

Sunflower Extension District

November 2025

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



November 2025



Newsletter

www.sunflower.ksu.edu

Sunflower Extension District

Goodland Office

813 Broadway
Room 301
Goodland, KS 67735
(785) 890-4880
Fax (785) 890-4879

Sharon Springs Office

118 N Gardner St.
P.O. Box 189
Sharon Springs, KS 67758
(785) 852-4285
Fax (785) 852-4284

St. Francis Office

212 E. Washington St.
P.O. Box 667
St. Francis, KS 67756
(785) 332-3171
Fax (785) 332-3199

K-State Research and
Extension is an equal
opportunity provider
and employer.

www.ksre.ksu.edu

Inside Your Newsletter...

K-State Garden Hour, Pruning Trees and Shrubs, Unripe Remaining Tomatoes Horticulture Production page
Forage and Feed Sampling & Testing Ag & Natural Resources page
Harvest of Holidays, Living Well Wednesday Family & Consumer page

Sunflower District Achievement Awards

Wallace County Achievement Awards

The **4-H Achievement Awards** is on
Sunday, November 9, 2025,
at 12:30 PM MT at the
CAB.

Cheyenne County Achievement Awards

The **4-H Achievement Awards** is
on **Sunday, November 16, 2025,**
at 6:30 PM CT at the
High School

Sherman County Achievement Awards

The **4-H Achievement Awards** is on
Sunday, November 23, 2025,
at 2:30 PM MT at the
Sherman Theatre.

4-H Grand Champion Hoodies
will also be awarded.





Pruning Trees and Shrubs

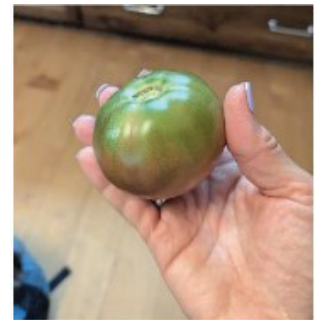


Woody plants are actively building up their storage of sugars as leaf drop approaches. Pruning in the fall limits the amount stored reducing the amount of energy the plants have available through dormancy. Also, pruning now may encourage woody stems to send out new growth that will be more susceptible to freeze damage during winter. With the exception of removing dead or diseased branches, it is best to save pruning until after winter. For shrubs that bloom in spring, pruning in the fall can reduce flowering. With a few exceptions, most deciduous trees respond best to late winter/early spring pruning. Proper timing of pruning allows trees to go into dormancy healthy, without increased stress from pruning.

Unripe remaining tomatoes

What should I do with the tomatoes that remain on my plants but aren't ripening?

Remaining tomatoes can be left on the vine to ripen as long as there isn't a frost in the forecast, but ripening is slow at this time of year. Green tomatoes that are full-sized can be harvested and placed in a paper bag to continue ripening indoors. You may notice a white, star-shape on the bottom of mature green tomatoes. Green tomatoes can also be used for a variety of recipes. Tomatoes with blemishes or cracks in the skin should be discarded to avoid contaminating others. Store ripe tomatoes on cardboard trays with newspaper between layers if stacked. If possible, keep the temperature close to 55 degrees F. Check periodically for rotting and remove tomatoes as needed.



GARDEN TO-DO

- Drain hoses and irrigation systems before winter
- Fertilize cool-season lawns
- Dig and store tender bulbs after leaves are browned by frost
- Water landscape plants, as needed, before winter
- Plant spring-flowering bulbs



Upcoming Webinar:

Wednesday, November 5, 2025 at noon to 1 p.m. Central Time

[K-State Garden Hour: Climate Resilient Gardens](#)

Gardening in a changing climate can be a challenge. Join Pam Paulsen, Reno County Horticulture Agent, to explore practical methods to grow gardens that are resilient to tough growing conditions. Some of these methods include native and adapted plants, soil improvement, efficient use of water and nutrients, and attracting beneficial insects.



Forage and Feed Sampling & Testing: A Practical Guide

Testing your forage and feed is one of the most valuable steps you can take to make sure your cattle are meeting their nutritional needs. By collecting good samples, choosing the right tests, and understanding the results, you can save money, improve animal performance, and avoid unexpected problems.

Getting a Good Sample

The first step is making sure your sample represents what the cattle will eat. Always sample by “lot,” meaning hay or forage that comes from the same field and cutting. Never mix bales from different cuttings or pastures into one sample. Also consider timing, sampling right before feeding shows the most accurate nutrient value since it includes any storage losses. Use a hay probe or core sampler when possible and collect at least 20 cores from different bales in a lot. For chopped silage or baleage, take grab samples from several locations and mix them. Once collected, combine samples in a clean bucket, mix thoroughly, and seal in a heavy-duty plastic bag. For high moisture feed, freeze the sample until it’s shipped to the lab.

Understanding the Results:

Dry Matter (DM): Indicates how much actual feed remains after water is removed. Essential for balancing rations and preventing spoilage.

Crude Protein (CP): Estimates protein content but can include non-protein nitrogen (like nitrates). Heat-damaged hay may show inflated CP, so some labs also report available CP.

ADF and NDF: Fiber values that affect digestibility and intake. High ADF means lower energy; high NDF limits how much cattle will eat.

Energy (TDN, NE): Energy values calculated from fiber. As ADF increases, energy drops. Meeting cows’ energy needs is often the biggest feeding challenge.

Ash and Minerals: High ash often means dirt contamination, which dilutes feed value. Mineral panels can flag shortages or imbalances that may require supplementation.

Indexes (RFV, RFQ): Useful shorthand for comparing hay quality, though best applied only within similar forage types.

Putting Results to Work

The real value of forage testing comes when you compare lab results to your cattle’s requirements. For example, if a cow needs 1.4 pounds of protein daily but your hay only provides 0.9 pounds, you know to add a protein supplement. Conversely, if your hay is richer than expected, you can save money by cutting back on purchased feed. Matching different forages to the right class of cattle is also smart management. Reserve your highest quality hay for lactating or growing animals, while dry mature cows might be able to get by on lower-quality forage.

[*Emma Briggs*](#), beef production systems, Hays



Harvest of Holidays

Harvesting the Best Highlights 2000-2025



Come join us for a fun and eventful evening!

This year we will look back through the years and choose some favorites' to share and enjoy each others company.

In this busy world we need to take time for self!! So let's enjoy the evening with some food, gift ideas and sharing. Maybe even some give-a-ways!

One of my programs included gadgets. I would like to see some of **your old or new gadgets** that have been a favorite in your kitchen.

This program will be given in the Sunflower Extension District counties; Sherman, Wallace and Cheyenne.

December 1st in Goodland at 6:00 p.m. (M.T.)
At the First Baptist Church at 1121 Main Ave.

December 8th in Sharon Springs at 6:00 p.m. (M.T.)
At the CAB, at the fair grounds.

December 10 in St. Francis at 6:00 p.m. (C.T.)
At the CSM Event Room on Main Street.

Call the Sunflower Extension District Office at 785-852-4285 or call your local Sunflower Extension District Office near you.

You Must RSVP by: November 17, 2025
Cost: \$8:00

LIVING WELL WEDNESDAY SERIES

LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

Webinars are on the third Wednesday every month, from 11:10 - 12:00 pm (M.T.).

Go to bit.ly/41E7kqJ to sign up and watch.

This is our last one until the spring. Once you get signed up for the program you can go back through the previous programs that are recorded and choose the ones you want to watch.

There are many topics we have covered that you can choose from or watch all of them.

In September, the topic was "One Pill Can Kill": Opioid Crisis in Our Communities.

In October, the topic was "Scam Smarts: Staying Safe in a Scamming World."

In **November**, the topic is on **"The Buzz on Energy Drinks: Unpacking the Truth."**

Wouldn't you like to know the truth about the Energy drinks that our kids are drinking every day. This could also be for many adults as well.

Take a look at what you are drinking! Would it be bad for you to drink water, juice, milk, etc. Drinks that are good for you!

Go to bit.ly/41E7kqJ to find out the answers for your questions that you might have. **Watch the program!!**





The 4-H year begins October 1 and ends September 30 of the following year.

- Members live in towns, in the country, and on farms. 4-H is open to youth regardless of race, color, national origin, sex, sexual orientation, or disability.
- Kansas 4-H Youth Development has a policy for open enrollment. Eligible youth may enroll in Kansas 4-H Youth Development programs at any time of the year.
- Youth wanting to join must be 7 years old and not older than 18 as of December 31 of the New 4-H Year in order to be eligible for 4-H. 4-H members who are selected as winners in late summer or fall, and who turn 19 before January 1, cannot compete in state or national contests, awards, or recognition programs.
- Youth ages 5—6 years old as of December 31 of the New 4-H Year are eligible to participate in the Cloverbuds project which is offered through the 4-H clubs. Cloverbud members are encouraged to attend Cloverbud county-wide project meetings where available.



K-STATE
Research and Extension



**Beyond
Ready**

Re-enrollment for Returning 4-H Member



Are you a continuing 4-H member?

Are you planning to show in your local county fair in the 4-H Division?

Re-enroll by December 1 each year to be eligible to show in the 4-H division at the county fair!

Wallace County kids your annual fee will be paid by the 4-H Council if enrolled by December 1st

Sherman County kids you can pay by credit card online or pay by check or cash at the Sherman Co. Extension Office.

Cheyenne County kids your annual fee will be paid by the 4-H Council if enrolled by December 1st



Best Practices for 4-H Publicity: What Families and Volunteers Need to Know

Submitted by Sarah E. Mass

As we begin the 2025-2026 4-H year, it's important to understand how publicity permissions are handled and how we, as Extension professionals, can responsibly share the stories and successes of you, our 4-H members.

What Is the Publicity Release?

When families enroll in 4-H Online, they are asked to agree (or not agree) to a **publicity release**. This release gives permission for the use of a member's name, image, and likeness by:

- Local Extension Units
- Kansas State University (including the State 4-H Office)
- The Kansas 4-H Foundation

This includes us in photos, videos, social media, websites, press releases, and more. If a family selects **"I Do Not Agree,"** their child's name and image **cannot** be used. Some examples include:

- Kansas State Fair & County Fair entry cards, schedules, or results
- Local or state contests
- Social media posts
- News articles or promotional materials

Additional Consent Questions

To provide more clarity, families are asked to give specific permission for:

- First and last name
- Extension unit
- 4-H club or town name
- Media (photos, video, audio, etc.)
- Print-only media
- Social media
- County Fair-related publicity

These responses **override** the general publicity release and help guide what can or cannot be shared publicly

Best Practices for Sharing Youth Information for Extension Professionals

Even when full permission is granted, it is **best practice** to:

- Use **first names only** in social media posts.
- If no consent is given, refer to youth as:
- "A 4-H member from (Club Name)"
- Or use initials, e.g., "C.C., participant from Cloverville 4-H Club"
- These practices help protect youth privacy while still celebrating their achievements.



<http://www.facebook.com/sunflowerextensiondistrictcheyennecounty4h>
<http://www.facebook.com/sunflowerwallace>
<https://www.facebook.com/sunflowerextensiondistrictshermancounty4h/>

New 4-H policy Guide: <https://www.kansas4-h.org/resources/policy-guide/Kansas%204-H%20Policy%20Handbook%202023.pdf>



Sunflower Extension District November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3.	4.	5. SH-Foods 3:30 PM MT 4-H Bldg.	6.	7.	8.
9. WA- Achievement Awards 12:30 PM MT CAB	10.	11.  <i>Veterans Day</i> Extension Office Closed	12.	13.	14.	15.
16. CN- Achievement Awards 6:30 PM CT High School	17.	18.	19.	20.	21.	22. KYL
23. SH- Achievement Awards 2:30 PM MT Sherman Theatre KYL	24.	25.	26.	27.  Extension Closed	28.  Extension Closed	29.
30.						

Sunflower Extension District
Goodland Office
813 Broadway, Room 301
Goodland, KS 67735

Nonprofit Organization
U.S. Postage
PAID
Permit No. 525
Manhattan, KS 66502

KANSAS STATE
UNIVERSITY

Extension

Sunflower Extension District Offices

www.sunflower.ksu.edu

Goodland Office

Karen Nelson

4-H Youth Development Agent/Director
karennelson@ksu.edu

Erin Alfaro

Agent Assistant, Office Professional
ekalfaro@ksu.edu

Sharon Springs Office

Melinda Daily

Family & Consumer Science Agent
mdaily@ksu.edu

Wendy Benisch

Office Professional
wbenisch@ksu.edu

St. Francis Office

Rheanna Melcher

Ag & Natural Resources Agent
rmelcher@ksu.edu

Linda Elfers

Agent Assistant
lelfers@ksu.edu

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. Kansas State University Agricultural Experiment Station and Cooperative Extension Service. K-State Research and Extension is an equal opportunity provider and employer.