May 2023
Volume 18  #5

BELLEVILLE OFFICE
1815 M Street
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CLAY CENTER OFFICE
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67432-2804
Phone (785) 632-5335
cy@listserv.ksu.edu

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cd@listserv.ksu.edu

WASHINGTON OFFICE
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66968-1928
Phone: (785) 325-2121
ws@listserv.ksu.edu

Check us out on the Web at:
www.rivervalley.ksu.edu
or on Facebook @ River Valley Extension District

Mulching Benefits Workshop

Are you looking for a new way to freshen up your landscape without having to replant your flower beds? Come join River Valley Horticulture Agent Kelsey Hatesohl as she shares the benefits of mulching. She will explain how mulch increases soil and plant health, the aesthetic value of your home, and will share the correct mulching techniques.

Thursday- May 4th Noon Hour (12:10-12:50 pm)
Belleville Public Library
1327 19th Street
Belleville, KS 66935

Please RSVP to the Washington Extension Office or by using the QR Code to reserve your spot by May 3rd. Free to participate. Questions? Contact Kelsey Hatesohl, 785-325-2121 or khatesohl@ksu.edu

K-State Research and Extension
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ksre.k-state.edu

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
As of June 11, 2023 farmers will no longer be able to purchase antibiotics over the counter or through mail order without a veterinarian’s prescription. All medically important antibiotics used in livestock production will be leaving the farm and feed store shelves, and will fall under veterinary oversight.

What this means for you as a producer is that you will no longer be able to purchase affected drugs without a prescription from a veterinarian. Affected products will include: cepha-pirin, cepha-pirin benzathine, gentamicin, lincomycin, oxytetracycline, penicillin G procaine, penicillin G benzathine, sulfadimethoxine, sulfamethazine, and tylosin. For clarity, this will include LA-200 and 300, Noromycin, Vetr-amycin, Duramycin, Terramycin, Draxxin, Penicillin, Tylan, ToDay, TomMorrow, and many other commonly used livestock antibiotics. These new guidelines will not include non-medically important antimicrobials such as coccidiostats, ionophores, bacitracins, carbadox, flavomycins, and tiamulin.

Many have questioned why the change in rules. It all comes down to antibiotic resistance. According to the CDC antibiotic resistance is defined as the ability of a bacteria to resist the effects of an antibiotic that would otherwise kill it or stop its growth. Resistance develops because of changes within bacteria. Antibiotic resistance is not an issue on a single farm but can spread beyond the farm. An interesting phenomenon can potentially contribute to resistance – bacteria can pass drug resistance from one species to another, not just between individuals of the same species. Resistance can cause human health problems which means farm families and employees are at risk.

While this is a big change, there is no need to panic. There are steps you can take to help ease the transition! First things first, you should NOT try to stock up on these antimicrobials for fear of not being able to get them in the future. These products are not coming off of the market completely, and will still be readily available when the right steps to obtain them are taken. Trying to stockpile these products will lead to shortages, and producers will not be able to get the treatments they need for their animals right now. These products will also expire, so any stockpile you try to build will be unusable in the future. Prescription products, which will include all antibiotics will require a valid veterinary client patient relationship (VCPR).

Within the relationship, the veterinarian is responsible for clinical judgements, ensuring sufficient knowledge of the owner, animals and facility and being available for follow-up. Among livestock owners there is a responsibility within VCPR, which in the long runs agrees to follow the vet’s advice. The VCPR definition may vary among states and livestock owners are urged to determine how their state defines the term.

It is important to keep in mind that this change is for the better. Getting some control over antibiotics will ensure that they stay useful, as the goal is to cut down on antibiotic resistance in both livestock and humans. Taking these steps helps to ensure that these products continue to do the job we need them to. If you have any questions feel free to stop by or contact me in the Concordia office, 785-243-8185 or khild-debrand@ksu.edu

**UPCOMING ANTIBIOTIC RULE CHANGE: WHAT YOU NEED TO KNOW**

**MANAGEMENT CONSIDERATIONS FOR MAY 2023**

By Jason M. Warner, Ph.D., Extension Cow-Calf Specialist

**Cow Herd Management**

- If cows are marginal (BCS 4.0 – 5.0) going into breeding, possibly consider:
  - Supplementing 2-3 weeks prior to and through 1st cycle.
  - Using monensin (200 mg/hd/day) in feed supplements.
  - Temporary calf removal or a CIDR to initiate estrus in anestrous females.
  - Early weaning if BCS doesn’t improve during the season.
- Pregnancy check and cull fall calving cows, if not already done.
- With higher costs, it’s important to closely manage salt and mineral programs.
  - Record date and amount of salt and mineral offered and calculate herd consumption.
  - If consumption is 2X the target intake, then cost will be too!
  - Properly store bags and pallets to avoid damage and product loss.
- Continue to provide high magnesium mineral formulas to cows grazing high risk forages: wheat, rye, triticale, oats, bromegrass, and other cool-season forages.
- The estrus synchronization planner on KSUBee.org is a helpful tool for scheduling synchronization protocols.
  - Order your A.I. supplies prior to starting your protocols.
- Closely monitor bulls at the start of the breeding season for injury and to make sure they are aggressively covering cows.

**Calf Management**

- Calculate the value of gain relative to cost of gain for:
  - implanting nursing calves and grass cattle.
  - creep feeding nursing calves
- Finalize health protocols for spring-born calves cattle going to summer grass.
• When initially turning to grass, consider supplementing or feeding replacement heifers for a period of time if they don’t have post-weaning grazing experience and/or the forage supply is limited.

UPCOMING MEDICARE BASICS PROGRAMS

Each year many people are approaching their 65th birthday, contemplating retirement, and starting their journey with Medicare. Medicare, all its parts, and the advertisements can be confusing. Let us help. Join Jordan Schuette, Adult Development and Aging Agent for a Medicare Basics Program.

Clyde – Monday, May 15th 6:00 p.m.  
Clyde Senior Center  
308 Washington St., Clyde, KS 66938

Clay Center – Monday, June 19th 6:00 p.m.  
Clay Center Extension Office Meeting Room  
322 Grant St., Clay Center, KS 67432

Please RSVP for the Clyde Medicare Basics Program by calling the Concordia Extension Office at 785-243-8185. Please RSVP for the Clay Center Medicare Basics Program by calling the Clay Center Extension Office at 785-632-5335. We do schedule one-on-one appointments in all four offices of the River Valley Extension District. If you are new to Medicare or have other questions about Medicare contact Jordan Schuette in the Washington Office at 785-325-2121.

BE AWARE OF SCAMS

Have you received Covid tests in the mail that you did not order? Then you may be a victim of a scam. Please be aware that this is a recent scam some have experienced within the River Valley Extension District. If you have received Covid tests in the mail without ordering, then you can check your Medicare Summary Notice (MSN) and see if the Covid tests have shown up. If they have and you did not order them then you can report them as fraud to Medicare. If you have received these tests and are not sure what to do, feel free to give Jordan Schuette, Adult Development and Aging Agent, a call at the Washington Office at 785-325-2121.

PRESSURE CANNER GAUGE TESTING

The River Valley District Offices offer FREE pressure canner dial gauge testing. (We DO NOT test All American brand dial gauges.)

You are welcome to drop your pressure canner dial gauge (and lid if need be) at any of our four offices. Questions can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu.
Wheat Plot Tours

Thursday, June 1, 2023

North Central Experiment Field
(2 mi. W of Belleville on Hwy. 36)
Polansky Seed
(1.5 mi. E of Belleville on Hwy. 36)

10:00 AM
Lunch to follow

Thursday, June 8, 2023

Ohlde Seed Farms
(3 mi. E of Palmer on 4th Rd)

5:30 PM
Supper to follow

Sponsored By:

K-State Research and Extension
Polansky Seed
Ohlde Seed Farms
Wheat Alliance
Chamber of Commerce - Belleville
Mainstreet Program

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Luke Byers, Agriculture & Natural Resources Agent, River Valley Extension District #4, 322 Grant Avenue, Clay Center, KS 67432. Phone (785) 632-5335.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
TOP TIPS FOR SAFE HOME-CANNED FOOD

Summer is right around the corner! Whether you peruse local farmers markets or grow your own, you will soon have access to an abundance of freshly harvested produce and with that, an opportunity to preserve it and enjoy it through the fall and winter. While there are many food preservation methods: canning, freezing, dehydration, fermentation, etc., it seems many of the questions I receive are about canning. Thankfully K-State Research & Extension has many great publications available on the subject. I would like to share some of their top tips for SAFE home-canned food.

1. **Altitude Adjustment** — Kansas altitude can range from below 1,000 feet to just over 4,000 feet. Failure to adjust for altitude will lead to under-processed food, which encourages the growth of *Clostridium botulinum*.

2. **Headspace** — Proper headspace helps ensure a good vacuum seal on jars. Too little headspace can compromise the seal. Food and liquid expand during processing and may seep underneath the sealing compound. Too much headspace leaves excess air inside the jar, causing discoloration, seal failure, and spoilage. For best results, always follow headspace measurements in the recipe.

3. **Untested or Homemade Recipes** — Canning your favorite recipe is risky, and may cause spoilage and foodborne illness. It is difficult to determine the safety of a homemade recipe without having detailed knowledge of the recipe, preparation procedures, total acid content, and consistency of the final product. Use tested recipes from trusted resources such as USDA, K-State Research and Extension publications, or home preserving equipment and ingredient manufacturers. Commercially canned foods are rigorously tested for safety. It is dangerous to try to recreate them at home.

4. **Acidifying Tomatoes** — Tomatoes are on the borderline between a low-acid and high-acid food. Tomato processing recommendations include both boiling water and pressure canning. Pressure processing instructions are equivalent in heat treatment to water bath processing. Both methods require acidification. There are no recommendations to process tomatoes without acidification.

<table>
<thead>
<tr>
<th>Acidification Options for Tomatoes (choose one)</th>
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<tbody>
<tr>
<td>Bottled Lemon Juice</td>
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<tr>
<td>Pints</td>
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<tr>
<td>Quarts</td>
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</tbody>
</table>

5. **Lids and Jars** — Recipes specify what size of jar to use. If a recipe lists pint only, do not use a larger jar. Regular and wide-mouth glass Mason-type, threaded, home-canning jars with self-sealing lids are the best choice. They are available in 4-ounce, ½-pint, 12-ounce, pint, 1½-pint, quart, and ½-gallon sizes. Half-gallon jars are only used for canning high acid juices. With careful use and handling, Mason jars may be reused many times. When using 12-ounce jars, follow pint jar processing recommendations. When using 1½-pint jars, follow quart jar processing recommendations.

- Colored jars and lids are available and are safe for canning. Colored jars are not recommended for fair exhibits, which are judged visually, because it is difficult to see through the colored glass.
- Commercial jars, such as mayonnaise jars, can be used for high acid foods and water-bath canning. You must use the two-piece lid and ring, which may not fit the jar rim. Commercial jars that cannot accommodate two-piece canning lids are not recommended for home canning.
- The common self-sealing lid consists of a flat metal lid and a metal screw band. These lids are used one-time only. Reusing metal lids can lead to seal failure and spoilage. Lids manufactured since 2014 do not require heat treatment before use. All lids, however, can be heated gently in hot simmering water. Do not boil lids as excessive heat softens the gasket compound too much. Metal screw bands can be reused.

These tips are from Karen Blakeslee’s publication MF3170: 10 Tips for Safe Home-Canned Food. Questions about canning can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu.
MULCHING TIPS

Now is the time of year when people are thinking about mulching their landscape beds. Mulching is an important gardening practice that offers many benefits to the soil as well as your plants. The most important benefit of mulch is that it helps to conserve moisture and keep the soil cooler during our long, hot summers. Mulch is also great at stopping unwanted weeds in your landscape. A freshly mulched area is the finishing touch, like frosting on a cake. Mulching is pretty easy but there are a few common mistakes that should be avoided.

When mulching around trees the most common mistake is applying mulch too close to the trunk. Prolonged exposure of the trunk to the moist mulch results in decay of the bark layer, leading to poor growth or death. When properly applied mulch should start a few inches away from the trunk and extend at least three feet out from the base. The depth of the mulch layer should be about three inches and no more than four inches. When mulching trees, keep in mind the mulch pile should look like a doughnut, not a volcano.

When mulching around shrubs follow the same depth guidelines as trees. When piling mulch around the base of the plant, place mulch a few inches away from the base. Shrubs look best in the landscape when large beds or groupings of plants are all mulched together. Remove any grass between the shrubs or other plants and mulch the grouping as a whole.

When mulching around flowers and vegetables a three-inch layer is recommended. A finer textured mulch could be used around flowers. Vegetable gardens are best mulched with materials such as straw, leaves, or grass clippings that will break down by the end of the season and can be incorporated into the soil.

When choosing what kind of mulch to use, that is a personal preference. All mulching materials that are organic, except rocks, provide the same basic function. The difference is in the texture, color, lasting power, and of course, cost. Trees and shrubs look good mulched with just about any material. Flower gardens look best against a darker color and finer grade of mulch. No matter what type of mulch you choose, it is important to follow these tips, not only for a beautiful landscape but for healthy plants as well. If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

RABBITS IN THE GARDEN

When you think about the biggest problems in a garden the first thing most people think of is insects, but usually the main problem is rabbits. Rabbits in a garden is a perennial problem because of the wide variety of plants they can feed on. This time of year, they gravitate to young vegetables and flowers. There are some vegetables that are rarely bothered like potatoes, tomatoes, corn, squash, cucumbers, and some peppers. The question is how do you protect the plants that are more susceptible?

Fencing provides a quick and effective control method. The fence does not need to be tall: 2 feet is sufficient for cottontail rabbits. The mesh must be sufficiently fine (one inch or less) so young rabbits will not be able to crawl through it. When building your fence be sure to secure the fence into the ground, so the rabbits can’t push the fence up and crawl under.

Often fencing is not an acceptable choice because it affects the attractiveness of the garden. A couple other ways to control rabbits include repellents or trapping. Repellents are often suggested for control but often do not last long and require frequent reapplication. Many are poisonous and cannot be used on plants or plant parts destined for human consumption. Live traps can be used to collect and move the rabbits to a rural area several miles away from where they were trapped. A number of baits can be used to entice the rabbit to enter the trap including a tightly rolled cabbage leaf held together with a toothpick. However, rabbits often avoid baits if other attractive food is available. Repellents and traps might work but are not 100% effective.

Another possibility to help control rabbits is to use a motion-activated sprinkler. These are attached to a garden hose and release a short burst of water when motion is detected. Just remember to shut it off before you go work in your garden or you might get a little wet! If you have any questions feel free to stop by or contact me in the Washington office, 785-325-2121 or khatesohl@ksu.edu.

KSU VETERINARIAN SHARES TIPS TO PREPARE CATTLE FOR SUMMER

Kansas State University veterinarian Gregg Hanzlicek is urging beef cattle producers to review their herd’s vaccination and parasite control program as summer approaches. He said vaccinations should be given to protect the cows against all the major reproductive infectious diseases before breeding season, including IBR (infectious bovine rhinotracheitis), BVD (bovine viral diarrhea), leptospirosis, and campylobacter.

According to Hanzlicek, those vaccinations should be given 45-60 days before the bulls will be released with the cows. “This allows enough time for the cows to respond to the vaccine and enough time for the cow to recover from any minor negative vaccine effects,” he said.

“Use the same vaccine (and) the same vaccine schedule for the bulls. Bulls are too often forgotten in vaccination programs.”

In addition, Hanzlicek recommends insecticidal ear tags for the control of flies this summer, saying “tags still provide the best protection against heavy fly infestations.”

Hanzlicek urges producers to tag cows and bulls. “Two tags per animal are more effective than one,” he said.
It might also be necessary to tag the calves in times when fly populations are very large, but producers should start with the cows. Hanzlicek said producers should rotate the fly tag’s chemistry to decrease the fly's ability to build resistance to the insecticide.

“If we continue to use products that have the same chemistry/insecticide, we breed for resistance,” he said. “Either a two or three year rotation is ideal, depending on the insecticides used.”

He adds: “It is also important to remember to remove the insecticide ear tags at the end of pasture season and dispose of them properly. Not doing this will build up insecticide resistance in the fly populations, and through time fly programs will become less and less effective.”

**STAY COOL THIS SUMMER**

Even though we are a month or so away from summer, lately we have had some pretty hot days. We need to be prepared for the high temperatures when they come. It is important during the hotter summer months, specifically for older adults, to know how to keep cool and hydrated. There are a few different ways to make sure you stay cool this summer. Stay in air-conditioned homes or buildings as much as you can. When it is very hot, do not rely only on fans to keep you cool. Try to avoid using your oven and stove as often to cook, as this will warm up your house. If you need a way to cool down, try taking a cool shower or bath.

Other ways to stay cool are associated with your activity level and clothing. Try to get plenty of rest and avoid rigorous activities. During these hot months try to wear lighter colors or clothes which are looser fitting and light weight. Staying hydrated is extremely important during the summer months. In order to stay hydrated you should drink water more regularly. Do not wait to drink water until you feel thirsty. It can also be helpful to check on your friends and neighbors and have them check on you. As always stay updated on temperatures and weather in your area. For more information on this topic check out the following link [https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html](https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html).

**FREE STORYWALK® EVENTS TO BE HELD IN THE RIVER VALLEY DISTRICT**

K-State Extension is hosting StoryWalks® in each of the River Valley District’s four counties. StoryWalks® are an opportunity to get outside, enjoy the sunshine, get some steps in, and read a fun children’s book. The StoryWalks® will be up from 1 to 5pm each day. Bring your kiddos, your grandkiddos, your fur babies, or fly solo. This is a come-and-go-as-you-please event!

**Tuesday, May 16**th **Clay County courthouse square in Clay Center**

**Wednesday, May 17**th **Cloud County courthouse square in Concordia**

**Thursday, May 18**th **Washington County courthouse square in Washington**

**Friday, May 19**th **Republic County courthouse square in Belleville**

*BONUS: There will be a spring-themed scavenger hunt available and PRIZES for the first 10 people who are able to complete it by 5pm!*

“The StoryWalk® Project is the creation of Anne Ferguson and the Kellogg-Hubbard Library from Montpelier, Vermont and is described as an innovative and delightful way for children and adults to enjoy reading and outdoors at the same time. Learn more about The StoryWalk® Project here: [http://www.kellogghubbard.org/storywalk](http://www.kellogghubbard.org/storywalk).”

**RIVER VALLEY DISTRICT FAIR DATES**

Don’t forget to put the River Valley District Fair dates on your calendar!

<table>
<thead>
<tr>
<th>County</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Cloud County</td>
<td>July 18—23, 2023</td>
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<tr>
<td>Washington County</td>
<td>July 18—23, 2023</td>
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<tr>
<td>Clay County</td>
<td>July 25—30, 2023</td>
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<tr>
<td>Republic County</td>
<td>July 31—August 6, 2023</td>
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**SERVICES OFFERED BY THE RIVER VALLEY DISTRICT THAT YOU MIGHT NOT REALIZE WE OFFER**

Did you know that we sell Neutroleum Alpha®? Have a smell you cannot get rid of? Neutroleum Alpha® is a scented product used to control odors in various settings, including medical facilities. It deodorizes by masking the fragrance with a smell described as “minty.” It can also be used as an air deodorizer.

The [2023 Chemical Weed Control](#) books are in! Stop by your local Extension Office to pick up a copy.

Don’t just throw away expired or unused medications! Dispose of them properly! Pick up free Deterra bags (drug deactivation systems) at any of the four River Valley Extension District Offices.

Thanks to DCCCA for providing these bags!
# RIVER VALLEY DISTRICT

## “2023 UP-COMING MEETINGS & EVENTS”

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>PROGRAM</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>March 26–May 20</td>
<td></td>
<td>Walk Kansas</td>
<td>Statewide Program</td>
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<tr>
<td>May 1</td>
<td>10am-12pm</td>
<td>Chronic Disease Self-Management Program</td>
<td>Concordia NCK Medical Center, 155 College Drive</td>
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<tr>
<td>May 3</td>
<td>5:30-6:30pm</td>
<td>Flavor Up: Cooking with Herbs and Spices</td>
<td>Concordia – Large Meeting Room, Basement of Courthouse</td>
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<tr>
<td>May 4</td>
<td>12:10-12:50pm</td>
<td>Mulching Benefits Workshop</td>
<td>Belleville – Public Library, 1327 19th Street</td>
</tr>
<tr>
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<td>10am-12pm</td>
<td>Chronic Disease Self-Management Program</td>
<td>Concordia NCK Medical Center, 155 College Drive</td>
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<tr>
<td>May 10</td>
<td>9-10am &amp; 10:30-11:30am</td>
<td>Stay Strong Stay Healthy</td>
<td>Clay Center – Extension Office, 322 Grant Avenue</td>
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<tr>
<td>May 10</td>
<td>6-7pm</td>
<td>Decluttering Program</td>
<td>Wakefield—Public Library, 205 3rd Street</td>
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<td>May 12</td>
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<td>Clay Center – Extension Office, 322 Grant Avenue</td>
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<tr>
<td>May 15</td>
<td>10am-12pm</td>
<td>Chronic Disease Self-Management Program</td>
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<tr>
<td>May 18</td>
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<td>Clay Center – Clay County Courthouse</td>
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<td>May 16</td>
<td>1-5pm</td>
<td>StoryWalk® – Come and go as you please</td>
<td>Concordia – Cloud County Courthouse</td>
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<td>Clay Center – Extension Office, 322 Grant Avenue</td>
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<tr>
<td>May 25</td>
<td>9-10am &amp; 10:30-11:30am</td>
<td>Stay Strong Stay Healthy</td>
<td>Clay Center – Extension Office, 322 Grant Avenue</td>
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<tr>
<td>June 1</td>
<td>10:00am</td>
<td>Wheat Plot Tours</td>
<td>Belleville area – See flier-Page 4</td>
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<tr>
<td>June 8</td>
<td>5:30pm</td>
<td>Wheat Plot Tour</td>
<td>Linn area – See flier-Page 4</td>
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<tr>
<td>June 19</td>
<td>6pm</td>
<td>Medicare Basics</td>
<td>Clay Center – Extension Office, 322 Grant Avenue</td>
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