

K-STATE

Research and Extension

Sunflower Extension District #6



February 2025

Online! Newsletter

www.sunflower.ksu.edu

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District

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February 2025

Go to www.sunflower.ksu.edu for more details on these programs.

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Northwest Kansas Cow/Calf Clinic

Monday, February 17th, 2025

5:30 PM C.T.

American Legion Hall in Bird City, KS

Speakers include:

- * **Dr. Gregg Hanzlick**, KSU Veterinary Professor and KSU Veterinary Diagnostic Laboratory Associate Director
- * **Tressie Mitzner**, KSU Associate Extension Agricultural Economist and Kansas Farm Management Association—NW Executive Economist
- * **Caleb Morris**, Farm Credit of Western Kansas Insurance Professional/Fieldman

Topics to be discussed:

- * Livestock Risk Management
- * Ranchers Financial Toolbox



Registration Information:

- *Meal will be provided!
- *Registration is \$10, can be paid in advance or at the door.
- *Call the Extension Office 785-332-3171 or register online at: <https://tinyurl.com/yaxkdcwr>
- *RSVP by Friday, February 7th



Late Winter / Early Spring Herbicide Applications for Preventing Kochia Control

Now is the time to finalize plans for kochia control. In western Kansas, kochia is among the first summer annual weed to emerge in the spring. Recent research suggests that kochia can begin emerging in early February, with most kochia emerging by late April. I

Good control of the first dense flush of kochia is essential for obtaining a good yield. Early-emerging seedlings use the limited spring soil moisture in the dry-land production area. Kochia seedlings emerge in dense populations (often under adult plant carcasses from the prior year), making adequate herbicide coverage difficult (Figure 1). In addition, glyphosate-resistant kochia is prevalent across western Kansas, making kochia control even more challenging. For these reasons, it is important to apply preemergence herbicides in late winter or early spring to control this weed before it emerges.



Figure 1. Kochia seedling. Photo by Jeanne Falk

Herbicide program components to effectively manage kochia

To successfully manage kochia, a herbicide program needs two components:

1. a very soluble and effective herbicide that can be incorporated with very little precipitation, such as dicamba; and
2. a herbicide that has longer residual activity, which will require perhaps 0.75 inches or more precipitation for adequate incorporation, such as atrazine.

Precipitation events during late winter are often too small to activate longer residual herbicides, but dicamba may control kochia for 4 to 6 weeks until the longer residual herbicide is incorporated.

Often times a protox-inhibiting herbicide is also included in this tank mix. These likely products are flumioxazin (Valor/Panther/Zaltus products) or sulfentrazone (Spartan/Authority products). The half-life of flumioxazin is shorter than sulfentrazone, so is a more attractive option for moving to corn production. The re-cropping restrictions for rotating to corn and sorghum vary with rate (Table 1).

The best time to apply herbicides for kochia control is generally January through the first week of March but **prior to kochia emergence**, which can vary depending on weather conditions. Later applications, for example, at the time of burndown and preemergence applications, are more likely to occur after kochia emergence. This increases the risk of control failure. This is especially true when the kochia is in the 'puff-ball' stage. This is because the pubescence on the leaves makes it challenging for the herbicide to come in contact with the leaf surface. Fall-applied treatments can help ensure timely application; however, they are not likely to control later flushes of kochia effectively.

Table 1. Rotation restrictions for flumioxazin applications.

Flumioxazin Rate	Crop	Rotation Restriction
2 fl oz or less	Corn (minimum or no-till)	7 days
	Corn (conventional till)	30 days*
	sorghum	30 days*
Up to 3 fl oz	Corn (minimum or no-till)	14 days
	Corn (conventional till)	30 days*
	sorghum	30 days*
Up to 4 fl oz	Corn (all tillage)	4 months
	sorghum	4 months

* At least 1" of rainfall/irrigation must occur between application and planting or crop injury may occur

K-State Weed Management School

February 12
St. Francis
at the 4-H Building

5:30-8:30 pm CT

Details and Registration at:
www.sunflower.ksu.edu/agronomy



Starting Garden Transplants from Seed

It's not too early to begin gathering seeds for the spring garden. Select seeds from reputable sources to ensure high quality, healthy seeds.

Starting transplants for the vegetable garden typically requires four to eight weeks from seeding to transplant date. Utilize K-State Research and Extension's [Kansas Garden Guide](#) where you can find the Average Expected Planting Calendar to know when the best start date is for seedlings intended for transplanting into the garden.

Always use a disease-free, soilless planting media or seed-starting mix for seeds. The containers for seed-starting can be individual cups, trays or even recycled containers as long as they have drainage holes in the bottom. Fill the container with a couple inches of media and then lightly cover the seeds with the mix after planting. Keep the soil moist until the seeds germinate and keep the containers under lights in a warm location.

When the seedlings have grown two to four small leaves, they are ready to be transplanted into small pots. This will allow them to continue growing until it's time to transplant into the garden.

It's important to give plants time to harden off before transplanting. This should typically be started about ten days before the transplant date and involves gradually acclimating the seedlings to the outdoor conditions by reducing the amount of water the plants receive while slowly increasing their exposure to the outdoor conditions. This prevents the plants from experiencing transplant shock so they can continue normal growth when they are transplanted.

Cynthia Domenghini, Ph.D., Instructor; Horticulture Extension Specialist

Feeding cracked versus whole corn

MANHATTAN, Kan. — Beef producers make decisions about what to feed their animals daily and the answer often depends on the age and sex of the animal and what its job in the herd is. When deciding which type of feed to offer, cost is a consideration, Kansas State University beef cattle nutritionist Phillip Lancaster said.

Speaking on a recent Beef Cattle Institute [Cattle Chat](#) podcast, Lancaster addressed a question about feeding cracked corn to steers being raised to the finished stage on the home operation.

“There is a difference in the digestibility of whole corn versus cracked corn,” he said. “Because the steer ration will have a high level of corn, there is a benefit to feeding them cracked corn, and that is about a 5% increase in the net energy of gain from that corn.”

In the case of the steers, Lancaster said the price of corn would guide his recommendation.

“Is it cost-effective to feed cracked corn? If the feed mills are charging \$10 a ton to crack the corn, then the price of the corn needs to be about \$6 per bushel or higher for that to pay off,” Lancaster said.

As for the cows that are getting a feed supplement along with their high forage diet, Lancaster advised feeding whole corn instead of cracked corn.

“Because it is a lower percent of the diet and the cows will be able to do the mechanical breakdown by chewing their cud, it is more cost-effective to feed them whole corn,” he said.

Lancaster added that even if producers observe whole corn kernels in the feces, it doesn't mean that the animal did not get energy from the corn.

“Whole corn will be less digested than cracked corn, but bacteria will still penetrate the hull and some starch from the inside will be digested,” he said.

By Lisa Moser, K-State Research and Extension news service

Stay Strong, Stay Healthy

Have fun getting stronger through the Stay Strong, Stay Healthy program.

This program focuses on improving the health and wellbeing of older adults. The goal of the program is to provide safe, structured and effective strength training for older adults.

One of the best ways to keep your body and mind functioning at their best is to exercise. Regular participation in strengthening exercises can help you build muscle and increase bone density, which prevents frailty and osteoporosis.



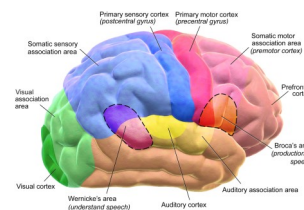
No membership required. No special clothes or equipment needed - weights provided! These exercises are easy to learn, safe and effective.

Stay Strong, Stay Healthy is an **8-week exercise program** that meets **twice a week for 1-hour** classes. The program goals are to improve participants' health and quality of life. Increases muscle strength, improves balance, enhances flexibility, strengthens bones, relieves arthritis, promotes weight maintenance, lifts depression, reduces stress, and reduces risk of heart disease.

This program has been offered throughout our district and some of those classes have continued for many years. In **Sharon Springs** they meet at the Senior Center every Tuesday and Thursday at 9:15 a.m. In **Goodland** there is a group at the First Christian Church on Monday, Wednesday and Fridays at 9:00 a.m. There is a group in **St. Francis** at the Methodist Church and I'm sure some of them would like to get it started up again.

This new group will be held in Goodland at the United Methodist Church, starting on February 4th. Call 785-890-4880 to sign up.

Nourishing the Brain



How does nutrition help brain health?

A varied and balanced eating plan provides essential vitamins that help maintain neural health. A steady energy supply to the brain can allow you to think and learn. Plenty of fruits and vegetables provide the brain with antioxidants that can help decrease inflammation in the entire body, including the brain. A balanced eating plan can support the tasks that brains perform every day, including balance, posture, coordination, and breathing.

The brain is a complex organ that serves as the command center for the body. Sixty percent of the brain is fat, and it is connected to the body via blood vessels and nerves. The brain communicates through neurons, facilitating sensory experiences and bodily movements. The structure of the brain consists of the cerebrum, controlling diverse functions like movement and emotions; the brainstem, regulating activities such as breathing; and the cerebellum, responsible for muscle coordination.

At the end of this program, participants will be able to: Understand brain anatomy and its main functions. Identify foods that aid in cognitive function and identify mealtime strategies to help people with Alzheimer's and Parkinson's disease.

Nourishing the Brain program will be held in all 3 counties.

February 10 in St. Francis in the Extension Office from 12:00-1:00 C.T. 785-332-3171

February 18 in Goodland in the Extension Office from 12:00-1:00 M.T. 785-890-4880

February 19 in Sharon Springs in the Extension Office from 12:00-1:00 M.T. 785-852-4285 or 785-821-0654.

Please call your local office to sign up for the program. Hope to see you then!



2025 Junior Swine Producer Day

Date: Saturday, March 1
Cost: \$20/person
Registration Deadline: February 5
Location: Stanley Stout Center, Manhattan, KS

2025 Junior Meat Goat Producer Day

Date: Saturday, March 22
Cost: \$20/person
Registration Deadline: February 26
Location: Stanley Stout Center, Manhattan, KS

**There will be an optional tour of the KSU Sheep & Meat Goat Center on the Friday night prior to junior meat goat producer day, as well as after the program concludes on Saturday.*

Super Saturday - March 22, 2025

The NW 4-H Super Saturday Judging Contest will take place on Saturday, March 22, starting at 9 a.m. CT. This great event is taking place at Colby Community College.

Judging Contests included will be Crops, Entomology, Horticulture, Life Skills, Photography and Livestock and Livestock Skill-a-thon.

Pen Pal Opportunity

Submitted by Pam Van Horn

States 4-H is happy to announce that they are offering another pen pal program! Working with Korea 4-H, Taiwan 4-H, and Costa Rica 4-H. There will be a limited number of registration spots to take part in this program.

- Program Dates: February 4th through April 30th, 2025.
- Age: Participants must be between the ages of 9 – 18 as of February 4, 2025.
- Frequency: participants will be expected to send one email/letter weekly for the duration (approximately 12 emails/letters). There will be weekly discussion topics to help get the conversation going, but these are only suggestions.
- Regular Email Schedule Between Participants: For example, international students send emails to their U.S. partners every Monday, and U.S. students reply every Friday.
- Cost: \$10 USD that can be paid online only.
- Registration deadline: Friday, January 24, 2025, or when all spots are filled.
- Register [HERE](#)

Please be aware that spots are very limited, so be sure to share this information with interested participants as soon as possible! All registrations must be completed by January 25th, 2025 in order to be matched with a pen friend by the start date of February 4th. Be sure to reach out to us at ib@states4h.org with any questions, and we hope to see lots of international friendships blossom through this season's pen pal program!



4-H Scholarships

Kansas State 4-H Scholarships applications are online and must be submitted online.

March 1, 2025, by 11:59 PM CT is the deadline to complete the 4-H Scholarship application, recommendation letters, and references.

4-H Scholarship Link:
<https://www.kansas4-h.org/resources/awards-and-recognition/scholarships.html>

SH- Local Scholarships

The **JR Leader Applications** can be found at [USD 352](#)

JR Leader Applications are due to the Extension Office by April 4, 2025

CN- Local Scholarships

Applications are due to Extension Office by March 30, 2025



Sherman County Beef Weigh-In

Saturday, March 8, 2025,
from 9:00 - 10:00 AM MT
(weather permitting)

For any questions about the beef project, please contact:

Clay Schilling
Beef Superintendent Leader
@ (785) 694-4589

4-H members must be enrolled in the project prior to the weigh-in date, or the project will show in open class.

Cheyenne County Beef Weigh-In

Sunday, March 2, 2025,
from 4:00 - 5:00 PM CT
(weather permitting)

For any questions about the beef project, please contact:

the Extension Office

Ownership Affidavits are due by June 1st

4-H members must be enrolled in the project prior to the weigh-in date, or the project will show in open class.

4-H Days & Talent Night

Sherman County

March 8, 2025

Registration Forms Due:

February 7, 2025

Wallace County

March 24, 2025

Registration Forms Due:

March 14, 2025

Project Talks/ Demonstrations Talent

*Creative Foods Table

* Educational Posters



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New 4-H policy Guide: <https://www.kansas4-h.org/resources/policy-guide/Kansas%204-H%20Policy%20Handbook%202023.pdf>



Sunflower District

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2. WA– Beef Weight 2:00 PM MT	3.	4. WA– Career Day @ WCHS SH– Stay Strong, Stay Healthy 9:00 AM MT SH-Succession Planning Series	5. Foods 3:30 - 5:00 PM MT 4-H Bldg.	6. SH– Stay Strong, Stay Healthy 9:00 AM MT	7. SH- 4-H Days & Talent Night Registration Due to the Extension Office	8.
9.	10. CN– Nourishing the Brain—noon	11. SH– Stay Strong, Stay Healthy 9:00 AM MT SH– Succession Planning Series	12. 52 Ways to Cli- mate Proof Your Finances— online CN– Weed Man- agement School -5:30 PM CT	13. SH– Stay Strong, Stay Healthy 9:00 AM MT	14. 	15.
16. Citizenship In Action February 16-17	17. CN– Cow/Calf Clinic  Extension Closed	18. SH– Stay Strong, Stay Healthy 9:00 AM MT SH– Nourishing the Brain—noon	19. WA– Nourishing the Brain—noon	20. SH– Stay Strong, Stay Healthy 9:00 AM MT	21.	22. Horse Panorama Feb. 22 –23 Rock Springs
23. Horse Panorama Feb. 22 –23 Rock Springs	24.	25. SH– Stay Strong, Stay Healthy 9:00 AM MT	26.	27. SH– Stay Strong, Stay Healthy 9:00 AM MT	28.	



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