



Summer 2024

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Rolling Prairie Extension Upcoming Events

June

12 Chautauqua County Conservation Tour 2024—Courthouse, 8:00am

July

4 **Independence Day—Extension Offices Closed**

17-20 Elk County Fair—Longton

24-27 Chautauqua County Fair

August

11-17 Interstate Fair & Rodeo in Coffeyville

September

6-15 Kansas State Fair—Hutchinson

23 First day of Fall

27-29 Kansas Junior Livestock Show—Hutchinson



Developing Bulb Onions

Nitrogen fertilizer will support healthy plant development above ground which directly relates to onion bulb growth.

Here are some guidelines for fertilizer rates:

- Ammonium sulfate (21-0-0) at a rate of ½ cup per 10 feet
- 29-5-5 or 27-3-3 can be used at a rate of 1/3 cup per 10 feet

Apply the fertilizer two to three inches away from the plants and water it in. Stop fertilizing when bulbs begin to emerge through the soil. Do not mound soil over the bulbs.

Weed regularly to reduce competition for water, nutrients and space. The amount of water and space the bulbs have available will affect the size of the bulbs. Provide regular water during droughts.

Harvesting and Storage

Onions grow rapidly during cool conditions in early spring. The production of large plants early in the season is essential for supporting large bulb development. Bulb development starts in relation to temperature and day length later in the season.

When the onion bulbs are as large as they will grow, the tops become weak and fall over. When one half or more of the tops have fallen over, onions are ready to harvest. Pull or dig the onions with the tops attached. Then hang in bunches or spread them out in a warm, airy location out of direct sun for two to four weeks until the tops and necks are dry. An electric fan can be used to speed drying. Nothing improves the keeping quality of onions more than thorough drying or curing. After the onion tops and necks are thoroughly dry, clip the tops and roots ½ inch from the bulb and place them in storage.

Onions should be stored in loose baskets, crates, or mesh bags to allow air to circulate through them. On-

Iris Care



As iris blooms decline, cut the flower stalk using sharp, clean pruners. Leaves should be left intact to continue generating energy to support healthy rhizomes. In mid-July to early August, overgrown/crowded irises can be dug up and divided. If they are divided now, they may not bloom as well, or at all, next year. Between now and July, as leaves die back and if they develop brown spots, they can be cut back and thrown away.



ions should be kept at 32 to 40°F at low humidity (75% or less) for best results. A cool, dry basement or an unheated garage work well. At warmer temperatures, onions begin to sprout. If storage conditions are too moist, roots may begin to develop. Sweet, mild-flavored onions will keep for a shorter period because the bulbs are more succulent. More pungent onions are best for winter storage. Mild-flavored onions should keep two to four months, while other onions should keep all winter. If onions freeze, they will thaw and still be edible for several months.

[Resource: Onions MF761—Click here to get your complete guide or call you local extension office.](#)



Keeping mosquitoes in check

By Jacob Klaudt, K-State Research and Extension news service

K-State entomologist provides multiple options for reducing mosquito populations

MANHATTAN, Kan. – Recent warming temperatures and wet weather patterns have created ideal conditions for mosquitoes, said Kansas State University entomologist Raymond Cloyd.

“There are a lot of situations (near the home) where standing water is around,” he said. “We need to be aware of mosquitoes.”

Cloyd suggests clearing out the breeding environments used by mosquitoes to help mitigate their numbers near homes.

“The way we approach mosquito management is source reduction, that is, remove all stagnant water from bird baths, old tires, wheelbarrows, or anything that holds water for an extended period of time,” he said.

Other ways to get rid of mosquito breeding grounds, according to the K-State Research and Extension publication, *Pests That Affect Human Health: Mosquitoes and West Nile Virus*:

Eliminate artificial water-holding containers. If that is not possible, empty buckets, cans, bottles, used tires and other containers at least once a week.

Fill or drain tree holes, stumps and puddles.

Irrigate gardens and lawns carefully to prevent water standing for more than a few days.

Check for water trapped in plastic covers on boats and swimming pools.

Make sure rain gutters are clean and do not hold water.

People can also use a wide variety of repellents to lessen the presence of female mosquitoes during the times they're most active, according to Cloyd.

“If you're going to be out at dusk and dawn, spray your body with a repellent such as DEET, Picaridin or IR3535,” he said.

Permethrin acts as another form of female mosquito control that affects them directly, but it must be applied properly to ensure human safety.

“Permethrin is an insecticide, but you don't spray it on your skin,” Cloyd said. “You spray it just on your clothing. When you come back inside take a shower (after application).”

Mosquito management can also occur during the early phases of the insect's life cycle using a larvicide in the form of mosquito dunks or bits.

“You can put mosquito dunks and bits in water to kill mosquitos in the larval stage,” Cloyd said. They're completely harmless to pets and fish; all they kill is mosquito larva. So if you have a pond that's not agitated or a bird bath you don't want to change, you can throw in these mosquito dunks or bits. They'll eat it then they'll die.”

He added: “Dunks and bits are stomach poisons that contain the active ingredient, *Bacillus thuringiensis* (subspecies *kurstaki*, or Btk). Btk is a soil-borne bacterium that only kills mosquito larvae. It will manage mosquito larval populations for one to four weeks after application.”

More information about mosquito management is available at your local extension office.



Restricted Use Pesticides and Private Pesticide Applicator License

There are two types of certifications that will allow you to use a Restricted Use Pesticide (RUP). A private applicator license allows you to use or supervise the use of a restricted use pesticide to produce an agricultural commodity on property owned or rented by you or your employer. However, a commercial license is needed if you are going to apply pesticides on someone else's property and charge a fee for the service.



In order to buy and use "Restricted Use" pesticides, you need to have a Private Pesticide Applicators License. If you are spraying brush and/or sericea lespedeza, some restricted use pesticides you may want to use are Tordon 22K, Grazon P + D, or Sur-

mount. To obtain a license, you need to pass an open book exam. Cost of certification is \$25 for a five year license. Tests can be taken online as well.

There are some extra record-keeping requirements for individuals who apply RUP's. There is no standard form, but within two weeks of the application, you should document what was sprayed, including:

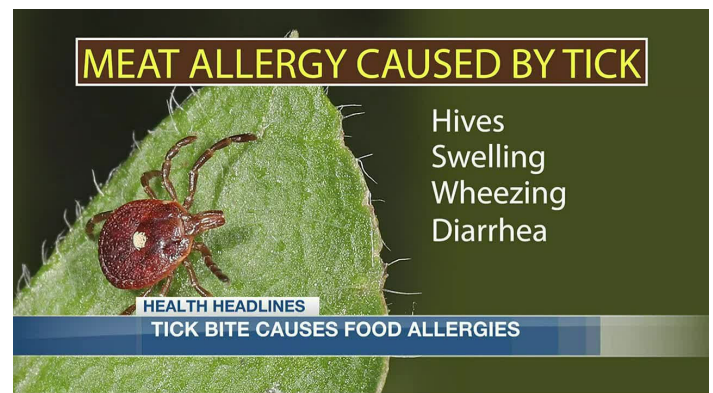
- the date and location of the application,
- product name and EPA registration number,
- total amount applied and area treated,
- the site to which the application was made, and
- the name and certification number of the applicator.

For more information or to take the Private Pesticide Applicators test, contact the Extension Office.

Red Meat Allergy and Tick Bites

Tick activity started early this year. One tick that is gaining more press is the Lone Star tick, due to the condition that can result in some individuals having an allergic reaction to the consumption of red meat. This condition is known as Alpha gal syndrome or more commonly known as "Red Meat" caused by tick bites. Alpha-gal is a sugar compound that is present in the tick's saliva and when feeding on a person they transmit this compound into the bite site. When this occurs, some people this will trigger an allergic reaction to red meat including beef, pork, lamb, rabbit or venison. Other mammal products such as gelatin, cow's milk and milk products may also trigger a reaction. Even some medications that use mammal-derived gelatins, glycerin, magnesium stearate or bovine extracts can cause a reaction.

The severity of the reaction will vary among different people with some having a delayed reaction up to 4-6 hours after the consumption of meat. Common symptoms seen in individuals having a reaction to



red meat are scaly skin, swelling of body parts including the lips, tongue and throat, shortness of breath, headaches, digestive issues, runny nose, and sneezing. Most medical professionals believe this allergic reaction is severely under-reported due to the delay in the allergic reaction. Individuals should seek medical advice from an allergist if you experience or suspect to be encountering an allergic reaction especially if you know you have had tick bites in the past. More severe reactions that cause anaphylaxis (restriction of breathing), full body redness (flushing), rapid or weak pulse, dizziness, and an inability to swallow should seek medical attention immediately.

Why Do We Bale Hay

Have you ever stopped and thought about why you do this time consuming, expensive operation of putting up hay? You should ask yourself what is my primary objective for making hay.

Generally, we start the season by identifying where we are going to make hay, based on the expectation of harvesting X number of bales so that we can feed hay for X number of days. Many times, harvest is delayed until there is favorable weather that results in lower quality hay as the grass matures. Frequently harvest comes so late that the regrowth following hay harvest is poor; offering limited opportunities for fall grazing. The outcome is that the grazing season is shortened and you are left facing a long hay-feeding season without quality hay.

Another approach to hay making is starting from a fundamentally different point of view. Rather than generating X number of bales as the basic reason for making hay, consider hay making as a tool to manage pasture quality and supply. With this approach, you will start making hay earlier in the season while accepting greater risk of unfavorable weather; yet most likely producing higher quality hay, though lower yield. Regrowth is likely to be significantly greater than following later hay harvests due to more favorable soil moisture and temperature levels. Because of better regrowth on hayed pastures,


more pasture will be stockpiled, thus shortening the hay-feeding season.

Plant maturity is considered to have the greatest effect on pasture and hay quality. Digestibility typically decreases at a rate of about $\frac{1}{2}$ percent per day following boot stage in cool season grasses. The boot stage occurs when the seed head swells in the flag leaf sheath, but has not yet emerged. Based on this rate of decline, delaying harvest for three weeks after boot would result in a digestibility loss of 10%. If digestibility is 60% at boot and declines to 50% three weeks later, the hay has gone from being adequate for a lactating beef cow to being inadequate for even maintenance of a cow.

Several researchers have reported the quality loss due to increased grass maturity to be significantly greater than loss incurred if the hay had been harvested at boot stage and rained on. While this trend is certainly true for grass and grass-dominant hay, alfalfa and other legumes are much more susceptible to serious weather damage.

So, before you fire up the equipment this spring, think about why you are making hay and what you would really like to accomplish with haying in the context of your total forage-livestock system. Good pasture management extends the grazing season and reduces the need for hay. Poor hay crop management shortens the grazing season and increases the need for hay.





Chautauqua County Conservation Tour 2024

June 12, 2024 @ 8:00AM

Meet at the Chautauqua County Court House for coffee and donuts before heading to our 3 educational stops!
Lunch to follow!

Savannah Oak Restoration

**Gravity-Fed Multi-Point Watering
System**

**Drone Demonstration - Spraying
Techniques**

Kansas Profile – Now That’s Rural: Kansas Tourism, Sunflower Summer

By Ron Wilson, director of the Huck Boyd National Institute for Rural Development at Kansas State University

Sunflower Summer is a Kansas initiative which is aimed at getting families out to enjoy summertime attractions in the Sunflower State.

Jordan Roemerman is marketing manager for Kansas Tourism, a division of the Kansas Department of Commerce. A native of Stafford, she went to Kansas State University and worked in communications for Kansas Wheat before joining Kansas Tourism in 2019. She has taken the lead on a new project called Sunflower Summer.

“Sunflower Summer is a way to help Kansas families explore the state of Kansas for free,” Roemerman said. Through a website, Kansas families can access a mobile app that provides free access to more than 220 attractions across the state. From that website, a family can download the mobile app (Android or Apple) onto their smartphone, set up an account, and access free tickets to participating Kansas attractions.

The website is www.sunflowersummer.org.

The program is for Kansans only and is targeted to families with children. The free tickets are for use by children ages pre-K to grade 12, plus up to two guardians. Guardian tickets can also be transferred to family members and other trusted adults. Public, private and home-schooled children are eligible.

The program is available from May 25 to August 11. Free tickets are for each family’s one-time use at each venue.

When the Kansas Tourism staff learned that they

would be managing the program, they set out to expand its offerings. “We pounded the pavement,” Roemerman said. The staff reached out to more attractions in various regions of the state to encourage participation.

“We’ve diversified the types of attractions as well as locations across the state,” she said.

The participating attractions are located border to border and corner to corner of Kansas. They range from the Amelia Earhart Hangar Museum in Atchison in the northeast, to the Morton County Historical Museum in Elkhart in the southwest corner, with more than 200 ticketed and free community attractions in between.



Attractions are located in urban and rural settings, ranging from Exploration Place in Wichita to the Geneseo City Museum in the rural community of Geneseo, population 236 people. Now, that’s rural.

Attractions are grouped into four categories: Nature and animals, arts and sports, amusement and water parks, and museums and history, so there is something for every interest.

All this should combat unfair negative perceptions of Kansas. “One of my coworkers says, ‘People from outside told us there was nothing to do in Kansas, and Kansans believed them,’” Roemerman said.

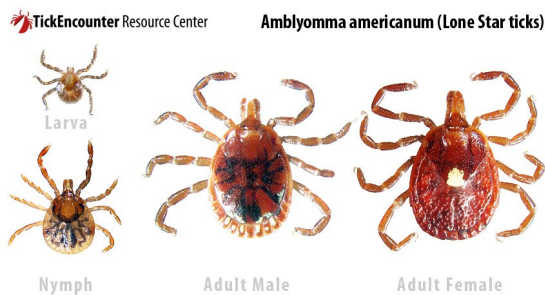
“We want to develop Kansas pride from an early age and have kids be excited about our state,” she said. “There are communities using this to attract businesses, and in the long run, it could be a resident retention tool.”

“We want Kansas kids to get out, explore Kansas, have fun and eventually know there is a place for them here.” They can explore a lot with over 200 attractions across the State which they can enjoy for free!

Red Meat Allergy and Tick Bites

(Continued from Page 4)

Specifically, when a Lone Star Tick feeds on animals such as beef, they pick up the alpha-gal molecules then transmit those to a human when feeding. All animals that represent red meat have various levels of alpha-gal molecules present in the tissue. Every individual person is different in immune response and little is understood to factors that increase the risk of this reaction. One pattern especially for ranchers, is that individuals that are exposed to many tick bites from the Lone Star Ticks over time then can develop severe symptoms. These severe reactions can lead to never being able to consume any red meat due to how the immune response functions in relation to activating when alpha-gal molecules are introduced in the body.



There is evidence that other tick species are involved but the most common tick feeding on cattle and humans during the summer is the Lone Star Tick. To avoid red meat allergies, the main thing to do is to lower the risk and prevent ticks from attaching or not attaching for a long period. The following precautions should be taken by those outdoors:

- Use repellents when outdoors especially in known tick areas
- Wear light colored clothing in order to see ticks crawling on you
- Cover up with long sleeves or pants when in a heavily infested tick area
- Conduct a tick check immediately after coming in from the outdoors
- Take a shower as you come indoors. Ticks will crawl over the skin sometimes for hours before attaching
- If a tick is found, remove it with tweezers

The concerning issue is that there is no predictability on who will actually develop an allergic reaction to red meat after a bite from the Lone Star Tick. There is increasing evidence that more people are being diagnosed with this allergy. From the perspective of livestock producers, you not only have to protect yourself but try to limit the amount of Lone Star Ticks feeding on their animals to limit those ticks from transferring the alpha-gal compound. This is very challenging since tick populations are associated with the pasture environment not necessarily what you put on the animals to treat for ticks. Pastures that have a combination of tall grass, open grass areas neighboring wooded areas, and high wildlife activity are more prone to have higher tick populations. Burning pastures can limit tick populations for a period but then after normal forage and wildlife/livestock activity resumes then the tick populations will increase. Some pastures support very high tick populations. Another issue for the Great Plains region is that pastures with high densities of Eastern Red Cedar trees support high Lone Star Tick populations. Ideally, livestock producers need to try to limit cedar growth in their pastures and implement some type of burning program to prevent large populations of ticks. If burning is not an option, then limit access to pastures with historic tick problems. Also, remember tick populations are difficult to measure because most tick infestations are not detected until those animals are being looked at in a chute.

Overall, livestock producers can play a role in limiting tick populations that are feeding on their animals by identifying pastures with known tick problems, then taking the appropriate steps to provide some level of protection for those animals with insecticides or dewormers. If livestock producers can limit the amount of ticks feeding on their animals, it could potentially limit the number of ticks transmitting the alpha-gal molecules to human populations.

More resources for this article:

<https://www.ksre.k-state.edu/news/stories/2022/06/food-science-lonestar-tick-red-meat-allergy.html>

Weed Management in Ponds

This time every year, we get questions on pond weeds and how to kill them. The first thing a pond owner needs to do is identify the weed they have and if it needs to be controlled. Ponds need to have some aquatic vegetation to support healthy fish populations. Aquatic plants that cause weed problems may be placed into four groups: algae, floating weeds, emerged weeds (foliage above water), and submersed weeds (majority of foliage below water). All require different approaches for control.

Aquatic weed control is a management plan that incorporates preventive methods (i.e. proper pond construction and maintenance), biological methods (i.e. grass carp), and the use of labeled aquatic herbicides. The development of an aquatic weed management plan is dependent upon correctly identifying the problem weed(s) and selecting control methods that are compatible with efficient fish culture procedures.

Determining the techniques to use involves consideration of the target weed species, fish production objectives for the pond, secondary water uses, and the cost of treatment options.

If weeds are causing a problem with your pond, come by the office and ask us for the publication [C667 Aquatic Plants and Their Control](#). This publication will help you identify various weeds and suggested methods of control. You can also go to a Texas A&M website that has lots of photos and information to help identify ponds weeds. The website is: <https://aquaplant.tamu.edu/plant-identification/>. One rule of thumb to remember: never kill more than 1/3 of the vegetation at one time. As the vegetation decays, it causes oxygen deficiency. This causes odor problems and can kill fish.

Biological Control

The grass carp is a practical and economical way to control certain types of pond weeds. Grass carp effectively control weeds with tender succulent vegetation such as filamentous algae and duckweed, but are ineffective in controlling weeds that have tough, woody vegetation such as waterlily and cattail.

Chemical Control

Herbicides may be used to control weeds in commercial fish ponds, but accurate identification of the problem weed is the initial step.



Updated Preservation Information

K-State's Rapid Response Center recently updated its food preservation publications to include the most up-to-date recipes and methods.

K-State Research and Extension publications, along with five other food preservation resources have been updated. These resources are available online or at your local extension office for the following produce:

- ◆ Strawberries
- ◆ Beans
- ◆ Cherries
- ◆ Vegetables
- ◆ Preserving Peaches
- ◆ Sweet Corn
- ◆ Cucumbers
- ◆ Tomatoes
- ◆ Peppers
- ◆ Apples

Click on this box to the Rapid Response Center Recipes page.

It's Going to Be a Hot One!

Here are some "cool" ideas for those of you who work or play outside.

- ◆ Wear lightweight, long-sleeved, light-colored clothing or a cooling vest (pictured).
- ◆ Take short, frequent breaks in a shaded or cool area to stay cool while working outdoors.
- ◆ Use equipment with a canopy, such as a Rollover Protection Structure, known as ROPS, with a sunshade.
- ◆ Equipment with a cab often comes with air conditioning and has a built-in ROPS.
- ◆ Take frequent breaks and stay inside during the hottest part of the day (usually between 3 p.m. and 6 p.m. in Kansas).
- ◆ Drink 1 cup of water every 15-20 minutes, and before becoming thirsty. Keep sugary, caffeinated, and alcoholic drinks to a minimum.
- ◆ Replace your body's salt and minerals with snacks or a sports drink.



BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



WHERE:



HOW to AVOID:



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
Minor Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Major Excessive heat event in next 36 hours

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness
Thirst
Heavy Sweating
Nausea
Weakness



Heat exhaustion can lead to heat stroke.

Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion
Dizziness
Becomes Unconscious

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Back to simplicity: Tips to save on the family's budget this summer

By Pat Melgares, K-State Research and Extension news service

MANHATTAN, Kan. – Sometimes, the simplest things can help families stay within their monthly budget, says K-State family resource management specialist Elizabeth Kiss.

There are, for certain, common ways to save a few bucks this summer: turn down the air conditioner a tad, shut off the lights when you leave a room, watch less TV, draw the curtains when the sun is shining in.

“But maybe there’s another way to think about saving money,” Kiss said.

“We’re coming into the longer days of summer, so think about what we can do outside that might not cost so much money, especially before it gets really hot. Maybe it’s just walking around the neighborhood, hanging out with your family outside in the yard. There are a lot of activities you can do instead of ‘doing something’ or ‘going somewhere’ that costs money.”

During the recent COVID pandemic, the ‘Stay-cation’ became more popular, as families were forced to stay home rather than travel for vacation. The concept caught on, and even as the world opened up, many saw value in planning activities around their home base.

“It’s a lot less stressful than traveling, and it’s a chance to unwind,” Kiss said. “Sometimes we sched-

ule a vacation thinking we’ve got to go somewhere and we’ve got to do something and be active and that involves a lot of eating out and traveling. But there’s nothing wrong with staying around the house and doing some project, or just relaxing.”

Feeling time- or money-stretched is a sign that one needs to slow down and think about how they’re spending their time, Kiss said. It often can coincide with a boost to the family’s savings account, she adds.

“When I think about managing my family’s resources, it includes intentional, thoughtful choices that we all can make, but sometimes we get on auto pilot,” Kiss said. “I go to the grocery store and buy the same thing every week. That’s an opportunity for me to intentionally review what I’m regularly buying and eating.”

“I read a book recently about rhythms – the rhythm of your day, the rhythm of your week and year. And then we have rituals, which are more like the daily things we do. It’s important to match the rhythms of your life to the rituals that you want in order to have a good life, and I think planning ahead can be very helpful to cut down on the stress in your life.”

Food costs always seem to rise to the forefront when thinking of saving money. Kiss says consumers should plan their family’s menu in order to cut the bite of rising costs at the grocery store.

“I just want to be clear: this is not all so serious that you can’t have any fun or you can’t have any treats. I think it gets back to intentionality of what it is you’re trying to accomplish.”

She adds that “finances are a process.”

“There are ebbs and flows in managing money. We have different needs and wants. We have different income levels over time and across our lives. And so, it’s not like you make a plan that lasts forever. You make a plan and then see how it works, and then adjust from there.”

Continued on Page 13

Grillin' and Chillin'? Remember food safety, says K-State expert

Wash hands, use a food thermometer are among top tips

At a glance: K-State food scientist Karen Blakeslee says food safety needs to be part of summer parties, especially when those get-togethers involve grilling food outdoors.

K-State Research and Extension news service

MANHATTAN, Kan. – Kansas State University food scientist Karen Blakeslee says food safety needs to be part of summer parties, especially when those get-togethers involve grilling food outdoors.

“To start with,” she said, “wash your hands. That’s the No. 1 step before you start handling any food, and then wash them again after you’ve handled any kind of raw meat.”

Much like cooking food indoors, home chefs need to keep a food thermometer close at hand, Blakeslee said. For meat, there are three temperatures that consumers should store to memory:

- 145° Fahrenheit for steaks, roasts, chops, fish and other whole cuts of meat.
- 160° F for ground meat, including beef, pork and lamb.
- 165° F for all types of poultry.

Those temperatures include products that are smoked, cooked on a grill or indoors.

The recommended temperatures relate to the internal temperature of the meat. “Without a food thermometer, it’s very subjective” as to whether the meat is cooked properly, Blakeslee said. Judging doneness by color or pressing the meat with your finger are also subjective, she noted.

To more accurately measure for doneness, insert the tip of the thermometer into the center of the meat.

With a digital thermometer, the temperature sensor is normally in the tip, so those can be inserted into the top of the meat product.

“But the ideal way to do it – like with a hamburger – is to insert it from the side,” Blakeslee said. “That is the best way to reach the center of the product.”

A thermometer with a dial display is another option. “If you look on the stem of a dial face thermometer, there should be a dimple, about halfway up the stem. Insert this type of thermometer into the food so that the little dimple gets into the meat product to get an accurate measurement.”

Some other food safety tips that Blakeslee offered:

Keep meat cold until you’re ready to use it

Resist the temptation to let meat sit on a counter for long periods of time. “You could let it warm up a little bit (before cooking) – about 30 minutes. But please refrain from letting it sit out for hours. That invites any bacteria that could be on the meat to start growing, and cooking may not destroy all of the bacteria.”

Freeze meat that won’t be used soon after you buy it

If planning an event, consider buying meat 2-3 days before cooking it. Otherwise, Blakeslee said, “you need to freeze it.”

Frozen meat is best thawed in the refrigerator, not on a countertop. “Plan ahead for thawing,” Blakeslee said. “The amount of thawing time you’ll need depends on the size of your meat product.”

Steaks can typically be thawed in a refrigerator in 24 hours. A brisket might take 3-4 days.

Keep hot foods hot and cold foods cold

Side dishes are usually cold foods; keep them in a refrigerator until you’re ready to serve them. Ice chests are handy for chilling side dishes. Cold foods should be kept at 40° F or lower, while hot foods should be kept at 140° F or higher.

Continued on Page 13

A Garden Fresh Recipe...

Cowboy Caviar

Makes 20, 1/2 Cup Servings

Ingredients:

- 2 15-ounce cans black-eyed peas, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can corn (white or yellow), drained and rinsed
- 1 bell pepper (green or red), chopped
- 1 cup roma or cherry tomatoes, diced
- 1 medium jalapeno, seeded and diced
- ½ cup cilantro, chopped
- Salt, to taste

Dressing:

- 2 tablespoons fresh lime juice
- 4 tablespoons apple cider vinegar
- 2 tablespoons sugar
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- 1 teaspoon oregano
- 4 tablespoons olive oil

Directions:

1. Wash hands with soap and water.
2. Prepare produce and rinse under cold running water. Dice and chop vegetables.
3. Combine all ingredients, except those designated for the dressing, in a large bowl; toss.
4. In another bowl, combine all of the dressing ingredients except for the olive oil. Whisk ingredients together. While whisking, slowly pour a thin stream of olive oil in, whisking constantly, until it has all been added.
5. Add dressing to the other ingredients. Serve immediately or refrigerate to serve later. This recipe is best if served the same day.
6. Serve with wholegrain pita crisps as an appetizer or on top of a bed of lettuce for a salad.



Back to simplicity (Continued)

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Grillin' and Chillin' (Continued)

Store food and eat leftovers promptly

Store food within 1-2 hours of serving them. Foods should be divided into shallow containers and placed in the refrigerator. "Today's refrigerators are very efficient, so you do not need to set them on the counter until they cool," Blakeslee said.

Leftovers should be eaten within 3-4 days, otherwise transferred to the freezer for later use. "We all need to work better at reducing food waste," she said. "One way to do that is managing leftovers. Leftovers are great; they make an easy lunch or quick supper, or you can re-purpose them into a completely different meal."





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

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