K-STATE Research and Extension | Rolling Prairie District

Fall 2024

Sedan Office
Courthouse
Sedan, KS 67361-1326
Phone: 620-725-5890
Fax: 620-725-5892

Howard Office
130 South Pennsylvania
Howard, KS 67349-0647
Phone: 620-374-2174
Fax: 620-374-2889

www.rollingprairie.ksu.edu

Rolling Prairie Extension District Staff

Richard Fechter
Elk County Agriculture
4-H Agent
rfechter@ksu.edu

Jenny McDaniel
District Director, Chautauqua County Agent, FCS/4-H
jlm323@ksu.edu

Linda Bever
Office Staff - Sedan
lmmbever@ksu.edu

Abbie McAlister
Office Staff – Howard
abbie21@ksu.edu

Rolling Prairie Extension Upcoming Events

September
27-29 Kansas Jr. Livestock Show

October
6-12 National 4-H Week
12 4-H BINGO, Sedan Fair grounds, 6:00 PM; Doors open at 5:00 p.m.

November
11 Veteran's Day—Offices Closed
13 Holiday Happenings, 10:00, 1st Christian Church, Sedan
28-29 Thanksgiving—Offices Closed

December
23-31 Offices Closed for Christmas Break

January
1 Offices Closed for New Year's

How To Preserve Pumpkins This Fall

K-State's Blakeslee says sugar or pie pumpkins are best for cooking

By Maddy Rohr, K-State Research and Extension news service

MANHATTAN, Kan. – It is nearly October, which means pumpkins are everywhere, including in popular food and drink items.

When the popular fall treat is used for baking and cooking, Kansas State University food scientist Karen Blakeslee says sugar or pie pumpkins are the No. 1 choice.

“They are smaller than pumpkins used for carving festive jack-o-lanterns,” Blakeslee said. “They have dense flesh and high sugar content. The flesh is less stringy and the color is usually darker.”

When cooking, 1 3/4 cups of mashed fresh pie or sugar pumpkin can replace a 15-ounce can of pumpkin.

“Home canning is not recommended for any mashed pumpkin or winter squash. The only directions for canning these are for cubed pieces. Mashed products can be safely frozen,” Blakeslee said.

Mashed pumpkin or winter squash has a thick density in mashed form which prevents adequate heat transfer to the center of the jar. Blakeslee warns of insufficient research to establish a single, safe processing time for mashed pumpkin or winter squash products.

“This can lead to under processing or uneven processing and harmful bacteria can survive after canning,” Blakeslee said. She suggests freezing mashed pumpkin or winter squash as the safest method of preservation.

Some grocery stores sell sugar or pie pumpkins, but Blakeslee recommends looking for U-pick farms that grow pumpkins.

"Before cutting, always rinse with water and scrub the outside of the pumpkin to remove any dirt and debris. Check for damage to the rind such as soft spots or spoilage and remove those spots,” she said.

Blakeslee, who also is coordinator of K-State’s Rapid Reponse Center for Food Science, publishes a monthly newsletter called You Asked It! that provides numerous tips on food safety. More information is also available from local extension offices in Kansas.

Links: https://www.rrc.k-state.edu/
https://www.rrc.k-state.edu/newsletter/index.html

Roasting Pumpkin Seeds

Pumpkins are the perfect fall decoration and could be put to even more use this season by roasting their seeds for a delicious snack.

“Consider roasting seeds before freezing temperatures destroy the pumpkin fruit,” Upham said, adding some ideas on how to roast the seeds at home:

- Cut open the pumpkin and remove the seeds and stringy material.
- Wash seeds and toss with oil before roasting.
- After seasoning, spread the seeds on a cookie sheet and roast for about 25 minutes at 325 degrees Fahrenheit.
- Roast time can vary depending on seed size and moisture content.
- Seeds are done when they turn golden brown.

“Flavor can be enhanced by adding a sprinkling of salt to the oiled seeds,”

Roasted Pumpkin Seeds

Prep: 10 mins Cook: 15 mins Total Time: 25 mins

Yield: 12 servings Serving Size: 1 Tablespoon

Course: Snack

Cuisine: American

Calories: 53kcal

Author: **Jessica Gavin**

Do not waste the seeds from pumpkins, they can be made into a healthy and delicious snack!

Learn how to roast pumpkin seeds with this step by step guide.

Ingredients:

¾ cup (85 g) raw pumpkin seeds

1 tablespoon (15 ml) olive oil

½ teaspoon (3 g) kosher salt

¼ teaspoon garlic powder

¼ teaspoon paprika optional

⅛ teaspoon black pepper

Special Equipment

Colander

Instructions:

1. Preheat oven to 350°F (177ºC).

2. Wash pumpkin seeds in a colander to remove the pulp and fibers. Thoroughly dry with a towel.

3. In a small bowl combine pumpkin seeds, olive oil, salt, garlic powder, paprika (if using), and black pepper.

4. Lightly grease a sheet pan with olive oil. Evenly spread the seasoned pumpkin seeds on the sheet pan.

5. Bake until the seeds are toasted and crunchy, about 12 to 15 minutes. Stir every 5 minutes for even toasting, and

check for doneness with each stir by tasting a seed for crunchiness.

6. Transfer the roasted pumpkin seeds to a bowl to cool down.

Notes:

The recipe can be easily doubled or tripled depending on how many seeds your pumpkin yields.

To make separating the pulp from the seeds a bit easier, add them to a medium sized bowl. Fill the bowl with warm

water and rub the seeds together in the palm of your hands to remove the stringy flesh. Allow the seeds to float to the top of the bowl, then use a spoon to skim them from

Nutrition

Serving: 8g | Calories: 53kcal | Carbohydrates: 1g | Protein: 2g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 2g |Monounsaturated Fat: 2g | Sodium: 47mg | Potassium: 2mg | Fiber: 1g | Sugar: 0.02g | Vitamin A: 20IU | Vitamin C: 0.8mg |Calcium: 10mg | Iron: 0.7mg

Chautauqua County 4-H

October 12, 2024

6:00 pm

Doors Open at 5:00 pm

Mini Games start at 5:30 pm

Fair Building Sedan, Kansas

Tickets: $10 in advance

$12 at the door

Additional cards available for $5 each.

Proceeds go towards Livestock Events and Fairgrounds Improvements

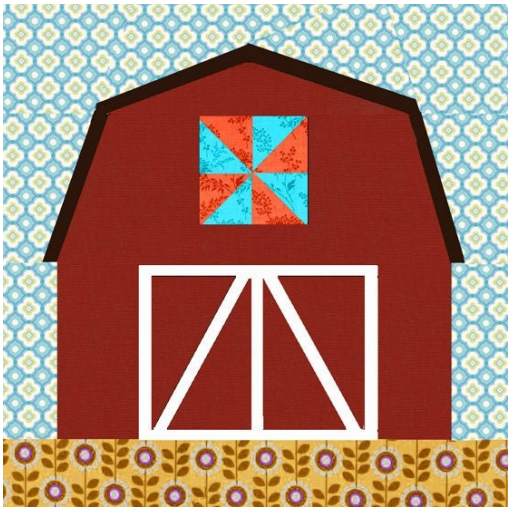
Concessions Available

K-STATE Research and Extension | Rolling Prairie District

Holiday Happenings

Wednesday, November 13, 2024

First Christian Church Basement



9:30 – 10:00 a.m. Registration – Coffee Provided

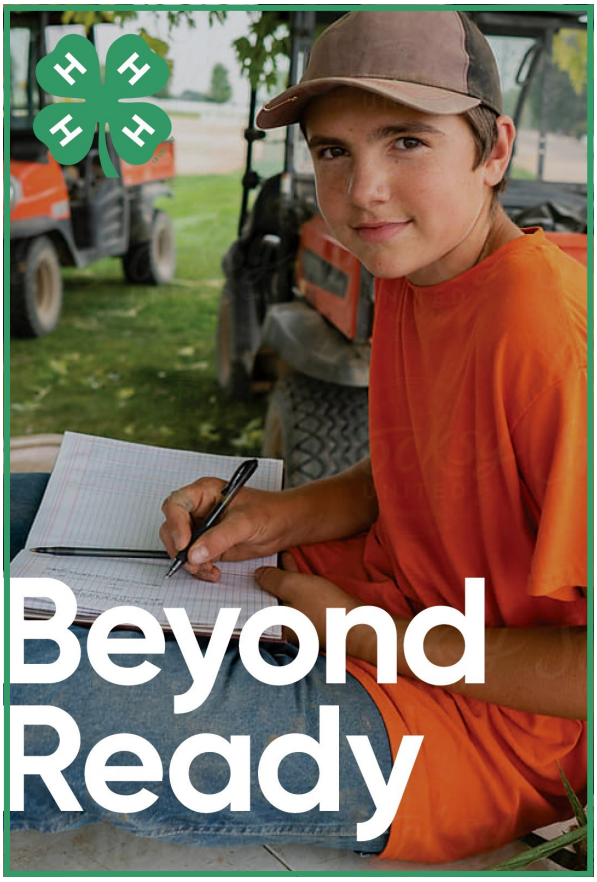
10:00 a.m. Welcome & Speakers:

Varying Veggies, Linda Bever
There's An App For That, Jenny McDaniel
Barn Quilts, Kathryn Ebersole
DIY Craft, Jenny & Linda

Noon Soup and Sandwich Lunch Provided

Door Prizes!

K-STATE Research and Extension | Rolling Prairie District



JOIN 4-H TODAY

at 4-HOnline.com

Free KSRE Webinars

- **Living Well Wednesday: This virtual learning series is hosted by KSRE Family and Consumer Sciences (FCS) professionals from across the state of Kansas on the second Wednesday of each month from 12:10-1:00pm.** Living Well Wednesday: https://www.ksre.k-state.edu/fcs/livingwellwed/
- **K-State Garden Hour: All types of horticulture related topics on the first Wednesday of the month. 12:00-1:00.pm.** https://hnr.k-state.edu/extension/consumer-horticulture/garden-hour/
- **First Friday e-call: Entrpreneurship webinars every first Friday of the month. These increase local community's knowledge of the expers, education and economic resources available to small businesses.** https://www.ksre.k-state.edu/program-areas/supporting-communities/first-friday-ecalls/
- **Kansas 4-H Animal Science Webinar Series: Designed to give Kansas 4-H'ers an opportunity to learn more about the livestock industry, career opportunities and good animal husbandry practices. Webinars are shared online at:** https://www.kansas4-h.org/projects/animal-science/animal-science-webinar-series.html

Preparing Newly Fallen Black Walnuts

K-State horticulture expert shares tips for harvesting and curing

K-State Research and Extension news service

MANHATTAN, Kan. — Many homeowners who have a black walnut tree in their yard look forward to the nuts it drops in the fall. Kansas State University horticulture expert Ward Upham said knowing what to look for is key to successfully harvesting and curing black walnuts.

“Black walnuts are ready to be harvested when the hull can be dented with your thumb,” Upham said. “You can also wait until the nuts start falling from the tree.”

Soon after harvesting, the hull – the hard outer coating of the nut – needs to be removed. If not removed in a timely manner, the stain from the hull can leech inside and discolor the meat. This staining will also result in an undesirable off-flavor.

Before hulling the nuts, ensure you wear gloves, Upham said. Black walnuts contain a stubborn dye that will stain concrete, hands, clothing, or anything it touches. Once it stains, the dye is almost impossible to remove.

With gloves on, there are several methods you can employ to hull the nuts. The nuts can be run through a corn sheller or pounded through holes in a board.

“The hole must be big enough for the nut, but smaller than the hull,” Upham said.

He recommends a simpler method: running over the nuts with a lawn tractor.

“This will break the hull but not crack the nut,” he said.

Hulled nuts can then be spread on the lawn or wire mesh and sprayed with water, or the nuts can be placed in a tub of water.

“If you place them in a tub, the good nuts should sink,” Upham said. “Those that float are probably not well-filled with kernels.”

Nuts can then be dried by spreading them in no more than three layers deep in a cool, dry place. A garage or tool shed will work. After about two weeks, the nuts should be dried and ready to enjoy by themselves or in your favorite fall dish.

K-State’s Department of Horticulture and Natural Resources produce a weekly Horticulture Newsletter with tips for maintaining home landscapes. The newsletter is available to view online at https://hnr.k-state.edu/extension/horticulture-resource-center/horticulture-newsletter/ or can be delivered by email each week.

Cow-Calf Management Considerations for October

Cow Herd Management

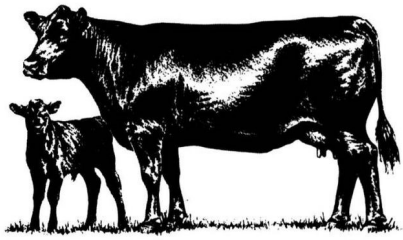
- For spring-calving cow herds:
  - ⇒ If not already done, make plans for weaning calves.
    - Test your forages and have feedstuffs on hand prior to weaning.
    - Check and clean waterers and prepare weaning/receiving pens.
  - ⇒ Evaluate cow BCS at weaning.
    - Record scores with the BCS Record Book available from the Extension office.
    - Use BCS to strategically supplement cows during fall, if needed.
    - Female requirements are lowest at weaning so weight and BCS can be added more easily in early fall rather than waiting until closer to calving.
  - ⇒ Schedule pregnancy checking and fall health work if not already done.
    - How were pregnancy rates relative to last year?
    - Do we need to re-think our fall/winter nutrition program?
  - ⇒ Evaluate the cost of gain relative to the value of gain when making feeding and marketing decisions for cull cows.
- For fall-calving cow herds:
  - ⇒ If not already done, review your calving health protocols as needed.
  - ⇒ Have calving equipment cleaned and available to use as needed.
  - ⇒ Plan to adjust your nutrition program to match needs of lactating cows.
  - ⇒ Use the estrus synchronization planner to help plan fall synchronization protocol https://www.iowabeefcenter.org/estrussynch.html
- Plan your mineral supplementation for this coming fall and winter.
  - ⇒ Record date and amount offered and calculate herd consumption.
  - ⇒ If consumption is 2X the target intake, then cost will be too!
  - ⇒ Risk of grass tetany is greatest for lactating cows. Consider magnesium levels in mineral supplements for cows grazing cool-season forages and winter annuals this fall.
- Schedule breeding soundness exams for bulls used for fall service.
  - ⇒ Monitor BCS, particularly on young bulls.
  - ⇒ If bulls are BCS ≤ 5.0 after summer breeding, consider supplementing to regain BCS going into fall.

Calf Management

- Schedule any pre-weaning vaccination or processing activities if not already done.
- Consider the economic value by implanting nursing fall-born calves and weaned spring-born calves.
- If not already done, schedule your breeding protocols for fall replacement heifers in advance of the breeding season.
  - ⇒ If synchronizing with MGA, make sure intake is consistent at 0.5 mg of melengestrol acetate per hd per day for 14 days, and remove for 19 days prior to administering prostaglandin.

General Management

- Take inventory of and begin sampling harvested forages for fall feed needs.
  - ⇒ Be aware of possible presence of molds and other anti-nutritional compounds in hay harvested at higher than typical moisture levels.
  - ⇒ Test for nitrates and prussic acid when appropriate.
  - ⇒ Use the forage inventory calculator (https://www.agmanager.info/hay-inventory-calculator).
  - ⇒ Balance forage inventories with fall/winter grazing acres.
- If grazing crop residues following harvest, keep the following in mind:
- The bottom 1/3 of the stalk is where nitrates accumulate.
  - ⇒ Be aware of prussic acid in new regrowth of sorghum plants, and the time around frost is the greatest risk.
  - ⇒ High amounts of down grain will require a change in management.
- Use the Management Minder tool on KSUBeef.org to plan key management activities for your cowherd for the rest of the year.
- With high feeder calf prices, consider price risk management tools for fall-calves.



Fall Burning to Control Sericea Lespedeza

Using fire during the growing season can be a promising way to manage sericea lespedeza in tallgrass prairies. Growing season burns offer advantages beyond sericea control, including easier to contain fires and a second chance to burn acres omitted during the dormant season.

Growing season fires have sometimes resulted in disappointing sericea lespedeza control, leaving landowners and ranchers puzzled about why their burn did not meet management objectives. The key to achieving effective sericea lespedeza control is closely tied to not only when the fire is lit, but also to consideration of environmental conditions and management techniques. By making minor adjustments in applying fire, better control can be achieved.

Compared to dormant season burns, growing season fuel loads are much wetter and require slightly different weather and fuel conditions. The range for humidity (25-55%) and wind speed (8 to 20 miles per hour) are similar to dormant season burns, with the minimum wind speed adjusted upward and the humidity range adjusted downward to encourage fire movement through the damper fuel and to hasten smoke lift. Often the humidity will not be low enough for an effective fire until afternoon, so in general, morning burns should not be planned. Growing season fires produce heavy, wet smoke that can move along the ground for as much as two miles before lifting, causing air quality problems a considerable distance away, so a mixing height of greater than 3,000 feet is desirable.

The litter layer carries the fire through the green vegetation. Two litter characteristics, continuity

and humidity, are critical to achieving sericea lespedeza control with a growing season burn.

Litter that covers the surface of the ground is needed for a successful growing season burn. If there are areas with bare ground between plants, the fire may extinguish itself and need to be relit. Bare soil areas include cattle trails and wheel tracks. When lighting the fire, look down and go around obvious bare patches on the perimeter, moving the fire line towards the interior of the fire to where litter is heavier.

Plan on the fire moving slowly and allow enough time to complete the burn while the crew is still available. As a rule of thumb, a growing season head fire will move through the green vegetation at about one quarter the rate of the surface wind speed. For example, a 6 mile per hour wind surface speed will likely result in a fire that moves about one to one and a half miles per hour. Let the head fire do most of the work. Quickly light backfires and flank fires, as only about a foot of blackened area is sufficient to stop a growing season headfire. Wet lines will work well to hold the fire within intended boundaries as damp litter discourages fire spread, as will green vegetation pressed into the litter by vehicle tires. Growing season backfires are easily extinguished, so be prepared to double back and check the fire line near trails to make sure the fire continues to burn in that area.

Immediately post-fire, a summer burn may look unsuccessful due to the amount of standing green vegetation. However, additional vegetation brown-off will continue for up to 48 hours as the full extent of the burn effectiveness is revealed. After this period, any remaining green vegetation is unlikely to die. If unburned patches are large enough cause concern, they can be easily and safely re-ignited as the surrounding burnt vegetation is an effective fire guard.

To realize the maximize benefit for sericea lespedeza control, a three to four year commitment to yearly growing season fires is required. If conditions for burning are unfavorable one year, pick up sequence the following year. Continue growing season burns until the desired level of sericea control is achieved.

(Continued on page 11)

Lawn Seeding Timing and Tips

Although September is typically the preferred month to reseed cool-season lawns, such as tall fescue and Kentucky bluegrass, with the heat we have been experiencing throughout the state, postponing may be a good idea. When temperatures are elevated as they have been recently, newly-planted seeds need additional water. Homeowners who put down seed during the heat may find themselves watering several times a day. By middle to late September, we should have relief from triple digits allowing homeowners time to re-seed.

Our usual recommendation is don't plant Kentucky bluegrass past early October. However, you can get by with an early to mid-October planting for tall fescue. October 15 is generally considered the last day for safely planting or overseeding a tall fescue lawn in the fall. With a late seeding, take special care not to allow plants to dry out. Anything that slows growth will make it less likely that plants will mature enough to survive the winter.

Seeding after the cut-off date can work, but the success rate goes down the later the planting date. Late plantings often fail as a result of poorly rooted plants being heaved from the soil after repeated freezing and thawing. Roots are then exposed and quickly dry out. Help the seedlings establish a healthy root system prior to freezing weather by keeping them well-watered.

The keys to successful lawn seeding are proper rates, even dispersal, good seed to soil contact, and proper watering. Evenness is best achieved by carefully calibrating the seeder or by adjusting the seeder to a low setting and making several passes to ensure even distribution. Seeding a little on the heavy side with close overlapping is better than missing areas altogether, especially for the bunch-type tall fescue, which does not spread. Multiple seeder passes in opposite directions should help avoid this problem.

A more serious error in seeding is using the improper rate. For tall fescue, aim for 6 to 8 pounds of seed per 1,000 square feet for new areas and about half as much for over-seeding or seeding areas in the shade.

Kentucky bluegrass has a much smaller seed so less is needed for establishment. Use 2 to 3 pounds of seed per 1,000 square feet for a new lawn and half that for over-seeding or shady areas.
Using too much seed results in a lawn more prone to disease and damage from stress. The best way to avoid such a mistake is to determine the square footage of the yard first, and then calculate the amount of seed. Using too little seed can also be detrimental and result in clumpy turf that is not as visually pleasing.

Establishing good seed to soil contact is essential for good germination rates. Slit seeders achieve good contact at the time of seeding by dropping seed directly behind the blade that slices a furrow into the soil. Packing wheels then follow to close the furrow. The same result can be accomplished by using a verticut before broadcasting the seed, and then verticutting in a different direction a second time.

Core aerators can also be used to seed grass. Go over an area at least three times in different directions, and then broadcast the seed. Germination will occur in the aeration holes. Because those holes stay moister than a traditional seedbed, this method requires less watering.

(Continued on page 11)

Fall Burning (Continued)

To summarize:

- Prescribed fire conducted between August 1 and September 15 delivers strong, comprehensive control of late-maturing noxious weeds like sericea lespedeza, Caucasian bluestem, and yellow bluestem.
- Native and cultivated warm-season grasses and their root carbohydrate stores are unaffected by these late-season fires, nor are cool-season grasses stimulated by them.
- Beneficial forbs, like legumes and nectar-producing wildflowers, may increase up to 3-fold.
- Woody-stemmed plants are killed more easily because of greater ambient temperatures.
- Expect to use more ignition fuel than is typical for spring prescribed burns. All other rules of safety for spring fires still apply.
- Expect to repeat the treatment it several times for a visually pleasing effect on noxious weeds and plant species diversity.
- Significant plant material will remain after a late burn. This is normal. What remains will generally top-kill within 48 hours and begin to regrow.

Lawn Seeding (Continued)

If the soil that has been worked by a rototiller, firm the soil with a roller or lawn tractor and use light hand raking to mix the seed into the soil. A leaf rake often works better than a garden rake because it mixes seed more shallowly.

Water newly planted areas lightly, but often. Keep soil constantly moist but not waterlogged. During hot days, a new lawn may need to be watered three times a day. If watered less, germination will be slowed. Cool, calm days may require watering only every couple of days. As the grass plants come up, gradually decrease watering to once a week if there is no rain. Let the plants tell you when to water. If you can push the blades down and they don't spring back up quickly, the lawn needs water. Once seed sprouts, try to minimize traffic (foot, mower, dog, etc.) seeded areas receive until the seedlings are a little more robust and ready to be mowed. Begin mowing once seedlings reach 3 to 4 inches tall.

WALK & ROLL TO SCHOOL DAY

October 9, 2024

Walk & Roll to School Day is an annual event that involves communities from across the country (and globe!) walking and rolling to school on the same day. It began in 1997 as a one-day event. Today, thousands of schools across America—from all 50 states, the District of Columbia, and Puerto Rico—participate every October. Over time, this celebration has become part of a movement for year-round safe routes to school. Join the movement!

Sedan is creating a Safe Routes to School Plan!
The city of Sedan was recently selected to receive a safe Routes to School Grant. Over the next few months, they will be working with KDOT to create their first SRTS plan. The plan will include policy, program, and project recommendations to make walking, biking, and rolling to school safer and more enjoyable.
You can help my taking the survey: https://survey.alchemer.com/s3/7995802/KDOT-SRTS-Caregiver-Survey-Fall-2024-Sedan?fbclid=IwZXh0bgNhZW0CMTAAAR3iLDeVjAlOJYKrC0yfBg51gL2UbhyieJu2t97fnm4AfOnQ0hIExNO3Mh0_aem_gqbO_8y1ZWZzQm22o3FcVg

Visit the Kansas Safe Routes to School website to learn more about SRTS and about the P&P grant program. If you have any specific questions about Sedan's plan, please reach out to Lana Robinson at lanar@sedanks.gov .

Rolling Prairie Extension District #8,
Chautauqua and Elk Counties
215 N. Chautauqua
Sedan, KS 67361

Rolling Prairie Extension District on Facebook

"Like" our Facebook page to get the most up-to-date information and news about the happenings of Rolling Prairie District! Visit https://www.facebook.com/rollingprairieextension to like our page.

Knowledge for Life