In Cherokee County Extension and Research, we always want to learn more about the challenges that Cherokee County is facing and determine how we can help address those challenges. We listen, learn, and work together with the people from our state and community to build a strong county.

K-State Research and Extension builds partnerships and provides research-based learning opportunities to improve the quality of life in Kansas. Extension programs present useful information related to agriculture, home economics, youth development, family life, business and economics, healthy living, and much more. We take programs to schools, gardens, community centers, farmers markets, downtown events and other places. Our online resources offer you a way to quickly access and explore the broad variety of information and educational programs available. Connect with us when you need to make decisions that affect your family, community, business, or farm. We look forward to serving you!

K-STATE RESEARCH AND EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.
Leftover Turkey and Stuffing Casserole

This tasty turkey casserole recipe is made with leftovers from your Thanksgiving Feast

Ingredients:
4 cups prepared turkey stuffing
2 cups chopped or sliced turkey
1 cup prepared turkey gravy
3/4 cup water
1/3 cup jellied or whole cranberry sauce, cubed

Preparation:
1. Preheat the oven to 350° F.
2. Grease the bottom and the sides of a 2 quart baking dish.
3. Arrange half of the stuffing into the bottom of the dish.
4. Add half of the turkey and half of the gravy.
5. Repeat layers.
6. Top with cubes of cranberry sauce.
7. Bake for 30 minutes.

Nutritional Information:
Servings: 8
Calories: 382
Carbohydrate: 29 g
Fiber: 3 g
Total Fat: 12 g
Saturated Fat: 3 g
Cholesterol: 28 mg
Protein: 15 g
Sodium: 575 mg

This material was funded by the USDA’s Supplemental Nutrition Assistance Program.
The holidays are once again upon us. For many that means holiday spending. It can also be a time of stress, frustration, and financial uncertainty.

This year, de-stress your holidays with these smart spending tips.

1. Create a Budget.
2. When using credit cards do not charge more than can be paid off completely at the end of the month.
3. Use cash only to pay for gifts.
4. Make your gifts.
5. Resist retailers and the media that are pressuring you to buy the next hot item. Stick to your budget.
6. Consider buying one present for family/friend(s) such as board game for all to enjoy together.
7. Make a treat basket for family and friends.
8. The holidays is about family, friends, and the joy of giving and being together. It is not a competition of who has the bigger and better gift.
Did you know tannic acid produced by the smooth sumac was once used to tan leather to make shoes, hence the name ‘sumac’ (from shoe make)? Smooth sumac is a perennial shrub native to North America and their red leaves are very noticeable this time of year. It reproduces by both rhizomes and seeds to form dense thickets, especially in pastures and rangeland throughout Kansas.

Smooth sumac seedlings have oblong cotyledons and smooth petioles. Mature plants can reach up to 20 feet tall. Its stems are red to purple when young and turn grey to brown when older and can be up to 7 inches in diameter. Smooth sumac has alternate leaves 12 to 20 inches long that are composed of 11 to 29 leaflets. Each leaflet is 1.5 to 3 inches long with serrated margins and fine hairs on the lower surface. Flowers are yellowish-green with 5 petals and found in pyramid-shaped inflorescences 4 to 10 inches long, somewhat resembling an open milo head. Each inflorescence contains both male and female flowers. The fruit is a dark red, hairy flattened sphere with a single, straw-colored seed.

Smooth sumac is not controlled by spring burning, however a number of herbicides can control it. Some of the recommended products include Grazon P+D alone or with Remedy Ultra, as well as 2,4-D and Chaparral + 2,4-D. Repeated mowing at the bud stage will provide control of smooth sumac. The use of trade names is for clarity to readers and does not imply endorsement of a particular product, nor does exclusion imply non-approval. Always consult the herbicide label for the most current use requirements.
It's that time of year again. Leaves are rapidly falling from deciduous trees so it's a good time to stop and think about options for handling the litter. Although a scattering of leaves won’t harm the lawn, excessive cover prevents sunlight from reaching turfgrass plants. Turf left in this state for an extended period will be unable to make the carbohydrates needed to carry it through the winter.

There are options for dealing with the fallen leaves other than bagging them up and putting them out for the trash collector. Composting is a great way to handle the refuse. Compost can then be used in the vegetable garden and flowerbeds. An even easier method of making good use of the leaves is direct incorporation in either vegetable gardens or annual flower beds. Use a lawn mower with a bagging attachment to chop and collect the leaves. Transport them to the garden or bed and apply a 2 to 3 inch layer of leaves on the surface of the soil and then till them in. Repeat the process every couple of weeks until you run out of leaves or the weather becomes too cold or the soil becomes too wet. With luck, you should be able to make 3 to 4 applications this fall.

Another option is to mow the leaves with a mulching mower and let shredded leaves filter into the turf canopy. (A side-discharge mower also will work, but it won’t shred the leaves as thoroughly.) This method will be most effective if you do it often enough that leaf litter doesn’t become too thick. Mow while you can still see grass peeking through the leaves.

You may wonder whether this practice will be detrimental to the lawn in the long run. Research at Michigan State University in which they used a mulching mower to shred up to about one pound of leaves per square yard of lawn (one pound is equal to approximately 6 inches of leaves piled on the grass) for five consecutive years, found no long-term effects of the shredded leaves on turf quality, thatch thickness, organic content of the thatch, or soil test results (pH, nutrients, etc.).

If you mow leaves and have a cool-season lawn, it makes sense to be on a fall nitrogen fertilization program and core-aerate in the fall (things you should be doing anyway). If you have a warm-season lawn, you can still use this technique but wait to fertilize and core-aerate until next late May or early June.
Basic Deer Processing

Dec. 4, 2020
6:30 PM
124 W. Country Rd
Columbus, KS
(we will meet in the Quonset Hut)

Speakers:
Wildlife Specialist, Drew Ricketts
Taxidermy, Kelly Ward

Topics:
Field Dressing
Basic Processing
Ceping Techniques

LOOKING AHEAD 2021

Agriculture Programming

January 2021
Beef Night

February 2021
Ranching 101 - 1 hour 4 part series
to be held at Extension office
and via Zoom

March 2021
Weed Control and Pasture Management
Starting January 2021

Join the Cherokee County Extension Office on a monthly experience sampling new recipes & learning healthier lifestyle choices!

Call the Extension Office at 620-429-3849 to sign up for the class & Julie, Christina or Megan will be in touch.

Please sign up by December 18th!

How it works:

Each month you will receive a newsletter to read then we will meet face to face or by individual phone calls for discussion, whichever you are comfortable with.

We will have samples from healthy recipes for you to try!