

January 10, 2020

Jody G. Holthaus
District Extension Agent
Livestock and Natural Resources

No news from Jody today.

David G. Hallauer
District Extension Agent
Crops & Soils/Horticulture

Grazing Plans

I always hesitate a little when questioned about stocking rates. Sure, we've got averages, but it's a little more difficult to make a good recommendation on a rate without knowing more about what species are in the system, the type and size of the animal being grazed, etc... With weather a huge (less than controllable) factor in determining optimum stocking rate, there are a number of things we can do now to at least start fine tuning stocking rates.

Start with a determination of soil type. The NRCS Web Soil Survey has a Range Production tool based on soil type that can give you an idea as to what you can expect during a poor year, normal year, or good year, so you can see how stocking rates may vary due to weather. For example, analysis of an 80 acre tract of grass with three soil types estimated a range of 3000 to 6475 pounds of forage produced per acre. A simple average would be 4700 pounds per year. Looking more closely at the acreage comprising each soil types, however, the highest range covers less than two acres. The remaining 78 acres average 3200 pounds per year. Fine tuning a production estimate by soil type can really help determine the actual stocking rate.

Evaluate your fertility program. How long has it been since your last soil test? Have adequate nutrients been applied to maximize production? A balanced fertility program – including pH – is an important first step in helping you get the most out of grazing lands.

Determine the species available to graze. Knowing what you have for forage types gives you a leg up on what to expect for production. Cool season grass production is going to be maximized in April, May, and June. Warm season grass production will be higher in May, June, and July. Cool season grasses tend to have a higher carrying capacity than warm season species. Knowing the differences can help you manage your stocking and stand health.

Use this hay feeding season as a great time to start working on a grazing plan.

Germination Potential of Old Garden Seed

If last spring's wet weather resulted in some leftover seed, it's time to dig it out and see if it can still be used this year. Many seeds can be tested for germination very simply in the home.

Start by placing 10 seeds on a paper towel moistened with warm water. Cover with a second moistened towel. Roll up the towels and place inside a plastic bag with enough holes for air exchange but not so many that the towels dry quickly. Place the bag in a warm place (like the top of a refrigerator), adding warm water if the towels dry out. Count the number of seeds germinated after week one, and remove. Do the same after week two. Adding the two numbers together and multiplying by ten gives you a percent germination.

If seed has been stored in a cold, dark, dry location, most of it will still be good for about three years. Carrots are the exception, and will likely only last one to two years.

RSVP Reminder

Nutrient Management Meeting – January 23rd (Holton). RSVP by January 14th to 785-364-3329, extension 136.

KSU Soybean Mtg: January 22 (Atchison/Marysville). RSVP: <http://bit.ly/KSUSoybean>.

Farm Bill meetings: January 14/15/16 in Holton, Seneca, and Oskaloosa. Visit www.meadowlark.k-state.edu (events section) – or e-mail me at dhallaue@ksu.edu.

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

Make a Map for Your Wellness this Season

The end of another year and the beginning of the new often goes by in a blur because of all we have to do in this season. I am the queen of to-do lists and get quite a bit of satisfaction out of crossing items off. This can help in busy times, however, I heard some insights from K-State Research and Extension's Behavioral Health Specialist, Brad Durks, which reminded me to add self-care to the routine.

Stress has a great impact on all areas of life which is why it is so important to work to tame it. Relationships, physical health, and job performance can each be negatively affected. Practicing self-care on a regular basis can make life's stressors more manageable. Just like we are each unique, your wellness will look different than your friends and family.

Taking action for your wellness will be a journey and like most things in life will not be a straight line. So how do we get there? Create a road map by asking yourself the following questions.

1. 'Who do I want to BE' what do I want to ACHIEVE?'
2. How do I want to travel? Self-care is the vehicle for your wellness. This will be different for each of us. Do you like to wake before your family to have a few moments to yourself? Do you like to find some time for exercise, maybe a quick walk after supper? Do you practice any deep breathing techniques?
3. Who can help you on this journey? We all need a little help from our friends! Who in your life can you trust to help hold you accountable? Who in your circle can give you an outside the box view of you?
4. How will I know if I am moving along the journey? Schedule some check-ups along the way. Be realistic and honest with yourself and friends.
5. Finally, give yourself grace for bumps and hills along the way! Don't let the time of year and all the tasks before you overwhelm and steal your joy. Instead, give yourself permission to take care of your wellness so that you can meet all the other demands in life. Remember, your friends at K-State Research and Extension have resources to offer!

Nancy Nelson
Meadowlark Extension District
Family Life

Helping Youth Thrive

A *Kansas Youth Tobacco Use* fact sheet is available from the Kansas Department of Health and Environment and has recently been updated for 2020.

The data reflects that nearly **one in four** (24.8%) Kansas high school students have ever tried conventional cigarettes (even one or two puffs) and **5.8% currently smoke conventional cigarettes** while nearly **half** (48.6%) Kansas high school students have ever tried e-cigarettes, and **22.0% currently use e-cigarettes**.

Nearly nine out of ten current smokers start by age 18, and 98% start by age 26 according to the Office of the Surgeon General. Research has shown that raising the minimum legal sale age for tobacco products from 18-21 will likely prevent or delay the use of tobacco among youth. Tobacco-21 was enacted at the federal level in December 2019.

The KDHE fact sheet can be found at http://www.kdheks.gov/tobacco/tobacco_facts.html.

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems.

Toxic stress from ACEs can change brain development and affect how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood.

Preventing ACEs can help children and adults thrive and potentially lower risk for conditions like depression, asthma, cancer, and diabetes in adulthood; reduce risky behaviors like smoking and heavy drinking; improve education and job potential, and stop ACEs from being passed from one generation to the next.

Want to learn more? www.cdc.gov/vitalsigns/aces/.