

Sunflower Extension District #6



December 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

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December 2025

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

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Harvesting the Best Highlights

December 1, 2025

6:00 PM CT
Baptist Church
Goodland, KS
Cost \$8.00

December 8, 2025

6:00 PM MT
The CAB
Sharon Springs, KS
Cost \$8.00

December 10, 2025

6:00 PM CT
CSM Event Room
214 W Washington
St Francis, KS
Cost \$8.00

K-State Crop Pest Management School

December 9—Colby City Limits Convention Center

December 10—Hays K-State Western Kansas Research Center Auditorium

Who should attend?

1A Commercial Applicators, agronomy professional and farmers

Planning to attend?

\$50, if registered by December 2

\$75, if registered after Dec 2

<http://bit.ly/KSUCropPest>



Cool-Season Vegetable Hardiness

Don't be fooled by the term "cool-season". Not all cool-season crops will tolerate the winter in Kansas without protection. Semi-hardy crops such as Chinese cabbage, collard, mustard and radishes, can survive light frosts. However, when temperatures drop into the 20s, they will start to show signs of damage. Cabbage, broccoli, cauliflower, carrots and other hardy vegetables will survive temperatures into the low 20s before showing damage. Row covers can be used to protect your cool-season garden. Learn more about season extension from the Kansas Garden Guide.

Perennial Garden Clean-Up

If you're feeling the urge to tidy up the perennial garden keep a few things in mind. Ornamental grasses and some herbaceous perennials can be left intact to provide seasonal interest. Dried foliage brings texture and color to the otherwise barren landscape while also insulating the plant crown. Wildlife can benefit from seed heads left to develop on the plant. If your plants had disease/pest issues during the growing season that plant material should be removed and disposed of to prevent spreading. Dried ornamental grasses near structures can present a fire hazard so removing the above ground growth is recommended in this scenario.



Caring for Plants Indoors

If you moved sensitive plants indoors recently you may be wondering, now what??? Hopefully you were able to transition your plants to the indoors, but if not, they may go through a period of shock. Symptoms may include: yellowing leaves, dieback and wilt. Some plants won't survive the shock if it is extreme. Others will recover over time and with proper care. Here are some tips for providing the best conditions possible to get your houseplants through the winter.

- * Whether indoors or out, the amount of light decreases into fall and winter resulting in slower plant growth. This means the fertilizer and water needs will decrease. Only provide water when the soil is dry about one-inch deep. Fertilizer can be applied at $\frac{1}{4}$ the recommended rate in November and again in February. Plants in smaller containers often require water more frequently but less fertilizer because they have less soil. This varies based on species so do your homework and research individual plant needs.
- * Temperature is another important factor for growing plants indoors. If the temperature drops below 50 degrees F, leaves of more sensitive plants may begin to yellow. Keep this in mind if you adjust the thermostat during times when nobody is home such as vacations. Avoid placing plants near heat vents where the temperature is inconsistent.
- * Relative humidity is the amount of moisture in the air. When the humidity is lower, plants release more water from the leaves. Many common indoor plants prefer high relative humidity. To increase the relative humidity, you can create a microclimate by grouping plants closer together. Another option is to place a shallow container below each plant and fill it with water. Elevate the container by placing some gravel in the saucer so the plant isn't soaking directly in the water. Misting plant leaves is often recommended, but is not a practical strategy to effectively increase humidity.
- * Indoor plants should receive bright, indirect light either from a window or grow lights. Avoid placing plants too close to windows that are drafty. Some indicators that your plants are not receiving enough light include elongated internodes (space between leaf/stem unions), pale color on new leaves, and dieback of older leaves.

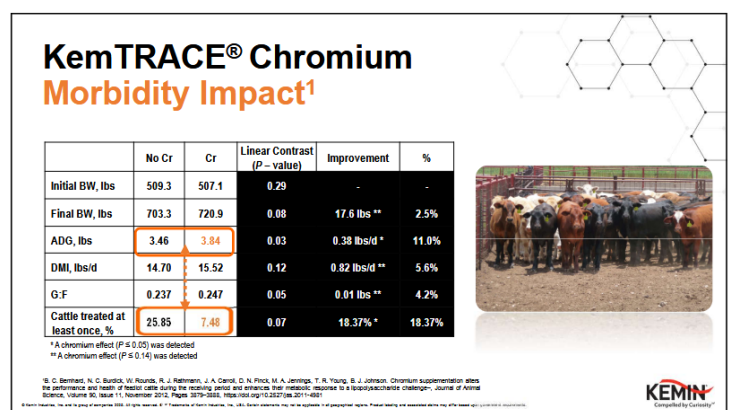
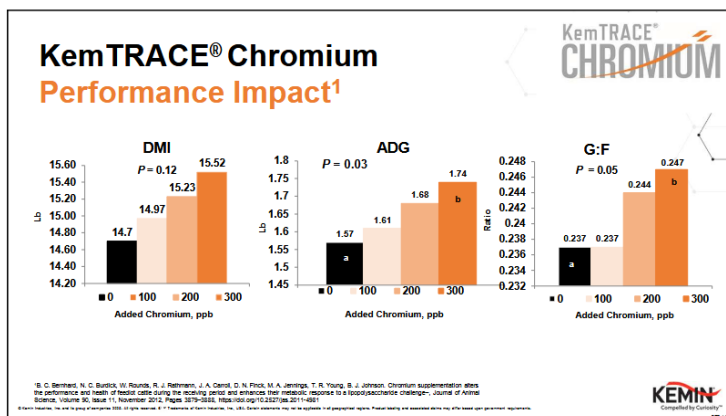


A Look at Chromium Supplementation for Feeder Cattle

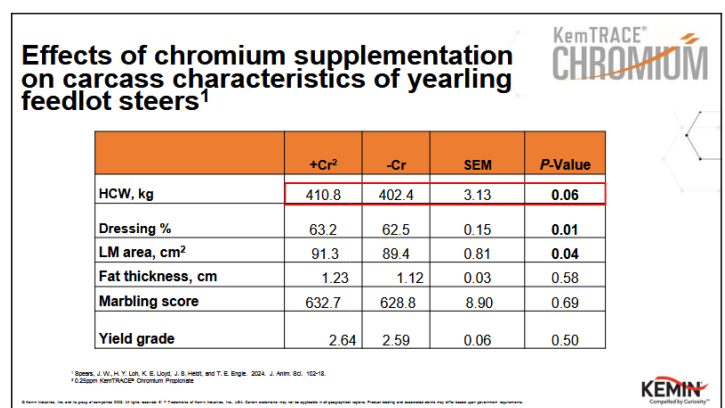
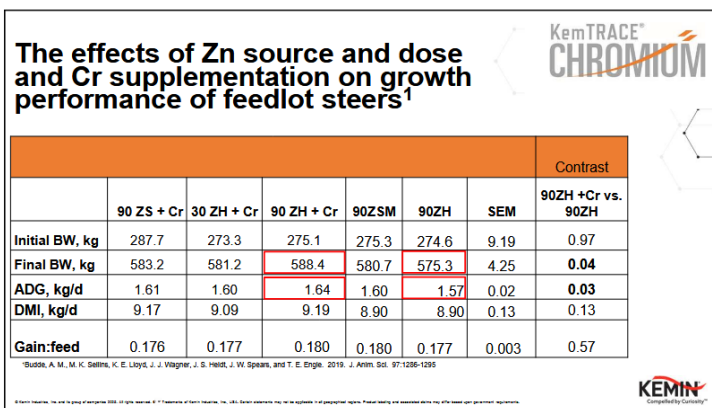
Sara Trojan, Technical Services representative from Kemin Industries shared with the crowd at the Beef Stocker Field Day event held in Manhattan a presentation titled: Fueling Performance from the Inside Out: Gut Integrity and Micro-nutrient Support. She set the stage by reminding us about the role the Chromium plays in both human and animal nutrition. Chromium is an essential nutrient and trace element. It aids in lipid and sugar metabolism, diabetic supplementation and is a major commodity in dietary supplements for humans. In the 1990's scientist began to study Chromium supplementation in animals and in July of 2009 Cr propionate was permitted by the FDA as the only source of Chromium in cattle diets.

Concerning dietary availability and storage, small quantities of Cr are stored in soft tissue, is unavailable within plant molecules, contamination occurs from feedstuff harvest, processing and feed delivery. Chromium stabilizes insulin receptors thus increases glucose transport into muscle cells, maximizing glucose uptake for energy requirements. Urinary chromium excretion increases 10 to 300 times during stressful conditions or feeding carbohydrate rich diets.

In feedlot scenarios we know there are a variety of stresses affecting cattle resulting in increased energy demand. These stressors are environmental (heat, humidity, mud, mold and mycotoxins), nutritional (ration changes, new feed and water sources, fiber content, and antinutritional factors), management (transportation exhaustion, processing feed delivery, and stocking density), metabolic (increasing adiposity), social (auctions, comingling, and sorting), and disease (BRD, pathogen, and metabolic related). Chromium becomes essential during the receiving period to help with the immune system's demand for glucose and optimizes the animal's ability to counter disease challenges.



Throughout the feeding period Chromium is available to optimize stress when needed and insulin resistance builds as adipose tissue grows. Chromium helps to continue transfer more glucose into the muscle.





NO NEED TO
GET THIS
STRESSED!!!

CHRISTMAS IS
ONLY ONE DAY
OF THE YEAR!!!

SO TRY TO
SLOW DOWN
AND ENJOY IT.

Holiday Busters



THINK OF
THINGS THAT
YOU LIKE TO DO
AND ENJOY
DOING THEM!!!

THEN TAKE TIME
TO DO THOSE
THINGS.

LAUGHTER IS A
GOOD THING.

With the holidays approaching and the economy still uncertain, it's more important than ever for families to budget their money, monitor holiday spending and avoid getting in too deep with credit card debt.

Start the holiday shopping season by making a list of all the things you are likely to spend money on. This will certainly include Christmas gifts, but also think about holiday extras such as gift wrap, decorations, cards, postage, extra groceries, special clothing, extra child care, gas and other holiday travel expenses. Eating out can be a problem so try to save in that area.

Think about what you could use that you have on hand to make your own gift wrap. Use decorations from previous years and repurpose them in a different way, to make it look new. Cards are great to receive but in a pinch you could email, face book, zoom family members, text or give them a call.

Here are some suggestions! Really set down and think about the gifts you might buy. Do they really need that or could you bought them something less expensive and something realistic that they need.

Don't forget to add in regular expenses which also occur this time of the year, such as property taxes, charitable contributions, winter car maintenance, car tags, insurance and other year-end costs. Think about the likely cost of all the items on your list and compare to the amount of money you have to spend.

The key is to create a budget—a spending plan that will help you cover regular and extra expenses—and **stick to it**.

Instead of spending a bundle buying gifts, think about homemade gifts that give of your time such as a typed set of favorite family recipes, a scrapbook of memories, or coupons for chores or services you can do for the recipient after the holidays. Another creative idea is to do something together, such as taking the family to the theater or out for a special meal instead of buying separate gifts.

Gifts that can be enjoyed by the whole family can also cut down on the number of presents given. For example, games can be a family gift and they are good for learning and something the whole family can enjoy together.

Finally, to put holiday spending in perspective, focus on the real reason for the Christmas season and look for non-material ways to celebrate. This will help to make the holidays more meaningful for everyone.

Some people are alone during the holidays. Maybe you know someone that could be lonely and invite them to celebrate with a meal together with you or your family. Reach out to others!!!

**Hope you have a
Very Merry Christmas this year!!**



**2025-2026 Sherman County
Club Leaders**

Country Clovers

Amanda Martin
Katie Short

Prairie Dale

Kelsey Stephens
Bryn Mosbarger

Ruleton Eager Beavers

Heather Evert

Sunflower

Peggy Berls
DJ Smith

For more information about the clubs & projects,
call the Extension Office at 785-890-4880.

**2025-2026 Wallace County
Club Leaders**

Ladder Creek

Lindsay Hartman
Lynn Perry

Weskan Windmills

Heavenly McQuillan
Stacy Riedel

Harrison Endeavors

Becky Vandike

Smoky Valley

Peggy Fischer

For more information about the clubs & projects,
call the Extension Office at 785-852-4285.

**2025-2026 Cheyenne County
Club Leaders**

Go-Getters

Karen Jensen
Keely Wilson

Lawn Ridge

Crystal Ludowese
Matt Wilson

Pleasant Hill

Kelley Milliken
Erika Zimbelman

Plumb Creek

Melissa Keller
Crystal Schultz

For more information about the clubs & projects,
call the Extension Office at 785-332-3171.





Sunflower District Holiday Schedule

All District offices will be closed December 24-January 2



4-H Day with KSU Women's Basketball, March 1

The annual 4-H Day with the K-State Women's Basketball Team is scheduled for March 1, 2026 at 1:00 p.m. Cheer loud with 4-H friends from around the state as the Wildcat women take on the Cyclones of Iowa State! Registration and details will be coming soon. If you are certain you want to attend, please notify the Extension Office so we can share information as soon as it becomes available. This is a non-refundable 4-H experience. It could be a fun night out with your 4-H club!

Key Award Winners in the Sunflower District

Wallace County

Gage Cox

Sherman County

Matthew Berls

Sarah Nemechek

Kaelyn Schilling

Cheyenne County

Harmony Wilson



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<http://www.facebook.com/sunflowerwallace>
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New 4-H Policy Guide: <https://www.kansas4-h.org/resources/policy-guide/docs/Kansas%204-H%20Policy%20Handbook%202025%20FINAL.pdf>


Cloverbud Policy Guide: <https://www.kansas4-h.org/resources/policy-guide/docs/Policy%20Book-%20Cloverbuds%20Kansas%204-H.pdf>



Sunflower District

December

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4-H Re-Enrollment Deadline https://v2.4honline.com/#/user/sign-in</p> 	<p>1. SH- Harvest of Holidays 6:00 PM MT <u>Baptist Church</u></p>	<p>2.</p>	<p>3. SH-Foods 3:30 - 5:00 PM MT</p>	<p>4.</p>	<p>5.</p>	<p>6. SH-Genesis Food Drive 8:30 AM MT Rockhouse 9:00 AM MT Drive Begins</p>
<p>7.</p>	<p>8. WA- Harvest of Holidays 6:00 PM MT <u>CAB</u></p>	<p>9.</p>	<p>10. CN- Harvest of Holidays 6:00 PM CT <u>CSM Event Rm</u></p>	<p>11.</p>	<p>12.</p>	<p>13.</p>
<p>14.</p>	<p>15.</p>	<p>16.</p>	<p>17.</p>	<p>18.</p>	<p>19.</p>	<p>20.</p>
<p>21.</p>	<p>22.</p>	<p>23.</p>	<p>24. Extension closed</p> 	<p>25. Extension closed</p> 	<p>26. Extension closed</p>	<p>27.</p>
<p>28.</p>	<p>29. Extension closed</p>	<p>30. Extension closed</p>	<p>31. Extension closed</p>	<p>Jan. 1.  Happy New Year Extension Closed</p>	<p>Jan 2. Extension closed</p>	

Sunflower Extension District #6

Goodland Office
813 Broadway, Room 301
Goodland, KS 67735

Non-Profit
Organization
U.S. Postage
PAID
Permit No. 525
Manhattan, KS 66502

Sunflower Extension District #6 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

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