



July 2025

Horticulture

Mosquitos are coming!!

Calla Edwards – Horticulture Agent

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.

Agriculture

Aquatic Plants and Their Control

Charlene Miller – Agriculture Agent/Extension Director

Last fall I attended a crops meeting and the weather forecaster mentioned June could be wet and getting crops in/out and hay swathed and baled could prove challenging. We all kind of laughed and thought our drought would hold strong. Mother Nature sure proved the weather predictor right and us wrong! On the bright side, ponds are FULL and the grass is green. However, many challenges arose as a result of the floods. Crop damage, fish kills in ponds, flood debris in hay and crop fields, and the list goes on. If you are needing post flood information, let us know.

On another note, due to the severe weather threat, the Pond Management Workshop has been postponed. Once a date is rescheduled, we will push the information out.

Contact us:

Phone: (316) 321-9660

Web: Butler.K-State.Edu

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

Facebook: @ksrebutlerco

Twitter: @ButlerExtension

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

For KSRE publications and information,
visit www.ksre.ksu.edu

Family Consumer Sciences

Blue Zones Lifestyle

Bonnie Brewer – FCS Extension Agent

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. The five blue zones include:

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.

1. **Down Shift** – Improve you overall wellness by finding a stress relieving strategy that works for you.
2. **Purpose** – Wake up with purpose each day to add up to 7 years to your life.
3. **Plant Slant** – Put less meat and more plants on your plate.
4. **Wine @ 5** – Responsibly enjoy a glass of wine with good friends each day.
5. **Family First** – Invest in spending time with family and add up to 6 years to your life.
6. **80% Rule** – Eat mindfully and stop when 80% full.
7. **Move Naturally** – Find ways to move more! You'll burn calories without thinking about it.
8. **Right Tribe** – Surround yourself with people who support positive behaviors.
9. **Belong** – Belong to a faith-based community and attend services 4 times a month to add 4 to 14 years to your lifespan.

4-H & Youth Development

Madeline Wallace – 4-H & Youth Development Agent

Get ready for the 2025 Butler County Fair—packed with exhibits, livestock shows, contests, and fun for the whole family! Join us July 18–21 in El Dorado to celebrate the hard work and talents of our local 4-H youth. From project displays to the pedal pull and contests, there's something for everyone at this summer tradition!



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

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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!!



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 SANCITIONED PULL



TOP 3 PLACES IN EACH AGE DIVISION WILL GO
ON TO THE KANSAS STATE FAIR IN SEPTEMBER!



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 11th, 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 13th (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 20th 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 compete 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 21st 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.



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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.

July 9th
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.

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.

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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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.



Kickoff during Mug Mingle on Friday, July 11th at 7:45 a.m.

ENDS MONDAY, JULY 28TH



K-State Extension
Butler County

**206 N GRIFFITH
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EL DORADO, KS 67042**



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JOIN US FOR

CHOOSE HEALTH: FOOD, FUN, & FITNESS



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



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

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

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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**

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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