



February 2026

4-H & Youth Development

Madeline Wallace – 4-H & Youth Development Agent

As we approach Valentine's Day, it is a great time to remember that caring for others also begins with caring for ourselves. Self-love is not about being selfish, but about recognizing your own worth, acknowledging effort as much as outcomes, and giving yourself the same encouragement you would offer a friend. In 4-H, this can mean taking pride in the learning and growth that come from projects and leadership experiences, even when things do not go perfectly. Practicing self-love also includes caring for your physical and mental well-being by getting rest, staying active, and knowing when to ask for help. Paying attention to positive self-talk and celebrating your unique strengths helps build confidence and resilience. By showing yourself kindness and appreciation, you strengthen your ability to contribute to your club, your community, and to live out the 4-H pledge every day.

Family Consumer Sciences

The start of a new year is a great time to organize your kitchen. Clean your cabinets, wipe down shelves, utilize storage containers and keep your most popular used items within easy reach. A good general rule of thumb is to keep your commonly used items between shoulder and knee height. Check expiration dates. Discard outdated items. If you have items nearing expiration, move them to the front of the cabinet so they are used first. Storage containers are great for keeping unwanted pests/rodents out of your products.

K-State has an excellent publication on Essential Home Maintenance. You can access this publication by clicking on the title or visiting the K-State Extension Bookstore. This document is free to download and will help you with your home!

Agriculture

Notice to Terminate a Lease

Charlene Miller – Agriculture Agent/Extension Director

Are you a Kansas farmer working in row crops, specialty crops, or livestock/ranching? K-State invites you to share your perspective on Digital Agriculture and Artificial Intelligence (AI) in farming systems by completing a brief survey.

Your survey responses will help identify opportunities, challenges, and resource needs across Kansas as these technologies continue to evolve. The information collected in this survey is strictly confidential and will be used solely for academic and educational purposes. All responses are anonymous and will not be linked to any individual. We appreciate your participation and collaboration.

Scan the QR code in the flyer or click the link below to participate:

https://kstate.qualtrics.com/jfe/form/SV_bwoxVYFC5t10Wqe

Horticulture

Houseplant Care

Calla Edwards – Horticulture Agent

What a month January has been, with near-record warmth early, followed by a deep freeze toward the end of the month. This winter, it's been very up and down. The one bright side of the cold temperatures for me has been the houseplants I have indoors. Right now, I have several bougainvillea's blooming to provide a spot of color against the cold, and the green always reminds me that spring will come, even if it's -3 degrees outside.

January can be a time of transition for houseplants. By now, any systemic insecticide you may have applied has worn off, and insects may be showing up. As you water, inspect any plants that were outside or near open windows during the growing season. Remember to check the undersides of leaves and where they attach to the stems for spider mites, aphids, or mealybugs. This is also an excellent time to wash any dust that may be accumulating on your plants' leaves by sticking them in the shower and spraying them down. This shower can serve multiple purposes, from removing the dust to washing any excess salts out of the soil and even washing off any insects you might have found.

While it may be tempting to start fertilizing again, it's best to wait. Our houseplants are still in a somewhat dormant stage, even if they are under grow lights, and don't need the fertilizer yet. Wait until late February to start fertilizing at ¼ the recommended rate. Once March arrives, you can resume fertilizing regularly as growth increases with longer daylight hours. Hopefully, your houseplants will thrive this winter. Happy Growing!

Contact us:

Phone: (316) 321-9660

Facebook: @ksrebutlerco

Web: Butler.K-State.Edu

Twitter: @ButlerExtension

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

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

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