate the accomplishments of our 4-H members and volunteers at this special morning of recognition and fun! Awards, project completions, record books, and leadership achievements will all be highlighted. It's a day to be inspired by the hard work and dedication of our 4-H community—plus, enjoy refreshments and social time with fellow families.



K-STATE Research and Extension | Butler County

Register now via the QR code!

Training for Screened and Approved 4-H Volunteers

Developmental Relationships

Learn about the 5 key elements of positive developmental relationships and how they shape positive youth development!

Butler 4-H Community Building
Thursday, November 13th
6:00 p.m.
Snacks provided

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, are available. For more information, contact the local Extension office. Inquiries regarding accommodations should be made prior to the start of the event (October 15, 2024) at 781.281.2222. Reasonable request for accommodations should be made prior to the start of the event (October 15, 2024) at 781.281.2222. Reasonable request for accommodations should be made prior to the start of the event (October 15, 2024) at 781.281.2222. Reasonable request for accommodations should be made prior to the start of the event (October 15, 2024) at 781.281.2222.

Volunteer Training – November 13, 6:00 p.m., Extension Office

4-H couldn't happen without our amazing volunteers! This training is a great way to gain new skills, exchange ideas, and connect with other leaders. Whether you've volunteered for years or are just getting started, you'll leave with fresh tools and confidence to make the 4-H experience even better for youth.

Officer Training – November 8, 1:00 p.m., Community Building

Calling all new club officers! Being an officer is a big responsibility—and an awesome opportunity. At this training, you'll learn the ins and outs of your officer role, practice running meetings, and pick up leadership tips to help your club succeed. Plus, you'll get to connect with officers from other clubs and have some fun along the way!



The start of a new 4-H year is your chance to dive in, try something new, and discover just how far 4-H can take you. Mark your calendars, invite a friend, and join us for these exciting events. Let's make this the best 4-H year yet!

North Butler 4-H Family Hosts Student Thru State's 4-H International Exchange Program

This past July and August 2025, our family hosted a Japanese student through the States' 4-H International Exchange Program. The States' 4-H International Exchange Program allows students from Japan, as well as several other countries, come to the United States to learn about American culture and 4-H. The primary contact for Kansas is Pamela Van Horn. She works for Kansas State University and works with contacts in Japan to bring both male and female students to Kansas that are between the ages of 12-17. The students that are selected to come to Kansas participate in a similar "club" experience in Japan learning English, as well as other languages and cultures.



We chose to host a 14-year-old girl named Rinka from Tokyo, Japan. She was in-between the ages of our two girls, Ella and Julia. After looking at her interests, we thought she would be a good match for our family. Once we decided we were interested and contacted Pam, we had a short zoom interview. Pam wanted to talk to our family and take a "zoom tour" of our home so she knew where Rinka would sleep. The only requirement to host a student was that you would provide 3 meals a day for your student and they have their own bed to sleep in. Each family also had to agree to a background check prior to getting the final approval.

In late June, we found out that Rinka would be staying with us. We picked her up at Rock Springs 4-H Camp the day after the fair and brought her to our house for 3 ½ weeks. She had been to Kansas City last summer with the same exchange program, but had never stayed with a family in the country before. We tried to teach her all we knew about rural life, Kansas and 4-H. At the beginning, Rinka did not speak English very well so thank goodness for Google Translate! (She understood more than she could speak). By the end of the last week, she was able to speak 2-3-word sentences in English.



Rinka learned about our 4-H projects, including our cattle and horses, crafts, woodworking, photography, and foods. She was nervous to pet our dogs and cats, let alone the cattle and horses, as she did not have pets in the big city of Tokyo. Rinka got to experience a cattle round up in the Flint Hills (riding along in the truck) and we taught her about local crops such as corn and soybeans. We took her to my cousin's wedding, my nephews' birthday parties, went swimming in several pools and lakes, enjoyed country walks, and took her camping. We took her to church, shared our favorite foods, made tie dye shirts, baked no-bake and chocolate chip cookies, and played lots of games.

4-H

North Butler 4-H Family Hosts Student Thru State's 4-H International Exchange Program Cont.

The girls had fun going school supply shopping with Rinka and took her to "Back to School" night. Rinka visited Julia's middle school on the second day of school for a few hours to experience music class and saw Ella's high school as well.

Gift giving is a big tradition to Japanese culture. Rinka brought several gifts with her to give our family including Japanese candy and ramen noodles. We learned other things from her such as how to write our names in Japanese, some Japanese words, how to fold origami and how to fit and wear a kimono. Ella was able to share these experiences with Rinka's help at our August 4-H club meeting and encouraged other 4-Her's to host next year.



We have continued to keep in touch with Rinka and her family though email. It is neat to know a friend on the other side of the world. The biggest lesson we gained from this experience is that a smile goes a long way and even if you speak a different language, you can still connect to others though similar interests.

Written and submitted by the Amend Family of the North Butler 4-H Club



To learn more about the programs associated with the 4-H Global Citizenship Exchange Programs, visit the Kansas 4-H website at <https://www.kansas4-h.org/educational-experiences/project-based-events/global-citizenship/>