More to Mushrooms than Morels

By: Janet Hackert, Nutrition and Health Education Specialist

Although many in Missouri think about mushrooms when the morels are at their peak in April, those attending the all-day mushroom workshop at the recent 2017 Great Plains Growers Conference know they need to be thinking about mushrooms much of the year, if they want to grow them at home or commercially.

There are many kinds of mushrooms besides our local wild favorite, morels. There are portabella, shiitake and white button mushrooms that are easy to obtain in most grocery stores, but also oyster mushrooms, chanterelle, blewit, lion’s mane, wine cap and many more varieties.

As an edible fungus, mushrooms are rather unique. Rather than propagating by seed or root, mushrooms reproduce by single-celled spores. The spores grow tiny filaments called mycelia that spread throughout the dead wood, manure, straw or compost within which they grow. Mushroom fungi decompose dead and decaying plant material and draw their nourishment directly from it. Once a log or other substrate is inoculated, the spawn run, or spreading process, can take from just a few months to up to a year. The fruiting body is the part of the mushroom that is eaten and when it develops depends on the temperature and relative humidity around it. This is determined by the season, if growing wild, or can also be forced by watering at the right time followed by proper storage if being cultivated. So depending on the variety of mushroom, mid- to late winter may be just the time to get started preparing the logs or other substrates needed to grow mushrooms at home or commercially.

Mushrooms are also unique nutritionally. Like many other foods eaten as vegetables, mushrooms are low in calories, sodium and carbohydrates. They are high in potassium, phosphorus, fiber and B-vitamins, such as riboflavin. However, mushrooms also have a small amount, but high-quality, protein not typically found in foods eaten as vegetables.

For more information, the University of Missouri Center for Agroforestry has an in-depth guide to mushroom growing called Growing Shiitake Mushrooms in an Agroforestry Practice that is found online at [http://extension.missouri.edu/](http://extension.missouri.edu/). It focuses on shiitake mushroom cultivation, but gives a good overview of the process in general. The publication includes several recipes and resources on production, supplies, health aspects and cookbooks. Another good resource is the Cooperative Extension search engine at [https://search.extension.org/](https://search.extension.org/).

For information on mushrooms or on any other topic, your local University of Missouri Extension office. University of Missouri Extension - your one-stop source for practical education on almost anything.
One of the more popular woody ornamental plants is the hydrangea. These plants have large showy clusters of blossoms, and come in both shrub and vine forms. They bloom after spring-flowering plants such as azaleas, and thus give color in the landscape well into summer. Depending on the plant grown, they can range from 4 feet to 50 feet in height (climbing varieties), and can have a spread of 8 to 13 feet.

Common varieties include the big-leafed hydrangea, climbing hydrangea, oak-leaved hydrangea, panicle hydrangea, rough-leaved hydrangea, and smooth hydrangea. Blooms may extend from summer into autumn, depending on the variety. Bloom clusters may range from 4 to 10 inches across. Some can be grown as indoor plants for blooming during the winter.

One interesting trait of a few hydrangea varieties is that the flower color can change, depending on the soil pH. Plants grown in acid soils have violet or blue flowers, those grown in neutral or alkaline soils have pink flowers. Sometimes I get questions from someone who planted a pink hydrangea, but through time, it has started making blue flower clusters. What has happened is that their soil pH has changed. That means it is time to get a soil test, and find out where the pH is. All it may need is a little lime to bring back the pink flowers. However, it’s always best to get that soil test first. You wouldn’t want to add too much lime. That could get your soil into worse shape than before.

Not all hydrangea varieties exhibit this color-changing trait. White hydrangeas will not change color, for example.

Hydrangeas prefer light to medium shade, although some varieties can handle greater amounts of sunlight. It’s best to plant them in a well-drained soil. Soil pH can range from 5 (acid) to 8 (somewhat alkaline). You may want to modify your soil at planting time to encourage the color of flower you desire, assuming you have a variety that responds to pH differences.

Generally, hydrangeas like water, so keep them well watered during dry spells. They can easily take 1.5 inches and up to 2 inches per week during the hot summer. From late August on into the fall, cut back on the watering so that excessive growth is discouraged. Succulent fall growth is more subject to winter damage.

If you have compost available, this makes an excellent fertilizer, applied in early spring or late fall. Some people optionally spray each month with fertilizer solutions, but this should be discontinued at least two months before the first frost to discourage succulent growth.

Pruning should not be done until after blooming. After plants have matured, you should remove the weaker stems, up to approximately 1/4 of the growth.

A number of pests can attack hydrangeas. These include aphids, mites, nematodes, rose chafer, and scale. Disease problems include blight, powdery mildew, and rust. Treatments are available for most of these problems.
**KIDS AND MONEY**  
*By: Meridith Berry, Family Financial Education Specialist*

It is a common truth that children will live what they learn. If parents take time to exercise and eat well, the children will observe and copy their behaviors. The same is true with financial behaviors. In many households, children do not always see the actions or the value parents place on financial decision-making. It may be that one person handles all the financial decision making and there is no discussion. It may be that online financial services and record-keeping isolates the task. When I was growing up, talking about money, especially in front of children, was not done. Money was a private and very personal issue and children were likely to tell all the family business at school. This was a missed opportunity and because of it, I made many mistakes. Perhaps this article will give you some strategies to help your child be a better steward of money than I was with mine.

Learning about money can start at an early age. For example, between the ages of two and four, you can show and sort coins to your child. This will help your child understand that five pennies equal a nickel, two nickels equal a dime, and so forth. You can also pretend shopping where you take turns buying and selling items. (This can overflow to strengthening their math skills). Once they associate money with buying things, they will love learning more about it.

It is important that they feel comfortable and confident handling money. Around the time they start school, you can start letting your child handle money. After they know money has to be deposited in the bank in order to write a check, they can practice being responsible by taking checks to school to pay for lunch, book orders, and other small purchases. You may also decide this is a time to start an allowance. There are several schools of thought on whether the allowance should be earned, or if it is a given. The concurrence is that children should have some household responsibilities corresponding to their age and maturity level. An allowance should not be used as a punishment or reward. Providing an allowance needs to be done consistently. Do not promise money you do not have to give them. Children need to know upfront any rules or guidelines for using allowance money, so have them established. If possible, provide other chores that pay so children can work for their money. This will teach the value of work. If the child spends all his money on toys then cannot buy the treat he wanted, do not bail him out of his poverty. This is a great lesson on making choices and notion of opportunity costs.

By age eight, children should know where money comes from and they are learning all the places it goes. When you go to the store, let your child see the receipt and talk to him about taxes that you paid for services received and society needs. Talk about wants and needs. Let him count money you get from an ATM and review the receipt. Talk to them about household expenses. Children can help reduce or keep household expenses down by not wasting water, electricity, or food. I had no idea what he meant when my dad would say, “We don’t own stock in the electric company!” It took me years to understand sarcasm.

Pre-teens and teenagers are interested in keeping up appearances with their peers. This can be costly and provide teachable moments. At this age, what you do speaks louder than what you say. Be a good role model in decision-making. If you are making a large purchase, talk openly in front of the teen so they can hear what is important to your decision-making process. Help them open a checking or debit account and teach them how to reconcile monthly. Good habits will keep them out of trouble in the future. Talk about savings accounts and what steps you are taking (or wished you had taken) for a retirement account. Let them know you made mistakes and what the mistake cost you.

As your child enters high school, the skills you taught them will transfer into other areas of their lives. If you have shown them that postponing immediate gratification can lead to bigger rewards later, this may impact decisions about friends, study habits, or other choices. If your child gets a job, be sure to help them remember to set aside a portion for savings. Help them make a budget. If college is in their plans, they can find jobs that offer scholarships as part of the benefits or the skills they learn at a job can help them earn scholarships.

The most important thing about money is that it is a tool. And like any tool, you must learn to use it correctly to receive the greatest benefit. The more you practice smart money habits, the easier they will get. Give your child a head start to financial security.

If you have any questions about finances, you can call me at 660-359-4040 extension 8 or send an email to berrym@missouri.edu. Trish Savage is also available. Her number is 660-886-6327 or email savaget@missouri.edu.
Scout for crop insect pests in early spring
By: Wayne Flanary, Regional Agronomist

The first pest to show this spring will be alfalfa weevil. Growers should watch carefully alfalfa fields as weevil will climb to the tops of plants and skeletonize leaflets.

Next, cornfields should be carefully scouted for Black cutworm. The Extension service uses traps to calculate a date which cutting will start and begin to scout at those dates.

Limited corn acres are damaged by black cutworm each year, but when cutting occurs, it may be severe enough that the field may need to be replanted if control was not applied. Be sure to scout fields if a transgenic event had not been used to control black cutworm. If black cutworm is found, control decision should be based on economic thresholds.

The increased use of small grain cover crops may increase the risk of armyworms injuring corn. Armyworm is attracted to small grains and can move into grass plants such as corn. In past years, I have witnessed armyworm may feeding on pastures. Be sure to scout cover crop small grain fields being planted to corn.

For more information, contact Wayne Flanary, Regional Agronomist, University of Missouri Extension at 660-446-3724.

Scout wheat fields for stripe rust
By Wayne Flanary, Regional Agronomist

Stripe rust has caused severe damage to winter wheat fields in northwest Missouri in the past two years. It is critical that growers scout fields for this disease.

Stripe rust prefers cool humid weather and disease development is severe between 50 to 60 degrees F. The disease slows when daytime temperatures are in the mid-80s.

The symptoms are long stripes of small yellow or orange blister like lesions. The disease occurs on leaves and less on stems. The spores look like orange dust.

Foliar fungicides can be used to control strip rust. Apply fungicides when the crop is at the boot stage of development. The strobilurin class of fungicide provides excellent activity before infection of the disease. After infection, use a trazole class of fungicides, which will have a curative effect.

Fungicides should be applied when the disease is found on the upper leaves prior to heading. If the disease is on the lower leaves, continue to scout as the disease moves quickly.

For more information, contact Wayne Flanary, Regional Agronomist, University of Missouri Extension at 660-446-3724.
Egg safety: Q & A
By: Janet Hackert, Nutrition and Health Education Specialist

There is much to know about eggs and keeping them safe to eat. Here are a few tidbits.

Q: Are green eggs safe to eat? A: The green ring around the yolk of a hard-cooked egg is an indication of a natural reaction of the sulfur and iron compounds around the surface of the yolk. It may not look great but it is safe and does not affect the flavor of the egg.

Q: What makes eggshells green or brown or blue? A: Eggshells start out white but can end up other colors because of pigments that permeate the shell as the egg is being laid. What color the shell ends up depends on the breed. For example, an egg that is the result of a cross between a hen and rooster, one that produces blue eggs and one that produces brown eggs, would create an olive green egg.

Q: How long will eggs stay safe in the refrigerator? A: Whole, raw eggs in the shell should be used within 3 weeks of the sell-by date or 4-5 weeks of the packing date. The sell-by date is stamped on the carton and is recognizable as a date. The packing date is also on the carton, but is in code. A smart consumer can know when the eggs were packed though. For example, the carton may have “P 1692 070 SELL BY Apr 8” on it. The last three digits of the first number indicate the pack date, using the Julian calendar. In the Julian dating system, the numbers represent the consecutive days of the year. January 1st would be written as 001, and December 31st would be 365. In this example the carton was packed on day number 070, or March 11th. The American Egg Board says that fresh shell eggs can be stored in their cartons in the refrigerator for 4 to 5 weeks beyond the pack date without significant quality loss. These eggs would be good until April 8th or even as long as April 15th.

Hard-cooked eggs can be safely stored in the refrigerator for one week; raw egg whites for 4 days and raw egg yolks for 2 days, according to the American Egg Board. Eggs, whether raw or cooked, should not be left at room temperature for more than two hours.

Q: If a raw egg floats, is it bad? A: It is not necessarily spoiled but floating is a sign that the egg is old. The air sac inside the shell expands with age, making the egg float. A bad egg will have an off smell or unusual appearance when opened. Throw these eggs away.

For more information on egg safety or any other topic, contact me, Janet Hackert, at 660-425-6434 or HackertJ@missouri.edu or your local University of Missouri Extension office.
Spring is a great time to eat a rainbow, or plan to, as the coming garden is mapped out. Vegetables and fruits, in a rainbow of colors, give the nutrients needed for good health.

Red strawberries will all too soon be blooming and growing. Before we know it the raspberries, tomatoes, and watermelons will come. All of these provide Vitamin C. Tomatoes have the added boost of lycopene, which may reduce the risk of prostate cancer. Vitamin C helps heal cuts, fight infection, and keep teeth and gums healthy. It also helps our bodies absorb iron better, especially the iron found in other plant sources, like spinach and beans. A half cup of strawberries contains 70% and a quarter of a cantaloupe contains 93% of the Vitamin C many Americans need in a day. Also rich in Vitamin C are spinach, potatoes, peppers, cabbage, cauliflower, and kohlrabi.

Orange, yellow and dark green vegetables and fruits are likely to be rich in Vitamin A. Vitamin A is significant in eye health, especially helping eyes to adjust to the dark. Vitamin A also helps keep hair and skin looking healthy and helps protect against infection. Everyone knows that carrots are a good source of Vitamin A, but did you realize that a small handful of baby carrots or a half cup of carrot sticks has 383% of the amount of Vitamin A that most Americans need in a day! When making your planting (or grocery list) decisions, notice that sweet potatoes, pumpkins, yellow squashes, spinach, broccoli, and other dark green vegetables like collard greens and kale, are all high in Vitamin A. These dark green options also offer Vitamin K, potassium, lutein and zeaxanthin. Potassium helps maintain a healthy blood pressure and aids in muscle contraction. Lutein and zeaxanthin contribute to healthy eyesight as well. Add some or all of these tasty and nutritious options to your rainbow garden or on your plate today.

Blue blueberries provide their own set of nutrients, including Vitamins A, C and K, potassium, and a wealth of antioxidants that help prevent certain cancers and eye diseases, varicose veins, and may help with diabetes, high cholesterol and Alzheimer’s disease.

Purple grapes are one purple option, but these days it is not the only one. There are purple varieties of tomatoes, carrots and cabbage, to name just a few.

University of Missouri publication, Vegetable Planting Calendar, G 6201, lists the amounts of Vitamins A and C in certain common vegetables. This guide sheet also explains when and how densely to plant vegetables. Ask for it at your local University of Missouri Extension Center, or download it from the web at http://extension.missouri.edu/explore/agguides/hort/g06201.htm.
Plan for options for In-Season Nitrogen Management
By: Wayne Flanary, Agronomist Specialist

Many cornfields have anhydrous ammonia applied during dry soil conditions in March. Now, as we move closer to planting time, other nitrogen sources are used.

The application of ammonia and other nitrogen sources are critical for rapid corn growth to make stalks and leaves and then through the season and to finish with grain fill. Often growers worry about the loss of nitrogen. The loss of nitrogen greatly reduces corn yield.

Best management practices for application of nitrogen fertilizer is to apply as close as possible to the period of rapid crop uptake. Managing nitrogen in this way will minimize losses. This is one management option.

There are two periods of nitrogen losses. One is early spring when soils are wet and before corn begins its stage of rapid growth. This is before corn has the opportunity to use the applied nitrogen.

The second is late May and early June. Corn has started its rapid growth but saturated soils can result in nitrogen losses. The combination of warm and wet soils can lead to rapid nitrogen loss through denitrification. This risk is greatest on poorly drained soils.

Weather can change from wet to dry and vice-versa so it is wise to have a plan to rescue nitrogen deficient corn. I hope that we will not need such a plan but having a plan in place can reduce yield losses.

For more information, contact Wayne Flanary, Regional Agronomist, University of Missouri Extension at 660-446-3724.

MU Extension’s Nutrition Resources
By: Janet Hackert, Nutrition and Health Education Specialist

MU Extension’s northwest region covers 19 counties from Marshall to Rockport and St. Joseph to Princeton and everything in between. Four Nutrition and Health Education Specialists now serve these counties.

Tracy Delaney is headquartered in Higginsville and covers Carroll, Chariton, Lafayette, Ray and Saline counties. As a community and clinical registered dietitian, she brings a passion to encourage healthy choices and improve quality of life throughout the lifespan. Tracy has a particular interest in chronic disease prevention. Tyler Hall works out of the Trenton office and covers Grundy, Linn, Livingston, Mercer, Putnam and Sullivan counties. He has a passion for preventative medicine through lifestyle modification in nutrition and exercise. He brings an academic background in nutrition and exercise physiology to the team. Sarah Wood, located in St. Joseph, is a registered dietitian with a background in exercise science and several years of experience in health promotion and disease prevention. She serves Andrew, Atchison, Buchanan, Holt and Nodaway counties. She loves cooking, trying new recipes, and helping people find delicious ways to eat healthy. I, Janet Hackert, work out of the Bethany office and serve Caldwell, Clinton, Daviess, DeKalb, Gentry, Harrison and Worth counties. My background in food science and food engineering leads me to a particular interest in food safety and food preservation. I appreciate preserving my own family garden and teaching others how to preserve theirs, making the most of their harvest with safe, nutritious and healthy choices.

All four specialists are available to consult with individuals, teach groups and work within the communities they serve. Programs available include Chronic Disease Self-Management, Cooking Matters, Diabetes Self-Management, Eat Smart in Parks, Home Food Preservation, Matter of Balance, Small Steps to Health and Wealth, and Stay Strong Stay Healthy, to name just a few.

Penny Crawford coordinates the Family Nutrition Education Program for the region, and supervises a team of ten nutrition program associates, to bring classes to schools and local agencies across the region.

For more information on these programs, go to http://extension.missouri.edu/hes/nutritionhealth/ or contact your local University of Missouri Extension office.
Northwest Grazing School
By: Jim Humphrey, Livestock Specialist

What is a Management Intensive Grazing System?
Management intensive grazing (also known as rotational grazing management) is a system where grazing is managed for both the benefit of the livestock and forage. Livestock graze in each pasture long enough to harvest the forage, but are removed before too much leaf area is consumed. A basic system may have 4 or 5 pastures while a more management intensive system will have 8 to 10 pastures.

Why should I attend this school?
The single most important management factor in determining the profitability of a livestock operation is keeping feed cost low. So why buy forage when you can grow high quality feed yourself through a management intensive grazing (MIG) system? Cost control, not the amount of production, separates profitable from unprofitable operations. Through a MIG system you can keep your cost down and production in most cases will increase, all while helping out the environment. In addition to profits to your pocket book and environmental benefits you may be eligible to receive cost share assistance to help establish your MIG system. Check with your local SWCD or NRCS office for further information.

The Northwest Missouri Grazing School will feature information on these topics:
- Inventorying Farm Resources
- Soils and Topology
- Plant Growth and Species
- Grazing Basics
- Livestock Water
- Extending the Grazing Season
- Fencing
- Forage Quality Discussion
- Economics of Grazing
- Layout and Design of a MIG System
- Meeting Nutritional needs of Livestock with Pasture
- Pasture Fertility
- Forage Estimates
- Grazing Heights
- Matching Livestock with Forage Resources
- Farm Visits (onsite functioning MIG systems)
- Pastureland Soil Health/Adaptive Grazing

The Natural Resources Conservation Service and University of Missouri Extension will present the 2017 Northwest Missouri Grazing School at the Cameron Community Building 219 Ashland Drive Cameron Missouri 64429 on June 27-29, 2017. The “tuition” will be $110.00 per person (second person with full registration will be $60.00). The tuition covers the costs the seminars including meals, speaker fees, refreshments, on-farm tour equipment, fence and water system demonstration, materials and the following references: Missouri Grazing Manual, Forages and Weeds of Pastures, and a grazing stick. You also receive these free publications: Electric Fencing for Serious Graziers, and Watering Systems for Serious Graziers. Registration for the school is limited to 40 people. Contact your local SWCD office or the Buchanan County SWCD office at 816-364-3662 extension 3.
Changes to House Bill No 662

This law changes the penalties for anyone who applies a herbicide to a crop which the herbicide was not labeled for use. Penalties up to $10,000 for each violation. If a chronic violator, may assess fine up to $25,000 for each violation. Also, any person who is penalized under this law is also liable for the investigative cost. Governor Greitens went to Southeast Missouri for a ceremonial signing of this bill.

AN ACT
To amend chapter 281, RSMo, by adding thereto one new section relating to the misuse of herbicides, with penalty provisions and an emergency clause.

Section A. Chapter 281, RSMo, is amended by adding thereto one new section, to be known as section 281.120, to read as follows:

281.120. 1. As used in this section, the following terms shall mean:
(1) "Department", the department of agriculture;
(2) "Field", agricultural land, including any vegetation thereon, which is operated as part of a farm and which is separated from the rest of the farm by permanent boundaries including, but not limited to, fences, permanent waterways, woodlands, crop lines not subject to change due to farming practices, and other similar features;
(3) "Herbicide", any substance or mixture of substances intended for preventing destroying, repelling, or mitigating any weed;
(4) "Labeled", the same as "label and labeling" is defined under section 281.220.

2. If the department determines, after inquiry and opportunity for a hearing, that any person has knowingly used, as the term "use" is defined in section 281.020, a herbicide for a crop for which the herbicide was not labeled for use, which resulted in the herbicide drifting or coming into contact with another person's field, onto another person's personal property, onto another person's real property, or onto another person, which resulted in damage, the department shall have the authority to assess a civil penalty of not more than ten thousand dollars for each violation. If a person has violated the provisions of this subsection in two consecutive years or in two of the last three years, he or she shall be considered a chronic violator, and the department shall have the authority to assess a civil penalty of not more than twenty-five thousand dollars for each violation.
3. During an active complaint investigation, the department may subpoena witnesses and compel the production of records, including but not limited to, books, documents, and certification records of any person relating to the person's application of any herbicide to any field. If a person refuses to submit such information, the department may assess a civil penalty of up to five thousand dollars.
4. Any person who is penalized under the provisions of this section shall be liable for any reasonable costs associated with the department's investigation and shall remit such costs to the department, not to exceed the department's actual investigative expenses.
5. Any penalty collected under this section shall be remitted to the school district in which the violation occurred. If a person penalized under this section fails to pay the penalty or comply with a lawful subpoena issued under subsection 3 of this section, the department may apply to the circuit court of Cole County for, and the court is authorized to enter, an order enforcing the assessed penalty.
6. The department, after inquiry and opportunity for a hearing, may deny, suspend, revoke, or modify the provisions of any license, permit, or certification issued under sections 281.010 to 281.115 if it finds that the applicant or holder of such license, permit, or certification has violated any provision of this section or any regulation issued hereunder.
7. The department may promulgate rules to implement the provisions of this section. Any rule or portion of a rule, as that term is defined in section 536.010, that is created under the authority delegated in this section shall become effective only if it complies with and is subject to all of the provisions of chapter 536 and, if applicable, section 536.028. This section and chapter 536 are non-severable, and if any of the powers vested with the general assembly pursuant to chapter 536 to review, to delay the effective date, or to disapprove and annul a rule are subsequently held unconstitutional, then the grant of rulemaking authority and any rule proposed or adopted after August 28, 2017, shall be invalid and void.

Section B. Because immediate action is necessary to ensure the vitality of the agricultural industry in this state by preventing the devastating effects of the misuse of herbicides, the enactment of section 281.120 of section A of this act is deemed necessary for the immediate preservation of the public health, welfare, peace, and safety, and is hereby declared to be an emergency act within the meaning of the constitution, and the enactment of section 281.120 of section A of this act shall be in full force and effect upon its passage and approval.
### MAY 2017

22 **Watershed Management & Planning Meeting for Independence-Sugar Watershed (Session 3 of 3)** Monday, May 22, 2017, 9 a.m. to 8 p.m. Remington Nature Center, 1502 McArthur Dr, St. Joseph, 9AM -11 AM Platte County Community Center YMCA, 8875 Clark Ave, Parkville 6 PM-8PM. Meetings are being held in the Independence-Sugar Watershed to help residents learn about the watershed and ways they can improve the quality of the watershed through development and implementation of a Watershed Protection Plan. Participants of the watershed will work in depth on priorities identified in the previous session and identify resources needed to help them work together to develop and Watershed Protection Plan. Registration is not required, the cost is free. Facilitator: Beverly Maltzberger, MaltzbergerB@missouri.edu

**MU Extension in Buchanan County** phone: 816-279-1691.

25 **Clover Kid Camp** Thursday, May 25, 2017, 10 a.m. to 3 p.m. 4-H Clover Kid camp has a rich history and tradition in Missouri. 4-H Clover Kid camp programs offer a day camping experiences including STEM and Arts & Crafts Learning Shops, Community Service, and Teamwork Activities. Cost: $10.00. To register contact Saline County Extension, Facilitator Taylor Bryant, BryantT@missouri.edu MU Extension in Saline County phone: 660-886-6908.

26 **A Matter of Balance -Albany (Session 4 of 8)** Friday, May 26, 2017, 9:30 a.m. to 11:30 a.m. Gentry County Extension Office 1109 S Birch Street, Albany MO. The eight-session Matter of Balance series helps participants learn to view falls and fear of falling as controllable. If you share these concerns and are interested in improving flexibility, balance and strength, this class is for you. Cost: $20.00 Scholarships available. When registering, ask for free coupon for the class. Facilitator: Janet M. Hackert, HackertJ@missouri.edu MU Extension in Harrison County phone: 660/425-6434.

### JUNE 2017

4 **4-H Camp at Heit’s Point (Session 1 of 2)** Sunday, June 4, 2017, 2 p.m. to Tuesday, June 6, 2017, Noon. 4-H Camp 28345 Heits Point Avenue, Lincoln MO. 4-H camp has a rich history and tradition in Missouri. 4-H staff have conducted camps for more than 60 years. Historically, 4-H camps were some of the original users of the group camp facilities found in Missouri state parks, and today many 4-H camps still use them. Registration will be collected by your local 4-H Council or Extension Office. Cost is $100. Facilitator Taylor Bryant, BryantT@missouri.edu MU Extension in Saline County phone: 660-886-6908

15 **Intro to QuickBooks -The Online Version** Thursday, June 15, 2017, 9 a.m. to 4 p.m. This is a hands-on learning opportunity for small business owners, office managers, and anyone with financial responsibilities. This class is specifically for Online QuickBooks users. The Desktop and Online versions of QuickBooks are completely different software programs so we are offering two classes to give you the best education for the product you use. In this session, you will learn how to: create accounts, products and services, customers, and vendors, enter transactions (bills, checks, invoices, sales receipts, and deposits), and generate financial reports. The ultimate goal is to help you boost the accuracy of your financial data. To register contact Rebecca Lobina at either Lobina@NWmissouri.edu or 816-364-4105. Registration dealing: 6/12/2017. Cost is $79, 10% discount for Chamber of Commerce Members. Facilitator Rebecca Lobina, lobina@nwmissouri.edu Northwest Missouri State University SBTDC at St. Joseph. Phone: 816-232-4461

27 **Focus on Kids - Ray County** Tuesday, June 27, 2017, 2:30 p.m. to 5 p.m. Ray County Extension Center (Eagleton Civic Center) 1015 W Royle Street, Richmond MO. Focus on Kids is a workshop to help parents learn how to nurture and support their children through the divorce process and to help parents who are living apart develop ways to work together effectively as co-parents. Focus on Kids satisfies Missouri's educational requirement for parents who are divorcing or filing a motion to modify. It is conducted in cooperation with Missouri’s circuit courts. Pre-registration is required. If your case is being heard in Ray County, to register contact: Circuit Clerk 816-776-2335 P.O. Box 594 Richmond, MO 64085 If your case is being heard out of county, to register contact: Ray County Extension Office (816) 776-6961. Registration deadline is 6/26/2017. Cost is $35. Facilitator is Jessica Trussell, trusselljl@missouri.edu MU Extension in Livingston County phone: 660-646-0811

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For additional Northwest Region events, please contact your local extension office or visit www.extension.missouri.edu
## Regional Director
Joe Lear, St. Joseph  
(816) 279-6064

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<th>Personal Information</th>
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<td>Maranda Acton, St. Joseph</td>
<td>Jill Knadler, St. Joseph (816) 279-6064</td>
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### AGRICULTURE

- **Ag Business**
  - Randa Doty, Maryville  
  - Bob Kelly, St. Joseph  
  - Catherine Neuner, Higginsville  
  - Joe Koenen, Unionville  
  - (660) 582-8101  
  - (816) 279-1691  
  - (660) 584-3658  
  - (660) 947-2705

- **Livestock**
  - Shawn Deering, Albany  
  - Jim Humphrey, Savannah  
  - Vacant, Princeton  
  - (660) 726-5610  
  - (816) 324-3147  
  - (660) 744-6231  
  - (660) 748-3315

- **Agronomy**
  - Wayne Flanary, Oregon  
  - Vacant, Bethany  
  - Vacant, Richmond  
  - (660) 446-3724  
  - (660) 425-6434  
  - (816) 776-6961

### COMMUNITY DEVELOPMENT

- Jerry Baker, Rock Port  
  - Beverly Maltsberger, St. Joseph  
  - (816) 279-1691

### 4-H YOUTH DEVELOPMENT

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  - Janet Sager (Gentry)  
  - Bart Skroh (Harrison)  
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  - Sharon VanDusen (Livingston)  
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**Vision:** University of Missouri Extension is a valued and trusted educational solution to improve the quality of life in Missouri, the nation and the world.

**Mission:** Our distinct land grant mission is to improve lives, communities and economies by producing relevant, reliable and responsive educational strategies that enhance access to the resources and research of the University of Missouri.

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