Upcoming Programs

Make sure to watch our Facebook page and the next page to learn about various upcoming programs. There are several Agriculture and Family and Consumer Science programs scheduled for the next few months. Keep an eye out for registration deadlines and program locations. If you need more information about anything listed in the newsletter, please call the office.

Office Information

The Thomas County Extension Office will be closed December 24th—January 2nd. The office will reopen on January 3rd with our NEW HOURS. Our new hours will be 8:30am-12:30pm, 1:00pm-5:00pm. Feel free to email Joanna or Emily with any questions or call our office and leave a message. We would like to wish everyone a safe and happy holiday! We will see you in 2022!
January

5th—Winter Calving School— 6:30pm in Colby
For more information, Click here!

5th—K-State Garden Hour Webinar Series: Vegetable Varieties for Bountiful Harvests— Noon-1pm
Click here to register!

7th—Kansas Corn School— 9am-1pm in Oakley
Click here to register!

12th—Soil Fertility Management- 9am-noon in Goodland
3-6pm in Hoxie
Registration requested by January 6th.
For more information, Click here!

12th—Living Well Wednesday Webinar Series: Parents Guide to Social Media— 12:15-1pm
Click here to register!

18th & 19th— Cover Your Acres— 8am-5pm In-person in Oberlin
Click here to register!

25th-26th—No-Till on the Plains Conference— Wichita
For more information, Click here!

26th—Living Well Wednesday Webinar Series: Cultivate an Attitude of Gratitude— 12:15-1pm
Click here to register!

February

1st-2nd—High Plains No-Till Conference – Burlington, CO
For more information, Click here!

2nd—K-State Garden Hour Webinar Series: Indoor Seed Starting— Noon-1pm
Click here to register!

3rd—Kansas Corn School (virtual)— 6pm-8pm via Zoom
Click here to register!

8th—Kansas Soybean School— 8am-1pm in Oakley
Click here to pre-register by January 14th!

9th—Living Well Wednesday Webinar Series— 12:15-1pm

23rd—Living Well Wednesday Webinar Series— 12:15-1pm

For more upcoming events visit our webpage!
Sudden Death Syndrome in Soybeans

“Sudden death syndrome is a soilborne disease of soybean that affects the roots,” said K-State’s Chris Little.

Little said the symptoms of sudden death syndrome can be seen above ground as chlorosis, a yellowing of normally green leaves due to a lack of chlorophyll. Often the symptoms will appear in the field after rainfall, or in saturated soils.

“It’s really a root pathogen that lives in the soil then attacks the roots, colonizes the roots early on, and then begins to make a toxin that moves through the plant and causes those above-ground symptoms that many folks have seen,” Little said.

According to Little, sudden death syndrome cannot be eradicated, so control methods need to be utilized.

He recommends having the soil tested for populations of the soybean cyst nematode to make sure that the proper resistance is being used for the nematode, which may also help keep sudden death syndrome from attacking the soybean plants since both diseases can occur in the same field.

“You can check with your seed provider and try to get some information about the seed selections that you make,” Little said. “Make sure that you’ve got some good tolerance or resistance in that material.”

He added that different seed companies may use opposite scales to measure resistance, so for some companies the highest number may be the best, while for other companies the lowest number may be the best. “Make sure you check the correct number and know what it is representing,” Little said.

Proper nutrition might be another way to avoid the disease. “Phosphorus amendment really has a positive role in reducing the severity of sudden death syndrome symptoms, and also can increase yield,” Little said.

Little said wheat and sorghum are effective crops to use in rotation, since those are not hosts of the sudden death syndrome fungus. Corn is another option, but the fungus can survive on corn stubble to a slight degree, according to Little.

Researchers are also studying the use of cover crops to understand their effectiveness in reducing sudden death syndrome.

“Sudden death syndrome remains a research interest at Kansas State University, but producers need to do their part to stay on top of this too,” Little said.
**What is Marmalade?**

A marmalade is a sweet spread that is defined as a fruit jelly with small pieces or slices of fruit or fruit peel suspended in the jelly. Marmalades traditionally contain citrus fruit. Citrus, such as oranges and lemons, have natural pectin. So many marmalade recipes do not include added pectin for form a gel. Therefore, a tested recipe is best to get the best results for a tasty home-canned marmalade. It is a balance of acid, sugar, pectin, and fruit to get the best result.

Marmalade recipes are available from the National Center for Home Food Preservation.

**Swirls of Spaghetti!**

Spaghetti is America’s favorite shape of pasta. While commonly paired with a red meat sauce, spaghetti is found in many other recipes including stir-fry meals, casseroles, and salads. Pasta is a fat-free, low sodium food. With whole grain pasta options, more nutrition can easily be added to a meal.

One of the hardest decisions to make when using spaghetti is how much dry spaghetti is needed. For long shapes, including angel hair, linguine, vermicelli, and fettuccine, use this guide:

2 ounces dry long pasta = a ½-inch diameter bunch = 1 cup cooked

To cook pasta, use 4-6 quarts water per pound of pasta and bring to a boil. Add pasta, stir, and return to a boil. Stir occasionally. Perfectly cooked pasta is “al dente,” or firm to the bite. For recipes with extra cooking time, undercook the pasta by 1/3 of the cooking time.

Learn more about pasta at [https://sharethepasta.org/](https://sharethepasta.org/).

**Keep or Toss? Food Safety After Power Outage**

Winter weather is approaching, so here are some reminders to keep food safe during a power outage.

Plan now! Keep an appliance thermometer inside the refrigerator and freezer. Keep the freezer full to keep foods frozen longer. Freeze refrigerated foods you don’t need right away.

During a power outage, keep refrigerator and freezer doors closed. A full freezer will hold temperature about 48 hours.

After a power outage, when in doubt, throw it out! Some foods can be saved, others should not be used.

Never taste food to determine its safety! Learn more about power outage food safety at [www.ksre.k-state.edu/foodsafety/topics/disaster.html](http://www.ksre.k-state.edu/foodsafety/topics/disaster.html).
**Beef Weigh-In**

Beef weigh-in will be held February 19th from 9:00am to 11:30am. Back up weather day will be February 26th if necessary. Please bring cash or check to purchase your tags. Each market steer/heifer is required to have an ear tag at the county fair and state fair. Breeding animals are not required to have tags at our fair.

**Western KS District Sheep School**

Hodgeman County is hosting some informational events about sheep. Virtual zoom sessions will be held Jan. 12th & 26th. In-person and Zoom session will be held on Jan. 29th. Meeting details, topics and speakers coming soon. For more information, contact DeWayne Craghead, Hodgeman County Extension Agent at 620-357-8321 or dcraghea@ksu.edu.

**Horse Panorama**

The 2022 4-H Horse Panorama has been scheduled for January 28-30 at Rock Springs 4-H Center. Registration deadline is January 9th. Contest rules for Horse Panorama are now posted to the Kansas 4-H web site on the [Horse Events](#) page.

**Junior Producer Days**

Junior producer days are held to provide educational material and hands-on experiences for youth, parents, leaders, and extension agents. Junior Beef Producer Day will be held Saturday, March 5th and early registration ends February 11th. Junior Sheep Producer Day will be held Saturday, March 19th with early registration due February 25th. For more information and to register, click [here](#).

**Achievement Banquet**

On November 22nd, we had another successful Achievement Banquet to celebrate many 4-Her’s and their accomplishments from this past year. If anyone would like a copy of the Banquet Awards Listing, please contact the Extension Office. Also, we still have some prizes for members to pick up.

**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.

**Pizza Fundraiser**

Our pizza fundraiser is underway with the club’s total pizza orders and deposit slips due to the office on January 17th. Each individual club has a date that their orders are due to their club leaders so check with them to find out your date. We will make the pizzas on Saturday, January 29th beginning at 9:00am at the 4-H Building. For more information contact your club leader or the office.

**County Club Days**

County Club Day will be held on March 11th at the Extension Office/4-H Building. Now is the time to start thinking about how you might like to participate. Activities include demonstrations, project talks, dancing, music and dramatics, reading, etc. More information involving registration will be given in future newsletters, so stay tuned!

**Scholarship**

The Kansas 4-H Foundation partners with Kansas 4-H to offer over 50 different scholarships to help fund higher education for 4-H youth who are high school seniors or older. For a copy of the application and a list of available scholarships, please visit the Kansas 4-H Youth Development [website](#). All applications, additional documentation and reference letters must be submitted online no later than March 1.

The Thomas County 4-H Council Scholarship is open to Thomas County high school seniors enrolled in 4-H. Applications are available at the Extension Office and must be turned in by March 15th.
**Citizenship in Action**

Citizenship in Action is for Kansas youth to learn how the state legislative process works and how their voice and participation in decision-making can make a difference in their communities. Delegates will tour the Capitol, get tips on how to meet and talk with their legislators, and discuss how youth can have a greater impact in their communities. This event will be held February 20-21 in Topeka, KS. It is open to all youth 13-18 years old as of January 1, 2022. Registration is due February 1st on the [4-H website](#).

**Shooting Sports Certification Training**

If you or someone you know might be interested in becoming a Shooting Sports Instructor, please let the office know. We are always looking for more help. Disciplines include: BB, archery, pistol, rifle, and shotgun. Instructors must attend the Certification Training that will be held March 25-27.

**Discovery Days**

Discovery Days offers in-depth training through educational sessions from content and youth development experts. Members will learn new ideas, techniques, and skills they can use personally and in their 4-H clubs and communities. It will be held June 1-3 on the K-State Campus. Registration is coming soon.

**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.

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.”

**Volunteers**

The enrollment date for adult volunteers is the same as that for 4-H members, October 1st. This year, new and returning volunteers need to complete the Volunteer Application/Renewal on 4-H Online. If you have questions, call Joanna at (785) 460-4582 or email joannajohnson@ksu.edu.

**Rock Springs Ranch 4-H Camp**

Camp enrollment is open now. However, several changes have occurred. In the past, Thomas County has attended camp with the Great Northwest Camp Group. Due to recent changes at Rock Springs Ranch, that group is no longer together. In 2022, Rock Springs is offering flexible camp session opportunities. 4-H members can attend any session during the summer, not just a specific one. They are also offering Open Enrollment, allowing non-4-H members to attend. For more information on session dates, pricing rates and new leadership opportunities, please visit the Rock Springs Ranch [website](#).
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<td>Living Well Wednesday Soil Fertility Management Women in Ag Western KS District Sheep School</td>
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<td>Pizza-making day Western KS District Sheep School in Jetmore</td>
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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.