November 2021

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**Holiday Office Closings**

Reminder: The Extension Office will be closed for Veteran’s Day on Thursday, November 11th. The Office will also be closed for Thanksgiving from Wednesday, November 24th through Friday, November 26th, 2021.
Upcoming Events

**November**

3rd—**K-State Garden Hour: Winter Interest in the Landscape**—12pm-1pm via Zoom

Join Lynn Loughary, Wyandotte County Extension Horticulture Agent, as she shares a few of the must have plants that provide year-round interest in the landscape. [Register here!](#)

4th—**Plan to Simplify; Plant to Enjoy**—11:30am-1pm via Zoom

This discussion will focus on ways you can start to simplify your landscape now in hopes of reducing the physical burden as you age. [Register here!](#)

10th—**Commercial Pesticide Applicator Recertification Workshop**—8am-5pm in-person at the Sedgwick County Extension Education Center in Wichita, KS or Online via Zoom

This workshop will offer credit hours for Applicator Categories 3A (Ornamental) and 3B (Turf Pest). [Register Here!](#)

15th & 16th—**Grant Writing Workshop**—1:30pm-4:30pm via Zoom

Participants are encouraged to bring their grants or grant ideas to share. The format of the class allows a writer to formulate their grant ideas into a grant proposal, if they are ready. [Register here!](#)

17th—**Living Well Wednesday Webinar Series**—12:15pm-1pm online

This session’s topic is “Stress Less: Celebrate Self-Care Through the Holidays.” Learn how to develop your personal self-care action plan that will help you get through the holiday madness. [Register here!](#)

18th—**Beat the Winter Blues—Forcing Flowering Bulbs**—10am-11am via Facebook Live

Join this Facebook Live session from your home and learn how easy it is to have blooming bulbs inside. [Register here!](#)

**December**

1st—**Holiday Wreaths from the Great Outdoors**—10am-11am via Facebook Live

Dennis Patton will demonstrate the steps to greening the wreath during a Facebook Live event to view from home. [Register here!](#)

1st & 2nd—**Kansas Turf & Landscape Conference**—In-person in Manhattan, KS

This Annual Conference is an excellent way to learn about turf and landscape management and will offer credit hours for Applicator Categories 3A (Ornamental) and 3B (Turf Pest). [Register here!](#)

8th—**Living Well Wednesday Webinar Series**—12:15pm-1pm online

This session’s topic is “Stress Less: Connect and Communicate Through the Holidays.” Join us for a deep dive into communicating effectively with family members to reduce stress, create an inclusive environment and make the most of the holiday season. [Register here!](#)

8th—**Winter Forage Conference**—9am-3pm in-person in Newton, KS

Agricultural specialists will speak on a variety of topics such as alfalfa production, crabgrass production potential, ration supplementation with high grain prices, a farmer discussion panel and more. RSVP to Ryan Flaming at (316) 284-6930 or flaming@ksu.edu.

8th—**Crop Pest Management School**—8am-5pm in-person in Colby

Stay tuned for more information.

9th—**Crop Pest Management School**—8am-5pm in-person in Great Bend

Stay tuned for more information.

11th—**Predator Control Program**—In-person in Atwood

Stay tuned for more information.

**January**

5th—**Calving School**—Colby

Stay tuned for more information.

12th, 19th, 26th & February 2nd & 23rd—**KSRE Women in Ag Series**

18th & 19th—**Cover Your Acres**—8am-5pm In-person in Oberlin

Save the Date for Kansas Corn Schools

January 7—Oakley
January 14—Salina
January 18—Parsons
February 3—Virtual
February 24—Hiawatha
Calves are full of life this time of year and getting a jump start on their internal parasite management is key to keeping them healthy.

The only way to stay ahead of the internal parasites, also known as worms, is to understand the life cycle of the worm. Brad White, veterinarian and BCI director stated, “Parasites live in the gut of cattle where they lay eggs. They then leave the cattle’s gut in the feces that end up throughout the pasture they are in. The pasture larvae climb up on the leaves and are then consumed by any animal grazing.”

This leads to the parasites spreading quickly throughout herds. Cattle may become sickly and appear thin. Having parasites will hurt the weight gain of cattle and their overall health.

It is best to treat the whole herd when any cattle are found with parasites. Since they are internal it is nearly impossible to find the one causing the issues until it is a larger problem.

Calves are a much bigger concern when discussing parasites. Their immune systems haven’t developed enough to fight off the parasites causing them to have a more difficult time getting rid of them.

It is recommended to treat calves within the first three months and then follow up one more time within the year to keep the worm count low.

Another key point to watch out for is how many cattle you have in a certain pasture. The more cattle in an area, the more likely the animals will acquire an infection.

Brian Herrin, who serves on faculty with the Department of Diagnostic Medicine and Pathobiology in K-State’s College of Veterinary Science, says, “Cattle that eat out of bunks or in a dry lot are less likely to be impacted by parasites than those that eat off of the ground or graze pasture.”

If producers are going to follow a rotational grazing schedule, timing of rotation is critical.

“Once the eggs pass into the feces, they take a few weeks to develop and if the timing is wrong, infectious larvae might be peaking at the time when the cattle are put back on the pasture,” Herrin said.

Parasites thrive in warm weather but tend to have a harder time surviving very cold and very hot weather.
Back to Your Root… Vegetables!

With fall and cooler weather upon us, fall vegetables are plentiful for many meals. Root vegetables are those that grow underground. They include carrots, radishes, beets, parsnips, turnips, rutabagas and others.

Because of their rough surface, it is important to rinse and scrub root vegetables to remove dirt. Peel them to remove hidden dirt and damaged spots.

Turnips are often used as cover crops in fields. But they are also grown in home gardens. Harvest them when they are 2-3 inches in diameter and their shoulders are above the soil surface. If allowed to continue growing, they become bitter and woody in texture. Turnip greens can also be used as a savory vegetable. Rutabagas are best harvested after a frost for best flavor.

Store turnip greens separate from the roots and store in the refrigerator 1-2 weeks. Rutabagas can be stored in a root cellar or at a temperature between 32-40°F with 95% relative humidity. Store up to five months. Remove the tops and taproot to increase storage life.

Enjoy any root vegetable in soups, stews, roasted, baked or many other ways. Combine your favorites with some onion, olive oil, and herbs. Place on a sheet pan and roast until soft and light brown.

Sources: North Dakota State University and University of Minnesota

Food Pantries, Food Banks, and Blessing Boxes

While food pantries and food banks operate year around, they become especially important during the holidays. Food safety is important to give safe food to those in need.

Many communities have Blessing Boxes to offer easy access to foods. Because these are outside and subject to cold temperatures, not all foods are safe to donate. Consider non-food items, can openers, hygiene supplies, dry mixes, dried fruit, nuts, crackers and granola bars. Never donate perishable foods as they can spoil or attract pests. Avoid glass packaging, damaged cans or any open containers.

Learn more at www.ksre.k-state.edu/foodsafety/topics/holiday.html

Thawing Turkey Guide

Are you buying a frozen turkey for your holiday meal? Remember to plan ahead to thaw it safely and in time for roasting. The refrigerator is the best choice to safely thaw frozen food. Do not leave it sit on the countertop at room temperature.

Allow about 24 hours for every 4-5 pounds of frozen turkey. It will likely take longer. So for a 12-pound turkey, plan for at least three days thawing time in the refrigerator.

The cold water method can be used in a pinch. Leave the turkey in the wrapper. Submerge it in a clean sink or large container full of cold water. Change the water every 30 minutes and allow about 30 minutes per pound of turkey. Cook immediately.

See How to Safely Thaw a Turkey from the USDA for more information.
New 4-H Year Begins in October

October is a month of change in many ways. Fall has begun, weather is cooling down, the leaves are changing, and 4-H is not immune to its influence. October also marks the beginning of the new 4-H year and the opening of member enrollment. Where can youth and parents start if they are interested in enrolling in 4-H and want to learn more about what 4-H has to offer? The following are some questions and answers that can help any prospective members or parents learn more about America’s largest youth development organization.

What is 4-H?
4-H is one of America’s oldest and largest youth development organizations. It is a volunteer-led, informal education program administered through local county extension offices, state land-grant universities and the USDA. It features nearly 6 million members, rural, suburban, AND urban, throughout all 50 states and some foreign countries.

What does 4-H offer?
- Leadership opportunities for youth at the local and state level.
- Recognition for work and achievement through fairs, scholarships, awards, and more.
- Opportunity to participate in county, regional, state, and national events, including camps, educational programing, leadership positions, and conferences.
- Decision-making skills and opportunities through participation in club meetings, community service, and project work.

What makes 4-H different from other youth development organizations?
- **Self-determination** — Youth decide what projects they want to participate in, as well as how their clubs operate and support members and the community they live in. 4-H is the only youth development organization where members actually decide how it operates.
- **Experiential learning** — Members actively participate in their interest areas. Want to learn about insects? Start a bug collection in the entomology project. Like to work with your hands? Build a rocket in rocketry or a table in woodworking projects. Learn to bake your favorite pie in foods and nutrition project. Interested in something that isn’t an official project? No problem! Enter the Self-Determined project and come up with your own unique creation.
- **Research-based support from local, state and national experts** — 4-H is administered in Kansas through K-State Research and Extension, giving 4-H members, volunteers, and leaders access to the latest data in research and youth development.

Why 4-H?
A better question might be “Why not 4-H?”

A recent study of 4-H’ers across Kansas showed some positive results in areas of decision making, leadership, communication, and citizenship.
- 95% are comfortable making their own decisions
- 89% don’t succumb to peer pressure
- 96% reported they can make a difference through community service
- 95% reported an increased effort to allow everyone to have a voice.

Who wouldn’t want youths to be better leaders, citizens, communicators, and make better decisions? So I ask again, why not 4-H?

Joining 4-H
If you, or someone you know, is interested in joining 4-H, contact the Thomas County K-State Research and Extension office at 785-460-4582.

You can also learn more about joining and the different clubs in Thomas County by going to our [website](#). Feel free to contact Club Leaders to get a feel for how you might fit into that club.

You can also Follow us on Facebook @Thomas County Extension/4-H.

Please note: 4-H Online Registration is open to re-enroll. It has been updated to the 2.0 version. If you have any issues with re-enrollment please contact the office and we can assist you.
4-H Week in Thomas County

National 4-H Week was held October 3rd-9th. Thomas County 4-H Clubs were incredibly active in our community that week. Here are some examples of ways our clubs showed citizenship and community service.

Abilene Hustlers promoted 4-H by recording radio ads and by taking pencils and flyers to area schools. They also created a display at Pioneer Memorial Library to showcase different projects available in 4-H.

Brewster Prairie Gem gave cookies and a flyer to each class at Brewster School while also speaking about their club to students. 4-H members also wore their club shirts to school and walked together with their club banner in the Homecoming parade.

Gem 4-H talked to the after school program in Colby and made relief packages for hurricane victims.

Solomon Valley talked to the after school program in Colby and re-sanded the horse barn on the Fairgrounds to make it level.

KYLF

Kansas Youth Leadership Forum will be held November 20-21 at Rock Springs. This event is for youth ages 14-18 before January 1, 2022. It will feature workshops, consulting groups, inspirational speakers, Youth Council Elections, and opportunities to learn and have fun. Registration is due November 4th and is available on the Cvent website.

Photography Shutterbugs Events

- Shutterbugs at Old Jefferson Town—November 6th in Oskaloosa, KS

Achievement Banquet

The Achievement Banquet will be held on November 19th in the 4-H building at 6:30pm. This event will showcase the winners of the 2021 Fair and the achievements of 4-H members from this past year.

Shooting Sports Projects

4-H members who are enrolling in the various shooting sports disciplines must enroll via 4-H Online in a timely manner so they will receive full educational benefit of the sport. 4-H members must be 8 years old before Jan. 1 of 2022 to participate in shooting sports. The deadline to enroll in the BB, Air Pistol, and Air Rifle projects is coming soon. Stay tuned for more information.

Shooting Sports Survey

As the Archery and Shotgun seasons end and the BB, Air Rifle and Air Pistol seasons begin, the Extension Office would like your feedback. Please complete the short survey regarding your experiences with the shooting sports project.

Entomology Project

The 2021 Kansas 4-H Insect Spectacular occurred on June 21st, 23rd, and 25th. This year there were three webinar sessions each lasting about an hour. Recordings for all three sessions in 2021 as well as the recordings from the 2020 Insect Spectacular are available on the Kansas 4-H website. Also, save the dates for the 2022 Insect Spectacular. They have been set for June 17th and 18th.
Volunteers

It’s that time again and we need your help!!
The enrollment date for adult volunteers is the same as that for 4-H members, October 1st. Returning volunteers will need to re-enroll on 4-H Online and verify their information just like returning 4-H members. If you are a new volunteer, please contact the office so we can get the forms and instructions to you. Call Joanna at (785) 460-4582 or email joannajohnson@ksu.edu.

***If you know someone who would be a great resource for our 4-H members to learn from, (friend, community member, etc.) please contact the office. We are always looking for new project leaders and volunteers.***

Schedules & Calendars

A new 4-H year begins October 1, and with that our 4-H community club leaders and project program leaders are developing their schedule of events and activities. Please contact the Thomas County Extension Office at 785-460-4582 with the dates and locations of your meetings and events. Our office has a calendar posted on our website for your convenience. If you have a meeting or event you would like us to add, or if you make changes to regularly scheduled meetings, please let us know. This will help us keep an updated calendar and will help ensure you get the dates you need for the 4-H Building without scheduling conflicts.

Resource Guide

The Extension Office would like to create a Resource Guide of helpful information for 4-H families. If you have suggestions of something we can add, please let us know. This could be something you wish you knew when you were a new family or something you still don’t know much about. Help us help you!

Club Attendance

For the 2021-2022 year, 4-H members wishing to participate in the livestock auction are required to attend 6 club meetings between the months of August 2021 and July 2022. Members must attend meetings for the club they are enrolled in on 4-H Online. Business must be conducted at the meeting in order for the meeting to qualify for attendance. College students who enroll in 4-H for their final year must still attend 6 meetings either in person or by technology such as Skype or Zoom.

Club members and leaders can check their attendance record by going to the Thomas County Extension website. Click on “4-H Youth Development”, followed by “Record Keeping.” Club leaders or a designated club member should send attendance sign-in sheets to Joanna after each meeting to ensure timely record-keeping. Sign-in sheets can be dropped off at the office or emailed to joannajohnson@ksu.edu.
**November 2021**

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**Reminders:**
- SS = Shooting Sports
- AH = Abilene Hustlers
- BPG = Brewster Prairie Gem
- Gem = Gem 4-H
- CC = Colby Comets
- SV = Solomon Valley
Bookmark our website for quick reference to educational and informational resources as well as contact information for all of your questions:

http://www.thomas.k-state.edu

Check us out on Facebook & Twitter:

K-State Research and Extension Thomas County 4-H

K-State Research and Extension and Thomas County Extension are committed to making their services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Emily Bennigsdorf at 785-460-4582.