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Livestock and Natural Resources

The Origins of June Dairy Month

June Dairy Month started out as a way to distribute extra milk during the warm months of summer. The commemoration was established in 1937 by grocer organizations sponsoring “National Milk Month.” By 1939, June became the official “dairy month.”

Whether it’s in coffee, cereal, or smoothies, adding one more serving of milk to your family’s day can help ensure they get the nutrients they need to build strong bones and teeth. Trusted for decades, dairy farm families pride themselves on producing wholesome dairy foods that help their families grow up strong and healthy.

There is no moo-staking the facts about dairy:

The U.S. Department of Agriculture (USDA) and Department of Health and Human Services (HSS) released the 2015-2020 Dietary Guidelines for Americans (DGA), which reinforces the importance of consuming three daily servings of dairy foods like milk and cheese. The new DGA guidelines propose three different healthy eating patterns and dairy foods are a part of all three. Dairy is also highlighted for providing three of the four nutrients that are typically lacking in American diets: calcium, potassium and vitamin D Dairy’s unique combination of nutrients plays key roles in preventing heart disease, obesity, high blood pressure, diabetes and osteoporosis. Dairy is important for teeth. Cow’s milk offers a superior nutrient package over alternative beverages such as soy, almond, rice or coconut. Fat-free cow’s milk contains 15 fewer calories per glass, 70 percent more potassium and almost twice as much protein as many calcium-fortified soy beverages. Most milk alternative drinks have only half the nutrients of real milk and cost nearly twice as much. Both organic and regular dairy foods contain the same essential nutrients key to a healthy and balanced diet. People who are sensitive to lactose can consume dairy foods that are lactose-reduced or lactose-free.

On the Farm

Dairy farming is a family tradition, one that has been a way of life for many generations. Ninety-eight percent of dairy farms are family owned and operated. Dairy farmers are dedicated and take pride in caring for their cows by working closely with veterinarians to keep their cows healthy and comfortable. Dairy cows receive regular checkups, vaccinations and prompt medical treatment. Dairy farmers work hard to provide your family with the same safe and wholesome dairy foods they give to their children. Dairy farmers follow strict Food and Drug Administration guidelines and process all dairy foods in a environment. Despite rising fuel and feed costs, milk continues to be a great value at about 25 cents per 8-ounce glass.

From the Dairy Alliance

David G. Hallauer
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Hitting Back at Sericea

There are many characteristics of sericea lespedeza that allow it to thrive in grasslands. It's ability to produce a tremendous amount of seed – and for that seed to lay dormant for a time before sprouting – has resulted in large seed banks that will persist for years to come. There are no known biological controls to keep it at bay. Herbicide programs can be successful, but will need to be repeated. It's no wonder it's one of our most troublesome noxious weeds. Here are some management tips from KSU Rangeland Management Specialist, Dr. Walt Fick.

Identification is a key first step in a control program. Sericea is a perennial legume with trifoliolate leaves. These leaves are club or wedge shaped, lining a stem (vegetative now, more woody later...) that is typically about three feet tall – or taller. Blooming starts in August with white to cream colored flowers exhibiting a purple 'throat'. Seed will be produced in September.

Mechanical control options can be successful in combination with chemical control efforts. Grazing with goats (four to five goats per acre of sericea) can help reduce seed production. Frequent mowing in mid-late July is an option, as long as it doesn't damage desirable plants. Herbicide application four to six weeks later help in increasing control.

Work using prescribed burning has shown it can be a remedy. Spring burns increase seed germination, requiring in-season herbicide applications to reduce sericea levels. Fall burns (August/early September) have been found to nearly eliminate seed production.

Herbicide programs also provide good results. Early season applications on vegetative stage sericea with triclopyr containing products (PastureGard HL/Remedy) work well. Products containing metsulfuron are more effective in late summer when sericea is actively blooming. Broadcast or spot applications are both effective when applied according to label directions.

For further information on product names/rates/etc..., request or pick up a copy of the 2019 KSU Chemical Weed Control Guide available from your local Extension Office.

Tailgate Talk II

Sericea Lespedeza and many other pasture/range weeds will be part of our Tailgate Talk II scheduled for Wednesday evening, June 26th at 5:30. Hosted by Perry Ranch, we'll again be out in the pasture, this time northwest of Oskaloosa (1/4 mile west of the intersection of Fairview and 106th Rd.). We'll start with a light meal and then talk Brush & Weed Control as well as Fences – Physical & Psychological. RSVP by Tuesday, June 25th to the Oskaloosa Office of the Meadowlark Extension District @ (785) 863-2212 or e-mail me at dhallaue@ksu.edu.

Pest of the Week: Bagworms

Look for Bagworms – NOW!

Don't wait for bagworms to be readily visible - start scouting now. By the time we can easily see them in late July, bagworms are almost impossible to control. Scouting now allows you to catch the bags when small, making control programs more effective.

When scouting, look for a miniature version of the larger bags, then, check to be sure they are alive before initiating a control program. There are many good insecticides available for control, but all of them require applications with good coverage when bags are small.

Cindy Williams
Meadowlark Extension District
Food, Nutrition, Health and Safety

Packing Your Child Up for College? Teach Them Money 101 Before They Go

A generation ago, the only rave concern most parents had about their college-bound kids and numbers was how much they'd spent on pizza and entertainment. Today, it's the fear that their child could be headed to bankruptcy court by the time they're ready to graduate.

As the new school year approaches, it's a good time for parents to conduct a money class for their students, even if they've made their best effort to teach money lessons before. Why? Because money savvy for the average 18 year-old can evaporate against all that freedom.

Consider new student week on most campuses. Tables set up in the student union by the nation's credit card issuers stretch as far as the eye can see. Student loan organizations, estimate that 83% of all college students had at least one credit card. Late-night pizza can add up. And there's an ATM on virtually every corner waiting to dispense cash at warp speed—for a fee.

While your child is making his or her list of stuff to cram into the back of the car, use this list as a last-minute money curriculum for your student.

Talk about bank accounts: Students generally should set up a checking account on campus, but talk to your student about debit options and fees, particularly for overdrafts. Also ask your child to ask the bank about direct deposit options if you're planning to deposit money for their tuition or agreed to spending needs. Some universities also have their own credit unions. You may want to encourage your child to open an account and begin a relationship with their own credit union.

Help them make a budget: Help your child develop a tentative budget for school. Use all the information you both currently have at your disposal—the amount of spending money your child has in his own accounts, any amount you supplement and any other sources of funds. Work together to determine necessary realities about everyday expenses, tuition and financial aid. Buy them financial planning software if necessary (have them put a password on their computer so roommates and "guests" can't access this information).

Explain that when he or she comes home at break, you will sit down to review those figures and make reasonable adjustments. You obviously need to trust your children, but you might want to do this for as long as it takes them to develop solid and consistent money habits.

Co-sign that credit card: Consider prepaid cards as well as lower-limit credit cards. Do whatever it takes to convince your child not to sign up for any credit cards on campus, no matter what the card company is giving way as incentives.

Discuss your child's work plans: If your child is working part-time while going to school, you should always be on top of how that's affecting his schoolwork. If your child is planning to work during the summers only, you need to have a conversation about that at winter break so your child can start pitching for the highest-earning jobs and internships related to his field, which will help them get a "leg-up" in the full-time working world.

Talk about identity theft: Personal financial data left on laptop computers, cell phones and other electronic devices can be readily stolen on campus or in a dorm or roommate environment. Tell your student to keep all paper records in a safe place and introduce passwords to keep all their digital information safe.

Start summer vacation with a financial checkup: Sit down with your child and review their budget. Let them petition for more funds for expenses they feel are necessary in the coming year. If you're not willing to foot the bill, talk about how he or she will earn their way towards those goals. And introduce a new summer tradition—the credit report check. For as long as you're supporting your child, you should ask them to request their annual free credit reports from the three agencies and the both of you should review them for possible errors. They can request those reports at www.annualcreditreport.com.

Nancy C. Nelson
Meadowlark Extension District
Family Life

Tackling Indoor Allergens

The list of common indoor allergens ranges from dust mite excretion to pollen, pet dander, and dead skin to cockroaches, mold spores and mildew. The American Cleaning Institute® shares that cleaning your home is one of the easiest things you can do to help reduce allergy or asthma flare ups and just have a healthier home.

If you don't clean, the allergens will just build up, so make these activities top of your routine of cleaning: wash bedding at least once per week; keep floors swept, vacuumed, and washed; and use proper and thorough dusting techniques.

If you have a family member who suffers from asthma, here are some additional tips for supporting them through cleaning:

- When you're divvying up household cleaning tasks, assign your asthma sufferer tasks where he or she won't come in contact with allergens, like dishwashing and cleaning up clutter before it becomes dusty.
- When tackling other tasks — like dusting, sweeping or vacuuming— make sure that the asthmatic person is out of the room.
- If you use spray products, it can be helpful to spray the cleaner on a cloth or sponge first instead of on the surface.
- Clean in a well-ventilated area – open a door and a window or turn on an exhaust fan. Leave the room when you are done cleaning and allow the room to air out.
- If someone in the house seems sensitive to some fragrances, try different cleaning products, including those that have no scent or are perfume-free.

And, as always, read and follow label directions on cleaning products. The label directions give the proper amount of product to use, how to use the product and any special safety advice.

Health professionals agree that controlling allergens in the home can significantly reduce symptoms for the millions of people who suffer from allergies or asthma. And cleaning is one of the first and easiest steps to controlling the most common indoor allergens that can trigger attacks.