



Fairs sustain homestead lifestyle, ag interests

By Lucas Shivers

Welcoming in 2019, resolutions and new year goals on living better around with stronger focus on connecting all generations with agriculture.

Events like the *Mother Earth News Fair*, one of the largest and longest running sustainable-lifestyle events, returns annually to the Kansas Expo Center in Topeka each fall and five other sites across the U.S.

"The fair provides a living and breathing marketplace where participants can interact with exhibitors, authors and innovators whose passion for what they do is matched only by their authority in the agriculture industry," said Andrew Perkins, fair director.

Perkins said the two-day event in October focused on more than 8,000 participants who are interested in sustainable agriculture.

"It's all about grassroots living and focused on empowering folks to live more like 'grandma' may have," Perkins said. "The fair is designed to bring the pages of our *Mother Earth News* magazine to life."

Exhibitors and vendors demonstrated and discussed a vast array of agricultural products. More than 150 workshops and lectures inspired self-reliant lifestyles, Perkins said.

"What you see in the pages of our publication becomes even more real with an educational experience of ten to twelve stages with live speakers around the arena with presentations on anything from



Mother Earth News Fair returns annually to the Kansas Expo Center in Topeka, this year with featured speaker Dr. Temple Grandin, globally known professor of animal science at Colorado State University.

organic farming to honey bees," he said.

Led by local and national experts, fair topics covered food preservation, small-scale livestock, green building, organic gardening, natural health, renewable energy and many others.

Background of the Fair

Since 2010, the fair has included children's activities, heritage-breed livestock, country skills and vendor demonstrations from regional and national exhibitors offering agricultural products and services.

"The fair is a passport to money-saving hacks, DIY projects, health remedies and agriculture strategies from leading experts and entrepreneurs," Perkins said.

With six regional fairs throughout the U.S., the

Kansas site was unique due to the connection of the main headquarters of the flagship magazine. *Mother Earth News* is based in Topeka, said Nancy Heney, public relations coordinator.

"It is always a lot of work to pull together, but definitely worthwhile to see it all in action with people from all walks of life from different communities who want to be more self-reliant," Heney said. "We hope everyone will learn something new about agriculture, natural wellness, a local shop to find a new skill."

Featured authors, creators and media stars frequently fielded questions from the audience and heard stories one-on-one. The fair allowed for networking across an array of fields, from health and

beauty to ag-homesteading for profit.

Learning from the Best

Hundreds were attracted each hour to several large stages to hear agriculture lectures, presentations or demos from headliners.

One speaker, Dr. Temple Grandin, globally known professor of animal science at Colorado State University, is a consultant on animal welfare to several segments of the fast-food industry.

Grandin fielded specific questions directly from the audience about livestock behavior and handling with ways to keep animals calm and safe. Thanks to the small setting, participants were connected in direct ways.

Grandin's methods were tailored specifically for small farms from her new book, *Temple Grandin's*

Guide to Working with Farm Animals.

"Understanding the behavior, fears and instincts of livestock can help set up the most humane, healthy and productive systems and facilities on your farm," Grandin said.

Grandin also shared her techniques for improved design of handling facilities, explaining how visual distractions can hinder animal movement through a handling facility.

Another featured speaker named Cyndi Ball shared stories from her educational homestead, Lazy B Farm. She is the mother of six home-schooled children and the wife of 30 years to her husband, Dave.

"Women represent the fastest-growing segment in agriculture today," Ball said. "Women's active role in farming has tripled in the last three decades."

As an avid educator, she said her greatest passion, outside of the home, is supporting women in agriculture as founder and president of the National Ladies Homestead Gathering, an organization that provides local community for women interested in agriculture.

"Even so, there is a loneliness that often accompanies women who choose this career," Ball said. "They need community, a place where they can share new ideas, celebrate victories, address challenges and cultivate relationships with like-minded women."

Vendors and Displays
Interspersed in the workshop areas, more than

150 vendors displayed agricultural goods and services from across the world.

"I hope we inspire anyone who comes with an interest to get back to the basics," Perkins said. "We may not understand some of the components well enough since we're a generation or two removed from some of the practices. Some people can be intimidated by agriculture, so I hope they come here and are inspired to come here and do something about it."

For the first time this year, Heney said new hands-on workshops allowed participants to actually do whatever presenters are doing, like making cheese.

One hands-on presenter, Gianacis Caldwell, is the author of four books on cheesemaking and small dairying, including *Mastering Artisan Cheesemaking*. Along with her family, Caldwell milks goats and makes cheese at Pholia Farm Creamery in Oregon.

"Some of the easiest cheeses to make are also the most versatile and delicious," Caldwell said. "You can make classics of ricotta and paneer with only one stop at the grocery store!"

The fair allowed for interactions with experts in the world of agriculture, with questions to ask directly to the source.

"No matter your personal interests you can count on quality agriculture workshops for field-tested, country-honed guidance that will set you free and put money in your pocket," Perkins said.

Kansas has new academy to promote now-legal industrial hemp

(AP) — A northeast Kansas businessman is opening a new academy to train farmers to grow industrial hemp now that its production is legal.

The *Topeka Capital-Journal* reports that Joe Bisogno's belief in the crop's potential inspired him to open America's

Rural and Independent Innovators Conference to be held in Manhattan Jan. 28-29

The Rural and Independent Innovators Conference is scheduled to be held in Manhattan January 28-29 at the Bluemont Hotel, Upper Level, 1212 Bluemont Ave.

RIIC is for innovators who want to know when and how to move forward with their ideas and for

Hemp Academy in DeSoto, about 20 miles southwest of Kansas City. It plans to offer four-day courses led by agronomists and botanists starting in January.

"Industrial hemp is not pot, but it is a pot of gold for Kansas farmers," Bisogno said during the academy's recent ribbon-cutting

ceremony. Industrial hemp and marijuana come from the same species of plant, but hemp is cultivated to produce small amounts of THC, the main component in the cannabis plant that produces a high. Legislators approved legislation nearly unanimously this year to allow for the production of industrial hemp for research purposes. Republican Gov. Jeff Colyer signed it in April and said the goal is encourage the resurgence of hemp

businesses that want to grow through access to innovation. The day-and-a-half-long conference will take people through the life cycle of getting from idea to commercialization. Attendees will hear informative discussions of topics such as how to pull together financing for early-stage and later-stage ventures, intellectual property, risk management, production and scalability, licensing, access to markets, and exit strategies. In addition, they will have opportunities to interact with business support resources and other entrepreneurs.

Registration is limited. For more program details, contact ksbdc@washburn.edu or call (785) 587-9917.

For more information about topics and presenters visit <https://washburnsbdc.wordpress.com/2018/12/10/riic-program-details/>.

To register go to <https://ksbdc.eccenterdirect.com/events/24437>.

as a production crop and promote economic development in rural Kansas.

President Donald Trump recently signed a massive federal farm bill that legalized hemp farming. U.S. Sen. Pat Roberts, a Kansas Republican who serves as Senate Agriculture Committee chairman, helped negotiate the measure's final version.

Colyer said farmers have expressed an interest, but that "There is a lot of work to do it right. It's not going to be for everyone."

years ago when he asked the Kansas attorney general's office whether hemp cookies could be produced at a DeSoto plant. The answer was no, but Bisogno didn't drop the idea, studied the hemp business and formed a company, KMC, for Kansas Miracle Crop.

The state's climate and soil are right for hemp because "Kansas can grow two crops a year. One in the spring and one in late summer or early fall," Bisogno said.

The state's climate and soil are right for hemp because "Kansas can grow two crops a year. One in the spring and one in late summer or early fall," Bisogno said.

Faith and patriotism on display



This colorfully decorated round bale was spotted between Topeka and Dover recently.

Photo by Kevin Macy

Insight

KANSAS FARM BUREAU
The Voice of Agriculture

A Question Of Balance

By John Schlageck, Kansas Farm Bureau
 "I know farming is expected to be just another business. But I believe farming will always be a way of life as much as a business for me."
 A longtime farmer friend conveyed this message at Kansas Farm Bureau's centennial annual meeting. He is not a retired farmer thinking of old ways and old days. While he's cultivated and no-tilled many an acre, harvested thousands of bushels of wheat, raised countless cattle and more importantly a wonderful

family, this gentleman remains a vibrant, modern farmer from western Kansas.
 Truth be known, there are many, many like-minded individuals who take pride in their chosen professions of farming and ranching.
 Without a doubt today's farmer/rancher knows very well his or her vocation constitutes a business. Many carry a ton of debt on their shoulders while at the same time realizing their livelihood hinges on the fickle fate of Mother Nature. Still, they understand this business

of agriculture is more than dollars and cents.
 "My most important possessions remain my family and way of life," my sage friend said. "That's who I am. That's who I will always be."
 Some of his fondest memories include late suppers during the bustle of wheat harvest with everyone gathered around the back end of a pickup, eating cold cuts as the golden Kansas sun sinks under the horizon on the wide-open Kansas plains. Other recollections involve covered picnics in the hay field on a late summer Sunday.
 How could he forget a story about a walk through the old red barn about midnight to check on a young heifer ready to calve while listening to other cows shifting in their stanchions and

chewing their cud's?
 And the smells – not just manure, but freshly turned soil, or new-mown hay, a just-filled trench silo full of silage or a barn full of Holstein cows on a cold winter day.
 It's no secret the farm and ranch vocation may be one of the few remaining holdouts where those who toil on the land seek to balance the headlong search for economic viability with emotional and spiritual well-being.
 Most family farmers and ranchers have not lost sight of this tightrope act. They understand to stay in this business of farming/ranching, they must continue to learn how to farm more efficiently, and smarter. Without a profitable operation, they would be forced to leave their land. To exist anywhere else would be in-

conceivable.
 Farmers and ranchers remain emotionally tied to the sights, sounds, smells and the rewarding performance of planting, growing and harvesting crops as well as feeding, raising and continuing the life cycle of healthy livestock. The indefinable desire to carve out a life with the earth and sky remains an overpowering force that belongs in their hearts.

Could it be when asked about their vocation, farmers and ranchers often refer to it as a "business," rather than a way of life?
 Or could it be they are wise enough to know – that must be their answer?
John Schlageck is a leading commentator on agriculture and rural Kansas. Born and raised on a diversified farm in northwestern Kansas, his writing reflects a lifetime of experience, knowledge and passion.

Prairie Ponderings

By Donna Sullivan

A few days before Christmas I received a "Merry Christmas" call from my great uncle. Uncle Wally is my Grandma's younger brother. He's 95 years old and one of the most faithful, joyful people I've ever known. It got me started thinking about what I will call "Pillar People." You know, those people who are under no obligation to invest in your life, but they do anyway. For my whole life, Uncle Wally and his beautiful wife, Aunt Paulie, loved my siblings and I, prayed for us, gave us little nuggets of wisdom and even though they lived in another state, were always an important presence in our lives. When I was 21 years old, had two babies under the age of 18 months and was told the tumor we had found was at best Hodgkins disease and at worst, non-Hodgkins lymphoma, Uncle Wally called me, told me to put my hand on the tumor and he prayed. After the surgery that was supposed to take thirty minutes and took six hours, the surgeon told my parents, "We are sitting on a hot case of Hodgkins disease." Three days later he called to tell me the tumor was a very rare one that he'd never seen before and would probably never see again. It was benign. I will always believe God answered Uncle Wally's prayer.

Uncle Wally is one of many Pillar People I have been blessed with in my life. I've come to believe that regardless of how strong of a home we grow up in or how good of parents we might have, there will always be gaps that will need to be filled by other people. Teachers, 4-H leaders, church members, neighbors... they will all play important roles in making us whole, productive human beings. My husband and I threw everything we had into raising our kids, but just as my non-musical parents gave birth to a child who announced in second grade she wanted to play the piano and proceeded to find her own piano teacher – we brought little people into the world who also had interests we knew little to nothing about. Thank goodness there were people willing to step up and teach us what we needed to know.

I encourage us all to think of the Pillar People in our lives and thank them for the influence they have had. It also makes me realize there are people God wants me to be a Pillar Person to as well. May He grant me the insight to recognize them, and the wisdom and willingness to have even a fraction of the impact on their lives that Uncle Wally and Aunt Paulie had on mine.

This cannot be the year of talking. Of wishing. Of wanting. This has to be the year, you get it done!

– Eric Thomas



KDA announces Riparian Quality Enhancement Initiative

The Kansas Department of Agriculture-Division of Conservation announces the Riparian Quality Enhancement Initiative (RQEI) to provide financial assistance for the enhancement of riparian areas. This initiative will be made available to designated areas within the Delaware River, Stranger Creek, Little Arkansas River and Rock Creek watersheds. Riparian areas are the vegetation and habitats along rivers and

streams.
 This initiative will support practices that provide new alternative water sources, increase riparian fencing, and enhance the riparian area. Projects will receive 80 percent cost share, with a limit that varies based on the type of project; funding will be through the Riparian and Wetland Protection Program. The streams that have been targeted for this initiative were selected because they are labeled as Total Maximum Daily Loading (TMDL) for E. coli or fecal coliform bacteria by the Kansas Department of Health and Environment. All areas that are part of a producer's grazing system are eligible for cost share – pasture, range and cropland – so long as livestock have access to the riparian area for water or shelter.

Interested producers should consult with their Conservation District or the USDA Natural Resources Conservation Service to submit a project proposal. All applications for the RQEI will be due by Feb. 15, 2019, and successful applicants will be notified by March 15, 2019.
 For a full list of practices that can be included in the RQEI initiative, a map of the targeted watersheds, and additional program guidance, along with a link to contact information for Kansas Conservation Districts, go to agriculture.ks.gov/Riparian.



You know how you are at the wrong place at the wrong time occasionally? It happens to me all the time but this time it was not me who was in the wrong place at the wrong time. I was part of the story, but I was not the person.
 Like all good stories this one starts off with us working sheep. We needed to give the ewes their pre-lambing vaccines and wormer. As always, the day was not going as planned. We did not get started in the morning like I wanted to, and I was not very organized. Why my family is upset every time we go to do something because I don't have my ducks in a row is beyond me. Either they have faith that I will change my habits, or they have not realized that it is a terminal condition.

was also pointed out that the person was grumpy and not much fun to work with. I probably did not take the criticism with the love and support that I am sure it was intended.
 The mood of the crew could be summed up as a little edgy and more than a bit tense. I am quite sure that we had gone past "civil discussion," and right by "raised voices" to "all-out yelling." I also admit that most of it was from my hair-trigger; all I wanted was to get this task done and I would finally be semi-caught up. In my head this job took a couple of hours in the morning, leaving the afternoon to cross other items off my to-do list.

I had all the vaccine (although not nearly enough) I just did not have my syringes in working order. I am not sure why; the simple answer is that I had two good ones and did not think about needing a third. We have no shortage of syringes, only a shortage of working, non-leaking syringes. The chalk markers we use so that no ewe gets two rounds of shots, that was on me. I thought I knew where they were, but I had not physically located them. Never mind, I had four extra hours because my help did not show up before noon. In the end, I did have the paint markers and I did find them, however, the search set us back an hour.

That was when we bent the needle. Bending a needle when vaccinating is not an uncommon occurrence and usually not something to be alarmed about. But as I said, things had gotten a bit tense. The needle was bent, and it was going to take a pair of pliers to remove it. Normally we have pliers in the box with the spare needles and such. Not today. Being senior management and therefore lowest on the chain of command it was decided by a 3 to 1 vote that I would go get the pliers. As I walked up toward the house, the son of a friend came walking to me.
 He had hunted on our land before and is always welcome to hunt, but my caveat is that you stop and ask every time. That was what he was doing, but at the wrong time. He asked if he could hunt on my alfalfa field, which would have been fine, except I have no alfalfa field. After a series of short questions and answers it was determined to be a neighbor's field. He asked where the neighbor lived. I am not proud of my answer, but I said, "In his house" and walked off leaving him in stunned silence.

When we had finally located all the necessary equipment, got everything in working order and had organized our process it was time to catch the ewes. We had no fewer than three ideas from the four of us on how that should go. Tatum, being the smart one, stayed neutral like Switzerland. My idea on how it should go was quickly voted down by a count of 3 to 1. The other two ideas were debated and finally a plan was decided upon.

After that the sheep working went better and we eventually finished. In a day or two the rest of my family even started talking to me again. Before we had even finished, the weight of what I had done to that poor young man set in and I felt bad. That evening I made the call of shame and apologized for my terse answers and all was good. While I am not proud of what I did, I took a bit of solace knowing that it is not always me who is in the wrong place at the wrong time. At least that is what I told myself in my head.

To say that things did not go smoothly in the beginning is a bit of an understatement. Honestly, the working plan was not a bad one and later proved to work with some efficiency. But it did not start off on the right foot. Most of the failure was due to a problem with the facilities and it was quickly pointed out who is the person in charge of the management of those very facilities. It



Since 1954

GRASS & GRAIN

Published by AG PRESS

785-539-7558
 Fax 785-539-2679

Managing Editor — Donna Sullivan
 gandgeditor@agpress.com

— Advertising Staff —
 Steve Reichert
 agpress2@agpress.com

GRASS & GRAIN (USPS 937-880)
 The newsweekly for Kansas and southern Nebraska, published each Tuesday at 1531 Yuma (Box 1009), Manhattan, KS by Ag Press, Inc. Periodicals postage paid at Manhattan, Kansas and additional offices. Postmaster send address changes to: Ag Press, Box 1009, Manhattan, KS 66505.

Subscription — \$76 for 2 years. \$41 for 1 year, plus applicable sales tax. Outside Kansas, \$51 for 1 year, \$95 for 2 years.

MEMBER OF Associated Press

www.grassandgrain.com

GRASS & GRAIN

Guest Editorial

By James Palmer, TSCRA director and Agriculture Research and Education Committee chair

There are those who believe that cutting back on the amount of beef we eat or taking meat off the dinner plate altogether will go a long way toward stopping global climate change or solving worldwide environmental problems. Those people believe animal agriculture is unsustainable and wasteful and would prefer to see smaller farms and ranches, more labor and fewer inputs.

Their intentions may be good, but the facts on which they base their assertions seem to be shaky. Beef provides humans with nutrients our bodies need in a form our bodies can readily digest. The business of U.S. beef production supports the worldwide food supply with the smallest carbon footprint compared to the footprint of other fundamental services humans need to survive.

As ranchers, we know

how to change our operation to adapt to the variables Mother Nature gives us — drought, abundance, flood or blizzard. We know how to adapt to the changes man causes — market swings, expanding cities and changing consumer preferences.

We know how to be sustainable because we know how to adapt to keep our resources healthy and to produce a food that meets a fundamental nutritional need.

The fact that there are still ranchers in the U.S. proves my point. The same cannot be said of the once-giant Pan Am, Kodak and Blockbuster. Remington typewriters used to be found in every office. Now they are found in nearly every antique store in rural Texas. Either these businesses would not or could not adapt.

U.S. ranchers are the bedrock of a sustainable industry. Science supports our sustainability. We have good stories to share with our consumers and supporters and with our

detractors, many of whom simply do not understand our work processes or management ethic.

U.S. ranchers do more with less. We produce 18 percent of the world's beef with only 8 percent of the world's cattle.

Compared to 1972, today's farmers and ranchers produce the same amount of beef with one-third fewer cattle. We can do this because our thought leaders have studied the genetics that make cattle better and more productive. They have studied the nutritional needs of our cattle and educated ranchers about how to meet those needs. We have studied the effects of stress on our cattle and are committed to managing our cattle for their best while causing them the least amount of stress.

Of the important industries of our age — transportation, electricity and food production — U.S. beef production has one of the lowest carbon footprints. Cattle account

for only 2 percent of U.S. greenhouse gas emissions. Transportation accounts for 25.3 percent and production of electricity accounts for 29.7 percent of greenhouse gas emissions.

Beef is a nutrient-rich food that provides “digestible indispensable” proteins that meet the nutrition requirements for children and adults.

Thanks to our advances in improving the feed efficiency of beef cattle, 1 pound of feed protein used to finish beef converts to 1.19 pounds of beef. Of the feedstuffs fed to beef cattle, corn is human-edible but is a poor source of amino acids needed by humans, providing only a third of this nutrient that beef provides.

In this holiday season, when the weather may be turning colder for some areas, you can be sure many a ranching family will be celebrating with a beef meal. You can be equally sure those ranching families are sitting down to eat after they have checked the cattle and made sure that the herds were safe behind

good fences with fresh water and plentiful feed.

Science proves that the U.S. beef producers continually improve where we can. The fact that we still are U.S. beef producers proves that we feel responsible for the resources entrusted to our care and are proud to provide safe, wholesome beef for the world's population.

Kansas milk production up 5 percent in November

Milk production in Kansas during November 2018 totaled 303 million pounds, up 5 percent from November 2017, according to the USDA's National Agricultural Statistics Service. The average number of milk cows was 160,000 head, 7,000 head more than November 2017. Milk production per cow averaged 1,895 pounds.

ORSCHELN FARM & HOME

Invites you to our first ever **ECHO DAYS DEMONSTRATION**

WHEN? Wednesday, January 16, 2019 • 10 a.m. - 4 p.m.

WHERE? 427 Hummels Place, Manhattan, KS 66502

- Come see the demonstration of Echo chainsaws, trimmers, blowers, and other Echo products.
- An Echo representative will be here to answer questions & demonstrate maintenance, safety, and adjustments on your Echo product.

We look forward to seeing you at our **ECHO DAYS**

GRASS & GRAIN

Looking for an auction bill, hay prices or farm news?

Subscribe to:
GRASS & GRAIN
Call 785-539-7558
or visit us ONLINE at
www.grassandgrain.com

AERIAL SPRAYING: Herbicide \ Insecticide \ Fungicide



VersaAir SERVICES, LLC (316) 882-1540
VersaAir.com



BEHIND EVERY GREAT TRACTOR IS A GREAT TRACTOR.

Since 1989, Maxxum® series tractors have earned a reputation for longevity, reliability and productivity. For the next generation, Case IH introduces the new ActiveDrive 8, 24-speed transmission — featuring eight powershift speeds in three electronically shifted ranges. Use the middle range for working speeds between 2.4 and 10.7 mph, without torque interruptions or range changes. The new Heavy-Duty MFD front axle — the toughest front axle ever offered on Maxxum tractors — is built to take on your toughest tasks. Ideal for beef, dairy and row crop operations, models range from 116 to 145 HP and include a 2WD option. Choose from three configurations: the ActiveDrive 4 semi-powershift transmission, new ActiveDrive 8 dual-clutch transmission, and CVXDrive™ continuously variable transmission. To learn more, visit caseih.com/Maxxum.

Bruna Implement 5 Kansas Locations
www.brunaimplementco.com

SEE US TODAY!

Rossville Truck & Tractor Rossville, KS
785-584-6195

Straub International 7 Kansas Locations
www.straubint.com

CASE IH AGRICULTURE

KANSAS AG REPORT

Ken Rahjes, Host

For TV Show times check your local listings or watch at
kansasagreport.net

TALLGRASS COMMODITIES

"Big Enough to Deliver. Small Enough to Care."

Tallgrass Commodities
420 Lincoln St.
Wamego, KS 66547

785-494-8484
Call Today For All Your Feed Needs!

Never miss an issue of

GRASS & GRAIN

Subscribe or renew today!

New Subscription _____ **Renewal** _____

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

Email: _____

Activate Online Edition? _____

****Online Edition is FREE with purchase of Print Subscription; Email is required.****

In-State Print Edition Rates:

1 Year; \$41 + sales tax _____

2 Years; \$76 + sales tax _____

3 Years; \$105 + sales tax _____

****Call if unsure about total sales tax; varies by location. TAX MUST BE INCLUDED IN PAYMENT.****

Out-Of-State Print Edition Rates:

1 Year; \$51 _____ **2 Years; \$95** _____ **3 Years; \$132** _____

****Call for info about our 1st Class or Online Only rates****

Check/Cash Enclosed: _____

or

Credit/Debit Card:
Visa, Master Card, Discover, American Express

Expiration Date: ____/____/____

V-Code (3 digits on back of card): ____

Signature: _____

Mail to: P.O. Box 1009, Manhattan, KS 66505
OR Stop by the office: 1531 Yuma St., Manhattan, KS 66502
1-877-537-3816

GRASS & GRAIN Our Daily Bread

***** By G&G Area Cooks *****

Darleen Bernhardt, Tecumseh, Wins Weekly Recipe Contest & Prize
 Winner Darleen Bernhardt, Tecumseh:
CHEESY ALFREDO PASTA

1/4 cup butter
 1 teaspoon minced garlic
 1 cup heavy whipping cream
 3/4 cup grated Parmesan cheese
 1 teaspoon pepper
 1/2 teaspoon salt
 12-ounce package extra wide egg noodles, cooked according to package
 In a large saucepan melt butter. Add garlic and cook for 1 minute. Add cream and cook for 2 minutes. Add cheese, pepper and salt stirring until cheese is melted. Remove from heat. In a large bowl stir together sauce and cooked pasta. Serve immediately.

Lucille Wohler, Clay Center:
HOBO POUCH
 Cabbage leaves
 Hamburger patties
 Peeled & sliced carrots
 Peeled & sliced large potatoes
 Onion slices
 Salt & pepper
 Paprika, garlic, onion salt, optional
 Place hamburger patty onto cabbage leaf. Top with 1 sliced carrot, 1 sliced large potato and an onion slice. Salt and pepper top and add other spices if desired. Wrap in foil. Make as many as desired and bake at 350 degrees for 30 minutes or until hamburger is done.

Darlene Thomas, Delphos:
SOFT GINGERBREAD COOKIES
 2/3 cup unsalted butter, softened
 3/4 cup packed brown sugar
 2/3 cup molasses
 1 large egg
 1 teaspoon vanilla
 3 1/2 cups flour
 1 teaspoon baking soda
 1/2 teaspoon salt
 1 teaspoon ginger
 1 tablespoon cinnamon
 1/2 teaspoon allspice
 1/2 teaspoon cloves, ground
 Icing & assorted candies as decoration (as desired)
 In a large bowl beat butter for 1 minute or

until smooth and creamy. Add brown sugar and molasses then beat in egg and vanilla; set aside. Sift flour, baking soda, salt, ginger, cinnamon, allspice and cloves. Mix into butter mixture (the dough will be thick and slightly sticky). Divide dough in half and form into 2 discs and wrap tightly with plastic wrap. Chill for at least 3 hours. Pre-heat oven to 350 degrees. Line 2 large baking sheets with parchment paper and set aside. Generously flour a work surface and rolling pin. Roll out one disc 1/4-inch thick. Cut into desired shapes. Place on cookie sheets at least 1 inch around each cookie. Bake 9 to 10 minutes or until cookies are set around the edges and darkened in color. Cool on sheets for 5 minutes. Decorate as desired with icing or candy. Store in an air-tight container for up to 5 days.

Kimberly Edwards, Stillwater, Oklahoma:
BUTTER BARS
 Layer 1:
 1 cake mix (any flavor)
 1 egg
 1/2 cup melted oleo
 Layer 2:
 8 ounces cream cheese
 3 1/2 cups powdered sugar
 2 eggs
 Mix the cake mix, egg and melted oleo and press into 9-by-13-inch pan. Beat cream cheese, powdered sugar and 2 eggs to blend. Pour over cake dough. Bake at 350 degrees for 40 minutes.

Rose Edwards, Stillwater, Oklahoma:
MEATLOAF MINIS
 1 package stuffing mix
 1 cup water
 2 tablespoons barbecue sauce
 1 pound ground beef
 1 cup shredded Cheddar cheese
 Preheat oven to 375 degrees. In a large bowl

combine stuffing mix, water and barbecue sauce. Add beef and mix lightly but thoroughly. Press 1/3 cup mixture into each of 12 ungreased muffin cups. Bake meat loaves uncovered until done, 18-22 minutes. Sprinkle tops with cheese and bake until cheese is melted, 2-4 minutes. If desired, serve with more barbecue sauce.

Kellee George, Shawnee:
APPLE PANCAKE SYRUP
 6-ounce can frozen sugar-free apple juice concentrate, thawed
 3/4 cup water
 1/2 teaspoon lemon juice
 1 tablespoon cornstarch
 1/4 teaspoon cinnamon
 Mix all ingredients in a saucepan. Cook over medium heat stirring frequently, until thick and reduced by half, about 15 minutes. Serves 4-6.

Lydia Miller, Westphalia:
OVEN ROASTED CARROTS
 2 pounds baby carrots
 4 small onions, quartered
 6 garlic cloves
 2 tablespoons olive or vegetable oil
 2 teaspoons white wine vinegar or cider vinegar
 1 to 2 teaspoons dried thyme
 1/2 teaspoon salt
 1/8 teaspoon pepper

Put carrots, onions and garlic in 2 greased 15-by-10-by-1-inch baking pans. Drizzle with oil and vinegar. Sprinkle with thyme, salt and pepper; gently toss to coat. Cover and bake at 450 degrees for 20 minutes. Stir and bake uncovered for 10 minutes; stir again and bake 10 minutes longer or until carrots are crisp-tender.

The last two are from **Millie Conger, Tecumseh:**
APPLE PORK LOIN

2 pounds pork loin
 1-2 apples, thinly sliced
 2 cups baby carrots
 2 cups baby potatoes
 3 cloves minced garlic
 3 tablespoons honey
 2 tablespoons soy sauce
 1 tablespoon dijon mustard
 1 tablespoon balsamic vinegar
 1 tablespoon cinnamon
 Salt & pepper to taste

Using a knife, make series of small parallel cuts across the length of the pork loin and fill each with an apple slice. Place carrots and potatoes in the bottom of a crock-pot, then place the apple filled pork loin on top. Whisk together honey, soy sauce, mustard, vinegar, cinnamon and minced garlic in a small bowl then pour over the pork and vegetables. Salt and pepper to taste. Cover and cook on high 3-4 hours or on low 6-8 hours.

SWISS CHEESE POTATOES

8 large potatoes, peeled & cubed
 1 1/2 teaspoons salt, divided
 2 cups chopped celery
 3/4 cup chopped onions
 1 1/2 cups shredded Swiss cheese, divided
 2/3 cup milk
 2 tablespoons butter
 1/4 teaspoon pepper
 Place potatoes and 1 teaspoon salt in a Dutch oven; add water to cover. Bring to a boil. Reduce heat, cook uncovered 10 minutes. Add celery and onion; cook until the vegetables are tender, 10-15 minutes. Drain and transfer to a large bowl. Mash the hot potato mixture gradually adding 3/4 cup cheese, milk, butter, pepper and remaining salt. Transfer to a greased 8-inch square baking pan; sprinkle with the remaining cheese. Broil 3-4 inches from the heat until cheese is lightly browned, 5-8 minutes.

How-to Clean Stainless Steel

By Nancy C. Nelson, Meadowlark Extension District, Family Life

Are you shopping for a stainless steel appliance or cookware? As part of the purchasing decision think about the cleaning and care. At The American Cleaning Institute® they get asked how to clean stainless steel.

For those of you who have this wildly popular finish on appliances, pots and pans, and more, they recommend using a professionally-formulated cleaner designed for use on stainless steel. Here are some other tips they provided to Consumer Reports earlier this year:

Step 1: Dip a soft cloth in warm water mixed with a mild dish detergent. Wipe the surface, rinse the cloth and wipe again, then dry with a towel to prevent water spots.

Step 2: If you still see fingerprints, spray a glass cleaner onto a soft cloth and wipe fingerprints away.

Step 3: To remove baked-on food and grease, make a paste of baking soda and warm water. Gently rub onto the surface using a soft cloth or sponge. Wipe with a clean wet cloth and towel dry. For scratches and stains, use a stainless steel cleaner and apply to the area, following directions. Rinse with a clean damp cloth, then dry.



A FULL LINE GRAIN HANDLING COMPANY

KBS Agri Systems, LLC

1-800-544-6530
 WWW.KBSAGRISYSTEMS.COM
 A member of the Custom Agri Systems family

CENTRAL KANSAS AG AVIATION

Call to book your Service Lespedeza & Fall spraying needs!



STEVE DONOVAN

Cellular: 785-366-0513 • Office: 785-258-3649

ESTATE AUCTION
 SATURDAY, JANUARY 12, 2019 — 9:30 AM
 2110 Harper, Bldg. 21, Dg. Fairgrounds — LAWRENCE, KS
 VEHICLE ('09 Buick Lucerne) & FACTORY FLATBED TRAILER
 COLLECTIBLES, HOUSEHOLD, TOOLS, MISC. including:
 Lanterns, 25+ Cast Iron items, Knives, 1900s Match Book Collection, Wood Planes, TORO 400 PUSH MOWER & MORE!
 See Last Week's Grass & Grain for Listings & Please visit us online: www.KansasAuctions.net/elston for pictures!
 Concessions: Worden Church Ladies
SELLERS: DARRELL SHUCK LIVING ESTATE & PRIVATE ESTATE CONSIGNEE
 Auctioneers: Mark Elston & Jason Flory • ELSTON AUCTIONS (785-594-0505) (785-218-7851)
 "Serving Your Auction Needs Since 1994"

***** AUCTION *****
 SATURDAY, JANUARY 12, 2019 — 10:00 AM
 AUCTION LOCATION: Benton Community Bldg., 150 S. Main, BENTON, KANSAS
 ADVERTISING * SIGNS * LANTERNS * VINTAGE TOYS * THERMOMETERS * CITIES SERVICE * OLD TINS * HOPALONG CASSIDY * ROY ROGERS * FEED SACKS & SIGNS * DEER MOUNTS * LONGHORN * CANDY CONTAINERS * PEPSI * SQUIRT * SWEET LASSY * MOORMANS * TEXACO * COLEMAN * JD PEDAL TRACTOR * DIE CAST TOYS * DAVY CROCKETT * ADVERTISING FROM SALINA, WICHITA, BENTON, TOPEKA, & MORE! MANY BOXES SEALED FOR 30 YEARS, WILL BE OPENED ON AUCTION DAY!
 10% Buyers Premium * Restroom and Concessions Available
SUNDGREN AUCTION
 View More DETAILS at: www.sundgren.com
 JEREMY SUNDGREN 316 377 0013 • JOE SUNDGREN 316 377 7112

Farm & Ranch LAND AUCTION
 852± acres Cowley County, KS
 3 Tracts: all highly productive ground

Tract 1: 278.4 ac Highly Productive River Bottom Ground
 Tract 2: 413.4 ac Excellent Pasture & Headquarters
 Tract 3: 160 ac Highly Productive Cropground
 Land Location: South of Douglass 4.5 miles on Hwy 77.
 Thurs, January 24, 2019: 6PM
 Auction Location:
 Douglass Comm Center, 206 S Forest, Douglass, KS

David Sundgren 316.322.5555
 Kellie Nesmith 808.295.0214

www.SunGroupRealEstate.com

Need Senior Insurance?

- ★ Medicare Supplement
- ★ Long Term Care
- ★ Final Expense

800-373-9559
PHILLIPS INSURANCE
 Jim- The Answer Man!

Crownline Hay Beds




Starting At \$4195 Starting At \$6695

Cattle Feeders

- Direct drive enclosed motor
- 6" auger • 10 ga. metal
- Sliding lid • Digital counter
- Optional auto. chute
- Powder coat paint

22"(1100lb.)- \$1850 32"(1500lb.)-\$1950
 42"(2100lb.)-\$2050 *In Stock*

DIAMOND L SUPPLY
 White City, KS • 785-466-6495

Prize for Dec. 25, 2018 & JANUARY 2019! "Our Daily Bread" Recipe Contest Prize

Our Family Recipes Keepsake Organizer

Pass down favorite recipes to your children or grandchildren with Our Family Recipes Keepsake Organizer. It includes pages for appetizers, soups, salads & sandwiches, side dishes, main courses, desserts and more. It also offers kitchen tips, cooking definitions, wine pairings and more.

Has a pocket on the back cover. 6 1/4" W x 8 1/4" L. Hardcover, 144 pages.

The winner each week is selected from the recipes printed. Send us your favorite recipe. It may be a main dish, leftover, salad, side dish, dessert, or what-have-you.

1. Check your recipe carefully to make certain all ingredients are accurate and instructions are clear. 2. Be sure your name, address and phone number are on the entry. Please include a street address with your recipe entries. A post office box number is not sufficient for prize delivery. Allow 3-4 weeks for delivery.

3. Send it to: Woman's Page Editor, Grass & Grain, Box 1009, Manhattan, KS 66505. OR e-mail at: auctions@agpress.com



AUCTION
 SATURDAY, JANUARY 19, 2019 — 9:30 AM
 2110 Harper, Bldg. 21, Dg. Fairgrounds — LAWRENCE, KS
 25 NEON LIGHTED SIGNS & CLOCKS
 Heineken w/Saxophone, Miller Lite, Heineken w/Star, Miller Lite On Tap, Amstel Light, Budweiser w/Lizard, Beck's (Blinker), Blue Moon, Bud Light "BL", Coors Light, Bud Light Lime, Lowenbrau, Michelob, Fosters, Montejito, Bass Paleale; Clocks: Dekalb, Hastings Piston Rings, Federal Fertilizer, Cooper Feeds, Billiard Balls, Natural Gas; (See Internet For Detailed List.)
ADVERTISING SIGNS
 70+ Porcelain Advertising Signs (See Internet for Detailed List): 48" Round Sinclair Aircraft double sided porcelain!; Orange JULIUS 30" Round double sided porcelain; Flange Double Sided: MARATHON Motor Oils, Oilzium Motor Oil; Single Side Porcelain: Sinclair Opaline "F" Motor Oil, GARGOYLE Mobiloil Ask For; Quincy Gasoline, TIOPET Motor Oil, Caterpillar Tractor Texaco T Motor Oil, Red Head Motor Oil, SUNOCO Sunoils, Pennzoil, Sunoco Oil, Nash, Gilmore Gasoline, Standard, Shell, Red Crown Gasoline, Indian Motorcycles, Mobilgas, Buffalo Gasoline, Indian Gasoline, Indian Oil, ARCHER Motor Oil, MAGNOLIA Petroleum, Kendall, ROAR with Gilmore; Graves Truck Line aluminum; KU Men's 2008 National Champion; Red Man Heritage Series Chewing Tobacco; Copenhagen; Several Metal/Tin signs of all kinds!
COLLECTIBLES
 Pedal Tractors: Ford 8000, John Deere 620, Massey Ferguson 1100; JD 1/16th Spec. Casts Tractors; JD Metal Trays; Vintage JD parts boxes; 50+ Graves Truck Line memorabilia; Coors metal cooler; PayWay feed sacks; Advertising Oil Cans of All Sizes; McCormick Deering Cream Separator, DeLaval, Whiz, JD, IH, Massey Ferguson, Maytag, Wanda, Ford, DX, Tracto, COOP, Archer, MoPar, Sinclair, Skelly, Standard & More!
Coin Banks: COOP, IH, Conoco, Sinclair, Felix; license plates; advertising maps; 40+ Vintage Sports Felt Pennants: KC Royals, KC Scouts, KC Kings, Pittsburg Steelers, Dallas Cowboys, Houston Oilers, LA Rams, Green Bay Packers, St. Louis Cardinals, Many Others.

AUCTION NOTE: The Quality is Outstanding! Do Not Miss This Opportunity! Sit Down Auction! Concessions: Stull 4-H Club.

Auctioneers: ELSTON AUCTIONS (785-594-0505) (785-218-7851)
 "Serving Your Auction Needs Since 1994"
 Please visit us online: www.KansasAuctions.net/elston for 100+ pictures!

Kansas POWERTRAIN & EQUIPMENT LLC

785-861-7034
 1534 NW TYLER
 TOPEKA, KANSAS

Complete Drivetrain Specialists • Drive Shafts
 Rear Ends and Heavy Duty Parts

Six Mindful Ways To Revolutionize Your New Year's Resolutions

This post is written by Tara Sowlaty and Jesse De Lowe of How You Glow is sponsored by The Incredible Egg. All opinions expressed are their own.

(NAPSI) — We all know that the typical “New Year resolutions” we frantically set as January 1st approaches typically FAIL. This year, we want to inspire a Resolution Revolution. That means instead of swearing off every guilty pleasure and turning our lives completely upside down to be healthful, we encourage you to commit to layering in simple additions to your life that will actually change your health for the better in the long-term. This holistic, gentle approach is truly #howyoutglow. Let’s celebrate “Ditch New Year’s Resolution Day” together on January 17, and, instead, let’s focus on a total wellness journey — including delicious ways to meet goals — using a mind, body and soul approach.

So, in honor of beating the crazed holiday rush, we’re going to get ahead and share some wholesome, mindful ways you can upgrade your life on a day-to-day basis, laying the groundwork for your glowiest year yet! Now is the time to mentally prepare yourself for a long-term lifestyle shift, rather than stressing over short-term lists of specific goals that you “need to achieve,” which often sets you up for failure. Looking for somewhere to start? Something as easy as adding nutrient-dense, protein-packed eggs into your diet can be a conscious way to elevate your meal. Eggs are pretty much a perfect food in our opinion — they keep us feeling full, yet light, and energized, yet balanced.

Adding in a perfect form of nourishment, such as eggs, into your diet allows you to maintain a sense of focus so you can make the right choices throughout your day.

Why are eggs so glowy? Eggs are a nutritional powerhouse, with one large egg containing 6 grams of high-quality protein and nine essential amino acids, all for 70 calories. Even better? There are several nutrients that are uniquely found in eggs. For example, eggs are one of the richest food sources of choline, which is important for fetal brain development and maintaining optimal brain function later in life (we’re looking at you mamas to be!!). Eggs are also one of the only natural sources of vitamin D, providing 41 IU per large egg — aka, we’ll be eating eggs all winter long. The delicious yolk is our favorite part, and if you are someone who avoids it, we encourage you not to!! Yolks contain most of the egg’s nutrients like choline, vitamin B12, selenium and more than 40 percent of the protein in an egg. **40 PERCENT, YOU GUYS!** The yolk also includes fat-soluble nutrients like vitamin D, E, A, and the carotenoids, lutein and zeaxanthin. For more information and recipe inspiration, check out the Incredible Egg website!

OUR GLOWY RESOLUTIONS:

1. **MINDFUL GROCERY SHOPPING:** Transform grocery shopping into a mindful practice by making a list beforehand so that you enter prepared to make the right choices. Try to avoid processed foods and stick to fresh, whole foods. Our trick to doing this: Spend most of your time on the pe-

rimeter of the grocery store where the produce and refrigerated items are. The goal is to eat as many colorful veggies as possible and pack your cart with nutritious proteins. Shopping on a budget? Eggs are one of the most affordable sources of high-quality protein, allowing you to eat well no matter what your budget is!

2. **MINDFULNESS TOOLS:** Build a mindfulness tool kit! We love to keep palo santo, crystals, sage and essential oils handy to provide a sense of calm and relaxation on the daily. Once you find what works for you, create a daily + evening ritual that serves you. We always start the day by lighting palo santo and performing a loving kindness meditation using a rose quartz crystal. Then, we end the day with lavender essential oil aromatherapy.

3. **COOK MORE:** Instead of ordering in or going out when you’re in a rush, prepare nutritious “fast food” that you can make at home. Our favorite go-to ingredient for making a wholesome last-minute meal is a hard-boiled egg, perfect for topping avocado toast (a morning must-have for us!), lunchtime salads, or even just sprinkling with salt and pepper for an easy on-the-go snack. If you keep a carton of eggs

in your fridge, you can always whip up something delicious and full of high-quality protein to help keep you fuller, longer. Obviously, there’s avocado toast, but think bigger: veggie frittata, paleo banana pancakes, etc... the limit does not exist!

4. **JOURNALING:** Set intentions every morning when you wake up and write down reflections from the day before you go to sleep. Journaling like this is a fool-proof way to bring awareness to your goals and actions as well as to make improvements in your life. We also love to write down what we’re grateful for every day as a simple reminder.

5. **ART:** Get creative!! Wake up your soul by making something with your hands! Collage, paint, draw, whatever you have access to! If you don’t have any art supplies, you can use whatever you have around the house (we used our eggs as a canvas and had a blast!!)

6. **MEDITATE:** Take some time to still your mind and breathe. Meditation doesn’t have to look any certain way ... maybe a walk on the beach, a hike, or a yoga class can be your meditation. We recommend meditating with a friend as it creates a deeper connection!



Home and Away
Happy 2019!

By Lou Ann Thomas
Happy New Year!
We’re one week in and I hope that all is going well for you and that if you set New Year’s Resolutions, they remain intact.

I no longer make resolutions, but I do set intentions and goals for the New Year. The transition from old to new offers us such a natural opportunity for reflection and for identifying how we’d like to do and be better. And that’s really for what we all hope, isn’t it?

That’s what New Year’s Resolutions are all about. We make them as a way to hold ourselves to a commitment to “be better”. According to About.com, the top three New Year’s resolutions are all about improving our lives. The New Year is a perfect time to resolve to do things like invest more time with family and friends, eat healthier, exercise more, because it represents a fresh start, a new beginning, and the recognition that our past mistakes are just that — past.

Mental health professionals suggest that if you made resolutions this year, be sure you aren’t setting yourself up for failure with unrealistic expectations. You probably don’t have super powers; so don’t attempt to do more than you logically can do. For instance, for me to make a resolution to not eat any chocolate in 2019 would have already resulted

in a huge fail! But setting the intention to not eat an entire package of the delightful sweet treat in one sitting might be something I could do. Maybe. With a great deal of luck, an iron will, and having someone present at all times to physically pry the package from my chocolate-loving death-like grip.

Apparently I’m not the only one who struggles to keep their resolutions. Researchers, Polyvy and Herman, in their book, “If At First You Don’t Succeed,” say that 25 percent of our resolutions will be abandoned in the first 15 weeks of the new year, and each resolution is made an average of ten times before it sticks. But that’s no reason to give up goal setting or to not have expectations for a better year or creating a better you. Goals, intentions and resolutions, help us focus on how we might grow and be more of that “better” we know we can be. And if you falter or wander off, just get back on the trail. You haven’t failed as long as you’re still trying.

Whatever you resolved for the new year, or whatever goal you may have set or will set in the future, it might be helpful to give yourself a break and remember the quote by M.H. Alderson: “If at first you don’t succeed, you are running about normal.”

AUCTION
SUNDAY, JANUARY 13, 2019 — 10:00 AM
Held at Wischropp Auction Facility, 930 Laing St., OSAGE CITY, KS

Antique Sessions & Haven mantel clocks; Spinnet piano, nice; 6 vintage steel blade fans; asst. of old records & cameras; 5+ cast iron kettles; Marival Rosin 1/4 size lion; conference style table, custom made marble top, 4x12', one-of-a-kind!; Maytag HD washer & dryer; Century Furn. BR & DR sets, nice; Broyhill 4 pc. BR suite, vintage; Tex-Tan Western saddle; Craftsman radial arm & table saws; 2 Coleman lanterns; vintage McIntosh stereo w/ speakers; lots of vintage items & shop tools, glass, cloth, etc.

NOTE: Combination of 3 LOCAL SELLERS. Something for everyone! KS Sales Tax Applies.

WISCHROPP AUCTIONS
785-828-4212
Pics & Info: www.wischroppauctions.com

ef-fi-cient
e'fiShent
adjective

1. achieving maximum productivity with minimum wasted effort or expense.
2. working in a well-organized and competent way.

synonyms: cost-effective, businesslike, productive, labor-saving.

Raising cattle for you is not a hobby. You're in it to make money. You want equipment that allows you to do the job faster, safer and for less labor. Equipment that is built to last, that won't break down on you when you need it the most but that's not all you need. You need equipment that is designed to help your cattle to continually flow through your system that causes less stress on them, and on you!

In a word, that's what GoBob's CATTLE FLOW® equipment is ...efficient!

GOBOB
PIPE & STEEL
GoBobKansas.com
(866)-287-7585

FARM & LIVESTOCK EQUIPMENT AUCTION
WEDNESDAY, JANUARY 23, 2019 — 11 AM
LOCATION: From Dighton, KS on Highway 96, 8 miles East to Turkey Red Rd., 3 miles North to Rd. 180 and 3.5 miles East. From Beeler, KS on Highway 96, 5 miles North on Rd. C, 2.5 miles West.

TRACTORS
1989 CIH 9170 tractor, 4-wheel drive, duals, good rubber, (4) remotes, JD ATU auto-steer, 10,026 hrs.; 1989 CIH 9180 tractor, 4-wheel drive, duals, (4) remotes, 9,486 hrs.; 1976 IHC 1086 tractor, 5,823 hrs., 3pt., pto w/1998 GB loader & grapple; 1979 JD 4640 tractor, duals, 3pt., pto, 9,688 hrs. w/JD ATU auto-steer; 1981 MF 4840 tractor, 4-wheel drive, duals, (3) remotes, 4,552 hrs.; 1979 Versatile 835 tractor, 4-wheel drive, duals, 855 Cummins motor, 9,128 hrs.; 1981 Case 2590 tractor, duals, 7,856 hrs., 3pt. w/DuAll loader & grapple.

SPRAYER & SWATHER
1997 Melroe Spray Coupe 3440, 4 wheel-120" width, 2,977 hrs., 60' boom, Raven Cruiser auto-steer; 1999 New Holland self-propelled swather, 4,178 hrs., 18' head.

TRUCKS
2002 Peterbilt 379 semi-truck, ext. hood, C-15 cat motor, 13 spd. trans.; 1990 Peterbilt 378 semi-truck, 9 spd. trans., small Detroit motor; 1975 Ford F-700 truck, 4x2 spd. trans., V-8 motor, 16' bed & hoist, roll over tarp; 1965 GMC truck, 4x2 spd. trans. V-6 motor, 14' bed & hoist; 1964 Dodge truck, 16' bed & hoist.

TRAILERS
1977 Timpette grain trailer, 38', tarp; 1989 Merrit 48' cattle pot, 96" wide w/jail; 1973 Wilson 44' cattle pot, 96" wide; 2009 Dakota 38' aluminum grain trailer w/ electric tarp; 2013 Shop built 40' triple axle spray trailer, w/1350 gal. water tank, pump & inductor; Shop built water trailer, gooseneck, 1,000 gal. tank; 1998 Trav-A-long gooseneck livestock trailer, 7x24; 1987 Ea-

sley single axle livestock trailer, gooseneck, 5x20; 1960 Sali King end dump trailer, 20'.

FARM EQUIPMENT
1992 CIH 900 cyclo planter, 12-row w/fertilizer; Great Plains 45' air hoe drill, 12", 175-bushel cart; 1992 Great Plains solid stand folding disc drill, 7.5x24"; 1981 Richardson 9x5 sweep plow w/pickers; Flex King 7x5 sweep plow w/pickers; JD 330 disk, 30'; Bush Hog 30' chisel plow; Rhino 3 pt. rear blade, 10'; Speed mover, 8'; A&L grain cart, 650 bushels; Hutchinson 40'x8' auger, pto; Crustbuster folding drill, 28'x12"; Noble 5x6 sweep plow; FK 48' folding rod weeder; JD 653A row head, 6-row; AC 7-bottom plow.

PICKUPS
2011 Ford F-150 pickup, 4x4, crew cab, auto., V-8 motor, 182,000 mi.; 2005 Dodge 3500 pickup, 4x4, 6 spd. trans., 5.9-liter Cummins motor, 145,000 mi. w/Dew Eze 778 bale bed; 2002 Ford F-250 pickup, crew cab, 4x4, Powerstroke motor, auto.; 2004 Dodge 2500 pickup, 5.9 Cummins motor, 6 spd. trans. w/ Dew Eze 482 bale bed; 1993 Dodge pickup 5.9 Cummins motor, 5 spd. trans., flatbed, needs transmission; 1974 Chevy pickup, 350 motor, 4 spd. trans., 4x4; 1998 Ford F-150 pickup, 4.2-liter V-6 motor, 4x4, 5 spd. trans., flatbed w/ Bar Six cake feeder; 1999 Ford F-250 pickup, 4x4, auto., non-running; 1965 Chevy pickup 6 cyl. motor, 4 spd. trans.

CATTLE ITEMS
LH creep feeder, 160 bu.; assortment of 10' portable corral panels; portable cattle loading chute; Rhino 3 pt. post hole digger; Dudrey wire roller; other items.

LINENBERGER LAND & CATTLE, LLC OWNER
Check us out on Facebook & at www.berningauction.com
BERNING AUCTION, INC. • 620-375-4130 • Russell Berning
812 West M St./PO Box Q, Leoti, Ks. 67861

BARN BUILDERS DT CONSTRUCTION
918-527-0117
Free Estimates! All Workers Insured Est. 1977
One Year Warranty

30x50x10 enclosed..... Galvalume \$9,100
12' slider, 1 walk door...Colored metal \$10,100
40x60x14 enclosed
2 12' sliding doors..... Galvalume \$16,100
1 walk door.....Colored metal \$17,500
40x100x16 enclosed
20' split sliding door..... Galvalume \$24,600
1 walk door.....Colored metal \$26,600
www.DTCBarns.com

Price includes labor and material.

Need an extra copy of GRASS & GRAIN?
Pick one up at any of our Box locations:

Dara's Fast Lane:
- 5321 Tuttle Creek Blvd, Manhattan. KS -
- 8811 US-24, Manhattan. KS -
- 1132 Pillsbury Dr., Manhattan. KS -
Sharp's:
- 118 W. Randolph St., Randolph. KS -
The Store:
- 104 E Barton Rd., Leonardville. KS -

Copies are also available at these businesses:

Chisholm Trail: - 507 SE 36th St., Newton. KS -
Bluestem Farm & Ranch: - 2611 W. Hwy 50, Emporia. KS -
Pioneer Farm & Ranch: - 427 NE 14th Abilene. KS -

Or Stop by the Grass & Grain Office:
- 1531 Yuma St., Manhattan. KS -
Office Hours: Monday-Friday, 8am-5pm

A Complete Cattle Feeding & Marketing Service

TIFFANY CATTLE CO., INC.

Family Owned & Operated

Tiffany Cattle Company is excited to announce the acquisition of a new location in McPherson county! Now with a total capacity of 32,000 head we are looking forward to providing multiple feeding and marketing options to our existing and new customers in both locations. With pen sizes of 50 to 200 head, we are equipped to service customers of any size.

Production Services
Objective is simply: Least Cost Per Pound of Gain!
Ration formulation and cost analysis, health program designed and maintained by veterinarian, special pens and attention to sick animals, feed financing and cattle purchasing available.

Marketing Services
Marketing finished cattle is top priority at Tiffany Cattle Company. You have the option of selling on the cash market, forward contracting or grid pricing through multiple Kansas packers.

- Risk management handled by Tiffany Cattle Company
- Locked commodity prices
- Complete profit/loss statement for each pen
- All marketing decisions discussed with and approved by cattle owner
- Rewarded for your efforts in producing a quality product by selling your cattle on an industry competitive grid

Tiffany Cattle Company
1333 S. 2500 Road
Herington, KS 67449
(785) 258-3721

Tiffany Cattle West
758 Pioneer Road
Marquette, KS 67464
www.tiffanycattle.com

Shawn Tiffany
(785) 229-2902
shawn@tiffanycattle.com

Shane Tiffany
(785) 466-6529
shane@tiffanycattle.com



THE WAY WEST

By Jim Gray

Crossing the Kansas River

In 1829, a new treaty was negotiated to move the Delaware people from Missouri to Indian Country in "Kansas." The new Delaware Reserve was north of the Kansas River. It consisted of that portion of what is now Wyandotte County and substantial portions of Leavenworth and Jefferson counties. The reserve also includ-

ed an outlet, two hundred miles long, to allow hunting access to the buffalo in the west.

The reserve contained just under one million acres. Including the outlet to buffalo country, the total reserve amounted to over two million acres. The river bottom along the north bank of the Kansas River was the essential

part of the deal, providing excellent farm and village sites. The treaty for the proposed reserve was concluded October 19, 1829, at a camp that eventually became present-day Kansas City, Kansas.

The first immigration of Delaware people took place one year later when Chief William Anderson led sixty-one individuals supported by only two wagons. They arrived at the new reserve on December 30, 1830.

In January, 1831, Moses Grinter, a twenty-one-year-old Kentuckian, began a ferry business over the Kansas River. According to noted research historian Louise Barry, "The date and circumstances of the founding... cannot be stated with certainty." According to one account Grinter was a soldier at Cantonment Leavenworth (the early Fort Leavenworth) in 1828. Another account

says that he came directly from Kentucky to open the ferry in 1831. In either case, because he was not Delaware, Grinter's settlement and operation of the ferry on the Delaware Reserve required authorization by the federal government.

Additionally, the new military presence at Cantonment Leavenworth required a dependable Kansas River crossing. Moses Grinter's ferry served that purpose and was known as the Military Crossing or the Delaware Crossing of the Kansas River.

One year before the ferry was established on January 5, 1830, Prince Paul of Wuerttemberg, a German principality, described the "Wooded hills" with "clusters of lofty trees" and small prairies of the Kansas River valley. He forded the river at the approximate location that would become Grinter's Ferry. Prince Paul noted, "Traces of cultivated ground, and the possession of cattle, and even a few black slaves, already indicate the change which may be wrought in the course of time, and under a free, and pacific government." Unrecognized but hidden within Prince Paul's statement was the certainty that the course of time would bring this nation ever closer to "a free and pacific government" like the ebb and flow of the ocean's tide, inevitably

moving each grain of sand toward its intended destination.

Delaware settlement on the reserve continued throughout the year of 1831. Grinter, joined by his brother James, maintained a brisk business at the popular Delaware Crossing. The Grinters build a log cabin on the bluff north of the Kansas River. John Dunlap, the contract blacksmith for the Delaware also worked out of the cabin. The blacksmith shop drew locals and travelers to the social atmosphere fostered by the presence of forge, hammer, and anvil. John T. Irving, Jr. chronicled his travels in 1833 with U.S. Indian Commissioner Henry L. Ellsworth. J.T. Irving; At Grinter's Ferry, "We disembarked (from the ferry) and galloped up the bank. On the top was a large log house, inhabited by the blacksmith of the Delaware Indians."

Nearby was "Old John" Marshall. The trader and agent had been with the Delaware people from their days from Indiana to Missouri and finally to the new reserve in Kansas. It is not known exactly where they made their home, but it is supposed they lived on Marshall Creek, named for the family. Marshall's wife, Betsy, was a Lenape Delaware woman. Four sons and three daughters were born to the union. Moses Grinter, being a

young man living alone on the frontier, was naturally attracted to eighteen-year-old Anna Marshall. The couple was married in January of 1838.

Over the years Grinter built a trading store on his property. The inventory consisted of about one hundred sixty types of goods including clothing, powder and bullets, perfume, sugar, scissors, and typical frontier items. The surrounding land was planted to crops and an apple orchard. The farm also produced poultry and livestock.

Grinter Place still overlooks Moses Grinter's Ferry at the Delaware Crossing. Through the assistance of the Junior League of Kansas City, Kansas, and the Grinter Place Friends, the State of Kansas acquired the site in 1971. Today, the Kansas Historical Society administers a large visitor's center as well as the historic two-story brick house. Located at K-32 Highway and 78th Street, the Grinter Place State Historic Site is a great place to visit and feel the adventurous frontier life on The Way West.

"The Cowboy," Jim Gray is author of the book *Desperate Seed: Ellsworth, Kansas on the Violent Frontier*, and *Executive Director of the National Drivers Hall of Fame*. Contact Kansas Cowboy, 220 21st Rd., Geneseo, KS Phone 785-531-2058 or kansascowboy@kans.com.

Coffee Shop Ag Meetings begin January 10

Soybean Tech Traits will be the topic on January 10, 2019 at the first session in this year's Coffee Shop Agronomy series of educational meetings, organized by the Riley County Extension Service. Bill Schapaugh, K-State Research & Extension Soybean Breeder, will be the featured speaker.

Coffee Shop meetings will be held at Nelson's

Landing in Leonardville, starting at 10:30 a.m. and adjourning by 12:00 noon every other Thursday from January 10 through February 21.

Meeting dates, topics, and speakers are:

January 10 — Soybean Tech Traits — Bill Schapaugh, K-State Research & Extension soybean breeder

January 24 — Beef Cattle Health Management — A. J. Tarpoff, K-State Research & Extension beef veterinarian

February 7 — Grazing Cover Crops — Jaymelynn Farney, K-State Research & Extension Southeast Area beef systems specialist

February 21 — 1031 Exchange Requirements & Merits of Different Types of Entities — Mark Dikeman, Kansas Farm Management Association associate director

Coffee Shop meetings are sponsored by the KSU-Riley County Extension Service. Additional sponsors include: Frontier Farm Credit, Central Valley Ag, NK Seeds, Performance Ag, and Sump Ag.

For more information or to make reservations to attend, contact Riley County Extension Agent Greg McClure at 785-537-6350.

Reservations are requested by noon the day before each meeting.



SURE CROP
Quality Liquid Crop Nutrition

Increase the Return on Your Fertility Program Investment!

- Premium Starters
- Efficient Potassiums
- Chelated Micronutrients
- Unique Specialties
- Optimizing Foliars
- Energizing Bio-Stimulants

For Healthy Fields & Optimum Yields, Call 1-800-635-4743!
www.SureCropFertilizers.com
Seneca, KS

Building for Generations

A Stronger Foundation

Building Column
Treated Splashboard
Internal Column Connector
Stainless Splashboard Bracket
Morton Concrete Column
Backfilled Pier
Ready-mix Concrete Footing
Internal Adjustable Treated Bracket with 4-rebar Reinforcement

A Better Grade of Steel

some retailers many contractors On all traditional Morton and Morton Hybrid Buildings.

AGRICULTURE | EQUESTRIAN | GARAGE | COMMERCIAL

For over 110 years, Morton Buildings has provided dependable products and exceptional service. At Morton, we oversee every aspect of your project to ensure it results in a quality building that you can be proud to own. From garages and horse barns to machine storage and farm shops, Morton Buildings takes your project from concept through completion and stands behind it with the strongest, non-prorated warranty in the industry.

Find More Ideas
7000+ photos & designs on our web site
200+ short design videos on our YouTube site

[f](#) [t](#) [YouTube](#)

Eight offices serving Kansas
800-447-7436
mortonbuildings.com

©2018 Morton Buildings, Inc. A listing of GC licenses is available at mortonbuildings.com/licenses.

Building Solutions You Can Trust

"Experience the Difference"

Pre-Engineered Wood Frame Metal Buildings
Check us out online
or
Call us today for a FREE ESTIMATE!
Your Building. Your Dream. Your Way.

K-Construction Inc.

Alta Vista, KS
785-499-5296
www.k-constructioninc.com

Right at Home on the Range

Universal Panel Carriers

Holds different size panels.

Portable Corrals

Turn any remote area into easy working conditions.

See Us at the Topeka Farm Show

Calf Processor

Half Circle & Alley System
Holds three 250lb. calves

Winkel
Glen Elder, KS 67446-9717
Call for your nearest dealer
785.545.3606 • 800.466.3606 • www.winkelmfg.com

KWA approves 2019 Surplus Water Report

The Kansas Water Authority (KWA) met in Wichita last month for their December meeting. The KWA received updates on water priorities in the state but two main topics were the focus: 2019 Surplus Water Report and the Annual Report to the Governor and Legislature.

The KWA received updates on vital water projects and issues in the state including current interstate compacts, the Kansas Water Reservoir Protection Initiative, Harmful Algal Blooms as well as the Water Technology Farms. The KWA approved the 2019 Surplus Water Report, and agreed to allow the Kansas Water Office to

enter into Feasibility Cost Sharing Agreement with the U.S. Army Corps of Engineers for the Kansas River Reservoirs Flood and Sediment Study. The KWA approved the 2019 Annual Report to the Governor and Legislature and they also heard a presentation regarding non-public household water wells. The host was American AgCredit and the lunch was sponsored by KITS and 96 Agri Sales.

The KWA is responsible for advising the Governor, Legislature and Director of the Kansas Water Office on water policy issues. They also ensure that water policies and programs address the needs of all

Kansans as well as serve as advisors of the Kansas Water Vision and Kansas Water Plan. The KWA was established in 1981 and consists of 13 voting members who are appointed by the Governor or Legislative leadership. State agency directors serve as ex-officio members.

The next meeting will be in Topeka in January. The KWA meetings are throughout the year and for additional information and other upcoming meetings, visit www.kwo.ks.gov.



Proudly Celebrating 40 Years of Serving Farmers and Ranchers in NE Kansas



Large or Small - Tarwater's has your Farm & Ranch needs covered:

- Premier Precision Planting Dealer
- Travis Seed Carts Dealer
- State of the Art Seed Warehouse & Treating Station
- Bulk Chemical Facility
- Custom Feed Mixing for cattle, horses, pigs, chickens, sheep, rabbits and game birds
- Fencing Supplies
- Hunting Products & Supplies
- and so much more!

Family Owned & Operated Since 1978

4107 NW Topeka Blvd • Topeka, Kansas 66617
(785) 286-2390 • www.tarwaters.com



OTTAWA COOP

302 N. Main PO Box 680 • Ottawa, Ks 66067
1-888-242-5170 • www.ottawacoop.com



FINANCING—FERTILIZER—CHEMICAL—FUEL—GRAIN
SEED—FEED—CROP SCOUTING—GRID & SOIL SAMPLING
CUSTOM & VARIABLE RATE APPLICATION—TIRES

BURLINGAME	MELVERN	OVERBROOK
BURLINGTON	MIDLAND	SOUTH LAWRENCE
EDGERTON	OTTAWA	WAVERLY



The First Hydraulic Corral and still the Largest!

Starting at \$11,900

Rawhide Original Standard Size



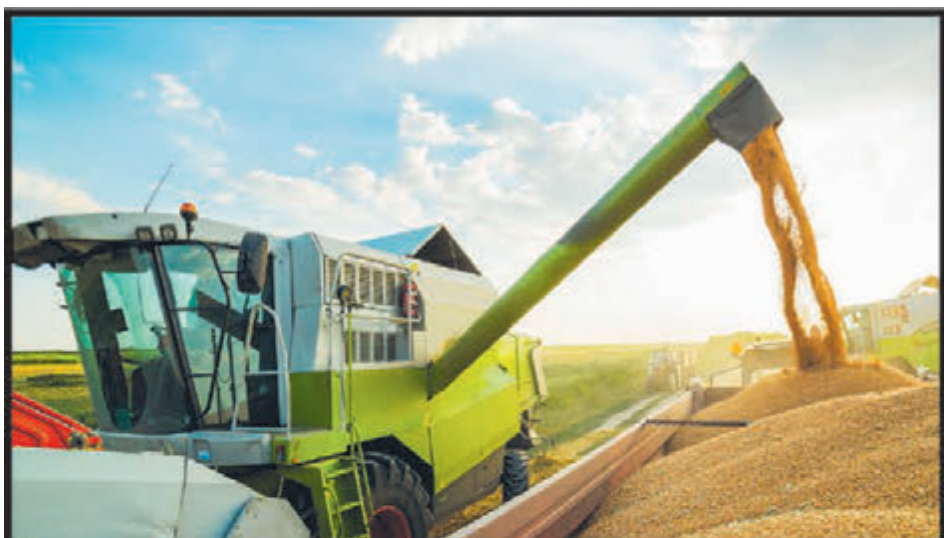
Rawhide Processor by John McDonald

- Pull on highway at speed limit.
- Fits through any gate your pickup will.
- Stable on uneven terrain.
- Wheels on each panel and electric over hydraulic jack eliminates lifting—saves time.
- Frame gates for sorting.
- Transport wheels are permanent, no sliding off the axles and rolling out of the way.
- Permanent sheeted adjustable alley.

3 Sizes Available!



Rawhide Portable Corral
900 NORTH WASHINGTON ST., ABILENE, KS 67410
785.263.3436
www.rawhideportablecorral.com



Visit us at booth #51 at the Topeka Farm Show!

 Elliott Insurance Group

www.ElliottInsuranceGroup.com

Winter durum in development for western Kansas

Wheat growers in western Kansas may have an opportunity in upcoming years to grow durum varieties thanks to the Kansas State University Wheat Breeding Program. Although durum is not traditionally grown in Kansas because it is normally a spring wheat, Andy Auld, assistant agronomist, and Dr. Allan Fritz, professor and wheat breeder at K-State, along with others, are developing wheat lines of durum that will be

winter wheats. "What we're doing is developing a winter variety of durum that could be planted in Kansas at the same time as we plant our common hard red winter wheats. These would survive the winter and be harvested in the summer, the same as red wheat," Auld said. An issue the researchers have faced since starting the durum project is developing winter hardiness in the lines. They had

to find germplasms that would survive the Kansas winter, and have a maturity level equal to currently released winter wheat to maximize yield potentials. Auld said they have been able to obtain some durum material from European countries, most notably Austria, as they have a big winter durum breeding program. This material is more adaptable to the Kansas environment than other countries' material. Auld and his team have tried to adapt the material from Austria to the conditions in western Kansas.

"A lot of the European material is late, so it won't mature early enough, and it gets too hot in Kansas for a lot of the European material. We're trying to find germplasms that have that balance of winter hardiness and adaptability, so it matures at the right time," Auld said. Auld said that besides converting durum to a winter wheat, the breeding technique is identical to the technique used for other wheats in the program - from crosses in the beginning to the release of the variety. They have set the program up so it mirrors everything Fritz does in his breeding program. Although the breeding techniques are the same for hard red wheats and durum, the characteristics of what the market looks for in each of them differ.

Durum is the hardest wheat of all the classes - which is why it is used for making pasta. This sets a high standard on quality. In the market, durum needs to have a minimum protein level of 13 percent. The vitreous, or clear appearance of the kernel also plays in to the quality. When you have a vitreous kernel, it produces a cleaner, nicer-looking noodle. The color is also an important aspect. The market wants yellow-looking kernels. As of right now, the market for durum in Kansas is low. However, the accessibility to the American Italian Pasta Company in Excelsior Springs, Kansas, may help bring a durum market to Kansas, as the facility typically brings durum into Excelsior Springs from the Dakotas and Arizona. Having durum in Kansas would be much more cost effective, while also giving growers a chance to expand their market. Plus, having durum varieties from K-State would also give the university a chance to diversify its portfolio.

K-State's Durum Breeding program started from scratch in 2000 with two graduate students as a side project. The students looked at how adapted winter durum wheats would be to Kansas. They then took those lines and started to make crosses. In 2002, Auld started working with Fritz on the Wheat Breeding Program and found himself working on durum as a side project. At first the project was something they did when they had time for it, and then grew into a more focused effort. As of this fall, they have a full pipeline of durum lines. Auld said they have everything in the field from elite yield trial varieties to first generation segregating populations. The lines are currently tested in western Kansas because the environmental conditions are better suited to produce high-quality durum. Durum prefers the cooler evening temperatures and drier climate western Kansas has to offer.

Merritt  TravAlong

Trailers 4 U

Stop by our booth inside the main entrance at the TOPEKA FARM SHOW!

www.trailers4u.com
785.292.4166 • Frankfort, Kansas

BBK TravAlum



WHEN YOU'VE SHOWN THE WORLD WHAT WORKS, THERE ARE BOUND TO BE SOME IMITATORS.

For over 50 years, Case IH and KanEquip have left the competition with some pretty big tracks to fill. But in the rush to keep up, there are a few things the copies have missed. KanEquip offers a **FULL PARTS DEPARTMENT AND CERTIFIED TECHNICIANS. SERVICE AFTER THE SALE IS IMPORTANT TO CASE IH & KANEQUIP.**



CASE IH AGRICULTURE  **KanEquip.com**

Your Partner and Full Service Dealership

Ottawa, KS
3313 Nebraska Terr
785 • 242 • 1463

Wamego, KS
18035 E Hwy 24
785 • 456 • 2041

We have the Combine or Tractor that fits your farm.

GRASS & GRAIN

Subscribe today at **785-539-7558** or online at **grassandgrain.com**

- Classifieds
- Our Daily Bread
- Baxter Black
- Yard & Garden Tips
- Auction Listings
- Special Issues

LIVESTOCK SERVICES AT KANSAS STATE UNIVERSITY



Our team provides routine and specialty veterinary care for all livestock species.

On-Farm

- Herd-health programs
- Calf processing
- Breeding soundness exams
- Pregnancy diagnosis
- Reproductive services

Hospital

- Advanced diagnostics
- Lameness evaluation
- Specialty care
- Surgery
- Neonatal intensive care

24-hour Emergency Care

Helping livestock producers reach their health and production goals while teaching the next generation of veterinarians is our passion.



Contact us today for assistance with your operation's health program or to make an appointment.

1800 Denison Avenue
Manhattan, KS 66506
785.532.5700
www.vet.k-state.edu/vhc
facebook.com/VeterinaryHealthCenter

Veterinary Health Center

AT KANSAS STATE UNIVERSITY

Taking the urban farm to rural towns

By Jennifer Kongs

Chris and Christi Janssen have taken the concept of an urban farm and modified it to the town of Scandia (population estimated at about 350 people). The Janssens have launched and managed a CSA (community-supported agriculture) program and sell at multiple farmers' markets, driving hundreds of miles each week to reach their spread-out customers, but determined to provide fresh produce to the small towns clustered around their own in north-central Kansas.

The Janssens moved to Scandia to be closer to Christi's family, who live in the area, in 2006. Chris had a job as a teacher and Christi was working at an eye doctor's office. Becoming vegetable farmers and marketers was not in the plan. But, two years after the move, Chris lost his job. Shortly after, the eye doctor where Christi worked was sold, and she, too, lost her employment. Chris worked at Depot Market, a large, wholesale-focused specialty crop operation in nearby Courtland, as the couple started their own vegetable operation, which they named C and C High Tunnels. "This is what we decided would work without uprooting the family again," Chris says.

KRC visited the farm, which covers a total of about two acres of cultivated land on one edge of Scandia, in early June 2018. Chris gave a tour of their four plots as well as their home lot. The weather was warming after an unseasonably long, cold spring. Despite the delay in warm weather, the crops inside the Janssens' high tunnels were looking strong. "We started out with two high tunnels in 2009, when we bought our first plot of land. We added a third in 2011."

The couple raises about 2,500 tomato plants and about as many brassica crops, as well as potatoes, sweet potatoes, onion, cucumbers, sweet peppers, onions, rhubarb, melons, squash, berries and more. They plant tomato starts in the high tunnels around the first week of April, and start their melons and squash in a small unheated greenhouse by their home at about the same time.

Most growers using

high tunnels choose determinate tomato varieties because the indeterminate varieties can grow unwieldy, requiring regular attention to pick the suckers off as the plants grow and trellising to the top of the hoop house structure. "We mostly grow Jet Star tomatoes," Chris says. "We prefer indeterminate tomatoes because we think they have better flavor."

Without steady income at the time they started the farm, Chris says the high tunnels were financed through loans. "We got a rural development loan out of Belleville and a loan from a bank in Courtland to buy the high tunnels. We had to go into some pretty serious debt, as this was before there were grants available to put up high tunnels for nonorganic producers like us. We went to the Courtland bank because the bank in Scandia didn't want to finance the tunnels." (The Natural Resource Conservation Service now allows organic and nonorganic producers to apply for its high tunnel grants.)

When asked whether wind or other complications have caused them much trouble with their high tunnels, Chris says the biggest issue they've had are the white flies that come on in August. "This year," he says, "we are going to start preventative spraying to get ahead of the problem. Once they start, we haven't been able to get rid of them for the rest of the season." Outside of growing in high tunnels, Chris spoke of the challenges of finding financing that didn't require debt or loans to start and build their farm. Without more creative economic supports, Chris says, more farmers are going to have a hard time getting into the field.

The family relied on sales' growth to finance their expansion over the years, which has included purchasing three more empty lots, clearing any trees on the lots, and farm equipment. The lots were added over an eight-year period, with the most recent being added in 2017. "We buy from neighbors who aren't really using the land anymore. People like to see the lots get cleaned up and put to good use," Chris says. All four of the plots are within a ten-minute walking loop of the



The Janssens bought their first plot within Scandia city limits and a five-minute walk from their front door. Shown here in July, this main plot has onions, greens, potatoes and more planted.

Janssen's home, and often, Chris and Christi will ride their bikes to do a quick harvest, pull weeds, check on crops or other chores at the plots. Indeed, as Chris walked us around to the plots, Christi pedaled by with a bucket in hand to pick a few more cucumbers to fill out the day's CSA order.

They've also been creative in modifying the resources available. For example, after their son moved out, they turned his bedroom into a walk-in cooler. They lined the inside of the walls with insulation, stripped the floors to the wood, and added a cooling unit and shelves. They also use the space to pack boxes and bags for deliveries.

The Janssens currently sell through retail and wholesale outlets, with revenue split about 50/50 between the two. Of the retail sales, Chris says about 80 percent are farmers' market sales and 20 percent are from the CSAs. At the time of my visit, 55 people were signed up for the CSAs in various nearby towns. Their goal is to reach 100 members, and they expect to have closer to 70 by the end of summer. Only five or six of the CSA members are in Scandia, and the town doesn't host its own farmers' market,

We deliver wholesale orders to grocery stores once or twice a week in Hutchinson and to Pendleton's Country Market about once a week in Lawrence. We have additional CSA customers in Salina, where we deliver sometimes to Prairie Land Market, and we have another bigger buyer in McPherson," Chris says.

With that much driving and customer management, Chris and Christi are figuring out ways to scale and streamline their business. First, he says, they hope to grow their Scandia customer base with the store they are opening in the town's downtown in 2018. The goal is to sell their produce alongside other Kansas-made products, such as soap, lotion and canned goods, to both attract more customers with a wider range of offerings and give their neighbors a way to

buy their products "without having to knock on our back door to get them."

Chris also says they'd like to grow the CSA membership enough to drop at least one farmers' market, largely because the markets require either Chris or Christi to sit for hours with only the hope of sales (Chris does, however, enjoy explaining the crops and ways to cook them to new customers, evidenced in our conversation and the fantastic tomato soup recipe he shared with me). "Increasing the membership of our CSA would also help stabilize the situation with our larger buyers. We are dependent on them to an extent, and we've been stuck sitting on tomatoes for a long time when a buyer has backed out," Chris says.

He'd also like to buy a refrigerated unit that can travel with them, making

Cont. on page 10

FARM HARD AG. PRODUCTS
BY HOFFMAN BROTHERS WELDING LLC
405 CENTRAL STREET HOYT, KS / 785-986-6310



Topeka Farm Show Special

January 8-10, 2019

5% off Farm Hard products at the Farm Show



Single Bale Feeder
Farm Show Price \$565*



Cone Insert \$370

Pre-Order at Farm Show ONLY!

check us out at: www.hoffmanbrotherswelding.com
or on facebook: hoffman brothers welding

Superior Livestock announces SLA-TV

Superior Livestock Auction is dedicated to remaining America's leader in livestock marketing and with that dedication comes a commitment to growth and innovation. In order to better serve Superior's growing customer base, Superior is excited to announce that they will be broadcasting their auctions on SLA-TV in 2019.

For over 30 years Superior has focused their attention on helping the livestock industry grow their business and reach. They introduced video auction broadcast to the livestock industry which forever changed the way that load lots of cattle are marketed. They've developed important value-added programs and protocols to increase the profitability of their customers' cattle. Superior remains faithful to cultivating the largest network of qualified buyers. They routinely introduce innovations and changes intended to keep the livestock industry moving in a positive direction.

Superior has built a reputation on valuing their customers by embracing and pursuing advancements and change. America's beef industry doesn't grow on status quo. It grows because as an industry we work together to help each other reach our greatest potential.

As part of their commitment to be on the leading

edge for our industry, they are moving their television broadcast to a new home. By making this move they gain an independence that will allow them to continue to be innovative and to focus on what's best for the livestock industry.

Their dedication and responsibility to the agricultural industry is unchanged and continues to grow. The entire Superior Family invites you to join as they continue their broadcast services to the livestock industry on their new channel, SLA-TV. The initial broadcast, *Superior Livestock's Bellringer Auction*, will start on Dish channel 998. The broadcast will begin 30 minutes prior to the auction with *Superior Sunrise*. The *Superior Weekly Offerings* will now also be broadcast on SLA-TV and increase exposure for Superior Livestock Auction and their customers. Superior has come a long way in video marketing and they are looking forward to the next step.

Superior is the largest livestock auction in the United States and markets well over one million head of cattle annually. With over 400 representatives located throughout the United States, Superior provides a complete national marketing network that serves both buyers and sellers.

Bobcat
One Tough Animal

TOUGH

JOBS LIKE THIS REQUIRE THE ULTIMATE FARMHAND.

BOBCAT EQUIPMENT IS TOUGH ENOUGH TO TAKE IT ON.

You've got a tough job. And Bobcat® equipment is tough enough to take it on. The performance and comfort features of the new M2-Series loaders from Bobcat along with the most productive attachments in the industry help you manage the work that has to get done, day in and day out.

CALL US FOR A DEMO AND TRY A BOBCAT MACHINE ON YOUR OPERATION.

WHITE STAR

Authorized Bobcat Dealer
 Come see us at the Topeka Farm Show, and check out our latest lease specials!
 White Star Machinery | 835 NE Highway 24, Topeka, KS
785.232.7731
www.whitestarmachinery.com
 Parts, Service, Sales, Rental

Bobcat®, the Bobcat logo and the name of the Bobcat machine are registered trademarks of Doosan Infracore in the United States and various other countries.

Regional farmers' market workshops scheduled for February

The Kansas Department of Agriculture, K-State Research and Extension and the Kansas Department of Health and Environment will host six regional workshops in

February 2019 to assist farmers' market vendors and managers. Kansas farmers' markets not only provide a fresh food source, but also stimulate the local econ-

omy. In 2018, 95 farmers' markets were registered with KDA's Central Registration of Farmers' Markets. "Farmers' markets provide growers a wonderful

opportunity to have real interaction with consumers, and a chance to tell their farm's story," said Londa Nwadike, consumer food safety specialist with K-State Research and Extension and the University of Missouri. "It's also important for farmers to understand certain legal, safety and financial parameters before choosing to sell at a farmers' market."

Workshop topics will vary slightly by location. Highlighted topics include: Vendor Marketing and Communications, Pest Control and Soil Health, Regulations on Selling Meat, Eggs and Poultry, Sales Tax for Vendors, KDA's weights and mea-

sures program will also offer free scale certification at the workshops for attendees. Dates and locations for the Farmers' Market events are as follows: Friday, Feb. 1 — Olathe: KSU Olathe; Saturday, Feb. 2 — Parsons: Southeast Research and Extension Center; Friday, Feb. 8 — Dodge City: Ford County Fair Building; Saturday, Feb. 9 — Wichita: Sedgwick County Extension Office; Friday, Feb. 15 — Manhattan: Pottorf Hall; Friday, Feb. 22 — Hays: K-State Agricultural Research Center. Registration for the February workshops is now open and is \$20 per participant. Registration

includes lunch; however, lunch will only be guaranteed to those participants who register prior to the respective workshop date. Registration forms can be found at FromtheLand-ofKansas.com/FMworkshop or at local Extension offices. Onsite registration for the workshops will open at 8:30 a.m. and the workshops will begin at 9:00 a.m. and conclude by 3:00 p.m. The Wichita workshop will begin onsite registration at 8:15 a.m. and the workshop begins at 8:45 a.m., concluding at 4:30 p.m. For more information, contact Lexi Wright, KDA's From the Land of Kansas marketing coordinator, at 785-564-6755 or Lexi.Wright@ks.gov.

Taking the urban farm to rural towns, cont.

it easier to do longer delivery routes and concentrate the days off-farm delivering CSA shares. The couple also hopes to add more lots of land, but not to expand production much. "Right now, we have to carefully time and stagger our production. For example, we plant our melons in between our rows of cauliflower and broccoli. We have to get the cauliflower and broccoli out in time to create space and drive-ways for us to access and harvest the melons. More space would make farming less of a logistical headache for us," Chris says.

The bulk of the farm's work is done by Chris and Christi themselves. They hire a few young, local residents to help throughout the summers. Christi is a para at the local grade school to provide the family with health insurance while still giving her the summers off to work on the farm. Chris left Depot Market five years ago to focus full-time on the family's operation.

As with most specialty crop producers, the Janssens have made changes based on the Food Safety Modernization Act (FSMA) regulations (FSMA is an FDA audit program that requires producers to meet safety standards for growing, harvesting, washing and processing produce).

The Janssens have taken the necessary steps to become FSMA-compliant, despite being exempt for the time being. While the family expects to expand their operations, they have limits to how big they want to get. Part of their decision in pursuing compliance despite their exemption was their relationship with wholesalers. "We don't sell to large grocery stores, who also require Good Agricultural Producers (GAP) certification for much of their products. But we can sell a pallet or two of certain crops to smaller grocery stores, and that allows us to stay mid-sized but still access wholesale markets," Chris says.

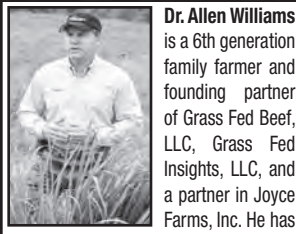
One of the biggest pieces of advice Chris and Christi have for farmers looking to sell direct to consumers is to invest into marketing materials. C and C High Tunnels has a brochure they hand out to potential CSA members at markets and door to door in neighboring towns. "You have to spend money to make money sometimes," Chris says. "And to stay in business, you'll need to make money."

Jennifer Kongs is a freelance writer with Bark Media in Lawrence, Ks. who produced this story as part of KRC's Specialty Crop Block Grant funded by the Kansas Department of Agriculture through USDA's SCBG Program.

Profitable Livestock Grazing/Soil Health Workshop

Friday, January 25, 2019, 9:00 a.m. - 3:30 p.m.

Family Life Center - Evangel United Methodist Church, 227 Pennsylvania Ave. Holton, KS



Dr. Allen Williams is a 6th generation family farmer and founding partner of Grass Fed Beef, LLC, Grass Fed Insights, LLC, and a partner in Joyce Farms, Inc. He has consulted with more than 4200 farmers and ranchers in the U.S., Canada, Mexico, and South America on operations ranging from a few acres to over 1 million acres. Major areas of research and business focus include soil health, cover crop/ livestock integration, adaptive forage & grazing management, high attribute pasture-based meat production, and alternative marketing systems.

Agenda:
9:00am- Doors Open, Coffee & Refreshments
9:30am- Dr. Allen Williams
10:30am- Break (15 minutes)
11:30am- Lunch (reservation required by January 18th, 2019)
12:15pm- Lance Gunderson
1:15pm- Dr. Allen Williams
3:30pm- Questions & Answers

In order to know how much food to prepare, please call Brian Boeckman for your seating & meal reservation (785) 364-3329, ext. 136 or email brian.boeckman@ks.nacdn.net by January 18, 2019.

\$5 registration fee (please bring the exact amount). If you need accommodation, please call our office at (785) 364-3329, ext. 136.

"The U.S. Department of Agriculture is an equal opportunity employer and provider."



Lance Gunderson is President of Soil Health Innovations and Director of Soil Health at Ward Laboratories, Inc. (Kearney, NE). He has been working with soil health testing in a commercial setting for 8 years and has been employed at Ward Labs for 16 years. Lance will explain what the Haney test is and what we can learn from it. He will introduce the different components of the test along with how producers can use some of these measures to help make impactful management decisions of their farms.

Sponsors include: Jackson County Conserva on District; Arbor Sod & Seeding - Shane New; and KDA-DOC. Funding provided by the KDA- DOC through appropria on from the Kansas Water Plan.

Apply Now for Extension Master Naturalist Program

If you have an interest in the environment and natural resources, and enjoy working with others then the Johnson County K-State Research and Extension Master Naturalist (EMN) program may be for you. Applications are now being accepted for the Class of 2019 training. The EMN program focuses on education, outreach, and service dedicated to the beneficial management of local nat-

ural areas and resources. Programs include: land stewardship to eradicate invasive species and restore natural habitats; bluebird stewardship which includes monitoring local populations, data collection and educational outreach to local grade schools; pollinator protection; speaking engagements; and partnering with organizations that share the common goal of protecting natural resources.

The mission is to develop knowledgeable and dedicated volunteers who are active in promoting awareness, understanding and stewardship of the natural heritage of Kansas. The application deadline is January 16. Training begins March 6, and runs each Wednesday from 6 to 9 p.m. through mid-May. All classes will be conducted at the Johnson County K-State Research and Extension Office, 11811 S. Sunset Drive, in Olathe. Two sessions will include a Friday night and a Saturday morning outdoor adventure. Class members must be a resident of the greater Kansas City metro area. There is a \$120 administration fee for those accepted into the class. Acceptance notices will be sent out in early February. Only 35 applicants will be accepted. Applicants who are selected will receive intensive 40 hours of classroom and hands-on instruction from experts in natural resource concepts. In return, newly-trained recruits will be required to volunteer 30 hours of volunteer service each year, on environmental projects that benefit the community.

Protection You Can Trust.

- Improves Efficiency**
Only 2-3 revolutions to wrap, means more bales per hour, less wear and tear on equipment, plus a savings in fuel, machinery hours, & man-power.
- Year-Round Protection**
By adding more net fiber per square inch, water can bead & run-off your bale without sinking in & ruining your investment.
- UV Protection**
ShurWrap™ is treated with formulated UV protection so that your bales will hold up against the sun's UV so you don't have to worry.
- Weather Resistant**
It's been proven that there is less spoilage in a net wrapped bale compared to traditional methods. Don't throw your dollars away. Invest in ShurWrap.

ShurWrap™ Bale Net Wrap is a knitted polyethylene netting manufactured for the wrapping of round bales.

Contact A Dealer Near You Today:

Rockin' S Ranch Supply Kaleb Sullivan Riley, KS 785-410-2783	See us at the Topeka Farm Show!	T Bar T Angus Keith Taliadro Effingham, KS 913-370-0753
--	--	---

Jay Gunderson • U.S.A Distributor of ShurWrap™
5451 260th Street • Ringsted, IA 50578
Office: 712-260-0421 • Fax: 712-866-0424
jay@shurwrap.com • www.shurwrap.com

TAYLOR SEED

DELIVERED YIELD ADVANTAGE OVER THE BIG BOYS IN 2018.

8822 VT2PRO RIB 111 RM	NORTH 4.17 BUA YIELD ADVANTAGE	CENTRAL 11.22 BUA YIELD ADVANTAGE	SOUTH 17.95 BUA YIELD ADVANTAGE
8824 VT2PRO RIB 112-113 RM	NORTH 10.53 BUA YIELD ADVANTAGE	CENTRAL 15.19 BUA YIELD ADVANTAGE	SOUTH 16.97 BUA YIELD ADVANTAGE
8835 VT2PRO RIB 114 RM	NORTH 9.75 BUA YIELD ADVANTAGE	CENTRAL 20.76 BUA YIELD ADVANTAGE	SOUTH 21.29 BUA YIELD ADVANTAGE

WHITE CLOUD, KS
1-800-742-7473 | TAYLORSEEDFARMS.COM

Exploring options, Generating solutions

KANSAS AGRICULTURAL MEDIATION SERVICES

Kansas Agricultural Mediation Services offers confidential and affordable assistance to help manage the financial and legal aspects of your operation.

Call today!
800-321-FARM
800-321-3276

