April 2021
Go to www.sunflower.ksu.edu for more details on these programs.

Inside Your Newsletter...
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Artificial Insemination Simplified........................................................................................................Livestock page
Green Choices for Selecting, Preparing and Serving Meals......Family & Consumer page
What Skills Are You Developing?......................................................4-H Youth Development page

The Great Northwest Camp at Rock Springs 4-H Center

June 9-12, 2021
Open to all Youth Ages 7-12
Registration Deadline: April 9, 2021
Space is limited, sign-up today!!!

Cost
Counselors: $111
Campers: $210

Masks must be worn at all times!!!!

Contact your local Extension Office if you would like more information!!!
**Long-Term Nitrogen and Phosphorus Fertilization of Irrigated Corn**

This is long-term research conducted at the K-State Research and Extension Center in Tribune by Alan Schlegel.

**Summary**

Long-term research shows that phosphorus (P) and nitrogen (N) fertilizer must be applied to optimize production of irrigated corn in western Kansas. In 2019, N applied alone increased yields by 174 bu/a, whereas P applied alone increased yields by 110 bu/a. Nitrogen and P applied together increased yields up to 216 bu/a, which is 10 bu/a less than the 10-year average of 141 bu/a. Application of 120 lb/a N (with highest P rate) produced 97% of maximum yield in 2019, which is slightly greater than the 10-year average. Application of 80 instead of 40 lb P2O5 /a increased average yields by 4 bu/a. Average grain N content reached a maximum of 0.6 lb/bu while grain P content reached a maximum of 0.15 lb/bu (0.34 lb P2O5 /bu). At the highest N and P rate, apparent fertilizer nitrogen recovery in the grain (AFNRg ) was 41% and apparent fertilizer phosphorus recovery in the grain (AFPRg ) was 60%.

**Introduction**

This study was initiated in 1961 to determine responses of continuous corn and grain sorghum grown under flood irrigation to N, P, and potassium (K) fertilization. The study is conducted on a Ullysses silt loam soil with an inherently high K content. No yield benefit to corn from K fertilization was observed in 30 years, and soil K levels remained high, so the K treatment was discontinued in 1992 and replaced with a higher P rate.

**Procedures**

This field study is conducted at the Tribune Unit of the Kansas State University Southwest Research and Extension Center. Fertilizer treatments initiated in 1961 were N rates of 0, 40, 80, 120, 160, and 200 lb/a without P and K; with 40 lb/a P2O5 and zero K; and with 40 lb/a P2O5 and 40 lb/a K2O. The treatments were changed in 1992; the K variable was replaced by a higher rate of P (80 lb/a P2O5 ). All fertilizers were broadcast by hand in the spring and incorporated before planting. The soil is a Ullysses silt loam. The corn hybrids [Pioneer 1173H (2010), Pioneer 1151XR (2011), Pioneer 0832 (2012–2013), Pioneer 1186AM (2014), Pioneer 35F48 AM1 (2015), Pioneer 1197 (2016), Pioneer 0801 (2017–2018), and Pioneer 0339 (2019)] were planted at about 32,000 seeds/a in late April or early May. Hail damaged the 2010, 2015, 2017, and 2019 crops. The corn is irrigated to minimize water stress. Sprinkler irrigation has been used since 2001. The center two rows of each plot are machine harvested after physiological maturity. Grain yields are adjusted to 15.5% moisture. Grain samples were collected at harvest, dried, ground, and analyzed for N and P concentrations. Grain N and P content (lb/bu) and removal (lb/a) were calculated. Apparent fertilizer N recovery in the grain (AFNRg ) was calculated as N uptake in treatments receiving N fertilizer minus N uptake in the unfertilized control divided by N rate. The same approach was used to calculate apparent fertilizer P recovery in the grain (AFPRg ). Grasshoppers were treated by aerial application of insecticide.

**Results**

Corn yields in 2019 were only 2% higher than the 10-year average (Table 1). Nitrogen alone increased yields 71 bu/a, whereas P alone increased yields 7–10 bu/a. However, N and P applied together increased corn yields up to 131 bu/a. Maximum yield was obtained with 200 lb/a N with 80 lb/a P2O5. Corn yields in 2019 (averaged across all N rates) were 4 bu/a greater than 200 lb P2O5 /a and 40 lb P2O5 /a. The 10-year average grain N concentration (%) increased with N rates but tended to decrease when P was also applied, presumably because of higher grain yields diluting N content. Grain N content reached a maximum of 0.6 lb/bu. Nitrogen removal (lb/a) was greater at the higher yield levels. Maximum removal (116 lb/a), was attained with 200 lb N and 80 lb P2O5 /a. At the highest N and P rate, AFNRg was 41% and AFPRg was 60%. Similar to N, average P concentration increased with increased P rates but decreased with higher N rates. Grain P content (lb/bu) of about 0.15 lb P/bu (0.34 lb P2O5 /bu) was greater at the highest P rate with low N rates. Grain P removal averaged 29 lb P/a at the highest yields.

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Implementing artificial insemination (AI) allows producers to make genetic progress for economically relevant traits within their operation. For example, if a producer sells calves at weaning, weaning weight will be an economically relevant trait as the calves’ performance directly impacts how much money that producer will make. Hence the use of AI gives producers access to superior genetics that will contribute to the performance of calves for traits that they find important. This technology can be used to accelerate genetic progress within a herd at the cost of time, labor, and effort. While there are costs associated with AI, typically they are relatively small in comparison to what it would cost to purchase a cover bull with the same genetics (however, this is most likely impossible). Though, if a producer has not implemented AI, the strategy may seem daunting. This article will give practical advice for easing into artificial insemination.

If a producer is still unclear of the benefits, the highlights of using AI include:

- Access to genetics that cannot typically be found in a natural service bull
- Potentially lower cost per breeding
- Option for less complicated cross breeding systems
- Needing fewer bulls during the breeding season
- Tighter calving window when paired with estrous synchronization
- Improved performance of calves and increased value
- Production of replacement heifers that have superior genetics for traits of interest

An AI program is only as successful as its AI technician. Use labor that is knowledgeable and experienced. Trying to cut corners with someone who is fresh out of AI school with no applied experience may not be the best choice when a large group needs to be AI’ed within a window of time. Inseminating a large group of females takes physical strength and stamina that is developed with continual use of those muscles. An inexperienced technician will soon realize breeding 200 head of heifers is not something they can do in several hours or even in a day without feeling like their arm will fall off. Furthermore, whoever is thawing and loading the semen straws will need to be efficient, organized, and careful as to not cause damage to the semen before it even gets the chance to be inseminated. Sloppy work during semen preparation could render the whole process useless. Exposing the straw to too much light, letting the contents come in contact with water, or leaving it in the water bath too long can all cause the sperm to be killed. Quick and careful handling can eliminate the risk of inefficiency when done correctly.

A visit with the veterinarian, semen dealer, or with state extension specialists will help determine what synchronization and AI protocol will work best for the operation. This will help determine if anything is being left out or not considered. A well planned breeding season will have carry over effects in terms of calves produced and heifers retained as replacements that will contribute superior genetics for years.

For more information on artificial insemination, please visit or call the Cheyenne County Extension Office at (785)332-3171.

For more resources and event announcements, please follow us on Facebook at K-State Research and Extension Sunflower District.
Green Choices for Selecting, Preparing and Serving Meals

The increased emphasis on developing ecologically friendly habits has increased awareness of the ways consumers buy, use and dispose of products.

Consumers make daily decisions about food, and many of these decisions also affect the environment. Besides choosing healthy foods for wellness, people can choose healthy ways to grocery shop, prepare food, serve meals, and clean up and dispose of leftovers and trash. Healthy choices improve quality of life and reduce the negative impact on the environment. Choices a person makes for sustainable living are personal ones. Some people make choices to save money, others to protect the environment, and others to manage their time differently.

Americans consume more than people in any other country. If everyone in the world consumed at that rate, it would require four Earths to sustain that level of consumption.

As with any decision, there is no one right way of conserving resources. But each person can make small changes that make a difference.

Start at the Grocery Store

Planning meals will allow you to make the best use of food purchased so less is wasted. Planning can also reduce the number of trips to the grocery store, saving fuel and time. With planning you will be more likely to buy the amounts and ingredients you will use, with less wasted food. Your family could save an estimated $11.35 a week ($590 a year) by not wasting food you buy.

Bag It

Take your own reusable cloth bags to transport groceries. One reusable bag can save 1,000 plastic bags in its lifetime. The average family brings home 60 plastic bags in four trips to the store. Paper bags generate air and water pollution during production, and plastic bags pose threats to wildlife because they do not decompose. Some plastic bags made from cornstarch and soy by-products do decompose.

Reduce Packaging

Many products come with excess packaging. A general guideline is: If there is more packaging than product, make another choice.

- Choose products with minimal or no packaging (such as bulk products). Food in large containers can be repackaged into smaller reusable containers. Buy concentrated forms of a product (such as juice or laundry soap).
- Buy eggs in cardboard cartons rather than foam.
- Resist buying packaged single-serving items such as boxed juices that come with straws: the layers of paper, plastic, foil and wax make them completely non-recyclable.
- Packaging made from one material is easier to recycle. Buy products packaged in recycled and recyclable cardboard.

Prepare the Meal—Cook at Home

At many fast-food restaurants, a single meal is not only high in fat, cholesterol, salt, and sugar, but also packaged in excess paper, foam, or plastic. In contrast, the “slow food” movement encourages people to enjoy food prepared and served in a less hurried manner and enjoyed for the experience. You’ll also save fuel by not driving to a restaurant.

Minimize the use of paper towels, paper plates, and napkins. Invest in cloth napkins for everyday use, and choose reusable cloths, towels, and plates, rather than paper throwaways.

Purchase beverages in refillable bottles, or recyclable glass or plastics. If you use bottled water, buy in a larger bottle with several servings. When taking water with you, use a refillable water bottle instead of buying single-use bottles.

Remember: Choices should be a balance of your social, environmental, and economic values. Being conscious of what you eat, how you live, and what you buy can be a start to living in a more ecologically responsible manner. The daily decisions you make about food can make you and the environment healthier.
What skills are you developing?

Communication

Having great communication skills can make a big difference in life and work. In 4-H activities, you will have the opportunity to gain skills and confidence in public speaking, writing, visual communication, video, and media.

Skills: listening, observing, empathizing

Leadership

The 4-H leadership project brings out the best in youth; giving them an opportunity to learn about themselves and what they can do. They learn how to work with and lead others.

Skills: teamwork, communication, organization, goal management, decision-making, and problem solving

Community Service

Through its pledge of "hands to larger service," 4-H gives back to the community; encouraging members and adults to volunteer. Members benefit by being involved in community service. Clubs also benefit from planning and carrying out service projects.

Skills: Concern for others, cooperation, goal setting, responsible citizenship

Livestock Projects

In 4-H livestock projects youth learn about animal and veterinary science, as well as animal production practices.

Skills: responsibility, record-keeping, character

Plant Science

Plant science projects and experience allows members to explore soils, plants, crop production and more.

Skills: Wise use of resources, self-motivation

Your Project/s

Skills you are developing ...

Visual Arts

Visual art activities allow young people to express their creative side while gaining valuable life skills and self-confidence.

Skills: self-discipline, planning and organizing communication, self-esteem

Photography

The 4-H photography project provides members an opportunity to learn about photography equipment and become competent as they acquire knowledge and practice skills.

Skills: Learning to learn, planning/organization, communication, critical thinking, self-expression, creativity

Food and Nutrition

The food and nutrition project provides youth with information about physical activity, healthy eating, food preparation, and personal health.

Skills: disease prevention, decision making, problem solving, healthy lifestyle choices, self discipline, self-motivation

Shooting Sports

In the 4-H shooting sports project members learn how to handle firearms or bows responsibly for target practice and hunting while gaining respect for the natural environment.

Skills: decision-making, teamwork, problem-solving, critical thinking

Check out more 4-H Life Skill Resources:
http://msu.dotcmscloud.com/resources/life_skills_resources

K-State Research and Extension is an equal opportunity provider and employer.
April 18-24, 2021
Be sure to thank a Volunteer.
We appreciate all they do!

Watch for upcoming details on Tractor Safety Courses in April.

Small Animal Weigh In
April 28
6:00-7:00 p.m.
At the Fairgrounds

Deadline to register is April 9

The Great Northwest Camp at Rock Springs 4-H Center

June 9-12, 2021
OPEN TO ALL YOUTH AGES 7-12
Space is limited, sign-up today!

A FUN-FILLED, 4-DAY LEARNING EXPERIENCE!
# Cheyenne County

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- **April 1** - 1st of April Fool’s Day
- **April 4** - Happy Easter
- **April 18** - National Volunteer Week
- **April 28** - Small Animal Weigh In 6-7pm
Important Dates

April 4 ............Easter
April 6 ............Cloverbuds
April 7 ............Foods
April 9 ...........County Camp Registration Due
April 9 ...........Camp Counselor Applications Due
April 11 ..........Ruleton Eager Beaver
April 11 ..........Prairie Dale
April 11-12 ......4-H Council
April 12 ..........Promotion Committee
April 18 ..........Sunflower 4-H
April 18-24 ....National Volunteer Week
April 19 ..........Country Clovers
April 19 ..........Small Animal Weigh-In
April 20 ..........Cloverbuds

Small Animal Weigh-In
Bucket Calves, Goats, Sheep, & Swine
April 19, 2021, 4:00 - 6:00 PM
Mask Required * Unload by Families

Rock Springs County Camp
June 9-12, 2021
Call your local Extension Office for more information!

SAVE THE DATE!
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<td>Horse Panorama Digital Uploads Due</td>
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County 4-H Camp
Rock Springs 4-H Center
June 9-12, 2021

Join us for a fun-filled 4 day learning experience.

Open for youth ages 7-12
Due to the office by April 9, 2021

If you are interested in becoming a Counselor and are 14 or older, you can call the office for an application at our office.
Due to the office by April 9, 2020.

For more information contact your local Sunflower Extension Office.

Virtual Discovery Days 2021
June 1-4, 2021
It is open to all youth 13 to 18 years old by January 1 of the current year.

More information will be given once we receive it in our office.

Dates to Remember
April
9—Camp Registrations Due
25—Small Animal Weigh-in***INFO WILL BE PROVIDED AT A LATER DATE

May
1—Horse ID Certification Papers Due
31—Closed for Memorial Day

June
1-4—Virtual Discovery Days
9-12—Great Northwest Camp—Rock Springs

July
23—Fair Clean Up
24—Fair Horse Show
23-31—Wallace County Fair

Small animal weigh in will be held April 25 from 4-7 pm
**Information for weigh-in will be determined at a later time.**

2021 Wallace Co Fair Dates are
July 26th-31st

YQCA WILL ONLY BE OFFERED ONLINE THIS YEAR. PLEASE GET ONLINE AND TAKE THIS BEFORE NOMINATIONS ARE DUE. ONLY REQUIRED FOR KIDS GOING TO STATE FAIR AND KJLS
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April 2021 Wallace Co.
Sunflower Extension District #6
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Goodland, KS 67735

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K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision or hearing disability, or a dietary restriction please contact Karen Nelson at (785)890-4880.