

July 10, 2020

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No news from Jody

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### ***Fungicide Applications to Corn***

With much of the corn crop tasseling, fungicide applications may be on your mind. Consider these points as you make your decision:

First, fungicide application research has shown that tassel/silk stage applications of fungicides are the most effective. Without disease pressure at those stages warranting an application, data does suggest later disease pressure can be economically addressed through R2 (approximately 12 days after silk when silks darken/dry out and kernels are white and blister-like in shape containing a clear fluid). R2 applications can provide protection later in to the grain fill period as well, since fungicide efficacy tends to wane three to four weeks post application.

Second, consider hybrid susceptibility. Susceptible hybrids growing in conditions favoring disease will likely respond well to a fungicide. A resistant hybrid in conditions not favorable to disease likely won't respond at all. Know your genetics.

Look at weather *and* disease forecast models. The trend thus far has been hot and dry. Check out weather models to see if that will continue. As a point of reference, southern corn rust has stayed predominantly in the southeast part of the country, but has been found as far north as central Arkansas as of early July (<https://corn.ipmpipe.org/southerncornrust/>).

Disease scouting aids can be found in this recent KSU Agronomy eUpdate article: <https://bit.ly/3dPIwjH>. Post application scouting is valuable as well. Illinois corn fungicide trials suggest that a fungicide application would have been valuable if at least 5 percent of the ear leaf area is affected by disease at the end of the season.

Product selection is important to manage fungicide resistance. Check out our news articles page at <https://www.meadowlark.k-state.edu/crops-soils/index.html> for references.

### ***Japanese Beetles***

As reports increase of Japanese beetle infestations, it's time to scout. This voracious foliage feeder can do a lot of damage in little time – as they feed on over 300 species of plants.

Japanese beetles are just under a half inch long with copper colored wing covers on a metallic green body. A series of white tufts of hair project from under the wing covers on the back half of the insect. Feeding in large groups occurs over a four to six-week period starting at the top of the plant and moving downward.

Control methods are complicated by the beetle's tendency to drop to the ground when disturbed. When possible, adult beetles can be killed by shaking from small plants in to a bucket with soapy water. This is especially effective in the morning when the beetles are sluggish. Many common insecticides include labels for Japanese beetles, including cyfluthrin, bifenthrin, cyhalothrin, and carbaryl. Neem and Pyola products can also work short term. Avoid traps around the home. They tend to attract more beetles than they kill.

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

### **Tips to Make the Most Out of Your Farmers' Market Trip**

Farm fresh produce is the perfect delicious addition to any summer meal. There are many farmers' markets in our area. You can find the one closest to you by visiting [www.localharvest.org](http://www.localharvest.org). Then gear up for some awesome shopping with the following in mind?

- \*Go early!! The best produce is often found right when the market opens. Avoid choosing from picked-over produce by arriving at your local market as early as possible.
- \*Go often. Buy only as much as you will use within a few days, and store produce (except tomatoes) in the refrigerator or in a cool, dark place. Flavor and nutrients diminish quickly.
- \*Plan ahead. If you don't plan to go straight home from the market, take a cooler so that fresh items won't spoil in a warm car.
- \*Bring cash. Most vendors appreciate it if you have small bills for purchasing. And while some larger markets will accept credit cards, most will not accept personal checks.
- \*Take your time. Scope out the entire market before making your selections. Prices and types of produce vary among the different vendors. You'll want to shop just as wisely here as anywhere else.
- \*Try something new. While having access to the produce you enjoy regularly is important so is sampling offerings that may be new to you. Educate yourself in the world of food by picking up something you've never tried before and then talking about the product with the local farmer selling it. You'll learn and taste something new.
- \*Talk to the farmers. Make connections with the local farms in your area. You might glean some unique cooking tips or even recipe ideas.
- \*Bright is best. Look for blemish-free, brightly colored fruits and vegetables. Any bruised or damaged produce will spoil quickly.
- \*Don't wash right away. Wash fresh produce just before cooking or serving---not before storing.
- \*Recycle, recycle, recycle. You've already a steward of the environment by shopping at your local farmers' market, so remember to take it one step further and bring your own canvas bags, baskets, or boxes to carry away your purchases for the day.

Nancy Nelson  
Meadowlark Extension District  
Family Life

## **Aging Safely at Home**

Most older adults do want to age in place, or stay in their homes, and live independently as long as they can. In order to do that, there are things we can do around the house to make it more comfortable and a safer place.

The first thing is to de-clutter. The less stuff you have, the less of a struggle you are going to have and the less you have to clean. Remove throw rugs or cords that stretch across a room, anything that will pose a tripping hazard.

To prevent burns, older adults should consider lowering their water heater temperature to 120 degrees Fahrenheit or lower. A lot of older adults have a delayed reaction time to hotter temperatures, or don't realize at first that the water is hot.

Some in-home changes can cost a little to a lot more money. Some of the lower-cost options include improving lighting by installing night lights in hallways and dark areas, installing handrails and grab bars, touchless faucets, and changing door handles from knobs to levers. A person with arthritis, for example, may find it difficult to grab a traditional rounded doorknob. Levers make it easier to get in and out of rooms, as well as function around the house.

To help prevent falls in the bathroom, place a non-slip mat in the shower, installing grab bars, using a shower chair, or installing a walk-in tub.

Many medical alert systems – which allow a person to call emergency help at the touch of a button – cost less than \$100 and can provide an important safeguard for those living alone