

## 2018 Wichita County Extension Council

The following individuals will serve on the Wichita County Extension Council during 2018. The names in bold are the new members recently elected to the council.

### December 2017 January 2018 Wichita County Extension Office

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#### Agriculture PDC

Lauren Gooch  
Steve Graff  
Jason Koehn  
Steven Marcy  
Milan Reimer  
**Major Graff**

#### 4-H and Youth PDC

Misty Gardner  
Calli Downing  
Justin Ingram  
Laura Berning  
**Janee' Porter**  
**Tori Koehn**

#### FCS PDC

Morgan Morefield  
Susan Wedel  
Heather Price  
Rita Simons  
Shelly Graff  
**Paige Burch**

#### Community Development PDC

Carlie Gant  
Eryka Smith  
Diana Kirk  
Jenny Long  
Rhei Thurman  
Bruce Leisy

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### Extension Council elected the following members to serve on the 2018 Executive Board:

Bruce Leisy– Chairman  
Milan Reimer– Vice Chairman  
Rita Simons- Secretary  
Tori Koehn– Treasurer

Major Graff– Member  
Lauren Gooch– Member  
Calli Downing– Member  
Carlie Gant– Member  
Diana Kirk– Member

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### Leoti Foods honored at Extension Annual Meeting

It is with great pleasure that the Wichita County Extension Council present their Appreciation Award to Leoti Foods. Leoti Foods has supported the Wichita County Extension and 4-H program since their inception and has also helped support the Wichita County Fair.

**Thank you Leoti Foods  
for your contribution to  
Wichita County Extension.**





# Family and Consumer Sciences

Aimee Baker CEA, FCS



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## Prep Bakeware for Holiday Goodies!

Does your bakeware have “recipe residue” on them? Try these tips to get them in shape for holiday baking and cooking.

### Glass and/or Ceramic Bakeware:

- Soak in a solution of liquid dish-washing soap and/or baking soda and water
- Scour gently with a mild abrasive cleanser, baking soda or plastic mesh scrubber.

### Pots and Pans:

- Fill pan with solution of 1 quart water and 2-3 tablespoons cream of tartar, lemon juice or vinegar.
- Heat and boil for 5-10 minutes
- Empty pan and scour gently with steel wool soap pad.

### Non-stick Cookware:

- Fill pan with solution of 1 quart water + 1/4 cup coffee pot cleaner OR 3 tablespoons oxygen bleach.
- Heat to simmering and simmer for 15-20 minutes.
- Wash, rinse and dry.
- Recondition the pan with cooking oil or shortening before using.

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## Baking Substitutions for any Holiday!

### Instead of:

Butter, margarine, shortening, oil

Full fat dairy products

Chocolate (milk or white)

Cream

Cream cheese, full fat

Eggs (1 egg)

Fruit in heavy syrup

All purpose flour

Frosting

Fudge sauce

White or brown sugar

Regular chocolate chips or chunks

### Try This:

1/2 of the fat in the recipe + 1/2 cup pureed fruit, vegetable or low-fat yogurt

Low-fat or fat-free dairy products

Dark chocolate

Evaporated skim milk

Low-fat or fat-free cream cheese OR pureed low-fat cottage cheese

1 tablespoon ground flax seed + 3 tablespoons water; 2 egg whites

Fresh fruit or fruit canned in water or its own juice

Replace half with whole wheat flour

Pureed fruit or dusting of powdered sugar

Chocolate syrup

In cakes or cookies, try 1/2 the called-for amount

Mini chocolate chips, reduce amount

# Equipment for Candy Making

Success in making candy can boil down to the equipment used. Here are some suggestions for equipment:

A heavy, deep saucepan which distributes heat evenly over the cooking surface will minimize the danger of scorching the cooking sugar mixture.

Measuring cups and spoons are most important. They enable one to keep the proportions of ingredients accurate.

Wooden spoons are desirable utensils to use when stirring candy mixture. They do not leave dark marks on the kettle or discolor the candy. Wooden spoons are poor heat conductors. Remember to stir in a figure eight pattern for the most effective anti-sticking technique.

An accurate candy thermometer will take most of the guesswork out of making candy.

## Old Fashioned Hard Candy

### Ingredients

- 3¾ sugar cups
- 1½ cups light corn syrup
- 1 cup water
- 1 teaspoon food coloring
- *Don't forget:* There are \*oils\* and there are \*flavorings\*. You'll need 2 bottles if you're using the flavorings and 1 bottle if you're using the oils in each batch. (One or the other, not both).

### Instructions

1. In a 3 quart non-stick sauce pan, pour in sugar, light corn syrup and water. Continuously stir liquid over medium heat until sugar has completely dissolved. Let mixture come to a boil, without stirring, and when candy thermometer reaches 260° add food coloring. Once again don't stir let food coloring mix itself into the liquid by the boiling motion. Watch the candy thermometer, once it reaches 300° immediately remove from heat and allow the boiling to come to a stop.
2. Take pan outside and add your choice of flavorings (or oil) to the mixture. Stir without inhaling the potent vapors. Quickly pour into 2 greased cake pans, divide liquid equally into the pans. Let cool completely to the touch.
3. Once candy is cooled, take outside and insert a clean phillips head screw driver into the center of the pan and give a good whack. Continue until all of the candy is broken to your liking.
4. Next, grab a gallon plastic bag that zips closed. Pour a heaping (no more) tablespoon of powdered sugar into the bag. Pour both cake pans of broken candy into bag and zip closed. Make sure to leave the tiny pieces out. Gently turn and flip the bag until the candy is covered with powdered sugar. Candy will stay nice and crunchy when stored in a container that is airtight.
5. Helpful hint: For clean-up ease, soak your pots and pans in hot soapy water to dissolve the candy because we have found that scrubbing doesn't work.
6. ENJOY!

**A VERY MERRY  
CHRISTMAS  
and Happy New Year!**

# Cultivating the County

Allen Baker, CEA, Agriculture & Natural Resources

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## Are Poinsettias Poisonous?

At times, an old time rumor is resurrected that poinsettias are poisonous. This is NOT true. Though there may be an allergic reaction to the milky sap, there has never been a recorded case of poisoning. This rumor has been so persistent that members of the Society of American Florists have sought to dispel it by eating poinsettia leaves for the press.

In the 1985 AMA Handbook of Poisonous and Injurious Plants, the poinsettia "has been found to produce either no effect (orally or topically) or occasional cases of vomiting. This plant does not contain the irritant "diterpenes" which is the toxin in other members of the genus Euphorbia to which poinsettia belongs.

## Poinsettia Care

Modern poinsettia varieties stay attractive for a long time if given proper care. Place your poinsettia in a sunny window or the brightest area of the room, but don't let it touch cold window panes.

The day temperature should be 65 to 75 degrees F. with 60 to 65 degrees at night. Temperatures above 75 degrees will shorten bloom life, and below 60 degrees may cause root rot. Move plants away from drafty windows at night or draw drapes between them to avoid damage from the cold.

Poinsettias are somewhat finicky in regard to soil moisture. Avoid overwatering because poinsettias do not like "wet feet." On the other hand, if the plant is allowed to wilt, it will drop some leaves. So how do you maintain proper moisture? Examine the potting soil daily by sticking your finger about one-half inch deep into the soil. If it is dry to this depth, the plant needs water. When it becomes dry to the touch, water the plant with lukewarm water until some water runs out of the drainage hole, then discard the drainage water.

## Ashes in the Garden

You may have heard that using wood ashes on your garden can help make the soil more fertile. Though ashes do contain significant amounts of potash, they contain little phosphate and no nitrogen. Most Kansas soils are naturally high in potash and do not need more. Also, wood ashes will raise the pH of our soils, often a drawback in Kansas where soils tend toward high pH anyway. Therefore, wood ashes add little benefit, and may harm, many Kansas soils. In most cases it is best to get rid of them.

## Care of Christmas and Thanksgiving Cacti

Christmas Cactus (*Schlumbergera bridgesii*) and Thanksgiving Cactus (*Schlumbergera truncata*) are epiphytes native to the jungles of South America. Epiphytic plants grow on other plants and use them for support but not for nutrients. Though these cacti are different species, they will hybridize and produce varying stem shapes. Christmas cactus normally has smooth stem segments, and Thanksgiving Cactus has hook-like appendages on each segment.

Both of these cacti prefer bright indirect light. Too much sun can result in the leaves turning yellow. Common household temperatures are fine. Soil should be kept constantly moist but not waterlogged. Give them a light fertilization every other week. Blooming will normally cease in late winter to early spring, but continue to keep them moist and fertilized until fall. During the fall, stop fertilizing, and give the plants only enough water so the stems do not shrivel in order to encourage flower bud formation. Though these plants seem to flower best if kept a little pot bound, flowers will diminish if they are too crowded. If you haven't repotted in several years, or if you notice a decrease in flowering from the previous year, move the plant to a larger pot in the spring. If possible, move the plants outside for the summer. Choose a shady spot because these plants will not tolerate full sun. Leave the plants outside until frost threatens.

Normally, the plants will have received enough cool nights in the 50- to 55-degree range that flower buds will have formed. However, if they haven't, subjecting the plants to nights greater than 12 hours long and temperatures between 59 and 69 degrees can also generate flowers. Twenty-five consecutive long nights is enough for flower initiation. Place the plants in an unused room or cover them with a dark cloth or cardboard box to insure that they receive uninterrupted darkness. After the flower buds have formed, it takes an additional nine to 10 weeks for flowers to complete development and bloom.

## **Control of Mustards in Wheat**

Too often producers do not notice mustard weeds in their wheat fields until the mustards start to bloom in the spring. As a result, producers often don't think about control until that time. Although it is still possible to get some control at that time with herbicides, mustards are much more difficult to control at that stage and often have already reduced wheat yields by then.

To keep yield losses to a minimum, mustards should be controlled by late winter or very early spring, before the plants begin to bolt, or stems elongate. If winter annual broadleaf weeds are present in the fall, they can be controlled with any number of ALS-inhibiting herbicides, including Ally, Amber, Finesse, Affinity, Rave, Olympus, or PowerFlex. Huskie, Quelex, 2,4-D, and MCPA can also provide good control of most mustards if the weeds are at the right stage of growth and actively growing, and if the wheat is at the correct growth stage. Dicamba and Starane are not very effective for mustard control.

In the late winter or early spring, blue mustard is perhaps the most difficult of the winter annual broadleaf weeds to control because it bolts very early. To be effective on blue mustard, herbicides typically need to be applied in late February or early March. Blue mustard is more difficult to control than tansy mustard with 2,4-D because blue mustard has often already bolted by the time 2,4-D can be safely applied to wheat. Thus, 2,4-D often is applied too late to be effective on blue mustard.

Flixweed and tansy mustard should be treated when they are no larger than two to three inches across and two to three inches tall. As these plants become larger, the control decreases dramatically. Ester formulations of 2,4-D and MCPA are more effective on tansy mustard and flixweed than amine formulations. Field pennycress is easier to control than tansy mustard or flixweed. Herbicide applications made before the pennycress bolts are usually effective. Wheat should be fully tillered before applying 2,4-D or tillering will be inhibited and wheat yields may be decreased. Most ALS-inhibiting herbicides control winter annual mustards very well, although there are populations of treacle mustard and flixweed in Kansas that are ALS-resistant and cannot be controlled by these products.

Alternative measures will be needed to control these populations. The best approach is to use other herbicides such as 2,4-D, MCPA, or Huskie or in a tank-mix with the ALS herbicides. MCPA can be applied after the wheat is in the 3-leaf stage; but as mentioned above, 2,4-D should not be applied until after wheat is fully tillered -- which often doesn't occur until spring. Huskie can be applied between the 1-leaf and flag leaf stage of growth. None of these herbicides has much residual control, so the majority of weeds need to be emerged and actively growing at the time of treatment.

Quelex is a new product from Dow AgroSciences that is a premix of a short-lived ALS herbicide and a new auxin-type herbicide called halauxifen. It generally can provide good control of most mustard species. Quelex can be applied from the 2-leaf up to flag leaf emergence growth stages of wheat and should be applied in combination with nonionic surfactant or oil concentrate for control of small, actively growing weeds. If ALS-resistant weeds are present, Quelex alone may not be effective.

Some producers commonly apply ALS herbicides with fertilizer in January or February. Unfortunately, MCPA, 2,4-D, and Huskie are most effective when applied to actively growing weeds, so application when weeds are dormant may not provide good control. As a result, if an ALS-inhibitor tank-mix with one of these herbicides is applied to dormant ALS-resistant mustards in the winter, poor control could occur.

ALS-resistant bushy wallflower seems to be present in a number of fields in central Kansas. ALS-resistant flixweed has only been confirmed in the Saline county area, but may start to show up elsewhere. Producers should watch for cases of poor control, and consider alternative herbicides or herbicide tank-mixes to help prevent or manage ALS-resistant weeds.

Crop rotation with corn, grain sorghum, soybeans, cotton, or sunflowers is a good way of managing mustards as long as they are controlled in the spring prior to producing seed. Crop rotation will usually result in a gradual reduction of mustard populations in the future as the seedbank in the soil gradually decreases.

### **Upcoming Winter Meetings and Programs**

**December 19 - Pest Management School - Goodland**

**January 9 - Corn management School - Garden City**

**January 10 - Farming for the Future - Scott City**

# Wichita County Extension December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1 Allen 4-H Update Scott City</i>	<i>2</i>
<i>3</i>	<i>4 Paige- Office Professional Workshop Garden City</i>	<i>5</i>	<i>6 Executive Board Meeting 9:00 am</i>	<i>7</i>	<i>8</i>	<i>9</i>
<i>10</i>	<i>11</i>	<i>12 FCE Christmas Party Noon</i>	<i>13 Allen Garden City Ag Update</i>	<i>14</i>	<i>15</i>	<i>16</i>
<i>17</i>	<i>18</i>	<i>19 Allen- Pest Manage- ment School- Goodland</i>	<i>20</i>	<i>21</i>	<i>22 Christmas Eve Observed Office Closed</i>	<i>23</i>
<i>24 Christmas Eve</i>	<i>25 Christmas</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>
	<b>Extension Office Closed</b>					
<i>31</i>						

# Wichita County Extension January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>New Years Day</i>  <i>Office Closed</i>	2	3	4	5	6
7	8	9	10 <i>Allen– Farming for the Future Scott City</i>	11 <i>Allen– SW 4-H KAP Screening Cimarron</i>	12 <i>NW Camp Planning—Hill City, 10:00am</i>	13
14	15 <i>Martin Luther King Jr. Day</i>  <i>Office Closed</i>	16	17	18	19	20
21	22	23	24	25 <i>Camp Planning Meeting– Garden City</i>	26	27 <i>Southwest Youth Leadership Forum</i>
28	29	30 <i>Southwest Partnership Meeting Garden City</i>	31			

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## 4-H Calendar



### January

11 Area KAP Screening  
27 SWYLF

### February

24 Reg. Club Day– Lakin

### March

2 Beef Weigh & Tag @ CSA Cattle

### April

25 Sheep and Goat Weigh & Tag

### May

30-31 Discovery Days

### June

1-2 Discovery Days  
19-22 County Camp  
?? Day Camp

### July

21 4-H Horse Show 9:00am  
4-H Shoot-6:00pm  
25-28 Wichita County Fair